



The Bitter Pill 2026 – March to October

The Bitter Pill are a series of 18 hole, 4 ball, better ball matches played on Thursday mornings between end-March and the beginning of October throughout the summer season. Players accrue points during the qualifying stages with the top 16 players contesting the knockout stages thereafter. The competition has 5 allocated tee times usually from 9:15 until 10:00 which allows 28 participants. (On a weekly basis we will also try and book additional tee times if there is demand)

Handicap Allowance

Each player receives 90% handicap allowance from the lowest player in the group.

Rules of Competition

1. The Bitter Pill competition is open to all playing members.
2. All players must have a WHS handicap index.
3. Players need only to commit to the Thursday's on which they wish to play.
4. All players are expected to join the e-mail group at TantallonBitterPill@gmail.com
5. Entry can be made 3 weeks in advance online using HowDidIDo, the PSI unit in the Tantallon Room
6. The £2 entry fee for each week that you pay, will be collected off your Tantallon Card as you enter– please top up you card as required. Any withdrawals after the draw has been made will forfeit the £2 entry fee.
7. Members may also request a late entry (after the draw) via the Bitter Pill e-mail address.
8. Any member requesting an early/late time should do so via email.
9. The draw will take place each weekend for the following week's matches and e-mailed to each player thereafter.
10. After the draw is made, all withdrawals and late entries should be done via the Bitter Pill e-mail address and any subsequent re-draw will be performed in the order of the e-mails received.
11. The recording of results must be made by one of the group on the sheet for the purpose in the clubroom each Thursday.
12. 2 points will be awarded for a win and 1 for a square match.
13. The 16 players accruing the highest number of points after the qualifying rounds will qualify for the knockout stage of the competition.



14. In the event of a tie to determine any of the qualifying positions, the player with the most appearances throughout the season will qualify.
15. Any further tie or ties will be decided by a draw of lots.
16. A blind draw to determine the pairings for the knockout stages will follow.
17. Consolation competitions will be organised for the players who do not qualify for the knockout stages.

Rules of Play

1. All matches will be played in accordance with the Rules of Golf as laid down by the Royal & Ancient Golf Club of St. Andrews in conjunction with the West Links Local Rules as decided and altered from time to time by The North Berwick G.C.
2. A single player has the option to play two balls from the tee. Thereafter he can select which of the two tee shots to complete the hole with.
3. In the event of inclement weather, by agreement, a minimum 12 holes must be played in order that any result will stand and accrue points.
4. A match between two single players **is** an official match and points will be awarded. (In a 2 person match neither get 2 tee shots)
5. In the event of any disputes, the decision of the Competition Committee will be final.

Dates

Qualifying Rounds

Thursdays between 19th March 2026 & 10th September 2026 – except the following weeks 9th April, 22th May, 11th Jun, 23th July, 6th August, 20th August.

Quarterfinals

17th September 2026

Semi-finals

24th September 2026

Final

1st October 2026