



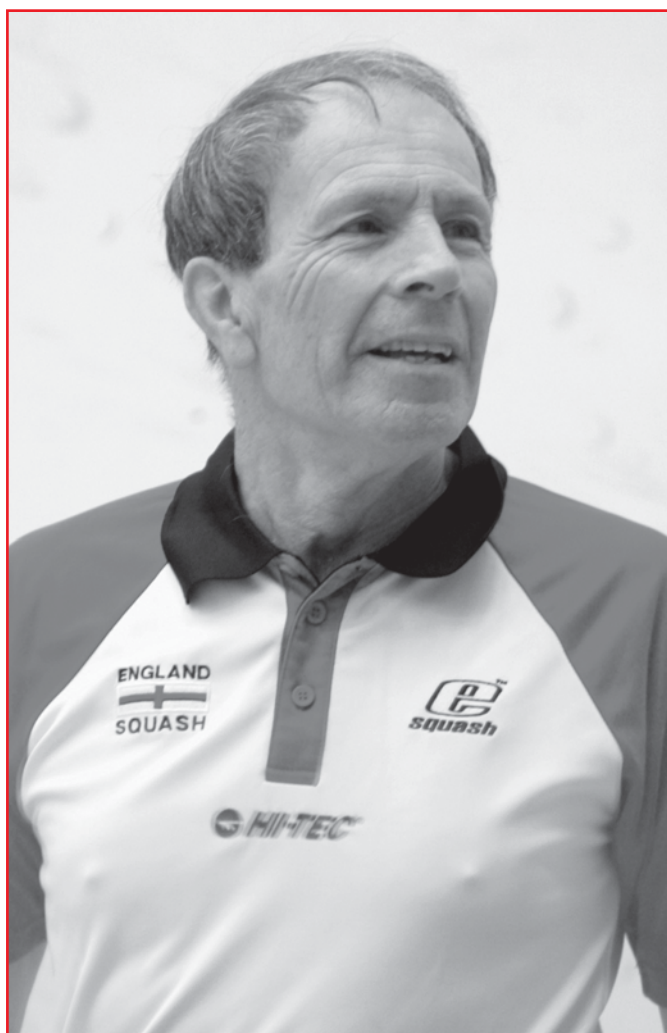
The Veterans Squash Rackets Club of Great Britain

President: Jeremy Lyon

www.gbvetssquash.com

Chairman: John Woodliffe

SUMMER 2007 NEWSLETTER



LANCE KINDER

Lance Kinder has very kindly accepted an invitation from the Committee to become a Vice-President.

Lance has been a very active member ever since joining the Club in 1983.

He has a tremendous interest in the game and is as keen a player and supporter as you will ever find.

He became very well-known in the Club when he ran the Tournament for some 8 years for his meticulous attention to detail and the 'encourage-

ment' he gave players to get their matches played by the due date. Both he and his wife, Jacqui, spent scores of hours ensuring players were kept aware of their next matches and helping them to agree an amicable venue when away games were not quite in their local area!

Lance is a fitness fanatic; he has a most un-British habit of actually practising his favourite game and keeping himself extremely fit and supple.

The effort has paid off handsomely; he won his first VC of GB tournament in 1986 with the O/50 singles and since then has won every age-group he has been eligible to play in.

His speed around the court, his deft drops to both front corners and his yelps of 'No!' when serving out are well-known by the majority of our members!

He is a keen doubles player and has won at the O/55, O/65 and O/70 age-groups 15 times; in 1999, in partnership with John Woodliffe he won the O/55 World Championship.

On the singles court he won the O/55 British Open in 1991, and in 2005 he bagged the British Open, British Closed and the World Masters O/70 events.

He was also the O/60 winner in the German Open in 2006 and was voted the Hants and Isle of Wight 'Sportsman of the Year'. A formidable achievement.

On the international scene Lance first represented England in the Home Internationals in 1991 in the O/55 age-group and has continued to represent his country every year since in the subsequent O/60, O/65 and O/70 age-groups.

He of course, also plays in many of our friendly matches as well as organising some of them.

We are sure Lance will continue to support our Club 100% and are delighted he has agreed to become a Vice-President.



CLUB CHAMPI

Over the weekend of the 21st /22nd April nearly 80 members of the club assembled at Colets Health & Fitness in Thames Ditton, Surrey, to compete in the final stages of the 2006/7 club championships.

