

Over 35's County Cup

[2023 over 35's final positions](#)

Women: 5-7th August 2023, Eastbourne

Captain: Elly Shearman



The Avon Tennis Ladies over 35 team travelled to Eastbourne 5-7th August to enjoy time with old tennis friends and to compete in a strong Division 3. We had some challenges with injuries and day 1 was rained off. However we made the most of it having a brilliant rainy, windy walk to Beachy Head in search of Ali's lighthouse!

We played a normal format of 2 singles and 3 doubles on the Sunday, losing narrowly to Cheshire but managing to win both singles. Another late start again due to the grass being beautifully green but wet, the final day was changed to Fast-4 format with normal deuce.

Fairly intimidating after playing many years without Fast-4. We did well, a tough match against Hampshire and then beat Buckinghamshire. Doing well to stay in Division 3, understanding the mindset for Fast-4 and most of all having some much needed quality time with friends who are some of the best. What an awesome team full of inspiring, strong women.

Men: 11-13th August 2023, Eastbourne

Captain: Josh White



Congratulations to the Mens team who played in Group 4B and have been promoted.