

# European Masters Squash Circuit

Quarterly Update

ISSUE 06—April 2017

WORLD  
SQUASH

EUROPE



## A Message from Alan Hathway, Director

### Where Are We Now? Where Are We Going?

A famous question at job interviews is “Where do you see yourself in 5 years?” We, the Masters Committee, do not and cannot plan that far in advance. We plan for a season, which starts in September and finishes in August. We are at this very moment planning the season September 2017 to August 2018. Up until the time of writing (end of March 2017) we have asked all the federations of all countries to tender (apply) for a tournament. We have received 14 tenders. HOWEVER (and this is where our work starts) we cannot just say Super! We have to check the tenders. For example, is the city easily reachable? Are there enough courts? In one five-week period, we could have 3 tournaments – that may not be a good idea, and it is our job to check everything that may affect our Masters Circuit.

We very much hope to get a timetable (at least for the rest of 2017) out in April. We will be keeping you informed via [Facebook](#) and via [ESF website](#).



### this issue

A Message from Alan Hathway, Director - P1

Oporto Masters Open, Portugal - P2

Spanish, Masters Open 2017, Santiago - P3

Squash for Health and Fitness - P4

The History of Squash - P5

Player Interviews - P6

News and Updates - P7

Squash Refereeing Tips - P8



# Oporto Masters Open, Portugal

January 2017

José Aguiar

WORLD  
SQUASH

EUROPE

M35+

- 1 - [ITA] Filippo Madella
- 2 - [IRL] Neil Macarron
- 3 - [POR] Nelson Pereira

M40+

- 1 - [ENG] Paul Johnson
- 2 - [POR] André Lima
- 3 - [GRE] Petros Tzamaloukas

M45+

- 1 - [ITA] Alessandro Marcolini
- 2 - [ESP] Francisco Molina
- 3 - [BEL] Stefaan Vereecke

M50+

- 1 - [SWE] Jonas Ulvsbäck
- 2 - [ESP] Marcus Hall
- 3 - [POR] Carlos Mendes

M55+

- 1 - [ESP] Jose Luis Orizaola
- 2 - [GER] Felix Paal
- 3 - [ITA] Adolfo Pavesi

M60+

- 1 - [ENG] Stuart Hardy
- 2 - [ENG] Lou Van Talligan
- 3 - [ENG] Steve Morrall

M65+

- 1 - [SUI] Claudio Hassler
- 2 - [SWE] Peter Karlsson
- 3 - [FRA] Jaime Antonio Gregoire

M70+

- 1 - [GER] Bernd Götsch
- 2 - [POR] Fernando Valentim
- 3 - [WAL] Eric Robinson

W35+

- 1 - [SWE] Joanne Elgood
- 2 - [WAL] Rachel Cooper
- 3 - [FRA] Violaine Del Ponte

W40+

- 1 - [NED] Lieke Bootsma
- 2 - [CZE] Marketa Wernerova
- 3 - [HUN] Anita Pocsaji

W45+

- 1 - [GER] Iris Stockbauer
- 2 - [NED] Karin Thiel
- 3 - [CZE] Denisa Linhartova

W50+

- 1 - [ENG] Alicja Kulp
- 2 - [GER] Manuela Kempf
- 3 - [GER] Monika Harlander

The 2017 edition of the Oporto Squash Masters took place between 20 and 22 January 2017 at Proracket, Squash & Padel with 136 players participating from 17 European countries, a record in MO (Masters Open) tournaments!

From Friday morning to Sunday afternoon approximately 300 games were played on 7 courts distributed across 12 age group categories.

A lot of competition, great fair-play and above all, a fantastic atmosphere amongst all those present with a high point being reached in us hosting an extraordinary Portuguese dinner on Saturday night. This was held next to the squash courts, and was attended by more than

100 people. Earlier, that same evening, we visited the W & J GRAHAM'S wine cellars and everyone had the opportunity to taste one of the world's most famous wines, Port Wine.

Sunday's finals proved to be tough with some very close results; the M50+ final, between the Swedish Jonas Ulvsback and the Spanish-resident Marcus Hall; the M55+ final, between the German Felix Paal and the Spanish Jose Luis Orizaola.

In the prize giving ceremony we gave thanks to the players and families who came to this wonderful city of Porto, the sponsors, referees and other staff, and a special thanks to the ESF Masters Committee for the excellent job they are doing.

As we concluded in our final speech

**'SEE YOU NEXT YEAR'**

with an even greater desire to do better! Click for full [results](#) and [photos](#).





