



Army Squash Rackets Association



NEWSLETTER
(Edition 50 October 2017)

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President's Foreword

Major General Tyrone R Urch CBE

The last twelve months have been something of a rebirth for Army squash; not only has 2016/17 been another fantastically successful competitive season, but we have also made huge strides in our governance that will yield huge benefit for us all in the future. This progress has required incredible commitment, both physical and cerebral, from our committee, team captains, players and supporters, be they Regular, Reserve or civilian; for all that hard work, thank you. On court, we have had more successes than I can list, although there are a few I would highlight here:

- United Kingdom Armed Forces Individual Champions – Major Green (Masters) and Captain Hamilton (Womens).
- Inter-Corps Champions 2016: Div 1 – REME; Div 2 – AAC; Div 3 – Army Ladies Team.
- Army Individual Champions: Open – Major Green; Over 35s – WO2 Westover; Over 40s – Major Green; Masters – Mr Webb; Women – Captain Hamilton; U25s - Craftsman Smart.
- Inter Services: Wins for the Women and U25s, and a 2nd place finish for the Mens and Masters in the closest fought competition we have seen in years.

Particular credit must go to the Army Ladies Team for qualifying for the finals of the National Club Championships and on being selected as one of the Army's Team of the Year finalists; fingers crossed they will be named the winners at the Army Sports Awards Dinner this week. The recent tour to San Francisco was indeed a '*tour de force*' and an excellent advert for the incredible team loyalty and cohesion that exists within Army squash; more of this please. Our off court successes have been equally exciting. We now have a new Charter to shape how we deliver squash within the Army, a greater presence on the national civilian squash scene, and a soon to be signed Armed Forces Covenant and Memorandum of Understanding with our National Governing Body, England Squash. The latter will transform how we nurture and develop squash talent within the Army. All this said, there remains more we can do and I would ask everyone to focus over the next twelve months on developing our coaching and referee expertise; this will be critical to the future of Army Squash.

Finally, I would like to say a particular thank you to the Army Sport Control Board for all their support this year and Major Sian Moncrieff for putting together another brilliant newsletter; I hope you will all enjoy reading about everything we have been up to as much as I have. See you on court.





Chairman's Report

Lieutenant Colonel Yvette Ashman AGC (SPS)

After just over 12 months as your Chairman, I still feel enormously privileged. The Army Squash community is thriving, our results continue to be outstanding and on top of this there are some really exciting plans ahead. This Newsletter captures everything that is great about Army Squash. Reading through the various articles, hopefully you too will feel a sense of pride in all that we have achieved together.

Collectively we have packed an enormous amount into the Army Squash season, both on and off the court, and I acknowledge that there has been a significant amount of change over the past 12 months. However I make no apologies for this – an all-encompassing document, which sets out our *modus operandi*, has long been overdue and we now have one – the **ASRA Charter**. Thanks to the Committee for their valuable input and if you have not read it, then you must. The Charter explains ASRA's role, aims and responsibilities (to the ASCB and our players). It also sets out what you can expect from ASRA and your Committee, and also what we would like back from you in return – the Player's Charter. Finally, there are clearer procedures set down in a number of areas that I know are important to you as players including how we run our competitions, seed our players and select for tours.

Next, **Squash Levels** – what is it all about? We have decided to adopt the use of a civilian system known as Squash Levels as a basic tool to inform how we seed our players (for representative selection and seedings for our competitions). If you are not familiar with it, check out the website at <https://www.squashlevels.com>. Basically, the system collects results from a large number of league, tournament and box matches and calculates the level each player is playing at for every match. All Army competition results are being entered, as well as most civilian and county league competitions. You can check your own level (and that of your closest competitors) at any time, and it is a reasonably accurate gauge of how good you actually are. More details can be found in Annex E of the Charter.

The President has already mentioned our developing relationship with **England Squash**, this is truly exciting stuff. The Memorandum of Understanding (MOU) being signed at the World Championships in December will formally establish a collaborative partnership between us, affording us opportunities to enhance participation and develop talent. Intrinsic to this will be the launch of the **Talented Player Pathway** in 2018, a bespoke programme to educate, nurture and develop individual potential for those players that want it and meet the selection criteria. So, the forthcoming season holds much promise. You will find our busy fixtures list elsewhere in this Newsletter, but I know that there is also a great deal that goes on at Corps and unit level. Follow our successes, and share yours, on our revamped website (www.armysquash.org), Facebook group and on Twitter (@ArmySquash).

Last but not least, some heartfelt thanks to all who are involved in Army Squash - the Committee (who give up so much of their precious time behind the scenes), our supporters and sponsors (who motivate, encourage and sustain us) and the players (without whom we would not have a sport).

One final plea – get involved. At Army level, come onto the Committee – new ideas are great but we always need willing and motivated volunteers to generate and help deliver them. At Corps and unit level, organise events, matches and courses – noting our main effort next year is to increase our coaching and refereeing expertise. Finally, don't forget about your own game. Join a civilian club if you can, play lots, and hopefully see you on a squash court soon.

7 November 2017

ASRA Executive Officers 2016/17

President	Maj Gen TR Urch CBE
Chairman	Lt Col Y Ashman AGC (SPS)
Secretary	Lt Col (Retd) M Thornley
Army Team Manager	Maj J Rawsthorne LANCS
Ladies Team Captain	Maj E Radcliffe RAMC
Men's Team Captain	Maj R Green AAC
Veterans Team Captain	Capt M Ford Int Corps
U25/Dev Team Manager	Lt Col P Ashman AGC (SPS)
U25/Dev Team Captain	Lt J Griffiths REME
Wiltshire League Men's Captain	WO2 G Hall RA
Wiltshire League Dev Captain	Lt J Griffiths REME
Coaching Coordinator	Capt S Miller RA
Head Referee	Lt Col P Ashman AGC (SPS)
Public Relations	Capt R Hamilton RE
Newsletter Editor	Maj S Moncrieff AGC (ETS)
Webmaster	Patsy Josling
Assistant Secretary	Wendy Tapp

UKAF Individuals 2016

HMS TEMERAIRE, 28 – 29 October 2016

The UKAF Championships, hosted by the Royal Navy, were held in HMS TEMERAIRE, Portsmouth on 28 and 29 Oct 16, with the facility providing the perfect backdrop and opportunity to produce some very good squash across all categories. The squash facilities were supported by the on-site Naval Service accommodation and in equal measure the provision of victuals throughout the tournament by Elinor UK PLC and Deli Too, with all players well catered for.

Congratulations go out to all players for producing exciting and skilful squash in true sportsman like fashion with the camaraderie between the players very noticeable. PAR 11 was played throughout the tournament and whilst there were many familiar faces, it was most encouraging and refreshing to see several new faces and different names on the silverware at the end of the championships.

The men's open championship was as competitive as ever with two thrilling semi-finals with Capt Sam Miller, Army, overcoming S/Lt Steve Warren, RN, in the first and WO2 Lenny Westover, Army, beating Flt Lt Mike Hallett, RAF, 3-2 in the other, resulting in an all Army final with Sam Miller taking the spoils in a very competitive match. There was a full turnout in the Ladies competition with a repeat of last year's final of Lt Rosie Hamilton against Sgt Michelle Higgins with Rosie in fine form and completing a 3-0 win. In the Veteran's competition familiar faces fought hard for the trophy resulting in a final between Maj Rich Green, Army, and Maj Phil Ashman, Army, with Rich Green the stronger player, winning 3-0. In the Under 25 competition it was good to see new competitors to the event which eventually saw LCpl Ryan McKechnie take on SAC George Waller in the final with Ryan emerging as the winner on this occasion.

At the prize-giving ceremony Admiral of the Fleet the Lord Boyce very kindly presented the trophies and mementos to all winners and runners up on behalf of Captain Graham Robinson RN(rtd) of BFBS, who unfortunately had to withdraw from the occasion due to a family illness. He acknowledged the tremendous support from BFBS as the UKAF squash sponsor and went on to thank all participants from the three services in the spirit, tenacity and commitment to a most successful competition.



UKAF Individuals 2016 – Results

Men	Champion	Capt Sam Miller (Army)
	Runner Up	WO2 Lenny Westover (Army)
Ladies	Champion	Capt Rosie Hamilton (Army)
	Runner Up	Sgt Michelle Higgins (Army)
Veteran	Champion	Maj Rich Green (Army)
	Runner Up	Maj Phil Ashman (Army)
Under 25	Champion	LCpl Ryan McKechnie (RN)
	Runner Up	SAC George Waller (RAF)

ORDER OF MERIT

	MEN	LADIES	UNDER 25	VETERANS
WINNER	MILLER	HAMILTON	R McKECHNIE	GREEN
RUNNER UP	WESTOVER	HIGGINS	WALLER	P ASHMAN
THIRD	HALLETT	ASHMAN	BROWNLOW	MARTIN
FOURTH	WARREN	WELCH	SMART	BERESFORD
FIFTH	HALL	BACON	GRIFFITHS	PALMER
SIXTH	WILLIAMS	GRAHAM	HALL	FILLMORE
SEVENTH	McHUGH	MORLEY	MAY	NUTTALL
EIGHTH	ROBINSON	GRIFFITHS	SANTAMARIA	WHITE
NINETH	BURNIE	KAPTEIN	BOYLE	DEACON
TENTH	HOBLEY	CORRIGAN	THOMAS	MANSEY
ELEVENTH		DELBRIDGE	BAYLISS	BRETTELL
TWELTH			BETTS	HAYDEN

Inter Corps Squash Championships 2016

15 – 17 November 2016, Aldershot



Inter Corps Squash Championships 2016 – Results

DIV 1

1 st	REME 'A'	114 points	Champions 2016
2 nd	RLC 'A'	92 points	
3 rd	RA 'A'	82 points	
4 th	RE 'A'	73 points	
5 th	AGC 'A'	54 points	
6 th	R Sigs 'A'	35 points	
7 th	RAPTC 'A'	30 points	Relegated to Div 2

DIV 2

1 st	AAC	110 points	Promoted to Div 1
2 nd	REME 'B'	93 points	
3 rd	RLC 'B'	80 points	
4 th	RE 'B'	74 points	
5 th	R Sigs 'B'	45 points	
6 th	AMS	41 points	Relegated to Div 3
7 th	AGC 'B'	25 points	Relegated to Div 3

DIV 3

1 st	ALT	98 points	Promoted to Div 2
2 nd	CAMUS	93 points	Promoted to Div 2
3 rd	RAC 'A'	90 points	
4 th	Int Corps	70 points	
5 th	RA 'B'	66 points	
6 th	RAPTC 'B'	45 points	
7 th	RAC 'B'	9 points	

Inter Corps Championships – Previous Winners

<u>Year</u>	<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>
1968/69	QUEENS DIV		
1969/70	RA		
1970/71	RA		
1971/72	RA		
1972/73	RA		
1973/74	RA		
1974/75	RA	RAOC	
1975/76	RAOC	HOUSEHOLD DIV	
1976/77	RAOC	RE	
1977/78	RE	RAC	
1978/79	RAOC	REME	AMS
1979/80	RAOC	RCT	PRINCE of WALES DIV
1980/81	RAOC	APTC	ACC
1981/82	RAOC	R SIGNALS	HOUSEHOLD DIV
1982/83	APTC	REME	ACC
1983/84	RAOC	RE	AMS
1984/85	APTC	REME	RAEC
1985/86	APTC	AMS/REME	PRINCE of WALES DIV
1986/87	RAOC	RE	QUEENS DIV
1987/88	APTC	REME	LIGHT DIV
1988/89	RAOC	INF	RMP
1989/90	RE	RAC	RAPC
1990/91	RE	REME	INF 'B'
1991/92	APTC	RCT	INT CORPS
1992/93	RE	R SIGNALS	INF 'A'
1993/94	RE 'A'	AGC 'A'	INF 'B'
1994/95	RLC 'A'	REME 'B'	AGC 'B'
1995/96	RLC 'A'	APTC 'A'	AAC
1996/97	RLC 'A'	AAC	INF 'A'
1997/98	RLC 'A'	APTC 'A'	RA 'A'
1998/99	RLC 'A'	R SIGNALS	RE 'B'
1999/00	RLC 'A'	APTC 'A'	APTC 'B'
2000/01	RLC 'A'	INF 'A'	REME 'B'
2001/02	RLC 'A'	AGC 'A'	RE 'B'
2002/03	RLC 'A'	INF 'A'	RAC
2003/04	RLC 'A'	R SIGNALS	RA
2004/05	RLC 'A'	AAC	APTC
2005/06	RLC 'A'	R SIGNALS	APTC
2006/07	RLC 'A'	RA	AMS
2007/08	RLC 'A'	AGC	INF 'A'
2008/09	AAC	RA	APTC 'A'
2009/10	R SIGS	APTC 'A'	APTC 'B'
2010/11	AAC	RA	RLC 'B'
2011/12	RE	R SIGNALS	RAC
2012/13	AAC	AGC 'B'	CAMUS
2013/14	R SIGNALS	INF 'A'	RE 'B'
2014/15	RLC 'A'	REME 'A'	AMS
2015/16	RA 'A'	AGC 'A'	RE 'B'
2016/17	REME 'A'	AAC	ALT

Army Individual Squash Championships 2017

The Prize Winners





Army Individual Squash – Results

OPEN	CHAMPION RUNNER UP	Capt Sam Miller WO2 Lenny Westover
LADIES OPEN	WINNER RUNNER UP	Capt Rosie Hamilton Maj Elaine Radcliffe
NOVICE EVENT	WINNER RUNNER UP	Sgt Rudra Limbu LCpl Chris Cooper
OPEN PLATE	WINNER RUNNER UP	Sgt Paul Ryan WO2 Kev Stubbles
LADIES PLATE	WINNER RUNNER UP	Cpl Jess Till Cpl Melissa Lee
NOVICE PLATE	WINNER RUNNER UP	2Lt Mike Houston Capt Jason Goodchild
MENS OVER 45 (VETS)	WINNER RUNNER UP	Mr Craig Webb Lt Col Simon White
MENS OVER 40	WINNER RUNNER UP	Maj Rich Green Maj Phil Ashman
MENS OVER 35	WINNER RUNNER UP	WO2 Lenny Westover WO2 Gaz Hall
UNDER 25	WINNER RUNNER UP	Cfn Adam Smart Lcpl Adam Boyle
NOVICE BOWL	WINNER RUNNER UP	WO2 Craig Hill LCpl Mike Ford

Inter Services Squash Championships 2017

HMS TEMERAIRE, 8 – 9 February 2017

The 2017 UKAF Inter-Services was held at HMS Temeraire 8-9th February, hosted by the Royal Navy. The four Army teams were keen to go one better than their 'three out of four' titles from the previous year, but very aware this would be difficult given the emerging talent from the other two Services. Whilst the Ladies' and U25 teams looked strong, both the Mens' and Masters' teams were missing key players due to deployments and injury; this was compounded by Major Phil Ashman being injured whilst marking before he even stepped on court. It was not an auspicious start! Despite that, all four of the Army teams won their Day One matches.

