



Bowling, Tennis and Squash Club

# MEMBER'S HANDBOOK

SEASON 2026-2027

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# A WELCOME MESSAGE FROM ANDREW ARMITAGE

WEST HEATON PRESIDENT 2026-2027

It is a real privilege and personal honour to serve as President of West Heaton Bowling, Tennis and Squash Club. This club has been part of my life for many years, and stepping into this role means a great deal to me.

Over the years, I have had the pleasure of representing West Heaton in our tennis teams and, back in the day, in our football team as well. I am also especially proud that seven additional members of my family have joined this wonderful family club — proof, if ever it were needed, of how special this place is to us.

My connection with the club began on my 12th birthday, the earliest age you could join at the time. I still remember the excitement of walking through the gates as a new member. What began as youthful enthusiasm quickly grew into a lifelong affection for a club that offers so much more than sport — it offers friendship, community and a true sense of belonging.

Today, it gives me enormous pleasure to see our junior members thriving. They are the heartbeat of our future, and it is up to all of us to encourage and support them.

As President, I am committed to helping the club continue to grow and prosper, improving our facilities while protecting the warm, inclusive atmosphere that makes West Heaton so special. I look forward to working alongside our dedicated committee, coaches, bar steward, volunteers and, most importantly, you — our members. Your enthusiasm and loyalty are what truly make this club flourish.

I encourage everyone to get involved, whether through sport, social events, volunteering, or simply spending time here with friends and family. Together, we will ensure that West Heaton continues to thrive for many years to come.

I very much look forward to meeting and connecting with you throughout the year, whether on the courts, on the bowling green, or in the bar.

Wishing you all a happy, successful and enjoyable year ahead.

*Andrew Armitage*

# CLUB OFFICIALS

## SEASON 2026-2027

### GENERAL COMMITTEE

President	Andrew Armitage	07967 800339
Immed. Past President	Gurjeet Singh-Raud	07908 014888
Vice-President	Alison Sharman	07711 496420
Hon. Secretary	Chris Chambers	07968 296743
Hon. Treasurer	Paul Wilcox	07507 640062
Subscriptions Treasurer	TBC	TBC

Rik Cross, Mike Gough, Harry Hallisey, Sue Mansfield,  
Alan Mansfield, Sofia Milone, Eddie Tasker,  
and our Limited Company Rep.

### EXECUTIVE COMMITTEE

The Executive Committee is made up of the President,  
Immediate Past President, Vice-President, Hon. Secretary  
and Hon. Treasurer.

### NEW MEMBERSHIP SECRETARY

Anne Porter  
07899 701794 [newmembers@west-heaton.co.uk](mailto:newmembers@west-heaton.co.uk)

### SAFEGUARDING OFFICER

Julie Woosey  
[safeguarding@west-heaton.co.uk](mailto:safeguarding@west-heaton.co.uk)



# MAIN SOCIAL EVENTS 2026-2027

Look out for posters and emails with details of all events listed and more!  
 Email us at [events@west-heaton.co.uk](mailto:events@west-heaton.co.uk) if you have any great ideas for social events. For updates throughout the year please go to the Social tab on our website [www.west-heaton.co.uk](http://www.west-heaton.co.uk)

2026				
APRIL	Fri	17th	8pm	Bingo Night
	Sat	18th	1-8pm	Opening Day. Tennis and Bowling Competitions plus food. Bar open until 8pm.
MAY	Sat	9th	8pm	President's First Do - Motown Night
	Sat	16th	8pm	Eurovision Final Night
JUNE	Sat	27th	1-8pm	President's Day Tennis and Bowling Competitions plus Afternoon Tea. Bar open until 8pm
JULY	Fri	10th	1.30pm	Golf Day at Heaton Moor Golf Club Followed by Presentation Dinner
	Sun	12th	4pm	Wimbledon Finals Strawberries and Pimms afternoon
	Sat	18th	TBC	Summer Event
SEPT	Sat	12th	8pm	Tennis Celebration Evening
	Sun	20th	10.30am	Open External Pairs Bowls Competition



OCTOBER	Fri	9th	8pm	West Heaton Traitors Night
	Sat	10th	7.30pm	Bowls Presentation Evening
NOVEMBER	Sat	7th	6.30pm	Bonfire Night
	Thurs	12th	8pm	AGM: Tennis
	Thurs	19th	8pm	AGM: Bowling
DECEMBER	Fri	4th	7pm	Wreath Making Event
	Thurs	10th	8pm	Christmas Draw Night
	Sat	12th	8pm	Christmas Party Night
	Thurs	24th	1-2pm	Christmas Eve Sandwich Lunch served by the Exec Committee
	Thurs	24th	7.30-10pm	Christmas Eve Carols in the Bar
	Thurs	31st	12 midday	New Year's Eve Family Event
2027				
MARCH	Sat	13th	8pm	President's Last Do
	Thurs	18th	8pm	Club AGM

Recurring social events are shown overleaf.



## RECURRING SOCIAL EVENTS

We aim to provide events for all members, enabling them to meet others and enjoy the club facilities in a variety of ways.

If you have an idea for an event please contact:  
[events@west-heaton.co.uk](mailto:events@west-heaton.co.uk).

All events are advertised throughout the year on notice boards around the club and via email. If you don't currently receive emails about social events and would like to be added to the distribution list, please send your name and email address to:  
[newmembers@west-heaton.co.uk](mailto:newmembers@west-heaton.co.uk)

### Quiz Night

Quizzes run from Oct-March. Dates for this year are:  
Saturday 17th October, Friday 20th November, Saturday 9th January,  
Friday 12th February, Saturday 20th March

All members and friends are welcome to compete each month, in teams of up to six, for the fabulous Gibson trophy. We are always looking for new quizmasters so if you would like to volunteer please email [enquiries@west-heaton.co.uk](mailto:enquiries@west-heaton.co.uk)



## FAMILY PUB NIGHTS

Open to all, these take place on various Fridays throughout the year. Look out for emails with more details.

Bar open from 6.00pm - 10.00pm with Happy Hour from 6.00pm to 7.00pm (30% off all drinks). Food available to buy plus table tennis, pool and board games indoors. Tennis courts and bowling green (April - Sept) are available for family play.

## POKER NIGHTS

A monthly fun, yet competitive poker night. Texas Hold'em game for £10 (plus equipment fees). Ideally, you need to know how to play the game before signing up. Open to club members (18+) only. This year's dates are Friday 10th April and then the first Friday of each month. Please message Gurj Singh-Raud on 07908 014888 for more information.

## CREATIVE SOCIAL SESSIONS

Following successful Christmas Wreath making and Needle Felting we will be offering a variety of workshops throughout the year so look out for emails and posters.

If you have a hobby or skill or an idea you would like to share with members please email Jackie Jennings at [jackiestuff25@yahoo.com](mailto:jackiestuff25@yahoo.com)



# CONTACT US

<b>By email</b>	enquiries@west-heaton.co.uk
<b>By telephone</b>	0161 432 2313 (During bar hours)
<b>By post</b>	West Heaton Bowling, Tennis and Squash Club, Prince's Road, Heaton Moor, Stockport, SK4 3NQ

Scan QR code to visit our website: [www.west-heaton.co.uk](http://www.west-heaton.co.uk)



You will find direct contact details for the main Club Officials, including the New Members Secretary and our Safeguarding Officer, on p5. If you wish to contact one of the various Club sections, please use the emails below:

<b>Bowling Section</b>	bowling@west-heaton.co.uk
<b>Tennis Section</b>	tennis@west-heaton.co.uk
<b>Squash Section</b>	squash@west-heaton.co.uk
<b>Social Section</b>	events@west-heaton.co.uk
<b>House &amp; Grounds</b>	grounds@west-heaton.co.uk
<b>New Membership</b>	newmembers@west-heaton.co.uk
<b>Current Membership &amp; Subs Queries</b>	subscriptions@west-heaton.co.uk



# HOW WE CONTACT YOU...

## EMAIL

The Club will send news and information by email to all members who have given us an email address. If you do not have an email address we will send information by post.

