



FARRINGTON PARK

JANUARY 2019

GOLF MEMBERS NEWSLETTER

January 2019 Golf Members' Newsletter

Happy New Year!

We hope you enjoyed the New Year's celebrations and got a chance to play some golf over the festive period. Thanks to all who played in the New Year's Eve Competition and to all those who came to the afternoon family disco. There was a great atmosphere throughout the day and it was good to see so many people about.

Congratulations to the competition winners (pictured top right) Mark Crook, John Flitter, Paul Smith, Matt Chard (not pictured) with Golf Operations Manager Jon Calway.

We hope you all have an enjoyable 2019.

Liberty Bell

In appreciation for all the work Chris Liberty has done (and still does) for the club, we replaced the old bell on the 13th hole with the inscription 'Liberty Bell'. Thanks Chris for all you do for the club. Pictured from left to right: Men's Captain Gary Prater, Chris Liberty, Seniors Captain Ray Guthrie.

2019 Rules of golf changes

By now most of you should be aware of the rules changes that came into effect on January 1st. There is a full run down on the November 2018 newsletter but you can see a brief summary on page 18. You can also see the full rules on the R & A website www.randa.org plus there are new rules books available free in the clubhouse.





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Other News

Planning

Still no updates. Further chasing will be done next week. Mendip Council can't seem to be able to make a decision!

Office Space Available

We still have an office available for rent from February 1st 2019. The current occupiers, Heating Engineers London, are staying on site but are moving to the old pro shop (current fitness studio). If anyone is interested in the office space, please contact Jon Cowgill on jon@farringtonpark.co.uk or call into the office.

Driving Range

During the winter months it may also be necessary to 'hand collect' the driving range balls. This takes place when the ground is too wet to use the ball collector. Please understand that this may mean the range is closed for a period of usually one hour. The timings on this depend on availability of staff but we try to keep disruption to a minimum. Timings will generally be 11.15am – 12.15pm weekdays and 1.00pm – 2.00pm weekends. During winter periods, please call the golf shop on ext 110 if you intend to use the range.





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News from the course with Andy Grabham

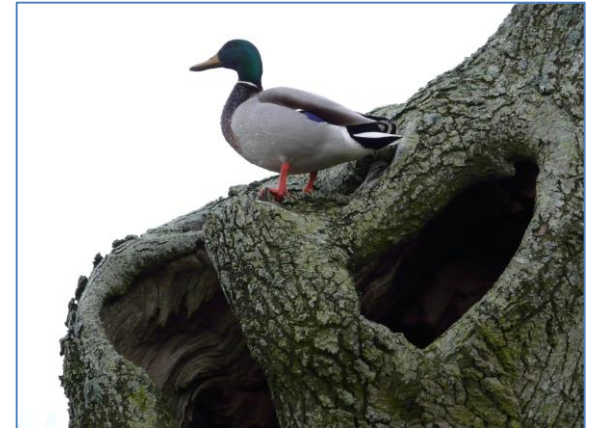
Happy New Year everyone!!
Hope you all had a wonderful Christmas celebrating with friends and family.

Well, December has been a very wet and mild one with nearly 6" of rain. With some wild weather including very strong winds and driving rain, the course became very wet at times, but with the very dry summer meant the course dried out quickly too, due to the water table still lower than normal for this time of year (annually we have had only 20mm less than last year).

The mild weather has its downside this time of year for turf though, with the contact fungicides gone off the market for spraying disease, this has meant when we have an outbreak of disease on the greens which we do at the moment (very frustrating), we can only spray chemicals to keep the rest of the green healthy. The spray windows for trying to prevent the disease before the favourable conditions arrived were not available due to the strong winds and rain, a concern going forward especially with more and more chemicals taken away for such problems.

The greens are now cut at 6mm by hand mowers, I know the greens are rolling a bit slow of late, this is due to us trying to roll the greens more than cutting, I am trying to leave more leaf on the plant to create higher photosynthesis for recovery and healthier plants.

Work on the 16th and 12th has come to a halt this month due to the wet ground and strong winds (apart from the removal of the oak tree). We will carry on with the projects in the new year when conditions allow us to. First of all we will start planting the 20+ trees on the left of 16 before finishing the teeing area.





