

Regions	Squash Club/Squash Facility	Address	No. of Courts	Contact/Coach	Contact/Club Telephone	Email	Club Evening Times
South Glam/Gwent	Cardiff Squash Rackets Club	Cardiff Squash Rackets Club, Ryder Street, Cardiff, CF11 9BR	4	Nic Birt	07813 301904	nic_birt@yahoo.co.uk	Monday 6.30-8.30
South Glam/Gwent	Newport Squash Rackets Club	Rodney Parade, Rodney Rd, Newport NP19 0AP	4	Ben French	07393 973221 / 01633 256088 (only manned during bar hours)	newportsquash@outlook.com	Everyday until 11pm
South Glam/Gwent	Goode's Fitness and Squash, Cwmbran	Edlogan Way, Croesyceiliog, Cwmbran, Gwent, NP44 2JJ	2	Nigel Wrench	07792 754897	nigel.wrench@sky.com	Sunday 6pm onwards
South Glam/Gwent	Pontypool Leisure Centre	Trosnant Street, Pontypool NP4 8AT	2	Huw Holder	07763 977391	huw_holder@sky.com	Monday 6pm onwards
South Glam/Gwent	Caldicot Leisure Centre	Mill Lane, Caldicot, Monmouthshire, NP26 4BN	2	Ian Fenner-Evans	07900 932251	i.fenner@btinternet.com	Sundays 6pm
South Glam/Gwent	Abergavenny Leisure Centre	Old Hereford Road, Abergavenny, Gwent, NP7 6EP	2	Peter Sturgess/Peter Steed	07976 710489	peter@sturgessconsultancy.com	Saturday mornings from 10am
South Glam/Gwent	Rhiwbina Tennis and Squash Club	Rhiwbina Recreation Ground, Rhiwbina, Cardiff, CF14 6EA	3	Bob Perry	07814 185670	bobc@leon@aol.com	Tuesday 6.40pm onwards - summer only
South Glam/Gwent	Monmouth Leisure Centre	Old Dixon Road, Monmouth, NP25 3DP	2	Tej Saran	07927 196214	Tejw4nt@hotmail.co.uk	Sunday 10.30am- 1pm
South Glam/Gwent	Newbridge Leisure Centre	Bridge Street, Newbridge, NP11 5FE	2	Huw Thomas	07969 081174	huw20@hotmail.com	Sunday 5pm-7.30pm
South Glam/Gwent	Risca Leisure Centre	Pontymason Lane, Risca, Newport, NP11 6YV	2	John Harwood	07963 142985	j.wharwood@hotmail.com	Sunday 4.30pm onwards
South Glam/Gwent	Abertillery Leisure Centre	Alma Street, Abertillery, Gwent, NP13 1QD	2	Sean Tohill	07801 673443	s_tohill@yahoo.com	Sunday 6pm onwards
South Glam/Gwent	Llanishen Leisure Centre	Ty Glas Road, Llanishen, Cardiff, CF14 5EB	3	Stuart D'Ivry	07980 896918	studivry@hotmail.com	
South Glam/Gwent	Cowbridge Squash Club	Cowbridge Rugby Football Club, Athletic Club, Cowbridge, CF71 7DB	3	Niall Sloan	07831481338 / 01446 772595	nialls1962@gmail.com	First Monday of the month 6pm
South Glam/Gwent	Fairwater Leisure Centre, Cardiff	Waterhall Road, Fairhill, Cardiff, CF5 3LL	4	Julie Clode	07814166488	Julie.Clode@ntlworld.com	
South Glam/Gwent	Penarth Leisure Centre	Andrew Road, Cogan, Penarth, CF64 2NS	2	Sarah Clode	01446 403000	sarah.clode@ntlworld.com	
South Glam/Gwent	Old Penarthians Squash Club	St. Marks Road, Penarth, South Glamorgan, CF64 3PF	2	John-Birch Hurst	02920 701810		
South Glam/Gwent	Barry Leisure Centre	Greenwood Street, Barry, South Glamorgan, CF63 4JJ	2	Tony Johnson	07546 889618	tonyjohanson@fsmail.net	Thursday 7-9pm Tuesday 7-9pm Saturday 2-5pm
South Glam/Gwent	David Lloyd Cardiff	Ipswich Road, Cardiff, CF23 9AQ	4	Peter Bridgeman	07970 494821	bridgee@hotmail.co.uk	Friday 6pm
South Glam/Gwent	St. Mellons Country Club	St. Mellons, Cardiff, CF3 2XR	2	Mike Rowe	07779 164612	mikeprowe@gmail.com	Saturdays 4pm
