



The Veterans Squash Rackets Club of Great Britain

President: Jeremy Lyon

www.gbvetssquash.com

Chairman: John Woodliffe

SPRING 2007 NEWSLETTER

8th World Masters Squash Competition South Africa 2006



Adrian Wright (Winner Over 65s) and Chris Stahl (Runner Up Over 65s)

Around 670 players took part in the 8th World Masters Squash Competition held in Cape Town from 16th-21st October 2006. The age-groups were from 35 to 75+ in 5-year divisions for men, and from 35 to 65+ for ladies. The venues were superb with the semi-finals and finals being played at the wonderful Western Province Cricket Club.

Some 34 or so Vets Club of GB members took part, including Mandy Akin, Bett Dryhurst, Karen Hume, Averil Murphy, Sue Williams, Clark Adam, Duleep Adhihetty, Albert Akin, Peter Alexander, Mike Barnard, Nigel Belle, Tony Breakwell, Mike Clemson, Len Froggitt, Malcolm Gilham, Alex Hamilton, Tom Hannon, Stuart Hardy, Lance Kinder, Martin Pearse, Brian Phillips, John Preston, John Prowse, Alex Richardson, Robbie Robinson, Tony Seare, Robert Smith, Chris Stahl, Alan Thomson, Don Williams, Gary Williams, Chris Wilson, John Woodliffe and Adrian Wright.

They all thoroughly enjoyed themselves and had a lot of fun. We congratulate the medal winners, who were:

Gold:	Silver:	Bronze:
Men 50-54 Peter Alexander	Ladies 60-64 Bett Dryhurst	Ladies 40-44 Sue Williams
Men 65-69 Adrian Wright	Men 50-54 Stuart Hardy	Men 45-49 Alan Thomson
Men 70-74 John Woodliffe	Men 55-59 Martin Pearse	Men 65-69 Brian Phillips
	Men 65-69 Chris Stahl	Men 70-74 Lance Kinder and Malcolm Gilham
		Men 75+ Alex Hamilton

The Club Semi-finals and Finals

Saturday 21st April and Sunday 22nd April 2007

**Colets Health & Fitness Club
St Nicholas Road
Thames Ditton
Surrey KT7 0PW**

www.coletshealthclub.co.uk

The semi-finals of all competitions, Main and Plate, will commence at 12 Noon on Saturday 21st April 2007.

The finals of all competitions will commence at 1100am on Sunday 22nd April 2007.

The finals will be followed by the AGM, Presentations and the traditional buffet.

Everyone is most welcome to come along on both days to Colets – please support your Club and enjoy a super weekend of squash, meet up with some old friends and make some new ones. Details of how to find Colets are below.

The address of Colets is shown above and contact telephone numbers for the Club are:

Reception – 020 8398 7108

Geoff Howes – 020 8224 3873

Details, including maps/routes to the Club and B&Bs in the area, are shown on our Club website. A map is also available on the Colets Club website – address above. Details may also be obtained by telephoning Geoff Howes, Club Tournament Director.

The route to the Club:

From the North or West – Leave the M25 at Junction 12, and join the M3 towards London. Leave the M3 at Junction 1 (Sunbury), and take the 4th exit off the roundabout, taking the A308 towards Hampton Court. At Hampton Court Palace roundabout, turn Right onto A309. Cross the river, and after 1 mile turn left at the roundabout into Ember Court Road. After a railway bridge, turn left into Speer Road. After 200 yards, turn Right into St Nicholas Road.

From the South or East –

1. Either head towards London on the A3. Turn Left onto the A244 towards Esher.
2. Or, from the M25, leave at Junction 9 and take the A244 to Esher.

At Esher town centre turn Right at traffic lights onto the A307. After 1 mile, at Marquis of Granby pub, turn Left onto the A309 towards Hampton Court. After _ mile, turn Right at roundabout into Ember Court Road. After railway bridge, turn left into Speer Road. After 200 yards, turn Right into St Nicholas Road.