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News from the course with Andy Grabham

We have had a few complaints about why we have shortened holes and why only 13 holes are in play at times. I will try and explain why we make these changes this time of year.

1. Shortened due to safety reason on the steep slopes, on the right and left of the fairway. To keep the hole open and in play more then if it would be from the back tees, we move it to a par 3 so it stays open more.
2. Only an issue when high rainfall is present, water from top of hills slowly makes it way across the low lying fairways and rough area creating standing water and an unplayable surface. sometimes will go to a par 3 when it gets like this.
3. Stays as a par 4 all the time. Only problem area is around the green which we rope off to stop it becoming a mud pit.
4. The fairway lies very wet and can't recover from high divot pressure if it stays as a par 4 (leaving divots everywhere for the following season). Also a narrow teeing ground with no grass recovery would mean a poor tee for the season ahead. With two steep slopes either side of the fairway which become very slippery when wet and concerns over health and safety is another reason why we move to a par 3, otherwise the whole hole would have to close.
5. Main issue with this hole is where the green is located. Localised traffic from the back and front of the green causes the green to go very thin and yellow (highly stressed turf). Also, for 4 months the green doesn't see sunlight which slows the turfs ability to photosynthesise and recover from golf traffic. This is why we have to at times close the hole or play it to a temporary green (especially when a frost is present).
6. Plays from a set winter tee and the fairway lies wet due to low volumes of topsoil and solid rock underneath. Otherwise it stays as a par 4.
7. Lies very wet from start of fairway until after the first two ponds, with 90% of golfing traffic walking through this narrow area is why we shorten it to a par 4. Also the teeing areas are on the small side and wouldn't cope with winter play.
8. Moves to a purpose built tee to give the other tees a rest and chance to recover.
9. Moves to a purpose built tee to give the main tee and tee bank a rest.





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10. Moves to a mat, due to it being a par 3 with high wear pressure and no recovery in the winter.
 11. Moves to a purpose built tee to give the main tees a rest.
 12. Moves to a par 3 due to wet lying fairway and no recovery to divot pressure.
 13. Moves to a winter tee mat due to small teeing ground and with no sunlight to recover from damage.
 14. Moves to a purpose built tee to rest other main tees.
 15. Moves to a purpose built winter tee to rest summer main tees, which are narrow and can't cope with winter play.
 16. Usually moves onto a winter mat to protect teeing ground. With the required changes taking place at the moment, it has changed to a par 3 until we can safely reopen the teeing ground to reduce the risk of balls entering the house on the left of fairway.
 17. Moves to a par 3 to help the fairway recover, which also lies wet after high rainfall. Also gets very wet and muddy between the ponds and to the left of the green in the winter, this is why we keep everyone to the path at all times through hole.
 18. Men move to the green tee to rest the back two tees.
- The first 5 holes are built on clay as to the top ground built on freer draining ground. This is why they are slower to drain and dry out. We only close the bottom 5 holes completely when we think its unplayable and a health and safety risk.
- I hope this helps explain why we protect the course in the winter, which gives us a better chance to produce a quality course in the summer.
- Thanks and if you have any questions or opinions you want to raise, bring them to the Q&A meeting or write to Jon or I which we will do our best to answer your views or concerns.
- Please repair pitch marks and divots.
- Andy



News from the Pro-shop

MASSIVE JANUARY SALE

FJ FOOTJOY

UP TO **50%** off



£40 off

FREE SIMULATOR SESSION



WITH ANY HARDWARE PURCHASE

TaylorMade



£200 off

CUSTOM FITTING

This week we carried out a custom fit session with one of members. With careful adjustments of club head and shaft we were able to gain **27 yards** of distance compared to her current clubs. Come and see us and I'm sure we can do the same for you



Titleist®
PRO V1 & PRO V1x
Per Dozen **£36.95**
RRP £50

The advertisement features a red background with a white snowflake border. The Titleist logo is in a black box. The text 'PRO V1 & PRO V1x' is in white. The price '£36.95' is large and white, with 'Per Dozen' written diagonally to its left. 'RRP £50' is at the bottom.



