



AUSTRALIAN Squash PLAYER

CHRISTINE

NUNN WINS SA OPEN



Play Squash for fun and fitness!



EDITORIAL



Well the results achieved at the World Junior Championships were a touch disappointing but SA's **Alex Heydon** was a real shining light.

Heydon lost her first two matches but never gave up. She went on to win the Consolation Plate Final!

Great to see **Christine Nunn** back in the winner's circle. Nunn won the SA Open beating Lisa Camilleri in the final.

Nunn had been off the scene for the first half of 2017 and her World Ranking dropped considerably. But she is back with a new lease on life!

Check out full her interview in this edition. Nunn opens up with soul searching honesty and positiveness for the future as she builds toward selection for the 2018



Commonwealth Games.

It was fantastic to see **Rhys Dowling** break through for his first professional title.

His win in the Tasmanian Open, runner up in the SA Open and a Quarter Final appearance in the PSA M10 Victorian Open has propelled the NT product to #1 on the AST Leaderboard.

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Alex Haydon - Consolation Plate Winner

W19	MAIN R2	Saskia Beinhard	Germany	6-11 6-11 7-11	0:24
T20	PLATE R2	Andrea Toth	Canada	12-10 9-11 5-11 8-11	0:31
F21	CP R2	Ellie Mcveigh	Ireland	13-11 11-3 11-4	0:23
S22	CP R3	Teagan Roux	South Africa	11-9 11-4 11-5	0:21
S23	CP SF	Courtney Mather	Australia	11-3 11-6 11-5	0:16
M24	CP Final	Kacinka Tycova	Germany	6-11 11-7 11-4 11-2	0:28



Squash Photographers are GOLD!

Toni van der Kreek, John Lockton and Natalie Mitchell have kindly agreed for their squash images to be used in this publication.

www.facebook.com/TKreekPhotography
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WORLD RANKINGS



AUSTRALIAN PLAYERS

As at 1 August 2017

	TM	LM	HR	
Ryan Cuskelly	14	14	12	NSW
Cameron Pilley	18	18	11	NSW
Rex Hedrick	59	61	51	VIC
Joshua Larkin	77	79	77	ACT
Zac Alexander	89	75	36	QLD
Rhys Dowling	114	137	114	NT
Matthew Hopkin	122	134	89	QLD
Thomas Calvert	164	163	163	QLD
Solayman Nowrozi	208	189	189	QLD
Darcy Evans	210	227	208	NSW
Joel Luca	215	224	215	QLD
Mike Corren	226	202	38	WA
Rohan Toole	235	229	209	NSW
Courtney West	240	234	218	QLD
David Clegg	247	231	177	VIC
David Ilich	252	295	252	WA
Jason Holmes	257	278	257	VIC
Nathan Lindner	277	290	276	VIC
Alex Eustace	296	315	238	QLD
Nicholas Calvert	316	339	316	QLD
Joseph White	337	369	337	NT
Lachlan Coxsedg	380	367	367	QLD
Tim Cowell	381	381	178	WA
Darcy Walsh	395	380	380	VIC
Tyler Hawkins	406	374	301	VIC
Jacob Ford	459	482	459	NSW
Maaz Khatri	459	-	459	SA
Benjamin Ratcliffe	470	482	470	VIC
Ben Courtice	474	434	333	QLD
Ethan Eyles	474	482	474	QLD
Caillin Austin	497	482	366	VIC
Ryan Marshall	497	482	398	NSW
William Curtis	497	482	359	WA

	TM	LM	HR	
Donna Urquhart	18	18	13	NSW
Rachael Grinham	31	31	1	QLD
Sarah Cardwell	42	41	41	VIC
Tamika Saxby	54	51	49	NSW
Lisa Camilleri	64	70	28	QLD
Christine Nunn	73	98	36	ACT
Jessica Turnbull	75	74	73	QLD
Samantha Foyle	87	90	73	QLD
Taylor Flavell	114	126	94	VIC
Stephanie Wighton	141	108	98	SA
Samantha Calvert	146	134	111	QLD
Lauren Aspinall	150	180	150	SA
Selena Shaikh	156	140	94	VIC
Moana Gray	163	175	111	NSW
Taylor Jones	165	154	145	QLD
Grazia Guida	208	184	157	VIC
Courtney Mather	223	218	218	QLD
Jessica Osborne	223	-	223	NT
Shehana Vithana	223	218	218	NSW

WORLD TOP 5

	TM	LM	HR
Gregory Gaultier	1	1	1
Karim Abdel Gawad	2	2	1
Mohamed Elshorbagy	3	3	1
Nick Matthew	4	4	1
Ali Farag	5	5	5
Nour El Sherbini	1	1	1
Raneem El Welily	2	2	1
Camille Serme	3	3	2
Laura Massaro	4	4	1
Nouran Gohar	5	5	2

All Australian PSA players are now listed.



OUR STARS



The following tables summarise the **PSA matches** played by our **Top 10 Men and Women** players during the previous month. It also includes results from major events like World Championships, Commonwealth Games, etc. Their most recent match is listed first:

Rex Hedrick

Harinder Pal Singh Sandhu	L	F	Victorian Open	14-12, 3-11, 4-11, 7-11 (77m)
Joshua Larkin	W	SF	Victorian Open	11-4, 9-11, 12-10, 11-6 (71m)
Victor Crouin	W	QF	Victorian Open	11-8, 7-11, 9-11, 11-8, 11-6 (84m)
David Ilich	W	R2	Victorian Open	11-4, 11-3, 11-4 (25m)
Nicholas Calvert	W	R1	Victorian Open	11-8, 11-6, 11-6 (31m)

Joshua Larkin

Rex Hedrick	L	SF	Victorian Open	4-11, 11-9, 10-12, 6-11 (71m)
Matthew Hopkin	W	QF	Victorian Open	11-9, 11-8, 11-7 (33m)
Joel Luca	W	R2	Victorian Open	11-5, 11-4, 11-3 (24m)
Alex Eustace	W	R1	Victorian Open	11-5, 6-11, 11-4, 12-10 (54m)

Matt Hopkins

Joshua Larkin	L	QF	Victorian Open	9-11, 8-11, 7-11 (33m)
Darcy Evans	W	R2	Victorian Open	11-6, 11-7, 11-8 (37m)
Shahzad Khan	W	R1	Victorian Open	11-5, 11-5, 11-2 (19m)
Rhys Dowling	L	F	Tasmanian Open	11-4, 5-11, 8-11, 11-9, 5-11 (50m)
Chris Lo	W	SF	Tasmanian Open	11-7, 11-4, 13-11 (27m)
Robert Dadds	W	QF	Tasmanian Open	11-3, 12-10, 11-4 (19m)
Joseph White	W	R1	Tasmanian Open	11-6, 11-8, 11-7 (24m)

CONGRATULATIONS

Rhys

DOWLING

2017 Tasmanian Open Champion

Christine

NUNN

2017 South Australian Open Champion



OUR STARS



Rhys Dowling

Harinder Pal Singh Sandhu	L	QF	Victorian Open	4-11, 8-11, 5-11 (33m)
Thomas Calvert	W	R2	Victorian Open	11-8, 11-6, 11-2 (27m)
Solayman Nowrozi	W	R1	Victorian Open	10-12, 11-2, 7-11, 11-6, 11-5 (57m)
Harinder Pal Singh Sandhu	L	F	South Australian Open	8-11, 10-12, 4-11 (40m)
Robert Dadds	W	SF	South Australian Open	11-9, 11-6, 11-9 (33m)
Jongmyoung Park	W	QF	South Australian Open	6-11, 2-11, 11-9, 11-8, 11-8 (59m)
Joel Luca	W	R1	South Australian Open	7-11, 11-6, 11-6, 7-11, 11-0 (40m)
Matthew Hopkin	W	F	Tasmanian Open	4-11, 11-5, 11-8, 9-11, 11-5 (50m)
Lau Tsz Kwan	W	SF	Tasmanian Open	1-11, 11-6, 11-6, 8-11, 11-7 (46m)
Vivian Rhamanan	W	QF	Tasmanian Open	11-8, 11-7, 11-9 (26m)
Graham Miao	W	R1	Tasmanian Open	11-3, 11-6, 7-11, 11-5 (31m)