Day Two proved more difficult; the U25 team beat the RAF in convincing style to regain the trophy they lost in 2016, whilst the depth in the Ladies Team proved too much for the RAF, who were unable to prevent the Army side from securing their fourth consecutive victory. The Masters match went to the wire, but in the end the RAF sneaked a 3-2 victory over the Army side. In the Men's final, the strength of the young talent in the bolstered Royal Navy team proved crucial, with the Army eventually losing out after a thrilling match 2-3.



All in, the Army teams retained two of the four trophies; our sights are already set on winning all four next year, when the Army will be hosting.

Inter Services Squash Championships 2017 – Results

Summary of Team Results

Category	1st	2nd	3rd
Ladies	Army	RAF	Royal Navy
U-25s	Army	RAF	Royal Navy
Men	Royal Navy	Army	RAF
Masters	RAF	Army	Royal Navy

Wed AM - 8 Feb 17

U25 ARMY v RAF						
Smart v Hill	11-5	11-4	11-5			ARMY 3-0
Brownlow v Santamaria	11-9	7-11	8-11	6-11		RAF 3-1
Griffths v Trokis	11-4	11-7	11-7			ARMY 3-0
Boyle v Yeo	11-7	8-11	7-11	11-4	11-4	ARMY 3-2
Bayliss v Goodway	11-7	11-7	11-9			ARMY 3-0
ARMY BEAT RAF 4 - 1						

MASTERS RN v RAF						
Wallace v Martin	5-11	5-11	0-11			RAF 3-0
Mansey v Nicholls	11-6	11-13	4-11	8-11		RAF 3-1
Mardlin v Dick	4-11	1-11	9-11			RAF 3-0
Deacon v Partington	11-9	3-11	2-11	11-13		RAF 3-1
Rackham v Jones	5-11	3-11	6-11			RAF 3-0
RAF BEAT RN 5 - 0						

MEN RN v RAF						
May v Warner	15-13	6-11	4-11	6-11		RAF 3-1
Mckechnie v Halett	6-11	11-4	11-9	18-16		RN 3-1
Ellicott v S Williams	13-11	11-8	11-9			RN 3-0
Warren v D Robinson	11-7	11-8	11-6			RN 3-0
Jezeph v G Williams	11-7	11-8	5-11	2-11	12-10	RN 3-2
RN BEAT RAF 4 - 1						

LADIES RN V RAF						
Welch v Miller	3-11	2-11	8-11			RAF 3-0
Morley v Graham	2-11	6-11	7-11			RAF 3-0
Booker v Pelligrini	4-11	2-11	2-11			RAF 3-0
Irwin v Vidler	9-11	7-11	11-7	11-8	11-1	RN 3-2
Preedy v Owen	7-11	5-11	9-11			RAF 3-0
RAF BEAT RN 4-1						

Wed PM - 8 Feb 17

U25 RN v RAF						
May v Hill	8-11	8-11	9-11			RAF 3-0
Bingham v Santamaria	6-11	5-11	7-11			RAF 3-0
Hayes v Betts	11-9	2-11	9-11	7-11		RAF 3-1
Cooper v Trokis	3-11	11-8	6-11	12-14		RAF 3-1
Linturn v Yeo	4-11	5-11	11-7	8-11		RAF 3-1
RAF BEAT RN 5 - 0						

MASTERS ARMY v RAF						
Palmer v Wallace	11-8	11-8	11-9			ARMY 3-0
Ford v Mardlin	11-8	11-8	11-3			ARMY 3-0
Hobbs-Mcquillan v Deacon	9-11	11-6	11-4	11-7		ARMY 3-0
Bothwick v Rackham	11-9	1-11	11-3	11-5		ARMY 3-1
Urch v Egan	13-15	4-11	9-11			RN 3-0
ARMY BEAT RN 4 - 1						

MEN ARMY v RAF						
Miller v Warner	7-11	11-4	11-5	11-7		ARMY 3-1
Westover v Halett	14-12	6-11	8-11	7-11		RAF 3-1
Green v S Williams	8-11	5-11	11-9	11-6	11-8	ARMY 3-2
McGrath v D Robinson	12-10	11-8	9-11	6-11	11-8	ARMY 3-2
Hall v G Williams	7-11	11-3	7-11	5-11		RAF 3-1
ARMY BEAT RAF 3 - 2						

LADIES ARMY v RN						
Hamilton v Welch	11-4	11-1	11-6			ARMY 3-0
Radcliffe v Morley	11-4	11-6	11-1			ARMY 3-0
Ashman v Booker	11-3	11-1	11-3			ARMY 3-0
Myatt v Irwin	11-3	11-4	11-5			ARMY 3-0
Graham v Preedy	11-3	11-1	11-3			ARMY 3-0
ARMY BEAT RN 5 - 0						

Thu 9 Feb 17

U25 RN v ARMY						
May v Smart	10-12	8-11	1-11			ARMY 3-0
Bingham v Brownlow	8-11	9-11	11-8	11-9	8-11	ARMY 3-2
Hayes v Griffiths	4-11	4-11	INJ			ARMY 3-0
Cooper v Boyle	4-11	5-11	4-11			ARMY 3-0
Linturn v Bayliss	6-11	8-11	12-10	6-11		ARMY 3-1

ARMY BEAT RN 5 - 0

MASTERS RAF v ARMY						
Martin v Ashman	6-11	11-7	7-11	11-7	13-11	RAF 3-2
Nicholls v Palmer	11-8	6-11	11-5	11-7		RAF 3-1
Dick v Croager	8-11	6-11	11-5	12-10	11-6	RAF 3-2
Partington v Ford	4-11	10-12	11-8	5-11		ARMY 3-1
Jones v McQuilkin	9-11	11-13	11-6	7-11		ARMY 3-1
RAF BEAT ARMY 3 - 2						

MEN RN v ARMY						
May v Miller	3-11	11-9	3-11	7-11		ARMY 3-1
McKechnie v Westover	7-11	11-6	9-11	8-11		ARMY 3-1
Ellicott v Green	11-9	11-7	8-11	11-4		RN 3-1
Warren v McGrath	11-8	11-6	11-3			RN 3-0
Walters v Burke	15-17	16-14	12-10	11-8		RN 3-1
RN BEAT ARMY 3 - 2						

LADIES RAF v ARMY						
Miller v Hamilton	4-11	7-11	2-11			ARMY 3-0
Graham v Radcliffe	9-11	11-6	11-9	11-9		RAF 3-1
Pellierini v Ashman	3-11	2-11	3-11			ARMY 3-0
Vidler v Myatt	4-11	5-11	3-11			ARMY 3-0
Owens v Asiimwe	11-13	9-11	12-10	11-14	11-6	RAF 3-2
ARMY BEAT RAF 3 - 2						

Inter Unit Squash Championships 2017

Aldershot, 14 – 16 March

This year's inter-unit event was held at Aldershot Garrison Sports Centre on 14th-16th March. Twenty teams were entered into the major unit event, competing in four groups over the first two days; on the third day the top team from each group went through to the semi-finals. The standard of play was exceptionally high, and even on Day One it was clear that last year's winners, 1 RSME, were going to be hard pressed to retain their title with Army HQ and 1RHA looking strong. The end of the group stages saw 1RHA, 30 Signal Regiment, Army HQ and 2 Royal Gurkha Rifles left in the competition. After two hard fought semi-finals, it was Army HQ and 2RGR who reached the final. In the end the depth of the Army HQ team proved too much for 2RGR, with Army HQ taking the title 5-0.



In the minor unit event, six teams battled it out in a round-robin format over three days; Army Training Regiment Winchester, 42 Battery Royal Artillery, 4 Royal Military Police, the Military Correctional Training Centre and HQ Royal Army Physical Training Corps all hoped to stop Upavon Station from retaining the title. However, after all thirty matches had been played it was Upavon Station who emerged top of the results sheet, with an impressive 94 points from a possible hundred, while Army Training Regiment Winchester finished second.

UKAF Quadrangular, 8 – 9 September 2017

Maj Rich Green

The Crown Services (CS) 'Quadrangular' Tournament is, by some margin, the highest standard of squash played anywhere in Defence. The tournament takes place annually in early September and sees teams of 6 players from the UKAF, Police, Fire and Civil Service battle it out to see who can be crowned winner. The tournament is comprised of a Men's team event and a separate Ladies team event. Both take place at the same location, at the same time. For the past few years the tournament has been held at The Park in Nottingham and this year was no exception.

As an indication of the standard, Capt Sam Miller doesn't always win! Yes, the man is human and last year he lost 3-1 to Pete O'Hara – an internationally capped player with a similar squash levels ranking to Sam. As another indication of the standard, the Police had a player at number 4 who is ranked at 6725. For those of you who follow squash levels rankings, you will understand that this is higher than anyone in the UK Armed Forces (apart from Sam, obviously). Hence, on paper, the Police 'had it in the bag' before the tournament began and the rest of us had our work cut out.

However, our sport isn't played on paper – it's played on a court, and squash isn't always about ranking points – sometimes the weak beats the strong. The weekend's efforts personified this fact and there were some 'David and Goliath' style matches in which strength of spirit triumphed over squash levels ranking points.



The first match saw the UKAF take on the Police. After a strong start, the UKAF were 2-0 up with Sam Miller winning 3-1 and Ben Thomas pulling up with a calf injury after being 1-0 up against Bdr James Burke. This meant that James won 3-1. Also, at no.6, debutant

Glynn Williams won 3-1 at no.6 – noting that only the top 5 strings contribute towards the match score. This meant that the UKAF only needed to win one more ‘rubber’ from strings 2, 3 and 4. The Police Team is extremely strong and would potentially beat most County Teams so this would be a tall order. At no.3 string debutant, Lt Steve Warren RN fought hard but lost 3-1 to Nick Freer – a fine player with grace and style. Next on was Team Captain Rich Green who lost 3-1 to Stuart Dipple. This meant that the final hope was on stalwart and journeyman, Lenny Westover... Lenny played against former England O35s Captain, Ian Cox – a larger than life character and a fierce hitter of the ball. Despite valiant attempts to retrieve winner after winner, Lenny lost 3-1 which meant that the team lost 19-9 overall. This was actually an impressive result against such a strong team.

Against the Fire Service, the ‘ask’ would be equally tough since they were the reigning champions from 2016. Glynn Williams stepped into the top 5 and held his nerve against a tricky opponent to win 3-0. At no. 3 string, Lenny delivered a master-class in hard straight drives punctuated by the deftest of touch to win 3-1. Possibly the match of the weekend came next as Sam Miller faced up to Pete O’Hara – eager to settle the score after 2016. Pete hit at least 4 rolling nicks per game and played aggressively; but the cool head of Miller stayed focused, almost metronomic. Miller won 3-1 in a hard fought match that he did well to hide his satisfaction at winning. With the



match in the bag, Paul Warner’s 3-0 loss to Andy Corben wasn’t quite as significant as it may have been. Equally James Burke, losing in 4 to Miss Leonie Holt was not as crucial as it could have been; however Leonie should be credited for handling James’s power well throughout her win against him. James stated in the post-match interview that his legs were weary having recently returned from the ASRA England Squash ‘Elite’ Training Camp. Overall an impressive and deserved win for the UKAF.

