HALTON

Four Seasons Newsletter

Autumn 2026

Get frequent updates by following us on Instagram: @HaltonUK and checking out the Clubhouse TV. Hope you enjoy the read.

Celebrating our Halton Charity Golf Day

On 18 September, more than 30 Halton members enjoyed perfect conditions for a memorable Charity Golf Day at Chiltern Forest Golf Club, held in support of Solving Kids' Cancer UK.

To keep the day relaxed while adding a little extra to the fundraising total, players were invited to purchase unlimited mulligans in advance - an opportunity the winning team certainly made the most of! The day was a great success, raising over £2,500, and we hope it will become an annual fixture. Our sincere thanks go to the sponsors; Demvex, Optimezz and Court View Financial Planning. Also, a big thank you to Will Ebsworth, one of our gym personal trainers, whose excellent planning and organisation made the day possible.

CLUB TENNIS

Hi, Roy here, Head of Club Tennis.
I hope you enjoyed your tennis over the summer; it was great to see so many of you on court. If you want to discuss anything 'tennis' or provide feedback, then please catch me at the club or email me at roy@everyball.net to arrange a time to discuss over **a free cup of coffee** (*and cake, if you fancy*).

Club Champs

On Saturday 5th September we enjoyed a fabulous day of tennis; Junior finals, Club Champs, and Members' Cup finals. Many thanks to Roy for organising, and congratulations to all the winners and thank you to everyone who took part.

Club Championship Results

Event	Winner(s)	Runner(s)-Up
Mens Singles	Roy Knight	Oliver Osborn
Womens Singles	Molly Dallas	Jemima King
Mens 40+ Singles	Rhett Hendrix	Luke James
Mens 60+ Singles	James Serjeant	Paul Gardner
Mens Doubles	Roy Knight/Oliver Osborn	Luke Williams/Dean Kelleher
Womens Doubles	Jemima King/Molly Dallas	Helen Adams/Caroline Neil-Dwyer
Mens 40+ Doubles	Mike James/Ian Cast	Chris Gascoigne/Paul Gardner
Womens 40+ Doubles	Lindsey Smith/Katy Hudson	Sotiria Spantidea/Sarah Miller
Mens 60+ Doubles	Rob Pain/David Barnett	Paul Gardner/Charles Freeman
Womens 60+ Doubles	Justine Pearce/Annie Cobley	Roz Pringle/Tracey Strong
Mixed Doubles	Sebastian Callcut/Molly Dallas	Ben McCrory/Amelie Brooks
Mixed 40+ Doubles	Caroline Neil-Dwyer/Scott Allaway	Luke James/Sandy Butcher
Mixed 60+ Doubles	Chris Gascoigne/Justine Pearce	Christopher Smith/Annie Cobley

Mini and Junior Club Championship Results

Event	Winner(s)	Runner(s)-Up
8 & Under Mixed Singles	Swarnah Gusain	Arthur Arnold-Tencor
8 & Under Girls Doubles	Swarnah Gusain/Valentina Flandro	Willow Askew/Evie Turner
8 & Under Boys Doubles	Coben Hakes/Arthur Arnold-Tencor	Charles Blackwell/Alfie Hewitt
9 & Under Girls Singles	Leona Murga	Aurora Hakes
9 & Under Boys Singles	Thomas Corbey	Zach Mahadevan
9 & Under Mixed Doubles	Leona Murga/Mila Edis	Zach Mahadevan/Keerat Ghatora
10 & Under Mixed Singles	Theo Baptiste	Jaxon Karwacinski
12 & Under Boys Singles	Fred Smith	Joseph Barker
14 & Under Girls Singles	Mia Taank	Lulu Hicks
16 & Under Boys Singles	Vega Hummerston	Natan Serrano
16 & Under Girls Singles	Lulu Hicks	Victoria Johnson
18 & Under Girls Singles	Sprihi Gusain	Victoria Johnson

Members' Cup Result

Winners	Runners-Up
Balls & Whistles	Nets Be Having You

Celebrating Helen Adams *(one of our very long serving members!)*

ITF Masters World Team Championships 2026

This summer, I was honoured to be selected to represent Great Britain at the ITF Masters World Team Championships in Lisbon-Oerias from 2-7 August. The UK heatwave had prepared me well for the Portuguese sun! The opening ceremony was joyous, featuring 87 teams from 32 nations, who entered the show court in turn, waving flags to the sound of their national anthem. The format was three days of round robin group matches and three days of knockout, each tie comprising two singles and a doubles. My 40s teammates were Liz Thomas (captain), Boglarka Berecz-Szatmari and Sam Spry. Sam and I were the doubles pair. The team was slightly unlucky to face number 1 seeds – and eventual champions – Italy in our first match. Italy's line-up included former World No. 55 Alberta Brianti and they won all three rubbers though we nearly grabbed the first set of our doubles.