# Spanish Masters Open, Santiago

March 2017

Jesús Souto

WORLD SQUASH

EUROPE

## M35+

- 1 - [ENG] Mick Biggs
- 2 - [IRL] Neil Macarron
- 3 - [POR] Nelson Pereira

## M40+

- 1 - [ESP] Pablo Del Rio Fernandez
- 2 - [GRE] Petros Tzamaloukas
- 3 - [POR] André Lima

## M45+

- 1 - [ESP] Jesus Souto
- 2 - [GER] Andreas Omlor
- 3 - [ENG] Jeremy Krzystyniak

2 - [FRA] Jaime Antonio Gregoire

3 - [ESP] Mariano Isidoro Esteban

## M70+

- 1 - [GER] Robert Keilmann
- 2 - [ESP] Jose Luis Alba
- 3 - [POR] Fernando Valentim
- 4 - [ESP] Jose Maria Lopez

## W35+

- 1 - [ENG] Natalie Lawrence
- 2 - [WAL] Rachel Cooper
- 3 - [GER] Melanie Kreisel

and am very grateful for their behavior and understanding.

I know that it has been a marathon of matches for only four courts but in the three days we had only 30 minutes delay per day, this is thanks to the Staff and the disposition of the players.

The results of the event highlight the dominance of English players winning seven of eleven categories. Special mention for the four players M70 giving an example of competitiveness and fellowship, deservedly receiving the applause of all when they climbed onto the podium.

The downside of the event was unfortunately the different injuries of several players, especially of German player Robert Keilmann winner of the M70 who broke the ligaments in his shoulder during his last game and we have to applaud the behavior and sportsmanship of the Portuguese player Fernando Valentim, who decided to retire letting Robert, who was leading 2:0, win, so that the German player became Champion of the event winning by the difference of the games between the four players.

Hoping that everyone will have a speedy recovery, greetings to all.

Click for full [results](#) and [photos](#).



## M50+

- 1 - [ENG] James Hyatt
- 2 - [ESP] Marcus Hall
- 3 - [POR] Carlos Mendes

## M55+

- 1 - [ENG] Ian Bradburn
- 2 - [ENG] Mark Taylor
- 3 - [ESP] Jose Luis Orizaola

## M60+

- 1 - [IRL] Charles Odonnell
- 2 - [ENG] Stuart Hardy
- 3 - [ENG] Lou Van Talligan

## M65+

- 1 - [ENG] Terry Belshaw

## W45+

- 1 - [ENG] Andrea Santamaria
- 2 - [CZE] Denisa Linhartova
- 3 - [ENG] Alison Goy

## W50+

- 1 - [ENG] Susan Pynegar
- 2 - [WAL] Lynne Davies
- 3 - [GER] Störte Becker

As director of the Spanish Masters 2017 tournament and on behalf of the whole family that forms the Squash Santiago, having completed the Spanish Masters 2017 I wanted to thank all the players for coming to this event

# Squash for Health and Fitness

WORLD  
SQUASH

EUROPE

## Why do we play Squash for health and fitness reasons?

### Here's why!

Forget that jog: Why squash and tennis are the best way to stay fit in middle age

- ⇒ A study has found racquet sports reduce the risk of dying by 47 per cent
- ⇒ Researchers said swimming cuts the risk of death by 28 per cent
- ⇒ The study was based on 11 annual health surveys for England and Scotland

By Colin Fernandez Science Correspondent for The Daily Mail  
Playing squash, tennis or badminton reduces the risk of death by 47 per cent.

Playing squash, tennis and badminton is the best way to reduce the risk of suddenly dying, a study has found.

The racquet sports reduce the risk of death by 47 per cent compared to doing nothing, researchers discovered.

The study, which looked at the impact of different sports on health of people with an average age of 51, found swimming cut the risk of death by 28 per cent,

aerobics by 27 per cent and cycling by 15 per cent.

Interestingly, it discovered that taking part in running and jogging, or football and rugby did not have a significant effect on cutting the chance of death.

The study was based on 11 annual health surveys for England and Scotland from between 1994 and 2008.

Senior author Associate Professor Emmanuel Stamatakis at the University of Sydney said: 'Our findings indicate that it's not only how much and how often, but also what type of exercise you do that seems to make the difference.'

He added: 'We found robust associations between participation in certain types of sport and exercise and mortality, indicating substantial reductions in all-cause and CVD mortality for swimming, racquet sports and aerobics and in all-cause mortality for cycling.'

The study, in the British Journal of Sports Medicine, aimed to quanti-



fy the impact of six different sports on the odds of beating death.

It examined 80,306 adults over 30 who were questioned on how much exercise they had had in the preceding four weeks, and if had been enough to make them 'breathless and sweaty'.

Less than half the British population met the recommended weekly physical activity quota when they were surveyed.



# The History of Squash, Wikipedia

The use of stringed rackets is shared with tennis, which dates from the late sixteenth century, though is more directly descended from the game of rackets from England. In "rackets", instead of hitting over a net as in sports such as tennis, players hit a squeezable ball against walls.