If you are not currently receiving club emails and would like to do so or you have changed your telephone number, postal or email address please contact our Database Coordinator Anne Porter ([newmembers@west-heaton.co.uk](mailto:newmembers@west-heaton.co.uk)).

## WEBSITE & FACEBOOK

Visit our website at [www.west-heaton.co.uk](http://www.west-heaton.co.uk) for a wealth of information about the Club and recent events. Photos of events can also be viewed on our Facebook page.

## EVENTS

Information in advance of all events can be found on the various notice boards around the clubhouse.

**Please note: Any information or email addresses held on the West Heaton database will only be used for Club purposes. Our Privacy Policy conforms to the GDPR and can be viewed on our website or in the Clubhouse.**



# SAFEGUARDING, DIVERSITY AND INCLUSION

Here at West Heaton we are committed to ensuring the safety and well-being of all our members and we are very proud of our efforts to promote a welcoming atmosphere.

The General Committee regularly reviews our approach to safeguarding and inclusivity to make sure our approach is working effectively. The following policies, including Codes of Conduct are available on our website (under 'Resources') or in a folder kept near the notice boards on the far side of the bar lounge:

Safeguarding, Diversity & Inclusion, Anti-Bullying, Use of Changing Rooms, Photography & Social Media Best Practice. There is also a large amount of information and resources available on the LTA website ([lta.org.uk](http://lta.org.uk)).

We encourage all members to report any incidents as soon as possible so that appropriate actions can be taken.

You can find Safeguarding information on a poster on our notice boards.

Julie Woosey is our Safeguarding Officer who is responsible for promoting safeguarding for all sections at our venue and working with others to ensure a safe and inclusive environment.

You can contact her directly if you want to report an incident or have any concerns or questions. She is available via email on [safeguarding@west-heaton.co.uk](mailto:safeguarding@west-heaton.co.uk).

The LTA has a dedicated team who help clubs in this area and you may also contact them directly on 0208 487 7000 or at [safeguarding@lta.org.uk](mailto:safeguarding@lta.org.uk).



## MEMBERS PLEASE NOTE...

- You and your guests are asked to consider local residents at all times. Please do not make a noise when leaving and do not park so as to obstruct driveways or garage entrances on Princes Road or on the access driveway.
- Membership runs up to 30th April each year. A member resigning before this date is still liable for any unpaid subscriptions.
- Non-members (both Adult and Junior), Social Members and Country Members may use the playing facilities up to 3 times during the Club year (May-April) but only as a guest of a Member in the relevant section.
- Dogs must be kept on a lead in the Club grounds. Guide/assistance dogs are allowed in the bar plus all well behaved dogs (subject to trial period).
- Bikes and scooters should be ridden with care within the Club grounds and should be left by the bike racks and not ridden on the patio area.
- Motorbikes must not be ridden beyond the car park.
- Only Rackets, Bowls and Squash Members are eligible to vote at a sectional or Club AGM/EGM.
- All members must abide by the rules\* and be subject to the disciplinary procedures of the Club.
- You should read the specific rules of etiquette and guidance relating to each sport which can be found in the relevant sections of this Handbook.

**\*A full list of Club Rules and Byelaws, including information about membership categories and subscription rates, is available in the clubhouse, on the website, or by contacting the Hon. Secretary.**





## CLUB HISTORY

West Heaton has a proud 150+ years of history. What made a group of people decide to create a sports club on this site, we don't know, but on 15th July 1873, the first meeting of the Club took place.



To find out more, visit our website where you will find:

- an interesting Timeline
- links to our 150th and previous anniversary brochures
- the chance to view our commemorative 150th anniversary video
- the story of West Heaton during WWI
- the Presidential Roll of Honour
- a history of the Oundle Bowling Woods

[WWW.WEST-HEATON.CO.UK/HISTORY](http://WWW.WEST-HEATON.CO.UK/HISTORY)



# DEFIBRILLATOR

West Heaton has a defibrillator which is located at the front of the Club in plain sight from the tennis courts and with easy access from the bowling green and squash courts. To open, key in the access code C999 and turn the knob in a clockwise direction.



If you suspect someone has suffered cardiac arrest, always phone 999 immediately, before using the defibrillator

## PLEASE BE AWARE:

- By using the defibrillator you will not make the patient's situation worse and you may save their life.
- The defibrillator is easy to use in the event of sudden cardiac arrest
- The machine gives clear spoken instructions to follow when it is switched on
- The machine will make the decision about giving the patient a shock, or not, therefore no harm will occur to the patient just by applying the pads.

By following the link on our website, you can view a very clear YouTube video on how to use the equipment. The film is American-made and refers to calling 911 for expert help. Clearly in the UK this emergency number is 999. Otherwise, this instruction video is exactly as for our equipment.

Please watch the video to give you the best chance of helping someone.



# 100+ CLUB

## PLEASE SUPPORT WEST HEATON BY JOINING OUR 100 PLUS CLUB

The 100+ Club raises funds for projects around the club which benefit all members. Recently this includes the patio extension and a significant contribution towards the cost of the new porches and awning on the front of the pavilion

---

- Open to all members over 18yrs
  - £4 per month, per share
  - Monthly draw with cash prizes up to £200
- 

Application forms are available behind the bar, or for more information contact Roberto Kruszyna on:

**[100club@west-heaton.co.uk](mailto:100club@west-heaton.co.uk)**



# GETTING INVOLVED

West Heaton is run entirely by volunteers and new people are always welcome to get involved. Here are just a few examples of the many ways to do this:

## ▶ HELP WITH CLUB EVENTS:

- Setting up the pavilion before an event
- Helping with various tasks during an event  
e.g. taking tickets on the door, selling raffle tickets
- Clearing up afterwards

## ▶ HELP KEEP THE HOUSE & GROUNDS LOOKING SMART:

- Gardening
- Clearing leaves
- Cutting the grass
- Maintenance projects

## ▶ JOIN A SECTION COMMITTEE:

- Bowls
- Tennis
- Squash
- Social

## ▶ PUT FORWARD IDEAS FOR SOCIAL EVENTS

## ▶ ORGANISE A QUIZ OR GAMES NIGHT

Your involvement can be regular or every now and then, so if you are interested, please contact the relevant section (see p10) or email [enquiries@west-heaton.co.uk](mailto:enquiries@west-heaton.co.uk).

Look out for emails requesting help at various times of the year.

Get involved, find new friends and help make your Club a successful and happy one!





## HAVING A PARTY? AN ANNIVERSARY? A BIRTHDAY?

Then why not use the facilities at West Heaton?

Members may book the Pavilion and Bar facilities for private functions.

Contact the Bar Chairman, Eddie Tasker, on 0161 432 2313 or email us at [enquiries@west-heaton.co.uk](mailto:enquiries@west-heaton.co.uk) for further details.

The function room seats 80 and is available for hire for £50 Equally the bowling green may be hired too.

There are restrictions on certain functions - please check with the Bar Chairman.

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## BAR OPENING TIMES

**Monday to Friday:** 7.30pm to 11.00pm

**Saturday:** Closed except for functions  
(see Social Calendar)

**Sunday:** 1.00pm to 6.00pm

**The bar also closes on  
Bank Holiday weekends  
and between Christmas  
and New Year.**

**Please note:** If there is nobody in the Club at 10.15pm on a weekday, or 5.15pm on a Sunday, **the bar will close early.** Last orders will be called 15 minutes before official closing time, and all members must leave the premises no later than 15 minutes after closing time.





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[admin@georgeball.co.uk](mailto:admin@georgeball.co.uk)**



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\*The pay monthly price is based on a 50 year old paying by the instalment payment option with a £49 deposit over 10 years. An instalment charge is included based on the term you select and is included in the overall cost of your funeral plan.

