

Canterbury Reps Ready to Shine in 2025

Rep season is here, and for Canterbury's golfers, that means one thing: the chance to test themselves against the very best across the country. For some, it's a first taste of the red and black; for others, it's a return to familiar routines, tournaments, and challenges. Whether you're a newcomer or a seasoned rep, the excitement, pride, and competitive drive is unmistakable.

This season's Canterbury rep team is a mix of first-timers and experienced campaigners, each with their own rituals, favourite clubs, and mental approaches. From SpongeBob golf balls and smiley-face pitch mark repairers to pre-dawn alarm clocks and meticulous warm-ups, these players give us a peek into what it really takes to wear Canterbury colours. Across the board, patience and focus are key lessons, and the pride in representing the region is clear.

Here's what they had to say in their own words:

James Mordaunt

How does it feel to be part of the rep team this season?

"I'm really grateful because this is an amazing chance to compete against some of the best players in the country. It motivates me to push myself, see where I stand, and keep improving."

How many years have you played for Canterbury?

"This is my first year."

What are you most excited about for the year ahead?

"I'm most excited about the chance to keep competing in some big events this year. Playing tournaments like

Canterbury Matchplay, National age groups, South Island age groups, Interclub, and Canterbury Strokeplay have already been awesome for my development, and I'm really looking forward to testing myself even more against some of the best players in the country."

Walk us through your game day routine — what does a typical match day look like for you?

"On a match day I always start with a good breakfast to give me energy, then get to the course early to stretch, warm up, and spend time chipping and putting before the first tee. During the round I make sure I'm eating and staying focused so I can keep my energy up. After I finish, if I've got another round the next day, I'll either do a bit of practice or just chill and recover so I'm ready to go again."

Do you have any pre-game rituals, habits, or superstitions?

"I don't really have any big superstitions, but I do keep a pitch mark repairer with a smiley face on top of my trundler. It's just a little reminder for me to keep smiling out there, because I've noticed I play my best golf when I'm relaxed and enjoying myself."



How do you prepare yourself mentally before stepping onto the course?

"To prepare myself mentally before a round, I like to map the course out so it feels familiar and I know what to expect. That way I don't have to stress about things I can't see off the tee, because I've already planned for them. Having that game plan gives me a lot more confidence, and it helps me focus on just hitting the shot in front of me instead of worrying about what might go wrong."

What's the most valuable lesson you've learned as a player so far?

"Patience is really key for me. Golf is such a long game with plenty of ups and downs, and I know not every shot or hole is going to go perfectly. I just have to remind myself to stay patient, not get frustrated, and trust that if I stick to my routine and stay focused, the good shots will come."

Favourite club in your bag?

"Definitely my putter."

Who's our biggest threat this year from other regions?

"Otago always has a strong team."

What's one word that best describes you as a golfer?

"Competitive."

Outside of the game, what's something people might not know about you?

"Outside of golf I have an interest in cars, particularly Formula 1. I love to follow each race throughout the season and keep up to date on the driver standings throughout the year."

Alice Fry**How does it feel to be part of the rep team this season?**

"It feels really special. I've worked hard to get here and it's awesome to be playing alongside such talented teammates. I'm proud to represent Canterbury."

How many years have you played for Canterbury?

"This is my first year."

What are you most excited about for the year ahead?

"Definitely the chance to travel, play new courses, and test myself against tough competition. I'm also excited to see how much our team can achieve together."

Walk us through your game day routine — what does a typical match day look like for you?

"I like to arrive early, hit some putts to get a feel for the greens and warm up on the range. I make sure I stay relaxed, eat a good snack, and keep hydrated before heading out."



Do you have any pre-game rituals, habits, or superstitions?

"I always mark my ball with 2 carrots 🥕 and make sure my SpongeBob ball is in my bag. Give my Tiger Woods tee a high five in the morning."

How do you prepare yourself mentally before stepping onto the course?

"I like to clear my head, stay positive, and remind myself to trust my swing. I just focus on the first tee shot and let the rest of the round flow from there."

What's the most valuable lesson you've learned as a player so far?

"The biggest lesson I've learned is that golf is about staying patient, learning from mistakes, and trusting the work I've put in."

Favourite club in your bag?

"My driver. It's the club I'm most confident with."

Who's our biggest threat this year from other regions?

"Auckland always puts out a strong team, but if we play our best, we can compete with anyone."

What's one word that best describes you as a golfer?

"Competitive."

Yuki Miya**How does it feel to be part of the rep team this season?**

"It feels great obviously and I'm grateful to be able to represent Canterbury around New Zealand."

How many years have you played for Canterbury?

"My first rep year was 2019 playing in the boys interprovincial team, so this will be my 7th year repping Canterbury."

What are you most excited about for the year ahead?

"Definitely the NZ Interprovincial in Manawatu. It's probably the week I most look forward to out of any event of the year."

**Walk us through your game day routine — what does a typical match day look like for you?**

"Usually get to the course 1.5 hours before a tee time and just chill around the clubhouse until about 1hr 15min until tee time and then stretch. Always putt first, chip, hit balls, chip and putt before heading to first tee."

Do you have any pre-game rituals, habits, or superstitions?

"Something I do for tournament rounds is setting an alarm 3hr before a morning tee time and 4hr before an afternoon tee time. And always have to use a different marker each round."

How do you prepare yourself mentally before stepping onto the course?

"Waking up 3 or 4hr before tee time ensures I'm fully awake so my mind can be turned on for the round."

Mitch Redmayne**How does it feel to be part of the rep team this season?**

"I feel very honoured to have this opportunity to be a part of the Canterbury rep team this season. It is a great opportunity to improve my golf and test myself against many other great golfers."

How many years have you played for Canterbury?

"This is my second year being a part of a Canterbury rep team."

What are you most excited about for the year ahead?

"I am most excited to test myself against some of New Zealand's talented juniors at the Boys Interprovincials and hopefully be in contention to make some of the other Canterbury Rep teams later this year."

**Walk us through your game day routine — what does a typical match day look like for you?**

"A typical match day is usually arrive to the course an hour before tee time, then go get the feel for the greens on both putting and chipping. Then go to the range and hit balls to warm up the swing. Then go back to warm up putting and chipping properly... Then head to the tee and play my round. Then after the round have a break for a bit and then go work on some things I struggled with during the round depending on the time of day and how tired I feel."

Do you have any pre-game rituals, habits, or superstitions?

"Listen to calming music whilst I'm warming up. Make sure I go to the toilet before my tee time. If I play well with a certain marker then I usually use that for the rest of the tournament."

How do you prepare yourself mentally before stepping onto the course?

"I usually make sure that I've done my warmup routine and try to be relaxed and comfortable before I step on course."

What's the most valuable lesson you've learned as a player so far?

"One thing I've learned is that you never know what the next hole or shot is going to bring so stay patient and don't think about the score too much. But this is definitely still something I am working on quite a bit."

Favourite club in your bag?

"My favourite club in the bag is probably 9 iron right now."

Who's our biggest threat this year from other regions?

"Our biggest threat this year might be Otago as they always seem to have quite a strong team, but Canterbury is definitely taking out the win this year."

What's one word that best describes you as a golfer?

"Perfectionist."

Catch all the Rep action via our live scoring >

Girls Rep [Interclub competition - Golf New Zealand](#)

Boys Rep <https://www.waikatogolf.co.nz/Junior-Golf/live-scoring---junior-boys-inter-provincial-1>