



BRITISH

JUNIOR CHAMPIONSHIPS

October 26-29 | 2023 | Sheffield

WELCOME GUIDE



Abbeydale Squash
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Hallamshire

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Welcome

Mark Williams, CEO, England Squash



On behalf of everyone at England Squash, I am delighted to welcome players from around the UK and Ireland to the ProAir British Junior Championships in Sheffield. As one of the most important titles on the domestic junior circuit, we can expect to see some fantastic squash and I am excited to see which of the 400 players expected to enter will be leaving with one of the coveted titles on offer across the 11 competition categories.

A huge amount of work goes into organising a championship such as this and our sincere thanks go to Abbeydale, Hallamshire and Fulwood for hosting the event and to the many people involved in planning and delivering the event.

I would like to wish all of the players competing the very best of luck and I hope that everyone attending has a successful and enjoyable time in Sheffield.

Nick Matthew, 3 x World Squash Champion



We are blessed to have a vibrant squash community in Sheffield spread across the three host venues, Abbeydale, Hallamshire and Fulwood, as well as two strong university programmes.

From the world's first ever glass back squash court at Abbeydale to some 20+ years of hosting the British Junior Open, Sheffield has always been a city synonymous with squash. We hosted the World Masters in 1999 & women's world team championship as well as several years of the English Open at the famous Crucible Theatre.

On behalf of the Sheffield squash group hosting committee, it's an absolute honour to be able to bring the ProAir British Junior Championship to Sheffield for a second edition. We look forward to witnessing some fantastic squash played in fierce competition but with the best spirits.

Vickie Prow, Competitions Manager, England Squash



The ProAir British Junior Championships is a cornerstone of the England Squash events calendar. Now in its 49th year, the event is the most prestigious of the domestic season and I'm excited to see the very best players from all over the UK and Ireland arrive in Sheffield to compete at the highest level.

England Squash would like to thank the other nations' governing bodies for their enthusiastic participation which is central to making the event a special tournament for all involved.

The enthusiasm of the players, commitment of parents & coaches and hard work by the organisers & venues demonstrates that our sport can thrive and events such as this play a crucial and central role in helping us to grow and develop our sport, players, venues and networks across the country.

The View of Former Champions



Torrie Malik, GU19 Champion 2022

Becoming the GU19s BJC champion in 2022 will always be a highlight of my time as a junior, especially so as I ended my junior career with a big tournament win and increased my number of BJC titles to five. The victory gave me great confidence as I moved into my professional senior career competing on the PSA circuit.

Finnley Withington, BU19 Champion 2022

With the British Junior Championship being the highest domestic accolade, it's always the title I wanted to win each season. There is always a strong draw and it's hotly contested, so I've always made sure I am well prepared for the event, both mentally and physically. Winning the event has helped me transition into the senior game as it has given me experience of competing in big tournaments and the confidence that I am good enough to progress to the next level.



The Team

Vickie Prow

England Squash Competitions Manager

07796 181286

vickie.prow@englandsquash.com

Tim Vail

Event Director

07939 005959

juniorcompetitions@englandsquash.com

Ashley Smith

Lead Referee

Mark Tasker

Abbeydale Squash and Fitness Club

info@mtacademy.net

Adam Turner

Hallamshire Squash and Racketball Club

adam.turner@apexprogramme.co.uk

David Payne

Fulwood Squash and Racketball Club

fulwoodsquashevents@gmail.com

Meet the England Squash Competitions Team

Please come and meet the England Squash competitions team in the meeting room at the Hallamshire on Saturday between 2pm and 3pm – just after the exhibition match. We'd really like to hear your thoughts about our events and how we can make them better for players, parents and coaches. There is no need to make an appointment – just pop in whenever convenient.

Sponsors

We are delighted to have the support of the following sponsors. Click on the logos to visit their websites.



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BRITISH
JUNIOR CHAMPIONSHIPS

"We are honoured to sponsor the ProAir British Junior Championships 2023, supporting England Squash, Abbeydale Squash & Fitness Club, Hallamshire Tennis & Squash Club, and Fulwood Sports Club in Sheffield."

Mark Schofield, Director ProAir Engineers

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Background

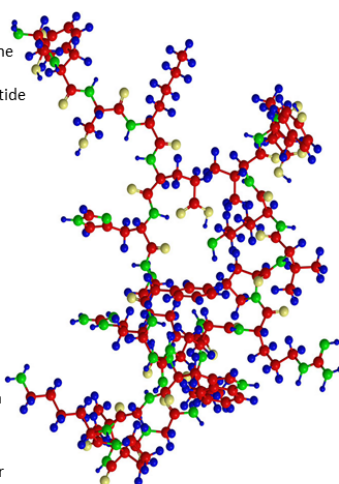
Peptide Protein Research Ltd was established in 1999. The company was formed to cater for the increasing requirement of contract peptide synthesis for novel peptide based therapeutics.