Tom Calvert

Rhys Dowling	L	R2	Victorian Open	8-11, 6-11, 2-11 (27m)
Bryan Lim Tze Kang	W	R1	Victorian Open	11-7, 10-12, 8-11, 11-7, 11-6 (58m)
Piedro Schweertman	L	QF	South Australian Open	9-11, 4-11, 3-11 (31m)
Justin Beard	W	R1	South Australian Open	11-7, 11-6, 11-9 (34m)

Solayman Nowrozi

Rhys Dowling	L	R1	Victorian Open	12-10, 2-11, 11-7, 6-11, 5-11 (57m)
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Sarah Cardwell

Amanda Landers-Murphy	L	SF	Victorian Open	4-11, 10-12, 4-11 (27m)
Vanessa Chu	W	QF	Victorian Open	11-8, 7-11, 11-6, 11-8 (41m)
Nazihah Hanis	W	R1	Victorian Open	11-5, 11-3, 12-10 (24m)





OUR STARS



Tamika Saxby

Liu Tsz-Ling	L	QF	Victorian Open	11-5, 11-13, 6-11, 6-11 (44m)
Lee Ka Yi	W	R1	Victorian Open	11-8, 11-7, 11-8 (33m)

Lisa Camilleri

Ho Tze-Lok	L	QF	Victorian Open	9-11, 11-3, 10-12, 14-12, 7-11 (49m)
Lauren Aspinall	W	R1	Victorian Open	11-0, 11-6, 11-2 (19m)
Christine Nunn	L	F	South Australian Open	4-11, 6-11, 2-11 (23m)
Lee Ka Yi	W	SF	South Australian Open	11-8, 11-9, 11-9 (23m)
Nadeen Kotb	W	QF	South Australian Open	8-11, 11-0, 18-16, 11-13, 11-5 (61m)
Samantha Calvert	W	R1	South Australian Open	11-6, 11-6, 11-4 (19m)

Jessica Turnbull

Amanda Landers-Murphy	L	QF	Victorian Open	9-11, 2-11, 8-11 (23m)
Nadeen Kotb	W	R1	Victorian Open	11-6, 11-5, 11-7 (25m)
Christine Nunn	L	SF	South Australian Open	6-11, 4-11, 5-11 (22m)
Selena Shaikh	W	QF	South Australian Open	11-8, 11-2, 10-12, 11-4 (24m)
Ellie Jones	W	R1	South Australian Open	11-1, 11-4, 11-8 (16m)

Samantha Foyle

Liu Tsz-Ling	L	QF	Victorian Open	10-12, 9-11, 7-11 (23m)
Moana Gray	W	R1	Victorian Open	8-11, 11-5, 11-6, 11-8 (27m)

Christine Nunn

Amanda Landers-Murphy	L	R1	Victorian Open	11-9, 11-9, 6-11, 7-11, 5-11 (54m)
Lisa Camilleri	W	F	South Australian Open	11-4, 11-6, 11-2 (23m)
Jessica Turnbull	W	SF	South Australian Open	11-6, 11-4, 11-5 (22m)
Tong Tsz-Wing	W	QF	South Australian Open	11-5, 11-6, 11-7 (38m)
Melissa Martin	W	R1	South Australian Open	11-4, 11-7, 11-3 (19m)





AST POINTS



The Australian Squash Tour has been designed to promote the domestic PSA events under one umbrella and encourage greater participation by our PSA players which will in turn, hopefully better support the individual events.

The AST will see the top three male and female Australian players share in an additional \$10,000 prize pool. Note: only a player's top 10 tournaments will be counted toward their overall point score.

	AST-10	AST-5	AST-P
1	1750	900	120
2	1150	600	72.3
3-4	700	350	53.2
5-8	450	200	32
9-16	250	140	19.3
17-32	120	70	18.4

Australian Squash Tour

TOP 10 - LEADERBOARD

\$10,000 PRIZE POOL

1 Rhys Dowling NT	4500	1 Tamika Saxby NSW	3100
2 Zac Alexander QLD	3100	2 Lisa Camilleri QLD	2550
3 Josh Larkin NSW	2450	3 Samantha Foyle QLD	1900
4 Matt Hopkin QLD	1850	4 Jessica Turnbull QLD	1700
5 Tom Calvert QLD	1820	5 Christine Nunn VIC	1150
6 Mike Corren WA	1270	6 Lauren Aspinall SA	1040
7 Rex Hedrick VIC	1150	7 Samantha Calvert QLD	720
8 Courtney West QLD	1040	8 Taylor Flavell VIC	720
9 Alex Eustace QLD	1030	9 Sarah Cardwell VIC	700
10 Joseph White NT	963.2	10 Ellie Jones QLD	590

Please note: These points are unofficial.

SPLIT UP

Men's Winner	3000	Men's Winner	3000
Men's Runner Up	1500	Men's Runner Up	1500
Men's 3rd Place	500	Men's 3rd Place	500

UPCOMING EVENTS:

AUG 16-20: City of Greater Bendigo International (PSA M5/W5)

AUG 23-27: City of Greater Shepparton International (PSA M5)

AUG 30- SEP 3: Tarra Volkswagen Bega Open (PSA M5)



DOWLING WINS TASMANIAN OPEN



PSA M5 City of Devonport Tasmanian Open

Final

[2] **Rhys Dowling** (AUS) bt [1] Matthew Hopkin (AUS) 4-11, 11-5, 11-8, 9-11, 11-5 (50m)

Semi Finals

[1] Matthew Hopkin (AUS) bt [4] Chris Lo (HKG) 11-7, 11-4, 13-11 (27m)

[2] **Rhys Dowling** (AUS) bt [3] Lau Tsz Kwan (HKG) 1-11, 11-6, 11-6, 8-11, 11-7 (46m)

Quarter Finals

[1] Matthew Hopkin (AUS) bt Robert Dadds (ENG) 11-3, 12-10, 11-4 (19m)

[4] Chris Lo (HKG) bt [6] Darcy Evans (AUS) 11-1, 12-10, 11-2 (26m)

[3] Lau Tsz Kwan (HKG) bt Ignacio Gutierrez Keen (ARG) 11-8, 11-5, 12-10 (24m)

[2] **Rhys Dowling** (AUS) bt [5] Vivian Rhamanan (SIN) 11-8, 11-7, 11-9 (26m)

Round 1

[1] Matthew Hopkin (AUS) bt [Q] Joseph White (AUS) 11-6, 11-8, 11-7 (24m)

Robert Dadds (ENG) bt [8] Courtney West (AUS) 11-5, 11-3, 11-8 (26m)

[6] Darcy Evans (AUS) bt [Q] Shahzad Khan (PAK) 11-2, 11-4, 11-2 (13m)

[4] Chris Lo (HKG) bt [WC] Etienne Laurent (FRA) 11-1, 11-6, 11-3 (15m)

[3] Lau Tsz Kwan (HKG) bt [Q] Daniel Lomaglio (ARG) 11-9, 11-3, 11-8 (19m)

Ignacio Gutierrez Keen (ARG) bt [7] Joel Luca (AUS) 8-11, 11-9, 11-4, 11-6 (38m)

[5] Vivian Rhamanan (SIN) bt [Q] Nathan Lindner (AUS) 11-6, 11-9, 11-6 (20m)

[2] **Rhys Dowling** (AUS) bt Graham Miao (HKG) 11-3, 11-6, 7-11, 11-5 (31m)

THE FLYING NUNN WINS SA OPEN



PSA W5 South Australian Open

Final

[5] **Christine Nunn** (AUS) bt [2] Lisa Camilleri (AUS) 11-4, 11-6, 11-2 (23m)

Semi Finals

[5] **Christine Nunn** (AUS) bt [3] Jessica Turnbull (AUS) 11-6, 11-4, 11-5 (22m)

[2] Lisa Camilleri (AUS) bt [4] Lee Ka Yi (HKG) 11-8, 11-9, 11-9 (23m)

Quarter Finals

[5] **Christine Nunn** (AUS) bt [1] Tong Tsz-Wing (HKG) 11-5, 11-6, 11-7 (38m)

[3] Jessica Turnbull (AUS) bt [8] Selena Shaikh (AUS) 11-8, 11-2, 10-12, 11-4 (24m)

[4] Lee Ka Yi (HKG) bt [7] Nazihah Hanis (MAS) 11-6, 11-5, 11-3 (22m)