THE ANNUAL GENERAL MEETING 2007

The 44th Annual General Meeting
will take place at

Colets

On Sunday 22nd April 2007
following the Club Finals and prior to the
Presentations and Buffet.

Agenda

1. **Minutes of the 2006 AGM**
2. **Interim Statement of Accounts**
3. **Chairman's Report**
– to include review of Club Rules
4a and 9
4. **Election of Officers**
5. **Any other business**

Adrian Wright

Adrian Wright has been playing squash for some 32 years. Until 1986 it was at club standard – however, he then seemed to blossom. He won the Leicestershire Veterans' Competition that year and went on to win it 11 times in total. He first represented England in the Over 55 category in 1998 and has continued to do so ever since.

This season however, has been outstanding. He has now reached the Over 65 category and won the British Open in September '06, the World Masters in Cape Town in October '06, and the National title in February '07 – he has also won the four Regional Tournaments held so far. If he wins the last one – in Grantham – he will have accomplished a truly memorable Grand Slam! We salute an extraordinary achievement.

In his spare time he very kindly, and very efficiently, manages our website.

TOURNAMENT NEWS

The results of three recent Tournaments, the “British Closed” 2007, the South of England Masters and the annual Jesters tournament are shown below. Our congratulations go to all Club members taking part:

“BRITISH CLOSED” 2007

Manchester
14-18 February 2007

A good number of our players took part in the National Championships held at the National Squash Centre in Manchester from 14th – 18th February 2007.

The Masters’ events take place at the same time as the Open Competition and therefore get a very good audience and achieve a great sense of occasion.

Squash England is to be congratulated on the way these tournaments are run; they are good fun and extremely efficiently organised, with dedicated Markers and Referees.

VC of GB players who came away with prizes were:

Ladies	Winner	Runner-Up
O/55	Bet Dryhurst	Averil Murphy
Men		
O/45	Mark Woodliffe	Alan Thomson
O/55		Keith Jones
O/60	Philip Ayton	
O/65	Adrian Wright	Len Froggitt
O/70	John Woodliffe	

It might be noted that have kept it in the family once again, with Mark winning the O45, and John the O70. Many congratulations to them on this unique double.

One sadness was that Lance Kinder missed the tournament through illness, but I’m glad to say he is now back to strength.

John Woodliffe

THE BRITISH OPEN 2006

Nottingham University
14-18 September 2006

The British Open was held at Nottingham University from 14-18 September 2006. A good number of VC of GB players entered the Competition and all acquitted themselves well.

In the Ladies’ section Julie Field won the O/50 event and Faith Sinclair beat Averil Murphy to win the O/55.

In the Men’s O/50 Peter Alexander was too strong in the final against Duleep Adhihetty; in the O/55 we expected Keith Jones to win the final when he was 2 games to 0 up and 6-3, but his South African opponent came back strongly to win in 5. The O/60 was another all VC of GB final between Martin Pearse and Chris Ansell. Martin looked dominant when 2-0 up, but again the underdog rallied and Chris eventually won with a volley-nick in the fifth. The O/45 and O/70 events were a family affair, with Mark Woodliffe beating Alan Thomson and John Woodliffe beating his old sparring partner Lance Kinder.

Squash England believe this was the first case of father and son victories in the British Open.

SOUTH OF ENGLAND MASTERS TOURNAMENT

Broxbourne
12-14 January 2007

(Club members are shown in bold)

Men’s Over 50’s

A very poor turnout due to illness, injury and skiing holidays, with only 7 entrants. **David Taylor** beat Mark Cowley in the final 3-0.

Men’s Over 55’s

Geoff Howes and **Trevor Cox** both had hard 5 “setters” but lost in the first round. **Howard Cherlin** progressed to the semi-final but succumbed to **Dave Cooper** – who then lost to the small, fast, compact and mobile **Keith Jones** in the final 3-0.

Men’s Over 60’s

In the top half of the draw, British Champion **Chris Ansell** progressed to the final beating **Barry Skelding** and Nick Topman on the way. In the bottom half **John Prowse** won a hard fought game against **Mike Clemson** but then lost to **Martin Pearse** 3-0 in the semi final. The final was a revenge match for **Pearse** who had lost to **Ansell** in the British Open. Revenge was sweet, as **Pearse** won 9-2 in the 5th.