South Glam/Gwent	Cardiff Met University Squash	Cyncoed Campus, Cyncoed Road, Cardiff, South Glamorgan, CF23 6XD	2	Greg Dainty	02920 766408	gdainty@cardiffmet.ac.uk	
South Glam/Gwent	Heath Hospital Squash Courts	University Hospital of Wales, Heath Park, Cardiff, CF14 4XW	2	Stephen Haskell	02920 747747	stephen.haskell@environment-agency.wales.gov.uk	
South Glam/Gwent	Pentwyn Leisure Centre	Bryn Celyn Road, Cardiff, South Glamorgan, CF23 7EZ	2		02920 549211		
South Glam/Gwent	Eastern Leisure Centre	Llanrumney, Cardiff, CF3 4DN	2		02920 796616		
South Glam/Gwent	Sport Wales National Centre, Cardiff	Sophia Gardens, Cardiff, CF11 9SW	4	Mike Workman	07971 052567	mike.workman@wsrb.co.uk	
South Glam/Gwent	Fairwater School Leisure Centre	Ty-Gwyn Way, Fairwater, Cwmbran, Gwent, NP44 4YZ	1		01633 743737		
South Glam/Gwent	Cardiff University Squash	49 Park Place, Cardiff, CF10 3AT	3	Elliot Brookes Parry	02920 876706		
South Glam/Gwent	Pontllanfriath Leisure Centre	Coed-Cae-Ddu Road, Pontllanfriath, Blackwood, Gwent, NP12 2DA	2		01495 224562		
South Glam/Gwent	Holm View Leisure Centre	Skomer Road, Barry, CF62 9DA	2		01446 403000		
South Glam/Gwent	Cwmbran Stadium	Henllys Way, Cwmbran, Gwent, NP44 3YS	1		01633 743461		
South Glam/Gwent	Fairwater School Leisure Centre	Ty-Gwyn Way, Fairwater, Cwmbran, Gwent, NP44 4YZ	1		01633 743737		
Mid Glam	The Vale Resort	Hensol Park, Hensol, Nr. Cardiff, Vale of Glamorgan, CF72 8JY	3	Mike Workman	07971 052567	mike.workman@wsrb.co.uk	Wednesday 6pm and Saturday 5pm
Mid Glam	Pentyrch Village Hall	Heol y Bryn, Pentyrch, Cardiff, CF15 9QR	1	Shaun Kerrigan	02920 892207		
Mid Glam	Heol Ddu Leisure Centre	Mountain Road, Bargoed, Mid Glamorgan, CF81 9GF	1		01443 828950		
South Glam/Gwent	The Vale Resort	Hensol Park, Hensol, Nr. Cardiff, Vale of Glamorgan, CF72 8JY	3	Mike Workman	07971 052567	mike.workman@wsrb.co.uk	Wednesday 6pm and Saturday 5pm
Mid Glam	Uni of South Wales, Treforest Sports Centre	Oakwood Street, Treforest, Pontypridd, CF37 1DL	3		01443 482681		
Mid Glam	Hawthorn Leisure Centre	Fairfield Lane, Pontypridd, Mid Glamorgan CF37 5LN	2		01443 842873		
Mid Glam	Caerphilly Leisure Centre	Virginia Park, Caerphilly, Mid Glamorgan	3	Eugene Whitcombe	02920 851845	Eugene@emfencing.co.uk	
Mid Glam	Rhondda Fach Sports Centre	East Street Tylorstown, Ferndale, Mid Glamorgan, CF43 3HR	2		01443 756242		
Mid Glam	Rhondda Leisure Centre	Gelligaied Park, Ystrad, Rhondda Cynon Taff, CF41 75Y	3	Gary Fry	01443 434093		
Mid Glam	Aberdare Leisure Centre	Michael Sobell Sports Centre, The Ynys, Aberdare, Mid Glamorgan, CF44 7RP	2	Bob Gould	01443 434093	davidrobgoald@gmail.com	Sundays 6pm
Mid Glam	Llantrisant Leisure Centre	Llantrisant, Pontyplud, Mid Glamorgan, CF72 8DJ	4	Chris Emanuel	07870 655729	emanuel@hotmail.co.uk	
Mid Glam	Llantwit Fardre Leisure Centre	Central Park, Church Village, Pontypridd, Rhondda Cynon Taff, CF38 1RU	2	Paul Aubrey	01443 201722	gaulaubrey69@btinternet.com	Thursday 6:30pm
Mid Glam	Merthyr Tydfil Leisure Centre	Merthyr Tydfil Leisure Village, Merthyr Tydfil, CF48 1UT	3	Dave Cope	01685 727476	davidcope96@yahoo.co.uk	