[2] Lisa Camilleri (AUS) bt Nadeen Kotb (EGY) 8-11, 11-0, 18-16, 11-13, 11-5 (61m)

Round 1

[1] Tong Tsz-Wing (HKG) bt Taylor Flavell (AUS) 11-7, 11-5, 11-4 (29m)

[5] **Christine Nunn** (AUS) bt [Q] Melissa Martin (AUS) 11-4, 11-7, 11-3 (19m)

[8] Selena Shaikh (AUS) bt [Q] Alexandra Haydon (AUS) 12-10, 11-4, 12-10 (21m)

[3] Jessica Turnbull (AUS) bt [Q] Ellie Jones (ENG) 11-1, 11-4, 11-8 (16m)

[4] Lee Ka Yi (HKG) bt [WC] Lauren Aspinall (AUS) 11-4, 11-6, 11-6 (22m)

[7] Nazihah Hanis (MAS) bt [Q] Harshit Jawanda (IND) w/o

Nadeen Kotb (EGY) bt [6] Stephanie Wighton (AUS) 11-9, 11-7, 9-11, 11-5 (30m)

[2] Lisa Camilleri (AUS) bt Samantha Calvert (AUS) 11-6, 11-6, 11-4 (19m)

SANDHU WINS SA OPEN



PSA M5 South Australian Open

Final

[3] **Harinder Pal Singh Sandhu** (IND) bt [4] Rhys Dowling (AUS) 11-8, 12-10, 11-4 (40m)

Semi Finals

[3] **Harinder Pal Singh Sandhu** (IND) bt [1] Pedro Schweertman (NED) 11-8, 14-12, 7-11, 11-9 (61m)

[4] Rhys Dowling (AUS) bt Robert Dadds (ENG) 11-9, 11-6, 11-9 (33m)

Quarter Finals

[1] Pedro Schweertman (NED) bt [6] Thomas Calvert (AUS) 11-9, 11-4, 11-3 (31m)

[3] **Harinder Pal Singh Sandhu** (IND) bt [5] Ko Youngjo (KOR) 11-3, 11-3, 11-9 (28m)

[4] Rhys Dowling (AUS) bt Jongmyoung Park (KOR) 6-11, 2-11, 11-9, 11-8, 11-8 (59m)

Robert Dadds (ENG) bt [2] Leandro Romiglio (ARG) 11-3, 4-11, 11-3, 5-4 ret. (24m)

Round 1

[1] Pedro Schweertman (NED) bt [Q] Alex Eustace (AUS) 11-5, 11-5, 11-5 (32m)

[6] Thomas Calvert (AUS) bt [Q] Justin Beard (AUS) 11-7, 11-6, 11-9 (34m)

[5] Ko Youngjo (KOR) bt [WC] David Ilich (AUS) 11-6, 11-5, 11-5 (21m)

[3] **Harinder Pal Singh Sandhu** (IND) bt [Q] Ignacio Gutierrez Keen (ARG) 11-4, 11-9, 11-4 (30m)

[4] Rhys Dowling (AUS) bt Joel Luca (AUS) 7-11, 11-6, 11-6, 7-11, 11-0 (40m)

Jongmyoung Park (KOR) bt [8] Graham Miao (HKG) 11-3, 11-5, 11-3 (21m)

Robert Dadds (ENG) bt [7] Vivian Rhamanan (SIN) 11-4, 12-10, 7-11, 8-11, 11-7 (55m)

[2] Leandro Romiglio (ARG) bt [Q] Bryan Lim Tze Kang (MAS) 11-4, 11-4, 11-9 (25m)



JUNIOR EVENTS



**WORLD
SQUASH**

WSF

When the stock market crashes there is generally a sea of **RED!** It was no different for Aussie fortunes during the opening rounds of the World Junior Championships being played in NZ.

We have to go back to 1993 to remember our last World Junior Champion (Rachael Grinham). Sadly, Australia has been in the squash doldrums for far too long now.

Australia needs to do something radically different if it expects our athletes to excel again at the highest level. If you keep approaching the problem with the same old formula you can only expect to achieve the same results.

It can turnaround but it desperately needs “fair dinkum” leadership, passionate coaches and some good old fashioned Aussie “mongrel”! I don’t mean that in a harsh way but Australian squash has got to get its “mojo” back!

ROUND 1

Gabe Yam (NZL) bt Jacob Ford (AUS) 11-1, 11-5, 11-8

Mikael Ismail (RSA) bt Ethan Eyles (AUS) 11-6, 12-10, 11-8

ROUND 2

Nicholas Calvert (AUS) bt Dylan Tymkiw (ARG) 11-3, 11-3, 11-2 (27m)

[9/16] Adam Corcoran (ENG) bt Maaz Jamal Khatri (AUS) 11-1, 11-5, 11-1 (33m)

Shahrul Izham Nurhaqiem (MAS) bt Lachlan Coxsedg (AUS) 11-3, 11-7, 4-11, 11-5 (35m)

Salim Khan (USA) bt William Curtis (AUS) 6-11, 11-3, 11-5, 11-5 (35m)

ROUND 3

[9/16] Tom Walsh (ENG) bt Nicholas Calvert (AUS) 11-2, 11-5, 11-5 (22m)

ROUND 1

Camden Te Kani-McQueen (NZL) bt Jessica Osborne (AUS) 11-9, 11-2, 11-8

Grace Pattison (AUS) bt Alice Kramer (GER) 12-10, 11-5, 11-6

ROUND 2

Kaitlyn Watts (NZL) bt Courtney Mather (AUS) 11-4, 11-2, 11-6 (18m)

Saskia Beinhard (GER) bt Alexandra Haydon (AUS) 11-6, 11-6, 11-7 (24m)

[3/4] Rowan Reda Araby (EGY) bt Grace Pattison (AUS) 11-2, 11-4, 11-1 (15m)

Grace Doyle (USA) bt Lauren Aspinall (AUS) 11-4, 11-6, 11-6 (20m)

Kristýna Fialová (CZE) bt Shehana Vithana (AUS) 11-3, 11-5, 11-4 (18m)



WSF WORLD JUNIOR
Squash
 CHAMPIONSHIP
 2017 TAURANGA NEW ZEALAND





JUNIOR EVENTS



**WORLD
SQUASH**

WSF



Seeded 9 for the World Junior Teams Championship, Australia finished 10th overall. Their loss to New Zealand in the Qualifying Rounds cost them a place in the Final 8.

Australia recorded a good win against South Africa to qualify for the 9th place play off but found Canada (the 7th seeds) too strong on the final day.

Qualifying Rounds - Pool A:

[1] EGYPT bt [9] AUSTRALIA 3/0

Rowan Reda Araby bt Lauren Aspinall 11-3, 11-3, 11-7 (15m)

Zeina Mickawy bt Shehana Vithana 11-6, 11-3, 11-7 (18m)

Amina Yousry bt Alexandra Haydon 11-2, 11-1, 11-7 (17m)

Qualifying Rounds - Pool A:

[8] NEW ZEALAND bt [9] AUSTRALIA 2/1

Anna Hughes lost to Alexandra Haydon 6-11, 7-11, 6-11 (37m)

Camden Te Kani-McQueen bt Courtney Mather 11-4, 13-11, 11-7 (18m)

Kaitlyn Watts bt Lauren Aspinall 11-3, 11-8, 11-4 (20m)

Final positions: 1 Egypt, 2 New Zealand, 3 Australia

9th - 16th place play-offs:

[9] AUSTRALIA bye

9th - 12th place play-offs:

[9] AUSTRALIA bt [13] SOUTH AFRICA 2/1

Shehana Vithana bt Helena Coetzee 7-11, 11-4, 7-11, 11-4, 17-15 (42m)

Lauren Aspinall lost to Faith Panashe Sithole 8-11, 9-11, 7-11 (24m)

Alexandra Haydon bt Jennifer Preece 11-8, 11-9, 11-6 (24m)

9th place play-off:

[7] CANADA bt [9] AUSTRALIA 3/0

Emma Jinks bt Lauren Aspinall 11-4, 3-11, 11-8, 11-2 (24m)

Andrea Toth bt Alexandra Haydon 11-5, 11-8, 11-8 (21m)

Nicole Kendall bt Shehana Vithana 11-9, 11-7 (14m)



TEAMS verses NZ AUSTRALIA lost 1-2



AUSTRALIA finished 10th Overall



2017 AUSTRALIAN JUNIOR CHAMPIONSHIPS

LEISURETIME CENTRE, GEELONG VIC

INDIVIDUAL EVENT: 30TH SEP - 3RD OCT

TEAM EVENT: 5TH OCT - 8TH OCT

ENTRIES OPEN 1ST MAY 2017

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VICTORIAN OPEN



International duo take out Victorian Open titles by Ben Rowles

Harinder Pal Singh Sandhu and **Liu Tsz-Ling** have been crowned the respective Men's and Women's Victorian Open champions at Mulgrave Country Club.

