



THE COUNTRY CLUB
JOHANNESBURG

SPORTS NEWS MAY



Sporting events and activities that enrich your life



HEALTH NOISE



REAL OR RUMOUR - BY IZA TRENGOVE

EVER CONSIDERED DOING THE IRONMAN BUT BELIEVE THAT IT IS IMPOSSIBLE BECAUSE OF YOUR WORK AND FAMILY COMMITMENTS?
This month Health Noise interviews three triathletes who cover both sides of the debate.
SO WHAT IS REAL AND WHAT IS RUMOUR? Read the full newsletter [HERE](#).

BOWLS



For more information, please contact Mike Edy (Bowls Chairman)
mike.edy01@gmail.com | 082 330 7791

Bowls is for anyone and everyone! Bowls is an easy and fun game for all levels of players to participate in.

For those with busy lifestyles and short on time, join us for our new game-format which only takes an hour to play. Great for the whole family or a regular get-together with a group of friends - regardless of age. For more information contact Mike Edy.

Dress for lawn bowls is informal, with the only proviso being that 'green-friendly footwear' must be worn - meaning either flat comfortable shoes or barefoot.

Auckland Park Bowls Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Closed	AM Open	AM Open	AM Open	AM Open	AM Open	AM Action: 10:00
PM Social Bowls	PM Open	PM Game - 14:00		PM Open	PM Game - 13:45	PM Open

Details

Beginner Bowls	Enjoy social beginner bowls on the second Sunday of every month from 10:00
Social Bowls	Please pre-arrange with Mike Edy

Afternoon Bowls Afternoon bowls traditionally takes place on Wednesdays and Saturdays. "Tabs in" by 13:30 for members to start play at 13:45. The game is played for roughly 3 hours (including a tea-break) which is sufficient for 18 ends. Members and guests are welcome to meet in the Bowls Pavilion for social drinks afterwards.

Functions Have you booked your function, birthday or social yet? Bowls is the perfect event for large groups to come together and celebrate another year. For more information, please contact nadyag@ccj.co.za | 011 710 6402



CROQUET



SATURDAY CROQUET

Join for association and golf croquet every Saturday morning. The Club's superb facilities allow for members and guests to get their training in, enjoy a day out on the lawns, host an event or spend some relaxing time with family and friends.

WHY YOU SHOULD PLAY CROQUET:

- Hand-eye coordination
- Problem solving
- Time enjoying the fresh outdoors
- Competitive and fun
- Suitable for any age group and skill

Play some rounds and enjoy this social and welcoming sport.
Auckland Park | 10:00 onwards | Sunday 19 May

For more information, please contact Chris Wakeham
wakeham.c@gmail.com | 082 900 8004

CRICKET



Cricket Coaching with Cricket 44 at Woodmead

Neil McKenzie and Cricket 44 invites all the youngsters to make some friends, learn some new tricks and enjoy some cricket. This junior clinic will include activities that will cover all round sporting skills, mental and physical awareness with creative thought games. Great for those who would like to build confidence on the cricket oval.

FRIDAY GROUPS AND TIMES:

Under 7 - Under 9 from 14:30 to 15:30 | Softball
Under 8 - Under 10 from 15:30 to 16:30 | Hardball
Under 11 - Under 13 from 16:30 to 17:30 | Hardball

SUNDAY GROUPS AND TIMES:

Under 9 and younger from 08:30 to 09:30
Under 10 and older from 09:30 to 10:30

Boys and girls welcome.

Woodmead | Every Friday and new classes every Sunday | R 200 per session



For more information, please contact Claudia
claudiar@ccj.co.za | 082 802 2610



BASKETBALL & NETBALL



Basketball and netball is available for all ages at the Woodmead tennis court. The court is open all day so feel free to sink a few hoops.

Please ensure that you book tennis court 3 so that there will be no conflicts between players.

Club balls can be collected at reception. Please return them when you are finished.

For more information, please contact Claudia
claudiar@ccj.co.za | 082 802 2610

CYCLING



CYCLING SOUTH AFRICA

CCJ will be registered with CSA from 2019. Sign up now to receive your permanent 2019 number.

