

The Tennis Newsletter of North Devon

Welcome to this newsletter, tasked with keeping you in the picture about events past, current, and yet to come. Celebrate and enjoy the game you love by joining in as much as you can.

Are you  
In the  
Picture?

## Coming up

Dear Diary

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## League and Cups Update

The 2022 season is underway. The days are getting longer, and it looks like weather is warming up. We hope you are enjoying your matches. It's great to get back to home and away matches.

Tip: It's better to input your results sooner rather than later. If you need a reminder on how to do the core tasks have a look [HERE](#)

Cups: I've sent an email to cup captains. Matches can be played earlier than play by dates, evenings, or weekends. Draws can be viewed [HERE](#)

## ARC Summer Open

28 May - 5 June

Closing date **18 May**

Enter [Here](#)

LTA Advantage Membership  
*Reasons for joining are getting better and better*

Join Up once for **FREE** and receive many benefits  
See why [HERE](#)

## North Devon Tournament 2022

This event returned to being played at its usual time in spring as a precursor to the main summer season and was held at Tarka Tennis Centre. Entries were unfortunately again affected by covid19, and some players had to withdraw part way through when they tested positive. The ladies' singles were cancelled as a positive test left insufficient numbers. There were some entries from new names, of whom some made successful challenges to the status quo and took away trophies: Philip Lawton won the men's singles and, together with his fiancée Cassie Dix, took the open mixed doubles, defeating the defending pair, Matt Johns, and Teresa Poole. There was a close 3-set battle in ladies' doubles resulting in the new pairing of Abi Hanafin & Lucy Colville defeating the defending partnership of Alli Swinton & Teresa Poole.

View the full blog post [here](#)



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Dear Diary,

28 May - 5 June

ARC Summer Tournament

Ilfracombe Tournament - Not running in 2022

For a full list of Junior Tournament Dates Click [here](#)

### North Devon Tournament RESULTS:

MEN'S SINGLES – Philip Lawton beat Alex Wingent 6.3, 6.1

MEN'S DOUBLES – Matt Johns/Billy Pearce beat Gerald Sussex/Matt Daniel 6.2, 6.2

LADIES' DOUBLES – Abi Hanafin/Lucy Colville beat Teresa Poole/Alli Swinton 4.6, 7.6, 10.8

OPEN MIXED DOUBLES – Philip Lawton/Cassie Dix beat Matt Johns/Teresa Poole 6.1, 7.6

OVER 50's MIXED DOUBLES – Gerald Sussex/Teresa Poole beat Andrew & Allison Swinton 6.4, 6.4

OVER 60's MIXED DOUBLES – Andy & Jinny Stapley beat John Norman/Helen Beer 6.1, 6.3



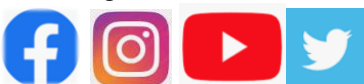
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### Tennis Stats

*More than just numbers and why they matter more and more in the modern game of tennis.*

A time long ago, in a place far, far away, I was asked to help an American tennis coach test a new gizmo. It was a full-size keyboard with a battery and a memory card. I was asked to watch a live tennis match and record what happened using some prepared keystrokes. Serves in aces, returns, forehand and backhand winners, errors or forced errors. Later, this information was loaded to a desktop computer which produced some stats about the match; it was basic stuff but the beginnings of what is standard when watching tennis.

Twenty-five years on, it's more than just numbers and recording all the shots. It's about predicting the future. Using video analysis, you can see patterns of play that repeat themselves and situations where certain shots or strategies are more likely than others. A 1% or 2% difference can decide who wins and loses at the professional level. Forewarned is forearmed.

A friend once said to me. "Alex, I saw you at a tennis match the other day." I said, "I don't remember seeing you there" "Well, Alex, even from a mile away, I could tell it was you!" Thinking about it, I believe it was true. We all have a unique way of playing. Our movement and playing styles determine the kind of shots we go for. Try it for yourself. Whenever you play, ask yourself, Can I see any patterns of play that repeat themselves? How often have you moved to a particular position before your opponent hits the ball? Interesting, isn't it?

The most recent area stats help players with is their mentality. When you develop situation awareness, hey presto, you make better decisions. When's the best time to make significant decisions? Answer: In pressure situations. You may find that players will play safe, play the percentages or are risk-takers. How does that match your game? Well, that's a question that makes tennis a great game.