The final match would be vital as the 1st place position was still up for grabs. If the UKAF beat the Civil Service and the Fire beat the Police, the UKAF could still finish as 2017 champions. Sadly the Fire Service no.1, Pete O’Hara became injured during his crushing match against Miller and their players all had to step up one place. The UKAF stayed focused and the ‘fresh-legged’ Green came back in to the side to win 3-0, Steve Warren – also rested – won 3-0 and Miller also won 3-0. With the match won, Westover and Warner’s narrow losses (3-2 and 3-1 respectively) proved useful points towards a 17-6 win.

Sadly, the Fire Service losing their no.1 meant that the Police were able to beat then 4-1 and the Police became 2017 champions with 50 points out of a possible 60. After 3 tough matches in 24 hours, the UKAF did themselves proud. The team finished with 41 points out of an available 60; a close 2nd place to the Police and a very impressive result. The UK squash community is small and many players move around the Country between clubs and county teams. Hence many players already know each other well and the



camaraderie is strong. There were some cracking matches and, of equal importance, relationships between the Crown Services' squash players were further strengthened. All single Service players should strive to win a UKAF Cap and play in this event – the pinnacle of Defence squash in terms of standard.

In the Ladies Event, there are insufficient Ladies in the Fire Service to put out a squash team of 5 ladies. This year's UKAF team was comprised of four Army players and one RAF player. Hence, in the Ladies event, the largely Army Team faced off against the Police and Civil service.

Whilst it would be encouraging to see a more representative team from all 3 of the single Services, the UKAF Ladies managed to romp home in 1st place with an impressive victory. They were too strong for all of their opposition and didn't lose a single match.



UKAF Quadrangular, 8 – 9 September 2017

Results

Men's Competition

FRIDAY MATCHES

	1st: FIRE SERVICE	Vs	4 th : CIVIL SERVICE	Results	Points	Match score
1	Peter O'Hara		James Hodson	11/4 13/11 9/11 11/7	3-1	
2	Andy Corben		Tim Burrell	11/13 5/11 11/13	0-3	
3	Ian Williams		Ethan Thornton	11/5 14/12 11/5	3-0	
4	Leonie Holt		Marc Aldridge	11/7 7/11 12/10 11/7	3-1	
5	Ady Proctor		Adam Lavis		1-3	
6	Simon Jackson		John McFarlane			15-8

	2 nd : POLICE SERVICE	Vs	3 rd : UKAF	Results	Points	Match score
1	Paul Stroud		Sam Miller	5/11 2/11 11/7 3/11	1-3	
2	Ian Cox		Lenny Westover	11/4 11/8 12/14 11/7	3-1	
3	Nick Freer		Steve Warren	15/17 11/5 11/1 11/6	3-1	
4	Stewart Dipple		Rich Green	11/5 10/12 11/4 11/3	3-1	
5	Ben Thomas		James Burke	11/9 2/5 Ret'd Injured	1-3	
6	Adam Bagley		Glyn Williams	6/11 11/7 3/11 3/11	1-3	16-9

SATURDAY MORNING MATCHES

	1 st : FIRE SERVICE	Vs	3 rd : UKAF	Results	Points	Match score
1	Peter O'Hara		Sam Miller	11/8 10/12 4/11 7/11	1-3	
2	Andy Corben		Paul Warner	11/8 13/11 11/6	3-0	
3	Ian Williams		Lenny Westover	5/11 9/11 11/8 8/11	1-3	
4	Leonie Holt		James Burke	9/11 11/4 11/8 11/9	3-1	
5	Ady Proctor		Glyn Williams	8/11 7/11 6/11	0-3	
6	Simon Jackson					8-15

	2 nd : POLICE SERVICE	Vs	4 th : CIVIL SERVICE	Results	Points	Match score
1	Tony Webb		James Hodson	9/11 8/11 7/11	0-3	
2	Nick Freer		Tim Burrell	11/8 11/9 11/5	3-0	
3	Ian Cox		Marc Aldridge	11/4 11/6 11/3	3-0	
4	Stewart Dipple		Adam Lavis	11/9 8/11 11/9 11/5	3-1	
5	Adam Bagley		John McFarlane	11/3 11/3 11/9	3-0	
6	Rob Vivian		Ethan Thornton			17-4

SATURDAY AFTERNOON MATCHES

	1 st : FIRE SERVICE	Vs	2 nd : POLICE SERVICE	Results	Points	Match score
1	Andy Corben		Tony Webb	11/7 11/7 11/3	3-0	
2	Ian Williams		Nick Freer	9/11 5/11 7/11	0-3	

3	Leonie Holt		Ian Cox	7/11 5/11 4/11	0-3	
4	Ady Proctor		Stewart Dipple	7/11 1/11 6/11	0-3	
5	Wayne Bowcock		Adam Bagley	5/11 11/13 9/11	0-3	
6	Simon Jackson		Rob Vivian			3-17

	3 rd : UKAF	Vs	4 th : CIVIL SERVICE	Results	Points	Match score
1	Sam Miller		James Hodson	11/4 11/7 11/5	3-0	
2	Paul Warner		Tim Burrell	11/4 8/11 11/13 9/11	1-3	
3	Lenny Westover		Ethan Thornton	11/8 10/12 11/7 9/11 8/11	2-3	
4	Steve Warren		Marc Aldridge	11/2 11/7 12/10	3-0	
5	Rich Green		Adam Lavis	12/10 11/4 11/6	3-0	
6						17-6

MEN'S OVERALL RESULTS

<u>2016 Finishing Positions</u>	<u>FIRE SERVICE</u>	<u>POLICE SERVICE</u>	<u>COMBINED SERVICES</u>	<u>CIVIL SERVICE</u>	<u>POINTS</u>
<u>1. FIRE SERVICE</u>	X	14-10	17-10	16-6	47
<u>2. POLICE SERVICE</u>	10-14	X	14-8	17-3	41
<u>3. COMBINED SERVICES</u>	10-17	8-14	X	18-6	36
<u>4. CIVIL SERVICE</u>	6-16	3-17	6-18	X	15

	<u>2017 FINAL POSITIONS</u>	<u>POINTS TOTAL</u>
1	Police	50
2	UK Armed Forces	41
3	Fire Service	26
4	Civil Service	18

Women's Competition

	POLICE	Vs	UKAF	Game Scores	Points	Match Score
1	Gemma Barber		Rosie Hamilton	8/11 8/11 9/11	0-3	
2	Debbie Bowen		Michelle Higgins	9/11 6/11 5/11	0-3	
3	Alicia Carter		Yvette Ashman	4/11 4/11 1/11	0-3	
4	Sara Laker		Annabelle Bacon	8/11 5/11 4/11	0-3	
5	-		Sian Moncrieff	W/O	0-3	0-20

	POLICE	Vs	CIVIL SERVICE	Game Scores	Points	Match Score
1	Gemma Barber		Becky Campbell	10/12 12/10 12/10 7/11 11/6	3-2	
2	Debbie Bowen		Helen Midgley	11/9 11/8 11/9	3-0	
3	Alicia Carter		Keeley Grindle	8/11 2/11 5/11	0-3	

4	Sara Laker		Shena Ferrie	5/11 5/11 4/11	0-3	
5			Sian Hughes	W/O	0-3	6-16

	CIVIL SERVICE	Vs	UKAF	Game Scores	Points	Match score
1	Becky Campbell		Rosie Hamilton	8/11 11/9 3/11 4/11	1-3	
2	Helen Midgley		Michelle Higgins	4/11 5/11 3/11	0-3	
3	Keeley Grindle		Yvette Ashman	10/12 11/13 9/11	0-3	
4	Sian Hughes		-			
5	Shena Ferrie		Sian Moncrieff	4/11 12/10 5/11 2/11	1-3	2-17

WOMEN'S OVERALL RESULTS

2017 Finishing Positions	<u>UKAF</u>	<u>Civil Service</u>	<u>Police</u>	<u>Points</u>
1. UK Armed Forces	X	17-2	20-0	37
2. Civil Service	2-17	X	16-6	18
3. Police	0-20	6-16	X	6

UKAF v MCC at Lords – 8 June 2017

Maj Rich Green

Perfect weather, perfect day... perfect result? Read on and you'll find out....

Lords, the home of cricket, is arguably one of the finest sporting venues in the World – and without a doubt one of the most treasured fixtures in the sporting calendar of UK Armed Forces Squash. The 6 vs 6 friendly fixture has been going for over 20 years and as one of the most prestigious of the sporting calendar it is certainly something for every player to aspire towards. It generally starts at around 5pm but not before a superb luncheon at the (Real) Tennis Court – one of only 18 courts in the UK and only 48 courts in the world. The President of UKAF squash, Maj Gen Tyrone Urch was in attendance and it was a treat to watch fellow racket-sport players compete in a game with its roots in the 17th Century albeit this year the MCC won 4-2 [at real tennis, I mean]. Now, it would be quite wrong to harp-on about the lunch for the entirety of this article but it really was a feast to behold – sides of salmon, rare 'rosbiff', beautifully dressed smorgasbords of delights that tease the taste buds and tempt one into over-consumption. I remained convinced that this lunch has long-been a secret weapon held by the MCC!

After battling his way through security for almost an hour (name's not down, not coming in 'sketch'), first up was Flt Lt Phil Rea at no. 6 seed, up against a skilled and cunning opponent, Gordon Kerr. Rea, known for his 5-mile march of death and his classic trademark 'fist-pump' was clinical. On a hot court his touch was well-executed and after 1 hour the match was 1-1. At this point the two captains mutually agreed to make the ties 3 games long (no matter whether this meant 3-0 or 2-1). Rea responded to this news by going back on court to hand his opponent a bagel in just 3 minutes; a precise closing game from the debutant.

Meanwhile, on the other court, Sub-Lt Steve Warren won his first UKAF appearance playing against moustachioed New Zealander, Mike Pittams. A tall, athletic player with a strong foundation of tenacious retrieving, topped off with a touch worthy of the Maestro himself, the MCC no.2, boasts a golf-bag of shots that made the rallies long and punishing for Warren – whose fitness was excellent but not quite enough. As a result, this was the longest match of the evening but one that saw Warren go down 3-0 despite putting up an impressive fight. A worthy debut indeed which saw the match score at 4-2 to the home side.



Bdr James 'the power' Burke hit the ball as hard as Cameron Piley whilst winning 3-0 at no.4-string against Lewis Clement. His wind-up and follow through generating a swing that

propelled the ball at well over 100 mph, often completely disorientating his opponents. This was no exception and Clement found it hard to read the deception and power of Burke. After around 25 mins the result was 3-0 to the UKAF. Match score: 4-5.

The no.1s were up next and Capt Sam Miller took on England top 70 player, Jamie Douglas. Jamie has been competing against the Army for over a decade, since he played at Jesmond Squash Club throughout his formative years prior to winning an Oxford Blue and subsequently settling in London. An impressive athlete and confident figure, his physical prowess and retrieving ability consistently astounded the capacity balcony. Miller was excellent, as always, and demonstrated his trade-mark skill and accuracy but in the end Douglas was too strong and won 3-0, albeit with very close game scores. For me this was the match of the night, even though the overall score was 3-0 to the MCC.

With the fixture now poised at 7-5 to the MCC, on the other court, no.5-string WO2 Gareth 'Gaz' Hall played against Charles Hutton-Potts. Hall found impressive form early on, making an excellent start before narrowly securing the first game 19-17 despite the fine touch of his opponent. This tie would transpire to be the lynchpin of the fixture. In the final game Hall upped the ante and came through strongly. The match was finely poised at 7-8 with one to play.

In the final rubber, UKAF Captain and 'veteran', Maj Rich Green was hoping for an easy-ride at no.3-string as MCC stalwart, Joss Hargrave was away competing in the British Open Masters – incidentally securing a good win and a route to the quarter-finals. Green started strongly, taking the first 13-11 and losing the second 11-9 before facing a 'tradition vs personal pride' dilemma. Taking [just] one for the team (and one would be enough), he gallantly lost in the decider, thereby levelling the overall match at 3-a-piece. On 'count-back' it was noted that the overall score was 9-9, so a reasonably even fixture and a fitting end to the day. But it wasn't the end – oh no; it was barely the beginning. Some will have seen Lords on television and others will have heard of 'the Long Room' – a room that does not flaunt, yet which daunts and haunts in equal measure – noting that WG Grace, Garfield Sobers, Donald Bradman all saw the place as their spiritual home. After the cricket, tennis and squash are all finished the players congregated in their best bib and tucker to enjoy drinks and canapés whilst discussing the day's play. We even bumped into Col Peter Sharland at this point allowing players to thank him for his efforts in coordinating the day. In front of the pavilion the marching band refused to yield and everyone gathered for well-known tunes and the National Anthem; at this point the sternest of souls would get goose-bumps. A fitting end to a magical day.



Army Squash at the World Masters Games (WMG): Auckland 2017

Maj Rich Green

The World Masters Games is best described as an event like no other. Like the Olympic Games it is held once every 4 years in a different country each time. However, unlike the Olympics, it is aimed at amateur sportsmen and sportswomen who may be considered (by some) to be past their prime... The reality is that many competitors are yet to reach their prime and are still well and truly on the rise. The youngest competitors are the swimmers – where ‘Masters’ begins at 25 years old! However some competitors are over 100 years old and still running, throwing and jumping like youngsters.