MTB TRAILS

Both the Woodmead and Auckland Park trails are open! Bookings are not required. Please sign the once-off indemnity form at reception.

For more information, please contact Claudia
claudiar@ccj.co.za | 082 802 2610

Club to Club Ride

NOTHING COMPARES TO THE SIMPLE PLEASURES OF A BIKE RIDE

Enjoy a great morning mountain bike cycle from Woodmead to Auckland Park and back again. This social ride will be led by the cycling Committee, covering 45km along the spruit. Members meet in the Woodmead parking and return to the Club where they can enjoy an optional breakfast on the Patio. Average speed will be 14 -16 km/h for the main group and 20+ km/h for the faster group.

ALL ARE WELCOME

• Woodmead • Saturday 11 May • 07:00

947 Cycle for the CCJ Foundation

RIDE FOR THE CCJ FOUNDATION AND TAKE ON JOBURG'S BIGGEST CYCLING EVENT!

Enter the 947 Cycle challenge with other members by following the steps on www.cyclechallenge.co.za.

Then, forward your entry form to Claudia and advise your bid amount for the CCJ Foundation. Any bid amount is welcome, every little helps.

Once Claudia has received your bid and entry you qualify to purchase the CCJ CYCLING KIT AT COST PRICE!

We look forward to another fantastic cycle on the streets of Johannesburg filled with yellow and blue.

• Riversands Commercial Park • Sunday 17 November



Members are required to carry their membership cards at all times, when at the Club. Member cards are not transferrable. Guests may not make use of a member's card. A Member needs to be present with their guests at all times.

GYM

For more information, please contact Luyanda
luyandam@ccj.co.za | 082 779 9407

Auckland Park Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 Pilates Claudia H	06:30 Bootcamp Luyanda			06:30 Cardio Pilates Claudia	
	08:00 Workout Gale	09:45 Kettlebell Class Thomas	*07:15 Kettlebell Workout Thomas	08:00 Workout Gale	09:00 Yoga in the Gardens Lucy weather permitting
	11:00 Seniors Class Luyanda		09:45 Stretch Aqua Class Sue		
18:00 Yoga Lucy	*18:00 Kettlebell Class Thomas	18:00 Yoga Lucy			

Please note that classes marked with * come at an extra cost to members.
 Kettlebell Class information: Thomas on 082 882 1631 | thomaskurtwitt@gmail.com

Auckland Park Spinning Schedule

08:00 Claudia H	16:15 Steve	05:30 Jono	16:15 Jono Monica		07:30 Steve
	17:45 Steve	08:00 Leslie	17:45 Jono Monica		

Woodmead Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Ladies Golf Workout Chris	*07:15 Pilates Viv		*07:15 Pilates Dagmare	06:30 Sunrise Yoga Marina	09:00 Pilates Desiree
11:00 Men's Golf Workout Chris		17:30 Yoga Sarah			
17:00 Pilates Viv					

Please note that classes marked with * come at an extra cost to members.
 Pilates information: Claudia on 082 802 2610 | claudiar@ccj.co.za

Woodmead Spinning Schedule

	05:30 Mathilda		05:30 Mel		
18:05 Mel			18:00 Christine		



WELLNESS DAYS



For more information, please contact Luyanda
luyandam@ccj.co.za | 082 779 9407

Discovery Vitality Wellness Day

LEARN MORE ABOUT YOUR FITNESS LEVELS WITH A BIOKINETICIST IN THE VITALITY WELLNESS NETWORK.

You can earn up to 7500 Vitality Points depending on your fitness level. These points will contribute to your yearly cap of 30 000 fitness points.

Vitality Fitness Assessment: This two-stage health check will assess your cardio vascular fitness and then your strength and flexibility. R425pp

Vitality Health Check: The Vitality Health Check is a simple and convenient set of the most essential health screening and preventive tests. R267.90pp

Vitality Dietician: The Dietician will compile a report and give basic advice and goals. This report is worth 1000 points. R390pp

Payment Methods: Cash, card or EFT (be sure to keep the receipt as it will need to be submitted in order to claim)



• **Woodmead** • **Saturday 25 May** • **07:00 - 11:00**

Momentum Multiply Wellness Day

THE BENEFITS DON'T JUST ADD UP, THEY MULTIPLY!