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# BOWLING SECTION 2026-2027



## CHAIRPERSON

Eddie Tasker  
bowling@west-heaton.co.uk  
07546 486098 or 0161 448 7384

## VICE CHAIR

Andrew Dunne

## SECRETARY/OFFICER ON GENERAL COMMITTEE

Sue Mansfield  
sue.mansfield@hotmail.co.uk  
07502 274991 or 0161 443 1340

## TEAM CO-ORDINATORS

Eddie and Lorraine Tasker

## COMPETITIONS

Eddie Tasker, Andrew Dunne, Lorraine Tasker,  
Chris Law, Liz Jordan, and Sue Mansfield.

## COMMITTEE REPS

Ita Gannon, Liz Jordan, Chris Law (Team & Social Refreshments),  
Alan Mansfield (also Rep on General Committee), Enid Monks,  
Doris Moores, Lorraine Tasker and Alan Woosey

## GROUNDS/GREEN REP

Eddie Tasker/Sue Mansfield



# BOWLING GUIDELINES & ETIQUETTE

Please do not smoke or take drinks onto the Bowling Green.

## ALL BOWLING MEMBERS ARE REQUIRED TO WEAR FLAT SOLED SHOES WHICH WILL NOT DAMAGE THE GREEN

Please note that British Crown Green Bowling League rules do not allow open-toed shoes or sandals to be worn by anyone going onto the green including Markers and Measurers. Please adhere to this rule or you will not be allowed onto the green and will be asked to leave.

## MEMBERS' GROUP BOWLING SESSIONS

April – September: Tues and Sun 2.00pm to 4.00pm

Members may arrange their own singles or doubles but should remember the West Heaton custom of inviting anyone waiting to play to join them regardless of their bowling standard. Please see the Bowling Notice Board or the West Heaton website for more information.

## COMPETITIONS AND TEAMS

Please note that only Bowling, Rackets or Squash Members are eligible to play in competitions or for a team. Visitors, Social and Country members may play on only three occasions in any one year; after three visits, it is expected that they will apply to become a Bowling, Rackets or Squash Member.

## BOWLING RULES/GUIDELINES

See bowling notice boards for updated rules and reminders.

## SAFEGUARDING

Please see the information on p12.



# SCHOOL OF BOWLING

This season the bowling section is running three new School of Bowling evenings to help improve all aspects of bowling with constructive practice & coaching.

## DATES

Friday 15th May 6 - 7.30pm

Friday 19th June 6 - 7.30pm

Friday 17th July 6 - 7.30pm

The sessions, run by our own bowling volunteers, will include coaching on the bowling green to help all bowlers improve their bowling skills plus help with understanding pegging, and general bowling rules

### Sessions will include:

- Fun and constructive activities
- Bowling the green practice road
- Accuracy, delivery & distance
- Bowling set up & line following

These sessions are available to all Bowling/Rackets Sports members. Just turn up and join in on the night. All bowls and equipment will be provided if needed.





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# BOWLING COMPETITIONS 2026

ALL COMPETITIONS ARE OPEN TO BOWLING, RACKETS OR SQUASH MEMBERS ONLY UNLESS INDICATED OTHERWISE

2026

2026				
APRIL	Sat	4th	1.00pm	Ladies Singles - Gill Davies Cup (Round Peg)
	Sat	11th	1.00pm	Gents Singles - Brailsford Trophy (Straight Peg)
	Sat	18th	1.30pm	Opening Day - Chadwick Cup (Mixed Pairs)
MAY	Sat	2nd	1.00pm	Ladies Singles – Mary Fellows Trophy
	Sat	16th	1.00pm	Gents Singles – Brittain Cup
	Sat	30th	1.00pm	Ladies Singles – Gill Todd Trophy
JUN	Sat	13th	1.00pm	Gents Singles – Harold Flint Trophy
	Sat	27th	1.00pm	President's Day Pairs (Followed by tea at 5pm)
JUL	Sat	4th	1.00pm	Ladies Singles – Rose Bowl
	Sat	11th	1.00pm	Gents Singles – President's Prize
	Sun	26th	2.00pm	Intersection Team Trophy - Pairs
AUGUST	Sat	1st	1.00pm	Ladies Singles – President's Prize
	Sun	9th	1.00pm	Internal Pairs Open (Major Comp)
	Sun	16th	1.30pm	Internal ladder Finals Day (Trophy and prizes)
SEPT	Sat	5th	1.00pm	Ladies Singles - Merit Trophy (Major Comp)
	Sun	13th	1.00pm	Gents Singles - Merit Trophy (Major Comp)
	Wed	16th	5.30pm	Ladies and Mens Fish and Chip Night with trophy
	Sun	20th	10.30am	Open Pairs External Competition (Sponsored by Carlsberg)
OCT	Sat	3rd	1.00pm	Torrevejia Trophy (Mixed Pairs)
	Sat	10th	7.30pm	Bowling Presentation Evening (Inc. food)
NOV	Thurs	19th	8.00pm	Bowling AGM





**CARLSBERG BRITVIC**

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**OPEN BOWLS ONE-DAY**  
**COMPETITION**

Sunday 20th September 2026

Commencing at 10.30am

# STOCKPORT & DISTRICT BOWLING LEAGUE LADIES DIVISION B

**Captain:** Lorraine Tasker 07759 902619

**Vice Captain:** Chris Law 07730 621928

## Monday Evenings

April	20th	Heaton Moor Park	Away
	27th	Vernon Park	Home
May	11th	High Lane	Away
June	1st	Northenden	Home
	8th	Fletcher Moss	Away
	15th	Queensgate/Bramhall	Home
	22nd	Meadway	Away
	29th	Meadway	Home
July	6th	Heaton Moor Park	Home
	20th	Vernon Park	Away
	27th	High Lane	Home
August	3rd	Northenden	Away
	10th	Fletcher Moss	Home
	17th	Queensgate/Bramhall	Away



# CHEADLE & DISTRICT LADIES BOWLING LEAGUE DIVISION B

**Captain:** Una Goulding 07814 108563

**Vice Captain:** Wendy Taylor 07989 457226

## Wednesday Evenings

April	15th	Nomads*	Home
	22nd	High Lane*	Away
	29th	Peel Moat*	Home
May	6th	Peel Moat	Away
	13th	Heaton Mersey	Away
	20th	High Bank	Home
	27th	Meadway	Away
July	1st	Meadway	Home
	8th	High Bank	Away
	15th	Heaton Mersey	Home
	22nd	Peel Moat	Home
August	5th	Heaton Mersey*	Home
	12th	George & Dragon*	Away
	19th	Meadway*	Away

\* Round Robin Competition



# SOUTH MANCHESTER VETERANS BOWLING ASSOCIATION

## DIVISION 2 - MEN'S/LADIES

**Captain:** Mike Robinson 07761 278225

**Vice Captain:** TBC

**Monday Afternoons 1.00pm**

April	13th	Albert Vets	Home
	20th	Highbank Park	Away
	27th	Thorn Grove	Home
May	11th	Debdale Park B	Away
	18th	Longford Park	Home
June	1st	Droylsden Park	Away
	8th	Northern Etchells B	Home
	15th	Ashton Park B	Away
	29th	Ladybarn Park B	Home
July	6th	Albert Vets	Away
	13th	Highbank Park	Home
	20th	Thorn Grove	Away
	27th	Debdale Park B	Home
August	3rd	Longford Park	Away
	10th	Droylsden Park	Home
	17th	Northern Etchells B	Away
	24th	Ashton Park B	Home
	31st	Debdale Park B*	Home/Away
September	14th	Ladybarn Park B	Away

\*Cup Game



# CHEADLE & GATLEY DISTRICT BOWLING LEAGUE

## VETERANS MEN'S/LADIES - DIVISION 3

**Captain:** Alan Mansfield 07917 021517

**Vice Captain:** Martin Sharman 07708 621457

**Wednesday afternoons 1.30pm**

April	15th	Beech House B	Home
	22nd	Albert	Away
	29th	Vernon Park A	Home
May	6th	Great Moor B	Away
	13th	Woodley B	Home
	20th	Poynton WMC B	Away
	27th	SWMCC	Home
June	3rd	Thorn Grove B	Home
	10th	Withington	Away
	24th	Beech House B	Away
July	1st	Albert	Home
	8th	Vernon Park A	Away
	15th	Great Moor B	Home
	22nd	Woodley B	Away
	29th	Poynton WMC B	Home
Aug	5th	SWMCC	Away
	19th	Thorn Grove B	Away
	26th	Withington	Home