We are specialists in Alzheimer's research, tumour detection, Tuberculosis screening and vaccine development; playing a key role in the development of COVID vaccinations.

Peptide Uses

There are over 100 licensed peptide based drugs available treating conditions such as Type 2 diabetes, multiple sclerosis, enhancing blood clotting and treatment of high blood pressure. Peptides are also used in diagnostic kits such as COVID and bovine TB detection and can be used to analyse disease markers in patient biofluids.

The majority of peptides are used in researching novel therapeutics via techniques such as epitope scanning for detection of antibodies. Peptides with fluorescent tags can be used to detect the location of targets within a cell and as biomarkers to determine disease progression.



Epitalon – anti-ageing
drug in clinical trial

Services

Under our **PeptideSynthetics** brand, Peptide Protein Research Ltd specialises in the custom synthesis and supply of peptides and peptide-based molecules, providing a confidential, fast and efficient service at competitive prices. Many years experience have gained us a reputation for the synthesis of challenging peptides and unusual modifications.

We do not outsource any custom peptide synthesis – all peptides are manufactured in our laboratory in Hampshire, UK.

Technical Support

We provide specialist technical support for peptide design, advice on peptide modifications, and comprehensive after-sales support. We are always happy to advise on issues such as peptide solubility and stability.

Service summary

Length of sequence from 2 to 60 amino acids as standard
Peptide amounts from 1mg - 10g peptide
Peptide purity from crude peptide (>50%) to >98%
Unnatural amino acids and peptide modifications
Peptides for antibody production
Peptide sets and peptide libraries
All peptides supplied with mass spec and RP-HPLC data

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- Sessions delivered by level 3, 4 or England Squash performance coaches
- Competing to a high standard in the BUCS leagues, the local county league and the Yorkshire League



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Squash club.**



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Merchandise



[iPROSPORTS](#) are England Squash's official merchandise and event printing partner. iPROSPORTS will be based at the Hallamshire throughout the tournament offering event merchandise with personalised printing options.

Tournament Ball

[Dunlop](#) is England Squash's official ball and clothing partner and provide the balls for the event. The Dunlop Pro (double yellow spot) will be used for all events at the tournament, other than the mixed under 9 (MU9) category which will use the Dunlop Competition (single yellow spot) ball.



Registration and Tournament Desks

All players must sign in at the venue's tournament desk at least 30 minutes before their first match. We cannot accept parents or guardians signing in on a player's behalf. Players will receive their event t-shirt during registration.

Please direct all enquires to the staff on the tournament desks. They are there to help and ensure the event runs smoothly for all involved.

Venues

Clubs

The event will be split over three host venues. The clubs have 19 courts between them, twelve of which are glass backs and one all-glass court.



Abbeydale Squash and Fitness Club
Abbeydale Road South
Dore
Sheffield S17 3LJ
www.abbeydalesquashandfitness.co.uk/



Fulwood Squash and Racketball Club
Chorley Road
Fulwood
Sheffield S10 3RL
www.fulwoodsportsclub.co.uk/

