

Golf – the best way to swing into action

The light nights and warmer weather prompt many to think about taking up a sporting hobby and a number opt for golf.

Promotional material is in evidence in the media and on billboards around Scotland as golf swings back into action for the summer.

Many people, including youngsters, are interested but don't know how to start.

Michael Brooks (pictured), a former Walker Cup player, who is now the PGA Professional at Pumpherston Golf Club in West Lothian, has some advice.

The Lanarkshire-born player, who has just moved back to Scotland after a spell in England, firmly believes that the best way to start is to speak to a professional.

He added: "The professional will give you an unbiased opinion on where to start and also find out what your budget will be.

"He will probably get you kitted out underneath that budget and probably add value to your spend with a couple of lessons free of charge as well."

A lot depends on peers who may be members of clubs, but the newcomer may wish to be a nomadic golfer.

Michael said: "If you are local to a golf club get in touch with the local club professional or the club office.

"They can produce all sorts of access routes and payment plans

and Michael said: "Golf is very enjoyable.

"You have the lifestyle benefits in that you are outdoors an awful lot and there is a lot of camaraderie in there as well.

"If you get the right golf club that is local to you and with the correct group of people you can have an incredibly good time regardless of the quality of golf you play."