With the semi-finals on the Saturday and finals on the Sunday nearly 45 matches were played. There were some old rivalries being renewed and the matches were as competitive as ever with some exceptional squash on display.

The top players in their age groups reflect the very best in UK and world squash. We have British Open Champions, British National champions and World Masters Champions in our membership and players representing the Home Nations in all age groups.

Of the many highlights, top must be Chris Ansell throwing himself all over the court to beat a tiring Martin Pearse in the 5th. A close second was Howard Cherlin playing newly capped Irish player Andy Larkin in the 55 semi and then having to play English capped David Cooper in the final on Sunday morning.

Our thanks must go to Colets for hosting the event and for putting on such a marvellous buffet after the AGM, and as always to the volunteer markers who, as we all know, do the job that we could all do better, but never do.

Broxbourne 2008

In line with the committee's decision we will be alternating

between a "Southern" and "Northern" location for the finals weekend. Next year the finals will take place at Broxbourne, Herts on the 19th/20th April.

Start times will be the same as this year 12.00 Saturday for the semi-finals and 11.00 on Sunday morning for the finals, again followed by the AGM and buffet.

The only disappointing part of the 2006/7 tournament was the low entry in the lower age groups. May I encourage more of you younger vets to enter the competitions? It really is disappointing to have only 6 entries in the 45's and 8 in the 50's.

Entry forms are included in this newsletter or may be downloaded from the web site.

Recruitment of younger players

Whilst on the subject of encouraging younger players to enter the tournament, may I also appeal to all members to help in the recruitment of new players to the club, especially those in the 45-50 age group categories?

Many of you play in regional events, intercounties or county vets leagues.

Please download a couple of membership forms or contact Nigel Belle to get some from him, and carry them with you when you play these events. Most new recruits to the club are introduced by existing members and often are not aware of the club's existence until invited to join by an existing member.

Event	Finalists	Result
Ladies Singles	Mandy Akin bt Ann Windle	3-1
Over 45 Singles	Alan Thomson bt Dermot Hurford	3-2
Over 45 Doubles	Chris Ansell & Keith Jones bt Trevor Wilkinson & John Perrott	3-2
Over 45 Doubles Plate	Mike Tidy & Peter Fallowell bt Geoff Howes & Shaun Freeman	3-2
Over 50 Singles	Stuart Hardy bt Paul Reader	3-0
Over 55 Singles	Howard Cherlin bt David Cooper	3-1
Over 55 Singles Plate	Peter Young bt David Jones	3-0
Over 55 Doubles	Not yet played	
Over 55 Doubles Plate	Dave Borrie & John Howe bt Ned Hall & Michael Whyte	3-1
Over 60 Singles	Chris Ansell bt Martin Pearse	3-2
Over 60 Singles Plate	Brian Dobson bt Terry Foley	3-0
Over 65 Singles	Brian Phillips bt George Aplin	3-1
Over 65 Singles Plate	Tom Hannon bt Ned Hall	3-1
Over 65 Doubles	George Aplin & Len Froggitt bt John Woodliffe & Lance Kinder	3-0
Over 70 Singles	John Woodliffe bt Lance Kinder	3-1
Over 70 Singles Plate	Tony Breakwell bt Arnold Reed	3-0
Over 70 Doubles	John Woodliffe & Lance Kinder bt Tony Seare & Brian Sayer	3-0
Over 75 Singles	Robert Budd bt Verney Montague	3-0

IONSHIPS 2007



Markers, a job well done, Jack Harris and Dean Clayton



Robert Smith, Karen Hume, Albert Akin, Mandy Akin



Enjoying the après squash, Tom and Di Hendry, Margaret, and Norman Hunt



Just good friends! Karen Hume and Nigel Belle



Ross and Verney Montague



George Aplin, Karen Lane, Len Froggitt, President Jeremy Lyon



Howard Cherlin, David and Jill Cooper



Chris Howes and Lance Kinder



Chris Ansell



Tournament organiser Geoff Howes and George Aplin



Cheers! Ned Hall, Guest & Tom Hannon



Mike Clemson and Ian McKenzie



CLUB CHAMPI



Trevor Wilkinson and Oliver Pollard



What's John Perrott got to be happy about?



Not camera shy! Jim Grandage



Ann Switzer, Terry and John Woodliffe, Jim Switzer



*Supporters Extrordinaire!
Jane Belle and Oliver Pollard*



President – Jeremy Lyon, Jacqui Kinder



Chris Howes: Power behind the Tournament Director!



