

# ladyGolfer

June 2018 | £3.50

the  
**WELLNESS**  
issue



**fit for**  
the course

Tips and advice to keep you  
feeling happy and healthy

**Also inside:** Amy Boulden, This Girl Golfs, Henni Goya, spikeless shoes, spa escapes, pilates, watch reviews and much more



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Scarcroft, Leeds, LS17 9BF  
www.lady-golfer.com  
Tel 0113 289 3979  
info@sportspub.co.uk  
@LadyGolferMag  
@SPPublications

**Golf Editor**  
Mark Townsend

**Staff Writer and Designer**  
Harriet Shephard

**Production Editor**  
James Broadhurst

**Chief Designer**  
Andrew Kenworthy

**Designers**  
Vicky Jones, Emmi Parry

**Commercial Executive**  
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**Digital Editor**  
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Keel Timmins

**Editorial Director**  
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**Publisher**  
Tom Irwin

**Finance & Operations Director**  
Will Shucksmith (ACA)

**Accounts**  
Emma Abbott

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# welcome

'Always take time out of your day to focus on yourself.'  
Sitting cross-legged and basking in the Spanish sunshine,  
the words of our yoga teacher made a lot of sense.

We were at the end of our pre-golf yoga session at Golf d'Aro in the Costa Brava, and I was starting to wish that every morning began in such a relaxing way.

I was there on a ladies-only press trip that was designed to show us a different type of 'girls' holiday'.

Most of us will have experienced one of these at some point. They generally involve cocktails, sunbathing and lots of relaxing.

But if you are used to spending your free time striding the fairways, the idea of going away just to doze by a pool might seem a bit boring.

Equally, for those of us who are relatively new to the game, the idea of playing a full week of intense golf can seem daunting, not to mention totally exhausting.

Costa Brava offered a holiday that was somewhere in between the two, and it was perfect.

It involved lots of my favourite things:

gin and tonics, spas, yoga, culture, beaches and of course many beautiful and enjoyable golf courses. It was the perfect balance. I came back feeling refreshed, revitalised and much happier.

If you are looking for a holiday destination that will please golfers and non-golfers, I highly recommend it.

Our wellness issue is all about looking after yourself. Our fitness, diet and mental state all affect how we perform on the golf course - it isn't just about how many hours you spend on the driving range.

Dedicating time to working on your own wellbeing isn't selfish at all. We hope this issue inspires you to treat yourself to some extra 'me time'.

**Harriet Shephard**  
Twitter: @hshephardLG



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moment of the month...

# Women take centre stage at GolfSixes

Day one at Centurion was all about the women's teams, as both progressed to the knockout stages

**T**HERE has been plenty of discussion in recent memory surrounding mixed team events in golf. Would it work? Would it be a success? Well, on the showing of day one at GolfSixes, the answer was a definitive yes.

Aside from the Captains team - comprising Thomas Bjorn at Catriona Matthew - the two all-women teams of Charley Hull/Georgia Hall and Mel Reid/Carlota Ciganda were the big outsiders heading into the week.

In fact, the bookies had the England Women at 50/1 before the off, while the European Women were available

at an eye-watering 80/1. Both teams progressed to the final day.

Eddie Pepperell/Matt Wallace vs. Charley Hull/Georgia Hall promised to be the tie of the day, and so it proved, as the match was halved with a pair of stunning eagles on the final hole. Both teams would go on to advance to Sunday.

And then it was the turn of the European Women to delight the jubilant crowds at Centurion, in Hertfordshire. After matching the points total of the Danish team of Thorbjorn Olesen and Lucas Bjerregaard in Group A, they duly dispatched the defending champions in a play-off. ●

## Also...

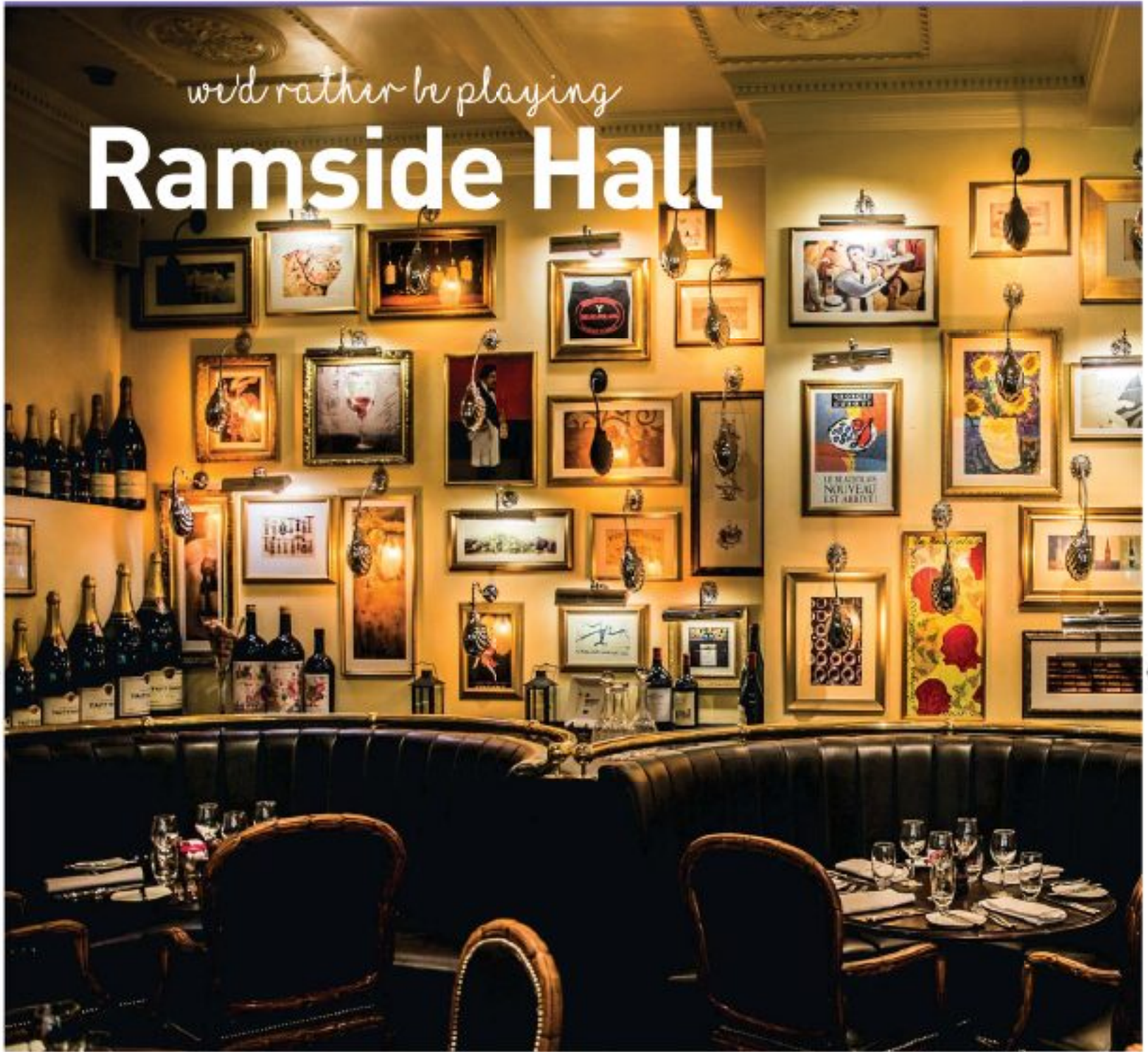
Dame Laura Davies' appearance at the Shipco Masters will make her the first woman to play on the Staysure Tour (formerly the European Senior Tour).