This year the Games were held in Auckland, New Zealand – a long way to go but a journey that turned out to be well worth the effort in planning, fund-raising, administration and training. There were over 70 competitors from the British Army across several different sports. There were also lots of RN and RAF teams as well as representatives from other nations’ Defence Forces. In total the Games were attended by a record 28,000 competitors.

The Captain of the Army and UKAF Men’s Teams, Maj Rich Green AAC (author), was part of a relatively small Squash contingent; so small in fact that the entire contingent comprised of just one player. This made his responsibility that bit greater and having narrowly missed out on a podium place at the Turin WMG in 2013 (losing 3-1 in the Bronze play-off match) he was determined to come back with a medal this time. All squash matches were hosted at the exquisite North Cove Squash Club, 10 miles north of the City; it is a warm and friendly club with a great atmosphere and first-class facilities. Accommodation costs were kept down by staying at a friendly and simple hostel called Bamber House.

After arriving in New Zealand and spending a few hours acclimatising, the North Cove Club proved to be an ideal place to conduct some pre-tournament training. Following a practice hit with one of the Club’s junior players, it was during a solo session of drills and ghosting that a hopeful figure appeared at the back of the court. But this wasn’t another junior; it was Lance Kinder, former Army Squash player and World Champion in the over 80s category. Lance is twice Rich’s age but they had a 30 minute session where Lance demonstrated skill and athleticism as well as a huge passion for the sport. This was humbling, inspirational and a superb example to any player of any age or ability.



ANZAC Day Service: Armed Forces from the UK joined Australian and New Zealand Defence Forces.

The following day, jet-lag kicked in but it was time to go through formal Accreditation – a process that involved proof of age and receipt of free kit (every squaddie's favourite thing) as well as a free travel pass for the entire City. The weather was sunny, early twenties, and flags and banners for the Games covered every other window, lamp-post and dustbin; the place was buzzing with a friendly vibe and street bands played at the quayside, some dressed as superheroes. Later that day, after another training session, was the opening ceremony – held in the impressive Eden Park Stadium – with lasers, lights, traditional Maori dancing and a chance to march into the arena. This was a fantastic moment full of pride, but the hard work had yet to begin.

As the tournament started, due to being seeded number 4, day 1 of was a 1st round bye and another chance to train as well as watch some of the other sports. The Army Ladies Hockey team were particularly strong and played at a nearby facility of equally impressive standard. Several of the Army sports supported others when not competing in their own matches. This often involved catching several buses, trains and trams as well as navigating across the City. The following day, in the 2nd round, Rich managed to beat a 6'5" opponent 3-0 in a classic 'David and Goliath' battle that saw a clash of styles albeit a friendly match.



In the quarter finals against New Zealander and local player and number 5 seed, Craig Stratford (pictured left), Rich would have to overcome the loudest and most one-sided crowd ever seen. In an hour-long gruelling thriller that pushed both players to their physical limits, Rich almost managed to win the home crowd and eventually closed it out 3-1. This enabled him to progress to the semi-finals where he would challenge the number 1 seed, Cory Love. In the semi-final, Rich enjoyed tremendous support from fellow British Army competitors from other sports, including Army table-tennis and hockey. Rich took the first game 11-8 and was up in the second game before his opponent suffered what looked to be a match-ending injury. However, after some treatment, Corey adapted his game well and seemed to grow in strength following the injury and, conversely, Rich's game suffered. After expending all efforts, Rich lost 3-1 but would get another chance at a podium place in the 3rd/4th play-off match.

Once again the stands were packed, but this time Rich was playing against an Australian – which could explain the large amount of support he received. The courts were warm and the ball was hot and bouncy, making it hard to kill. The long rallies suited Rich and after 30 minutes the match was 1-1. However, his opponent found extra reserves of energy and Rich eventually lost 3-1, pushing him just outside the medals and into 4th place, again.



The British Army contingent of players and managers

On a personal note the games were a mixture of highs and lows. Whilst it was fantastic to get the chance to compete, it was disappointing to put in so much effort and finish without a medal – but as many of you know, that's sport. Over all, it was a great opportunity, made possible through the support of the chain of command, the Army Sports Lottery and the Army Air Corps Sports Fund. For anyone considering going to the next WMG in Japan, 2021, you won't regret it – start training now.

Army SRA vs Royal Automobile Club Squash Match, 23 Oct 2017

Maj Rich Green

Army Team gives their RAC hosts a good run for their money

The Royal Automobile Club (RAC) is based on Pal Mall in Mayfair, London. The Club and the venue are both steeped in history and it is always an honour to play on the beautifully kept courts which are hot and humid and make for a lively game. One of the many great things about playing at the RAC is to wonder, “what’s in the lobby this time?” Since first playing at the Club I have seen everything from a 1938 Lagonda to Sir Sterling Moss’s track car. On this occasion it was a Ferrari Formula 1 car – shiny and angular; the pinnacle of modern technology, set against the backdrop of historical architecture and thick pile carpet.



First on was Lt Col Phil Ashman who loves the high temperature courts and long rallies. Despite losing the first, Phil came back to win 3-1 in a display of precision and skill – Phil even claimed to have hit a rolling nick during the match (although this story has not been independently verified). Next was WO2 Gaz Hall who, having been training hard of late,

wowed his personal supporter's Club (he brought along his girlfriend) with swooping dives and slides. His opposition and RAC Squash Leader, Angus Baillie, would not go down without a fight and pulled back 2 games before Gaz won the 5th in a close match. At number 1, skipper, Maj Rich Green would face ex-US Marine Tucker George for the second year in a row. Tucker claimed to have been playing some of his best squash of late and having recently won the RAC Championships he was on top form. Despite this, Rich dug in and retrieved well to make the match 1-1 after 40 minutes on court! Tucker, the younger man by several years (getting my excuses in early!), had too much gas for Green and showed excellent speed and fitness in the 3rd and 4th, winning 3-1 in a good match.

Bdr James Burke, fresh from the Army San Francisco tour, was in fine form. He struck the ball hard and whipped his cross-court shots late. However, the canny and clever Jeremy Krzystyniak used his guile and cunning to outwit Burke and after 1 hour the match stood at 2-2. Burke was frustrated and unable to get to the tricky boasts and drops that JK used to excellent effect, but after digging deep and staying patient he managed to take the match 3-2. At number 5, Maj Luke Doddington played against a renowned triathlete, known widely as 'the bonecrusher' due to his stamina and endurance. Luke has also been working hard on the track and the bike and he looked in good shape – a shadow of his former self. Doddington traded blows with the bonecrusher and several rallies were well over 50 shots long, leaving both players breathless. In the end the RAC player triumphed 3-2 in the match of the evening.

The final score was a source of some debate over an incredible post-match supper – beef that fell away from the bone and a smooth 2010 Claret to wash it down. Some say the match was a tie, others claim that the RAC won 13-12 on count-back. The truth is that we may never know... history will judge the match as one of the classics. Club Manager Brigadier Miles Wade made a touching speech during supper and Maj Green presented an ASRA Plaque to the Club. All in all the match was a cracking night of squash and friendship – and furthermore, a privilege to uphold the tradition that exists before us and hopefully long after us.

Army SRA vs Jesters, Aldershot, 25 Oct 2017

Maj Rich Green

Army Team manages a 'jesterley' result in the annual Jesters fixture

The Jesters Club was founded almost a century ago by Jock Burnett as a means of him and his friends from University continuing to play the sports they loved. Today there are thousands of Jesters, based all over the world – all of whom share a passion for racket sports played on courts with walls. As Army Men's Team Captain, and also a Jester, one of my responsibilities is to plan and organise the annual match. Like most sporting events the planning is always the most challenging part of the fixture. However over a period of several weeks, every effort was made to contrive a close set of 6 matches. Sadly one of the Army Team pulled out with a day's notice and one of the Jesters did not manage to play. This would make for a challenging match as most of the Army team had to move up a position and two people had to play twice. For the Army Team, who are used to 'fighting to the death' on court, a jesterley match is not always intuitive. However all matches were played in a quite excellent spirit and opponents were well matched.

Given that the Jesters had 'marathon man', Stuart Ayton at first string, the Army called upon ex-PSA player, Capt Sam Miller. Those watching were treated to an excellent display of marksmanship as Miller dispatched Ayton in straight sets – albeit not without a cracking fight and some truly awesome retrieving from Ayton. At number two Army Captain, Maj Rich Green played against Oxford Blue – Tom Paine. Paine was precise and clinical and almost in the way a boxer can dominate the ring, so Tom dominated the 'T', with Green running around it, either in circles or else conducting diagonal court sprints. Despite a couple of tie-breaks in the first two games, Green triumphed 3-0 in an exhausting endeavor.



Late addition to the Army Team, Capt Rosie Hamilton, played two opponents – both of whom are ex-Army officers – such was her zest for the game. Maj (retired) Dave Smith has an unorthodox style and his boasts and wristy flicks proved too much for Hamilton on the night. Equally, Maj (retired) Chris Wilson – despite being in the twilight of his squash career – proved determined enough to beat Hamilton; both matches were 3-0 to the Jesters but I suspect Hamilton may reverse those scores at a later date. Andover-based Maj Chris O'Brien, despite not having played as much squash as some of late, battled hard and showed tremendous character and resilience, losing 3-0 to Jimmy Cetkovski in a game that could easily have seen O'Brien sneak a set or two. When it came to the match of the evening there was never any doubt who would once again entertain the spectators with a magnificent display. England no.23, Selina Sinclair would take on WO2 Lee 'Bomber' Burnie in a re-match of the close 3-2 last year. Sinclair was precise but Burnie was omnipresent – 'taking the space' well and sometimes holding the ground well too! Sinclair was not intimidated by this 'man-mountain' and showed typical grit, determination and outrageous fitness levels to overcome Burnie 14-12 in the 5th – another Burnie/Sinclair classic! The final score was 3-3 in matches and a Jesters win on count back. Afterwards, the players retired to the adjacent Garretts Club for what was genuinely a first-class supper.

National Club Championships – Finals

Maj Elaine Radcliffe

The Army Ladies Team have been entered and playing in the National Club Championships (NCC) for 2 years, playing the most competitive squash available against tough world class competition, where the top clubs in the country send their pro and aspiring players to compete for the glory of being crowned National Club Champions. This year, the Ladies Team qualified for the NCC Finals Weekend over the weekend 22-23 April 2017 at Edgbaston Priory, rubbing shoulders with world famous squash players such as Daryl Selby and Alison Waters.

First up was the semi-final match against Kenilworth, who fielded two players inside the world's top 20. Despite that, the team acquitted themselves well; playing at No 1, Captain Rosie Hamilton found herself up against World Number 8, Sarah-Jane Perry. Although a lack of recent matches was evident in her slightly nervous start, by the 3rd game Rosie was in the zone, running hard and managed to take the third game to the wire, eventually conceding 11-13.

At No 3 2Lt Michelle Higgins also seemed slightly rusty, but despite her shots not being quite as accurate as usual, she made up for it in sheer effort and pushed her opponent all the way. After a blinding third game everyone thought Michelle was back in it, but ultimately she did not quite have the legs to keep it going, losing 1-3.



Team captain and No 2 Major Elaine Radcliffe, recently back from a training camp in Egypt, was also up against tough opposition – World Number 18 Tesni Evans. Elaine gave it her all, striding around with her customary grace despite Tesni showing her all the corners and even retaining a smile as Tesni carefully placed her drop shots just below the service line to extend the rallies! Both players were clearly enjoying themselves on court. Despite losing the match 0-3 overall, the team's performance against one of the best teams in the country (and eventual winners) proved just of high the standard of Ladies Squash in the Army currently is.

Army	Kenilworth	Scores
Capt Rosie Hamilton	Sarah-Jane Perry	4-11, 2-11, 11-13
Maj Elaine Radcliffe	Tesni Evans	4-11, 2-11, 1-11
Lt Michelle Higgins	Natalie Townsend	6-11, 8-11, 11-7, 1-11

The 3/4 playoff on Day 2 saw the Army Ladies facing Edgbaston Priory, last years winners and reigning European Club Championships. First up was the Chairman of Army Squash, Lt Col Yvette Kennedy, playing a young whipper snapper half her age. Despite the disadvantage (or advantage depending on your view!) Yvette's eye was clearly in as she moved well and played some superb squash, pushing her younger opponent all the



way. There were some tense moments for Edgbaston as the match approached the 50 minute mark, but in the end it was Edgbaston who took the first string.

Second on was Rosie, playing former World No 63 and now full-time firefighter Leonie Holt. Back in the zone after her previous match, Rosie was playing well. The first two

games were close fought, but initially Leonie proved just a little too strong, and after half an hour Rosie was 0-2 down. Undeterred, Rosie went on in the third after a pep talk from travelling coach Major Phil Ashman determined to stage a comeback and did so in fine style. With all to play for in the final game, both players came out firing on all cylinders; this time though Leonie's shots seemed to be working and she had regained her focus; her form proved too much for Rosie and the Edgbaston victory was assured after the second match.