After beating the Faroe Islands in the other group match, we advanced to the 9-12th place draw. We secured 2-1 wins over Switzerland and Finland to finish 9th place. A great effort - just a shame to draw the top team on the first day when we were still adjusting to the unfamiliar surface.
The other GB teams finished 7th (W45s), 10th (M45s, featuring another Bucks Halton player, Aidan Graveson), with the M40s earning 3rd place bronze.
Overall, it was a brilliant experience and a dream come true to represent Great Britain. I appreciate all the support of my family, the valuable last-minute coaching from Roy (!) and all the lovely words of encouragement and congratulations I've received from Halton members.

Summer Teams Update

Many thanks to Maxine Gore, our fantastic Fixtures' Secretary for organising all our teams' fixtures.
Here is a round-up of how our teams fared:

Bucks Shield Summer 2026				
Team	**Division**	**Captain**	**Results**	**Placement**
Men's 1	Premier	Dean Kelleher	W2 D3 L1	3rd
Men's 2	2b	David Barnett	W4 D1 L0	1st
Men's 3	3a	David Barnett	W2 D1 L1	2nd
Ladies' 1	Premier	Soti Spantidea	W4 D1 L1	1st
Ladies' 2	2a	Gry Muhlemann	W4 D1 L1	2nd
Ladies' 3	4b	Mary O'Sullivan	W2 D2 L2	3rd
Ladies' 4	5a	Lyn Mathews	W3 D1 L2	3rd
Medley 1	1	Dave Baker	W3 D0 L3	4th
Medley 2	2	David Barnett	W2 D0 L4	6th
Medley 3	7	Jill Keen	W1 D0 L5	6th

Aylesbury & District Summer 2026				
Team	**Division**	**Captain**	**Results**	**Placement**
Men's 1	1	Dean Kelleher	W4 D2 L0	1st
Men's 2	2	Rob Pain	W2 D0 L4	6th
Men's 3	7	Alan Jack	W7 D0 L0	1st
Ladies' 1	1	Claire Roberts	W5 D0 L1	2nd
Ladies' 2	3	Maxine Gore	W3 D2 L2	3rd
Ladies' 3	5	Hannah Gardner	W2 D0 L4	6th
Mixed 1	1	Helen Adams	W2 D1 L2	4th
Mixed 2	5	Mel Quilter	W4 D1 L1	3rd
Mixed 3	7	Willem Baars	W0 D1 L5	6th

Congratulations to Men's 1 and Ladies' 1 coming top of their divisions in the Bucks Shield, and Men's 1 and Men's 3 who topped their A&D divisions. Thank you to all the captains and to everyone who took part.

Now the summer matches are over, we move into the Aylesbury & District League Winter 2026 – 2027. Halton have 12 teams taking part this season; 4 x Men's, 4 x Women's, and 4 x Mixed. Keep up to date with how the teams are doing. If you would like to play in a team then please contact Roy Knight (Head of Club Tennis).

Aylesbury & District Tennis League Knockout Finals 2026

On September 23rd we hosted the 2026 Aylesbury & District Knockout Finals, featuring the Bronze, Silver and Gold Cup Finals. A warm dry evening provided perfect conditions for players and spectators, many thanks to all the members who came to support our teams.

Congratulations to the following teams:

Cup Final	Winners	Runners Up
Gold	Halton	Chesham Bois
Silver	Wendover	Long Crendon
Bronze	Halton	Lacey Green

Playing for Halton Gold were; Louise Wilcocks, Caroline Neil-Dwyer, Dean Kelleher and Luke Willams. The Halton Bronze team were; Maxine Gore, Lindsey Smith, Jamie Whalebone and Dave Jeffrey.

Tennis Calendar

Halton offers members an exceptionally rich choice of club tennis activities with something happening every day. To find out what is taking place and when, along with social activities, and team results simply access the calendar on the Halton website. Navigate your way to the Halton website, select 'Tennis' in the top menu bar and then choose 'Calendar' from the drop-down list displayed.

Pro Shop now open – demo rackets available

Looking for a new racket, tennis bag, shoes or accessories? Our Pro Shop is now open in the Office. Choosing the right racket can make all the difference. If you're not sure which one suits your game, why not try one of our demo rackets before you buy? With advice from our expert coaches, you'll be able to test your options, ask questions and feel confident you're making the right choice.
Along with the Everyball branded clothing there is a wide range of stock to choose from.