Speaking about the opportunity she said: "You only get one chance to become the first, and the time is right to do it. I am particularly encouraged by the increasing number of opportunities arising for women and men to compete in the same event. This is my turn to do so and I hope to see many more opportunities in future in all manner of formats."





*we'd rather be playing*  
**Ramside Hall**







### The location

This luxurious hotel is the ideal base for exploring all that County Durham has to offer.

Situated just outside the historical city of Durham, and with the Durham Heritage coast and North Pennines just a short drive away, there's plenty to enjoy away from the golf courses.

You'll also want to make the most of the beautiful accommodation; the suites are tasteful, stylish, and completed with stunning state-of-the-art bathrooms.

Or for a totally unique and special experience, the resort will soon be opening some brand-new one- and two-bedroom luxury treehouses.

### The courses

The Prince Bishops' course is named after the warrior clergymen who ruled over the lawless North after the Norman Conquest in the 11th century.

With views of Durham Cathedral, extra excitement is added by the water hazards that appear on 10 of the holes. But with wide fairways and more conservative options on every hole, even beginners will love this round.

The Cathedral course is just as immaculately maintained. Making the most of the rolling countryside, the middle holes offer 360-degree views from their raised position, before the course drops dramatically back down into a valley.

### The facilities

With no fewer than five relaxing pools, the spa at Ramside Hall is extra special.

Featuring an outdoor infinity pool, spa garden, thermal suits and therapeutic treatments that use only the most indulgent ESPA products, you can unwind and enjoy an afternoon of blissful pampering whatever the weather.

The varied dining options include flavoursome Asian delights in the Fusion restaurant, traditional Sunday roasts in the Pemberton's Carvery and spectacular afternoon tea spreads.

● Visit [ramsidehallhotel.co.uk](http://ramsidehallhotel.co.uk)



## THIS GIRL GOLFS **'Everyone was so welcoming - it was a fantastic day'**

This Girl Golfs winner Tina A'Barrow tells us why she so thoroughly enjoyed our latest ladies' event at Royal Mid-Surrey



**T**REATED to sunshine and blue skies, we had an incredible day at our This Girl Golfs event at Royal Mid-Surrey in Richmond, London.

In addition to the 18-hole Stableford tournament last month, the ladies enjoyed a pilates taster session, GolfGarb fashion show, pop-up boutiques from GolfGarb and Duca del

Cosma, gin tasting, and much more.

The prizes included a holiday for two at Las Colinas Golf & Country Club in Spain, a pair of Duca del Cosma Italian golf shoes, a GolfGarb golfing outfit, an Etiqu watch voucher worth £199 and a Gaggia coffee machine.

Now looking forward to her well-deserved holiday in sunny Spain, winner Tina A'Barrow explained why she thought the This Girl Golfs events are so special.

Tina said: "The event at Royal Mid-Surrey was the second This Girl

Golfs event I've been to. I also went to the one at Goodwood last year and I really enjoyed both of them.

"They are just really well organised from start to finish and there's no lull in any part of the day. You get to meet new people, play a new course and I think they're a great idea.

"I went along to both events by myself but everyone is so welcoming and inclusive. You're all there for the same thing so you all have something in common to start with as well. Everyone I've been paired up with has





## STILL TO COME

Don't miss out on the chance to sign up for our four upcoming This Girl Golfs events

**The Vale Resort, Cardiff**  
- 26th June

The award-winning Wales National course mixes up mature woodland, fearsome bunkers, tricky water features and USGA standard greens.

**Ramside Hall, Durham**  
- 3rd July

The Prince Bishops' course has generous fairways and with a conservative option available on every hole, every standard of golfer can enjoy Ramside's challenge.

**Dalmahoy, Edinburgh**  
- 10th Sept

The East Course was designed by James Braid and has previously hosted the Solheim Cup, the Scottish PGA and the Scottish Seniors Open.

**Formby Hall, Liverpool**  
- 10th Sept

The Old course provides a consistent playing surface all year round. Links-style pot bunkers, wooded areas and water hazards provide plenty of character.

been so lovely.

"The prizes on offer are just amazing, especially for the price you pay. To win a four-night golf break from playing a round of golf is fantastic.

"It's not all about the prizes though because it is such a full-on day and there's so much happening.

"The events are definitely really good value for money.

"You get breakfast, lunch and dinner, a goodie bag, then also the other activities like pilates, a round of golf and the potential to win those brilliant

prizes.

"The programme flows really well right from the moment you arrive and start to meet all the other ladies.

"I was a bit shocked when I found out that I won to be honest, but I was very pleased.

"It was a brilliant round for lots of reasons. We had great weather and I've never been to Royal Mid-Surrey before so it was interesting to play a different course.

"I've been playing golf for about nine years, so not that long compared to

some people.

"I think it's a brilliant game. My other half got me into it and since then I have been totally hooked. I play whenever I get the opportunity and I love that you can play with anybody of any age or handicap.

"You can also always take something positive from golf no matter how your game is going. Even if you are having a really bad round, there's always that one shot that keeps you coming back. When you hit a nice shot you think 'oh actually I can do this!'" ●



# LADY GOLFER EVENTS

— Next event June 26th —

THE VALE RESORT, CARDIFF

## 2018 EVENTS

- The Vale Resort, Cardiff - 26th June
- Ramside Hall, Durham - 3rd July
- Dalmahoy, Edinburgh - 10th September
- Formby Hall, Liverpool - 18th September

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- 2nd Prize: Duca del Cosma Italian golf shoes voucher worth over £200
  - 3rd Prize: GolfGarb summer golfing outfit
  - 4th Prize: GAGGIA coffee machine
- Nearest the Pin: ETIQUS watch voucher worth £199
- Closest to the line: 3 dozen Volvik golf balls

## ALSO INCLUDED IN THE DAY...

- Breakfast on arrival
- Gift bag for all attendees
- 18-hole individual stableford competition, hcp limit 36
- Afternoon tea on the course
- Whittaker's gin tasting
- Exclusive GolfGarb fashion show
- Two-course dinner
- Prize presentation & Ladies European Tour player Q&A



ANY QUESTIONS?

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OR CALL 0113 289 3979



# 'The brain likes to remember three negatives to one positive'

If you would like to prepare better, think better and look after yourself better then Dr Nicky Lumb's advice could be just what you need

Words: Mark Townsend | Images: Getty Images

**G** TO any professional tournament and you won't be able to move for players warming up, going through their practice drills, stretching, eating nuts, drinking water and generally timing their preparations down to the last minute.

Go to any golf club and you will be able to spot the majority of us waiting a couple of putts to a hole on the other side of the putting green, making a bit of small talk, cramming the last noggins of a bacon sandwich into our mouths and heading to the 1st tee to swish a driver around.

We all like to think that we're giving ourselves the best chance to play well but, in truth, we're not.

So we asked Dr Nicky Lumb to give us a helping hand to making 2018 a

better and more enjoyable year out on the golf course.

Based in Bristol, she has travelled all over the world to gain an extensive knowledge and understanding of elite performance and she believes that every golfer can always get better.

So all those years of bad habits can be finally consigned to the mental dustbin and, even if there isn't the time to devote hours to your game on the practice ground, there are still plenty of ways to make some improvements.







## What to do at the range

People will usually only take a few clubs with them to hit their basket of balls. Often they'll start with a pitching wedge and they will hit to a target and fire, fire, fire without much thought.

Then they move on to another club and do the same, so they get good at hitting to the same target from the same place. In reality they're not improving their golf for the course because on the course we hopefully never hit the same shot twice. This is one of the reasons we frequently hear players say that they always practise better than they play.

Never hit more than five balls without changing your club or your target or both. I often have players changing clubs after every shot!