# STOCKPORT PARKS BOWLING LEAGUE DIVISION A - MEN'S/LADIES

**Captain:** Andy Dunne 07555 768112

**Vice Captain:** Eddie Tasker 07546 486098

## Wednesday Evenings

April	15th	Victoria	Away
	22nd	Ladybridge Park	Home
	29th	Cale Green I	Away
May	13th	Houldsworth WMC	Home
	20th	Shaw Heath I	Away
	27th	South Reddish	Home
June	3rd	South Reddish	Away
	17th	Shaw Heath I	Home
July	1st	Houldsworth WMC	Away
	29th	Cale Green I	Home
Aug	5th	Ladybridge Park	Away
	12th	Victoria	Home



# STOCKPORT PARK VETERANS BOWLING LEAGUE

## DIVISION C – MEN'S/LADIES

**Captain:** Eddie Tasker 07546 486098

**Vice Captain:** Chris Law 07730 621928

**Thursday Afternoons 1.30pm / one Tues match\***

April	2nd	Thornfield Park	Home
	9th	Shaw Heath Park 2	Away
	16th	Vernon Park 2	Home
	23rd	Woodley Sports 2	Away
	30th	James North	Home
May	7th	Cale Green Park 2	Away
	14th	Victoria BC 3	Home
	21st	Heaton Moor Park	Away
	28th	Marple Park 2	Home
June	11th	Torkington Park	Away
	18th	Beech House @ Thornfield**	Away
	25th	Thornfield Park	Away
July	2nd	Shaw Heath Park 2	Home
	9th	Vernon Park 2	Away
	23rd	Woodley Sports 2	Home
	30th	James North	Away
	August	6th	Cale Green Park 2
	18th*	Victoria BC 3	Away
	27th	Heaton Moor Park	Home
Sept	3rd	Marple Park 2	Away
	17th	Torkington Park	Home

\*\*Cup Match



# STOCKPORT & DISTRICT BOWLING LEAGUE MEN'S DIVISION C

**Captain:** Eddie Tasker 07546 486098

**Vice Captain:** Andy Dunne 07555 768112

**Thursday Evenings / three Tuesday matches\***

April	9th	Crown 2	Away
	16th	Woodley Sports 3	Home
	21st*	High Lane	Away
	30th	Poynton Sports 3	Home
May	7th	Grange 1	Away
	14th	Crown 2	Home
	21st	Hazel Grove 2	Home
	28th	Stockport CC	Away
June	4th	Great Moor 3	Home
	9th*	Nursery 2	Away
	25th	Grange 2	Away
July	2nd	Victoria 3	Home
	9th	Victoria 3	Away
	23rd	Grange 2	Home
	30th	Nursery 2	Home
Aug	13th	Great Moor 3	Away
	20th	Stockport CC	Home
	25th*	Hazel Grove 2	Away
Sept	3rd	Grange 1	Home
	10th	Poynton Sports 3	Away
	17th	High Lane	Home
	24th	Woodley Sports 3	Away





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# TENNIS SECTION 2026-2027



If you have any queries or comments about tennis at West Heaton please contact the Tennis Committee:  
tennis@west-heaton.co.uk

## CHAIRPERSON

Mike Gough (also Officer on General Committee)

## SECRETARY

Hilary Minnock

## TREASURER

TBC

## COACHING REPS

Andy Perry & Richard Meadowcroft (also Social Tennis)

## TEAM TENNIS REP

Sofia Milone (also Website and Rep on General Committee)

## GENERAL REPS

Su Ping Bailey, Sophie Cochlin, Rachel Sharman,  
Neil Duffitt (also Social Rep).

## HOUSE & GROUNDS REP

Tony Smith

## JUNIOR TENNIS COORDINATOR

Harry Hallisey (also Rep on General Committee)

## We are also supported by:

Social Tennis Coordinator: Debbie Bond

Match Secretary: Nicola Humphries



## LTA REGISTRATION AND SAFEGUARDING

West Heaton Bowling, Tennis & Squash Club is an LTA Registered venue which means the LTA endorses and supports the Tennis Programme we deliver on court and the policies and procedures we have in place off court.

All key documentation, including our policies on equality, diversity, health, safety, child protection and codes of practice is available for all members to read on our website and in the file held in the Clubhouse.

For more information about Safeguarding, please see p12.

## TENNIS AGM

The Annual General Meeting of the Tennis Section will be held on Thursday 12th November 2026 at 8.00pm.

## KEEPING UP TO DATE

Please check the notice boards and website for information on forthcoming events. All tennis events (for Adults and Juniors) are displayed on the Tennis Notice Boards and will be emailed to all those members who have asked to join the distribution list. If you don't currently receive emails from the tennis section and would like to be added to the distribution list, please send your name and email address to: [newmembers@west-heaton.co.uk](mailto:newmembers@west-heaton.co.uk).

## TENNIS BALL RECYCLING

Please recycle your used tennis balls in the special green bin near court 4. We send lightly marked and unmarked balls to Recyclaball on a regular basis. This avoids balls going to landfill and raises some useful funds for the club.



# TENNIS GUIDELINES & ETIQUETTE

## BOOKINGS AND CANCELLATIONS

Courts must be booked in advance using our online booking calendar ([www.clubspark.lta.org.uk/wh/Booking/BookByDate](http://www.clubspark.lta.org.uk/wh/Booking/BookByDate)) and can only be booked by West Heaton members. If you are unable to attend your booking slot please remember to cancel it so that other members may use the courts. Matches and organised tennis sessions will be shown on the online calendar. Details of all tennis events and tournaments will also be posted on the Tennis notice board.

Note: For the sake of those playing and your own safety, please wait for a break in play before crossing behind the courts.

## DRESS CODE

Any recognised tennis wear is permitted at West Heaton. Beachwear, football and rugby shirts are not allowed. Shoes must be non-marking tennis shoes.

## CHANGING ROOMS

The changing rooms, toilets and showers can be accessed via the door leading to the Squash Courts. You will need a card key for the door and this can be purchased from the bar during normal opening hours. Please make sure that the outside door remains locked at all times and that lights are turned off when you leave.

## FLOODLIGHTS

To use the floodlights, you will need to purchase tokens from the bar. A token for 30 minutes costs £2.00. The light boxes can be found at the entrance to Squash Court 1 (a card key is needed to access). A red warning light comes on five minutes before your token runs out. To continue playing you should use another token immediately as once the lights go out they will not come back on for 15 minutes. Please note that the lights automatically go off at 10.00pm.



## RACKET RESTRINGING

Head Coach Andy Perry is a qualified stringer who can provide a 24-hour turn around if necessary. Go to the Restringing page on our website for prices and more info, or contact him directly: 07525 795445.

## CARE OF COURTS

The preparation and maintenance of the courts is the responsibility of the Tennis Section. The club employs a sub-contractor to carry out some regular court maintenance but day to day responsibility lies with all members so please use the Aussie drag nets to clear any leaves or seeds before you play and remove all litter (including ball tubes, lids and water bottles) when you leave the courts. If you are last to leave the court, please slacken the net cords. Also, please ensure that you wear the appropriate footwear.

## VISITORS & GUESTS

Members may bring the same guest to play on *only three occasions in any one year*; after three visits, it is expected that the visitor will apply to become a Rackets Member. The same rule applies to Social and Country Members. Only Racket Members may enter our Open Tournaments but visitors are welcome to enter Social Tournaments subject to the three occasion rule.

