

CAXTONfx

# GOLF GUIDE

Mel Reid



INSIDER'S GUIDE TO GOLF HOLIDAYS

# Make the most of your golf holiday

One of the UK's top female golfers, Mel Reid, has shared her insider knowledge on which golf courses to see and be seen on, this summer.

Whether you are a beginner or advanced, this guide includes tips on what to pack, how to improve your golf and how to find the right golf course to suit all your needs.



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## MEET MEL



Mel is one of the brightest talents and recognised faces on the female golf scene.

While she is committed and driven, her fun-loving personality shines through her professional demeanour.

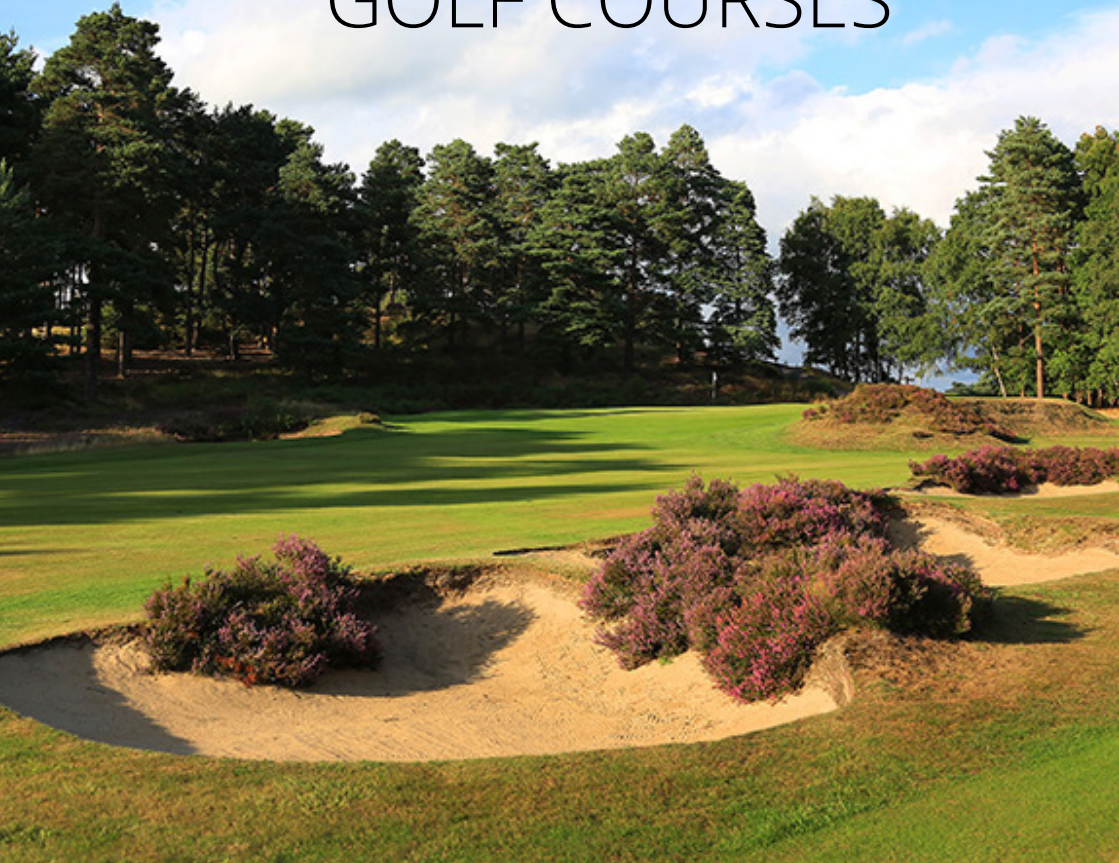
Mel's career has seen her represent Europe in the Solheim Cup and play on the Ladies European Tour for the last eight years. She has travelled all around the world playing a range of courses for her day job.

Born in Derby, England, as an amateur she won several events including the 2004 and 2005 English Girls' Championship and the 2006 and 2007 Helen Holm Trophy, before going on to the Australian Open and Solheim Cup. Most recently she won the Turkish Airlines Ladies Open in May 2015.

Mel is excited to share her insider knowledge of some of her favourite golfing destinations around the world.

“  
I like to play in the morning, beat the crowds and concentrate on my swing.  
”

# MEL'S FAVOURITE GOLF COURSES



## Sunningdale Golf Club *Berkshire, England*

It is such a lovely and quintessentially English golf course. The 12th hole is an exciting challenge, with its right to left par 4 and the bunkers. You know you are playing in your own country, with its mix of old and new world.

- 🚩 Ridgemoor Rd, Sunningdale, Berkshire, SL5 9RR
- ☎ 01344 621 681
- 🏠 Beaufort House B&B, Broomfield Park, Sunningdale, SL5 0JT
- 🏠 Royal Berkshire Hotel, London Road, Sunnighill, Ascot, SL5 0PP

## Kingston Heath Golf Club *Melbourne, Australia*

This course is in superb condition all year round. Best to avoid the rough if you can, and on a windy day it's a real tester. The best feeling when you play well here.