For the second year in succession and just the third time in the event's illustrious history, the winners of both open titles at the Victorian Open have been international players.

In the Women's PSA W10 final on Sunday afternoon (AEST), Hong Kong's Tsz-Ling showed every bit of her undoubted class in a straight games victory over fourth seed, Amanda Landers-Murphy.

Entering the match, Tsz-Ling was searching for her first PSA World Tour victory since February 2016, while Landers-Murphy was on the hunt for her third for 2017 and fourth successive tournament victory at an Australian event.

The Women's top seed had a slow start to the match, with Landers-Murphy taking the early initiative to lead 9-4 in the first game. But Tsz-Ling eventually found her groove, and was able to grind herself back into the game and eventually take out the first 17-15.

With the first game under her belt, the



world number 34 was in no mood to give up the ascendancy and let the New Zealander back in to the match. Tsz-Ling breezed through the next two games to take out her maiden Victorian Open title 17-15, 11-6, 11-5 in 32 minutes.

India's Sandhu on the other hand was aiming for his fourth successive PSA World Tour title following wins at the Malaysian Tour, Makati Open and South Australian Open in the last two months.

He had a big task ahead of him however in the Men's PSA M10 final, coming up against hometown hero and top seed Rex Hedrick.

In what was expected to be a survival of the fittest, the first game didn't disappoint with long, drawn-out rallies the order of the contest from the outset.

After Hedrick made the initial break away



VICTORIAN OPEN



and established a four-point lead early in the game, Sandhu fought back and even looked poised to take the game at one stage. A contentious stroke call that went in the favour of Hedrick at 11-12 clearly unsettled Sandhu, with Hedrick pouncing on the third seed's lack of composure to win the next three points and subsequently the game.

From that point onwards however, Sandhu stepped up his intensity and became far more aggressive in his stroke play around the court. Hedrick, as always,

defended admirably and made the Indian work for every point, but ultimately 155 minutes of court time over the previous two nights began to take their toll.

The local crowd on-hand did their best to keep their hometown player engaged in the contest, but with Sandhu dictating the majority of points and running Hedrick ragged, the Indian eventually made it four PSA Tour wins on the trot with a 12-14, 11-3, 11-4, 11-7 victory after 71 minutes.

PSA W10 Victorian Open

Final

[1] **Liu Tsz-Ling** (HKG) bt [4] Amanda Landers-Murphy (NZL) 17-15, 11-6, 11-5 (32m)

Semi Finals

[1] **Liu Tsz-Ling** (HKG) bt [3] Ho Tze-Lok (HKG) 11-5, 11-8, 11-4 (21m)

[4] Amanda Landers-Murphy (NZL) bt [2] Sarah Cardwell (AUS) 11-4, 12-10, 11-4 (27m)

Quarter Finals

[1] **Liu Tsz-Ling** (HKG) bt [5] Tamika Saxby (AUS) 5-11, 13-11, 11-6, 11-6 (44m)

[3] Ho Tze-Lok (HKG) bt [7] Lisa Camilleri (AUS) 11-9, 3-11, 12-10, 12-14, 11-7 (49m)

[4] Amanda Landers-Murphy (NZL) bt [8] Jessica Turnbull (AUS) 11-9, 11-2, 11-8 (23m)

[2] Sarah Cardwell (AUS) bt [6] Vanessa Chu (HKG) 11-8, 7-11, 11-6, 11-8 (41m)

Round 1

[1] **Liu Tsz-Ling** (HKG) bt [Q] Samantha Foyle (AUS) 12-10, 11-9, 11-7 (23m)

[5] Tamika Saxby (AUS) bt Lee Ka Yi (HKG) 11-8, 11-7, 11-8 (33m)

[7] Lisa Camilleri (AUS) bt [Q] Lauren Aspinall (AUS) 11-0, 11-6, 11-2 (19m)

[3] Ho Tze-Lok (HKG) bt Aika Azman (MAS) 11-6, 11-5, 15-13 (22m)

[4] Amanda Landers-Murphy (NZL) bt Christine Nunn (AUS) 9-11, 9-11, 11-6, 11-7, 11-5 (54m)

[8] Jessica Turnbull (AUS) bt [Q] Nadeen Kotb (EGY) 11-6, 11-5, 11-7 (25m)

[6] Vanessa Chu (HKG) bt [WC] Taylor Flavell (AUS) 11-8, 11-6, 11-4 (23m)

[2] Sarah Cardwell (AUS) bt [Q] Nazihah Hanis (MAS) 11-5, 11-3, 12-10 (24m)



PSA EVENTS



PSA M10 Victorian Open Final

[3] **Harinder Pal Singh Sandhu** (IND) bt [1] Rex Hedrick (AUS) 12-14, 11-3, 11-4, 11-7 (77m)

Semi Finals

[1] Rex Hedrick (AUS) bt [4] Joshua Larkin (AUS) 11-4, 9-11, 12-10, 11-6 (71m)

[3] **Harinder Pal Singh Sandhu** (IND) bt [2] Pedro Schweertman (NED) 11-5, 11-8, 11-8 (35m)

Quarter Finals

[1] Rex Hedrick (AUS) bt Victor Crouin (FRA) 11-8, 7-11, 9-11, 11-8, 11-6 (84m)

[4] Joshua Larkin (AUS) bt [8] Matthew Hopkin (AUS) 11-9, 11-8, 11-7 (33m)

[3] **Harinder Pal Singh Sandhu** (IND) bt [7] Rhys Dowling (AUS) 11-4, 11-8, 11-5 (33m)

[2] Pedro Schweertman (NED) bt [5] Tang Ming Hong (HKG) 12-10, 11-7, 4-11, 11-5 (42m)

Round 2

[1] Rex Hedrick (AUS) bt [Q] David Ilich (AUS) 11-4, 11-3, 11-4 (25m)

Victor Crouin (FRA) bt Ko Youngjo (KOR) 11-7, 11-4, 11-4 (33m)

[8] Matthew Hopkin (AUS) bt Darcy Evans (AUS) 11-6, 11-7, 11-8 (37m)

[4] Joshua Larkin (AUS) bt Joel Luca (AUS) 11-5, 11-4, 11-3 (24m)

[3] **Harinder Pal Singh Sandhu** (IND) bt Syed Azlan Amjad (QAT) 11-5, 11-7, 11-7 (30m)

[7] Rhys Dowling (AUS) bt Thomas Calvert (AUS) 11-8, 11-6, 11-2 (27m)

[5] Tang Ming Hong (HKG) bt Ignacio Gutierrez Keen (ARG) 11-5, 11-7, 11-2 (25m)

[2] Pedro Schweertman (NED) bt Robert Dadds (ENG) 11-4, 11-5, 11-0 (25m)

Round 1

[1] Rex Hedrick (AUS) bt [WC] Nicholas Calvert (AUS) 11-8, 11-6, 11-6 (31m)

[Q] David Ilich (AUS) bt Courtney West (AUS) 11-4, 11-4, 11-8 (26m)

Ko Youngjo (KOR) bt [Q] Maaz Jamal Khatri (AUS) 11-5, 11-3, 11-2 (23m)

Victor Crouin (FRA) bt [6] Lau Tsz Kwan (HKG) 11-6, 11-6, 14-12 (40m)

[8] Matthew Hopkin (AUS) bt [Q] Shahzad Khan (PAK) 11-5, 11-5, 11-2 (19m)

Darcy Evans (AUS) bt Rohan Toole (AUS) 11-2, 9-11, 3-11, 11-9, 12-10 (50m)

Joel Luca (AUS) bt [Q] Jason van der Walt (NZL) 13-11, 11-6, 11-9 (27m)

[4] Joshua Larkin (AUS) bt [Q] Alex Eustace (AUS) 11-5, 6-11, 11-4, 12-10 (54m)