## LTA MEMBERSHIP & WIMBLEDON TICKETS

West Heaton is an LTA Registered Venue so by clicking this link [www.lta.org.uk/advantage/](http://www.lta.org.uk/advantage/) you can take up Advantage Play+ membership for free. This gives you various offers and entry to the Wimbledon Ballot.

Please refer to the LTA website for details of the Wimbledon ballot.



## ADULT SOCIAL TENNIS

Social Tennis is a pre-arranged time for people to turn up and mix in with other players to play several short sets of doubles. It provides a useful opportunity, particularly for new members, to meet other tennis players and enjoy a drink together in the bar afterwards.

Juniors of a suitable standard are also encouraged to participate in social tennis (see page 47).

If you are a summer team player, or play at that level, you may be eligible for our Advanced session.

We have a useful Social Tennis WhatsApp Group which you can join by texting Andy Rayner on 07771 606071 or Debbie Bond on 07984 779928. As a courtesy to other members, please only post in the group between the hours of 8am and 10.30pm and limit posts to West Heaton related events and business.

## SOCIAL SESSION TIMES

Any variation in session time will be communicated by WhatsApp and email, and will be reflected on the court booking calendar.

**WEDNESDAY** 6.00pm to 8.00pm

**SUNDAY** 1.00pm to 3.00pm

**Co-ordinator** Debbie Bond 07984 779928

**SUNDAY (ADVANCED)** 3.00pm to 5.00pm

**Co-ordinator** Michael Hua 07511 683877



## TOURNAMENTS

We run several tournaments over the year (open to Rackets Members only). These are listed on the next page as well as on our website and will be advertised in advance on the Tennis Notice Board and by email.

Social tournaments are open to players of all abilities and are usually handicapped to give all a fair chance. Open Tournaments are not handicapped. All tournaments are also open to Juniors with adult playing status (see p47).

The Annual Club Tournament takes place over two and a half weeks beginning at the end of August and includes Women's, Men's and Mixed Doubles handicap competitions open to all abilities and the prestigious Women's and Men's Singles Competitions.

Between October and March we also run a handicapped Mixed Doubles Winter Tournament. Once partners are drawn, participants organise their own matches.

Look out for entry details on the Notice Board and via email.

Please note: It may be necessary to sign up in advance.

## SINGLES BOX LEAGUE

Our singles box league consists of boxed groups within a larger ladder structure and is open to all Rackets Members. The league plays on a 3 month rotation. If you wish to be included in the next round please contact Dan Cochlin 07787 834701 or Ewen Buckling 07908 521152



# WEST HEATON TENNIS DIARY

## TENNIS EVENTS AND TOURNAMENTS 2026

2026

MAR	Sun	22nd	1.00pm	Generation Tournament
APR	Sat	18th	1.30pm	Opening Day Tournament
MAY	Sun	10th	3.00pm	Women's Open Doubles
	Sun	17th	3.00pm	Men's Open Doubles
JUNE	Sun	tbc	3.00pm	Mixed Open Doubles
	Sat/Sun	13th/14th		Junior Tournaments
	Sat	27th	1.30pm	President's Day Tournament
JULY	Sun	12th	4.00pm	Wimbledon Finals (Strawberries & Pimms)
AUGUST	Sun	2nd	1.00pm	Legends Tennis Tournament (over 60s)
	Sat	8th	10am-4pm	Singles Charity Tie-Break 10 Tournaments
	Wed	26th		Annual Club Tournament Starts
SEPT	Sat	12th	1.00pm 8.00pm	Annual Club Tournament Finals Day & End of Season Social
OCT	Sun	4th	3.00pm	Invitation Mixed Doubles Tournament
	Sun	11th	1.00pm	Autumn Leaves Social Tournament
NOV	Thu	12th	8.00pm	Tennis AGM
DEC	Thu	24th	10.30am	Christmas Eve Charity Tournament
	Thu	31st	11.30am	Junior New Years Eve Tournament





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# JUNIOR TENNIS

**Co-ordinator:** Harry Hallisey 07739 794439

**Head Coach:** Andy Perry 07525 795445

The junior programme aims to cater for all age groups and standards and seeks to balance social tennis for enjoyment with competitive tournaments and team matches. For details of all events please see the Diary of Events and watch out for special notices on the Tennis notice boards.

Outside of organised sessions, courts can be booked by a parent on behalf of a junior member using the club's booking system (please see p40). For your own and everyone's enjoyment please observe the guidelines on playing times and etiquette on court. Please wear recognised tennis kit. If you require any further information or have a friend who wants to join please contact the Junior Co-ordinator or any member of the Tennis Committee. Also, if you have not done so already, please give the club an email address (parent or guardian) so you can receive up-to-date news of junior club events. To do this please email: [newmembers@west-heaton.co.uk](mailto:newmembers@west-heaton.co.uk)

## JUNIOR SOCIAL TENNIS

Junior Social Tennis takes place on some Fridays during the summer season from 5.30 to 6.30 pm. These will be advertised in advance. This is a good time to mix in and socialise and the session is open to members and is free of charge. There will be a coach there to help organise the children but, please note, this is a match play (fun) session, not a coaching session, so the children do need to be able to play matches unaided.



## JUNIOR TEAM TENNIS

Juniors who want to play on the junior teams are welcome to attend the match practices as advertised pre-season. Details will be emailed in advance. Matches are usually played on Saturday or Sunday afternoons and, once fixtures are confirmed, will be organised by the team captains.

## JUNIOR TEAMS

We have a variety of team age groups for both boys and girls.

## JUNIOR CLUB TOURNAMENTS

Tournaments, providing singles and doubles events for all players, will run throughout the year. Details will be advertised in advance and emailed to everyone.

## ADULT PLAYING STATUS

The Tennis Committee recognise juniors who have achieved a good playing standard and who display acceptable behaviour on court by giving them “adult playing status.” Recognised juniors can then play with adults on social tennis nights, in social tournaments, as well as in the Annual Adult Club Tournament. They can also be invited to play on the Adult teams. The Tennis Committee updates and reviews this list regularly.



# TENNIS COACHING

The Club Head Coach is Andy Perry, who has more than 30 years coaching experience. Over the years Andy has worked at a variety of clubs, and is experienced working with all levels and ages. He has coached players who went on to have world rankings as well as National and County champions. The rest of the coaching team includes Richard Meadowcroft, Jonny Healey, and Katie Hudson-Davies who are assisted by a number of Level 1&2 coaches as well as Tennis leaders who help out on the groups and camps.

**Andy Perry**                      07525 795445    andyperrytennis4all@gmail.com

**Richard Meadowcroft** 07977 210105    richdm11@gmail.com

**Jonny Healey**                      07760 254118    jonny.healey@tennistykes.co.uk

**Katie Hudson-Davies** 07702 302051    katiehudsondavies@gmail.com

Andy also provides a quality re-string service.

## JUNIOR COACHING

Junior coaching currently takes place 6 days a week. Courses run in term times and are open to ages 4 (reception year at school) to 18. In school holidays, tennis camps run during the day and are open to both members and non-members.

The club also has established club - school links, supports tennis in our local primary and secondary schools and is fully inclusive.

Individual lessons are also available for members. For costs, please follow this link [www.west-heaton.co.uk/coaching](http://www.west-heaton.co.uk/coaching)



## ADULT COACHING

Sessions can be booked online using the link listed below. If you are unsure which session you fit into please contact Head Coach Andy Perry directly to discuss.

On Tuesdays, an Intermediate class runs from 7-8pm, and from 8-9pm we run a beginner / improver session.

On Thursdays we run a Ladies Session 10am-11.15am catering for all standards.

We also periodically run a 6-week Tennis Xpress course for beginners / restarters.

All dates are advertised on this link:

<https://clubspark.lta.org.uk/AndrewPerryCoaching/Coaching/Adult>

All sessions need to be pre-booked as places are limited. A cost for each session is payable online.

To book go to the tennis coach booking site:

<https://clubspark.lta.org.uk/AndrewPerryCoaching/Coaching/Adult>

For further information on any aspect of Adult or Junior coaching, please contact Andy Perry. Individual lessons are also available but as charges vary, please contact the coaches direct.