Men’s Over 65’s

With only 7 entries in this age group, World Champion **Adrian Wright**, beat **John Preston** 3-0 in one semi final, whilst **Len Froggitt** accounted for **Brian Phillips** in the other by 3-1. In the final **Wright** was too strong for **Froggitt**, and ran out winner by 3-0.

Women’s Over 50’s

Ann Windle won the group.

JESTERS TOURNAMENT

RAC Pall Mall
27-29 January 2007

Venerables – Over 60’s

John Prowse beat **Tony Clifford** 3-1 in the final. Other GB Vets competing – **Nigel Belle**.

Vulnerables – Over 65’s

Len Froggitt beat Pat Kirton 3-1 in the final. Other GB Vets competing – **Ken Barrett**, **Lance Kinder**, **Brian Phillips**, **John Woodliffe**.

Veterans – Over 45’s

Kevin McLean beat **Dermot Hurford** 3-0 in the final.



2007 CLUB CHA

At the time of going to press, the 2006/7 Club Cha



Men Over 45 Singles

Semi-finals
A Thomson v Chris Lowry
D Hurford v P Culver or D Rosser

Men Over 45 Doubles

Quarter-finals
P Willmor/B Willmor beat M Tidy/P Fallowell
T Wilkinson/J Perrott v H Cherlin/S Hardy
D Rosser/A Thomson v J Bullock/M Carson
G Howes/S Freeman v C Ansell/K Jones

Men Over 50 Singles

Semi-finals
S Hardy v C Johnstone or P Ekins
I Smith or J Bullock v P Culver or P Reader

Men Over 55 Singles

Quarter-finals
H Cherlin v G Howes
R Sulley v A Larkin
D Cooper v T Cox
P C-Luck or T Norman v B Featherstone

Men Over 55 Doubles

Quarter-finals
T Wilkinson/J Perrott v T Wheeler/L Jenkins
J O'Brien/B Reynolds v G Howes/S Freeman
T Cox/N Thompson v S Spittle/S Allam
P Lewis/J Prowse v C Ansell/K Jones
or G Nichols/K Searle

Men Over 60 Singles

Quarter-finals
C Ansell v S Spittle
R Bradley v J Prowse
M Clemson v T Clifford
B Skelding v M Pearse

AMPIONSHIPS

Championships have reached the following stages:



Men Over 65 Singles

Quarter-finals

G Alpin	v	B Sayer or R Rook
J Woodliffe	v	G Williams
B Phillips	v	L Froggitt
N Denning	v	J O'Brien

Men Over 65 Doubles

Semi-finals

J Woodliffe/L Kinder	v	T Seare/B Sayer Or R Rook/D Tullett
G Davis/T Hannon		
Or K Barrett/J O'Brien	v	G Alpin/L Froggitt

Men Over 70 Singles

Quarter-finals

J Woodliffe	v	B Wise or G Davies
D Tullett	v	D Williams
M Gilham or B Sayer	v	R Rook
T Breakwell or T Seare	v	L Kinder

Men Over 70 Doubles

Semi-finals

J Woodliffe/L Kinder	v	D Williams/T Breakwell Or W Little/G Davies
T Searle/B Sayer	v	A Hamilton/J Grandage or R Rook/D Tullett
Or K Barrett/K Spurgeon		

Men Over 75 Singles

Semi-finals

V Montague	v	A Franks or G Wenham
R Budd	v	J Switzer or F Cowley

Ladies Singles

To be played as a Round Robin over the weekend



Change of Honorary Secretary



New Club Honorary Secretary – Nigel Belle

After some three years of dedicated and diligent work, Mike Gallagher is standing down as Secretary of our Club due to other commitments. Mike sets himself very high standards, whatever commitment he takes on, and we have benefited enormously from his efforts - initially as Match Secretary, a job he took on in 2002, and then as Secretary from 2004. We are extremely grateful for all the time and effort he has put in over his term of office and in particular for the time he has given to the Committee. Thank you most sincerely, Mike.