## Play the right equipment

I often see ladies struggling with 3, 4 and 5-irons and they have no hybrids. Their clubs can be too long as well, as they will often be using their partner's

clubs so they will have to make compensations in their swings. By embracing modern technology, using clubs that are more forgiving on off-centre strikes and having your clubs custom-fitted will mean that you hit good shots more often and that your bad shots will be better as well!

Everybody is a different size with varying swing speeds and characteristics, and with clubs it's not a case that one size fits everyone!

## When and what to eat

On the course you will burn a lot of calories so it's vital that you fuel your body properly so that you have maximum energy and can perform at your best for the whole round.

Ideally you will have had a high protein meal before you play with foods that will give you balanced energy with good levels of vitamins and minerals, such as a vegetable omelette, porridge with berries or, if it's later in the day, grilled chicken or fish with

salad and vegetables. Try and avoid cereals which contain a lot of sugar and aim to eat around 90 minutes before your round.

The traditional snack of a Mars bar will give you a quick sugar intake and a quick high but, as time progresses, your blood sugar level will drop and there will be a low. Fruit and nuts are great to eat on the course, they give you energy throughout the round, and if you're allergic to nuts then jerky is another great snack option. The Organic Food Bar company also make great bars to eat on the course.

Drinking water is crucial for optimal performance, as it enables your body and mind to function properly. It's best to drink water on the course and, if that is a bit bland, add a few slices of lemon. Try and avoid energy drinks and soft drinks as they contain too much sugar. A recent study suggested that golfers hit the ball 12 per cent shorter and are 93 per cent less accurate when they are mildly dehydrated.





'Everybody is a different size with varying swing speeds and characteristics, and with clubs it's not a case that one size fits everyone'



  
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## Forgetting the bad shots

Always remember that golf isn't a game of perfection and no-one wins all of the time, so how we manage ourselves is a crucial determinant of our success. Golfers often give themselves a really tough time when they hit a bad shot, but they should remember that the best players in the world all do it, so they should give themselves a break. You might play once or twice a week so be realistic.

If you hit a bad shot and feel that your swing wasn't right, immediately have a practice swing that emphasises the correct movement that you wanted to make, then move on.

## Keep the round going

The brain likes to remember three negatives to one positive, so we must reinforce the positives. Always celebrate when you hit a great shot, tell yourself well done and give yourself a pat on the back or a fist pump so you remember it. Don't just walk on and forget about it!

Always be aware of your body language and never walk down the fairway with your head down. Your

body language can change your feelings, and shapes who you are. Always have your eyes up above the flag, and let your body language lead you, by being tall, big, and confident. Sometimes you may have to fake it until you make it!

If you feel anxious try and interpret your nerves as excitement. We all experience butterflies at times, so see them as being helpful to your performance and get them to fly in formation! Deep diaphragmatic breathing is a good tool to use. Take a long, slow, deep inhalation through the nose, followed by a slow and complete exhalation.

People can get embarrassed about a pre-shot routine but all of the best players in the world have one. Always see where you want the ball to go and be specific about your target. I always say 'aim small to miss small'.

Once you've chosen your target, feel it, commit to it, and do it!

## Keep some notes

It's really beneficial if, over time, you can work out what works well for you on the course. I suggest that players

have a notebook in their bag so they can write down what worked well for them, so that they can try and repeat it. It's also good to know what didn't work so that they can try and avoid it in the future.

Were you relaxed and chatting a lot to your playing partners or were you really focused and quiet? When it's your turn to play is it best if you play your shot quickly or do you need to take your time?

## Stay loose throughout

Try to arrive early so that you can hit a few balls before your round. If there is no range, hitting into a net is beneficial. Start with a wedge and hit five shots and then move through the bag. If you can find 10 minutes, this will really help.

Golf requires our muscles and joints to work in synergy, and a recent study showed that just five minutes of exercises before a round produces greater clubhead speed and carry distance. A dynamic warm up before you start swinging a club will benefit everyone and Mytpi.com have a comprehensive list of exercises which you can even do in the car park. ●





#### ABOUT DR NICKY LUMB

Nicky is a PGA Professional with a PhD in Optimising Practice for Peak Performance and an MSc in Sports Coaching where she specialised in Elite Performance. She specialises in golf performance, skill development and golf practice, helping golfers of all levels including tour pros and elite amateurs to practise efficiently.

Website: [nickylumb.com](http://nickylumb.com)  
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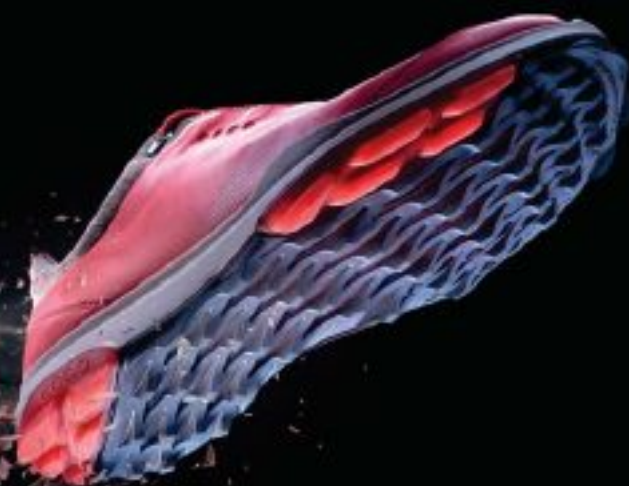
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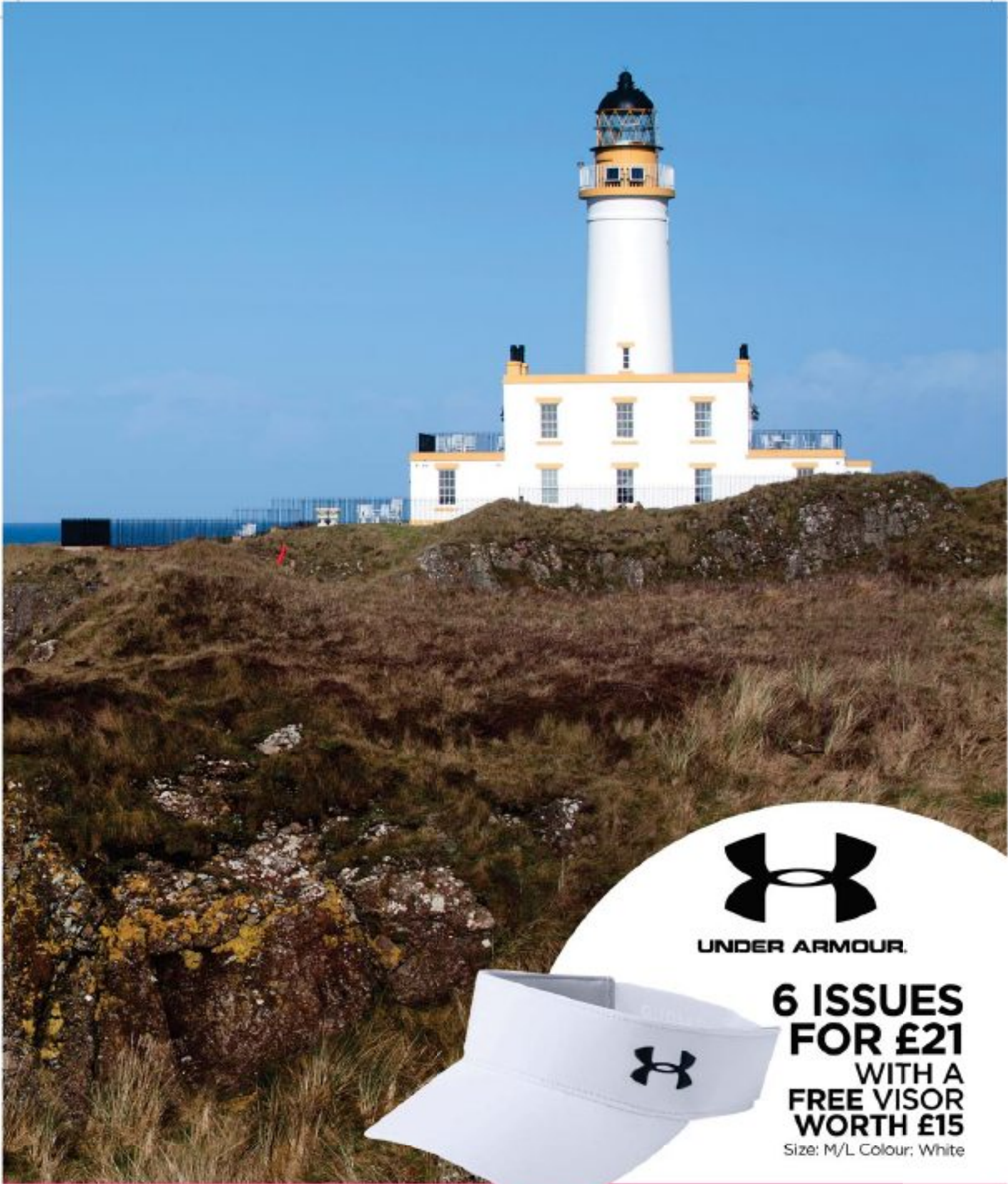
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# NEED SOME MOTIVATION?