Mid Glam	Abercynon Leisure Centre	Parc Abercynon, Mountain Ash, Mid Glamorgan, CF45 4UY	2	Tudor Young	01443 740141	tudoryoung@btinternet.com	
Mid Glam	Porthcawl Squash Club	Porthcawl Rugby Football Club, South Road, Porthcawl, CF36 3DH	2	Simon Lau	01656 784242	simon@lasersAreUs.com	
Mid Glam	Maesteg Squash Club	Maesteg Sports and Social Club, Bridgend Road, Maesteg, Mid Glamorgan, CF34 0AX	3	Mike Moseley	01656 732044 / 07967389607	moseley_29@hotmail.co.uk / MichaelM@swie.co.uk	
Mid Glam	Bridgend Tennis and Squash Club	Merthyrmaur Road, Church Road, Bridgend, Vale of Glamorgan, CF31 3NN	2	Tony Bevan	07989 238374		Fridays 6pm
West Glam	Pontardawe Leisure Centre	Parc Ynysderw, Pontardawe, Swansea, SA8 4EG	2	Steve Tierney	0845 1232240	stevetierney@yahoo.com	
West Glam	Llanelli Leisure Centre	Park Crescent, Llanelli, Carmarthenshire, SA15 3AE	2	Mark Stafford	07890 832315	msstafford@ntlworld.com	
West Glam	Llanelli Tennis and Squash Club	Stradey Park, Llanelli, SA15 4BT	2	Jeremy Rowlands	07952 284587		
West Glam	Swansea Tennis and Squash Club	King George V Playing Fields, Swansea, SA2 9AU	4	Hugh Griffiths	07712 292511	swanseahugh@hotmail.com	Sunday 6pm and Friday 7pm
West Glam	Swansea University	Sketty Lane, Sketty, Swansea, West Glamorgan, SA2	3	Hugh Griffiths	01792 543555 / 07712 292511	swanseahugh@hotmail.com	
West Glam	The Glamorgan Club, Virgin Active	Llandarcy, Neath, SA10 6GZ	3	Dal Howe	01792 324100	dalhowewales@yahoo.com	
West Glam	Neath Leisure Centre	Dyfed Road, Neath, SA11 3AN	2	Peter Harris	0845 1232238	Peter_harris_2000@hotmail.com	
Mid Glam	Gower College Swansea Sports Centre	Tycoch Road, Sketty, Swansea, SA2 9EB	2	Peter Crook	01792 284088	petercrook23@hotmail.com	
Pembrokshire	Llandello Squash Club	Llywmyrwen, Dryslwyn, Carmarthenshire, SA32 8SE	2	Huw Griffiths	01558 668451	RHGriffiths@carmarthenshire.gov.uk	
Pembrokshire	Carmarthen Leisure Centre	Llanesteffan Road, Johnstown, Carmarthen, Carmarthenshire, SA31 3NQ	2	Peter Crook	01267 224700 / 07809 236762	petercrook23@hotmail.com	
Pembrokshire	St. Clears Leisure Centre	Station Road, St. Clears, Carmarthen, SA33 4BT	2	Peter Crook	01994 231253 / 07809 236762	petercrook23@hotmail.com	
Pembrokshire	Bloomfield House Community centre	Redstone Road, Narberth, Dyfed	2	Steve Rigby	01834 861386	srrigby@yahoo.co.uk	
Pembrokshire	Sir Thomas Picton Sports Centre	Queensway, Haverfordwest, Pembrokeshire, SA61 2NX	2	Peter Crook	01437 776676 / 07809236762	petercrook23@hotmail.com	
Pembrokshire	Milford Haven Leisure Centre	Priory Road, Milford Haven, Dyfed, SA73 2EE	2	Peter Crook	01646 694011 / 07809 236762	petercrook23@hotmail.com	
Pembrokshire	Neyland Squash Club	Seabreezes, The Promenade, Neyland, Dyfed, SA73 1QE	2	Peter Crook	01646 600276 / 07809 236762	petercrook23@hotmail.com	
Pembrokshire	Pembroke Leisure Centre	Pembroke Road, Pembroke, Dyfed, SA71 4RJ	2	Peter Crook	01437 776660 / 07809236762	petercrook23@hotmail.com	
Pembrokshire	Cardigan Squash Club	Gybert, Cardigan, Dyfed, SA43 1PR	3	Richard Davies	01239 614345	rich_parthian@yahoo.co.uk	
Pembrokshire	Newcastle Emlyn Leisure Centre	Newcastle Emlyn, Carmarthenshire, SA38 9LN	2	Steve Wedgwood	01239 711025	scubaref@btinternet.com	