[3] **Harinder Pal Singh Sandhu** (IND) bt [Q] Jacob Ford (AUS) 11-7, 11-1, 11-8 (26m)

Syed Azlan Amjad (QAT) bt Umair Zaman (QAT) 11-5, 11-8, 11-6 (24m)

Thomas Calvert (AUS) bt [Q] Bryan Lim Tze Kang (MAS) 11-7, 10-12, 8-11, 11-7, 11-6 (58m)

[7] Rhys Dowling (AUS) bt Solayman Nowrozi (AUS) 10-12, 11-2, 7-11, 11-6, 11-5 (57m)

[5] Tang Ming Hong (HKG) bt Vivian Rhamanan (SIN) 5-11, 11-9, 11-2, 11-6 (35m)

Ignacio Gutierrez Keen (ARG) bt Graham Miao (HKG) 11-9, 11-0, 11-1 (26m)

Robert Dadds (ENG) bt Jongmyoung Park (KOR) 11-4, 11-3, 11-7 (30m)

[2] Pedro Schweertman (NED) bt [Q] Arnold Phatraprasit (THA) 11-2, 11-3, 11-7 (23m)



MAJOR EVENTS



WORLD GAMES

Australia sent a 4 person team to the World Games in Wroclaw, Poland.

Rhys Dowling, Alex Eustace, Tamika Saxby and Jessica Turnbull were our Aussie reps.

Squash was making its fifth appearance in the World Games, the multi-sport event for non-Olympic programme sports which took place at the **33-court** Hasta la Vista club - the world's largest squash club.

Dowling and Saxby got through to the second round but Eustace and Turnbull were 1st round casualties.

The international experience gained by the entire team was invaluable.

W#137 Dowling played the eventual winner Simon Rosner (W#11) from Germany and put in a commendable performance.

W#315 Eustace got to play former World Junior Champion Diego Elias who is now



a World Top 20 player (W#19).

Representing Great Britain, unseeded Lisa Aitkin (W#72) from Scotland upset Jessica Turnbull (W#74) in straight but the final two games were very close.

W#51 Saxby got to play W#33 Nele Gilis from Belgium. Despite beating her previously Saxby lost 0-3.

Eustace and Turnbull played in their respective Plate events and reached the semi finals. Unfortunately, they were eliminated but won their 3/4 play off events to bring home two bronze medals.

Eustace beat Finland's Matias Tuomi (W#148) 3-0 whilst Turnbull beat Latvia's Ineta Mackevica (W#89) 3-2.

RESULTS: World Games Squash Championships, Wroclaw, Poland

Men's 1st round:

[9/16] **Rhys Dowling** (AUS) bt Daniel Mekbib (CZE) 11-7, 8-11, 9-11, 11-8, 12-10 (54m)

[3/4] Diego Elias (PER) bt **Alex Eustace** (AUS) 11-4, 11-4, 11-4 (23m)

2nd round:

[1] Simon Rösner (GER) bt [9/16] **Rhys Dowling** (AUS) 11-8, 11-3, 11-7 (26m)

Women's 1st round:

Lisa Aitken (GBR) bt [9/16] **Jessica Turnbull** (AUS) 11-5, 14-12, 12-10 (26m)

[9/16] **Tamika Saxby** (AUS) bt Sina Kandra (GER) 9-11, 11-6, 11-5, 11-4 (31m)

2nd round:

[5/8] Nele Gilis (BEL) bt [9/16] **Tamika Saxby** (AUS) 11-6, 11-8, 11-6 (34m)



JUNIOR EVENTS



2017 NSW JUNIOR CHAMPIONSHIPS



NSW Junior Age Championships 2017

U13/U11 Boys

FINAL [1] **Andre Lynn** (VIC) def [3] **Kenneth Lamb** (NSW) 11-8, 2-11, 11-7, 3-11, 11-5
PO 3/4 [2] Tom Lacy (NSW) def [4] Aryan Madan (SA) 11-5, 6-11, 11-3, 11-7

U15 Boys

FINAL [1] **Jack Quinlivan** (VIC) def [3] **Luke Barry** (NSW) 11-6, 4-11, 11-5, 11-4
PO 3/4 [4] Mitchell Black (NSW) def [2] Preston Schreiber (NSW) 11-2, 11-6, 12-10

U17 Boys

FINAL [1] **Declan Smith** (ACT) def [2] **Haani Qureshi** (NSW) 12-10, 11-9, 7-11, 8-11, 11-8
PO 3/4 [12] James Lloyd (ACT) def [3] Ethan Bird (NSW) 11-2, 11-9, 6-11, 11-8

U19 Boys

FINAL [1] **Ryan Marshall** (NSW) def [2] **Patrick Hart** (NSW) 11-9, 11-6, 11-4
PO 3/4 [3] Jamie Pattison (TAS) def [6] Sam Sergio (NSW) 12-10, 7-11, 11-1, 11-9

U11/U13 Girls

FINAL [5] **Maja Maziuk** (NSW) def [2] **Stephanie Head** (NSW) 12-10, 11-7, 11-9
PO 3/4 [3] Haylee Besant (NSW) def [4] Sienna Butcher (NSW) 11-7, 11-7, 13-11

U15 Girls Round Robin

1st **Georgia Lane** - 5 wins 0 losses
2nd **Maggie Goodman** - 4 wins 1 losses
3rd Nicola Baines - 3 wins 2 losses

[1] Georgia Lane (NSW) def [2] Maggie Goodman (NSW) 11-5, 11-7, 11-9

U19/U17 Girls

FINAL [7] **Katie Davies** (QLD) def [3] **Anna Goodman** (NSW) 11-6, 6-11, 13-11, 11-8
PO 3/4 [6] Ella Burge (QLD) def [2] Elle Lane (NSW) 11-4, 11-5, 11-8



JUNIOR EVENTS



2017 BLUE TONGUES

The 2017 NSW **Blue Tongues** were announced following the NSW Junior Championships.



Then on the 30th July the Blue Tongues were treated to an intensive training session at the Willoughby Squash Centre.

The State Junior coaching team of Adam Schreiber, Brett Hyland and Rohan Toole were joined by guest coach Rodney Martin and professional players Abdulla Al-Tamimi #40 and Chris Binnie #76.

Under 19 Team

Patrick Hart	Anna Goodman
Eugene Heng	Elle Lane
Ryan Marshall	Skye Loach
	Shehana Vithana

Under 17 Team

Ethan Bird	Annie Christensen
Jacob Ford	Sydney Johnson
Haani Quereshi	Bronte O'Shanessy

Under 15 Team

Luke Barry	Jemma Besant
Mitchell Black	Maggie Goodman
Kyle Piggott	Georgie Lane
Preston Schreiber	

Under 13 Team

Jordan Ghattas	Haylee Besant
Tom Lacy	Stephanie Head
Ken Lamb	Maja Maziuk



NSW Blue Tongues 2017



JUNIOR EVENTS



2017 WA STATE JUNIOR TITLES



Check out the Squash Media's Publication **The SWAN** for full details of the WA State titles.

Congratulations to **Remi Young** and **Jade Woods** on your U19 victories.



Under 19 Team

Ethan Baldwin-Wright	Isabella Diver
Callum Blakey	Kiara Rogers
Trey MacKenzie	Jade Woods

Under 17 Team

Abel Jin	Pascale Louka
Josh Mitchell	Anita Tsangaris
Remi Young	

Under 15 Team

Greg Chan	Erin Classen
Dylan Classen	Isabella French
Eric Gray	Michaela Pratt
	Jamie Tsangaris

Under 13 Team

Oscar Curtis	Eva French
Mitchell Ferrari	Isla Harris
Kaleb Sands	Caitlin Pratt

	FIRST	SECOND	THIRD
U19B	Remi Young	Mitchell Van Heythuysen	Oscar Curtis
U17B	Abel Jin	Ethan Baldwin-Wright	Joshua Mitchell
U15B	Greg Chan	Eric Gray	Dylan Classen
U13B	Kaleb Sands	Mitchell Ferrari	Finlay Galt
U11B	Augustus Davis	Jonathan Groenwald	Eric Marsh

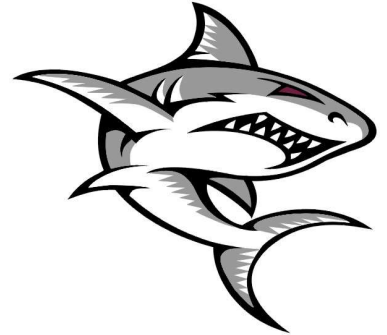
U19G	Jade Woods	Kiara Rogers	Olivia Lindsey
U17G	Pascale Louka	Anita Tsangaris	Jacqui Gray
U15G	Erin Classen	Isabella French	Michaela Pratt
U13G	Caitlin Pratt	Isla Harris	Eva French
U11G	Molly MacKenzie	Maxine Salter	Abby Barnes



JUNIOR EVENTS



2017 QUEENSLAND SHARKS



U13 Boys

Lachlan Erba
Ben Murray
Josh Porter

U13 Girls

Shona Coxsedge
Madison Lyon
Charlotte Stephenson

U15 Boys

Jordan DiBella
Luke Eyles
BJ MacDonald

U15 Girls

Katie Davies
Hayley Hankinson
Ariel Lyon

The **2017 Queensland Sharks** have the responsibility of keeping their incredible winning streak going.