*Marking for the good of the game! Dean Clayton,
Jack Harris, Terry Foley, Gordon Coulthard, Nigel Belle*



*O75 Singles Runner Up: Verney Montague,
Winner: Robert Budd*



*O70 Doubles: Runners Up: Brian Sayer, Tony Seave,
Winners: Lance Kinder, John Woodliffe*



*O70 Singles: Runner Up: Lance Kinder
Winner: John Woodliffe*



*Over 65 Doubles: Runners Up: John Woodliffe,
Lance Kinder; Winners: Len Froggitt, George Aplin*

IONSHIPS 2007



O65 Singles Plate Winner: Tom Hannon



*O65 Singles: Runners Up: George Aplin,
Winner: Brian Phillips*



O60s Plate Winner: Brian Dobson



*O60 Singles: Runner Up: Martin Pearse
Winner: Chris Ansell*



*O55 Singles: Runner Up: David Cooper
Winner: Howard Cherlin*



*O50 Singles: Runner Up: Paul Reader
Winner: Stuart Hardy*



*O45 Doubles: Runners Up: John Perrott, Trevor
Wilkinson; Winners: Chris Ansell, Keith Jones*



Ladies Singles Winner: Mandy Akin



O45 Winner: Alan Thomson



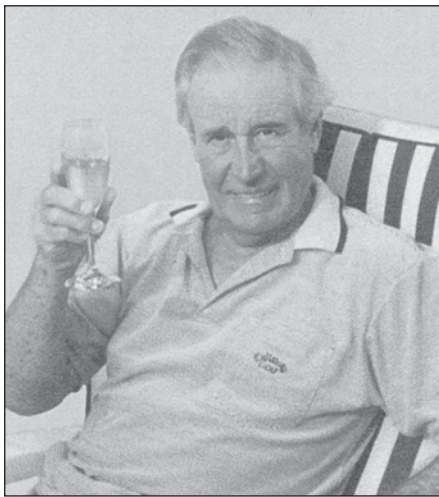
*Tony McStravick collecting the Burrell Trophy on behalf of
Don Allen's widow*

FREE CHAMPAGNE!!

A bottle of Champagne will be given to the member giving the most apt caption to John Perrott's photograph in the picture gallery of the Club Finals.

Captions by Christmas 2007 please.

The decision of the judge, the Hon. Sec. is final and can't be bought!



DON ALLEN C.M.G.

It was a great shock to us all in March this year when we heard the very sad news that Don Allen had died.

Don joined the VC of GB in 1980 and was appointed Vice-President in 1992.

He was a great enthusiast for the game, played regularly in our friendly fixtures and managed the Roehampton and RAC (Pall Mall) fixtures every year from 1980.

In addition to this he organised and managed many tours to East Africa and Spain, which were hugely popular and well-supported.

Don was an extremely well-respected and popular member and is sorely missed.

Membership News

Here is an up date on new members joining since the Spring Newsletter, a list of those members we have lost contact with (as at 15th July 2007) and a list of those members who have passed away in recent months:

New Members since Spring 2007 Newsletter:

Patrick Fleming	– Oxshott, Surrey
Howard Poll	– Henley & Shiplake
George Pinfold	– Chipping Norton
Patrick Macintosh	– Yeovil SRC

Lost Contact:

We have lost contact with the following members and would be most grateful if any member knows the whereabouts of anyone listed below to contact the Hon. Sec. Nigel Belle or a committee member:

Robert Baker	Alf Barker
John Batty	Anthony Bodie
George Burne	Peter Champion
Ken Davidson	John Dover
David Erskine	Andrew Farnham
Terry Farrington	Geoffrey Irvine
Roger Morrell	Alan Moynihan
Fethi Samy	Edward Smith
Kevin Solly	Robert Strang Steel
Stephen Withers	Robin Williams

We are saddened to learn of the deaths of Don Allen C.M.G., Brian Hanson (*See obituaries in this Newsletter*) and Nigel Dempster.

WE'VE MOVED! to .co.uk

Due to various reasons we have moved our website from .com to .co.uk

www.gbvetssquash.co.uk

Visit us today for news, views, information and results.