### *Disclaimer*

I was appointed as the Club Coach in August 2008, on a self-employed basis. The club is not liable for any events or lesson payments that I run. All monies will be paid directly to myself or a nominated assistant coach. We therefore, will be responsible for carrying them out.

SIGNED: *Andy Perry*

# TEAM TENNIS

## Match Secretary

Nicola Humphries 07847 666504

We currently have six men's, four women's and several junior teams playing in the North East Cheshire summer leagues. Six adult teams play in the East Cheshire Mixed Winter League. In addition the club also participates in the Acton Cup, and the Rose Bowl competitions.

Any member interested in playing for a team should look out for information on team practices during February/March or contact the Tennis Committee.

- Adult matches are generally held on Monday, Tuesday, Thursday and Friday evenings from 7.00pm or on Sunday mornings at 10.30am.
- Junior matches are usually held on Saturday and Sunday afternoons from 4.00pm

Dates of all home matches are shown on the court booking system. All team fixtures can be found on the following pages.

## DAYTIME LEAGUE

West Heaton currently has two informal daytime mixed teams - one which plays in a social division and one which plays in a more competitive division.

The competitive division is mostly at the standard of the lower levels of our existing NECLTL evening teams. The social division is aimed at players who play at a social level only.

Matches are played during the day from Monday-Thursday, usually at 10am or 2pm. The team consists of 2 mixed pairs. They play 3 sets each, with no tie-breaks, so the matches last for about 2 hours.

These teams are primarily vets teams but are open to anyone who wishes to play midweek in the daytime. The social teams can also be single-sex.

For further information, please email [tennis@west-heaton.co.uk](mailto:tennis@west-heaton.co.uk)



## TEAM TENNIS ETIQUETTE

At West Heaton we are committed to providing a safe and enjoyable experience for our diverse community of players. Part of that is being selected to play for one of our Summer, Winter or Junior teams. The following are the principles that we ask all our players to commit to whilst representing our club in a positive manner.

1. Respect your fellow players and be courteous throughout the matches- whether they are playing on our team or for the opposition – no foul language is to be used
2. Respect the rights, dignity and worth of every person regardless of gender, ability, cultural background or religion. Do not condone, or allow to go unchallenged, any form of discrimination, treating everyone equally.
3. Be friendly, supportive and inclusive to all players both on and off court
4. Familiarise yourself with the rules as per our club handbook and the rules of the league you play in
5. Arrive in good time for any matches with all the equipment you need
6. Refrain from ball/racket abuse and mistreatment of the court
7. If part of a team respect the decisions of your team captain
8. Communicate any changes in your availability to the team captain as soon as is possible
9. Take personal responsibility for knowing what the score is in order to avoid confusion
10. Show good sportsmanship and etiquette at all times and encourage fair play. For example, If there is a dispute over a line call, request that the point is replayed in a polite manner
11. At the end of a match ensure you appropriately thank the opposition and your partner
12. When all the sets are completed ensure the courts are left in the correct manner and match balls collected in
13. Have fun and enjoy yourself!

Breaches of this code could result in a member being suspended from team participation.



## HOME FIXTURES 2026

Tuesday	Mar 31st	7:00 pm	M2 v Bramhall Queensgate 1
Thursday	Apr 2nd	7:00 pm	W2 v Lymm 2
Saturday	Apr 11th	2:00 pm	U16B v Heaton Mersey
Sunday	Apr 12th	10:30 am	M6 v Macclesfield 5
Tuesday	Apr 14th	7:00 pm	M5 v Brabyns 3
Thursday	Apr 16th	7:00 pm	W3 v David Lloyd Trafford 2
Friday	Apr 17th	7:00 pm	M3 v Didsbury 1
Monday	Apr 20th	7:00 pm	M2 v Hale 1
Tuesday	Apr 21st	7:00 pm	M3 v Davenport 1
Friday	Apr 24th	7:00 pm	M4 v Bramhall Queensgate 3
Saturday	Apr 25th	2:00 pm	U13G v Priory
Monday	Apr 27th	7:00 pm	W3 v David Lloyd Cheadle 2
Thursday	Apr 30th	7:00 pm	W2 v Macclesfield 1
Friday	May 1st	7:00 pm	W4 v Heyes Lane 1
Friday	May 1st	7:00 pm	M2 v Heaton Mersey 1
Sunday	May 3rd	10:30 am	M5 v Alderley Edge 4
Thursday	May 7th	7:00 pm	M1 v Bramhall Lane 1
Friday	May 8th	7:00 pm	M3 v The Northern 4
Friday	May 8th	7:00 pm	M5 v Hazel Grove 1
Saturday	May 9th	2:00 pm	U16B v Bramhall Lane
Tuesday	May 12th	7:00 pm	M6 v Poynton 5
Thursday	May 14th	7:00 pm	M2 v Priory 1
Friday	May 15th	7:00 pm	W1 v Alderley Edge 2
Friday	May 15th	7:00 pm	M1 v The Northern 1
Saturday	May 16th	2:00 pm	U13B v Priory
Monday	May 18th	7:00 pm	W4 v Prestbury 5
Friday	May 22nd	7:00 pm	M4 v Woodside 1
Friday	May 22nd	7:00 pm	M6 v Cheadle (Kingsway) 6
Tuesday	May 26th	7:00 pm	M1 v Bowdon 1
Friday	May 29th	7:00 pm	M2 v Alderley Edge 1

Saturday	May 30th	2:00 pm	U18B v Hale
Monday	Jun 1st	7:00 pm	M4 v Heaton Mersey 2
Tuesday	Jun 2nd	7:00 pm	W4 v Macclesfield 4
Thursday	Jun 4th	7:00 pm	M5 v Cheadle (Kingsway) 4
Saturday	Jun 6th	2:00 pm	U13B v Davenport
Tuesday	Jun 9th	7:00 pm	W4 v Bramhall Park 2
Friday	Jun 12th	7:00 pm	W1 v Bramhall Lane 2
Friday	Jun 12th	7:00 pm	M1 v Knutsford 1
Monday	Jun 15th	7:00 pm	M6 v Urmston 3
Tuesday	Jun 16th	7:00 pm	M4 v Bramhall Lane 3
Thursday	Jun 18th	7:00 pm	W3 v Bramhall Lane 4
Friday	Jun 19th	7:00 pm	M3 v Urmston 1
Saturday	Jun 20th	2:00 pm	U18B v Ryecroft Park
Tuesday	Jun 23rd	7:00 pm	W2 v Ryecroft Park 1
Friday	Jun 26th	7:00 pm	W1 v Bramhall Queensgate 1
Friday	Jun 26th	7:00 pm	M1 v The Albert 1
Sunday	Jun 28th	3:00 pm	U16B v Macclesfield 1
Monday	Jun 29th	7:00 pm	W2 v Bowdon Bowling 1
Thursday	Jul 2nd	7:00 pm	W4 v Bowdon 3
Friday	Jul 3rd	7:00 pm	W3 v Croftside 1
Friday	Jul 3rd	7:00 pm	M4 v Priors 2
Sunday	Jul 5th	10:30 am	W1 v Cheadle (Kingsway) 1
Sunday	Jul 5th	3:00 pm	U13G v Hale
Tuesday	Jul 7th	7:00 pm	M5 v Bowdon 4
Thursday	Jul 9th	7:00 pm	M6 v Didsbury 5
Friday	Jul 10th	7:00 pm	W2 v Sale 1
Saturday	Jul 11th	2:00 pm	U13B v Cheadle Kingsway
Monday	Jul 13th	7:00 pm	W1 v Alderley Edge 1
Thursday	Jul 16th	7:00 pm	M3 v Bowdon 2
Saturday	Jul 18th	2:00 pm	U18B v Albert

