

PGC LADIES SECTION

October News & Forthcoming Events

UPCOMING EVENTS

Pilates Classes

Following on from the very successful taster Pilates Class recently held at the club – More Classes are now proposed on the following dates: Wednesday 15 November at 9.15am Wednesday 13 December at 9.15am Friday 26 January at 9.15 am Saturday 3 February at 10.30am Wednesday 7 February at 9.15am Thursday 15 February at 6.00pm Friday 23 February at 9.15am Saturday 2 March at 10.30am Wednesday 6 March at 9.15am Friday 22 March at 9.15am

The classes will be based on exercises/stretchers that will help golfers with their core strength and mobility. Cost is £6 per session and the signing up sheet is located in the corridor. Max 20 spaces.

RESULTS

Club Competitions

Medal 11A & 11B – Watermillock Broch - winner Joan Armstrong (Nett 72)

Medal 12 – winner Isobel Williams (Nett 74)

Autumn Texas Scramble Team of Three winners Kathryn Bulman, Liz Horlacher & Pat Varty (Nett 63)

Stableford 9 – winner Kathryn Bulman (34 Pts)

Gruesome Greensomes – winners Joan Bowman & Bridget Coy (31 Pts)

Dad's Army v Ladies Competition – Wednesday 4 October

This was the annual match for 2023 (the match played earlier this year, which we won, was the cancelled match from 2022). Each team fielded 12 players and the Ladies won 3 1/2 to 2 1/2 to retain the trophy. Yet again a great social event with just a little bit of a competitive edge to it!

Cumbria Ladies Vets AGM – 21 October

Joan Armstrong was installed as Ladies County Vets Captain.



HALLOWEEN GRUESOME GREENSOMES

Great Fun day with some spooky costumes – some people were unrecognisable!!