Custom Fitting

2 3 4 5 6 7 8 9 10 11

Get Started ►

The banner has a black background. At the top, 'Custom Fitting' is in large white text. Below it is a yellow measuring tape showing inches from 2 to 11. At the bottom right is a 'Get Started' button with a white arrow.



Contact golf shop to book your session.

BALL FLIGHT LAWS, PART 1 **CLUBFACE**

This will sound a very simple and common sense statement, however the **BIGGEST** effect on the direction of your golf ball is the clubface position at impact, more than any other factor! The dominant effect on your clubface position at impact is...?

YOUR GRIP! Once again this may be an obvious statement but your hands are the only part of your body that is in contact with the club. If your grip is incorrect, you will spend your whole time swinging to compensate for this and as a consequence introducing and ingrain one or more faults.

If your grip is neutral, it will help you to fully release the golf club at impact in turn maximizing your power and helping to ensure accuracy.

In the picture below you can see what a neutral grip looks like, I have also included the incorrect positions to help you relate it to your own grip. Try to get the left and right hand 'V's' (thumb and forefinger) pointing toward your right collarbone. (Left collar bone if you're left handed).



**STRONG
GRIP**

Golf ball will
curve left



**WEAK
GRIP**

Golf ball will
curve right



**NEUTRAL
GRIP**

Golf ball will
fly straight

Book a coaching session today, email: Jonathanl@farringtonpark.co.uk

GOOD PUTTER OR BAD PUTTER

- Good putters have confidence, even when they're missing some putts.
- Good putters have a concept for their stroke and stick to it.
- Good putters have the same routine for every putt they hit.
- Good putters practice and make it enjoyable.
- Good putters are fitted (read on for more details).
- Bad putters try not to miss.
- Bad putters focus on their stroke and the line of it.
- Bad putters change their technique and/or their putter frequently.



IMPROVE YOUR PUTTING

When making a putting stroke you are looking to rock your shoulders (indicated in the picture above) ensuring that the amount of movement with your wrists and lower body is kept to a minimum. The trap that a lot of us fall into is when attempting to reduce movement, no matter what part of the body we are trying to control invariably tension creeps into our stroke. Try to ensure that you stay as relaxed as you can at all times, tension can be more destructive than technical problems.

DEVELOPING TOUCH

You can put Touch or 'feel' mainly down to your mental approach so being able to accurately visualize the putt is vital. If you can't see the putt tracking on a chosen line and dropping into the hole the likelihood of it actually happening will be almost nil. The best way to develop feel is to start putting from 2 feet away with approx 20 balls, once you have hit them all move back another 2 feet, continue this process until you have utilized the full length of the putting green.



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PGA Professional Terry Williams

Are you great in the driving range but poor on the course?

This is extremely common, I hear golfers say this all the time and I even say it myself. Not so much now though due to a few tools learnt at Mind Factor. The problem with hitting balls in the range is it's a whole lot easier than hitting shots on the course.

In the range the ball is on a lovely perfectly flat mat, you hit 10, 15 or maybe more shots in a row with the same club, to a target that has no hazards with a consistent wind, shielded from the elements and the muscle memory from the previous shot was probably less than 20 seconds ago.

On the course it's a totally different proposition, you look at the shot in front of you, select a club and hit it and hopefully you have taken into account all the necessary factors to successfully play the shot.

In the range I can give you ways of tackling all the factors and even create uneven lies. Practice from now on should be measurable and harder than the game of golf itself, if you want to get better.

Come and learn these new ideas to improve your game.

Tiger of the year announcement at the Junior Presentation

20th January I will be announcing the Tiger of the year at the Junior Presentation and it's going to be really hard to choose, as we have so many great young stars coming through, it's so close to call, that the next couple of weeks at Tigers on Sunday mornings is going to be crucial and decide it for me.

It's going to be great to see so many young golfers on the edge of their seats in the hope that they are Tiger of the year.





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GOLF MEMBERS NEWSLETTER

PGA Professional Terry Williams

Do you want to improve your health, build your strength and improve performance?