The Country Club Johannesburg, together with Multiply present the Multiply Wellness Day. Come on down to the Woodmead Gym and learn more about Multiply Active DayzTM.

A BIOKINETICIST WILL BE CONDUCTING HEALTH ASSESSMENTS, WHICH ARE FREE FOR MULTIPLY MEMBERS; AND FITNESS ASSESSMENTS, WHICH ARE R192 PER PERSON; T&C'S APPLY.

Bookings are essential.

A representative from Multiply will be on hand to answer any questions.



• **Woodmead** • **Saturday 18 May** • **07:00 - 11:00**

For more information, please contact Luyanda
luyandam@ccj.co.za | 082 779 9407



ONLINE BOOKINGS

Click here for [WM Spinning](#), [AP & WM Wattbike](#) bookings.

Click here to view [Auckland Park Gym](#) & [Woodmead Gym](#) schedule.

PERSONAL TRAINERS & SPORTS MASSEURS



Name: Pamela Ndhlovu
Club: Woodmead & Auckland Park
Qualifications: National Certificate in Exercise Science
What I Do: Fitness consultant | Strength training | Weight management | Physical transformations
Strength and condition | Senior fitness programming | Toning and shaping | Pre and post-natal
Weights and functional training | Small group training
Contact: 076 067 0221 | pamndhlovu25@gmail.com



Name: Chris Weerts
Club: Woodmead
Qualifications: Nat. Cert. Ex. Sci (HFPA) | Sports Massage Therapy (HFPA)
What I Do: Weight loss and toning | Muscle and strength training | Golf specific training
Core strengthening | Interval training | Injury rehab
Ultra event and endurance training | Sports specific training | Plyometric |
Group and corporate training | Boxing | Sports massage therapy
Contact: 082 570 9282 | chris@massageandfitness.co.za



Name: Jurgens Grobler
Club: Woodmead
Qualifications: B.A Human Movement Scientist and Psychology (NWU) | Sport Massage Therapist
What I Do: Golf and triathlon specific training | Runners – Injury, rehab, strengthening and conditioning
Body weight training | High intensity interval training | Strength training | Group personal
Healthy exercise and weight loss | CrossFit and boot camp training | Hypertrophy training
Functional fitness | Balance and plyometric | Functional fitness for older adults
Child development and motor development training
Contact: 082 545 8663 | jurgensgrobler@gmail.com



Name: Thomas Witt
Club: Auckland Park
Qualifications: Numerous personal training qualifications including Reebok | Body Arts and Sciences Pilates
teacher (USA) | Yoga teacher (Bangalore, India) | Functional training, Kettlebell and TRX
courses | Qualified massage therapist and Aromatherapist | Stress management and
facilitator | Numerous workshops on Pilates, aqua, knee, spinal rehab, supa-bands,
thera-bands and more.
What I Do: Functional movement specialist | Specialises in exercise as a form of therapy for all adults to
maintain healthy bones and joints, pain-free movement, good posture and fitness that will
ensure you lead the lifestyle you deserve
Contact: 082 882 1631 | thomaskurtwitt@gmail.com

RUNNING



Triathlons Calling all triathletes! Let us know if you will be lining up for the 2019 Half or Full Iron Man (Durban).

Running Results All running results are available on the [CCJ Website](#), under the running section. These results are updated weekly.

ASA/CGA CCJ is a registered ASA/CGA Running Club. As a registered CCJ runner, you will receive a permanent running license for all your 2019 road race events. The CCJ Running Club is the fastest growing sub-club and is proud to be at all the main road races with a support gazebo and refreshments. If you have registered, please remember to collect your numbers from reception.

Please contact Claudia or Luyanda if you would like to join the CCJ Running Club. All 2019 numbers are at both Auckland Park and Woodmead Reception Desks.

CCJ Running Kit Rules & Requirements

All CCJ runners are required to wear a CCJ running vest or running T when participating in a race. These are to be accompanied by black bottoms of your choice. Shorts, 3 quarters or skorts are allowed. You can purchase your running T or vest at the Auckland Park or Woodmead receptions and at the Pro Shop.