Nigel Belle, who has been a member of the Club for ten years and on the Committee for the last eight, has very kindly agreed to take over. He is well-known to many members and we are most appreciative that he has volunteered!

Jonah Barrington

We are delighted that Jonah Barrington has joined our Club. Jonah's name is synonymous with our game and he was internationally known and respected as an outstanding player during the real growth years of squash in the late 1960's and early 1970's. He was phenomenally fit and could outlast most players.

He won the British Open in 1966, 1967, 1969, 1970, 1971 and 1972 and played in the Great Britain team every year from 1967 to 1974. He was the Amateur Champion three years running from 1966 to 1968.

Jonah was appointed President of the SRA from 1994 to 2000 and was awarded an MBE for services to squash. We hope he will be able to join us at our Finals weekend from time to time.

John Woodliffe

Membership News

Here is an up-date on new members joining since the Summer 2006 Newsletter, a list of those members we have lost contact with (as at 28th February 2007), and a list of members passing away in recent monthsly:

New Members since Summer 2006 Newsletter:

- David Robinson - Ebbisham Sports Club
- Paul Ekins - Purley SC
- Allam Soliman - Fitness First, Chatham
- Anna Cherry - Esporta Oxford, Chipping Norton LC
- Michael Whyte - Trojans SC, Southampton
- Alan Boulden - British Airways SC
- David Hare - Newquay SC
- Dermot Hurford - Colets, Thames Ditton, Lambs
- Brian Hunt - Tunbridge Wells SRC
- Peter Martin - LA Fitness, Salisbury

Lost Contact:

We have lost contact with the following members, and would be most grateful if any member could advise us of a telephone number or address (*a phone call or e-mail to the Hon Sec will suffice*):

- | | |
|---------------------|------------------|
| Robert Baker | Alf Barker |
| John Batty | Anthony Bodie |
| George Burne | Ken Davidson |
| John Dover | David Erskine |
| Andrew Farnham | Terry Farrington |
| Geoffrey Irvine | Roger Morrell |
| David Potter | Kevin Solly |
| Robert Strang Steel | Robin Williams |

CONTACT DETAILS

The number of members on our "Lost Contact" list is not reducing very much despite the valiant efforts of our Hon Sec. Do you know the whereabouts of anyone on the latest list?

Has this Newsletter been forwarded on to you from a previous address? If so, please let the Secretary have your new contact details.

Are you aware of a fellow member who has recently moved? If so, please check that they have notified us of their new address.

Many thanks

Hon Sec

We are saddened to learn of the deaths of the following Club members in recent months:

BRIAN SHATTOCK

GEORGE CHILDS

CLUB SHOP

We have the following items for sale:

- Blue, v-neck pullovers with Club logo – £30 including post & packing
- White, polo style squash shirts with Club logo – £15 including post & packing
- Club ties – £7.50 including post & packing
- Club lapel pins – available shortly – price tbc

Please contact the Gordon Coulthard, Treasurer, if you wish to purchase any item.

Distribution of Spring Newsletters

It has been suggested that those members with e-mail addresses may prefer to receive their Spring Newsletters by e-mail. This option will not be available with the Summer Newsletter as this is posted together with the Club Handbook.

If you would like to receive the Spring Newsletter by e-mail rather than by post, with effect from Spring 2008, would you please let **Nigel Belle** know – an e-mail will suffice (belles@waitrose.com)

A Message for the Young! – and the Not-so-young...

Our total Club membership numbers are buoyant, standing at 591. However, we are really short of players in the 45-50 age-group. We are therefore asking members who meet players of that age-group at their clubs or in friendly matches and competitions to encourage them to join. You can download entry forms from the website, but to make it easier for you one will accompany the Newsletter!

Ouch!.....What have I done?