If the answer is yes, then please show some interest in listening to an evening with Phil Richards at Farrington Park.

Tickets will cost £10 and we are hoping to raise a considerable amount of money for the Junior Section if we can fill the room.

Message me on 07989751659 or email terryw@farringtonpark.co.uk if you would like to attend such an evening.



Having studied with figures such as Louie Simmons (Westside Barbell), Dr Eric Serrano (Hormonal Expert), Charles Poliquin (Strength Coach), Jim Schmitz (Olympic Weight Lifting Coach), Ray Williams (Olympic Weight Lifting Coach), Neil Taylor (Olympic Weight Lifting Coach), the late great Charlie Francis (Speed Coach) and many, many more. Phil has probably interned with more experts in the field of strength, conditioning and nutrition than any other coach. Phil holds a BSc in sports nutrition, Diplomas in clinical and medical nutrition, is an advanced cellular nutritional microscopist, is qualified in blood chemistry analysis. Phil is also Europe's first Westside Barbell Certified Strength Coach, which is well respected in the strength training world.

Phil applies this wealth of learning to a no nonsense approach to build health, strength and performance. Throughout Phil's successful career he

has worked with and consulted for the 'who's who' in world sport including; Eddie Hall (World Strongman), Amir Khan (World Champion Boxer), Worcester Warriors, Worcester County Cricket, Somerset County Cricket, London Harlequins, Wigan Warriors, Hull KR, Leicester Tigers, Bolton Wanderers, Glenn Ross (World Masters Strongest Man), Nick Dunn (World Triathlon Champion), Swansea RFC, Stuart Stokes (Olympian Steeplechaseer) and many,





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Monthly Photo Competition



Congratulations! This month's winner of the monthly photo competition is Neil Meade with 'Eerie 12th'. He wins £20 on his bar card.

Want to take part? Simply take a photo on your phone and email it to jon@farringtonpark.co.uk.

The photo can be of anything at Farrington Park....golf action shots, food, exercise classes, sunsets, wildlife, etc. etc. We will have a winner each month and they will receive a £20 credit to their bar account!



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Ladies

Thursday, 6th December saw the "Elves" challenge the "Santas" to a Christmas competition of Match-play over 12 holes on the Duchy course.

After all the wind and rain of the past week, it was amazing that the golf course was even playable. Chief Elf June Symonds marshalled her team and sent them off to do battle against the Santas of Ladies' Captain Pat Roscow. Each team was easily distinguishable, the Elves wearing green clothing and the Santas, of course, wore red. The Santas won the first four matches before the Elves replied with three wins. Nail-biting stuff for the Captains ! The next match was drawn, before the remaining matches were evenly split win/lost between the teams.

The final score was a 6.5 to 5.5 win in favour of the Santas; but this being Christmas time, everyone had chocolate as a prize and went home, happy !

The ladies had a choice of courses to play on Thursday, 13th December. The previous week's wet weather had reduced the Duchy course to 13 holes and the players arrived expecting to play the shortened course. However, the previous day's dry weather had help the course to dry out sufficiently to return it to 18 holes, albeit some are reduced to par 3s to preserve the course. Some ladies opted to play the "Blind Date" Stableford competition over 13 holes, but the majority decided to play 18. Each player recorded her Stableford score, but at the end of the competition, everyone was paired with a partner whose name had been drawn at random. The scores of each were added together to produce the winners.

Two 2 spot birdies were made by Lena Warren (12th) & Jackie Hobbs (16th).

Sue Forshaw and Sylvia Hudnott won the 13 hole competition with 38 points.

In the 18 hole competition, 4th place went to Trish Rouse & Corrina Bates with 61 points. Third place was taken by Heather Woodland and Jackie Hobbs with 63 points. Countback had to be employed to separate the two top teams who were seven points clear of the field with 70 points each. Fiona Hassard and Julie Toogood took first place, just edging Jane Ball and Lally Gibson into second.

Pictured: Rosi Brown presenting the Lady Captain's Trophy to June Symonds for outstanding work as Handicap Secretary and for her personal support with thoughtful advice.





