

December 2025

BLACKHEATH

SQUASH

NEWS & UPDATES

2025 HANDICAP TOURNAMENT FINAL



Alex Booth (-17), seeded second, won the 2025 Handicap tournament by defeating top seed Abhishek Jaywant (-18) 3-1. After splitting the first two games, Alex secured victory in the final games.

Thanks to everyone who participated, and to Alex for organising the first post-pandemic handicap tournament at the club.



The top 3 improvers for last month all have some huge gains!

- **Nick Ruff** tops the list with a 9.4% increase to reach 5,582
- **James Lanagan** reaches 1,869 due to an increase of 8.5%
- **Lloyd Campton** increases by 6.6% to a level of 956

A big thanks to Dan Mogridge for providing the monthly stats!

[SquashLevels](#) is very simple to set up and a great way to track your progress. If you have any questions or need help with [SquashLevels](#) please let us know: info@blackheathsquashclub.com

BOX LEAGUES



The next round of squash boxes finishes 11th January 2026

If you would like to join the squash boxes send an email to:

blackheathboxleague@gmail.com

If you would like to join the Racketball Box League send an email to:
info@blackheathsquashclub.com
blackheathboxleague@gmail.com

SQUASH DRILLS & TIPS

We have created a new section on our website where we will include links to videos and content that may help you improve your game.

Zero to Hero: Boast - Squash Technique For Beginners:

[BOAST TECHNIQUE FOR BEGINNERS](#)

SQUASH CLUB & PAVILION BAR CHRISTMAS OPENING

The squash courts will remain open over Christmas but the Pavilion Bar will close for a break after Tuesday 23rd December 2025 and reopen on Saturday 3rd January 2026.

We wish all members a happy festive break and a fit and healthy 2026.



Big thanks to one of the Junior Squash players, six-year-old Eleanor Jenkins for the Christmas Santa Squash card!

Better Body Group Gym - half price offer on 'Styku' scans
The Better Body Group Gym has a half price offer for squash club
members on Styku scans.

A 3D body scanner will literally scan your body, often with infrared technology. It takes hundreds of photos and thousands of point locations in order to stitch them all together into a point cloud. After that, it makes a uniquely individual [3D model](#) of your body.

In fitness areas specifically, this data is used to see exact measurements of an individual's waist, hip, thigh, arm, chest, and height. It also tracks specific weight and where that weight is located on each person's body.

To find out more contact Dom at Better Body Group on 07818 165516.



Blackheath Squash Social What's App groups

Blackheath Squash Social Squash

Blackheath Squash Social Squash

If you are a member and would like to join one or both social WhatsApp groups drop an email to info@blackheathsquashclub.com and we will send a link to join.

Please indicate which group(s) you are interested in joining.

Upcoming events and calendar

REMINDER:

Please make sure you add your opponent to your court bookings. If you bring a guest (maximum three times a year) please select your opponent as “Guest”.

The Mote Open 2026

One Day Graded Squash Tournament

Event Details	Event Categories
Event Name: Men Squash Cup , Willow Way, Matlock, Derbyshire, DE4 5JN	A Grade - SquashLevels: 5000+
Entry Fee: £27.50 per player (includes 10% entry fee)	B Grade - SquashLevels: 2600 - 4999
For more info: www.cmstringers.com/entry	C Grade - SquashLevels: 1200 - 2599
Entries Closing Date: Sunday 28th Dec 2025	D Grade - SquashLevels: 400 - 1199
Enter online at: www.cmstringers.com/entry	E Grade - SquashLevels: 0 - 399

✓ All results will be uploaded to Squash Levels

Saturday 3rd January 2026



TEAM UPDATES

Division 3: Winter League 2025/26										
Home Division 1st										
	Team	P	W	L	D	F	A	Pen	Total	
1	Tunbridge Wells SRC 3	8	6	2	0	102	63	0	102	
2	Bromley Sports 1	8	6	0	0	99	15	0	99	
3	Bexley Park 1	8	6	2	0	88	72	0	88	
4	Blackheath 1	8	4	4	0	76	80	0	76	
5	Poults Wood 3	8	7	3	4	0	72	73	0	72
6	Sundridge Park 2	8	7	3	4	0	71	77	0	71
7	Bromley LTC 1	8	7	3	4	0	63	77	0	63
8	Woolwich 1	7	2	5	0	50	91	0	50	
9	Bexley 3	8	0	8	0	46	119	0	46	

Division 4: Winter League 2025/26																			
Home Division List																			
Team	Team			P		W		L		D		F		A		Pen		Total	
	1	Maidstone 1		5	B	6	2	0	104	59	0	104	104	0	0	104	104		
2	Pault Wood 4			5	B	6	1	0	100	37	0	100	100	0	0	100	100		
3	Knole Park 1			5	B	4	4	0	74	81	0	74	74	0	0	74	74		
4	Bromley Sports 2			5	B	7	4	3	0	71	66	0	71	0	0	71	71		
5	Tunbridge Wells SRC 4			5	B	3	3	0	66	56	0	66	66	0	0	66	66		
6	Parlsey Lane 3			5	B	2	6	0	63	105	0	63	63	0	0	63	63		
7	Mote 2			5	B	6	4	2	0	62	50	0	62	62	0	0	62	62	
8	Blackheath 2			5	B	7	2	5	0	47	92	0	47	0	0	47	47		
9	Sydenham 1			5	B	2	1	6	0	47	88	0	47	0	0	47	47		

Comedy Corner

