

# Hand Out

*The PSUK Squash & Racketball Section Newsletter*

December 2019

**PLAY SQUASH or RACKETBALL?** Contact: [jasonfoster2008@hotmail.co.uk](mailto:jasonfoster2008@hotmail.co.uk) Issue 14

**The 48th Police Squash & Racketball Championships were held at Hallamshire Squash Club in Sheffield between 5th – 7th April 2019.**

In an exciting Men's Final Paul Stroud from Leicestershire saved several match balls against the defending Champion Nick FREER (Metropolitan) to win 12/10 in the fifth game to secure his second National title.



*South Yorkshire Police ACC David HARTLEY presenting the Mens trophy to Paul STROUD*

Elin HARLOW (North Wales) successfully defended her Women's title by beating Gemma BARBER (Dorset) 3-0 in the Final.



*South Yorkshire Police ACC David HARTLEY presenting the Womens trophy to Elin HARLOW*

Adam BAGLEY (Leicestershire) won the increasingly popular Racketball competition for a third time, beating four-time winner Matt PUGH from West Midlands.



*South Yorkshire Police ACC David HARTLEY presenting the RacketBall Trophy to Adam BAGLEY*

Jason FOSTER (Avon & Somerset) won the Veterans' event to win his eleventh National title beating Nick FALLOWFIELD (Metropolitan) 3-0 in the final.



*South Yorkshire Police ACC David HARTLEY presenting the Veterans trophy to Jason FOSTER*

The closest event of the weekend was the Vintage competition, with Mark WOOLSTON (Lancashire) winning his first National title over Dave WILLIS (Metropolitan), who came second & 2017 Champion Tony SMITH (South Wales) who came third.



*10 time Champion Peter UPTON presenting the Vintage Trophy to Mark WOOLSTON*

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Plate Competitions were held for first match losers:

Mens: Chris DAVIES (South Wales) beat Matt DEANE (Essex)

Womens: Emily HOWELL (Suffolk) beat Marie JAMES (Norfolk)

Racketball: Damien BOYLE (North Wales) beat Graham JONES (Metropolitan)

Veterans': Tony RUSSELL (Suffolk) beat Rick PRIOR (Metropolitan)

Vintage: Andy HALL (West Yorkshire) beat Grahame HADLEY (Essex)

**The DES SHEPHERD TROPHY** was presented to the person who, by his/her determination and enthusiasm, had made an outstanding contribution to the Championships: This was won by Gemma BARBER from Dorset.



Committee Member Zoe WELLICOME presenting the Des Shepherd Trophy to Gemma BARBER

10-time PSUK Veterans' winner and 2-time British National Champion at Over 50 & 55 Peter UPTON (Lancashire) was nominated for a PSUK Lifetime Achievement Award for his outstanding contribution to PSUK Squash and this nomination was successful. Peter has still to be officially presented with his award but in the meantime, well done Peter.



Secretary Jim HAY announcing PSUK Lifetime Achievement Award Winner Peter UPTON

**Our current Women's Champion, Elin HARLOW, was selected to play for Wales in the European Team Championships held in Birmingham in May 2019. She played at number 2 in the team behind British Champion Tesni EVANS and she won the decisive match v Spain to help Wales reach 5th place. Very well done Elin.**



## Hand Out

On 13th-14th September 2019 the annual Crown Services Quadrangular Tournament against the UK Armed Forces, Civil Service & Fire Services was held at Nottingham.

Congratulations to both the Men's & Women's teams who won their respective events. The Men's Team were fortunate to welcome new recruit and former World ranked 105 Joe GREEN (Met) to the squad. Joe was inevitably put in at number 1 string and he went on to win all his matches. Well done Joe and welcome.

Results:

### Match v Civil Service:

Joe GREEN beat Sam LEVIN 11/3 11/8 11/4

Paul STROUD beat Tim BURRELL 6/11 11/4 12/10 12/10

Ian COX beat Tom METCALF 11/1 11/6 11/8

Rob VIVIAN lost to James WHELAN 11/8 18/20 2/11 8/11

Adam BAGLEY lost to Marc ALDRIDGE 7/11 11/7 9/11 4/11

Rory JUSS lost to Adam LAVIS 4/11 8/11 15/13 7/11

### Match v UK Armed Forces

Joe GREEN beat Sam MILLER 11/6 10/12 11/2 11/8

Paul STROUD lost to Paul JONES 4/11 6/11 11/8 11/6 7/11

Nick FREER beat Dean BOYS 11/9 11/2 11/6

Ian COX beat TJ WALTER 11/4 11/5 11/7

Adam BAGLEY beat Oscar HILL 11/2 11/3 11/8



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Rory JUSS beat Owen GOODRIDGE  
No Result

#### Match v Fire Service

Joe GREEN beat Fiona MOVERLEY  
11/7 11/9 11/9

Paul STROUD lost to Glyn  
SAUNDERS 11/13 2/11 11/13

Nick FREER beat Stu PERRY 11/5  
11/5 11/6

Ian COX beat Ian WILLIAMS 11/8 11/5  
11/5

Rory JUSS lost to Ady PROCTOR  
9/11 7/11 11/6 8/11



Left to Right: Rory JUSS, Ian COX, Joe GREEN,  
Debbie BOWEN, Elin HARLOW, Paul STROUD,  
Chrissie McMULLEN, Rob VIVIAN & Jo HEMMINGS

There are no results available for the  
Women's event but the final scores  
were

Police 27 points

UKAF 25 points

Civil Service 14 points

Congratulations to the Women's  
team of Elin HARLOW, Chrissie  
McMULLEN (Greater Manchester)  
Debbie BOWEN (Lincolnshire) & Jo  
HEMMINGS (Leicestershire). Special  
mention to Debbie who won the  
decisive match. Very well done.



