

January 2026

# BLACKHEATH

# SQUASH

## NEWS & UPDATES

### NON-MARKING TRAINERS

**Please, please, please make sure you wear non-marking trainers when on court!**

During the Christmas break, someone played on Court 2 wearing trainers with marking soles. This is the result!



Please only wear **non-marking trainers** on the courts. Marking soles badly mark the playing surfaces and result in repair costs and lack of court access time.

The **heaters in the changing rooms and viewing balcony** are programmed. Please do not turn off the radiators even if it seems hot. The radiators are thermostatically controlled and programmed to come on and off at specific times for each day and turning them off disrupts the programming and means the changing room is cold for the next person.

If you open a **window at the Squash Club** please make sure that you close it when leaving – thanks

### BOX LEAGUES



**The next round of squash boxes has just started and will finish on the 8<sup>th</sup> March 2026**

**Results of the last boxes will be shown in the February newsletter.**

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

**[blackheathboxleague@gmail.com](mailto:blackheathboxleague@gmail.com)**

**If you haven't done this already, link your account to squashlevels to track your progress**

**If you would like to join the Racketball Box League send an email to:**  
**[info@blackheathsquashclub.com](mailto:info@blackheathsquashclub.com)**

### Upcoming events and calendar

 **The Southgate Women's Open 2026**  
ONE DAY GRADED SQUASH TOURNAMENT

**SQUASHCENTRAL** Saturday 7th February 2026 **SQUASHCENTRAL**

**TOURNAMENT CATEGORIES**

A GRADE - SQUASH LEVELS (2000 & ABOVE)
B GRADE - SQUASH LEVELS (1200 - 1999)
C GRADE - SQUASH LEVELS (700 - 1199)
D GRADE - SQUASH LEVELS (300 - 699)
E GRADE - SQUASH LEVELS (201 - 299)
F GRADE - SQUASH LEVELS (0 - 199)

**ENTER ONLINE AT:** [WWW.CMSTRINGERS.COM/ENTRY](http://WWW.CMSTRINGERS.COM/ENTRY)

ENTRIES CLOSING DATE: Friday 10th February 2026  
HOST CLUB: Southgate Squash & Racquet Club, 107-109 Southgate Road, London NW11 7JL  
ENTRY FEE: £10.00 (includes 10% VAT)  
FOR MORE INFORMATION, CONTACT: [info@blackheathsquashclub.com](mailto:info@blackheathsquashclub.com)

 **SCAN TO ENTER**



This month, Blackheath SquashLevels participants have demonstrated notable improvements across the board.

- **Sam Cummings** achieved a 16.8% increase, reaching a ranking of 250 following strong performances in the box leagues.
- **Alex Booth** advanced to a ranking of 4,528, reflecting a 16% improvement with the first team.
- **Stuart Gibbs** entered the 500s with a 15.2% rise to 575.

To ensure the most accurate SquashLevels rankings, please remember to submit your game scores. Special thanks to Dan Mogridge for compiling this month's statistics.

Setting up SquashLevels is straightforward and provides an effective way to monitor your progress. For assistance or inquiries, contact [info@blackheathsquashclub.com](mailto:info@blackheathsquashclub.com).

## 2026 CLUB TOURNAMENTS

This years club tournaments will take place in the first half of the year. **Dates to be announced in the first quarter** with the finals and finals night taking place sometime around the end of June.

Entry dates for these tournaments will be finalised and announced by email, and a reminder that these include, Singles, Singles Plate, Doubles, Over 45's, Over 60's Ladies and Racketball. Please note that off-peak membership does not include entry to the tournaments.

## Member Only Club Night

We start 2026 with a new Members Only Social Club Night which will take place on the 4th Friday of each month. Our existing Club Nights, which are open to members and non-members who wish to try out the Club, will continue as normal on the first and third Fridays of the month.

The new **Members Only Social Club Night** is intended to help members meet other members and have a chat and a hit in a social environment. It is open to all members of all abilities.

We will monitor how it goes with a review after three months.

Our Club Nights would not be possible without our volunteer Club Night hosts, so many thanks to our regular hosts Sam Adebiye, Andre Nowaczek, Ville Leppanen, and Isaac Priestley who is joining the Club Night hosting team.

If you are interested in joining the Club Night hosting team please email [info@blackheathsquashclub.com](mailto:info@blackheathsquashclub.com)

## Blackheath Squash Social What's App groups

**Blackheath Squash Social Squash**  
**Blackheath Squash Social Racketball**

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

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

## CLUB COMMITTEE

Would you like to understand how the committee functions or be considered for a membership role on the team?  
Drop an email to [info@blackheathsquashclub.com](mailto:info@blackheathsquashclub.com) for an informal chat with Club Chair Kevin.

## 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".**

## ANNUAL COURT MAINTENANCE

**PLEASE NOTE:**  
The annual court maintenance will take place and the squash courts will be closed on the 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> February 2026.

## 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.

[CLICK HERE TO VIEW THIS SECTION ON OUR WEBSITE](#)

**THE COOLHURST OPEN 2025**  
One Day Graded Squash Tournament  
Saturday 30th August 2025

**Tournament Categories**

A Grade - Squash Levels (5000 and above)  
B Grade - Squash Levels (2600 - 4999)  
C Grade - Squash Levels (1200 - 2599)  
D Grade - Squash Levels (400 - 1199)  
E Grade - Squash Levels (0 - 399)

**Enter online at:** [www.cmstringers.com/entry](http://www.cmstringers.com/entry)

Entries Closing Date: 24th August 2025  
Entry Fee: £27.50 (includes Event T-Shirt)  
Host Club: Coolhurst Tennis & Squash Club, Coolhurst Road, Crouch End, London, N8 8EY  
For more information, please contact: Joe Major | [joe@cmstringers.com](mailto:joe@cmstringers.com) | 07908 631367

## Comedy Corner

**Never Ask A Woman Her Age**



**A Man His Salary**



**Never ask a squash player Their win-loss %**