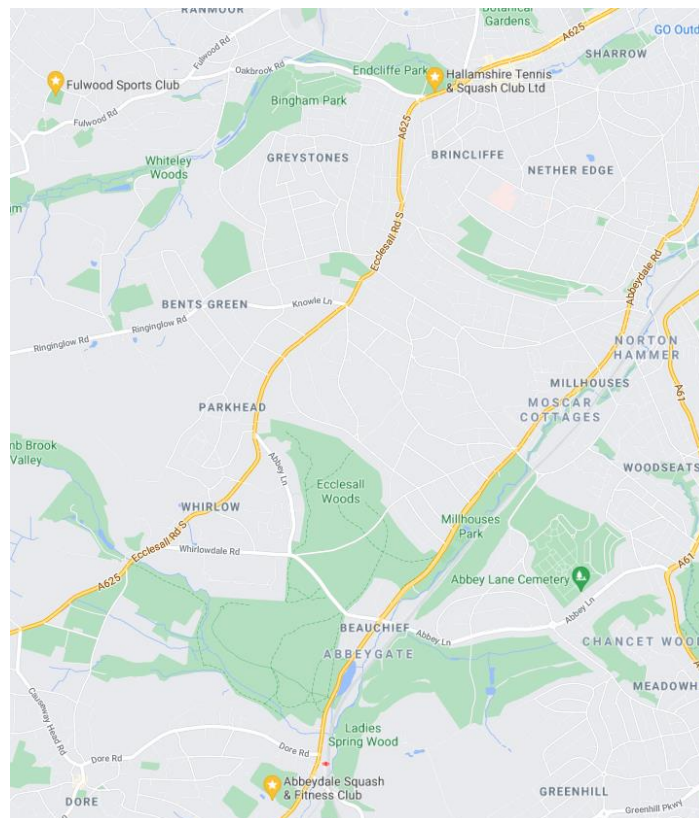
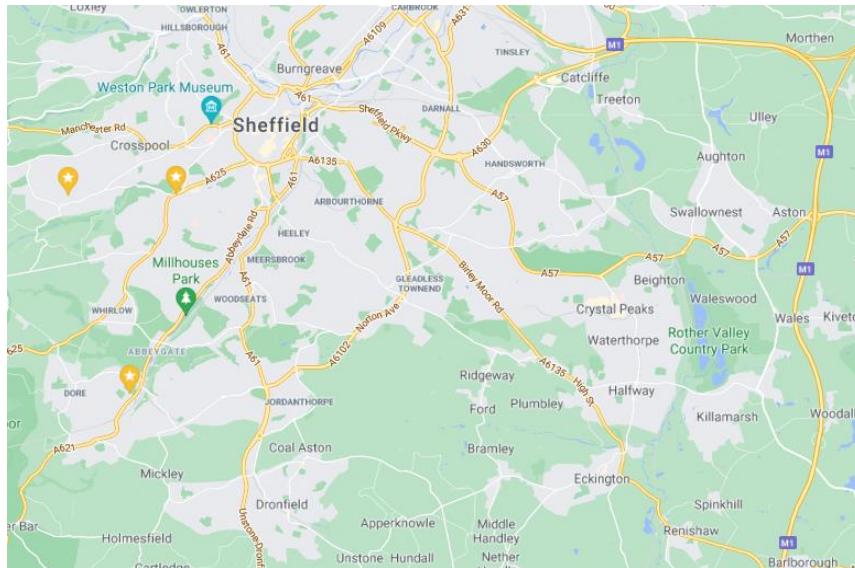


Hallamshire tennis, Squash and Racketball Club
716 Eccelsall Road
Sheffield S11 8TA
www.hallamshire.net/

Locations

The three venues are all located on the south-west of the city and within 4.5 miles of each other, which is less than a 15 minute drive.

The location of the three clubs are highlighted on the maps below with stars:



Parking

All three clubs have car parking available.

Abbeydale: Extensive parking is available in car parks located to the front and rear of the squash building.

Fulwood: Parking is available in the main car park. Additional on-road parking is available on the roads immediately around the club. There are no parking restrictions, but we ask that you park safely & responsibly. The club seeks to be a good neighbour, so please park sympathetically to those that live near the club.

Hallamshire: The club's central location makes accessing the club by transport quite easy.

The car park does have limited spaces for large events and we would encourage all participants to arrive allowing enough time to allow for this.

The club is located on Ecclesall Road and on Fridays there is a bus lane in operation from 4pm to 6:30pm. Note, however, on Saturdays and Sundays Ecclesall Road is available for parking throughout the day and night. Please make sure to check all road signs when parking on Ecclesall Road.

Bar and Catering Facilities

All three clubs have excellent bar and catering facilities that will be open during the tournament serving hot and cold drinks and food. The menus for each bar can be found in Appendix 1 at the end of this guide. Note that meals may only be served during limited hours (see Appendix 1 for details).

The bar areas are open during the following times:

- **Abbeydale:** Thursday: 11am-10:30pm
Friday: 10am-10:30pm
Saturday: 10am-10:30pm
Sunday: 10am-6pm
- **Fulwood:** Thursday: 9am-11pm
Friday: 9am-11pm
Saturday: 9am-3pm
Sunday: 9am-3pm
- **Hallamshire:** Thursday: 10am-8pm
Friday: 10am-8pm
Saturday: 10am-8pm
Sunday: 10am to 12 noon

Event Souvenir

Each entrant will receive an official event t-shirt. These will be distributed to players when they register for their first match from the venues' tournament desks.

Exhibition Match Featuring Nick Matthew and Daryl Selby

An exhibition match will be played at the Hallamshire on Saturday 28th October at 1pm. This will feature three times world squash champion and former world number one Nick Matthew and Daryl Selby, former British National Squash champion and world number 9.

Following the match, there will be a question-and-answer session where spectators can ask questions and an opportunity for spectators to request autographs from Nick and Daryl.

The exhibition match is free of charge and will not be ticketed, so if you want to watch the match, please make your way to the Hallamshire in good time as seating will be on a first come first served basis.

