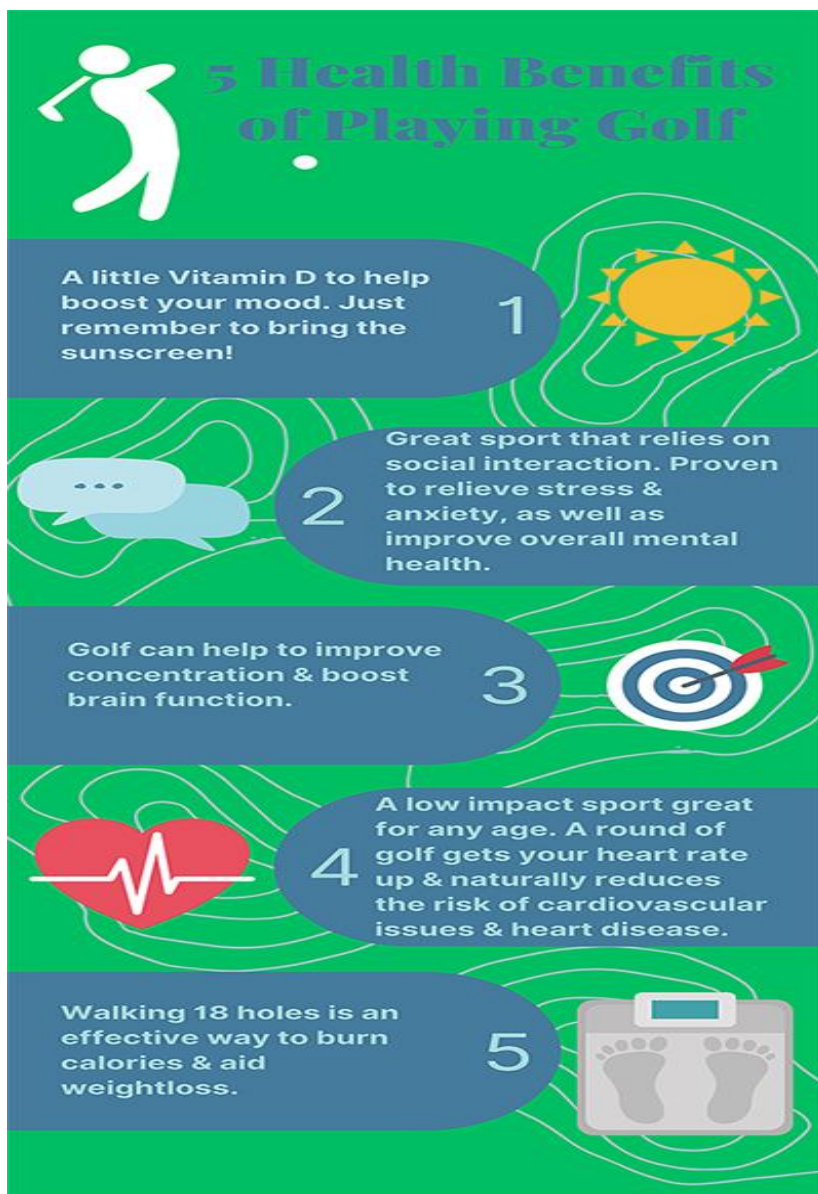


Seniors News Letter 6

Golf is Good for You

For most members it's a great way to meet people and socialize but what about your health?

It's been reported that there are 5 benefits to consider as shown in the graph below.



A big problem facing many older people is simply getting enough exercise. Research suggests that golf is an enticing solution to this problem.

A 2016 review in the [British Journal of Sports Medicine](#) concluded that both doctors and policymakers should encourage more people to play golf because of its association with “improved physical health and mental well-being, and a potential contribution to increased life expectancy.”

So next time you come in after playing 18 holes and start complaining about the pain in your legs and back, and you’re stressed out about missing that crucial putt just think how much you will have benefited by all that exercise.

The **R&A’s** campaign to promote the holistic health benefits of golf could be a significant driving force in growing the game around the world over the coming years.