Race Registration When registering for races, please ensure that you select "The Country Club Johannesburg" or "Country Club Johannesburg" as your running club.

FORTHCOMING RUNNING EVENTS:

MAY

CLUB TO CLUB RUN & WALK:

Saturday 11 May | 07:00 | Auckland Park | R50 Members & R100 Non-members

The May Club to Club down run and walk will host two route options starting at Auckland Park and ending at Woodmead. Participate in either the 14km or 24km

route, each route is open to walkers and runners. All entry fees are donations towards the CCJ Foundation.

CLUB RUN & WALK:

Sunday 26 May | 08:00 | Woodmead

Members and their guests are invited to join on a morning run through the surrounding suburbs of Woodmead. Three different routes are available (5km, 10km and 15km) with one water station along route. Finish the morning with an optional breakfast on the Patio.

JUNE

TIME TRIAL:

Wednesday 5 June | 17:30 | Woodmead | Start and finish will take place in front of the Club House

COMRADES MARATHON:

Sunday 9 June | Up Run | Durban to Pietermaritzburg

TIME TRIAL:

Wednesday 12 June | 17:30 | Woodmead | Start and finish will take place in front of the Club House

RELAY RACE TIME TRIAL:

Wednesday 19 June | 17:30 | Woodmead | Start and finish will take place in front of the Club House

TIME TRIAL:

Wednesday 26 June | 17:30 | Woodmead | Start and finish will take place in front of the Club House with complimentary drinks on the patio afterwards

CLUB RUN & WALK:

Sunday 30 June | 08:00 | Woodmead | Start and finish will take place from in front of the Club House

Weekly Running Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17:30 (Winter Times) Monday Madness Auckland Park		17:30 (Winter Times) Time Trial Woodmead	17:30 Track Sessions Woodmead - Booking essential		

Details

Monday Madness & Group Run	<p>Enjoy an evening run at Auckland Park and then spoil yourself at the restaurant from 17h00 until 21h00 with 50% OFF ALL PIZZAS</p> <p>A scenic Club Run at Auckland Park with speeds of 5.5 to 6.30 min per a km (route/group dependent).</p> <ul style="list-style-type: none"> Distance Options: 5km or 10km Meeting Point: Gym parking Gear: Headlamps recommended Host: Xolane Skhosana or Claudia Richard
Time Trial	<p>A time trial within the Woodmead estate for all runners and walkers.</p> <ul style="list-style-type: none"> Distance Options: 2km, 5km, 8km or 10km Meeting Point: In front of the Club House Gear: Headlamps recommended for all runners during winter months Weekly Results: Available on the CCJ Website Host: Luyanda Madiba, Xolane Skhosana or Claudia Richard <p>Kids area available!</p>
Track Sessions	<p>Track sessions and performance training aimed at improving your run - Bookings essential.</p> <ul style="list-style-type: none"> Meeting Point: Oval field Coach: Claudia Richard, Xolane Skhosana & Luyanda Madiba

SQUASH



For more information, please contact Garrick
garrickd@ccj.co.za | 084 460 8667

NEWS FROM GARRICK

Welcome to Christo Potgieter

It is with great pleasure that we welcome Christo Potgieter to the CCJ squash coaching and playing team. Christo is an exceptional player and an excellent coach with 12 years of experience. Christo Potgieter was 2017 SA open champion, 7 times national doubles champion and is a regular SA Team member. He has coached SA junior champions, University teams and international players during this time. Christo will also be joining the club's 1st team in the Central Gauteng league.

Mystery Wednesdays

Every Wednesday night at Auckland Park is Mystery Wednesday. Different squash activities will be presented for your enjoyment and hosted by Christo and Garrick. Registration will start at 18h00 on the night and play will start at 18h15.

Free to all members and R100 to non-members. You will only know the format once you arrive at the courts. It can be bells, up & down, target games, doubles, handicap games and more. Enjoy a beer or wine afterwards. See you there! Don't miss out.



Central Gauteng League Representation

The Central Gauteng leagues started off from the 18th of March and this season CCJ will be represented in the 1st, 2nd, 3rd and 6th leagues in the men's section and in the 1st league for our ladies. The 2nd and 3rd men's sides will be based at Woodmead this season and all the other sides at Auckland Park. If you would be interested in representing the club, please contact Garrick to arrange a squad for you to join.