Fitness enthusiasts Amy Boulden and Henni Goya share their tips and advice for staying happy and healthy



Now we are well into the golfing season, many of us will be working harder than ever on perfecting our game. But how we look after ourselves off the course can greatly impact our skills on the fairways.

So to give you the encouragement you need to sign up for that gym class that you've always been slightly afraid of, we asked Ladies European Tour player Amy Boulden and Sky Sports presenter and former tour professional Henni Goya for their secrets to staying fit, happy and healthy.





### Exercise

**Amy:** "I probably go to the gym three times a week when I'm home and one of those sessions will be with a personal trainer. I do it to help my golf and because I enjoy it."

I try to do my cardio when I'm my own and see my personal trainer for help with the strength side of things. I know that if he's with me then I'm not going to get injured. We do a lot of explosive movements and Olympic lifts and things like that. I learned the correct technique with a light weight first before I started building it up.

It's important to try and strengthen your core if you're a golfer. You want to be strong but you also need to be flexible. I don't want to look too masculine or get too big.

My dad suffered with a bad back for years. Then he started doing the plank every night and he hasn't had any problems since. It just strengthens everything and only takes a couple of minutes to do."

**Henni:** "Last year was the first time that I started to be really consistent with my fitness. But I'm not trying to have a six pack or anything! I do it for the mental side of it, for how being active makes you feel."

I think it's also really important for golf. I think you are probably better off spending time in the gym doing some movement exercises than you are standing on the driving range trying to get your swing into a certain position. It's going to help you more physically."

### Focus

**Amy:** "I go to a boot camp every now and again that is run by my friend. I enjoy it, it's like 45 minutes of really intense exercise and they push you so much harder than you would if you were working out on your own. My PT also pushes me to my limits."

I really want to get into yoga. I have an app on my phone that I try to use but I really want to start doing classes as well."

'I'm not trying to have a six pack or anything. I exercise for the mental side of it, for how being active makes you feel' – Henni Goya



**Henni:** "I don't have a personal trainer, how much I exercise depends on my schedule."

If I'm away at a tournament and I'm really busy I will do a workout maybe twice a week. But if I'm home I'll do two days on, one day off, so four or five times a week.

I miss my gym when I'm away. It's the world's best gym that's owned by one of my friends. I'll meet the girls there for a workout and to have a chat, and then we'll hang around to do more chatting after.

I really enjoy lifting weight. Nothing crazy, just general mixed strength and conditioning. I love yoga as well."

### Inspiration

**Amy:** "Fitness has become much bigger in golf recently. I remember reading an interview with Mel Reid where she said that when she first came out on tour there was nobody in the gym and now she goes and she can't find a free machine because it's so busy. That just shows how much the game has changed."

You can see that in the likes of players like Rory McIlroy, they have changed the image of a typical golfer.

As well as making you stronger and fitter it also helps you mentally. Everybody wants to look good on the course as well.

But it shouldn't just be a golf thing, it should be part of everyone's lifestyle."

**Henni:** "I have always been into fitness. My mum was quite into going to the gym and eating healthily and I think that's kind of filtered down to me. Obviously being in golf and having people like Annika Sörenstam as my hero has definitely helped as well."

I'm just massively into anything wellness-related, things that are good for you, and self care as a whole."

### Diet

**Amy:** "I enjoy food and cooking. I eat a lot of chicken and fish and for breakfast I normally have poached or boiled eggs and a bit of toast, or just fruit if I have an early tee time."

I don't really eat many carbohydrates

### Henni on social media

"I think we are all under so much pressure these days from social media."

I love it, but it gives an image of perfection that just isn't real. I fall for it too, I look at fitness bloggers or whoever and think that I want to do what they are doing. But it's not a realistic goal because they aren't actually like that in real life.

I'm launching a YouTube channel soon, and the idea is that will give people an insight into real life me.

Real me doesn't have it together all the time. I don't want to show that image of perfection, even though I guess my Instagram page is kind of a creative outlet for me. It's really important for me to show that to people.

If I do have one it would be just to except exactly how I am and not try to change it, because I can be really hard on myself sometimes.

**Youtube:** Hennithing & Everything  
**Twitter/Instagram:** @hennigoya





‘Fitness shouldn’t just be a golf thing, it should be part of everyone’s lifestyle’ – Amy Boulden



and when I do it's sweet potatoes and things like that, but I'm not a fussy eater.

The only time I'm maybe not quite as healthy is on a Sunday night when we eat with my boyfriend's mum. She's Italian so it's not unhealthy but it's often pasta or authentic Italian dishes."

**Henni:** "I try to eat healthily but I've also learnt to be quite relaxed with it. I'm not superwoman.

If I'm busy I'll just have something like some prawns, rice and green beans, anything that only takes five minutes. I always try and have something healthy no matter what time frame I've got.

But I've tried in the past to just be this superwoman that goes to the gym five times a week and always cooks fresh meals. I thought that's what I should be doing because that's what everyone else was. But then I gave up on that and since then I have been so much happier.

I don't think you can work a full time

job, have some kind of social life and do all that. Not at the same time.

I try to eat well, however if there's a week where I don't go to the gym and I eat fried chicken and burgers I'm not going to be too hard on myself."

### Running

**Amy:** "I enjoy running but not really long distance.

I prefer to do short hill sprints so it's over with quite quickly and it also burns more fat that way.

I'd rather run outside than in the gym. I don't really like to go on a treadmill. I live in quite a nice area of Wales that's near the sea, so it's actually quite enjoyable to go for a run around there."

**Henni:** "I probably only run about a handful of times a year, I'm really not much of a runner.

If I do I probably go cross country though the woods. I can't think of anything worse than running on a treadmill. It's just like torture to me!" ●

### Amy on gym buddies

"I try to still work out when I'm travelling with the tour, having a roommate who goes to the gym helps motivate me. Or I hang around with Carly Booth quite a lot and she's always in the gym so she encourages me to go.

There's a good group of us who go together. Like if someone is like 'oh no I can't be bothered' we'll all be like 'come on lets all go'. But the weeks can be long, so you don't want to get too tired. It's more just loosening up and getting ready for the week by doing lots of stretching.

When I'm away during a tournament I'll try and see a physiotherapist a couple of times because we put our bodies through so much. I enjoy going for massages. Even sport massages where they hurt a bit!