PRO AIR BRITISH JUNIOR CHAMPIONSHIP LEGENDS EXHIBITION MATCH

SATURDAY, 28TH OCTOBER 2023

TIME: 1PM

VENUE: HALLAMSHIRE TENNIS AND SQUASH CLUB



NICK MATTHEW
3 X WORLD CHAMPION

VS



DARYL SELBY
FORMER WORLD NO. 9

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HALLAMSHIRE TENNIS & SQUASH CLUB
716 ECCLESALL ROAD, S11 8TA

T: 0114 266 2153



Physiotherapy & Massage

Kratos Physio (www.kratosphysio.com) are operating on-call and pre-booked physiotherapy and massage services throughout the event. Their treatment room is located at Fulwood Squash Club which is less than a 15-minute drive from Abbeydale and Hallamshire squash clubs. The services provided include:

- On call service for the treatment of injuries
- On call and pre-booked sports massage for players and parents

Payment for physio/sports massages is arranged directly with Kratos Physio.



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Luke, Chartered & Registered Physiotherapist



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- Any injuries during the weekend - **just call!**
- Any sports massage required - pre-book or use the **on-call number** below
- Appointments available at **Fulwood Squash Club** - less than 15mins drive from Hallamshire & Abbeydale

On-call number: 07874371648

Thur 26th Oct	9am-8pm	Consultation & Treatment -	£50 (60mins)
Fri 27th Oct	9am-4pm	Sports Massage -	£50 (60mins)
Sat 28th Oct	9am-7pm	Extended Treatment	
Sun 29th Oct	9am-4pm	Sports Massage -	£30 (30mins)
www.kratosphysio.com		Standard Treatment	(prices includes discount)



Racket Restringing

A racket stringing service is operating from the Hallamshire, from 10am to 3pm each day. Typical turnaround is 24 hours.

The following strings are available:

- Tecnifibre 305 strings
- Tecnifibre Dynamix
- Tecnifibre X-One
- Head Perfect Power strings
- SuperNick XL strings
- Head Revolution

The cost to restring if the strings are provided is £14.00

Safeguarding

The safeguarding lead for the event is Jenny Broughall. Please contact Jenny if you have any concerns.

M: 07424 292749

E: jenny.broughall@englandsquash.com

Medical

Hospital: The Northern General Hospital runs Sheffield's Accident and Emergency department:

Address: Northern General Hospital
Herries Road
Sheffield S5 7AU

Directions: [How to get to the Northern General Hospital](#)

Telephone: In an emergency: Dial 999
Switchboard: 0114 243 4343

Website: <https://www.sth.nhs.uk/our-hospitals/northern-general-hospital>

First Aid: A first aid officer is onsite at all venues

Physio: Name: Luke Bartlett

Company: Kratos Physio

Address: Fulwood Sports Club
Chorley Road
Sheffield S10 3RL

Website: <https://www.kratosphysio.com/>

Tel: 07874 371648

Eye Protection

Wearing eye protection during matches is mandatory for all players. Approved eye protection must be worn that meets England Squash requirements: British Standard BS7930-1.

For further details, please see the information here: [Protective Eyewear](#).

Tecnifibre eye protection glasses can be purchased [here](#).

Rules, Regulations and Code of Conduct

Rules and Regulations

Please familiarise yourself with the current England Squash rules and regulations for sanctioned events that can be found here:

[Rules and Regulations](#)

It is particularly important that players, parents and coaches understand the rules around withdrawing from the event. Withdrawing from the event under certain conditions can lead to there being no ranking points being allocated. This is detailed in Section 8 of the guide

Code of Conduct

All competitors, parents/guardians, spectators and coaches agree to abide by the England Squash Code of Conduct. For details, see here:

[England Squash Code of Conduct](#)

We politely insist that parents refrain from interference in matches. Any complaints should be addressed to the tournament desk.

Volunteers

Volunteers will be on hand throughout the event to assist players, parents and spectators and help ensure the event runs smoothly. All volunteers, along with other event staff, will be clearly identifiable from their event ID badge.

Please respect our team of volunteers. They freely give up their time for the love of the event and sport in general.

Clothing

All players must wear clothing suitable for squash including non-marking soles on footwear.

Players competing in matches where streaming is taking place must not wear the same-coloured top as their opponent. All players are required to bring a minimum of two different coloured tops to these matches. In the event that two players are wearing the same-coloured top for a match, the lower seeded player must change into their second top to prevent any clashes.

Event Details

Event Categories

There will be events for the following age categories:

- Mixed: U9
Girls: U11 / U13 / U15 / U17 / U19
Boys: U11 / U13 / U15 / U17 / U19

As usual, players can only enter one category.

Format

All matches are to be played best of 5 games.

All games are to be played PAR (point a rally) to 11. Should the score reach 10-10, a player needs to win by 2 clear points.

A range of playing formats are in use to cater for the different draw sizes. Some use the standard monrad format, others use round-robin groups and some a hybrid of these. All formats will result in each player receiving a final finishing position.