Box Leagues

A box league is a simple round robin format where you play everyone in your section over several weeks. Matches can be arranged at your own time and venue. Scores are recorded by the organiser and at the end a winner can be determined. CCJ will be running various internal box leagues starting from early April. There are still spaces available in the various pools. If you would like to enter please contact Garrick.

Monday Night Social

Monday night social evenings at Auckland Park and Woodmead are in full swing and I would encourage you to join in. There is an active WhatsApp group that will keep you updated on who will be playing at which venue every Monday night so that you can be guaranteed of a run at the courts. If you would like to be added to a group please contact Garrick.

Squash57

The CCJ Squash 57 (Racketball) league has generated much interest and the next round will be starting again from the beginning of May. All games are played at either Auckland Park or Woodmead. Please enter with Garrick if you would like to play.

Squash Open Days

The squash section will be hosting some open days where members and new players can come along for a grading day and some open play in either Squash57/Racketball or squash. It should be a lot of fun. We will use the opportunity to add you to an appropriate internal box league if you would like to play some light competitive squash without having to commit to a weekly event. The next open day will be on the 7th of June at Auckland Park from 17h00 and the third day will be on the 4th of October.

Tournaments

On the 18th to the 20th of October 2019 CCJ will be hosting a PSA squash tournament and it should provide an excellent display of top class squash.

Wednesday Night Doubles

Wednesday night social doubles is running regularly and always provides some strong matches and some social ones. There is an email list that gets sent out every week and if you would like to be added to that please let Garrick know. Come and play on the best doubles squash facility in the country and have fun.

Relief from Injury and Stress

Garrick offers group TRE sessions at Auckland Park and Woodmead. TRE is a body based method that assists in releasing tension in the muscle and fascia of the body thus preventing initial injury and also speeding up recovery from any injuries that may have already occurred. Sessions will be held every Wednesday morning at Auckland Park from 09h00 to 10h00 and then at Woodmead from 11h00 to 12h00. Booking is essential as space is limited to 10 people per class.

Squash Equipment

Tecnifibre is now officially the preferred equipment provider of our Squash Pro and he has a wide variety of gear to choose from, and demo racquets to try before you make your next purchase. The new Carboflex X-Speed range is now available to try before you buy. The feedback on these racquets has been most favourable. While no squash racquets can be guaranteed against breakage, Tecnifibre uses only the highest quality materials in all their racquets and they are very strong and can last a long time under normal conditions. In addition to this the normal gear like grips, bags, protective eyewear, strings etc. are also available. Please enquire about the competitive pricing from Garrick. Owning your own roll of string is also the most affordable way to keep your rackets strung.

Protective Eyewear

Please note that wearing protective eyewear is strongly recommended for all players but is **COMPULSORY** for all junior players that are under 19.

Communications

WhatsApp has also become the speediest way to get the news and several groups are up and running now that share what is happening in the squash section at the club. If you would like to keep informed please make sure that you get yourself added to those that are appropriate for you.

Central Gauteng Squash Info Messaging Service (SIMS)

At the League Representative meeting on the 20th of February, it was agreed that Central Gauteng Squash would start a Squash Info Messaging Service (SIMS) via WhatsApp. The SIMS will be sending out details regarding league, tournaments and other bits of squash information. This is NOT a spam service and no more than one message will be sent out per day. This is also NOT a group WhatsApp and ONLY you will be able to communicate with the SIMS administrator. If you would like to receive the Squash Info Messaging Service (SIMS) then you must WhatsApp Gary Plumstead (073 791-2851) your name and contact number with the word SIMS. You must then add Gary Plumstead as a contact on your phone which will enable you to receive the WhatsApp SIMS.

For more information please contact Garrick via WhatsApp 0844608667 or on email garrickd@ccj.co.za.