On last, but not deterred, was Elaine against aspiring professional Alicia Mead, obviously inspired by the previous matches the hard hitting 21 year old seemed to be almost unstoppable in the first two games. But, Elaine's determination and fitness paid off, and in the third she started to extend the rallies and made her opponent work for every point won. In the end, despite the best effort of the Army Team, Edgbaston demonstrated exactly why they were the reigning champions, with the final score 0-3.

Army	Edgbaston Priory	Scores
Capt Rosie Hamilton	Leoni Holt	8-11, 7-11, 11-7, 11-8, 11-3
Maj Elaine Radcliffe	Alicia Mead	3-11, 3-11, 7-11
Lt Col Yvette Ashman	Beth Parker	7-11, 5-11, 7-11

With the 2016/17 competitive season complete, the Army Ladies team achieved a fourth place finish in the National Club Championships in addition to their recent victories over the Royal Navy and Royal Air Force, demonstrating once again the strength of the team and their ability to compete at the highest levels of military and civilian squash.

Training with England Squash

Capt Rosie Hamilton

September saw a unique opportunity for Army sportsmen and women to benefit from world class coaching when the Army Squash Team was invited to the National Squash Centre in Manchester for a three day training camp with the National Governing Body, England Squash. The team, selected from the Army Mens, Ladies, Masters and Development squads experienced life as part of the England Squash Academy (the talented athlete programme for future international players) as they worked under the watchful eye of David Campion (National Senior Coach) and Paul Carter (National Development Coach). Sessions covered all aspects of the game, including technical, tactical and mental skills; the overarching theme was how to train smarter rather than just harder (something we could probably all do better both on and off court!), and make practice as realistic as possible.



Several sessions were delivered by the national strength and conditioning coach, Nathan Wells, who stressed the importance of injury prevention as well as increased fitness. A HIIT session required the team to work for intervals of 10-40 seconds on bikes, rowers and the running track as well as on a squash court, proving just how much could be achieved in an incredibly short space of time! Players also benefitted from instant video analysis to help solve technical issues and aid tactical decision making, something few of the team had experienced previously.

Corporal Barry Watson (RE), found the experience eye opening; "It was an excellent experience unlike any training I have attended before and a lot was learnt by the Army Team as a collective. Personally it was a lot of information to take on, meaning a good few days was spent afterwards breaking it all down and going through everything we learnt. I found a huge amount of what we were taught was new to me and it will be great to be able to implement that professional approach into my own training and pass it all on to peers that I coach and play with."

With this just the first event in a new Memorandum of Understanding (MOU) between the Army Squash Rackets Association (ASRA) and England Squash, due to be signed at the World Championships (hosted in Manchester) in December, it is clear that these are exciting times for the Army Squash.





Newcastle Squash Tour

13 – 14 January 2017

For the sixteenth consecutive annual squash tour to Newcastle, twelve players from up and down the country were selected to represent the Army against Tynemouth SC and Northumberland SC in the North East. Including; Maj's Luke Doddington RAC, Rich Green AAC and Chris O'Brien RLC. WO1 Andy Black RLC, WO2's Lee Burnie RAC and Lenny Westover REME. SSgt Dean Boys RLC, Sgt Nick McGrath, Cpl Mark Thomas, Bdr James Burke and LCpl Baz Watson. Returning as a guest player for this tour was SSgt (Retd) Ray Burke MBE. Maj Joe Rawsthorne LANCS (Army Team Manager) coordinated the event.

For much of the first day, most endured the long trip North in 'predictable' motorway traffic, stopping at the usual motorway traffic jams on route! The journey for some ended eventually after 7-8 hours, but we arrived in good time at Tynemouth Squash Club. There was a good atmosphere around the club, plenty of spectators and our hosts were keen to get started. Dean Boyes was first up against Cai Younger, a player that we had not seen at this fixture previously, but who was obviously a formidable player. The first match was played at great pace and the first game, taken by Cai, was arguably the best game of the match with the service regularly swapping hands and some long rallies and quality squash from both players. The second and third games were also well contested, but in the end, it was our hosts that secured the first victory. One of the more competitive matches of the evening was between the No 4 seeds involving Ray Burke against the club manager and principle host Glen Ward. A match played in great spirit between two equals and veterans of the game, which was destined to go the distance and proved to be a real battle. The first game seemed to last forever with the serve changing hands constantly and both playing tight squash, but eventually the game went to the host. Ray battled on and took the second and then the third before Glen claimed the fourth setting the scene for a tough final game. Glen seemed to have strength on his side in the fifth and took the early points, but Ray, it has to be said, dug in deep and with a series of tight boasts he 'nicked' it to claim the match.

Other games included Baz Watson who was up against the club manager's daughter Samantha Ward, who, it has to be said, has improved year on year. Again, this was a very close match and good to watch, but just went the way of the opposition. Interestingly, at this point that was the third victory for Tynemouth and each one was a tough five setter. Equally, another veteran of the game Rich Green who is playing very well at the moment enjoyed another five-game match and was always one step ahead of Nick Hale taking the final game comfortably. Victories also came for Nick McGrath, Luke Doddington, Chris O'Brien, Mark Thomas, James Burke and Lee Burnie who all proved convincing winners. It is worth noting also, that although Lenny Westover was narrowly beaten by Jon Evans, this was his first ever defeat in all of the years that he has represented the Army in Newcastle.

The final match of the evening was less predictable. Andy Black was taking no chances and spent some 25 minutes warming up and stretching off his weary limbs before the arrival of his opponent Mike Phillips some 20 years his junior! Andy, another veteran of the game and a regular team player was a little shocked as he struggled even before the start of the game to return some of the accurate cross-court lobs and drops played by Steve and gave nothing away in the warm up! The first game set off at great pace and Andy did well to keep up despite losing the first four points. Steve's ability to take the ball

early and send Andy the wrong way time after time was enough to take the first game, then the second and also the third! Some would say that decisions made by the marker (Steve's good friend) favoured the host? But in fairness, he was consistent throughout the match and Andy was a mere spectator on this occasion.

This year was the sixteenth consecutive tour for Army squash to Newcastle and the Tynemouth Squash Rackets club and predictably it proved again to be a memorable occasion. There is a special friendly atmosphere at the club where members and visitors alike go out of their way to accommodate visiting teams and make us feel very welcome. We remain grateful to all at the club and particularly for the after-match food which was excellent. It was good to see some of the regular players again and meet some new 'younger' faces. The final match score of 8-4 saw the Army regain the cup for another year at least. A truly great evening of squash.

Traditionally, the Newcastle tour is favoured not only for great squash, but also for the hospitality and atmosphere in the pubs and clubs of the North East. Following the first match of the tour at Tynemouth all of the players hit the 'toon' and had a memorable Friday night out, which started in one or two local bars and finished at a sensible time on the Key side, with most retiring back to the hotel for a nightcap.

Saturday morning was soon upon us as we headed the short distance across town to the Northumberland (Jesmond) club. It was an earlier start at Jesmond than we were used to and by 1100hrs we gathered at the Northumberland Club rested and ready to face the traditionally stronger opposition of the tour.

Ross Graham the new Club Manager greeted us on arrival and despite announcing that their regular leading player Dave Barnet (Team Manager) was absent, he seemed in confident mood as we confirmed the teams. There were the usual formidable top seeds for the opposition in Michael McKay, Ben Waugh and Mathew Carr, but, this year there was plenty of new faces to inspire our confidence. With the Army v Jesmond Challenge Cup at stake the competition was soon underway. The Army got off to a good start with James Burke proving to be too strong for Sarah Dawson, who gave a really good account of herself, but James's ability to take the ball early was the difference. By contrast however, Mark Thomas knew that he had his work cut out as he warmed up against Neil Campbell, a Jesmond player that usually plays higher up in the order. The match was very competitive and good to watch, but Neil proved to be too strong for his Army opponent and it ended 3-1. Fortunately, we were having better luck on the other court with Lee Burnie taking on the experienced Steve Atkinson, who was renowned for his very accurate lob serves and deft touches, but Lee concentrated on his return of serve and forced Steve to the front of the court where he was scoring heavily and eventually took the match 3-2. This was to be one of seven long and hard fought matches that went the distance. Another well fought match was between Andy Black and Mike Phillips, a regular player for Jesmond who had seen off some strong army opposition in previous years. It started at a really quick pace and the first game seemed to go on forever, which was eventually taken by Andy. Mike took the next, but as the pace slowed a little Andy seemed to take control and fought hard to win the third. The remaining games were hard fought and could have gone either way, but the tide turned and it was victory again for our hosts. At the mid-way point the match was poised to go either way, but credit must go to the middle-order players Nick McGrath, Luke Doddington and Chris O'Brien who were consistent throughout the tour, winning their matches convincingly and restoring a commanding lead for the Army team. Lee Burnie and James Burke were also un-defeated and played very well. The final match of the day was a classic between the No1 seeds Mike Andrews and Lenny Westover. With

the winner's trophy, already in the bag, Lenny could relax and enjoy a really tough game in front of a packed audience. Both players justified their seeding by producing squash of the highest order. There were long rallies and some brilliant shots from both players as the points were shared equally right to the end of the fifth game where Mike just managed to pip Lenny to the post 16-14. It was a fitting end to the competition and the overall result was a fair reflection on the day. A hard-competitive match played again in great spirit, It was a nice feeling to regain the trophy from Jesmond who will undoubtedly prove stronger next year with the return of their talisman Dave Barnett.

Army Overall the tour was very successful and thoroughly enjoyable. The links between the Army, Tynemouth and Northumberland squash clubs are as strong as ever. All players benefited from some competitive and challenging squash, played as ever in Great Spirit. The provisional date for the next Tour is 12 - 13 January 2018 and the aspiration remains to field a strong Army team and to attempt to retain the "Army v Newcastle Annual Squash Match Cup" from the Northumberland Club.



RESULTS

Army (Select) v Tynemouth Squash Club 13 Jan 17

Seed	Home Team	Won/Lost	Visiting Team	Result
1	Cai Younger	beat	SSgt Dean Boys	3 - 0
2	Jon Evans	beat	WO2 Lenny Westover	3 - 2
3	Nick Hale	lost to	Maj Richard Green	2 - 3
4	Glen Ward	lost to	Mr Ray Burke	2 - 3
5	Hannah Cliff	lost to	Sgt Nick McGrath	1 - 3
6	Samantha Ward	beat	LCpl Baz Watson	3 - 2
7	Sam Evans	lost to	Maj Luke Doddington	0 - 3
8	Matthew Walsh	lost to	Maj Chris O'Brien	1 - 3
9	Lennox Lockwood	lost to	Cpl Mark Thomas	2 - 3
10	John Thompson	lost to	Bdr James Burke	1 - 3
11	Ross Mozzucchi	lost to	WO2 Lee Burnie	1 - 3
12	Steve Brown	beat	WO1 Andy Black	3 - 0

Final Result: Army won 8-4

Army (Select) v Northumberland Squash Club 14 Jan 17

Seed	Home Team	Won/Lost	Visiting Team	Result
1	Mike Andrews	beat	WO2 Lenny Westover	3 - 2
2	Michael McKay	lost to	Maj Richard Green	2 - 3
3	James Worsick	lost to	SSgt Dean Boys	2 - 3
4	Ben Waugh	beat	Mr Ray Burke	3 - 1
5	Matthew Carr	lost to	Sgt Nick McGrath	1 - 3
6	Mark Haigh	lost to	LCpl Baz Watson	2 - 3
7	Angus Forster	lost to	Maj Luke Doddington	0 - 3
8	Joe Wareing	lost to	Maj Chris O'Brien	0 - 3
9	Neil Campbell	beat	Cpl Mark Thomas	3 - 2
10	Steve Atkinson	lost to	WO2 Lee Burnie	2 - 3
11	Sarah Dawson	lost to	Bdr James Burke	0 - 3
12	Mike Phillips	beat	WO1 Andy Black	3 - 2

Final Result: Army won 8-4



Army Squash Tour Gibraltar

25 Jun – 2 Jul 17



Gibraltar Squash Association

The Squash Centre
South Pavillion Road



Fitness, Racket Ball, Four Squash Courts,
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Tour Manager's Report

Maj Phil Ashman

The Army Squash Team has been touring Gibraltar for over 15 years, using it as the foundation for the start of training for the next season. It is predominantly aimed at the Development Team (mainly Under 25s) and the Ladies Team, however with the removal of Geneva from the squash calendar, the Masters have taken the opportunity to tour as well.



The Gibraltar Squash Club once again hosted a first class tournament, running an amateur event alongside the Professional Squash Association tournament. For the Army team it is an honour to play alongside professional players and a great education. Players not only get the opportunity to see squash played at the very highest level, but also interact with the players and 'quiz' them about training sessions, skills and on court fitness drills.

This event has always provided great training, coaching and match play to the team and this year was no exception. ASRA has recently updated its strategy and produced a charter aimed at further developing squash across the Army and 'professionalise' team preparation for the main event of the season, the Armed Forces Inter Services. To ensure we maximise this opportunity, we employed a professional coach this year to direct training, provide coaching and match analysis and advice – this proved to be invaluable for the Development team where the younger, inexperienced players tangibly improved over the week. Overall the coaching and training met all of our aims and was an enormous success – great value for money.