Twitter/Instagram: @amy\_boulden



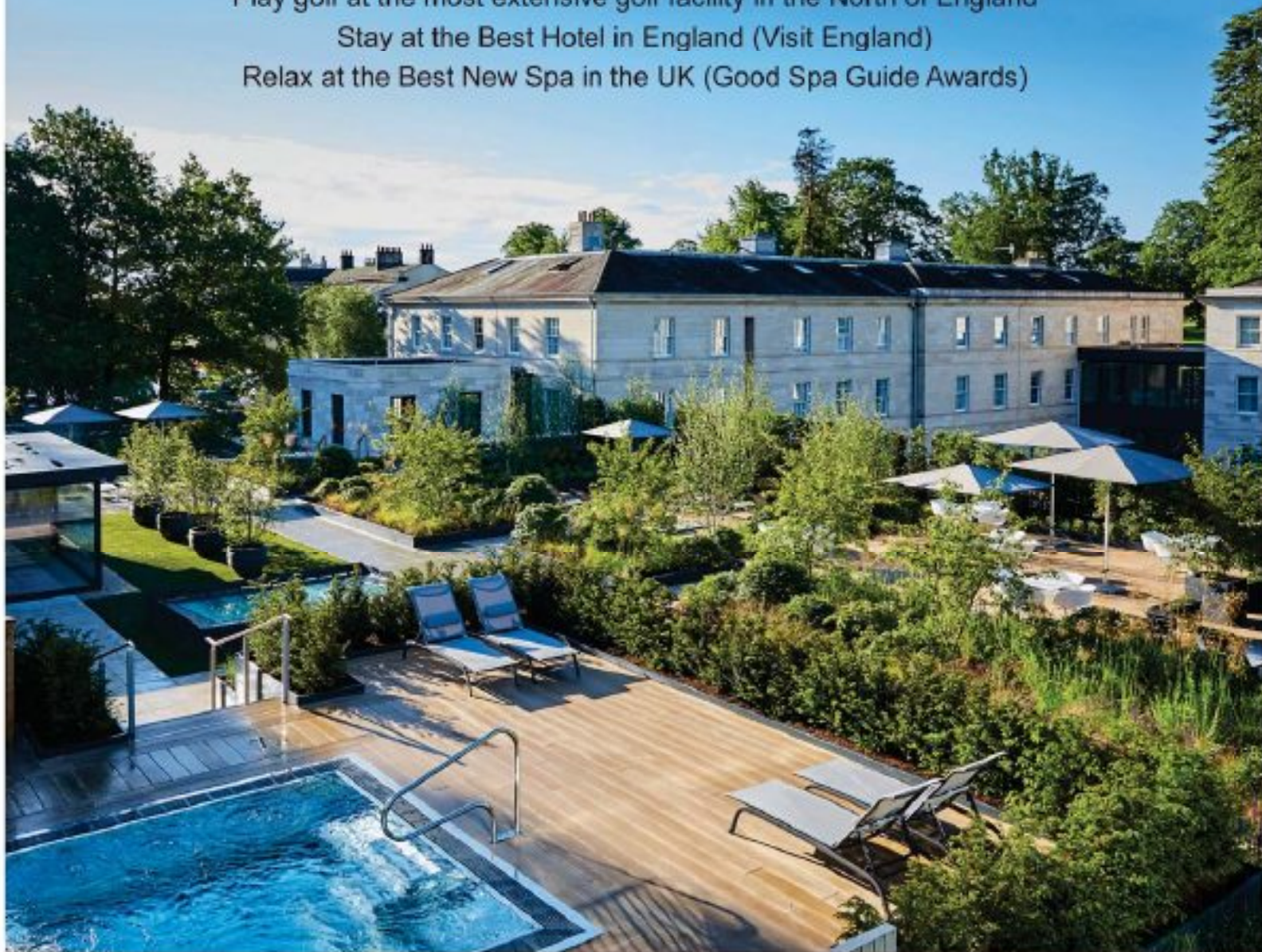
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'I THINK WE  
HAD THE  
GOOD YEARS  
ON TOUR'

Veteran tour pro Florence Descampe looks back on her career and describes what it was like to be part of Team Europe's first Solheim Cup victory

**What was it like to be part of Team Europe's first Solheim Cup win at Dalmahoy in 1992?**

It was the best. We play alone most of the time but this was of the few occasions when we got to play in a team and it was so much fun.

All of the girls that were normally my opponents became my best friends, it was wonderful. We had really bad weather that whole week, but it was still great.

**Why do you think Europe were victorious that week?**

Honestly, I think it was because we just had really good players on the team. Also, even if we are from different countries, Europe is still one nation.

We got along very well because we all played in America and stuck

together when we were out there. The European players that were in America all knew each other. Like my caddie was best friends with Laura Davies, and I used to spend a lot of time with Trish Johnson.

The best was when I played either the fourball better ball or foursomes on the second day with Trish. It was so much fun.

Mark Fulcher caddied for me for six or seven years, he was with me for my whole career and did everything with me. He's doing very well now and we still talk and chat. He was even at my wedding.

I was very fiery and behaved quite badly with him on the golf course at times, but we were really good friends.

**How many years did you play on**

**the LPGA for and what was the experience like?**

It was only for three or four. It was hard on the LPGA because we had no phone and no way of communicating. I was only 20 years old and I felt really alone. There was only other French speaking lady. I was flying backwards and forwards to Europe and it was really tiring. For me, America was really hard.

My daughter is in America now and it's really easy because we're on WhatsApp and we can chat, but we were very lonely. For me, that was the hardest part.

**Is your daughter a good golfer?**

She's a very good golfer, very impressive and athletic. She's playing at the University of Michigan, but she



doesn't want to turn pro. Many don't, you have to be the best to do that.

#### Would you have done anything differently in your career?

I think I had the potential to do much better than I did even if I have won quite a lot. I retired when I was 27.

We were very lonely in our generation. I think I would have benefitted from more help and structure. I was with David Leadbetter but it was really hard to see him on the course, so maybe I should have taken someone with me who wasn't such a famous teacher so I could have had more of a relationship with them.

I would work on my physical condition more as well as if that had been better I think I would have lasted longer. I got tired, but then if I had stayed on tour then I wouldn't have had my three beautiful children. They are the most important things in my life, they bring me so much fun.

So no, I wouldn't do anything differently. I was lucky enough to have seven good years and several wins.

#### What do you think will happen to the Ladies European Tour?

It isn't going so well, I think we had the good years.

When I was playing we had fun, we had beautiful tournaments and real relationships with our sponsors. We had talks, but there wasn't really so much arguing about how the tour was run.

I think since the beginning, the tour has tried to run the tour for the average golfer. When I think they should run the tour just for the best and cut the field.

It's sad because we have beautiful players. They're fit, talented, athletic, and good looking so it's really sad to see this happening.

#### What did you think to the LPGA's objections to Michelle Wie wearing a racer-back vest without a collar?

I think 'so what?' In tennis they're playing in mini-skirts and tops and no one is saying anything. So why not golf? Golf is still a sport. I think if a girl is lucky enough to be good looking then good for her, and if that sells, good for her. They have to sell the tour somehow, and if that makes people come then why not.

#### How did your relationship with Las Colinas Golf & Country Club start?

I was in contact with the old manager at Las Colinas because they are selling

a lot of their properties to Belgian people. They wanted someone to organise a golf tournament for them in Belgium to promote the resort.

I like the resort because it is peaceful and surrounded by nature. I think the golf course is really well designed and it's fun because you have these little short holes, like the 7th.

The houses are beautiful, so it's not like you're in a big hotel. The service is amazing, everyone is happy, says yes and finds a solution to every problem, it is an amazing place.