Weekly Squash Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
05:30 - 06:30 Member Social Play Woodmead	05:30 - 06:30 Member Social Play Woodmead	05:30 - 06:30 Member Social Play Woodmead	05:30 - 06:30 Member Social Play Woodmead	05:30 - 06:30 Member Social Play Woodmead
	09:00 - 10:00 Social Squash Auckland Park	09:00 - 10:00 TRE Sessions Auckland Park	09:00 - 10:00 Social Squash Auckland Park	
17:30 - 19:30 Social Squash Auckland Park Woodmead	11:00 - 12:00 Social Squash Woodmead	11:00 - 12:00 TRE Sessions Woodmead	11:00 - 12:00 Social Squash Woodmead	

Details	
Member Social	Get your heart rate going whilst honing your squash skills. Hosted by a group of Members looking for anyone interested in playing.
Social Squash	Courts are specifically booked for social on a Monday evening at both Auckland Park and Woodmead. Players are expected to play two games only and then give way for the next pair to play. This will ensure that we get to know more of our club mates and everyone should be able to get a game during the evening.
TRE Sessions	TRE is a body based method that assists in releasing tension in the muscle and fascia of the body thus preventing initial injury and speeding up recovery from any injuries that may have already occurred.



Weekly Tennis Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				10:30 - 11:30 Turbo Tennis Auckland Park		
	18:00 for 18:30 Mixed Social Woodmead <small>(Contact Claudia or Brett)</small>					

PILATE NGWENYA

Pilate is a level 2 tennis coach from the Zimbabwean tennis development programme. He has played provincial tennis as a junior for four years and represented his club in the 2010 Bundes League (South Africans prestige league) Pilate has 22 years of coaching experience and continues to be involved with development programmes in South Africa as a part time volunteer coach in Yeoville. He is further involved in other development programmes such as the Get Ahead Sports Programme and "Move It" Volunteers.

JASON WOLFSON

Jason Wolfson is the resident head coach at CCJ. He has over 10 years coaching experience and was in the top 25 juniors in Africa. He has played on the junior and senior professional circuits. Jason has played with the likes of Kevin Anderson, Ivan Ljubičić and Thomas Johansson.



THE TENNIS DEPARTMENT OFFERS:

- Private, Semi-private & Group Lessons for all ages
- Social Tennis
- "Corporate Cardio" (for new or advanced players who would like to get fit)
- Children's squads (age 4 - 12)
- Tennis parties (up to 30 children)
- Social tennis
- Men's, Ladies & Mixed League



Moonlit Tennis

TENNIS UNDER THE BEAUTIFUL MOONLIGHT

Games to begin at 18:00 until 20:30. Thereafter meeting in the club house for drinks, music and socialising.

Complimentary boerie rolls available.

Enjoy this opportunity to mingle with fellow members, enjoy some tennis and have a festive Saturday evening under the moon.

• Woodmead • Saturday 18 May • 18:00



Tuesday Socials

LIFE IS LIKE A GAME OF TENNIS; THE PLAYER WHO SERVES WELL SELDOM LOSES.

Members and their guests are invited to join for a social game of tennis with a variety of different levels of play.

This is a great opportunity to meet fellow players, work on your tennis game and keep moving this winter.

An honesty bar will be available for those who wish to stay afterwards.

Brett or Caeleigh will be at the courts to welcome and assist you in meeting fellow players. We encourage you to play a few games with different players.

The tennis courts are booked for the social games on these evenings and we look forward to growing the offering of social tennis groups at CCJ Woodmead and Auckland Park.

• Woodmead • Every Tuesday • 18:30



For more information, please contact Jason
jasonw@ccj.co.za | 071 602 3660

CLUB MERCHANDISE



All merchandise is available on the CCJ Website (www.thecountryclub.co.za/merchandise), at the Auckland Park and Woodmead reception desks and at the Woodmead Pro Shop (Sports Merchandise only).

Sports Merchandise



UV Arm Sleeves
R350



Track Jacket
R455



Sports Tee
R250



Running Vest
R390



Running Trail Tee
R455



Cycling Shirt
R840



Cycling Shorts
R1470



Cycling Bibs
R1530



CCJ Peak
R230



CCJ Hat
R240

Club Merchandise



Club Ties
R312



Wine Bag
R317



Tritan Water Bottle
R50



Power Pack
R342



**Out of Africa Coffee
set and bag**
R630



Picnic Blanket
R232



Umbrella
R554



Bath Robe
R534