# LEAGUE FIXTURES 2026 - WOMENS

## Womens 1st Captain: Hannah Gray

07432 142628

Div 1

Monday	Apr 27th	6:30 pm	Bowdon 1	Away
Monday	May 11th	7:00 pm	Hale 2	Away
Friday	May 15th	7:00 pm	Alderley Edge 2	Home
Sunday	May 17th	10:30 am	Heaton Mersey 1	Away
Thursday	Jun 4th	7:00 pm	Prestbury 1	Away
Friday	Jun 12th	7:00 pm	Bramhall Lane 2	Home
Friday	Jun 26th	7:00 pm	Bramhall Queensgate 1	Home
Sunday	Jul 5th	10:30 am	Cheadle (Kingsway) 1	Home
Monday	Jul 13th	7:00 pm	Alderley Edge 1	Home
Thursday	Jul 16th	7:00 pm	The Northern 2	Away

## Womens 2nd Captain: Hilary Minnock

07833 402428

Div 2

Thursday	Apr 2nd	7:00 pm	Lymm 2	Home
Thursday	Apr 30th	7:00 pm	Macclesfield 1	Home
Wednesday	May 13th	7:00 pm	Brabyns 1	Away
Tuesday	May 19th	7:00 pm	Bramhall Lane 3	Away
Monday	Jun 8th	7:00 pm	Davenport 1	Away
Thursday	Jun 11th	7:00 pm	David Lloyd Cheadle 1	Away
Tuesday	Jun 23rd	7:00 pm	Ryecroft Park 1	Home
Monday	Jun 29th	7:00 pm	Bowdon Bowling 1	Home
Thursday	Jul 2nd	7:00 pm	David Lloyd Trafford 1	Away
Friday	Jul 10th	7:00 pm	Sale Sports Club 1	Home



**Womens 3rd Captain: Nicola Humphries 07847 666504 Div 5**

Thursday	Apr 16th	7:00 pm	David Lloyd Trafford 2	Home
Friday	Apr 24th	7:00 pm	Priory 1	Away
Monday	Apr 27th	7:00 pm	David Lloyd Cheadle 2	Home
Tuesday	May 12th	7:00 pm	Poynton 1	Away
Tuesday	May 19th	7:00 pm	Didsbury 1	Away
Tuesday	May 26th	7:00 pm	Didsbury 2	Away
Tuesday	Jun 9th	7:00 pm	Macclesfield 3	Away
Thursday	Jun 18th	7:00 pm	Bramhall Lane 4	Home
Tuesday	Jun 23rd	7:00 pm	Greave 1	Away
Friday	Jul 3rd	7:00 pm	Croftside 1	Home

**Womens 4th Captain: Rachel Sharman 07576 873973 Div 6**

Wednesday	Apr 1st	7:00 pm	Ryecroft Park 2	Away
Monday	Apr 27th	7:00 pm	Prestbury 4	Away
Friday	May 1st	7:00 pm	Heyes Lane 1	Home
Tuesday	May 5th	7:00 pm	Hale 4	Away
Monday	May 18th	7:00 pm	Prestbury 5	Home
Tuesday	Jun 2nd	7:00 pm	Macclesfield 4	Home
Tuesday	Jun 9th	7:00 pm	Bramhall Park 2	Home
Thursday	Jun 18th	7:00 pm	Poynton 2	Away
Monday	Jun 29th	7:00 pm	Hale Barns 1	Away
Thursday	Jul 2nd	7:00 pm	Bowdon 3	Home
Monday	Jul 13th	7:00 pm	Knutsford 3	Away



# LEAGUE FIXTURES 2026 - MENS

<b>Mens 1st</b>	<b>Captain: Chris Philpott</b>	<b>07597 880705</b>	<b>Premier</b>	
Friday	May 1st	7:00 pm	Bramhall Lane 1	Away
Thursday	May 7th	7:00 pm	Bramhall Lane 1	Home
Friday	May 15th	7:00 pm	The Northern 1	Home
Tuesday	May 26th	7:00 pm	Bowdon 1	Home
Friday	Jun 5th	7:00 pm	The Northern 1	Away
Friday	Jun 12th	7:00 pm	Knutsford 1	Home
Friday	Jun 26th	7:00 pm	The Albert 1	Home
Monday	Jun 29th	7:00 pm	The Albert 1	Away
Thursday	Jul 2nd	7:00 pm	Bowdon 1	Away
Wednesday	Jul 15th	7:00 pm	Knutsford 1	Away
<b>Mens 2nd</b>	<b>Captain: Matt Moores</b>	<b>07910 752501</b>	<b>Div 1</b>	
Tuesday	Mar 31st	7:00 pm	Bramhall Queensgate 1	Home
Wednesday	Apr 8th	7:00 pm	The Albert 2	Away
Monday	Apr 20th	7:00 pm	Hale 1	Home
Friday	May 1st	7:00 pm	Heaton Mersey 1	Home
Thursday	May 14th	7:00 pm	Priory 1	Home
Thursday	May 21st	7:00 pm	Cheadle (Kingsway) 1	Away
Friday	May 29th	7:00 pm	Alderley Edge 1	Home
Wednesday	Jun 17th	7:00 pm	The Northern 2	Away
Thursday	Jul 2nd	7:00 pm	Heyes Grove 1	Away
Monday	Jul 27th	7:00 pm	The Northern 3	Away
<b>Mens 3rd</b>	<b>Captain: Tom Hewitt</b>	<b>07821 795312</b>	<b>Div 2</b>	
Friday	Apr 17th	7:00 pm	Didsbury 1	Home
Tuesday	Apr 21st	7:00 pm	Davenport 1	Home
Tuesday	Apr 28th	7:00 pm	Bramhall Lane 2	Away
Friday	May 8th	7:00 pm	The Northern 4	Home
Thursday	May 21st	7:00 pm	Macclesfield 1	Away
Sunday	Jun 14th	12:00 pm	Prestbury 1	Away
Friday	Jun 19th	7:00 pm	Urmston 1	Home
Wednesday	Jul 1st	7:00 pm	Brabyns 1	Away
Thursday	Jul 9th	7:00 pm	Bramhall Park 1	Away
Thursday	Jul 16th	7:00 pm	Bowdon 2	Home



<b>Mens 4th</b>	<b>Captain: Tony Grundy</b>	<b>07712 805691</b>	<b>Div 4</b>
Friday	Apr 24th	7:00 pm	Bramhall Queensgate 3 Home
Monday	Apr 27th	7:00 pm	Didsbury 2 Away
Friday	May 8th	7:00 pm	The Northern 5 Away
Friday	May 22nd	7:00 pm	Woodside 1 Home
Friday	May 29th	7:00 pm	Davenport 2 Away
Monday	Jun 1st	7:00 pm	Heaton Mersey 2 Home
Tuesday	Jun 16th	7:00 pm	Bramhall Lane 3 Home
Tuesday	Jun 30th	7:00 pm	Hale 3 Away
Friday	Jul 3rd	7:00 pm	Priory 2 Home
Tuesday	Jul 7th	6:30 pm	Alderley Edge 3 Away

<b>Mens 5th</b>	<b>Captain: Dan Cochlin</b>	<b>07787 834701</b>	<b>Div 7</b>
Tuesday	Apr 14th	7:00 pm	Brabyns 3 Home
Sunday	May 3rd	10:30 am	Alderley Edge 4 Home
Friday	May 8th	7:00 pm	Hazel Grove 1 Home
Thursday	May 14th	7:00 pm	Woodside 2 Away
Monday	May 18th	7:00 pm	Poynton 2 Away
Thursday	May 28th	7:00 pm	Didsbury 4 Away
Thursday	Jun 4th	7:00 pm	Cheadle (Kingsway) 4 Home
Tuesday	Jun 9th	7:00 pm	Hale Barns 1 Away
Tuesday	Jun 16th	7:00 pm	Ryecroft Park 3 Away
Tuesday	Jul 7th	7:00 pm	Bowdon 4 Home

