

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 8th 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

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

[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 (1000 & ABOVE)
B GRADE - SQUASH LEVELS (1200 - 1000)
C GRADE - SQUASH LEVELS (700 - 1100)
D GRADE - SQUASH LEVELS (600 - 650)
E GRADE - SQUASH LEVELS (400 - 500)
F GRADE - SQUASH LEVELS (0 - 350)


SCAN TO ENTER

ENTER ONLINE AT: WWW.CMSTRINGERS.COM/ENTRY
ENTRIES CLOSING DATE: 10th January 2026 ENTRY FEE: £10 (includes lunch & drink)
HOST CLUB: Southgate Squash Club, 100 Southgate Road, London N16 6AA
FOR MORE INFORMATION, CONTACT: admin@cmstringers.com (0208 2000 1000) WWW.CMSTRINGERS.COM



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.

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 annouced 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

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 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 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 18th, 19th and 20th 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
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.Major@cmstringers.com) | 07909 63367


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ACCELERATE
SQUASH

Comedy Corner



Never Ask A Woman
Her Age



A Man
His Salary

Never ask a squash player
Their win-loss %