#### Do you plan on bringing more golf groups over from Belgium?

I come here two or three times a year with a big group of around 30. I do a lot of coaching and I like to teach people to have a relationship with the golf course.

Golf is not just a sport, it's a relationship and I'm very connected to nature. So I like to really try to open people's eyes to what you see and what you feel when you get on the course. I think a lot of teaching is done in a very technical way, and for me that's not what golf is.

● To find out more about Las Colinas visit [lascalinasgolf.es](http://lascalinasgolf.es)



‘All of the girls that were normally my opponents became my best friends, it was wonderful’



# DMDs in focus

Time for a new GPS watch? Or how about a laser to zap the flag?



1



2



3

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5



4





7



8



6



9

- 6 Golf Buddy LR7 laser  
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### Laser or GPS? Which is right for your game?

Lasers are quick and easy to use. They don't need charging and give you exact yardages. But they don't work in the rain or fog and they can't see around corners. A GPS watch gives you numbers at a glance and has other useful features. The only answer is to carry both. Sorry.

10





# It's all in the detail

We take a look at Honma's ladies' clubs



**BERES E-06 fairway wood**

RRP Shaft: 2-S £450 / Shaft: 3-S £500  
Shaft: 4-S £1100 / Shaft: 5-S £4,150

**BERES E-06 driver**

RRP Shaft: 2-S £900 / Shaft: 3-S £1,100  
Shaft: 4-S £1,700 / Shaft: 5-S £4,150



Honma golf brand ambassador Linda Segerstam at The Wisley being fitted with her new set of luxury clubs by product specialist John Bragger



## ABOUT HONMA

HONMA have been crafting high-end golf clubs at their base in Sakata, on the west coast of Japan, for the past 60 years.

The brand prides itself on a meticulous approach to manufacturing and the control they exercise over the entire production process.

Every component is built within its own factory and at least 100 craftsmen handle each and every club before it reaches the customer.

Attention to detail is paramount. For example, the hand-rolled carbon graphite shafts are matched precisely to the clubheads to create exceptional performance levels.

There are three distinct club ranges featuring drivers, fairway woods, hybrids, irons and wedges - BERES, TOUR WORLD and BeZEAL - all of which include models specifically designed for women.

There is also the complementary HP putter range. All the clubs in the range are custom fitted in terms of loft, lie, length, face angle and finish.

The clubs are graded from two to five stars, depending on which grade of carbon graphite customers select for their shafts, along with other premium bespoke customisation options, such as gold or platinum plating.

Over the past two years, TOUR WORLD series clubs in the hands of elite Tour players have captured a total of 37 titles at tournaments around the globe.

They are played by #2 in the Rolex Ranking best female player Shan-Shan Feng from China and South Korean #4 SoYeon Ryu, plus Japan's Hideto Tanihara.

**For more information, visit [honmagolfeurope.com](http://honmagolfeurope.com)**



### BERES IE-06 utility

RRP Shaft: 2 Star  
£450 / Shaft: 3 Star  
£500 / Shaft: 4 Star  
£1,100 / Shaft:  
5 Star £4,150

### BERES IE-06 irons

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Shaft: 3-S £480  
Shaft: 4-S £1,200  
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**FootJoy Leisure**  
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'Our shoes certainly add a bit of

**bling to  
the golf  
course'**



Tony Eccleston, the general manager of Duca del Cosma UK, explains why the golf shoe brand is already causing a stir

**What's the story behind Duca del Cosma?**

The brand was established in 2007 by a German lady called Antje Elle and an Italian man called Baldovino Mattiazzo.

They both loved playing golf and had always dreamt of establishing a golf footwear brand that could be worn on and off the golf course.

They won 14 design and innovation awards within the first three or four years of trading. Their designs were just so different to everything else on the market.

Unfortunately, they had some financial difficulties and they went out



of business in 2016.

That's when Frank Van Wezel, the man behind Hi-Tec, offered to buy the brand. He had always admired Duca from afar.

**What makes the shoes so different?**

I think the main things are the designs and the colours we use.

There doesn't seem to be another brand on the market that makes their shoes so wearable on and off the course or that uses leathers in the way that we do.

The reaction from the retailers has been fantastic, they are saying it's almost like a breath of fresh air.

You tend to get lots of blacks and whites in golf shoes but not so many

other colours like you do in ours.

We have two collections. The Golf Active is our more technical range, and the Lifestyle is more suitable for when you are going out to bars or restaurants.

The leathers are very soft to touch, while the high quality ensures they don't wear to quickly.

**Are they aimed at the fashion-conscious golfer?**

They are definitely aimed at people who are interested in looking good on the course. They are for that person who wants to stand out from the crowd.

But they are also extremely comfortable, which is key when you



are playing 9, 18 or 27 holes.

It depends what the rules are at your club, but the idea is that they can be worn after a round with a pair of jeans or a skirt, but they will also go with your golf clothes.

Our target audience are probably 30-50 years old. The shoes retail at £180 upwards, so the quality makes them a bit more on the expensive side but the bright designs makes them a bit more youthful.

**Is it true that the owner has included his email in every shoe box?**

Yes it is! There is a note on the inside which includes Frank's email address and a personal message that explains his passion for golf and sport. That genuinely is his email address, it's the same one that I have for him and I think it's a very nice touch.

Even though he is in his 70s now he still plays golf and tennis and travels a lot around the world. He puts a lot of passion into the brand.

**What are the brand's core values?**

Fun, exciting and competitive, which if you know Frank, is a key part of his personality.

Even though the shoes are great to look at they still perform brilliantly. If you get Frank on the course or the tennis court he will do anything to stop you from winning!

**What or who inspires the designs?**

The designs are still led by Baldovino, who is a really outgoing Italian guy. When he walks into a room you really know he's there.

But Frank has made sure that his own DNA is incorporated into the brand as well.

We brief in ideas from different countries, then Baldovino will go to factories and see how those ideas can be made practically.

His whole thought process revolves around how his shoes that can be worn on and off the course.

**Which colours and trends in this collection?**

For the ladies, we have used a lot of creams, golds and silvers. There is one

shoe called the Olba that is 100 per cent gold and that has caused a bit of a stir. They do look good and certainly add a bit of bling to the golf course. It's one of the designs that has sold the best.

**Where can our readers buy your shoes?**

Predominantly pro shops but also resorts. We trialled the AW17 collection in three pro shops, then for SS18 we have gone into 50. We have only been operating for about a year so it's still very early days.

People have got into the spirit of things though. When they got their products through at Cotswold Hills they were playing Italian music and serving their members Italian antipasti, it was hilarious. My agent just phoned me up and said 'listen to this!'

**Why did you decide to support our This Girl Golfs campaign?**

We are really pleased to be involved with it.

We have a large ladies offering that is quite different and we thought that the This Girl Golfs campaign matches up with what we are trying to do.

**What are your plans going forward?**

We will continue to do two collections a year. AW18 is being presold into retailers at the moment.

For this we have winterised the shoes, used dark colours and included some boots as well. For AW17 we launched some golf boots and as you don't see too many of those on the market it attracted quite a lot of attention.

From the Midlands upwards people will buy golf boots but if you go south from there nobody has ever worn any in their life!

● For more information visit [ducadelcosma.com](http://ducadelcosma.com) or follow them on Twitter @DucadelCosmaUK

‘There doesn't seem to be another brand on the market that makes their shoes so wearable both on and off the course’





## 'GOLF HELPED ME TO RECOVER MY HEALTH'

After contracting pneumonia, Wimbledon Common member Jane Britton found that golf helped her to recuperate



**D**ESPITE only taking up golf three years ago, Jane Britton holds the title of Ladies Champion of the UK National Public Course Championship 2017.

She told *Lady Golfer* how her love for the sport really started while she recovering from an illness...