<b>Mens 6th</b>	<b>Captain: Tom Foley</b>	<b>07557 442650</b>	<b>Div 11</b>
Sunday	Apr 12th	10:30 am	Macclesfield 5 Home
Wednesday	Apr 22nd	7:00 pm	Hazel Grove 2 Away
Tuesday	May 12th	7:00 pm	Poynton 5 Home
Friday	May 22nd	7:00 pm	Cheadle (Kingsway) 6 Home
Monday	June 1st	7:00 pm	New Mills 2 Away
Sunday	Jun 7th	2:00 pm	Brabyns 5 Away
Monday	Jun 15th	7:00 pm	Urmston 3 Home
Tuesday	Jun 30th	7:00 pm	Styal 1 Away
Thursday	Jul 9th	7:00 pm	Didsbury 5 Home
Monday	Jul 13th	7:00 pm	Mellor 3 Away
Wednesday	Jul 22nd	7:00 pm	Knutsford 4 Away



# LEAGUE FIXTURES 2026 - JUNIORS

<b>Boys U13</b>	<b>Contact:</b>	<b>Hannah Gray</b>	<b>07432 142628</b>	<b>Div I</b>
Saturday	May 9th	5:00 pm	Albert	Away
Saturday	May 16th	2:00 pm	Priory	Home
Sunday	May 31st	4:00 pm	Heaton Mersey	Away
Saturday	Jun 6th	2:00 pm	Davenport	Home
Friday	Jun 26th	6:00 pm	Hale	Away
Saturday	Jul 11th	2:00 pm	Cheadle Kingsway	Home
Saturday	July 18th	2:00 pm	Lindow	Away

<b>Girls U13</b>	<b>Contact:</b>	<b>Zoe Callan</b>	<b>07711 698219</b>	<b>Div I</b>
Saturday	Apr 25th	2:00 pm	Priory	Home
Sunday	May 17th	4:00 pm	Bramhall Lane	Away
Saturday	May 23rd	4:00 pm	Davenport	Away
Sunday	Jun 7th	4:00 pm	Cheadle Kingsway	Away
Sunday	Jul 5th	3:00 pm	Hale	Home

<b>Boys U16</b>	<b>Contact:</b>	<b>Shazhad Ali</b>	<b>07974 963168</b>	<b>Div I</b>
Saturday	Apr 11th	2:00 pm	Heaton Mersey	Home
Sunday	Apr 19th	2:00 pm	Cheadle Kingsway	Away
Saturday	May 9th	2:00 pm	Bramhall Lane	Home
Sunday	Jun 28th	3:00 pm	Macclesfield	Home
Sunday	Jul 5th	4:00 pm	Davenport	Away

<b>Boys U18</b>	<b>Contact:</b>	<b>Harry Hallisey</b>	<b>07739 794439</b>	<b>Div I</b>
Sunday	Apr 19th	3:00 pm	Handforth	Away
Sunday	May 3rd	4:00 pm	Davenport	Away
Saturday	May 30th	2:00 pm	Hale	Home
Saturday	Jun 20th	2:00 pm	Ryecroft Park	Home
Sunday	Jul 26th	6:00 pm	Bramhall Lane	Away
Sunday	Jun 27th	4:00 pm	Cheadle Kingsway	Away
Saturday	Jul 18th	2:00 pm	Albert	Home



# SQUASH SECTION 2026-2027



## FACILITIES & BOOKING

West Heaton has two\* squash courts with viewing areas and independently operated heaters and lights. Changing rooms and showers are also available.

**ALL COURTS MUST BE BOOKED BEFORE PLAYING.** Please use our online booking system: [www.clubspark.lts.org/uk/wh/booking/](http://www.clubspark.lts.org/uk/wh/booking/)

All club activities including coaching and social sessions, matches and tournaments are reflected on the online booking calendar alongside member bookings.

Squash and Rackets members are allowed 2 x squash bookings of one hour each in a rolling seven-day period, up to seven days in advance. For more information on how this works, please read through the pages on our online court booking system.

\*Please note that only the glass back court is currently in use for squash.

## SOCIAL SQUASH

Monday 7-9pm

Join our Social Squash WhatsApp group  
for more information

If you are interested in playing social squash, team squash or wish to be added to the squash mailing list or squash social WhatsApp group, please email [squash@west-heaton.co.uk](mailto:squash@west-heaton.co.uk)



# SQUASH GUIDELINES & ETIQUETTE

## FOOTWEAR

Only non-marking squash shoes may be worn on court. Trainers or tennis shoes are not permitted as they damage the courts.

## COURT CLEANING

The most common cause of injury is slipping on a dusty floor so it is essential that the courts are brushed regularly. Please do so before your game.

## JUNIORS

Junior members aged 10 and over may play squash but must be supervised by an adult at all times, up to the age of 16. Those aged 15 or over may book their own court but younger members must have the court booked for them by an adult member. All juniors under the age of 16 must wear eye protection and non-marking squash shoes.

## TOURNAMENTS

When playing in a tournament please act as marker for another match.

## VISITORS & GUESTS

Members may bring the same guest to play on only three occasions in any one year; after three visits, it is expected that the visitor will apply to become a Squash or Rackets member. The same rule applies to Social and Country members.

**SAFEGUARDING** - see p12



# TABLE TENNIS

West Heaton is a member of the Manchester and District Table Tennis League. Table Tennis takes place in the pavilion for members at the following times:

## MONDAY EVENINGS

League matches and practice for league and advanced players. Start and finish times can vary.

Contact Stephen Katona 07890 425820 for more information.

## TUESDAY EVENINGS

6.30 – 10.00pm, all standards are welcome.

Contact Mike Gibson on 07718 277925 for more information

# GOLF

## ANNUAL GOLF DAY

West Heaton holds an annual golf day at Heaton Moor Golf Club which is open to all club members who wish to participate, regardless of their golfing standard. This year's day will take place on Friday 10th July and the golf will be followed by a Presentation Dinner at the golf club. Look out for an email and notices nearer the time.

## GOLF SOCIETY

The Golf Society usually organise additional golf days at various golf clubs in the area over the year. New players welcome.

Please look out for emails giving details.



# md hair

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# OTHER ACTIVITIES

## SALSA LESSONS

Fun and friendly salsa classes every Wednesday with Karen Mackay. All welcome. No partner required. Call Karen on 07947 663307 or visit "Didsbury Salsa in Stockport" Facebook group for more details and up to date info.

**One, two or more sessions for only £8**

Beginners Course: 7.00pm-7.40pm (contact Karen to enrol on next course)

Improvers: 7.45pm-8.45pm

Intermediates: 9.00pm-9.30pm

Social Dancing between classes and from 9.30-10.30pm

## YOGA VINYASA

There are currently Mixed and Men's Only sessions run on Monday and Friday evenings and during the day on Saturday and Sunday. For more information, please contact Leanne at [leanne\\_sol2soul@mail.com](mailto:leanne_sol2soul@mail.com) or [@sol2soul\\_wellness](https://www.instagram.com/sol2soul_wellness)



## KITCHEN GARDEN

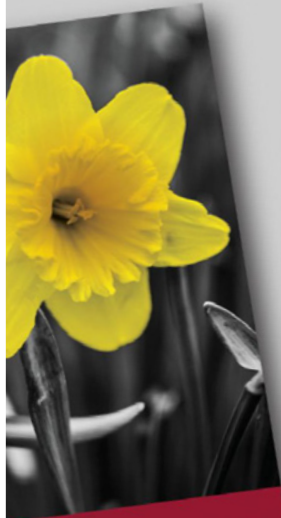


Do you enjoy being outside in nature? Would you like to grow organic, healthy food while enjoying the physical and mental benefits of gardening? If yes, why not join the small group of members who look after the kitchen garden at the rear of the club.

Located at the rear of the bowling green, the kitchen garden is managed by a group of members who communicate by WhatsApp and give as much time as they like whenever it suits. The produce grown is available for club use e.g. tennis suppers or barbecues plus gardening group members can share in the harvest.

If you are interested in joining the group or would like more information, please contact Pete Goulding on 07866 693065 or email [enquiries@west-heaton.co.uk](mailto:enquiries@west-heaton.co.uk)





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