Match Organisation

Matchplay is scheduled to take place at the following times:

- Thursday 26th October: 9am – 7:30pm
- Friday 27th October: 9am – 8:30pm
- Saturday 28th October: 9am – 6:30pm
- Sunday 29th October: 9am – 5pm

Please be aware play may extend past these times when necessary.

All semi-finals and finals are to be played on the all-glass court at Abbeydale on Sunday the 29th October. This court has extensive tiered seating.

Draws, Schedule of Play and Results

Event draws, schedule of play and results are managed using SportManager, England Squash's tournament platform. Online access to live updates will be available throughout the tournament by accessing the tournament page on SportManager via your smartphone/tablet/laptop.

The draws will indicate the venue and which court matches are to be played. The following codes are used to identify a venue:

- Abbeydale: A
- Fulwood: F
- Hallamshire: H

So for example, H3 refers to court #3 at Hallamshire.

The draws can be found here: www.sportmgr.co.uk/t/218241/draws



Qualified England Squash Referees and Marking of Matches

England Squash are providing referees for matches throughout the event. For matches that do not have an England Squash referee allocated, the winner of the previous match must referee the next match on court. This is a mandatory requirement for playing in the event. If any players need support in this role, they are welcome to referee with another player. Please discuss any refereeing concerns with the tournament desk.

Referee Statement from Ashley Smith, Lead Referee

It has been agreed that players, their parents/guardians, and coaches, should receive a statement before any major event setting out the stance to be taken by the appointed referees with regards to discipline. I would therefore like to make the following statement at the beginning of these Championships to set this stance on matters regarding behaviour and discipline.

Players, parents/guardians and coaches are advised to make themselves familiar with the current Code of Conduct (Available to download from www.englandsquash.com) and the automatic penalties for accumulated points. We will implement the Code of Conduct rigorously against any violations including audible/visible obscenity, verbal/physical abuse, dissent, coaching, late back on court, delaying play, court/racket abuse. The referee will use the code of conduct according to the severity of the offence.

Whilst referees will be doing their utmost to get all decisions correct, there will inevitably be times when the players disagree. Please ask for an explanation, which will be given. However, Referees will apply the code of conduct as soon as they consider that a discussion is being unnecessarily prolonged. The referees would greatly appreciate players honesty in declaring promptly if their shots are “not up”, “down”, etc.

Should you wish to talk to the referee, please move onto the “T” which enables your voice (and the referees) to be heard over the glass back wall. Please note, it is not permitted for the door of the court to be opened to speak to the referee.

The referees will also be ensuring the following:

- That “Approved Eye Protection” is always worn when players are on court. This includes the warm-up and practice.
- A “Fair Share of the Warm-up” with a maximum of three strikes from each player then a cross court to their opponent.
- No wiping of hands on any court surfaces. Players may take a towel on court and reasonable time will be allowed. However, tactical, or excessive use will be deemed as delaying play and the referee will use the code of conduct.

Whilst the above guidelines will essentially apply to players, please note that referees and tournament staff will not tolerate any form of dissent or abuse from parents/guardians or coaches, under any circumstances. If you have any queries regarding any aspect of the matches, please address them to the Tournament Desk and not the Match Referee. The Lead Referee will be available if required.

The Referee Team are very much looking forward to officiating at the ProAir British Junior Championships.

Please help us by following these guidelines so that the tournament can be free from controversy; we would all like to have an enjoyable and successful event.

Practice Courts

Each of the venues provide practice courts before the start of play on each day. These will start one hour before the official match play start time (see section above for details). There is no need to book in advance. The practice courts will be operated on a first come first served basis. If demand is high, we ask players and parents to consider other players and share the practice courts equitably.

Practice courts are available to book on Wednesday 25th October. Please contact the venues direct by using the contacts given in The Team section above (page 6). Note, all court bookings of this type must be made by 18th October.

Live Streaming, Photography and Video Recording

England Squash

There will be official live streaming throughout the event of the matches played on the all-glass court at Abbeydale. There may be additional streaming from other courts too.

An official photographer will be taking photographs from around the venues throughout the event and some of these will be posted on England Squash's website and social media channels.

By taking part in this event, you agree to allow video streaming of your matches and photographs to be taken during the event and England Squash to use these as described above. If you have any concerns, please inform the tournament desk at registration.

Video Recording and Photograph by Individuals

Players and parents are permitted to record matches and take photos at the event so long as consent is provided from all those involved. Where a child is involved, consent must be obtained from their parent/guardian.

Tin Height

The tin height for all matches will be at 19" (48cm).

Trophy Presentations

We are delighted this year to have very special guests to make the trophy presentations.

The Don Saunder Cup is awarded each year to the winner of the GU19 and BU19 events. This year Mr. and Mrs. Saunder will present the cups to the winners of these events. Three times world champion and ex-world number one Nick Matthew will be presenting all the other trophies to the finalists.