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Mixed

The Mixed Section held its Christmas competition on Sunday, 9th December. This was a Pairs' Greensomes Stableford off a combined handicap with the added twist of two "Surprise Bonus" holes. The score on these holes was doubled; there was also a "Nearest the Pin" competition on the 8th for the men and 15th hole for the ladies.

Sixteen pairs competed over the reduced Duchy course of 13 holes and the scoring was very creditable indeed.

After the golf competition, the players donned fancy dress to enjoy a carvery meal and more fun was added to the mix with a Christmas Quiz compiled by Steve "Paxman" Symonds. The winning team was Jon Coates, Bobby Appleby, Paul & Liz Thomas.

The fancy dress competition was independently judged by Farrington Park's bar staff, who chose Lin Papadopoulos and Rob "Christmas Pudding" Thain as the winners.

After coffee and mince pies, the golf competition results were revealed.

Nearest the Pins: Mandy Hobbs and Steve Park

Fourth place: Paul & Liz Thomas - 36 points

Third place: Steve Park & Margaret Seery - 37 points

Second place: Martin & Jackie Walker - 37 points on countback

First place: Dave & Sue Forshaw, who secured a fine victory of 40 points including a net albatross on their first bonus hole, the par 5 7th hole, when Sue sank a 35 foot putt for an unassailable 10 points.

Pictured: Sue & Dave Forshaw - Festive Greensomes winners





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Seniors

SUPER PAIRING REAP REWARDS

The penultimate seniors competition of the year enjoyed an excellent entry of some 70 golfers. On a bright, sunny morning the course was in good condition following several days of torrential rains.

A fourball betterball format was the order of the day with some fine scoring by the top six pairings in the prizes. However top of the pile were the ageless, octogenarian pairing of Mike Bradbury and Gerald Shearn turning back the years with an outstanding 47 points, three clear of their nearest challengers.

The last competition of the year on 19 December is the playing of the Ray Dando Trophy involving just three clubs and a putter. This is followed by the Seniors Section Christmas Dinner with over 100 in attendance. An event not to be missed, it's never a quiet affair! With 2018 drawing to a close we wish A Happy Christmas and Prosperous 2019 to all at Farrington Park.

Results

1st Mike Bradbury & Gerald Shearn 47 points

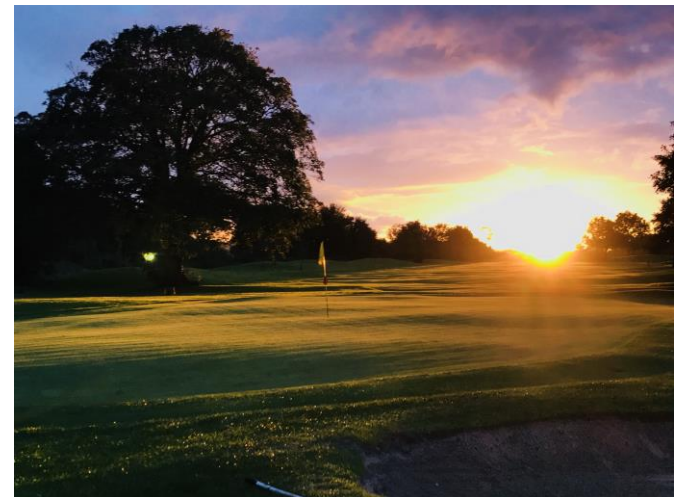
2nd Bill Sims & Steve Gay 44 points

3rd Dave Harvey & Geoff Clare 44 points

4th Dave Millington & Jeff Kelly 43 points

5th Colin Glibbery & Mo Duery 41 points

6th Chris Standen & Jim Farmer 41 points





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Seniors

Farrington's Festive Feast

The final competition in the golfing calendar culminated in a sumptuous feast served in the Park Suite for over 100 senior golfers at their annual Christmas Dinner and Trophy Presentation. The morning had seen 70 plus members play for the Ray Dando Trophy where only 3 clubs and a putter were allowed to be used. All members were happy to stump up £5 each with the proceeds going to captain Ray Guthrie's South West Hospice Charity. There were a number of good scores and some may now question the need to carry a bagful when 3 clubs seem quite sufficient! The winner on the day with an impressive 31 points from 13 holes played was Mike Hedges.