U17 Boys

Declan Cashman
Wes Dyer
Josh Penfold

U17 Girls

Ella Burge
Mackenzie Sleep
Lauren Stieler

The team has dominated the Australian Junior Teams Championship since their break through Combined Teams win in Canberra in 2004.

U19 Boys

Nick Calvert
Lachlan Coxsedge
Caleb Johnson

U19 Girls

Taylor Jones
Zoe Lockton
Courtney Mather

It won't be an easy task but the Sharks are determined to "take the bite" out of anyone who stands in their way of achieving 14 straight titles!





2018 Gold Coast Com Games



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DAYS TO
GO

As at 1 August 2017



Our 8th article looks at the draw for the upcoming World Doubles Championship.

Reigning champions New Zealand and Scotland are expected to retain their gold medals in next month's WSF World Doubles Squash Championships, according to the seedings announced today by the World Squash Federation. The 2017 championships, hosted by England Squash in conjunction with Scottish Squash, will take place at the National Squash Centre in Manchester, England, between 1-5 August.

The 5th World Doubles Championships, featuring Men's, Women's and Mixed events, will be contested by a record 50 pairings from Australia, Canada, Colombia, England, India, Malaysia, Netherlands, New Zealand, Norway, Scotland, South Africa and Wales.

Mens Open Doubles

Pool A:

[1] Alan Clyne & Greg Lobban (SCO), [8] Nafiizwan Adnan & Ivan Yuen (MAS), [9] Harinder Pal Singh Sandhu & Mahesh Mangaonkar (IND); [13/16] Dylan Bennett & Pedro Schweertman (NED)

Pool B:

[2] Ryan Cuskelly & Cameron Pilley (AUS); [7] Peter Creed & Joel Makin (WAL), [10] Evan Williams & Lance Beddoes (NZL); [13/16] Christo Potgieter & Jean-Pierre Brits (RSA)

Pool C:

[3] Zac Alexander & David Palmer (AUS); [6] Tom Richards & Daryl Selby (ENG); [11] Andrés Herrera & Juan Camilo Vargas (COL); [13/16] Mohd Syafiq Kamal & Eain Yow Ng (MAS)

Pool D:

[4] Paul Coll & Campbell Grayson (NZL); [5] Declan James & James Willstrop (ENG); [12] Douglas Kempself & Kevin Moran (SCO); [13/16] David Baillargeon & Shawn Delierre (CAN); [17] Richard Larsson & Martin Andresen (NOR)



2017 WDC DRAWS



WSF WORLD DOUBLES
SQUASH
CHAMPIONSHIPS 2017
M A N C H E S T E R

UPDATE: Due to injury Tamika Saxby has been replaced by Christine Nunn.

Women's Open Doubles

Pool A:

[1] Joelle King & Amanda Landers-Murphy (NZL); [8] Samantha Cornett & Nikki Todd (CAN); [9] Natalie Grinham & Milou van der Heijden (NED)

Pool B:

[2] Joshna Chinappa & Dipika Pallikal (IND); [7] Tesni Evans & Deon Saffery (WAL); [10] Catalina Pelaez & Laura Tovar (COL)

Pool C:

[3] Rachael Grinham & Donna Urquhart (AUS); [6] Rachel Arnold & Nicol David (MAS); [11] Sarah Cardwell & Tamika Saxby (AUS)

Pool D:

[4] Laura Massaro & Sarah-Jane Perry (ENG); [5] Jenny Duncalf & Alison Waters (ENG); [12] Lisa Aitken & Carrie Hallam (SCO); [13] Cheyna Tucker & Alexandra Fuller (RSA)

Mixed Open Doubles

Pool A:

[1] Joelle King & Paul Coll (NZL); [8] Victoria Lust & Adrian Waller (ENG); [9] Deon Saffery & Joel Makin (WAL); [13/16] Lisa Aitken & Harry Leitch (SCO); [17/20] Milnay Louw & Christo Potgieter (RSA)

Pool B:

[2] Dipika Pallikal & Saurav Ghosal (IND); [7] Tesni Evans & Peter Creed (WAL); [10] Samantha Cornett & Shawn Delierre (CAN); [13/16] Rachel Arnold & Mohd Syafiq Kamal (MAS); [17/20] Milou van der Heijden & Dylan Bennett (NED)

Pool C:

[3] Donna Urquhart & Cameron Pilley (AUS); [6] Joshna Chinappa & Vikram Malhotra (IND); [11] Amanda Landers-Murphy & Zac Millar (NZL); [13/16] Catalina Pelaez & Andrés Herrera (COL); [17/20] Carrie Hallam & Kevin Moran (SCO)

Pool D:

[4] Rachael Grinham & David Palmer (AUS); [5] Alison Waters & Daryl Selby (ENG); [12] Natalie Grinham & Pedro Schweertman (NED); [13/16] Nikki Todd & David Baillargeon (CAN); [17/20] Laura Tovar & Juan Camilo Vargas (COL)



Christine Nunn

It looks like you're back. Is that the case? Absolutely! I'm enjoying my squash perhaps more than ever before! I have a new found, inward motivation to get the best out of myself; to train hard and smart, so I can make the most of my opportunities. This has allowed me to focus on what is important to me.

What happened ... were you injured? No, not physically anyway. But mentally and emotionally I was exhausted and lost. I wasn't myself and I certainly wasn't enjoying my squash. I was pushing through and ignoring those feelings for months before finally deciding to have a break in December. I thought that my feelings would change as I started seeing results and improvements, but this was not the case. In July last year, after some good performances in the US and Canada, I achieved my highest ranking ever of 36 in the world. However, I remained unhappy. I realised that many aspects of the "life of a professional squash player" clashed with my own values and goals; I was doing what I thought I needed to, not what I wanted to.

I had to be honest with myself and those around me, who ultimately just wanted me to be happy! That was when I decided to have a break, and return to my studies. Since then, I have been able to fall back in love with the sport, and achieve some of my goals in other areas of my life. I now know that squash can be what you make of it - there is no one method to achieving "success" in the sport; success will look different



for everyone! And that's ok! I wish I knew/believed this earlier, but I'm grateful to have finally come to this conclusion.

Are you still focused on getting yourself into the CG Team?

Absolutely! Now after my break, it is my main goal in squash. Thanks to my support team, my new goals and schedule, I am much happier within myself. Having clear goals, not just around squash but around other areas of my life, has made it so much easier to make daily decisions and to remain true to myself. That's where my motivation comes from and remains long term regardless of results or outcomes.



NUNN

If you made the team would you wish to play singles, doubles or both? Wow! If I was to make next year's team, I would be honored to play in any event! I'll leave that up to the selectors and coaches!

Have you got any high-level doubles experience? Some, although there is always more to learn! I was fortunate enough to play in last year's World Doubles in Darwin, in the women's event with Sarah Cardwell. I'm currently in Manchester at this year's World Doubles event, so lots to soak up and learn yet again! Closer to home, I have also been practicing doubles weekly with other VIC based players, which I think has helped us all a lot!

Gaining CG selection would be the icing on the cake in terms of representation. Do you see it that way? Gaining selection would be great, winning a medal would be incredible! Walking out in Green and Gold with my team mates, on behalf of every single person who has helped me along my way, would be sensational, and for me, I think one of my proudest moments ... if it were to eventuate.