There will be trophy presentations for those finishing first, second and third in each event. Please note that presentations will begin after the last final has finished on the all-glass court at Abbeydale on Sunday. All those receiving trophies are required to be present for the presentations and the photos that follow.

Follow the Action

For colourful commentary and reaction from the championships follow:

- X/Twitter: Official tournament page: @bjcsquash
- Instagram: England Squash: @england_squash
- Facebook: England Squash: @englandsquash
- X/Twitter: England Squash: @englandsquash
- Website: www.britishjuniorchampionships.com

Share your championship photos and tag in the channels above using hashtag #BJC2023 for a reshare.

Sponsorship of Events

Sponsoring England Squash events and competitions are be a great way to connect with a new audience and market whilst supporting our sport.

If you are interested in sponsoring this event next year, or any England Squash event or competition, then please get in touch with our competitions team at competitions@englandsquash.com

About Sheffield

Recently named the greenest and most sustainable city in the UK ([Greenest and most Sustainable City](#)), Sheffield is nestled next to the Peak District National Park. Perhaps surprisingly, it was ranked number two in a list of the best city breaks in Europe [Best City Breaks](#)!

Attractions:

There are a vast range of attractions in the city, including the [Sheffield Botanical Gardens](#), [Peak District National Park](#), the [alpaca park](#), [Meadowhall shopping centre](#) and a wide array of restaurants and bars.

- This link provides ideas of how to spend time in the city and vicinity: [Things to do in Sheffield](#)
- This link provides a summary of the some of the restaurants in the city: [Some of the Restaurants in Sheffield](#)

Transport:

Sheffield has good transport links with the rest of the country and within the city.

Airports: East Midland: A 60-minute drive to Sheffield
 Manchester: A 70-minute drive to Sheffield
 Leeds-Bradford: A 90-minute drive to Sheffield

Trains: Sheffield train station is a major hub on the rail network and well connected to all parts of the country. The clubs are around a 20-minute drive from the station.

Buses: The city offers a good bus service.
 This website allows journey planning: [Travel South Yorkshire](#)

Appendix 1: Bar Menus

Fulwood

The Lawn View Clubhouse will be open throughout the event (see map below for location within the club grounds).

Below is a summary of what will be available to purchase. Please note the times meals are available on Thursday and Friday.

Fulwood Sports Club



Fulwood Sports Club
Chorley Road, Sheffield, S10 3RL
www.fulwoodsportsclub.co.uk

British Junior Championships 26-29th October 2023

Bar Menu

Bar Opening Hours

Thursday: 9am-11pm
Friday: 9am-11pm
Saturday: 9am-2pm
Sunday: 9am-1pm

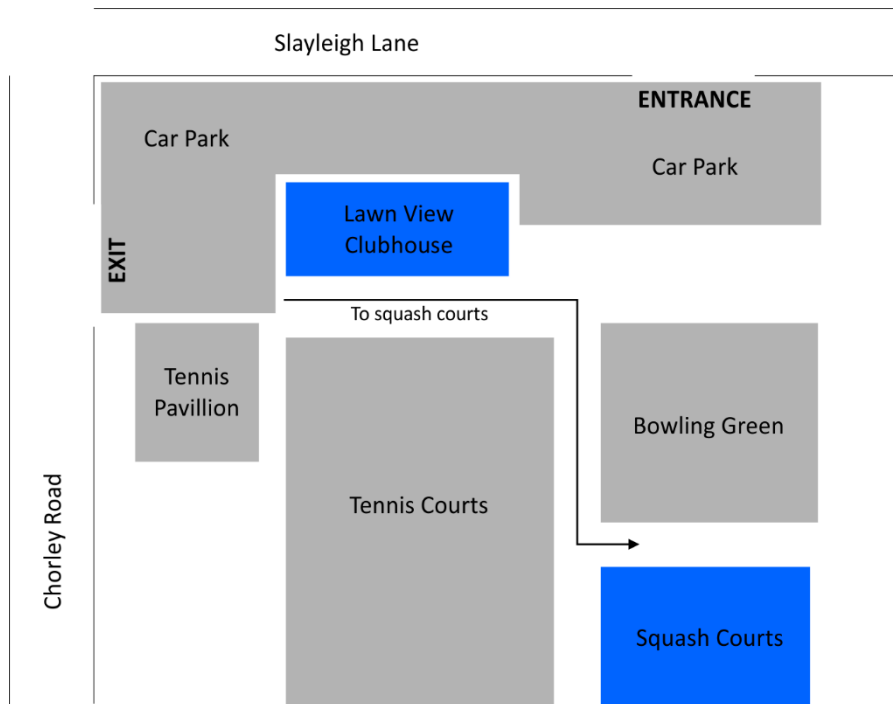
Thursday and Friday

- Wide range of hot, cold and alcoholic drinks
- Energy/sports drinks
- Crisps, nuts, muffins and chocolate snacks
- And meals available
 - From 11:30am to 2:30pm
 - Chicken curry with rice & salad
 - Vegetarian chilli with rice & salad
 - Chips
 - Range of baguettes
 - Cheese
 - Cheese & ham
 - Cheese & salad
 - Tuna

Saturday and Sunday

- Wide range of hot, cold and alcoholic drinks
- Energy/sports drinks
- Crisps, nuts, muffins and chocolate snacks

Location Map:



Appendix 1: Bar Menus

Hallamshire

The bar at the Hallamshire will be open throughout the event.