The afternoon proceedings kicked off at 4pm with the trophy and knockout presentations. Treasurer Ian Clement organised a raffle with more than 50 prizes the majority, surprisingly being of the bottle shaped variety.

A wonderful meal was served up by the Catering Staff who are to be congratulated on their perseverance dealing with so many, under trying conditions!

May the golfing gods be with you and have a prosperous 2019.

Trophy Winners in 2018 were:

Ray Dando Trophy - Mike Hedges; Don Perry - Diamond Jubilee Trophy
Duchy Club Champion - Phil Thompson; Manor Club Champion - Phil Thompson; Wally Sage Trophy - Rob Thain, Steve Park & Bill Waddington; Eddie Jackman Trophy - Roger Stone; Captains Day Tantalus - Mike Hedges; Committee Cup - Rob Thain; Most Improved Player - Fred Grist





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Juniors

9 hole competition Sunday 16th December

Player	Gross	Net
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Division One

Abbie Moore	33	26
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Josh Mowat	34	27
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Jenson Barker	37	28
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Division Two

Riley Matthews	50	24
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Oscar Matthews	59	25
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Fergal McDonald	43	27
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Rules of Golf 2019 - 20 most Important rules changes

1. 3 min search time, no longer 5 mins.
2. No penalty for accidentally moving ball while searching. Ball must be replaced.
3. Embedded ball rule in effect everywhere in general area including rough at all times.
4. A club length is defined as the player's longest club except for their putter.
5. Drop ball from knee height.
6. Ball on wrong green, player is not allowed to take stance on a green to make a stroke.
7. Accidental hitting equipment is not a penalty, unless player is purposely trying to use as a backstop.
8. Double hits are no longer a penalty.
9. In a bunker, you can smooth marks if not on the line. Also - able to lean on club in sand.
10. Can remove loose impediments anywhere, including a hazard/penalty areas. Ball cannot move or 1 stroke if it does.
11. Unplayable lie in a bunker. 4 options:
 - a. 2 club lengths from the unplayable lie, 1 penalty stroke.
 - b. 1 club length along the line of flight remaining in bunker, 1 penalty stroke.
 - c. Stroke and distance w/in 1 club length of original spot.
 - d. Drop behind bunker along the line of flight outside the bunker, 2 penalty strokes.
12. Water hazards are now called penalty areas, red and yellow. The golf course can now mark any areas as penalty, with or without water.
13. Touching ground in a penalty area is allowed.
14. If ball moves on the green through act of nature (wind, slope, etc), player must replace on the original spot.
15. Accidental touching of ball on green is not a penalty, player must replace on original spot.
16. Repairing damage on a green can be performed at anytime and anywhere. Natural imperfections are a part of the game so no smoothing entire line.
17. No positioning of a club to help line up a shot. Rule 10
18. No help from a caddie to help line up a shot. Rule 10
19. Hitting the flag in the hole is allowed. Rule 11
20. Ball wedged on flag stick, ball is considered holed if partly below the lip.





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	January 2019					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Seniors Morning 8.00am – 11.30am	3 Ladies Morning 9.30am – 11.30am	4	5 Men's and Ladies' Saturday Stableford – All Day
6 Mixed Fun Comp 10.28am – 11.40am	7	8	9 Seniors Morning 8.00am – 11.30am	10 Ladies Morning 9.30am – 11.30am	11	12 Men's and Ladies' Saturday Stableford – All Day
13	14	15 Ladies Coppers 10.00am	16 Seniors Morning 8.00am – 11.30am	17 Ladies Morning 9.30am – 11.30am	18	19 Men's and Ladies' Saturday Stableford – All Day
20	21	22	23 Seniors Morning 8.00am – 11.30am	24 Ladies Morning 9.30am – 11.30am	25	26 Men's and Ladies' Saturday Stableford – All Day
27	28	29	30 Seniors Morning 8.00am – 11.30am	31 Ladies Morning 9.30am – 11.30am		

Duchy Course unless otherwise stated