Introducing Guest Passes

Share your love of tennis! Full tennis members get three free guest passes each calendar year. Invite family and friends to hit on the court with you, whether for a friendly game or to try out one of the organised club activities such as a mix-in or a Rustys session. Please let the office know in advance (tel: 01296 623543).

Golf simulator

You may have noticed work is underway on the exciting development of our new two-bay golf simulator. It will offer tennis and gym members a fun new experience at an exclusive reduced rate. Further details will be shared shortly.
Not only will the golf simulator further enhance the Halton community, but its roof provides an ideal location for more solar panels, further decreasing our reliance on the national grid; Win-Win!

SAVE THE DATE

Whoooooo… Halloween in the Clubhouse

During the October school half-term holiday there will be colouring activities available in the Clubhouse, along with lots of lovely Autumn treats in the café.

Christmas wreath & table decoration workshops

Back by popular demand – there will be 2 Christmas wreath workshops, plus a separate table decoration workshop this year.
All workshops will include materials required and guidance from Debs, our Head Gardener, plus a warm Christmas atmosphere complemented with festive refreshments from the Clubhouse. What a wonderful way to start the Christmas feeling – create your luxury wreath to suit your own front door. Why not share this fun festive experience with a friend or relative? Book early to avoid disappointment as places are limited to 8 per workshop.
Wreath making workshops:

Workshop	Date & Time	Price
Wreath	Wednesday 9th Dec. 10am - 1pm	£75
Wreath	Thursday 10th Dec. 10am - 1pm	£75
Table decoration	Friday 11th Dec. 10am - 12pm	£45

Book and secure your place by contacting the office: 01296 623453

Halton Traditional Christmas meal

Our annual Christmas party will be held in the Clubhouse on Sunday 13th December. Enjoy a traditional Christmas meal with all the trimmings in our festively decorated Clubhouse. All the usual festive shenanigans can be expected! Booking details will be sent out closer to the time.

CLUBHOUSE

Member's Choice Friday

We launched Member's Choice Friday in early August and are very pleased with the responses we received. Member's Choice Friday is aimed at giving you the opportunity to help shape the Clubhouse menu by suggesting a main dish you would like to see served as part of the Friday night menu. Simply complete the form on a Friday night and return to the counter. August saw Polly Shorthouse's Chilli Con Carne with rice suggestion win. Well done, Polly!

COACHING

Hi, Mike here, Founder/Director of the Everyball Tennis Academy.
If you have any ideas or suggestions about adult coaching or sessions, then please catch me at the club or email me at mikejames@everyball.net to arrange a time to discuss over **a free cup of coffee** (*and cake, if you fancy*).

LTA 10U Performance Programme - Enhanced

From September, Halton will play a vital role in strengthening training environments at the Regional Performance Stage of the LTA Player Pathway. Following an extensive review, consultation, application and interview process the LTA awarded Halton 10U Performance Programme – Enhanced (10U PP-E). Halton is one of only nineteen performance centres throughout the UK to receive increased investment from the LTA for 10U PP-E.
The 10U Performance Network is a strategically integral part of the Regional Performance Stage of the LTA Player Pathway. It is designed to increase the number and quality of players who are inspired, informed and ready to meet the demands of the National Performance Stage of the pathway. The 10U PP-E will be headed up by Mike James working alongside the Everyball coaches as the delivery team. The programme will have approximately 10 to 15 players, a mixture of boys and girls. Any player from the area/region can apply, contact Mike James if you would like more information.
We look forward to this new stage for the Everyball Academy as it continues to provide an inspirational, high-quality development environment and support the identification and development of young players. This is a very well-deserved reward for all the dedication and effort that Mike and team have invested in the tough application and interview process.

Welcome new coach Ellie Scarff

Ellie Scarff has joined Halton Tennis Centre bringing extensive experience as both a player and coach.
A former nationally ranked junior, Ellie won Welsh Championships across all age groups, achieved top GB rankings at U16 and U18, trained at the Mouratoglou Tennis Academy in France, and earned an ITF Junior World Ranking.
A graduate from the University of Bath with 1st Class Honours in Sports Performance, Ellie captained the Women's 1st Tennis Team to BUCS National League and Cup titles.

Ellie spent 8 years coaching at Team Bath Tennis, working with players from beginner level through to performance pathways, and most recently led the Under 10s Performance programme. She is currently completing her LTA Level 4 Senior Performance Coach Qualification.
Ellie is passionate about helping players of all ages develop a genuine love for tennis.