### How did you first get into golf?

I first started about three years ago, but then last year I fell ill with pneumonia.

After that, I couldn't really do anything that involved running around. I used to play a lot of tennis and I had to give that up too.

But I found that I could just about play golf and walk around with a trolley. I just couldn't run because my lungs and ribs hurt all the time.

Once the infection was gone I spent a lot of time playing golf and I improved quite a bit actually in a short space of time.

### Do you think that golf helped you recover from your illness?

Yes, because it provided a nice environment in which I could improve my health. I was out in the fresh air walking around and I was still able to play a sport that I enjoyed.

### Is your club very friendly?

Wimbledon Common is probably the friendliest club that you could hope to find and it's a really social club. They were very good to me when I was learning.

The unusual thing about our club is that the men allow the women to integrate with them in a lot of the competitions.

This works really well. It gave me a good opportunity to get used to playing with good players so I'm not really frightened of that now.

I've made lots of very good friends at the club. They are always very welcoming and supportive.

When I won the Public Course Championship, I couldn't believe how many texts and emails I received.

### We you nervous playing in the final at St Andrews?

I used to be quite a high-level squash player, so I guess I'm lucky in that I'm used to playing in big events.

I'm not too bothered by people calling my name out and things like that. It's also nice having a caddy because it feels like you have a mate

with you.

The girl who won the year before was off six, so I never really thought that I had a chance. I guess it was quite an unusual result really.

### What do you enjoy about golf?

I like that you can play it as a team game but also be in competition with yourself.

You can play with people who are much better or worse than you, and even if you lose a match you can still recognise that you played quite well for your handicap.

You can always find a positive in everything you do. The camaraderie in the team when we play together is fantastic.

I thought golf was more old fashioned before I started playing. But it still needs to develop as a sport. One of the biggest problems is that it takes such a long time, so it's difficult for young people, or for people with young children, to commit to it.

### Does golf fit into your life easily?

I run a business, captain a tennis team and I'm also vice captain of the golf club, so it is busy at times.

But I take on these roles because I like to give something back to the sports that have given me so much. Sport has been a massive part of my life. ●





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Serves  
1

# Very Berry Sweet Omelette

This protein-packed berry omelette from personal trainer and Instagram sensation Alice Living is the ideal pre-round breakfast

Prep time 5 mins, cook time 5 mins

## INGREDIENTS

- 2 eggs
- ½ ripe banana, peeled and mashed
- ½ tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp unsalted butter
- 150g (5oz) fresh mixed berries

## METHOD

**1** Separate the egg yolks from the white. Whisk the whites in a bowl until they form soft peaks. In another bowl beat together then yolks, banana, vanilla and cinnamon until smooth. Fold in the whites.

**2** Preheat the grill to high. Heat the butter in a non-stick frying pan over

a medium heat. Add the egg mixture and cook for a few mins until set. Then place under a hot grill until completely set and golden.

**3** Serve topped with the fresh berries.

● Recipes taken from *Clean Eating Alice – Everyday Fitness* by Alice Living £14.99, Harper Collins





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## FITNESS FOR GOLFERS

# Stability and rotational power

Improve your shoulder, trunk and lower-body stability as well as your rotational power with these effective exercises

### HALF-KNEELING CHOPS

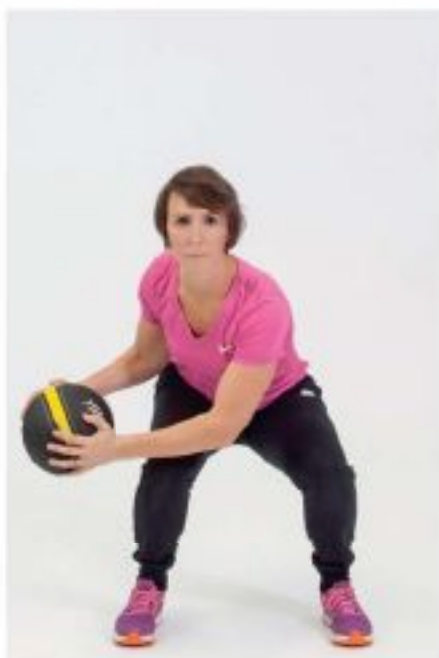
**Targets:** Helps develop shoulder, trunk and lower-body stability, as well as working on shoulder and thoracic spine mobility.

**Do:** Aim to perform two sets of eight on each side, keeping the movement controlled.

#### Technique

**Step 1** - In a half-kneeling position ensure that your knees are at 90 degrees and your hips are stacked underneath the trunk with a tall spine.

**Step 2** - Take the ball above the raised knee shoulder and then chop down again keeping it close to the body. Your lower body should remain stable as the trunk and shoulders rotate.



### SQUAT CHOPS

**Targets:** Helps to develop lower body strength and rotary power.

**Do:** Aim to perform one or two sets of six to eight reps on both sides.

#### Technique

**Step 1** - Start with your arms extended out above one of your shoulders.

**Step 2** - Maintain your posture as you squat down and bring the medicine ball across your body to the opposite hip. Then push up from the squat and return the ball over the shoulder.

*rachael tidds*

Rachael is a TPI L2 Certified Golf Fitness Professional, who specialises in golf-specific strength and conditioning

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## Mottram Hall Cheshire

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Nestled within 170 acres of Cheshire parkland, Mottram Hall was built in 1741 and converted into a hotel in 1940. The original Adam-style ceilings and 12th-century wood panellings have been preserved, and the formal gardens feature a rose garden and tree-fringed lake.

### Play

The parkland course is split into two loops of nine holes. The first winds its way through rolling meadowland, while the second passes through lush woodland and offers a trickier set of challenges.

### Relax

The spa includes a Scandinavian-style alfresco thermospace, the first of its kind in the UK. This includes an outdoor heated hydro-pool and a peaceful spa garden including comfortable sunbeds.

[qhotels.co.uk](http://qhotels.co.uk) 01625 828 135







## The Vale Vale Of Glamorgan

### Stay

Named as Wales' Best Golf Hotel at the World Golf Awards in 2017, this tranquil resort is nestled in 650 acres of Welsh countryside. With warm, inviting and spacious bedrooms, a stay at the Vale is a treat that will leave you feeling relaxed and refreshed.

### Play

If you love taking on interesting water hazards, you'll thrive on the Lake course, where water comes into play on 12 of the 18 holes. Meanwhile, the woodland-fringed Wales National course offers breathtaking views.

### Relax

Crowned as Wales' Best Resort Spa 2017 at the World Spa Awards, it's not all about the treatments here. Instead the focus is on offering an exceptional spa experience as a whole. Including six special relaxation zones, a 20-metre pool, steam room, whirlpool and sauna, there are more relaxation facilities than anywhere else in Wales.

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## Rudding Park Yorkshire

### Stay

Just three miles south of Harrogate, Rudding Park offers stylish and sophisticated bedrooms in a traditional setting, while the spa rooms even include a private sauna, spa bath or steam room. The dining options include a sophisticated afternoon tea in the conservatory or contemporary fine dining in the Horto restaurant, which uses only the freshest seasonal ingredients from the kitchen garden.

### Play

The Hawtree can be played as a 10 or 18-hole round. The 14th has been nicknamed 'Rhododendron Glade' due to the glorious colours that appear in late spring.

### Relax

The rooftop spa is a beautiful setting for a relaxing afternoon. It features a hydrotherapy infinity pool, saunas steam rooms and a tranquil spa garden. Indoors there's another swimming pool, the 'Mind and Sense' zones to explore and a full menu of treatments to indulge in.

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## Manor House Dorset

### Stay

Located in the Devonshire countryside, the Manor House Hotel has lovely views of Dartmoor. With comfortable en-suite rooms and numerous bars and terraces, you and your friends will feel right at home.