- 🚩 Kingston Heath Golf Club, PO Box 815 Moorabbin VIC, 3189, Australia
- ☎ +61 3 8558 2700
- 🏠 Quest Moorabbin, 3 Kingston Road, Melbourne Suburbs, Australia 3192
- 🏠 The Grand Warrandyte, 110 Yarra Street, Warrandyte, Australia 3113





## Merion Golf Club Philadelphia, USA

The wicker baskets on the East Coast instead of flags are pretty cute. The course is particularly challenging, so as difficult as it can be, it's rewarding when you play well.

- 🚩 Merion Golf Club, 450 Ardmore Avenue, Ardmore, PA, 19003
- ☎ 01 610 6425600
- 🏠 Radnor Hotel, 591 E. Lancaster Av, St. David's, PA 19087
- 🏠 Wayne Hotel, 139 E. Lancaster Av, Wayne, PA 19087



## Albatross Golf Resort Sokolska, Czech Republic

This is a great course; it is situated on a hillside bordering the Cesky Kras Nature Reserve and has seven spectacular lakes. It was here where I won the Raiffeisenbank Prague Golf Masters, so the memories make the course much more special for me.

- 🚩 Albatross Golf Resort, Sokolska 162, 267 16 Vysoky Ujezd
- ☎ +420 311 549 510
- 🏠 Volcano Spa Hotel, K Sopce 839/30, 155 00 Praha 5, Czech Republic
- 🏠 Hotel Maxim, Politických vězňů 200 Beroun, 26601 Czech Republic



Photo credit: Hole No. 17 © Jdanni Dost

## Pebble Beach Golf Links California, USA

A classic favourite, but it's a course with so much history. I remember watching many of the U.S Open Championships being played there as a child. With the sloping greens and ocean backdrop, the views are outstanding.

- 🚩 Pebble Beach Golf Links, 17-Mile Drive, Pebble Beach, CA 93953
- ☎ +1 800 877 0597
- 🏠 The Lodge at Pebble Beach, 1700 17-Mile Drive, Pebble Beach, CA 93953
- 🏠 The Inn at Spanish Bay, 2700 17-Mile Drive, Pebble Beach, CA 93953

# BEST COURSES WITH A VIEW

## Royal County Down *Newcastle, Northern Ireland*

With the magnificent Mourne Mountains backdrop, this course, a challenger indeed, has views of the great green Irish Sea to remind you how lucky you are to be playing sport in these surroundings.

🚩 Royal County Down Golf Club, 36 Golf Links Road, Newcastle Co Down, BT33 0AN. Northern Ireland

☎ +44 (0) 28 4372 3314

🏠 Burrendale Hotel, Country Club and Spa, 61 Castlewellan Road, Newcastle, County Down, BT33 0JY

🏠 Honeysuckle Cottage, 8 Church Hill, Newcastle, County Down, BT33 0JU



## Chevin Golf Club *Derbyshire, England*

I couldn't not include my local club! I love the views of the English countryside, especially the five county view from Chevin Ridge and the wild moorlands and parkland.

🚩 Chevin Golf Club, Golf Lane, Duffield, Derbyshire. DE56 4EE

☎ 01332 841 864

🏠 Mercure Burton Upton Trent, Newton Sodney, Burton upon Trent, DE15 0SS Dovecliff

🏠 Hall Hotel, Dovecliffe Road, Stretton, Burton upon Trent, DE13 0DJ

“

Always prepare for every type of weather – wind, rain, sun and cold.

”

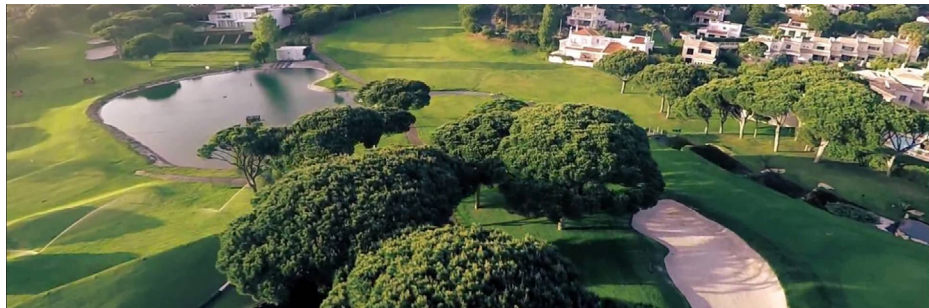


## Kingsbarns Golf Links

*St. Andrews, Scotland*

Stunning views of the sea and rugged coastline on 17 of the 18 holes. The course is challenging as you can never predict what the weather will be, however this makes it even more exciting!

-  Kingsbarns, St. Andrews, Fife, KY16 8QD
-  01334 460860
-  The Gleneagles Hotel, Auchterarder, Perthshire, Scotland, PH3 1NF
-  Cambo House, Kingsbarns, St Andrews, Fife, KY16 8QD




## Royal Golf Course

### Vale do Lobo

*Almancil, Portugal*

Features rolling fairways set between pine trees, and beautiful lakes surrounded by wild flowers.