OPENING HOURS
THURS: 10AM - 8PM
FRI: 10AM - 8PM
SAT: 10AM - 8PM
SUN: 10AM - 12PM

BREAKFAST
 PLEASE SEE OUR SPECIALS
 BOARD FOR OUR BREAKFAST
 MENU

TOURNAMENT MENU

• SANDWICHES

Choice of white or brown bread. Served with a choice of salad, coleslaw or potato salad.

Cheese	£5.48 / £6.80
Ham	£5.48 / £6.80
Cheese and Tomato	£5.48 / £6.80
Cheese and Ham	£5.48 / £6.80
Chicken Tikka	£5.48 / £6.80
Tuna Mayo	£5.48 / £6.80

• PANINIS

Toasted Ciabatta bread. Served with a choice of salad, coleslaw or potato salad.

Cheese	£5.48 / £6.80
Ham	£5.48 / £6.80
Cheese and Tomato	£5.48 / £6.80
Cheese and Ham	£5.48 / £6.80
Chicken Tikka	£5.48 / £6.80
Tuna Mayo	£5.48 / £6.80
Chicken and Chorizo	£5.48 / £6.80
Mozzarella, Pesto & Tomato	£5.48 / £6.80

• TOASTIES

Toasted Sandwich. Choice of white or brown bread. Served with a choice of salad, coleslaw or potato salad.

Cheese	£5.48 / £6.80
Ham	£5.48 / £6.80
Cheese and Tomato	£5.48 / £6.80
Cheese and Ham	£5.48 / £6.80
Chicken Tikka	£5.48 / £6.80
Tuna Mayo	£5.48 / £6.80
Chicken and Chorizo	£5.48 / £6.80
Mozzarella, Pesto & Tomato	£5.48 / £6.80

• MAINS

Beef Chilli & rice	£6.00 / £7.50
Veg Chilli & rice	£6.00 / £7.50
Ham Salad	£6.00 / £7.50

• SALADS

Chicken Salad	£6.00 / £7.50
Feta Salad	£6.00 / £7.50
Ham Salad	£6.00 / £7.50

Appendix 1: Bar Menus

Abbeydale

The Omega bar will be open throughout the event (see map below for location within the club grounds). Please see the Bar and Catering Facilities section (page 15) for the opening hours of the bar.

Below is a summary of what will be available to purchase. Please note the times meals are available.

omega

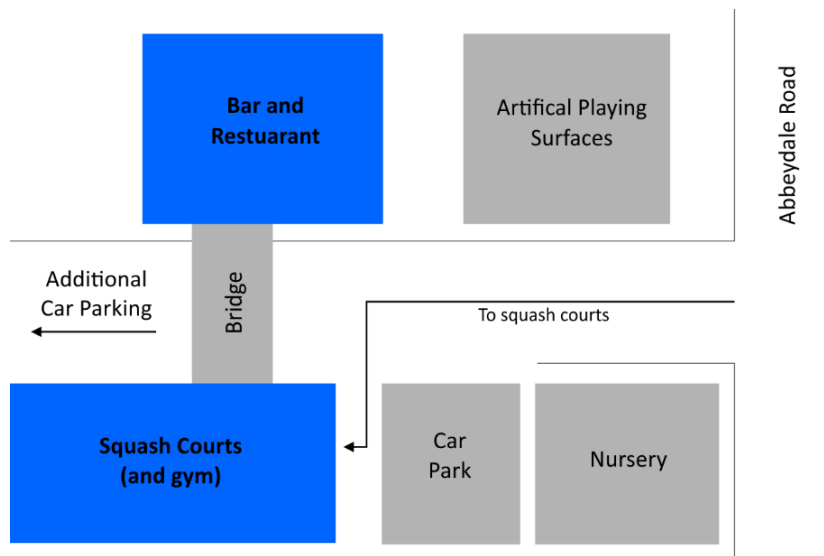
AT ABBEYDALE

BAR MENU 10:30PM – 14.00PM THURSDAY TO SUNDAY

BACON SANDWICH	£3.50
SAUSAGE SANDWICH	£3.50
BACON & SAUSAGE SANDWICH	£4.50
CHIP BUTTIE	£3.00
CHIPS	£2.00
CHEESE & TOMATO SANDWICH	£3.50
CHEESE & HAM SANDWICH	£3.50
VEGETABLE CHILLI	£4.50
SAUSAGE ROLL	£2.50
CHEESE & ONION PASTY	£2.50

