



Lancelin Golf Club Results July - Sept 2022

President	Leon Temby	0429486147
Vice President	Owen Temby	0434562547
Secretary	Mike Cardy	0406787070
Club Captain	John Abbott	0417965555



Hole in one's: Glenn Skoglund and Mike Paterson (current course champion) both join Alan Harris on the Hole in One Roll of Honour Board. Both Glenn and Mike were very generous by putting money over the bar so others could celebrate their great achievement, see below for details.

Our annual Open Day was held on the 18th September, a beautiful day, to a full field of 52 players, it was an extremely successful day. Uptake was rapid, resulting in event registration closing early. Players came from the following Golf Clubs: Calingiri, Cervantes, Cottesloe, Dandaragan, Gingin, Guilderton, Jurien Bay, Lakelands, Ledge Point, Miling & Wanneroo. Huge thanks go out to those who gave up their time to help set up the event in the days before the event and those who went above and beyond on the day and post event (your efforts have not gone unnoticed). To the many who contributed money, prizes and/or food; we could not have done it with out you; thank you!

Renovation Day, 2nd October 0830 start, is fast approaching, this is the day when we collectively set about giving our greens a thorough makeover for the coming season. Last year was a giant success with 25 or so volunteers giving up time to sort the course out and the end results were magnificent. The whole course was done in four and a half hours last year; what will happen in 2022?

Membership hits new heights as we welcome James Hudson, our 59th newest member, James lives locally, almost next door to the club. I look forward to having a hit with him soon. It would be great to reach 60 members by the end of the year, so if you know someone who's thinking about it or just needs some encouragement, let me know. If you are on the fence regarding joining the Golf Club, it may interest you to know that if you join in the last two quarters and pay full fee, you get an additional six months grace, which means if you join as a new member now your membership will not be up for renewal until 1st January 2024. That's a great deal for a great club. Call the secretary for advice.

The Club is partnering with the Cancer Council "Play the Long Game" initiative soon, and in a few weeks time there will be Sunscreen Dispensers for all players to use going onto the course. This is a very important and worthwhile exercise on our part as we encourage and enable our course players to look after their skin and health.

Congratulations to:

Sundays						
Date	Winner	Pts	Runners Up	Pts	Nearest Pin	Birdie,(E)agle,(1)
31/07 Ambrose, 18	Glenn Skoglund ** Leon McDonald	65	Marty Byrnes Mike Cardy	65	3 Nuan Keddie 6 Glenn Skoglund 12 Jeremy Cook 15 Leon Temby	6(1)Glenn Skoglund
07/08 18	Alan Harris	39	Ryan Leat	38	6 Abraham Wright 15 Ryan Leat	15 Leon Temby 16 Alan Harris 1,16 Mike Paterson 5(E) Ryan Leat
14/08 18, F9	Mike Paterson ** Kevin Cain	42 17	Adam Martinovich Glenn Skoglund	39 17	3,6 Nuan Keddie 12 Glenn Skoglund 15 Jeremy Cook	15 Kim Cook 14 John Abbott 18 Leon McDonald 3 Glenn Skoglund 18,8(E) Mike Paterson
21/08 18, B9	Kim Cook Glenn Skoglund	39 18	June Gooch Jeremy Cook	32 16	12 Leon Temby 15 Peter Callow	9 Leon Temby
28/08 18, Par	Geoff Ince	2	Jeremy Cook	1	6 Mike Cardy 3 Therese Chitty 15 Oliver Abbott	
04/09 18	Ryan Leat	39	Robert Bateman	36	3 Mike Paterson 6,12 Ryan Leat 15 Robert Bateman	

Sundays						
Date	Winner	Pts	Runners Up	Pts	Nearest Pin	Birdie,(E)agle,(1)
12/09 4th, Club Champ	Mike Paterson Jeremy Cook Nuan Keddie Lorraine Cain	78A 97B 81A 114B	Leon Temby Anita Scaddan	67Net 73Net	3 Nuan Keddie 5 Anita Scaddan 3 John Abbott 6 Geoff Ince	8,15,16 Geoff Ince 5,7 Leon Temby 12 Nuan Keddie
18/9 LGC Open Day	Glenn Skoglund & Robbie Pearson Cameron Yates & Chris Harris	59Net 61Gr	Mike Paterson & Lee Hunter Mark Saunders & Marine Pearce	61Net 63Net	3 Ryan Leat 6 Glenn Skoglund 12 Bill Hunter 15 Mike Paterson	15(1)Mike Paterson
Thursdays						
Date	Winner	Pts	Runner Up	Pts	Nearest Pin	Birdie,(E)agle,(1)
11/08 F9	Rodney Finch	21	John Abbott	20	6 John Abbott	8 John Abbott 2 Leon Temby 4 Mike Paterson
18/08 B9	Glenn Skoglund	19	Robert Bateman	19	12 June Gooch 15 Steve Abbot	12 Leon Temby 13 Glenn Skoglund 15 Linda Temby
25/08 F9, Ambrose	Geoff Ince, Mike Cardy	38	Michael Paterson, Leon McDonald	36	6 Mike Paterson	
01/09 B9	Glenn Skoglund	20	Lorraine Cain	19	12 Glenn Skoglund 15 Ryan Leat	
08/09 F9	Robert Bateman	30	Leon Temby	18	3 Leon Tenby 6 Geoff Ince	6 Geoff Ince 5 Ryan Leat
15/09 B9	"Peter Gee Michael Paterson"	23	Leon Temby	20	12 Mike Cardy 15 Robert Bateman	

Food For Thought!

The benefits of Golf. Good for your health and your heart. Walking an average course for a round of golf can be between five to seven kilometres. If you walk 18 holes three to five times a week, you'll get an optimal amount of endurance exercise for your heart.

Mental Well-Being. The game of golf is wonderful for the psyche. It keeps the mind alert and provides vital human contact, along with several other benefits to mental health.

A Social Event. Some of us play to have social interaction, while some play competitively. It matters not what your reason for turning up is. The golf clubhouse is a wonderful venue for socialising, meeting people with a variety of lifestyles and making new friends.

Just a good walk in the fresh air does wonders for endorphin and serotonin levels, leading to improved mood and reduced levels of stress and anxiety. Coupled with an escape from the hassles of day-to-day living the game can provide great relaxation.

Maintaining Mental Alertness. Weighing up the risk / reward elements of a particular shot, totting up scores and the other various facets of the game all aid in keeping the mind sharp.

Aside from mental health considerations, a round of golf can form a superb part of a physical fitness programme, for players of every age and both sexes.

Exercise & Weight Loss. A full, 18-hole round of golf involves a walk of around 8-10 kilometres. Even on a flat course, this equates to expending around 1,500 calories and even more if the course is particularly undulating. The less energetic players, who choose to ride in a golf buggy rather than walking, or wish to play a shortened round of 9-holes, will still expend more calories than a strenuous, lengthy gym workout (and doubtless enjoy it far more!)

Low Impact. Golf is a "low-impact" sport. As a result, joints are not subject to the stresses and strains of more energetic activities like tennis and running, which can lead to long-term joint damage. This makes golf an ideal activity for older players.

IF ANY OF THIS IS OF INTEREST TO YOU, GIVE THE SECRETARY A CALL FOR A FRIENDLY CHAT.