## Di Govier Tournament 2022

By Sue Doncaster

This - the last one to be held - took place at Ilfracombe Club on 4 April. This ladies' doubles Tournament was established in 2003 in memory of Di Govier, who played for Ashleigh Road Club and died in 2002. The weather was kind, and the day was declared a success. There were nine pairs - of whom 4 were Mother/Daughter partnerships. The format was one we'd always used - the morning's play was handicapped, and after a shared lunch - which was eaten outside in the lovely surrounds of Bicclescombe Park - pairs for the afternoon's matches were placed in boxes reflecting the results from the morning's play; these matches were played on a level footing.

The winners of the Di Govier trophies (donated by Di's widower Gordon at the first Tournament) were the holder's Jenny Doig and Cath Andrews, who defended their title in some close matches.

Photo attached - Jenny on L, Cath on R.

The organisers who started the event - Sue Williams (Di's long-term ladies' doubles partner), Linda Mollart and Sue Doncaster, decided this should be the final one, as with so much more tennis being available all year round, it now no longer fulfils the original aims.

Over the years, all surplus profits have been donated to the Hospice. This year, the amount will be £186.00, aided by the generosity of the Ilfracombe Club, who make no charge for using their courts and pavilion for the day, and ARC, who donated the balls. Photo - L to R: Sue Williams, Linda Mollart, Sue Doncaster.



## Doubles Benefits

It's a familiar story. A guy plays tennis through college. He finds out he loves team tennis more than individual competition. His wife says if he weren't out playing all the time, he'd be at home driving her crazy.

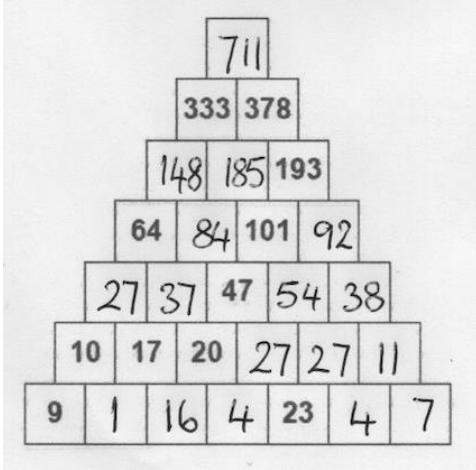
It's not just the competitive side; it's the being with teammates and opponents alike, many of whom have become friends over 30 years. He's become hooked on the whole league thing, and it has been his only source of physical activity over the entire period.

None of this is a surprise to researchers from the UK and Denmark who have been studying people who play tennis. It has been found that tennis players live on average an extra 9.7 years than sedentary people, compared with 3.7 years for cyclists, 3.2 for joggers and 1.5 for people who go to the Gym.

*Continued Page 4*



Quiz Answer  
February 2022



Quiz

## Slitherlink Puzzle

In a Slitherlink puzzle, your goal is to draw a single loop through the grid by connecting adjacent dots with straight lines. The loop cannot cross over itself and will not have any loose ends. It will form a fence that separates the grid into two regions, inside and outside. The numbers inside the grid tell you how many edges of that number's cell are part of the loop.

1		2			1			2	
3		1				1			1
1		1	0	1	0			1	1
1	2		0		1	1		1	
		3		3	1	1	2	2	2
1	1	2	1	3	1		1		
	2		1	3		2		1	3
2	3			2	1	0	1		3
2			1				3		3
	1			2			1		1

More recently, US researchers have been focusing on the effects of people playing league tennis. Whilst there is strong evidence to support the benefits of athletic versus non-athletic sport, this has previously been attributed to the elite level. In contrast, focusing on specific sports up to now has not occurred. This US study has summarised that the more you play tennis, precisely league tennis, the healthier you're likely to be.

Some specifics

1. The higher your skill level, the better your health outcomes. So improving your game is not just about improving the score.
2. League players' mental health improves at the same rate as their physical health.
3. In general, the more you play, the better you feel. However, those who play 6 or 7 times a week scored less from a social aspect than people who played slightly less frequently. There is a balance to strike between physical and social activity.

When you look at everything together, the real value of league play is that it gets you on the court more, but it gets us talking to other people more. It highlights the aspect of the sport that is uniquely good for long term health that a solo sport like cycling or running cannot offer: A built-in social component in which players work out a strategy and form social groups.

Whether we are escaping other stressful situations or love the leave it on the court competition, from both a mental and physical perspective, it is being understood that our social connections are probably the most critical feature of living a long, healthy, and happy life.