“Most of us who play golf know and appreciate some of the health benefits of the game we love, if not all of them. Those outside the sport have perhaps been less aware that golf is one of the very best activities for increasing overall physical and [mental health](#) and can increase your life expectancy. The **R&A’s** 2020 Golf and Health report featured a scientific study conducted in Sweden that showed golfers live an average of five years longer than non-golfers”
Still trying to work out what to do with the extra 5 years?

By [Fergus Bisset](#)

published September 05, 2022



Who said Golfers are not Athletes

The journey of a thousand miles begins with one swing.



Let's go clubbing

Is It Time For New Clubs?

One of the most popular questions is, “*When should I replace my clubs?*” It’s a complex question that ties together some of the most exciting and most frustrating things about the game: high costs, the prospect of improvement, and making decisions when your head and heart want different things. Here are some straightforward guidelines for when to buy new clubs and offer some thoughts before departing with your hard earned cash.

If a club is no longer performing the way you want because it’s worn out, it should be replaced. Similarly, you don’t want to be swinging persimmon when everyone else in your group has titanium. Of course, all these suggestions will vary based on how much you play, so treat this as a starting point.

Some people theorize that drivers actually get hotter as they age because the face thins out. However it’s unlikely you’ll wear out a fairway wood or hybrid head. If you use one of these clubs multiple times per round, you might take *shaft wear* into account. For some players fitting is the key to improving your game?

In my experience, the average recreational golfer is wasting their money changing wedges annually. On the other hand there’s no reason a set of irons shouldn’t last five to ten years. Never change your putter. If you have a putter that works, never get rid of it. It won’t wear out. Fundamentally there are no “bad” reasons not to get new clubs, but **ask yourself, “Why am I doing this?”** If you’re chasing improved performance, just fancy a change, got deep pockets then go for it.

Of course at the end of the day (to use an old adage) it all comes down to the monkey on the end of the stick. And remember one opinion does not fit all.

Do you get confused about Stroke-and-Distance Relief, Ball Lost or Out of Bounds, Provisional Ball

18.1 Relief under Penalty of Stroke and Distance Allowed at Any Time R&A

At any time, a player may take stroke-and-distance relief by adding **one penalty stroke** and playing the original ball or another ball from where the previous stroke was made (see [Rule 14.6](#)). The player always has this stroke-and-distance relief option:

- No matter where the player’s ball is on the course, and
- Even when a Rule requires the player to take relief in a certain way or to play a ball from a certain place.

Once the player puts another ball in play under penalty of stroke and distance (see [Rule 14.4](#)):

- The original ball is no longer in play and must not be played.
- This is true even if the original ball is then found on the course before the end of the three-minute search time (see [Rule 6.3b](#)).

But this does not apply to a ball to be played from where the previous stroke was made when the player:

- Announces that they are playing a provisional ball (see [Rule 18.3b](#)),
- Is playing a second ball in stroke play under Rule [14.7b](#) or [20.1c\(3\)](#).
-

Turnpike

- **Hole Six**
- Precise carry and ability to 'stop' the ball is required to hit this green in regulation. Bail out to the right and par could be rescued. Too much club and go long and the hazard at the back of the green and it's the drop zone for you. Now with the new path at the back of the green makes for an interesting finish, if you over shoot the green.

Par	Yards	Stroke
3	141	16
3	136	16
3	130	18

New course rating will affect the yardage, so check your new course card.

Everything's coming up Roses (something for quiz night)

Justin Rose Age 42 (Jul 30, 1980)

Turned Pro 1998

Birthplace Johannesburg, South Africa

Achievements

Events Played 406 PGA TOUR WINS 11 International Wins 12

Cuts Made 321/406 Runner Up 15 Third Place Finishes 14

Top 5 Finishes 69 Top 10 Finishes 110 FedExCup Champion 2018

Year Joined Tour 2004 Official prize Money \$61,357,359.

Many congratulations to Mick Hunter for another great Seniors AM AM. And a big thanks to all who helped out during the day. Also to catering for keeping us fed and watered on a very hot day.

Thanks for reading and Happy Golfing