Pembrokshire	Fishguard and Goodwick Phoenix Centre	61-63 West Street, Fishguard, Dyfed, SA65 9NG	2		01348 874855		
Mid Wales	Brecon Leisure Centre	Penlan, Brecon, LD3 9SR	2	Jayne Kirk	01874 623677 / 07854 242777	jayne.kirk@btconnect.com	Monday 7pm
Mid Wales	Llandovery Squash Club	Penygaer, Llandovery, Dyfed, SA20 0ED	2	Martin Rees	07774 142327		
Mid Wales	Lampeter University	University of Wales, Lampeter, Ceredigion, SA48	1		01570 422351		
Mid Wales	Caron Leisure Centre	Old Station Yard, Tregaron Ceredigion, SY25 6HU	1	Jayne Kirk	01974 298960 / 07854 242777	jayne.kirk@btconnect.com	
Mid Wales	Bulth Wells Leisure Centre	College Road, Bulth Wells, Powys, LD2 3BU	2	Jayne Kirk	01982 552324 / 07854 242777	jayne.kirk@btconnect.com	
Mid Wales	Rhyader Leisure Centre	North Street, Rhyader, Powys, LD6 5BU	2	Jayne Kirk	01597 810355 / 07854 242777	jayne.kirk@btconnect.com	
Mid Wales	East Radnor Leisure Centre	Broadaxe, Presteigne, Powys LD8 2YT	2	Jayne Kirk	01544 260302 / 07854 242777	jayne.kirk@btconnect.com	
Mid Wales	Knighton Sports Centre	Ludlow Road, Knighton, Llandrindod Wells LD7 1HP	2	Jayne Kirk	01547 529187 / 07854 242777	jayne.kirk@btconnect.com	
Mid Wales	Llanidloes Sports Centre	Llangurig Road, Llanidloes, Powys, SY18 6EX	2	Jayne Kirk	01686 412871 / 07817 487537	jayne.kirk@btconnect.com	
Mid Wales	Maldwyn Leisure Centre	Plantation Lane, Newtown, SY16 1LH	2	Jayne Kirk	01686 628771 / 07854 242777	jayne.kirk@btconnect.com	
Mid Wales	Piascrug Leisure Centre	Llanbadarn Road, Aberystwyth, Ceredigion, SY23 1HL	2	Jason Evans	07815 059496	jasonevans240@hotmail.com	

Mid Wales	Aberystwyth University	Aberystwyth University Sports Centre, Penglais Campus, Aberystwyth, SY23 3AR	2		01970 622280	
Mid Wales	Bro Dysynni Leisure Centre	High Street, Tywyn, Wales, Wrexham LL36 9AD	2	Mike Penlington	01654 711763	mpenlington@live.com
Mid Wales	Plas Talgath Holiday Resort	Pennal, Near Machynlleth, Powys, SY20 9JY	2	Jayne Kirk	0845 6011734 / 07854 242777	jayne_kirk@btconnect.com
Mid Wales	Bro Ddyfi Leisure Centre	Aberystwyth Road, Machynlleth, Powys, SY20 8ER	1	Steph Roberts	01654 703300	StephenRoberts1@gwynedd.gov.uk
Mid Wales	Caereinion Leisure Centre	Llanfair Caereinion, Welshpool, Powys SY21 0HW	1	Jayne Kirk	01938 810634 / 07817 487537	jayne_kirk@btconnect.com
Mid Wales	Llanfyllin Sports Centre	Llanfyllin, Powys SY22 5BJ	2	Jayne Kirk	01691 648814 / 07817 487537	jayne_kirk@btconnect.com
Mid Wales	Glan Wnion Leisure Centre	Arran Rd, Dolgellau, Gwynedd LL40 1LH	1	Jayne Kirk	01341 423579 / 07817 487537	jayne.kirk@btconnect.com
Mid Wales	Barlings Barn Private Cottage	Off Pandy Road, Llanbrynmair, Powys, SY19 7DY	1		01650 521479	
North Wales	Glaslyn Leisure Centre	Stryd y Llan, Porthmadog, Gwynedd, LL49 9HW	2	Steph Roberts	01766 512711 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Arfon Leisure Centre	Ffordd Bethel, Caernarfon, LL55 1HW	3	Steph Roberts	01286 676451 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Holyhead Leisure Centre	Kingsland, Holyhead, Isle of Anglesey LL65 2YE	2	Steph Roberts	01407 764111 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Bangor University	Canolfan Brailsford, Ffriddoedd Road, Bangor, LL57 2EH	4	Steph Roberts	01248 382571 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Plas Ffrancois Leisure Centre	Coetmor New Rd, Bangor LL57 3DT	2	Steph Roberts	01248 601515 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Le Sport Health and Fitness	Colwyn Ave, Colwyn Bay, Clwyd LL28 4RB	3	Phil Whitlock	01492 547046	info@lesporthealthandfitness.co.uk