You have represented Australia at the last World Teams Championship. What was that experience like? Any chance to represent your country is incredible, and I think in squash, the main motivator for many of us. However, to be completely honest, I was not in a good place at the World Team Championships. Last year I decided to defer uni to allow me to play in more international events, and I guess experience the life style of a travelling and competing professional.

It was my first taste of extended periods of time away and extensive travel; both of which I do not enjoy! I was exhausted, and run down emotionally and physically. Fortunately, we had a great team, and with their support, I was able to be professional and do my best. That, at the end of the day, is all you can ever do!

You have achieved a career high #36 in July 2016? Are you aiming to get back there? As mentioned earlier, I'm aiming to get the best out of my squash. I want to compete at a standard I'm satisfied with. I'm not there yet. There are many areas of my game that I'm trying to improve; based on my strengths, as well as inspiration from



other players. For me, rankings and results will no longer dictate what I'm looking to get out of my squash - I tried that in the past, result based expectations. They distract me from my every day processes and place me in the future rather than the present. My ranking is merely the result of how well I can achieve what I've set out to do, so I'll focus on my technical, mental, physical, tactical and personal goals instead and the results will take care of themselves.

Are you still keen on travelling the world as a professional or are you

more focused on staying home? I worked out last year that I don't enjoy long trips away, so with the support of my team, I've set a few rules; one is not to be away for more than 3 weeks at a time! Some creative planning (and budgeting) would be needed to compete professionally on the tour full time; at this stage, I'm focused on giving myself the best chance to get into next year's Commonwealth Game's Team and continuing my studies. That means playing the PSA's around Australia and close to home; New Zealand, Malaysia, Hong Kong etc.

You were a top junior and you have progressed to representing Australia at both junior and senior levels. Can you describe your progression? Squash and being healthy and active is now such a natural part of my life, I'm finding this question a little tricky! Reflecting on my progression, I guess I'd describe it as relatively simple. When I went through juniors, here in Australia, there was a fairly clear pathway from club level participation, through to national representation; which took you from juniors through to seniors. I was also extremely fortunate to have people who supported and encouraged me from the very beginning and who never gave up on me.

The first being Barry Rogers at Western creek in Canberra. My mum used to play socially once a week, and me and my brother and sisters would tag along. Barry spent hours and hours with us, generously donating his time and all of the equipment we needed to teach us the basics and have fun. Barry ran the club and oozed enthusiasm and passion for the sport. We were all addicted, and the Nunn clan played for many years together thanks to him. This is not an unfamiliar story in squash, and is one of the most humbling and charming features of our sport. To this day, I'm always pleasantly surprised by people's generosity and look forward to being able to give back to the sport more myself one day.

For those desiring to follow in your footsteps what advice would you give to our youngsters? Always be grateful; we are very fortunate to be able to chase our dreams and do something that keeps us healthy. A thank you goes a long way!

I know it's a hard one, but try and be true to yourself!



NUNN



Find a small group of people you can trust, who love you and want you to be happy. Bounce your thoughts and feelings off these people who will tell you the truth, even if it may hurt at the time. They will challenge and extend you, and help you become your best self.

It's ok to not know the answers, to have doubts and fears and uncertainties. You will face challenges, you will make mistakes, you will have moments of sheer joy and despair, but C'est la vie, that is life. Without these, gee it would be boring! Work through these "problems", embrace them even! You will find them in every aspect of your life, not just sport, so you may as well tackle them head on!

Try and enjoy the journey (so much easier said than done), but celebrating the "small wins" helped me a lot (I think they are all worth celebrating!) Set yourself some goals and keep these simple and personal, and when you reach them, celebrate! This could be a simple thank you note to your strength and conditioning coach for sticking with the program for 4 weeks (which turned into 20+ straight!) or a coffee and treat with your coach after nailing 20 successive drop shots (yet to be achieved!) I went mad with goal setting last year and ended up becoming paranoid, so I'm still working this one out! But try and acknowledge how far you've come, it's easy to get stuck on the treadmill; take a breath, take a step back and you'll soon realise how much you've grown!

Reach out to people. Ask for help. Ask for support. Ask questions. Take the initiative. I've struggled with this in the past; I tend to be quite passive even if I'm bursting with thoughts or questions on the inside! Be assertive; they can only say "no" and people are generally nice and willing to help in any way that they can! Finally, these are just some things I've done which have helped me. I don't know all the answers and I'm still working it out; what works for me, may not work for you. Make squash what you want it to be!

When did you realise you wished to be a professional squash player? What was the turning point? Gee this is a little like the "what do you want to do when you grow up?" question. I'm still working out what "professional squash player" means! At 18 I had the opportunity to live and train in Brisbane with the then AIS squash program, which definitely opened up my eyes to life on the tour and training etc. That was probably the first time I thought that I could enjoy the structure, training, competition and travel that I associated with professional players.

I've since had the opportunity to speak to many professionals about their lives, and have concluded that we are all different! You can still study, you can still enjoy sweets and alcohol, you can still go on holidays, you can still have children and play professionally!





There are definitely a few things everyone will have in common; the desire to improve, the hunger to fight and compete, the determination to persevere, the resilience to overcome setbacks etc. but everyone will find a different balance which makes them happy, enabling them to perform at their best.

Who coaches you these days? I've now worked with Sarah Fitz-Gerald for the last 4 or so years. I'm very fortunate to have her as a friend, mentor and coach.



NUNN

Who has had the greatest impact on your career? Wow! This is another very difficult one. For so many reasons, I don't think I can pin point this to one person - rather my team I mentioned earlier. Definitely my parents, partner and Sarah Fitz-Gerald have had a huge impact on my career and in general, shaping the person I am today. I think they've done an ok job!?)

Are you still studying to be a teacher? What are you ultimately hoping to achieve? Yes! I am currently in my 3rd year of study with RMIT University in Melbourne. I'm thoroughly enjoying it and look forward to graduating at the end of next year. I would love to teach overseas or in remote Australian communities one day, and have a family of my own eventually. Squash wise, who knows! If I can look after myself and remain hungry, I might have a crack at the 2022 Commonwealth Games or even the Olympics!

You have just been given the reigns to guide squash into the future. What would you like to implement? A few billion dollars would be nice! Haha no this is another very tough question. In Australia, I think providing a clearer pathway to our juniors is essential; one which gives them the opportunities early to see and experience what professional players are doing and of course, have fun!

I would have a High-Performance Centre with coaches and support staff (S&C, ACE, Psychology, Nutrition, Physio etc) to act as a base for athletes; a place to hold camps etc. and perhaps a common area for both juniors and seniors to train, bridging that gap between the two.

Christine Nunn

Born: April 1991 (age 26)
Highest WR: 36 (July 2016)
Current WR: 98
Birthplace: Canberra
Residence: Melbourne
Plays: Right-handed
Coach: Sarah Fitz-Gerald

PSA Titles:

2014 WSA Tour 5: **NSW Open**
2014 WSA Tour 5: **Queensland Open**
2015 PSA W5: **City of Devonport Tasmanian Open**
2017 PSA W5: **South Australian Open**



Thank you to my amazing sponsors:

- CourtTech
- Dunlop
- Highly Strung
- Kooyong Squash
- Salming
- Squash Australia
- VIS

Many thanks also to **Steve Walton** and **Sarah Fitz-Gerald**



Photos courtesy of www.arnauddomange.com.au
You can also follow Arnaud on Instagram [@arnauddomange](https://www.instagram.com/arnauddomange)