Left to Right: Debbie BOWEN, Elin HARLOW,  
Chrissie McMULLEN & Jo HEMMINGS

On 18th-19th October 2019 Police  
Representative Matches were  
played at Edgbaston Priory Club in  
Birmingham. There were matches  
for the Men's, Women's and  
Veterans' Teams.

#### Mens Results: Friday 18th October 2019 Won 5-1

Joe GREEN beat Lewis ANDERSON  
13/11 9/11 11/7 11/3

Paul STROUD lost to Jordan  
HARDWICK 6/11 7/11 11/5  
6/11

Nick FREER beat Syed HASNAIN  
7/11 11/4 12/10 11/8

Tony WEBB beat Hamish  
FALCONER 9/11 11/1 11/4 13/11

Adam BAGLEY beat Mike  
EDWARDS 6/11 10/12 11/5 11/2  
11/8

Andy BEEL beat Alicia MEAD 11/8  
3/11 11/7 8/11 11/9

#### Saturday 19th October 2019 Won 4-1

Joe GREEN beat Muqs NIMJI 11/7  
11/5 11/5

Nick FREER beat Syed HASNAIN  
11/1 11/3 11/4

Tony WEBB W/O Hamish  
FALCONER

### Hand Out

Adam BAGLEY lost to Lee JAMES  
11/7 7/11 9/11 9/11

Andy BEEL beat Mike EDWARDS  
12/10 11/8 11/5

#### Womens Results: Friday 18th October 2019 Lost 1-3

Elin HARLOW lost to Alicia MEAD  
5/11 11/13 8/11

Gemma BARBER beat Kim  
JOHNSON 11/6 11/7 11/6

Chrissie McMULLEN lost to Anya  
SHAH 9/11 11/7 8/11 11/6 9/11

Jo HEMMINGS lost to Meha SHAH  
5/11 6/11 5/11

#### Saturday 19th October 2019 Won 3-2

Elin HARLOW beat Jenny JAMES  
11/6 11/4 11/8

Gemma BARBER lost to Rosie  
KIRSCH 2/11 2/11 5/11

Chrissie McMULLEN beat Meha  
SHAH 11/4 11/4 10/12 9/11 11/9

Jo HEMMINGS lost to Georgie  
PETROU 11/7 3/11 8/11 9/11

Jayne BEDNALL-ANGELL beat  
Natalie SHAH 11/6 11/4 11/3

#### Veterans Results: Friday 18th October 2019 Draw 3-3

Stewart DIPPLE lost to Haroon  
RASHID 7/11 5/11 5/11

Jason FOSTER lost to Andy  
MURRAY 7/11 12/10 8/11 4/11

John LANE lost to Ian RUSSELL  
8/11 7/11 6/11

Matt UREN beat Keith BECKFORD  
11/5 11/3 11/5

Rick PRIOR beat Asif CHAUDRY  
7/11 12/10 11/6 8/11 11/8

Rob VIVIAN beat Ojas MISHRA  
11/2 11/7 11/3

#### Saturday 19th October 2019 Lost 2-3

## 4

Stewart DIPPLE lost to Andy MURRAY 5/11 11/13 11/8 11/8 6/11

Jason FOSTER lost to Canaan BROWN 6/11 9/11 6/11

John LANE beat Will BARNETT 11/9 11/4 11/3

Matt UREN beat Seb MILES 12/10 11/2 11/4

Rick PRIOR lost to James COX 8/11/6/11 2/11



### Caption Competition #1

## Squash Masters

Several of our colleagues are playing the England Squash Masters circuit and are doing very well. If they accrue enough ranking points they will be eligible to play for their country in the Masters Home Internationals.

Our current Men's Champion Paul STROUD reached the Final of the prestigious British Open Men's Over 35 held in Hull in May and he is currently top of the ranking points for Men Over-35. Well done Paul.

Tony WEBB is currently 5th in the Men's Over-35 rankings.

**Gemma BARBER is way out ahead in the Women's Over-35 rankings, winning the Midlands Masters, and will almost certainly be representing England at the Home Internationals. Well done Gemma.**

**Ian COX is in sparkling form and has won two Over-45 events, the East and West Masters, coming runner-up in the Midlands Masters. He is almost certain of a place in the England team and a big contender for the PSUK Nationals being held at his home club at Norwich in April 2020.**



*Ian COX with the East of England Trophy*

**Terry BELSHAW won the West Masters and is third on the ranking list in the Men's Over-65 category**

In addition, our PSNI Committee member, John Dullaghan was selected to represent Ireland in the Masters Home Internationals held in Edinburgh in May.

Apologies if we have left anyone out.

## Hand Out

For more pictures and footage of the PSUK Championships go to our facebook page



PSUK Squash & Racketball

Or follow us on Twitter



@PSUKSquashRball

## Forthcoming Events

24<sup>th</sup> – 25<sup>th</sup> January 2020 PSUK Representative matches in EDINBURGH at Colinton Castle Sports Club EH14 1JF

17<sup>th</sup> – 19<sup>th</sup> April 2020 PSUK National Championships at East Anglia Tennis & Squash Club in NORWICH NR2 2NQ

Further information on any of the above from National Secretary Jim Hay [jim@fitnessjim.com](mailto:jim@fitnessjim.com)