The team's match results were also impressive; overall results met or exceeded expectations and all are worthy of note and are detailed in this report - however there are a couple of standout performances that I feel I must specifically mention. First, the Ladies team Captain, Maj Elaine Radcliffe (pictured top left). Not only has she taken on the management of the Ladies team (including grass roots training sessions) but she has also developed her own game from being on the fringes of the Ladies team to now being ranked No2 this season. It is therefore no surprise that she won this year's Gibraltar Open Ladies Championships, beating the best of the local players along the way.



WO2 Lenny Westover on route to the Amateur Final

as well as her close rival in Army Squash Lt Col Yvette Ashman in the final – a fantastic achievement.

Secondly, WO2 Lenny Westover. At the age of 39 he is playing some of the best squash of his career as well as maintaining an impressive fitness level that players half his age would be proud of. The combination of both proved to be too much for his opponents and he quickly moved into the final of the Amateur Open, beating world-ranked Jeremy Harris along the way. Lenny played simply superb squash to beat a talented and hungry young squash professional in a thrilling 3-2 victory that saw the match go first one way and then the other. In the 5th and final game Lenny looked out on his feet, tired and 8-5 down. At this point he found some extra reserves to surprise his opponent and the watching crowd to come back and take the final game 15-13.

Finally I would like to thank the Army Sports Control Board and the Army Sports Lottery for their continued support, without which we would not be able to take advantage of superb training opportunities such as this. Army Squash continues to go from strength to strength, both the Army Ladies and Army Under 25 (Development) teams won the UK Armed Forces Inter Services Championships this year – testament to the training strategy and the commitment to the teams from Army Squash and the players.



The Army Team (Left to Right) – SSgt Caz Myatt, WO2 Lenny Westover, Maj Sian Moncrieff, LCpl James Bayliss, Cfn Ollie Barker, Maj Elaine Radcliffe, Pte Jenny Spencer, Capt Mick Ford, Lt Col Yvette Ashman, Maj Phil Ashman, Lt Rhianon Graham

Day 1 – Army v Gibraltar Squash Club

Maj Sian Moncrieff



Gary Hinton (touring coach) executing the perfect game

The travel from the UK out to Gibraltar was seamless until we reached the baggage reclaim and found that two members of the team were without luggage. Others provided kit and rackets in the interim for those two players whilst we waited for the baggage to be delivered the next day. Once we had collected the hire cars, it was a brief visit to the apartments and then on to the squash club for the evening's matches.

We were welcomed back to the club and quickly changed for squash. The James Dwyer Memorial Trophy saw all of the players trying to rapidly acclimatise to the hot courts, and to get used to a hot

squash ball that, more often than not, came off the back wall due to the heat, and maybe being over hit by us! By the end of these matches, many of the Army players' faces were as red as our Army kit but the effort was well worth it as the Army reclaimed the trophy. Despite the club's best efforts to manipulate the maths, they were unable to produce a result in their favour and the Army won 27 games to 14. This was followed by a delicious barbecue, prepared by Hayley and the catering staff at the club, and enjoyed by all of the players involved.

The win was a fantastic start to the tour, both in terms of the Army's performance on court and the opportunity to catch up with old friends at the club and see how some of the younger members have grown, in both size and playing ability – later in the tournament one such youngster, Sartus Hall would prove to be a real handful for Masters' player Maj Phil Ashman.

Gibraltar Squash Club	Army	Result
Christian Navas	Mr Gary Hilton (Coach)	1-3
Steven Shacaluga	WO2 Lenny Westover	2-3
Adam Newnham	Maj Phil Ashman	1-3
Thomas Da Silva	Capt Mick Ford	3-0(Rtd)
Colin Davis	Cfn Ollie Barker	3-2
Martin Lawrence	LCpl James Bayliss	3-1
Gail Navas	Maj Elaine Radcliffe	0-3
Jessica Gomez	Lt Col Yvette Ashman	1-3
Hayley Duez	Maj Sian Moncrieff	0-3
Leanne Moreno	SSgt Caz Myatt	0-3
Charmaine Da Silva	Lt Rhiannon Graham	0-3

Day 2 – Start of Gibraltar Open

The morning began with a trip to the supermarket to buy essentials such as tea and coffee and food for breakfast in the apartments. After dropping this off, we walked down the steep hill to the club (which also served as a part of our warm-up each day!) to begin our first morning of training. For this, squash coach Gary Hinton divided the players across the four courts. We started with solo hitting and moved on to boast-cross court and boast-cross court-drive which meant a particularly hot start to the day for all involved. Everyone there valued Gary's time and advice as he moved around the courts giving us all points to work on and further drills to practise. Finishing the session working on drop shots meant that we were all ready for a rest before the evening's matches began. Most spent the afternoon at the beach, with plenty of time in the sea to cool down!

The evening saw all of the women play and two of the under 25s. Lt Col Yvette Ashman played a great match against Mike Da Silva, coming from 3-8 down in the first to win the first game and then take the next 2 tight games to win the match 3-0. Cfn Ollie Barker, in being incredibly sporting to his opponent, decided to stay away from the walls and utilise the middle of the court in order to ensure long rallies throughout his 3-1 win – a good start to his first Army tour. Maj Elaine Radcliffe played a competitive match against Darren Torres; she ran for absolutely everything and showed just how fit she is, however Darren proved too strong in the end and despite taking a game she eventually lost 3-1. The last match of the evening was Pte Jenny Spencer (a recently enlisted Reservist) who certainly ran her opponent around; she made great use of her length and had hit some accurate nicks to win 3-0, again a great start to her first Army tour.

Player 1	Player 2	Competition	Result
Lt Col Yvette Ashman	Csilla Sinka	Women's Open	3-0
SSgt Caz Myatt	Charmaine Da Silva	Women's Open	3-0
Lt Rhiannon Graham	Gail Navas	Women's Open	0-3
Pte Jennifer Spencer	Holly Potton	Women's Open	3-0
Maj Sian Moncrieff	Leanne Moreno	Women's Open	3-0
Jennie Dodd	Maj Elaine Radcliffe	Women's Open	0-3
Steve Soussi	Cfn Ollie Barker	Men's Open C Qualification	1-3
Lt Col Yvette Ashman	Mike Da Silva	Men's Open C Qualification	3-0
Darren Torres	Maj Elaine Radcliffe	Men's Open C Qualification	3-1
LCpl James Bayliss	Paul Bossano	Men's Open C Qualification	3-1
Stefan Montegriffo	Pte Jennifer Spencer	Men's Open C Qualification	1-3

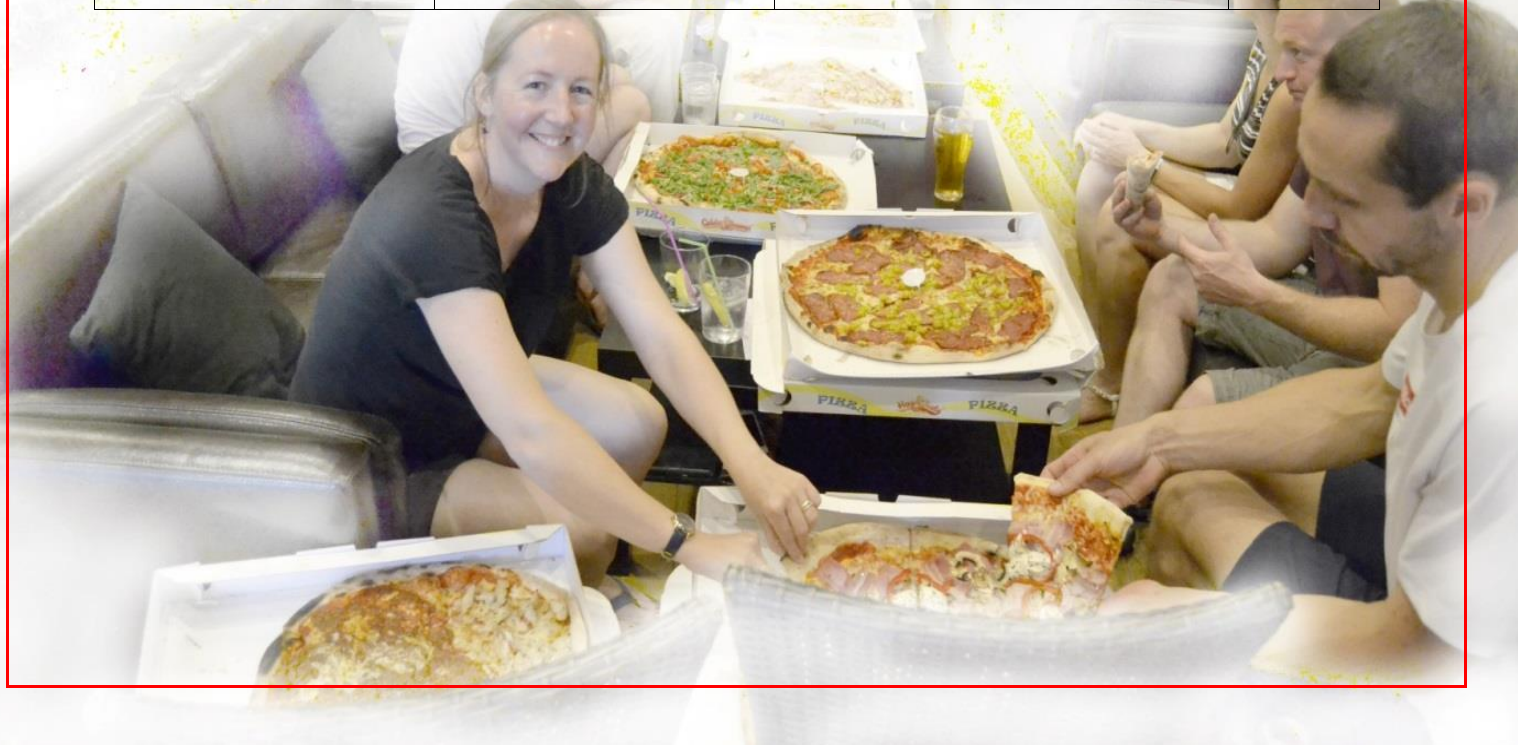
Day 3 – Gibraltar Open Second Round Matches



Training this morning saw Maj Ashman working with the rest of the men on drives and volleys and then finishing with a game of doubles, in which the youth were thoroughly defeated by the veteran players. Gary worked with Lt Col Ashman and Maj Radcliffe whilst the four remaining women did drills together and played games. It was exceptionally hot on court, which meant that some had to even change their t-shirts during the session and everyone drank copious amounts of water.

Lt Col Ashman was first on court this evening and had some exhausting rallies with her opponent; she ran well but was unable, on this occasion, to take a game from a determined local. Pte Spencer's match with Colin Davis was exciting to watch as she had some great retrievals, which surprised her opponent, and played some devilish drops. Cfn Ollie Barker (pictured) began his match with power rather than accuracy but adapted in the second to move his opponent around the court; unfortunately, he just couldn't maintain his form and was beaten 3-1 but showed he has learned a great deal in a short space of time. Following the matches it was 'dust bin lid size' pizzas all round - well deserved after all of the squash so far!

Player 1	Player 2	Competition	Result
Justin Chipolina	Lt Col Yvette Ashman	Veteran's	3-0
Maj Phil Ashman	Tony Horrillo	Veteran's	3-0
Cfn Ollie Barker	Justin Chipolina	Men's Open B Qualification	1-3
Lt Col Yvette Ashman	Carl Gomez	Men's Open B Qualification	0-3
Victor Soiza	Maj Phil Ashman	Men's Open B Qualification	0-3
Adam Newnham	LCpl James Bayliss	Men's Open B Qualification	3-0
Pte Jennifer Spencer	Colin Davis	Men's Open B Qualification	1-3
Maj Elaine Radcliffe	Pat Nerney	Men's Open C	3-1



Day 4 – Gibraltar Open Third Round Matches

Maj Ashman and WO2 Westover schooled Maj Moncrieff and SSgt Myatt in doubles this morning, demonstrating the importance of getting back to the T after each shot and communicating with your partner on court. It was however great fun after the ladies had been working on drives and volleys with them beforehand. Lt Graham and Pte Spencer spent their training session with Gary and the U25s, working through a variety of drills before playing a round-robin of games to finish.



LCpl Bayliss faced Pte Spencer in the Men's B Qualification (pictured left). Both were generous to each other as they served out on a number of occasions but, that aside, the match was competitive between the pair with LCpl Bayliss relying on putting power behind his shots and Pte Spencer using her accuracy to great effect. James proved too strong in the end winning 3-0.

Lt Col Ashman (pictured right) had her work cut out with three matches this evening.

There was a fair bit of body contact on court during her third match against Mike Da Silva (a player she beat on the first day 3-0) as both players fought to



dominate the T and get their next shot. Despite fighting hard she could not defeat Mike Da Silva, eventually losing a physically brutal match 3-2.

