

February 2025

BLACKHEATH SQUASH

NEWS & UPDATES

BLACKHEATH TEAM NEWS

The two teams at Blackheath continue to do well in their respective North Kent Leagues Two and Five. Blackheath Second's (2) in particular are in a good position at number two in their league prior to their home match against Sundridge Park Three (3) on the 21st January 2025!

Division 5: Winter League 2024/25

Home | Division List

	Team		P	W	L	D	F	A	Pen	Total
1	Bromley Sports 2	★	11	10	1	0	154	52	0	154
2	Blackheath 2	★	11	9	2	0	136	68	0	136
3	Beckenham 3	★	11	8	3	0	133	75	0	133
4	Poult Wood 5	★	11	6	5	0	124	77	0	124
5	Bexley 5	★	10	5	5	0	100	98	0	100
6	Sundridge Park 3	★	11	6	5	0	99	110	0	99
7	Knole Park 2	★	11	5	6	0	82	119	0	82
8	Bexley 6	★	11	2	9	0	82	137	0	82
9	Park Langley 4	★	11	3	8	0	74	140	0	74
10	Limpsfield 3	★	10	0	10	0	36	144	0	36

View Fixtures/Results

Division 2: Winter League 2024/25

Home | Division List

	Team		P	W	L	D	F	A	Pen	Total
1	Park Langley 1	★	10	10	0	0	149	54	0	149
2	Mote 1	★	9	6	3	0	114	70	0	114
3	Blackheath 1	★	10	4	6	0	90	110	0	90
4	Tunbridge Wells SRC 2	★	9	4	5	0	86	91	0	86
5	Dulwich 4	★	9	4	5	0	85	92	0	85
6	Canterbury 2	★	9	3	6	0	84	94	0	84
7	Dulwich 3	★	8	3	5	0	66	85	0	66
8	Poult Wood 2	★	9	4	5	0	65	107	0	65
9	Beckenham 2	★	7	2	5	0	46	82	0	46

RACKETBALL LADDER- UPDATE

We now have five players that have signed up to the new racketball ladder. Jim, Kev, Jon, Nico and Scott have all signed up and if you would like to join them please email info@blackheathsquashclub.com with your name and "Racketball Ladder" as the subject.

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](#)

[This month Nick Matthew discusses the importance of "Follow-Through"](#)

**The Cumberland Open 2025**
One Day Graded Squash Tournament
Saturday 1st March 2025

TOURNAMENT CATEGORIES
A Grade - SquashLevels (5000+)
B Grade - SquashLevels (2000 - 4999)
C Grade - SquashLevels (1200 - 2599)
D Grade - SquashLevels (400 - 1199)
E Grade - SquashLevels (0 - 399)


SCAN TO ENTER

Enter Online at: www.cmstringers.com/entry

Entries Closing Date: Sunday 23rd February 2025 Entry Fee: £27.50 (includes event T-Shirt)
Host Club: Cumberland Lawn Tennis Club, 25 Allerton Road, London NW11 1JF <https://the-hcc.com>
For more information, please contact: info@cmstringers.com Tel: 07918 521187 Email: info@cmstringers.com

**The Horsham Open 2025**
ONE DAY GRADED SQUASH TOURNAMENT
Sunday 2nd March 2025

TOURNAMENT CATEGORIES
A GRADE - SQUASH LEVELS (4800 +)
B GRADE - SQUASH LEVELS (2400 - 4799)
C GRADE - SQUASH LEVELS (1200 - 2399)
D GRADE - SQUASH LEVELS (350 - 1199)

ENTER ONLINE AT: WWW.CMSTRINGERS.COM/ENTRY

Entries Closing Date: Sunday 23rd February 2025 Entry Fee: £17.50 (Entry fee £27.50 - £10 T-Shirt)
Host Club: Horsham Sports Club, Cricket Field Rd Horsham, BN12 1TE www.horshamsportsclub.com
For more information, please contact: info@cmstringers.com Tel: 07960 551567 Email: info@cmstringers.com

**The Rodmersham Women's Open 2025**
One Day Graded Squash Tournament

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: 100 - 299
F Grade - Squash Levels: 0 - 99

Saturday 15th March 2025
• Entry Fee: £27.50 (includes tournament t-shirt)
• All players are guaranteed at least three matches
• Entries Closing Date: Sunday 9th March 2025
• Host Club: Rodmersham Squash & Fitness Club, Baines Lane, Rodmersham, Sittingbourne, ME9 8PR

For more information, please contact:
info@cmstringers.com | info@cmstringers.com | 07918 521187
info@cmstringers.com | info@cmstringers.com | 07918 521187

Enter online at: www.cmstringers.com/entry





Some new names in this month's SquashLevels biggest improvers!

- Islam Utyagulov tops the charts with a 7.3% rise from 233 to 250
- Isaac Priestley continues to improve by a further 7.1% to reach 970 (surely a four figure number will be achieved soon!)
- Norman Mellor also rises by 7.1% to reach 288

If you want to make your SquashLevels ranking even more accurate, don't forget to add your detailed match scores. This can really help when you play a much better player but still lose. You may have scored more points than anticipated and so your ranking may still improve.

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

One of our members (SquashLevels Dan) has negotiated a discount with Cook and Matthews Sport, which is an independent Sports Shop located on the High Street in Chislehurst. If you visit them to buy a racquet make sure to mention "Blackheath Squash Membership" to receive the discount!

COOK AND MATTHEWS SPORT
68a CHISLEHURST HIGH ST
0208-467 6633



Squash Rackets from
recreational to club players
in stock 15% discount to all
members

Comedy Corner



Upcoming events and calendar

EYE PROTECTION FOR UNDER 18's

A reminder that the club rules state that anyone under the age of 18 years must wear eye protection when playing at the club.



Thanks to some of our younger juniors for the reminder!



BOX LEAGUES

The current round of boxes finishes on February 16th 2025. It's probably best to try and get your matches in a bit earlier as you could be otherwise engaged (or not) on February 14th!

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

blackheathboxleague@gmail.com