-  Vale do Lobo Ocean Golf Course, Vale do Lobo, 8135-864 Almancil, Algarve, Portugal
-  +351 289 353 465
-  Hotel Quinta do Lago, Av. Andre Jordan, 8135-024 Almancil, Portugal
-  Dona Filipa Hotel, Vale do Lobo, 8135-034 Almancil, Algarve, Portugal



# BEST WAY TO PLAY

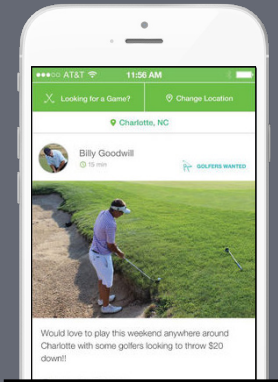
1. **Always respect local customs and cultures.** Although there are universal expectations, some countries and courses have different requirements, such as the height of your socks.
2. **Show respect on the golf course and try to control your emotions.** It is difficult when you double bogey on your favourite hole and you have to bite your tongue, but be mindful of the other players on the golf course.
3. **Avoid slow play.** If you are finding it hard to keep up with the pace of play of the group in front of you, make sure that you walk at a reasonable speed between shots and begin planning your next shot as you approach the ball.
4. **Repair the ground you play on.** Always bring a penknife for fixing ball divots. If you have made a divot, replace them or use the seed mix.
5. **Be a silent partner.** There is nothing worse than a distracting partner, especially when you are about to hit a shot. Always position yourself directly across or at a diagonal from a player setting up. Never stand on the line of play, either beyond the hole or directly behind the ball.

# TOP APPS

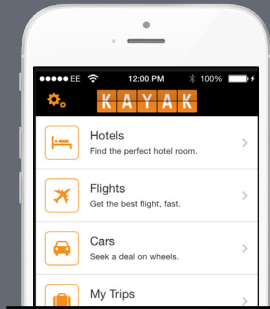
Mel has shared her must have apps to take the hassle out of your golf on and off the course



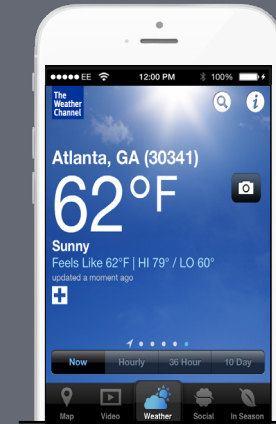
**Hole 19.**  
An intelligent caddy in your pocket, integrating a GPS rangefinder, Club Tracker, Strokesaver and a mobile Scorecard into one device.



**GolfMatch.**  
An app that connects you with golfers your age, with similar skill levels, looking for the same style of play.



**KAYAK travel app.**  
Searches for and books the best deals on flights, hotels and car hire. Along with this you can check in using it, which saves you running around trying to find a printer.



**The Weather Channel.**  
Gives you a 10-day summary forecast for cities, with maps for shorter periods ahead.



**Caxton FX currency card app.**  
This lets you manage your holiday money with zero fees and even less stress. You can load your card at any point before or during your trip, check your balance and transactions, and real time exchange rates.



## CAXTONfx ALL★STARS

Launched in 2014. A team of inspiring women who strive for excellence in their sporting careers and beyond. We love their tenacity, drive and attitudes.

Mel is joined by British snowboarder Aimee Fuller and four time Winter Olympian Chemmy Alcott. We are proud to have these women as our ambassadors.

Read Aimee and Chemmy's ski guide: [ski.caxtonfx.com/secretski](http://ski.caxtonfx.com/secretski)

[allstars.caxtonfx.com](http://allstars.caxtonfx.com)  
CaxtonAllStars



“  
The Caxton FX card and app are so convenient for anyone that travels.  
”



# GOLF BAG ESSENTIALS

As well as the obvious essentials such as golf bag and shoes, here's my additional check list.



“

My iPod is essential. It either lifts my mood or distracts me.

”

If you are playing overseas always carry your Handicap Certificate. You can't play good overseas golf courses without it and you don't want to be turned away.



# MEL'S ADVICE

No matter what your level

## BEGINNERS

Start playing with a friend. Like most sports, golf is more fun when you play with others.

Take lessons. It is best not to get into bad habits too early as these are difficult to change and they can become ingrained in your play.

When going on holiday, why not check out the nearby golf courses? It's a great way to experience different courses in new countries.

## PROS

Play more than you practice - nothing prepares you better for competitive rounds.

There's no shortcuts to success. Always practice those areas of your game you struggle with, but also maintain your favourite practices.

Be creative in your practice. Don't always take the obvious shot, try different clubs and push your limits.



“

Put plasters in your golf bag, I always get caught out if when it's wet or humid.

”



# Dads & Daughters

## Golf Masterclass with Mel Reid

Inspired by The Open or  
the Women's British Open?

Treat your daughter, and yourself,  
to our Dads & Daughters masterclass  
with Caxton FX Allstar Mel Reid

Buckinghamshire Golf Club  
Tuesday 18th August 2015

Register for the opportunity at [caxtonfx.com/dad](http://caxtonfx.com/dad)



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