After a fast paced first game, WO2 Lenny Westover exerted complete dominance over his opponent to win 3-0 as the latter just did not have the fitness to keep chasing Lenny's shots. Lenny looked sharp, there was no signs of his injured calf. SSgt Caz Myatt (pictured left) played a, quite literally for the spectators, nail-biting match against Gail Navas. Both players were determined on a particularly hot court, meaning the rallies were long as both players kept retrieving the ball but it was Gail who was victorious on this occasion. Hopefully Caz will have the opportunity to play her again in the future and balance the score card.





Maj Ashman's match against Christian Navas (Gail's husband) certainly seemed frustrating for the former as it was so difficult to kill the ball but, despite losing 3-1, it was great squash to watch and Maj Ashman certainly earned his supper covering the court well.

Player 1	Player 2	Competition	Result
Lt Col Yvette Ashman	Hayley Duez	Women's Open	3-0
Lt Rhianon Graham	Charmaine Da Silva	Women's Open Plate	3-0
Maj Sian Moncrieff	Maj Elaine Radcliffe	Women's Open	0-3
SSgt Caz Myatt	Gail Navas	Women's Open	1-3
Pte Jennifer Spencer	Jessica Gomez	Women's Open	3-1
Nick Deharo	Lt Col Yvette Ashman	Men's Open B Qualification	3-0
LCpl James Bayliss	Pte Jennifer Spencer	Men's Open B Qualification	3-0
Carl Gomez	WO2 Lenny Westover	Men's Open B Qualification	0-3
Maj Phil Ashman	Christian Navas	Men's Open A Qualification	1-3
Gary Hinton	Sartus Hall	Men's Open A Qualification	3-0
Lt Col Yvette Ashman	Mike Da Silva	Veteran's plate	2-3

Day 5 – Gibraltar Open Quarter Finals

Everyone enjoyed a welcome day off from training today and this gave some the chance to rest a few niggles that are beginning to develop. Some chose to go in to town and others went to the beach to enjoy the sunshine and an ice cream.

The matches in the evening began with WO2 Lenny Westover playing India's number 2, Guhan Senthilkumar. Lenny started slowly in the first game finding highly ranked and talented opponent's game difficult to read losing 11-1 in a very one-sided game. The second was a different game altogether, Lenny started strongly, surprising the young professional with some exceptional shot play and the speed at which he was able to get on to the ball. Having taken an 8-6 lead we were full of expectation, daring to think that Lenny could take the game. Being the professional that he is Guhan was able to raise his game and after putting in some brutal rallies eventually won the second 11-9. The third was much the same as the second game, long, tough rallies, and both players entertaining the crowd with their ability to retrieve seemingly winning shots and skilfully move their opponent around the court with ease. Sadly Guhan had the edge throughout winning the final game 11-8 to take the match. Another great performance from Lenny where he showed both squash ability, fitness and the tenacity that has made him consistently one of the best players in the Army over the last 5 years.



Lenny and Guhan playing spot the ball!



Gary Hinton (team coach, pictured left) had a difficult game against Phil Nightingale, a large opponent at 6 ft 6", which meant there was a lot of interference. Many of the rallies were long and hard with Gary giving a master class of movement, effortlessly gliding around the court (Gary may not agree that it was 'effortless' but it looked like it to the spectators!). It was unfortunate that many of the rallies ended with interference, with Phil unable (or unwilling!) to get out of the way – the frustration felt by Gary was echoed by his supporters. Despite Gary's high quality of squash and movement he was unable to get the better of an awkward opponent eventually losing 3-0.

Maj Phil Ashman had a 50:50 success rate this evening, losing in his first match to Sartus Hall and then, immediately afterwards on the same court, beating Martin Lawrence. Sartus and Phil's match (pictured right) was a replay of last year's match which Phil won in an epic 5 setter. This year was no different; every game was both hard fought and physical with Sartus committing so fully to shots that he flung himself to the floor and leapt straight back up on numerous occasions during the rallies – it seemed like Phil had to win every point 3 times as shots that seemed to be winners kept coming back from his very fast and fit opponent. On this occasion it was Sartus that managed to get revenge for last year's defeat, winning



3-2 in another long tough match. Phil's second match was cut short due to Martin injuring himself in the 3rd game, whilst this was unfortunate for Martin it was a little fortunate for a very tired looking Phil who, whilst sympathetic to Martin looked more than a little relieved!



LCpl James Bayliss (pictured left in the 'sitting unsupported position') won his match against Victor Soiza today. Despite James evidently being the stronger player, he made too many errors in the second game and narrowly lost it 12-10. He was able to keep his

head and correct his errors to win the next two games, and so won the match 3-1. James has a great deal of talent – just needs to work on his control and consistency to move to the next level.



Cfn Ollie Barker played a long match that went to five games; he lost more due to his own errors and not the quality of his opponent's shots. However, he displayed maturity and a great attitude on court, and never lost his smile, even though it was through a very tired grimace at times! He should take some heart from the improvement he has shown in a short time on tour, the quality of his shots, movement and general understanding of the game is much better and will give him a good foundation to work on for the season ahead.

Player 1	Player 2	Competition	Result
WO2 Lenny Westover	Guhan Senthilkumar	Men's Open Qualification	0-3
Gary Hinton	Phil Nightingale	Men's Open Qualification	0-3
Sartus Hall	Maj Phil Ashman	Men's Open A	3-2
Victor Soiza	LCpl James Bayliss	Men's Open B	1-3
Cfn Ollie Barker	Nick Deharo	Men's Open B	2-3
Maj Elaine Radcliffe	Paul Bossano	Men's Open C	3-1
Maj Phil Ashman	Martin Lawrence	Veteran's	3-1



Day 6 – Gibraltar Open Semi Finals



The matches this evening began with Lt Rhianon Graham (pictured left) on court in the Women's Plate semi-final. She dominated both the T and her opponent, sailing through with an easy 3-0 win – great start to Semi Final's day for the Army Team.

In the Woman's Open Maj Elaine Radcliffe and Pte Jenny Spencer's (pictured right) match was hard fought by both players, with each player finding it difficult to catch their breath between points. Every game was close and both retrieved balls that would have ended rallies on cooler courts in the UK. On this occasion, Jenny was unable to kill the ball consistently and Elaine's determination, fitness and dogged perseverance paid off.



The second women's semi-final was played between Lt Col Yvette Ashman and Gail Navas (pictured left). The first game was close and both players played a hard-hitting game, spending the majority of the game at the back of the court. Yvette put Gail under more pressure in the second and nerves got the better of her in the third as she attempted to change her game by playing more drop shots that went down more often than not. An aggressive hard fought game from Yvette with few errors saw her go through to the final with a 3-0 victory.



Maj Phil Ashman v Steve Shacaluga proved to be another physical battle. Phil lost the first game which was both long and hard with both players maintaining a high pace of squash, hitting the ball early and hard. Having lost the first Phil was able to maintain the pressure and came through to level the match at 1-1. Although the next 2 games were close Steve proved too strong in the end with Phil making more errors. Another tough match, time for him to now put his feet up having lost his final match of the tournament.

Having thought his matches were over for the day WO2 Lenny Westover agreed to play his Amateur Open Semi Final a day early at the request of his opponent Jeremy Harris (pictured below), Lenny looked tired and he was up against a young professional so he may regret his decision

The first game went to form with Jeremy Harris winning it comfortably; Lenny looked out of sorts and out of ideas.

This is becoming trade mark Lenny, as with his first match against Guhan Senthilkumar, he came out in the second and surprised his opponent with some stunning squash and movement – the difference this time was that Lenny took the game to level the match at 1-1. Jeremy did not look too rattled, piling on the pressure throughout the third. Although Lenny lost the game he made it difficult and was certainly not out of the match. At 2-1 down Lenny had a mountain to climb, but climb he did. Midway through the game he noticed his opponent struggling to get to balls in the front right of the court, he was quick to exploit this taking every opportunity to take the ball in short. He was rewarded for his persistence and skill, taking a tight fourth game to once again level the match. Lenny looked tired going into the fifth but more importantly his opponent looked more than a little concerned. After a cagey few opening rallies Lenny took the lead and looked like running away with the match, but Jeremy had other ideas ... with the match on a knife edge at 2-2 and 8-8 it was too close to call, could the unthinkable happen and Lenny beat one of the young professionals? With new found confidence Lenny attacked at every opportunity and continued to take the ball short when



possible, hurting his opponent and opening up the court giving him more chances than Jeremy to hit winning shots. After over an hour of some of the best squash we have witnessed Lenny came through to win the final game and therefore the match 14-12 – now he has to do it all again in the final against a young Japanese professional Seigo Masuda. With greater belief in his ability who knows what he can achieve, at 39 (nearly 40!) he is playing fantastic squash as well as being in the best physical shape of his life.

Player 1	Player 2	Competition	Result
Emily Potton	Lt Rhianon Graham	Women's Open Plate	0-3
Pte Jennifer Spencer	Maj Elaine Radcliffe	Women's Open	1-3
Lt Col Yvette Ashman	Gail Navas	Women's Open	3-0
WO2 Lenny Westover	Gary Hinton	Amateur Open	3-0(w/o)
Maj Phil Ashman	Steve Shacaluga	Veteran's Open	1-3
WO2 Lenny Westover	Jeremy Harris	Amateur Open	3-2



Day 7 – Gibraltar Open Finals

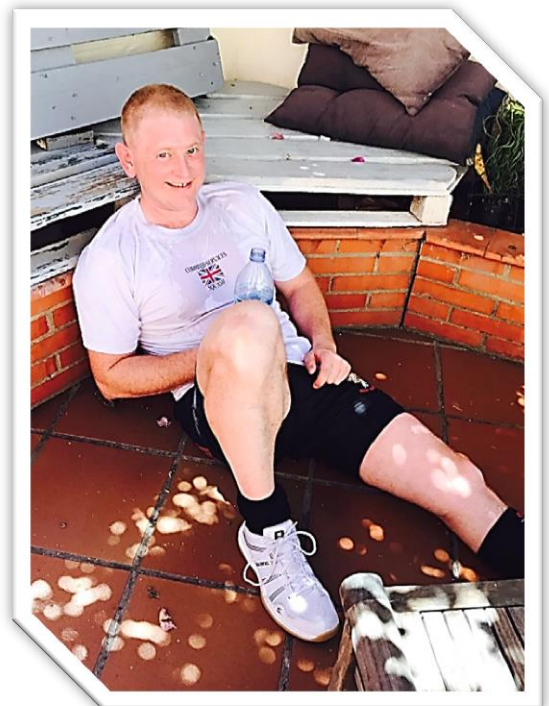
The final day of the Gibraltar Open and therefore a day of finals; these saw Army representation in five of them.



The first began with WO2 Lenny Westover playing against Professional Squash Association world-ranked player Seigo Masuda in the Amateur Open Final. Fresh from his victory the day before, Lenny worked hard to win the first game and rattle a very cool looking opponent.

Although Lenny won the first he looked very tired (and hot!) while his younger (much younger!)

opponent did not have a hair out of place or any sweat on his shirt – it was going to be another tough one! Although Lenny lost the second game he made Seigo work hard, moving him from corner to corner and disrupting his rhythm by mixing up the play with unorthodox lobs, drops and some physically punishing volley drops that were millimetre perfect. Although Lenny looked physically exhausted he was able to maintain the pressure and speed of the game, seemingly reading his opponents shots with ease giving him a distinct advantage. Conversely Seigo was having difficulty reading any of Lenny's shots which meant he had to work hard to recover his position and stay in the rallies. With 4 tough games behind them the players came out to play the 5th and final game. It was Seigo that started the stronger taking an early lead. Lenny looked like the week of hard squash had finally taken its toll and he looked spent. At 8-4 down he was 3 points from defeat. At this point it looked like Lenny threw caution to the wind and went for a number of high risk winning shots to the nick, perhaps his last throw of the dice. It paid off and he quickly levelled the match again at 8-8 before moving into a 2 point lead, and match ball at 10-8. It is never that simple with Lenny, he proceeded to lose the next 2 points and the match was once again tied at 10-10. We need not have worried though, a very hot and tired Lenny kept his cool at the critical points in the final 2 rallies to force his opponent into making mistakes that would cost him the match – Amateur Open Champion WO2 Lenny Westover (pictured above right, a little tired after the match to say the least).





The women's final was an all-Army affair between Lt Col Yvette Ashman and Maj Elaine Radcliffe. The two Army women have had a long rivalry as they have developed their squash and moved up the Army rankings. In the previous rounds they had both shown they are in good form having not dropped a single game on the way to the final despite having some stiff opposition.

The first game was typical Ashman/Radcliffe, both starting fast and aggressively. Elaine took an early lead only to see it clawed back with Yvette overtaking her to lead at 10-9 game ball. Elaine was not to be denied and after a couple of long rallies she levelled the game at 10-10 before taking the first game 12-10. It looked like this was going to be yet another competitive and close match.

Having had game point in the first game Yvette doubled her efforts in the second to try and even up the match. Again the rallies were hard

and aggressive with both women working hard to recover from bad positions and stay in the rally. For the second game in a row Yvette found herself with game ball at 10-8. After a long rally Yvette forced a defensive boast from Elaine and looked poised to take the second game as she went in for what looked like a simple drop. Perhaps as a result of the pressure of the game or the lapse in concentration the ball hit the tin and Elaine was back in the game. She made no mistakes and took the second game to lead 2-0 and leave Yvette to ponder on her missed chances.