Welcome new coach Charlie Lawrence

Growing up in a tennis-loving family, the sport has always been close to my heart. I first picked up a racquet when I was 6, and although I took a break for a few years, I found my way back to tennis after lockdown and became determined to keep improving. I progressed through the Everyball Academy, started competing, and earned a place on the U18 Bucks County training team. After having hip surgery just before my 18th birthday, I decided to step away from competing and focus on coaching. In July 2026 I achieved my Level 3 coaching certificate and became a full-time coach at Halton.
I now coach across a wide range of sessions, including the Everyball Academy, Bucks Under 9 County squad, Rusty Racquets and inclusive tennis. Whatever the session, I always do my best to bring energy, encouragement and support to everyone on court. I'm really excited for my time at Halton and look forward to helping players enjoy their tennis and reach their goals.

PICKLEBALL AT HALTON

Purple Pickleball at Halton is one of the UK's largest pickleball venues with 15 dedicated indoor and outdoor courts. We offer coaching for all levels, from complete beginners to competitive players. Learn from passionate, experienced pickleball coaches. For further information contact Roy: roy@everyball.net or Hutch: hutch@everyball.net .

August Purple Pickleball Tournament

Over 100 people took part in the August Purple Pickleball tournament. Congratulations to Helen Gamble who won silver in the women's 3.5 doubles with Laura Marks.
Our next event will be held in November; information and sign-up details will be available on the Purple Pickleball tournaments page.

October Pickleball Beginners' Courses

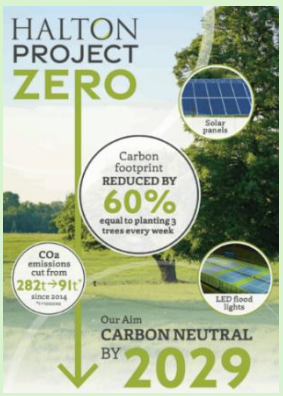
If you, or anyone you know, would like to try pickleball we are running beginners' courses throughout October. It's a great opportunity to learn the basics in a friendly, fun, and supported environment.
Sign-up for the Purple Pickleball Beginners' sessions.

October 2026		
Day	Time	Price
Mondays	8pm - 9pm	£36
Thursdays	1pm - 2pm	£36

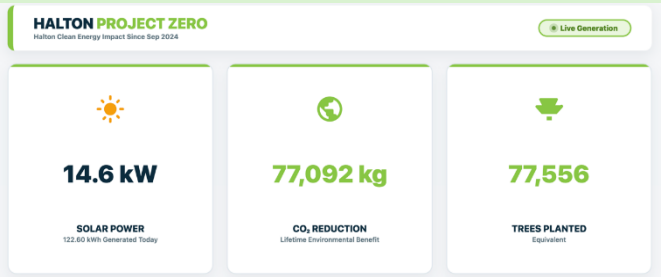
FACILITIES

Hi, Ollie here, Head of Facilities and Strategic Infrastructure Development.
I'm always happy to chat, so if you have any suggestions or would like to discuss anything about the club facilities, then please catch me at the club or email me at oliver.taylor@everyball.net to arrange a time to discuss over **a free cup of coffee** (*and cake, if you fancy*).

Project Zero



The screen in the clubhouse now shows a live snapshot of our performance. You can see how much solar electricity we are generating and consuming, and the savings made.
Next time you are enjoying a few moments in the clubhouse take a look at our progress and feel proud to be part of this outstanding community with its unwavering environmental commitment.



Clubhouse Veranda Railings

We are looking into reinstating the railings around the clubhouse veranda, not dissimilar to the original ones in place when it was a cricket pavilion. This would complement the new tables and chairs we plan to install to make the veranda more useful while still providing an excellent view of the tennis courts.

Water collection

Over 5 million litres of rainwater run off our 2 domes and clay courts every year. Imagine what we could do if we were able to capture that! Not only would we remove the risk of floods in the domes, but our water bills could be reduced, and Debs' amazing gardens would be vibrant throughout the year regardless of hose pipe bans.
We are currently investigating options regarding tanks to capture the water, pump systems and soak away sites for excess water.

Halton gardens

Like all of the South East, our gardens suffered from heatwaves and lack of rain and the Club Champs weren't surrounded with the usual lush green grass. However, we were able to maintain the splendour of the hanging baskets and provide a regular crop of fresh vegetables and herbs for use in the kitchen.
Debs puts various items grown in the poly tunnel such as; tomatoes, aubergines, and courgettes on the wooden stand on the clubhouse veranda. Please help yourself to this Halton grown produce. Enjoy!