### Play

The Kigbear, Pines, Beeches and Oakwood are 18-hole courses that offer tough challenges. If that isn't enough, you can also try to take on the Ashbury course and the Willows Par 3 course.

### Relax

The Hydro Pool and Spa Baths have an array of jets, air seats and massagers, while the saunas and steam rooms are scented to add to your experience. The 20 face and body treatments use products made with only natural ingredients from the Natural Spa Factory, all sourced from around the UK.

[manorhousehotel.co.uk](http://manorhousehotel.co.uk) 01837 530 53







## Windmill Village Coventry

### Stay

The immaculate bedrooms come with all the amenities you could wish for and have views of the course and peaceful surrounding countryside. The dining options include the Fairways restaurant, where the head chef is passionate about using locally-sourced ingredients, and the Cellars Bar, famed for its stone-baked pizzas.

### Play

The 18-hole course eases you in with some enjoyable par 3 holes, while the views of the lake and the surrounding countryside provide a brilliant backdrop throughout your round.

### Relax

The health club consists of a 20m pool, sauna, steam room and whirlpool. The gym is home to every type of fitness machine that you could imagine, with water aerobics classes held twice a week.

[windmillvillagehotel.co.uk](http://windmillvillagehotel.co.uk) 02475 40 40 40



# Terre Blanche

Escape to the five-star resort of Terre Blanche and combine golf with beautiful views, Michelin-starred dining and blissful spa experiences

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Words: Harriet Shephard







‘While this is luxury at its finest, it somehow manages to feel quaint and full of countryside charm’







# A

As the plane drifted over the coastline of the French Riviera, I had no doubts about why the area was so adored by the rich and stylish.

Below me was an Instagram-worthy scene featuring terracotta houses clinging to the hillsides, gentle waves breaking against the pure white beaches, and hundreds of tiny yachts bobbing their way over the brilliant blue sea.

I had taken a dozen photographs before we'd even come into land.

It didn't seem right that I should feel so glamorous on a bargain EasyJet flight out of Liverpool.

It felt more like I'd stepped straight into an episode of *Made in Chelsea: South Of France*.

After landing in Nice airport, it was just a 45-minute drive to the five-star resort of Terre Blanche.

The route here took us away from the flash restaurants and bars that line the glittering coast, and up into the rolling hills and lush countryside of the Provence region.

Here it felt peaceful, unspoilt, and far

removed from the lines of packed sun beds in Cannes, which is also just a half-hour drive away.

The 115 villas and suites each come with a private courtyard and are arranged to look like a traditional French village.

Blending seamlessly into the surrounding countryside and with fine works of art carefully positioned throughout the grounds, suites and restaurants, you get the sense that every inch of the 750-acre resort has been immaculately planned.

The resort is extremely proud of its infinity pool, and for good reason. Jutting out from the hillside with an awe-inspiring backdrop, the region's long hot summers see guests flock to this refreshing lagoon.

While the hotel is luxury at its finest, it somehow manages to feel quaint and full of countryside charm. Once you have experienced the clear mountain air and beautiful views, you'll soon be feeling like you never want to leave this sacred oasis.

While the area is renowned for skiing, hiking and wine tours, visitors also flock here for the superb golf courses.

The Riou and Chateau courses are 18-hole championship tracks designed by Dave Thomas.

The Riou is host to the annual Terre Blanche Ladies Open, a key event on the Ladies European Tour Access Series. Taking in lakes, waterfalls, ravines and forests, you'll need to take care not to disturb any of the rare black swans that have made their





Above: The Château course is an exciting challenge set to an incredible backdrop

home here.

The Château is longer and known to be the more demanding of the two.

If you feel in need of a confidence boost before you tackle it, you can always pay a visit to the swish on-site golf academy.

The certified European Tour Performance Institute is home to a Leadbetter Academy, Biomecaswing Centre and a two-tiered driving range, where you're sure to receive unrivalled tuition from their team of professionals.

You also won't have to leave the resort to find delicious, high-quality French cuisine.

It can be difficult to know where to start when faced with the breakfast buffet of freshly baked pastries, local cheeses, meats and fruits.

While for an unforgettable evening meal, you will struggle to find a better fine-dining experience than the elegant Michelin-starred Faventia restaurant.

A visit to the luxury spa is another must do.

As you enter through the lavender-filled gardens and into the stylish lobby, you'll find yourself instantly absorbed into a world of serenity and calm.

The indoor pool leads out to the heated vitality pool and peaceful decking area: the ideal spot for losing yourself in a good book and soaking in some welcome rays of vitamin C.

Offering treatments such as massages, facials, body wraps and anti-cellulite bodyscrubs, as well as access to the modern and fully-equipped fitness suite, you can easily spend hours and hours inside this tranquil complex.

Although there's plenty to do within the boundaries of Terre Blanche, you can't leave the area without exploring the surrounding medieval villages.

Wander the local markets and narrow streets of the picturesque settlements of Fayence, Tourrettes and Callian, before stopping by one of the vineyards to sample a glass or two of the region's world-renowned wine. ●



Flights to Nice from the UK take around two hours.  
For more information visit:  
[terre-blanche.com](http://terre-blanche.com)



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## opinion

# Golf is baffled by millennials – but change is coming

The Lancashire Golf Conference highlighted how alien millennial women seem to golf clubs, but things are already changing for the better, writes Harriet Shephard

**"WHAT** on earth is social media?"

Was one of the first comments I overheard as I arrived at the Lancashire County Golf Development Conference. You could argue that it wasn't a great start. Particularly as the event was focused on how to get more young women, or 'millennials' as my generation are often referred to, playing and enjoying golf.

The programme included addressing the hurdles that are stopping young women from getting into golf. Golf's unwritten rules came up as a big problem. Which almost seemed so obvious it didn't need to be said.

How is anyone expected to know that changing your shoes in the car park or wearing a pair of jeans in a clubhouse isn't allowed?

Generally beginners don't, until they are reprimanded in a 'how stupid are you' kind of way. That's enough to put anyone off the game.

Another problem discussed was the fact that at many clubs women didn't have access to the courses at weekends, or permission to play in Saturday competitions.

As though the issue needed further explanation (it didn't in my opinion), we were also told the statistic that 67 per cent of women aged 16-64 now work. Again, it seemed obvious that only being able to play during the week would be a problem for most women. But as I looked around me, it seemed that for many this was quite surprising and new information.

This was a theme that continued throughout the day.

It was explained that millennials are interested in 'experiences' rather



'Golf clubs need to provide an experience that we can brag about on social media'

products. That they don't want to do anything unless it's worthy of a post on their Instagram. Which, if I'm honest, is the philosophy I follow.

Then came a series of photos of Starbucks coffee shops and fancy cocktails, demonstrating that millennials are happy to spend £4 on a coffee and £10 on a cocktail if it makes for an arty photo that gets lots of likes.

Largely accurate, but it was still strange to have my own interests explained to me. Again everyone around me looked baffled.

The point was that clubs need to focus on the experience they are creating, and giving the young people visiting them something to brag about on social media.

I don't like the negativity that often surrounds women's golf, but it was refreshing to see the game's problems being addressed and many realistic solutions being offered.

Out of the 90 club representatives, everyone seemed enthusiastic and passionate about bringing more people into the game. So although the event was about attracting people like myself into golf, the conference was aimed at educating those who are still baffled by concepts like tweeting and skinny matcha green tea lattes.

After all, there's no reason why golf can't become the next sport or fitness trend. While right now fitness bloggers are posting videos of their latest yoga move or HIIT routine, this could one day turn into golf swings.

The change just needs to start at the clubs themselves, which is why conferences like this are so important to the future of our favourite sport. ●





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