BENDIGO OPEN 2017

Squash championships

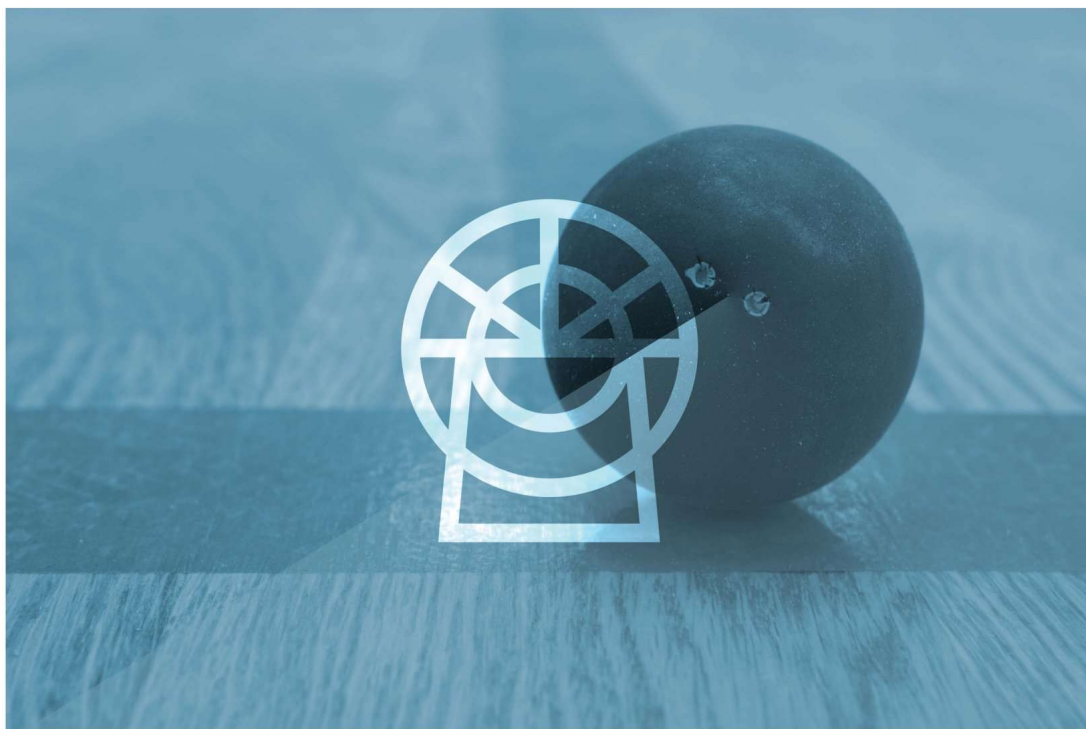


PSA/WSA International event
August 17 - 20



BENDIGO SQUASH CLUB

Graded event
August 19 - 20



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242 Barnard Street

Enquiries: Russell McLean
manager@bendigosquash.com
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OFFICIAL BALL



2017 CALENDAR



<<< AUGUST 2017 >>>

- AUG 16-20** Bendigo, VIC: **City of Greater Bendigo International** (PSA M5/W5)
AUG 23-27 Shepparton, VIC: **City of Greater Shepparton International** (PSA M5)
AUG 30-3 Bega, NSW: **Tarra Volkswagen Bega Open** (PSA M5)

<<< SEPTEMBER 2017 >>>

- SEP 7-10** Coffs Harbour, NSW: **North Coast Open** (PSA M5/W5)
SEP 14-17 Thornleigh, NSW: **NSW Squash Open** (PSA M5/W5)

<<< OCTOBER 2017 >>>

- OCT 19-22** Nerang, QLD: **Queensland Open** (PSA M10/W10)
OCT 26-29 Cairns, QLD: **Pacific Toyota Cairns International** (PSA M5/W5)

<<< NOVEMBER 2017 >>>

- NOV 14-18** Darwin, NT: **Australian Open** (PSA M10/W10)



**WORLD
SQUASH**

WSF

Play Squash for Fun & Fitness ... spread the word!



2017 CALENDAR



MAJOR EVENTS IN EACH STATE

NSW

New South Wales

- AUG 30-3** Bega: **Tarra Volkswagen Bega Open** (AST PSA M5)
SEP 7-10 Coffs Harbour: **North Coast Open** (AST PSA M5/W5)
SEP 14-17 Thornleigh: **NSW Squash Open** (AST PSA M5/W5)

NT

Northern Territory

- OCT 17-18** Darwin: **Australian National Graded Championships** (Premier, B & D)
NOV 14-18 Darwin: **Australian Open** (AST PSA M10/W10)
NOV 19-20 Darwin: **Australian Doubles**

QLD

Queensland

- OCT 19-22** Venue TBC: **Queensland Open** (AST PSA M5/W5)
OCT 26-29 Cairns: **Pacific Toyota Cairns International** (AST PSA M5/W5)

VIC

Victoria

- AUG 16-20** Bendigo: **City of Greater Bendigo International** (AST PSA M5/W5)
AUG 23-27 Shepparton: **City of Greater Shepparton International** (AST PSA M5)
SEP 4-8 Ballarat: **Australian Masters Championship (Individuals)**
SEP 11-15 Ballarat: **Australian Masters Championship (Teams)**
SEP 30-8 Geelong: **Australian Junior Championships** (AJST Platinum)

- AST: Australian Squash Tour**
AJST: Australian Junior Squash Tour
Masters

Important Overseas Events

- AUG 1-5** England, GB: **WSF World Doubles Championships**
NOV 28-3 France: **WSF Men's World Team Championships**
NOV 30-4 Singapore: **Singapore Junior Open**
DEC 6-11 Kuala Lumpur, MY: **KL Junior Open**

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THE FINAL WORD



SQUASH • UNITED

On July 1st we officially launched all of our campaigns for Squash United. The program will operate for 10 years so we didn't need to make a big song and dance at the beginning, in fact in many ways I'm relieved to finally be underway.

I have spent the previous 9 months discussing the goals of Squash United with key people in Australia and wherever possible I have told everyone what we are aiming to deliver.

Already we have seen the National Body and State Associations adopt some of our ideas into their strategies which is fantastic.

I truly do not get offended when our ideas are copied because it will take a lot of people working towards similar goals for our sport to return to a successful state!

For 22 years I have visited Squash Centres, Clubs and Tournaments all over Australia and I have met some fantastic people that truly love the game and want it to succeed.

These are the people I have been speaking to and the offers of assistance that we have already received are wonderful.

We have launched the Squash United socks. They come in multiple colors and lengths and sizes. They are a significant part of our fundraising for Junior Squash and the following has already been established.

1/ For every pair sold by Inform Connection to a Squash Centre, Inform is donating \$1 to Squash United (Inform financed the purchase of all the socks)

2/ For every pair sold online through www.squash.com.au, \$5 is being donated to Squash United.



At the Masters Juniors Championships in Victoria in May, I was approached by Linda Wing about the socks. Linda is on the committee of the **Victorian Masters Squash Association** and has been a friend of ours for a long time.

Linda proposed that the VMSA sell the Squash United socks at their competition nights and all the profits (\$5) go to Squash United. This fund will then be directed back into a Victorian Junior Squash project.



THE FINAL WORD



SQUASH • UNITED

Linda obviously got this approved by the VMSA and it is a brilliant gesture that will generate between \$2-3000 dollars for grass roots juniors. As I have previously said, the VMSA is leading the way in assisting junior Squash players in Australia.

Next up Garry Pedersen contacted me from **Squash Analysis** saying that he wants to provide resources for the juniors and will develop specific programs etc designed at our target 7-9 year olds. If you have met Garry then you will know that he is very passionate about Juniors and Coaching so I can't wait to see what he comes up with.

When I was in South Australia I was discussing the Squash United Junior program with **Justin Beard** - *Justin was an elite junior Squash Player before he turned Pro and played the circuit. He is now following his fitness passion through his Personal Training business and he is transforming lives in his business in South Australia* - I explained to him that we will be looking for sponsors of \$10 per child to give them recognition as a Squash Player (for this they receive a certificate and other items). Before I could finish the sentence he stated that he will sponsor 10 juniors in South Australia.

All of this happened before the program launched! In fact I still have not released all the details as I want it to be ready to roll when we hit the go button!

Oh did I mention that the CEO of **Salming**

International (Tomas) has said that he will supply an item for every junior as well!

So I'm firmly convinced that our Squash United Junior Mission of winning the World Junior Championships in 10 years by recruiting 500 7-9 year old squash players in the next 24 months will succeed.

If you would like to be involved with any aspect of this please get in touch with me (steve@informconnection.com.au) and of course "like" the Squash United facebook page.

One last thing before I go. I'm not doing this alone. I have created a Squash Council and the members of this will be advising and voting on how the Junior funds are allocated and our other three missions.

The Council consists only of people that I have worked with for at least 10 years and they have two vital characteristics.

1/ They are selfless when it comes to Squash.

2/ They are comfortable and experienced at disagreeing with me! This project will not succeed if everyone goes along with what I say.

So keep your eye out for any 7-9 year old juniors at your centre as they may be a World Champion in 10 years time with a little help from us!

Steve Walton