FORTHCOMING TOURNAMENTS

- | | |
|--------------------|---|
| 31 Aug-2 Sept 2007 | Cannons Richmond & Amida Twickenham Open Masters Tournament
(contact: isabelletweedle27@hotmail.com) |
| 5-9 Sept 2007 | Buenos Aires International Masters Open
(www.squashworld.com) |
| 6-9 Sept 2007 | English Grand Prix Masters – Nottingham
(www.iSPORTgroup.com) |
| 8-12 Sept 2007 | Inter Provincials – South Africa |
| 20-24 Sept 2007 | British Open – Manchester
(www.iSPORTgroup.com) |
| 28-30 Sept 2007 | East of England Regionals – Bury St Edmunds |
| 2-4 Nov 2007 | West of England Regionals – Swindon |
| 7-9 Dec 2007 | Midlands Regionals – Coventry |
| 4-6 Jan 2008 | South of England Regionals – Broxbourne |
| 25-27 Jan 2008 | North of England Regionals – Pontefract |
| Feb 2008 | British Closed – Manchester |
| 19-20 April 2008 | Club Championship finals – Broxbourne |
| 17-25 Oct 2008 | 9th World Masters – Christchurch, New Zealand |

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 | – £3.00 including post & packing |

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

THE VETERANS SQUASH RACKETS CLUB OF GREAT BRITAIN

PROFIT AND LOSS ACCOUNT FOR THE YEAR ENDING 30 JUNE 2007

BALANCE SHEET FOR THE YEAR ENDING 30 JUNE 2007

	2007 £	2006 £
INCOME		
Subscriptions	5,732.00	5,807.00
Joining fees	140.00	95.00
Championship entry fees	1,460.00	1,415.00
Interest	290.11	215.72
Profit on shirts	-	3.00
Profit on sweaters	5.70	1.90
Book (sales)	-	40.00
	<u>£7,627.81</u>	<u>£7,577.62</u>

LESS: EXPENDITURE

Loss on ties	62.00	102.62
Championship costs	908.03	706.59
Championship prizes	1,100.65	1,232.00
England Squash	126.75	122.85
Postage/telephone	473.93	738.33
Insurance	447.49	481.27
Handbook/newsletter	2,693.80	2,438.00
Stationery	169.62	382.56
Club matches (Irish visit)	-	274.80
Website	822.50	199.00
Computer expenses	187.75	95.40
Sundries	49.95	20.00
Lapel badges	224.19	-
	<u>7,266.66</u>	<u>6,793.42</u>
Surplus/(Loss)	<u>361.15</u>	<u>784.20</u>
	<u>£7,627.81</u>	<u>£7,577.62</u>

GENERAL FUND

	2007 £	2006 £
Balance at 30.06.05		10,589.08
Surplus to 30.06.06		784.20
		<u>£11,373.28</u>
Balance at 30.06.06	11,373.28	
Surplus to 30.06.07	361.15	
	<u>£11,734.43</u>	

REPRESENTED BY:-

Balance at bank	11,082.93	10,567.98
7 shirts at cost	87.50	87.50
56 ties at cost	308.00	385.00
10 sweaters at cost	256.00	332.80
	<u>£11,734.43</u>	<u>£11,373.28</u>

SUNDRIES

Donation (Ellen Burch)		<u>£20.00</u>
Donation (Don Allen)	25.00	
Flowers (Alf Gibbs)	24.95	
	<u>£49.95</u>	

GORDON COUTHARD, HON. TREASURER



BRIAN HANSON

Brian Hanson died on 13th July 2007 after fighting a long illness. He was 58 and leaves his wife, En and two sons, Christopher and Jonathan. Brian was a very able and keen squash player. He joined the VC of GB in 1995 and was until recent years a regular player in our Championships. He won the O/50 Singles title in 2000 as well as the British Closed, and played for England at the O/45, O/50 and O/55 levels. Brian also played regularly for LA Fitness in Salisbury against the Vets' Club in our annual friendly match there. We will all miss him a great deal.

2007 MASTERS HOME INTERNATIONALS April/May

Congratulations to all those GB Vets members who represented their country.

MENS

O45	England	Mark Woodliffe, Ian Bradburn
O45	Scotland	Alan Thomson
O50	England	Duleep Adihetty, Stuart Hardy
O55	England	Keith Jones, Phil Ayton, Howard Cherlin, David Cooper
O60	England	Chris Ansell, Martin Pearse, Mike Clemson
O65	England	Adrian Wright, Len Froggitt, Chris Stahl, John Preston
	Wales	Brian Phillips, Gary Williams.
	Ireland	John O'Brien, Alex Richardson, Tom Hannon.
O70	England	John Woodliffe, Lance Kinder, Tony Seare, Malcolm Gilham
	Scotland	Jim Grandage, Alex Hamilton

WOMENS

O45	England	Jill Champion
O50	England	Ann Windle

AVOIDING INJURY AS A VETERAN SQUASH PLAYER

Here are some extracts from the Anniversary Book written by Brenda Westrup M.C.S.P. S.R.P. who is also a veteran squash player.