North Wales	Saints Health and Fitness	Ffordd Talargoch, Meliden, Prestatyn, Denbighshire, LL19 8LA	3	Andrew Evans	01745 856212 / 07796 177197	starsquash@googlemail.com
North Wales	Saint Asaph Leisure Centre	Upper Denbigh Road, St Asaph, Clwyd LL17 0RP	2	Adrian Drake	01745 583368	ajd@garnettwilliamspowell.co.uk
North Wales	Holywell Leisure Centre	Gwenffrwd Rd, Holywell, Clwyd CH8 7UZ	2	Roy Marret	01352 712027	chris_travers@flintshire.gov.uk
North Wales	Mold Leisure Centre	Wrexham Rd, Mold, Flintshire CH7 1HT	2	Paul Day	0845 603 2121	paulandmarieday@hotmail.co.uk
North Wales	Beaufort Park Hotel	Mold, Flintshire CH7 6RQ	2	John Turner	01352 758646	turner1@btinternet.com
North Wales	Deeside Leisure Centre	Chester Rd E, Queensferry, Flintshire CH5 1SA	2	Nigel Thomas	01244 845440	thelifeofned@yahoo.co.uk
North Wales	Wrexham Brymbo Squash Club	Brymbo Sports and Social Complex, College Hill, Tanyfron, Wrexham, LL11 5TF	2	Mark Davies	01978 752577	mark.davies@metalmin.co.uk
North Wales	Corwen Leisure Centre	Carrog Road, Corwen, LL21 9RW	2	Mike Penlington	01490 412600 / 07891691712	mpenlington@live.com
North Wales	Queensway Leisure and Activity Centre	Queensway Wrexham LL13 8UH	2	Mike Penlington	01978 355826 / 07891691712	mpenlington@live.com
North Wales	Hope Sports Centre	Fagi Ln, Hope, Wrexham LL12	2	Mike Penlington	01352 704460 / 07891691712	mpenlington@live.com
North Wales	Buckley Leisure Centre	Mill Lane, Buckley, CH7 3HQ	2	Simon Griffiths	01244 546458	simon@guwwalmsley.co.uk
North Wales	Y Morfa Leisure Centre	Cader Ave, Rhyll, Clwyd LL18 5HU	2	Mike Penlington	01745 360410 / 07891691712	mpenlington@live.com
North Wales	Colwyn Leisure Centre	Eirias Rd, Colwyn Bay, Clwyd LL29 7SP	1	Mike Penlington	01492 577900 / 07891691712	mpenlington@live.com
North Wales	Llandudno Junction Leisure Centre	6 G Road, Llandudno Junction, Conwy, LL31 9XY	2	Steph Roberts	01492 577925 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	John Bright Leisure Centre	Maesdu Road, Llandudno, Conwy, LL30 1LF	2	Steph Roberts	01492 577930 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Dyffryn Conwy Leisure Centre	Nebo Road, Llanrwst, Conwy, LL26 0SD	2	Steph Roberts	01492 577938 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Plas Silyn Leisure Centre	County Rd, Penygroes, Caernarfon LL54 6HJ	2	Steph Roberts	01286 882047 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	Dwyfor Leisure Centre	Recreation Rd, Pwllheli LL53 5PF	2	Steph Roberts	01758 613437 / 07922844876	stephenroberts1@gwynedd.gov.uk
North Wales	The Squash Court at Haullfryn	Lon Traeth, Abersoch, Gwynedd, LL53 7DR	1			
North Wales	Haullfryn Tal-Y-Fan Holiday Park	Tal-Y-Fan, Llyn Peninsula Abersoch, Abersoch, Gwynedd, LL53 7UD	2		08433 092407	