

Hello, my name is Norman, and I am a Senior golfer. It comes to us all eventually. It sneaks up on you, the O'Meara stableford is the gateway competition. You have just turned 50 and the prospect of playing a club competition off yellow tees sounds appealing. Before you know it the years roll by and you reach the 55 year milestone. You are now a Senior, it's too late you're talking to your mates about USB charged hand warmers, cardigans, 7 woods and you are wearing Footjoy winter golf boots.

No no whoa stop! It's not like that, growing old is unavoidable but growing up is optional.

Now the serious bit. Having been given the honour of being Seniors Captain this year can I begin by wishing you all a happy and successful New Year. The new Seniors golf season is fast approaching, and I hope you are looking forward to it as much as I am. It is so important to remember why we play this wonderful game. That is to enjoy it and have a bit of fun. I will be the first to admit it doesn't always feel that way, but we all need to be aware of it. As soon as you reach the age of 55 the Senior section is available. You have chance meet new people, make new friends, or just continue an established competitive rivalry with the usual suspects. Senior's golf provides a range of events and competitions to suit everyone, and I would love to see you get involved. We have a variety of stroke play and knock out competitions run within the club. The pinnacle of which is the Seniors Championship held over two consecutive Mondays in June.

Throughout the summer we have an excellent fixture card of friendly 4BBB matches home and away against 15 other Golf Clubs throughout East Anglia. Our most recent addition to the usual fixture list is Saffron Walden. These matches are an opportunity to meet like-minded people and enjoy some competitive golf on high quality courses. Matches involve a meet and greet with coffee/tea followed by 18 holes of golf and capped off by enjoying food and hospitality at the 19th hole. Who knows we may even win a few games along the way. There is a match fee (£21 home fixtures) this will cover coffee on arrival, a two-course meal and staff gratuity. Away match fees tend to be around the £20 mark this represents very good value and would encourage you to sign up. Look out for the team sheets to appear on the Seniors noticeboard. There is an expectation that players will make every effort to be available for both home and away legs so please check your diary before signing up. The first event of the year will be the usual season opener, the Players captained by Vice-Captain Steve Flint will take on the Gentlemen captained by myself in a 4BBB match. Look out for the poster on the noticeboard and sign up in the Pro shop. If you have any questions about Senior's golf, feel free to contact myself or any of the Committee.

Cheers,
Norm.

Seniors committee for 2023

Norman Salmon	Captain
Steve Flint	Vice Captain
Nic Hardy	Fixtures and matches
Mike Williams	Secretary
Adrian Pitts	Competitions organiser