Do's and Don'ts after a calf injury

There you are, 8-5 up in the fourth, you are hot , pretty tired but about to win the game so if you win the next game you will win the match and suddenly it feels as though your opponent has hit you in the back of your calf. You turn round to swear at him, only he is nowhere near you. Then the awful truth dawns, you have injured your calf muscle.

Don't

1. Try to carry on playing despite the pain. If you do you will increase the bleeding in the torn bit of muscle.
2. Come off court and stand , miserably , on the gallery watching the others play, this will allow gravity to do it's worst with the bleeding and swelling.
3. As above with a large strong drink in your hand to numb the pain, this will open up your blood vessels and make the muscle bleed more.
4. Have a long hot luxurious shower. That will do the same thing, open up the blood vessels plus gravity!
5. Let some well meaning friend give it a good massage!

Do

1. Get some ice from the bar, wrap it in a wet towel and wrap it round your calf, this is even better if you can elevate your leg at the time, (but the drips from the ice pack can be most unpleasant as the ice melts and runs down your leg!) Repeat this every hour or so for about ten minutes at a time.
2. Take it fairly easy for the next twenty four hours.
3. Seek a professional opinion from your doctor or a physiotherapist if you are in any doubt as to what you have done. A torn Achilles tendon is lower down below the muscle and this requires different treatment and you should go to accident and emergency. Calf pain that has come on gradually may have a different cause.

After twenty four hours...do

1. Gradually add exercises, the amount of damage that you have done will determine how soon you can start each one, Start in this order ,doing ten at a time, if there is no pain do ten of the next one and so on. Then when you have your list for the day repeat the routine twice more. Then do the whole routine three times a day.
 - i) sitting on the bed or the floor bend your toes up and down
 - ii) sitting on the bed or floor turn your foot in and out
 - iii) sitting on the bed or floor pull your foot up and down at the ankle, this will hurt as you pull the foot up, do not force it, it will get easier by the third time. These three exercises will probably be enough for the first few days.
 - iv) standing holding onto the back of a chair, stand up onto your toes, when you do this at first take a lot of weight on your hands and the other foot.
 - v) Stand facing the wall and do the calf muscle stretch with

your hands on the wall , both feet on the floor and the injured leg behind you with a straight knee and lunging forwards taking care to keep you heel on the floor. Never force this and just sustain it at a gentle pull point for ten seconds three times.

- vi) Analyse how you are walking. A limp is a really bad thing. It is far better to walk slowly but correctly rather than fast and hobbling. You will want to take a big stride with the injured leg, try to avoid doing this even if it means taking very short strides with both legs. If it is impossible to walk properly or get your heel to the ground it is no shame to use crutches so long as you try to maintain a perfect walking gait with them, even if the crutches are taking most of the weight or even for the first few days you have to take no weight at all.
- vii) You are now walking pretty well and can do all the exercises, the perfect exercise now is on a mini trampoline or 'rebounder'. You should use this after going through all of your exercises first as a warm up. If you do not have one, and I guess most people don't, you want to start running on the spot, then progress to proper running and changing direction in preparation for your first time back on the squash court.

2. If there is any swelling, and there probably will be , use a bandage or a length of Tubigrip from your toes to the back of your knee. Keep this support on during the day until there is no swelling at all, this may be for two or three weeks.

After twenty four hours.... don'ts

1. Avoid standing still for any period of time , you will find this makes your lower leg swell, if you are not on the move try to keep your leg up.
2. Do not worry about the bruising that might appear in the back of your calf and even down as far as the arch of your foot.

Before you play again in order to try not to re-injure.

1. You want a well warmed up muscle before you play, therefore you must always do calf exercises such as going up and down on your toes and running on the spot, these can be followed by the calf stretch, but never stretch a cold muscle.
2. Recent research has shown that muscles are less likely to tear if they are strong. Once you have completely healed and have no pain you can start to work on getting the calf very strong, this can be by doing a lot of standing up onto your toes on one leg only, then progressing to doing it on the edge of a stair with your heel dropping down, then you come right up onto your toes and very slowly go back down again.

Enjoy your squash

Brenda Westrup M.C.S.P.