Squash was invented in Harrow School out of the older game rackets around 1830 before the game spread to other schools, eventually becoming an international sport. The first courts built at

as aluminium and graphite) with small additions of components like Kevlar, boron and titanium. Natural "gut" strings were also replaced with synthetic strings.

In the 19th century the game increased in popularity with various schools, clubs and even private citizens building squash courts, but with no set dimensions. The first squash court in North America appeared at St. Paul's School in Concord, New Hampshire in 1884. In 1904 in Philadelphia, Pennsylvania, the earliest national association of squash in the world was formed as the United States Squash rackets Association, (USSRA), now known as U.S. Squash. In April 1907 the Tennis, rackets & Fives Association

set up a sub committee to set standards for squash. Then the sport soon formed, combining the three sports together called "Squash". In 1912, the RMS Titanic had a squash court in first class. The 1st-Class Squash Court was situated on G-Deck and the Spectators Viewing Gallery was on the deck above on F-Deck. To use the Court cost 50 cents in 1912. Passengers could use the court for 1 hour unless others were waiting. It was not until 1923 that the Royal Automobile Club hosted a meeting to further discuss the rules and regulations and another five years elapsed before the Squash rackets Association was formed to set standards for squash in Great Britain.



this school were rather dangerous because they were near water pipes, buttresses, chimneys, and ledges. The school soon built four outside courts. Natural rubber was the material of choice for the ball. Students modified their rackets to have a smaller reach to play in these cramped conditions.

The rackets have changed in a similar way to those used in tennis. Squash rackets used to be made out of laminated timber. In the 1980s, construction shifted to lighter materials (such

## Calories Burnt

	15 mins	60 mins
<b>Badminton, competitive</b>	<b>102</b>	<b>408</b>
<b>Basketball, game</b>	<b>119</b>	<b>476</b>
<b>Boxing, in ring, general</b>	<b>187</b>	<b>748</b>
<b>Cricket</b>	<b>68</b>	<b>272</b>
<b>Darts, wall or lawn</b>	<b>26</b>	<b>102</b>
<b>Football, competitive</b>	<b>136</b>	<b>544</b>
<b>Golf, general</b>	<b>60</b>	<b>238</b>
<b>Hockey, field</b>	<b>119</b>	<b>476</b>
<b>Paddleball, competitive</b>	<b>153</b>	<b>612</b>
<b>Rugby</b>	<b>153</b>	<b>612</b>
<b>Soccer, competitive</b>	<b>153</b>	<b>612</b>
<b>Squash</b>	<b>187</b>	<b>748</b>
<b>Table tennis</b>	<b>51</b>	<b>204</b>
<b>Tennis, general</b>	<b>102</b>	<b>408</b>
<b>Volleyball</b>	<b>51</b>	<b>204</b>

**For the full list of sports, click [here](#)**



## Player Interviews

Violaine Del Ponte and Steve Morrall

interviewed by Alicja Kulp

WORLD  
SQUASH

EUROPE

Each of our tournaments attracts new players who hadn't previously participated resulting in our tournaments getting bigger and better. During the Oporto Masters Open, I joined up with Violaine Del Ponte (W35+) and Steve Morrall (M60+) and asked them what made them join the Oporto Masters Open Tournament.



I always felt I wasn't good enough to play in such tournaments having also suffered injuries which didn't help. I then played in the European Masters in the W35+ Group last year and to my amazement won 2 events. It then

gave me the confidence to start playing in the Masters Circuit.

Of course my good friend Nicolas Barbeau, whose superb track record on the circuit I'd been following, (who was also trying to persuade me to play) has inspired me in joining, so I did! It's been great! Everyone is so friendly - it's so easy to make new friends.

The pace of scheduled play is well organised too - 1 or 2 games per day which is perfect giving me the opportunity to enjoy some of the city too.

### Future Tournaments?

Oh, yes, you'll definitely see me again! I plan to play in Budapest and Wroclaw. I get updates on Facebook and the ESF Calendar so I can always check out what's happening there.

The level of play is amazing and to see such fair play in all the games I play and watch is good to see. There were only 4 in my category this time - all really good games - I was certainly relieved to have won against Dorota and 3:2 - what a match!



Yes, this is the first time I've played in the Masters Circuit. It was Sam Balsdon having previously played in a quite a few who persuaded me to play. I then had to persuade my wife that I

would take her somewhere nice, warmer than the UK, and take her to the beautiful country of Portugal for a wonderful 10-day holiday in Oporto for 6 days and Lisbon for a further 3 days. The only condition was that I would have to play squash for 3 days. How could she refuse?

