

June 2025

BLACKHEATH SQUASH

NEWS & UPDATES

CLUB TOURNAMENTS 2025

Revised Dates:

Singles	Quarter Final	Play by Sunday	29 th June 2025
	Semi Final	Play by Sunday	12 th July 2025
Over 45's	Quarter Final	Play by Sunday	29 th June 2025
	Semi Final	Play by Sunday	13 th July 2025
Racketball	Semi Final	Play by Sunday	15 th June 2025
Over 60's	Semi Final	Play by Sunday	13 th July 2025
Doubles	Semi Final	Play by Sunday	13 th July 2025
Singles Plate	Second Round	Play by Sunday	22 nd June 2025
	Quarter Final	Play by Sunday	29 th June 2025
	Semi Final	Play by Sunday	13 th July 2025

Finals night is now Friday 18th July

If you are in the tournaments please check the revised dates and contact your opponent to arrange your match.

The previous winners of the Club Tournaments going back over seventy years can be found on our website:

[Blackheath Squash Club Tournaments](#)

Any questions please email info@blackheathsquashclub.com



All of the top 3 had a double-digit improvement last month:

- Samuel Adebiji improved by 16.5%, with some amazing tournament results, to reach a level of 1,409
- Jonathan Murphy's rise up the box leagues has seen his level improve by 13.6% to 493
- Omar Badr has a similar rise of 13.4% to reach 542 which also reflects his rise up the box leagues

Keep it up!

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



Winners this time round!

1. **Abishek Jaywant**
2. **Lloyd Campton**
George Agar
Simon Haworth
3. **Ashley Kisnay**
Omar Badr
4. **Simon Dempsey**
5. **Stuart Gibbs**
Guy Head
6. **Tom Beckwith**
7. **William Hirth**
8. **Noah Watkins**
9. **Florin Stoian**
10. **Vincent Sanchez**
11. **Natasha McFann**
12. **Shammus Sultan**
13. **Patrick McAndrew**

Well done to Abhishek for playing and winning all your matches in Box 1!

The current Racketball Box league is due to finish on the 30th June 2025 when it will split into two leagues

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

[Upcoming events and calendar](#)

Let, no let or stroke game?

Play the "Let, no let or stroke" game!

Check out the videos below and decide what your call would be if you were refereeing the match!

These videos may help to clarify some those situations on court when you and your opponent are unsure of the call?

Watch the videos and then check your call against the official decision.

- Video One - [Let, no let or stroke?](#)
- Video Two - [Let, no let or stroke?](#)
- Video Three - [Let, no let or stroke?](#)
- Video Four - [Let, no let or stroke?](#)
- Video Five - [Let, no let or stroke?](#)
- Video Six - [Let, no let or stroke?](#)

[Click on this link "check your refereeing calls" below to find the answers.](#)

How many did you call correctly?

There is also an informative youtube site with more examples:
[So you think you can ref?](#)



LET PLEASE!

A BEGINNER'S GUIDE

MANY LETS CAN BE DEALT WITH USING THESE FOUR BASIC QUESTIONS...

1

Was there any interference? Did they have direct access to the ball and full view of it?

YES

OR

NO

No Let!

2

Did they make every effort to get to the ball, and could they have made a good return?

YES

OR

NO

No Let!

3

Did the striker make every effort to get out of the way?

YES

OR

NO

STROKE!

4

Were they in a position to make a good return?

YES

STROKE!

OR

NO

Yes Let!

OOOPS!! I WASN'T ACTUALLY WATCHING AT THAT POINT IN TIME... WHEN YOU ARE THE REFEREE YOU'VE GOT TO BE WATCHING ALL THE TIME. THE MOMENT A PLAYER SAYS "LET PLEASE", THE RALLY STOPS. THERE ARE OF COURSE OTHER SITUATIONS THAT NEED MORE THOUGHT BUT THIS SHOULD GET YOU GOING! OVERALL, TRY TO BE AS CONSISTENT AS POSSIBLE.

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.

DRILLS AND ROUTINES TO IMPROVE YOUR GAME

Something different this month

[A podcast "Between the Lines" with Laura Massaro and elite performance coach Ahad Razahis.](#)

[What separates world class squash players from everyone else? It's not just talent, it's focus, strategy, mindset and the ability to keep learning. Well worth a listen with many insights into the game of squash!](#)



The Canterbury Women's Open 2025

Summer Graded Squash Tournament

Fri 27th & Sat 28th June 2025

TOURNAMENT CATEGORIES

A Grade - SquashLevels (4000+) - FRI & SAT

B Grade - SquashLevels (2200 - 3000) - SAT

C Grade - SquashLevels (1000 - 2199) - SAT

D Grade - SquashLevels (400 - 999) - SAT

E Grade - SquashLevels (100 - 399) - SAT

F Grade - SquashLevels (0 - 99) - SAT

Enter online at: www.cmstringers.com/entry



THE SUNDRIDGE PARK OPEN 2025

ONE DAY GRADED SQUASH TOURNAMENT

SATURDAY 19TH JULY 2025

TOURNAMENT CATEGORIES

A Grade - SquashLevels -> 5000+

B Grade - SquashLevels -> 2600 - 4999

C Grade - SquashLevels -> 1200 - 2599

D Grade - SquashLevels -> 400 - 1199

E Grade - SquashLevels -> 0 - 399

Entry Fee: £27.50 (includes tournament t-shirt)

Entries Closing Date: Sunday 13th July 2025

Host Club: Sundridge Park Tennis, Squash & Padel Club, Lawn Cl, Bromley, BR1 3NA

For more info please contact: Joe Magor on 07909 531367 or email: joe@cmstringers.com

ENTER ONLINE AT: WWW.CMSTRINGERS.COM/ENTRY

Comedy Corner

THINGS I DO IN MY SPARE TIME



PLAY SQUASH



WATCH OTHERS PLAY SQUASH



RESEARCH SQUASH



TALK ABOUT SQUASH



THINK ABOUT SQUASH



DREAM ABOUT SQUASH

CLUB AGM – 28th AUGUST 2025

The Squash Club Annual General Meeting will be held on Thursday 28th August 2025 in the main Sports Club bar area. This event provides an excellent opportunity to meet the committee once again and learn more about how they manage the club and ensure its (mostly) smooth operation.

If you want to learn more, or contribute to the running of the squash club, this is a great opportunity to explore further!