BY GODFREY ROBERT

SENIORS ENJOY WALK ON GOLF COURSES

Since Singapore's dorscon reading following the Covid-19 outbreak's rise to orange and especially so when the virus was declared a pandemic about a month later, there's been a buzz in golf activity in the island.

Most golf clubs, previously averaging about 70 per cent usage, are running to full or near-full capacity with a rush for bookings both for weekends and weekdays.

And encouragingly, for the club's revenues, there is a long waiting list queue – especially among the oldies – for the morning and afternoon tee-times

With travel heavily reduced (including the ban on going to Malaysia), work mostly done from home, many activities brought to a standstill and sporting and leisure events scrapped, many Singaporeans turn to the golf courses to "kill their time"

No doubt, with the Government directive about social distancing post-golf camaraderie has been reduced with a quick drink and dispersal instead of the long hours of drinking and dining.

A random check with the local golf clubs revealed that Warren Golf and Country Club, Tanah Merah Country Club (despite having two courses, Garden and Tampines), Sentosa Golf Club, Sembawang Country Club, Marina Bay Golf Course and Orchid Country Club have been fully booked for most days, especially weekends.



Marina Bay Golf Course (above) has been fully booked for most days, especially weekends.

In the light of this, two newspaper reports circulating on social media (one from Britain and the other from the United States), highlighted the health value of playing, especially for oldies

Both contend that a study showed that golfers are 40 per cent less likely to die young because of the stress-busting benefits from walking on the courses, socialising and competing with pals.

Researchers say that this cuts the mortality rate among older players who walked the fairways at least once a month to 15.1 per cent over a decade, which was 39 per cent lower than the rate among others.

One report quotes Adnan Quereshi, a neurologist at the University of Missouri, as saying: "While walking and low-intensity jogging may be comparable exercise, they lack the competitive excitement of golf.

"Regular exercise, exposure to a less polluted environment and the social interactions provided by golf are all positive for health."

'WHILE WALKING AND LOW-INTENSITY JOGGING MAY BE COMPARABLE EXERCISE, THEY LACK THE COMPETITIVE EXCITEMENT OF GOLF. REGULAR EXERCISE, EXPOSURE TO A LESS POLLUTED ENVIRONMENT AND THE SOCIAL INTERACTIONS PROVIDED BY GOLF ARE ALL POSITIVE FOR HEALTH.'

— ADNAN QUERESHI, A NEUROLOGIST AT THE UNIVERSITY OF MISSOURI

tried & **tested**

BY JEREMY THESEIRA

DIALLING DOWN CG WITH THE VOKEY SM8

Bob Vokey's wedges have held the top spot both on Tour and in retail since their introduction in 2004.

And rather than reimagining a winning formula, the new Vokey Design SM8 models feature subtle design changes to optimise the performance of their Tour-proven wedges.

One of the many challenges in wedge design is perfecting the centre of gravity (CG). While relatively easier to incorporate a lower CG with low lofted wedges, the high lofted counterparts often feature a CG that is higher on the face with its weight shifted towards the back, making it harder to hit the ball square.

With the SM8, the weight is shifted down to the toe and counterbalanced with a lengthened hosel to push CG forward on the face, making it easier to square at impact.

The SM8 continues to prove its versatility across all levels of players, offering a multitude of combinations with their various grind, bounce and loft options.

While no major improvements have been made to the face, the SM8's patented Spin Milled grooves are subjected to rigorous detail and control, with each groove cut individually and fully inspected for conformity, and finished with proprietary heat treatment to increase the durability of the impact area.

• The new Vokey Design SM8 is available in Tour Chrome, Brushed Steel and Jet Black finishes at all authorised retailers.