General help before and after a game

It is an annoying fact that as an older sports player we do have to admit that our natural elasticity is less and we do heal slower. Warming up decreases the chances of injury as the muscle temperature is raised, the blood flow is increased, the ligaments and muscles are loosened and the heart and respiratory rates are also gradually increased in readiness for the game. It is a good idea to do this wearing a track suit which will speed up the process of warming.

A hot shower after the game is also helpful to aid the warming down stage. If it were available a massage would also be beneficial.

Stretches have their place but should NEVER be initiated from a cold start. If you have had a previous injury, after warming up, carry out any specific stretches.

Please listen to your body. If you have an ache or a pain that persists or is becoming more severe you need to try and find what is causing it. It is possible that you are aggravating the problem and you will need to remedy this.

Tennis or golfer's elbow

Very few players of any racket sport will survive into 'Vethood' without having one or other of these to a greater or lesser degree. They are both overuse injuries.

It is not an elbow joint problem, but an inflammation of the attachments of the wrist muscles either side of the elbow. You use the 'tennis elbow' side bringing the wrist backwards, for example a backhand lob from the front of the court. The 'golfer's elbow' side is the opposite; a forehand lob from the front of the court will use it.

Prevention

You can warm up the muscle groups by squeezing a squash ball before you play, this will warm up the ball as well.

If you are aware of having aggravated your elbow during a game obtain an ice cube from the bar and rub it on the offending area straight away.

If you have any hint of slight trouble use one of the tennis elbow clasps that you can buy from a good chemist. These make a lot of sense; you are strapping around the muscle belly and thus reducing the pull on the bony attachment where it hurts.

TOURS

Tours are for anyone, any standard, the opposition can be tailored to suit.

They are always great fun.

Plans are in hand for Tours to Zurich and Antibes next season. Where would YOU like to go.

Contact: **Martin Pearse** martin@mcp-motorsport.com

Whilst the popular Doubles Tournament organised by Toddy Berman can't be held because the Club has closed, Toddy is very happy to receive anyone who would like a trip to Northern Spain where he will arrange excellent squash at an alternative venue – see handbook for his details.

O60's INTER COUNTY

England Squash are introducing an O60's Inter County Tournament this year. Initially it will be a 3 man team, and if successful will be increased to 5.

Dates: Stage 1 20/21 October 2007
Stage 2 12/13 January 2008

INAUGURAL SUNSHINE MASTERS REPORT 12-15 APRIL 2007, AIX EN PROVENCE, FRANCE

There was plenty of squash for all competitors during this tournament, which was expertly run under the monrad play-off system. There was a fine exhibition of squash by the Peters, Nicol and Marshal, ably helped by the children of the competitors – much to everyone's delight.



Eventually the sun did appear for the presentation where winners included GBVets Ian Bradburn mens O45, Peter Leary mens O55 and Ann Windle ladies O45 and team event.

Look out for the www.sunshinemasters.com website for news of the 2008 competition.

SPRING NEWSLETTER BY E MAIL?

Will those members who wish to receive their Spring 2008 Newsletter by e mail instead of by post, please let the Hon. Sec. Nigel Belle know asap.

belles@waitrose.com

This option is currently not available for the Summer Newsletter as this is posted together with the Club Handbook.

Veterans Squash Rackets Club Golf Tournament 2007

To be held on Thursday 23rd August 2007 at:

**Richmond Golf Club, Sudbrook Park,
Richmond TW10 7AS**

Tee off times start at 1.30pm
(Coffee will be served from 12.30 on arrival)

18 hole Stableford competition plus
Nearest the Pin and Longest Drive competitions.

There will be a Ladies' competition for
lady Vets Club members and lady guests.

**Cost is £70.00 per person to include:
Coffee on arrival, 18holes Golf,
2 course cavery dinner and prizes.**

To book your place contact the organiser:

A. C. E. Seare, Little Brook, 49 Ferring Lane,
Ferring, West Sussex BN12 6QS.

Please make cheques payable to A. C. E. Seare