PHYSIOTHERAPY

We wanted to share another exciting update to our service, which complements the specialist care already available at Halton Physiotherapy.

We are pleased to welcome James Williams, **specialist hand, wrist and elbow physiotherapist,** to the team this August. James has over 20 years' experience across the NHS and private sector and continues to work in a specialist NHS role alongside leading hand and upper-limb surgeons. He will be available at Halton Physiotherapy on Saturdays.

James can help with:

- Hand, wrist and elbow injuries
- Post-operative rehabilitation
- Carpal tunnel syndrome and upper limb nerve-related symptoms
- Tendon problems, including De Quervain's
- Thumb, finger and wrist arthritis
- Splinting and specialist rehabilitation
- Sporting, work-related and musicians' injuries

Book an appointment with James.

Helping you keep playing

With timely assessment, targeted rehabilitation and sensible load management, many issues can be improved before they become more persistent or limiting. Halton Physiotherapy is here to help you stay active, recover well and keep enjoying your tennis.

Common Tennis-related injuries
Tennis can place repeated stress on the upper limb, spine and lower limb. Common problems include:

- Tennis elbow or forearm tendon pain
- Shoulder or rotator cuff pain
- Wrist, hand or grip-related pain
- Lower back stiffness or strain
- Hip or knee pain
- Achilles tendon pain
- Calf strains
- Ankle sprains

These issues may develop gradually through repeated loading, or more suddenly after a slip, stretch, twist or awkward movement.

Why Tennis injuries occur
Tennis injuries are often influenced by a combination of factors, including:

- Sudden increases in playing time and frequency
- Repeated serving or gripping
- Reduced strength or mobility
- Poor recovery between sessions
- Previous injury
- Court surface and playing conditions
- Technique or movement patterns
- Age-related joint, muscle and tendon changes

Reducing injury risk
Simple ways to reduce injury risk include:

- **Warming up** with light movement, mobility work and Tennis-specific drills
- **Building strength** away from the court, particularly around the legs, hips, trunk, shoulder, forearm and wrist
- **Increasing playing load gradually** after injury, illness or time away
- Allowing time for **recovery** between sessions
- **Responding early** to pain, stiffness, weakness or recurring symptoms

Pain that is worsening, limiting performance or not settling between sessions should be assessed rather than ignored.

To book an appointment, contact Halton Physiotherapy on 01296 622007 or book an appointment online via our website www.halton-physiotherapy.co.uk.

Sports Massage

Sports massage therapy works intensively to treat minor overuse injuries before they develop into chronic problems, improves recovery between training sessions, breaks down scar tissue and adhesions. It improves posture and alignment, and helps maintain a healthy physical condition and recuperation after injury.
Kim Eastwood is our resident Sports Massage Therapist with 30 years' experience; her skills help clients recover, rejuvenate and restore their way to achieving their personal goals.
Book an appointment with Kim: kim@halton-physiotherapy.co.uk

THE GYM AT HALTON

If you are interested in joining the Gym at Halton or finding out more, please contact Luke Williams.

Air Conditioning

Thank you for your patience while the air conditioning was installed. This major investment will ensure we can all benefit from a comfortable environment all year round and not be affected by future extreme climate changes.

Push / Pull / Run

Our September Challenge encouraged gym members to do push-ups, deadlifts and run 2km. It was great to see so many take up the challenge and improve their results throughout the month. Winners of the different elements will be announced soon.
The Gym Challenges complement your tennis, encouraging you to focus on specific exercises while taking part in a community challenge.
The next Gym Challenge is planned for December; details will be provided closer to the start.

Professional athletes

We are very pleased that our Gym at Halton is used by several professional athletes, find out more and follow their progress:
Katie Maliff – squash player
Hannah Screen - golfer

Gym Membership

Don't forget - the best way to improve your tennis is to spend time in the gym! The Gym at Halton is open every day from 5am to 10pm and tennis members receive a heavily discounted rate of just £40/month (normal gym membership is £65/month).

Advertising opportunities

We are offering the opportunity for you to promote your business to the Halton community and all its visitors. From inclusion on the TV screens in the Clubhouse and gym, to a banner on one of the tennis courts we offer a range of advertising options. Contact the Office to find out more.

Vehicle access reminder

The traffic flow through our car parks works well with the one-way system making sure no congestion occurs. However, Chestnut End which is the short section between Chestnut Avenue and the automatic entrance barrier is a 2-way stretch of road. Our neighbours use this section of road to enter and exit their properties, so please be aware and prepared for oncoming traffic.

"Community sports facilities are more than places to exercise, they are vital social hubs for participation, inclusivity and long-term health of our local community."
Sport England.