CRISPS, NUTS, COOKIES & CHOCOLATE SNACKS AVAILABLE OVER THE BAR

Location Map:



Appendix 2: England Squash Events in Sheffield this Season

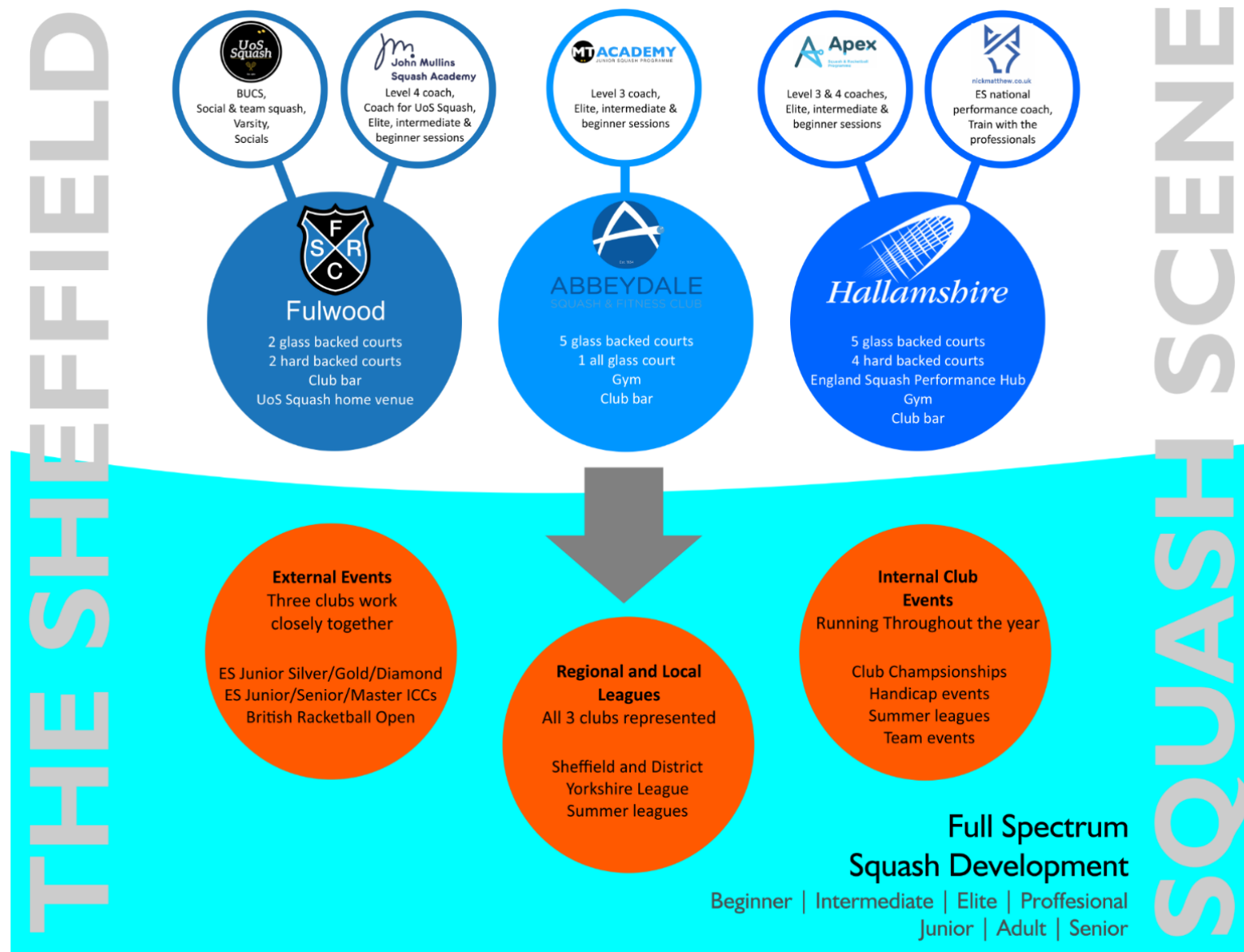
SHEFFIELD JUNIOR SQUASH SERIES

3rd March 2024: Bronze event at Fulwood
[Sport Manager Event Page](#)

12th May 2024: Bronze event at Abbeydale
[Sport Manager Event Page](#)

7th July 2024: Bronze event at the Hallamshire
[Sport Manager Event Page](#)

Appendix 3: Squash in Sheffield





CRITISn

JUNIOR CHAMPIONSHIPS