At 2-0 up Elaine looked determined in the third game. With a couple of early errors from Yvette, Elaine took an early 8-4 lead before Yvette staged a minor comeback but it was not to be, Elaine took a more comfortable final game 11-6 to take the title – a superb final that shows Army Woman's Squash is thriving.

The PSA Gibraltar Open Final was played between Nick Mulvey, who is currently ranked 222nd but has a highest ever ranking is 87. He got to the final by beating the second seed in the competition, Arthur Gaskin, 3-2. His opponent was Sébastien Bonmalais from Réunion, who is currently world ranked 170th. This was his first final and he kept a cool head throughout. Both played fantastic squash with rallies that were seemingly endless. However, Sébastien was clearly the fresher of the two and won 3-0. Despite losing, Nick was not at all deterred and, at the players' BBQ afterwards, was already expressing his keenness to return next year. The Army players all share exactly the same attitude and very much hope to be able to return again next year, both to play against old squash adversaries and meet new players.

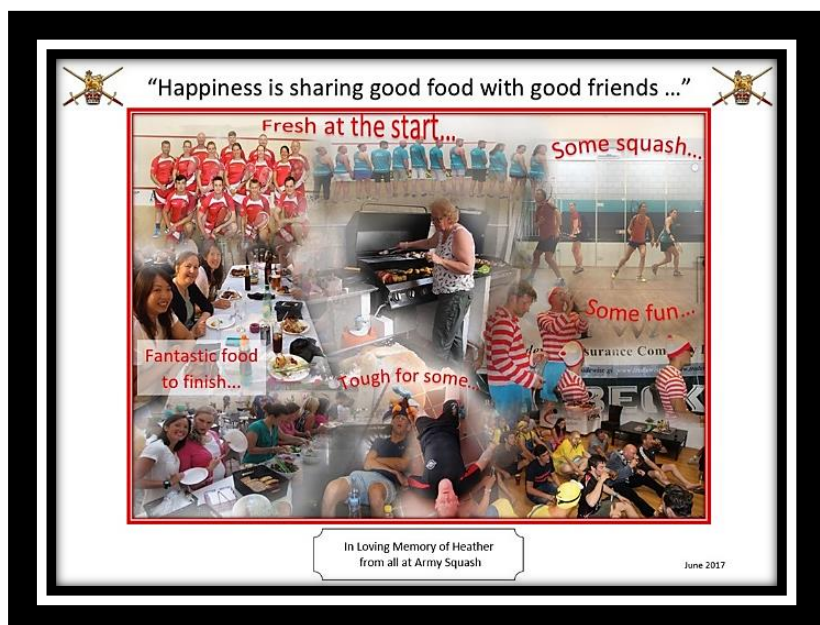
Player 1	Player 2	Competition	Result
WO2 Lenny Westover	Seigo Masuda	Amateur Open	3-2
Nick Deharo	LCpl James Bayliss	Men's Open B	3-0
Steve soussi	Maj Elaine Radcliffe	Men's Open C	0-3
Lt Col Yvette Ashman	Maj Elaine Radcliffe	Women's Open	0-3
Lt Rhiannon Graham	Zoe Radley-Azopardi	Women's Open consolation	3-0

Presentation Night ...

For those that have not been to Gibraltar it is worth explaining that the Army Team has traditionally worn fancy dress on the last night and this year was no exception ...theme, Bavarian Traditional Dress, one member of the team taking the word 'dress' literally, as you will see from the photos!

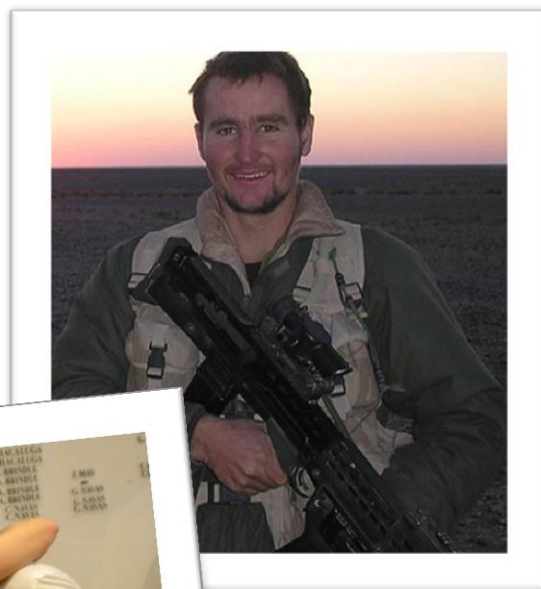


Chairman of Army Squash making a speech on behalf of Army Squash thanking the club for their hospitality, friendship and sportsmanship for yet another successful year. This was followed by a special presentation (shown bottom right) to Hayley in memory of her mother who sadly passed away earlier in the year. Heather fed, watered and looked after the Army Squash players over a number of years, the club is not the same without her, and she is fondly remembered by us all.





The Ladies Captain, Maj Elaine Radcliffe reading the citation for LBdr James Dwyer (pictured right), a promising Army Squash player who tragically lost his life in Afghanistan. The Army Team play the Gibraltar Squash Club each year for the '**James Dwyer Memorial Trophy**'. This year the Army won despite some imaginative accounting by the President of the club Barry Brindle!



The President of Gibraltar Squash Club, and Tournament Organiser Barry Brindle and Martin Lawrence (chief administrator for the Tournament) taking liberties with the Chairman.

Gibraltar Tour in Pictures ...



Safe landing with BA ...



Shopping for supplies



Some Squash



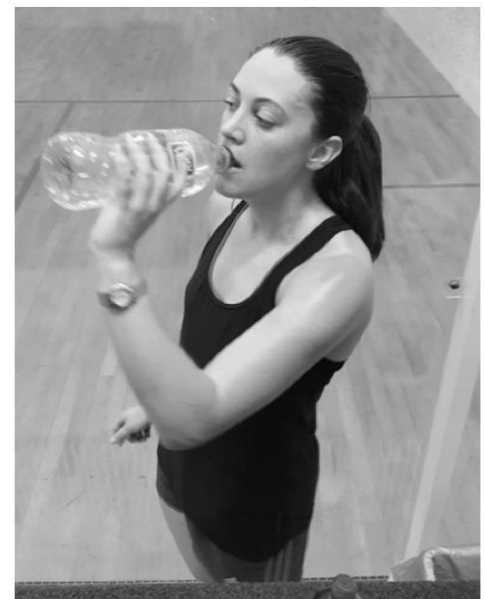
Phil's reaction to Yvette's suggestion he 'stick to salad'..



Said too much?



Some advice from the coach between games...



Water stop



James Bayliss refereeing for a change!



The court can be a lonely place when you're tired ..



Mixed doubles – good to sharpen the reactions



I have checked 3 times James, you are out!



The Army Ladies looking pretty in pink!



Having injured himself on day one Capt Mick Ford was put on kindergarten duties – looking good!



The flowers look much better on the girls!



Anyone spot where Lenny has been sitting post-match?



Tired? From what, he has played no squash!



James on the run again



I have to play again, what now?

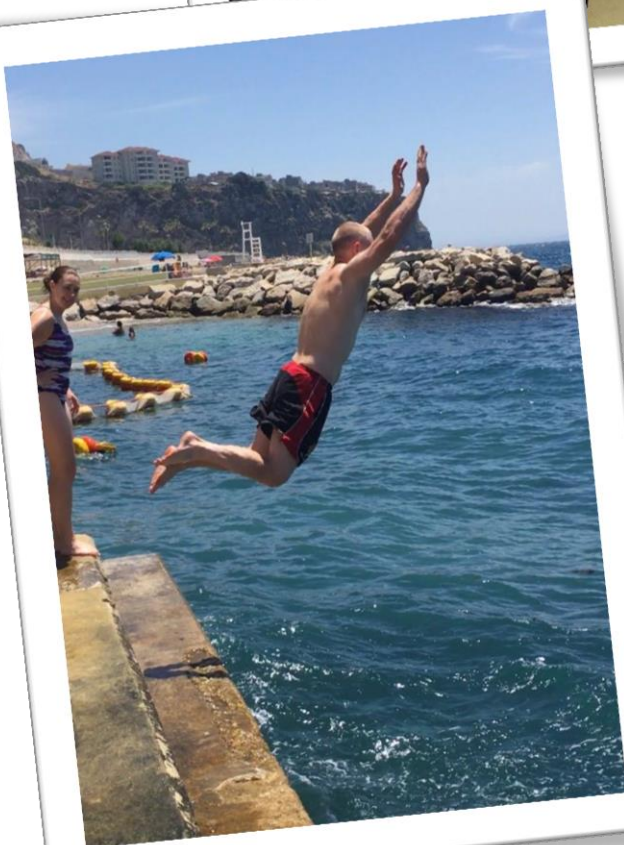
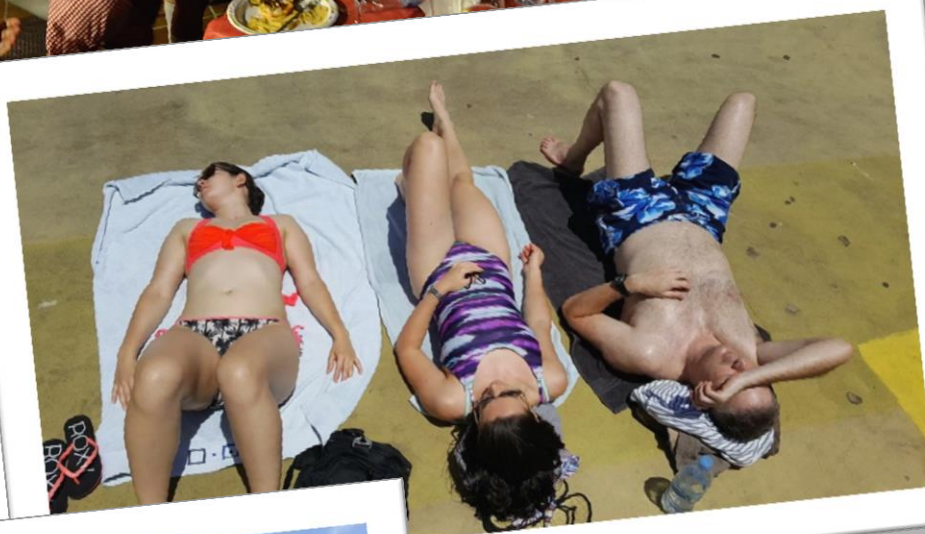
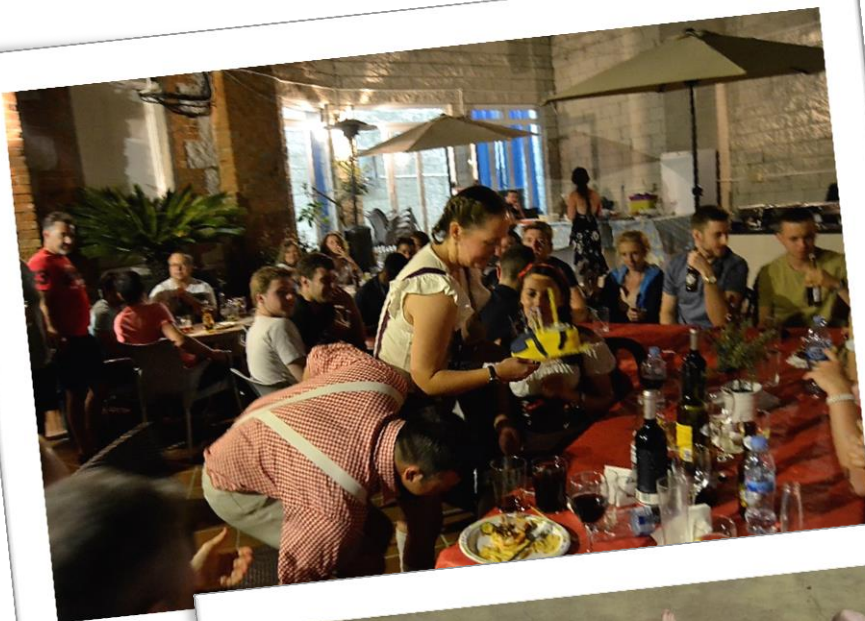


Looking good in fancy dress – less one, guess who?



All friends in the end – tough matches but great sportsmanship throughout.

Time to relax..



2018 Upcoming Events

Jan 18	12-13	Northern Tour	Newcastle
Jan-18	16 – 18	Army Squash Championships	Winchester
Jan-18	17	ASRA Annual Dinner	Winchester
Feb-18	7-8	Inter Service Squash Championships	Aldershot
Mar-18	13 – 15	Inter Unit Squash Championships	Aldershot
Jun 18	24-1	Gibraltar Squash Tour	Gibraltar
Sep 18	Tbc	UKAF Quadrangular	Nottingham
Oct-18	20 – 21	UKAF Individual Championships	RAF Halton
Nov 18	4	Vets Festival of Squash	RAC Epsom

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