### Friendly Atmosphere

I love the competitive side of sport, particularly squash. It is amazing to see everyone's enthusiasm - everyone is so friendly and helpful.

The tournament in Oporto was well organised with a superb club setting and great courts, then to look forward to a Turkish bath at the hotel - wonderful!

I am definitely interested in playing again - I am hoping to play in Santiago in March and then Bordeaux in June which is perfect for us having a holiday home around 150 miles away.

Both of us are now retired so we're hoping to take advantage of the additional spare time we have and, if I can combine it with squash, well, all the better! Of course, as long as the body stands up to it, but certainly looking forward to the next.



# News and Updates

by Alicja Kulp

**WORLD  
SQUASH**

**EUROPE**

**EUROPEAN MASTERS  
CHAMPIONSHIPS 2017**

**WORLD  
SQUASH**

**EUROPE**



AUGUST 30 - SEPTEMBER 2 \* HASTA LA VISTA \* WROCLAW \* POLAND



WWW.SQUASH-MASTERS.PL \* INFO@SQUASH-MASTERS.PL

## Dates for the Calendar

### Upcoming Tournaments:

GP - Prague, Czech Republic - 21-23 April 2017

GP - Budapest, Hungary - 19-21 May 2017

MO - Bordeaux, France - 2-4 June 2017 - **New Venue!**

MO - Uster, Switzerland - 30 June - 2 Jul 2017

MO - Helsinki, Finland - 4-6 August 2017 - **New Venue!**

### European Masters Individual Championships

**Wroclaw, Poland**

**Wednesday 30th August until  
Saturday 2nd September 2017**

Remaining venues for 2017 will be posted end April 2017. All dates are on our [ESF Website Event Calendar](#).

## Photo Corner - When It All Gets Too Much!



Are there any photos you would like to share? Then send them to me, [Alicja Kulp](#).





# Squash Refereeing Top Tips

by Jean-Marc Fraipont

WORLD SQUASH

EUROPE

## Before the Match Starts

1) Remember that both players need to **warm up**. Ensure that one player doesn't warm up by him or herself. Warm up takes a maximum of 5 minutes. This will help the Tournament Director to stay on schedule.

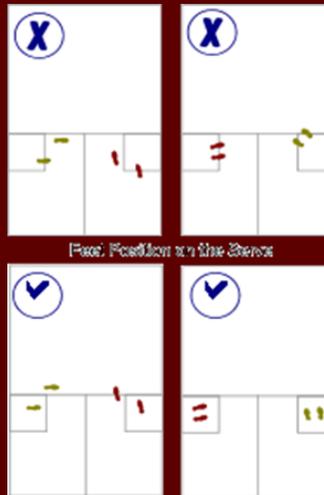


2) Please prepare the **scoreboards**, hang the sheet with the names of the players on the back wall of the court and write the score after each game.

## During the Match

3) **Foot-fault** should always be penalised and stated as "Foot-fault". The referee cannot accept an incorrect serve in an official tournament. There are no excuses for the striker – after all, he decides when he will serve. If the referee ignores the fault, he is giving an

advantage to the server because he is closer to the "T" position. See below.



4) There is no such call as "Correction" or "Thank you", but thanking players who call their own shots "not up" or "down" is good policy and a symbol of **fair play**. We are gentlemen and ladies on the court.

5) Do not tolerate **bad behaviour**, arguing, bad language, pushing or any behaviours which are disruptive, intimidating or offensive. These attitudes ruin the reputation of squash and will not help our sport to develop.

6) Do not reward **Strokes** when a player is 'fishing for one'.

7) A "Reasonable **fear of injury**" is always a good reason for a 'Yes let'.

8) Be prepared to give Strokes if there is no movement after drop shots (**classic blocking technique**).

9) If a player appears distressed health-wise, watch out for **delaying tactics** and don't allow them to happen. If necessary, invite the player to concede the game in progress and to take the 90-second interval to recover.

10) Be strict with the **time between games (90 seconds)** because fitness is an important part of the game. One player is maybe



less technical but tries to build his game on the fitness and if you do

not respect the 90 second interval, you, as a referee, will be influencing the result of the match.

## After the Match

11) Always open the door for the players and **shake hands** with both players.



12) **Return the scoresheet** without any delay to the Tournament Director.

## PHOTOS

Volker Knerr, Konny Hoellein, and Matthis Fuhrmann

If you want to receive a copy of the newsletter via E-Mail, please contact [Pavel Sladecek](mailto:Pavel.Sladecek@european-squash.com)

## CONTACTS

[masters@europeansquash.com](mailto:masters@europeansquash.com)  
[www.europeansquash.com](http://www.europeansquash.com)

Facebook—[European Squash Masters](https://www.facebook.com/EuropeanSquashMasters)