

Racquet Stringing

Bruce can restring your tennis, badminton or squash racquet for you within 24/48hrs dependent on strings required.

Bruce uses 2 standard strings:

MSV Focus Hex which is an award-winning new generation co-poly string extruded in a hexagonal form.

Prince Synthetic Gut with Duraflex - the world's most popular string.

Duraflex is a key to its success, having a heat resistant fibre that provides 50% improved durability and unmatched all round performance.

Outer wrap provides more feel. Centre core adds strength and tension retention.
Other strings can be sourced as required.

Cost is dependent on string chosen.

Please contact Bruce on 0771 556 1929 or email Bruce to arrange a racquet restring.

Some "Stringing thoughts"

When should you have your racquet restrung?

Over time, the strings in your racquet will become slack and lose their elasticity. So how often to restring?

Replace your strings as many times in a year as you play in a week. If you play twice a week, you should have your racquet restrung twice a year.

Replace your strings after every 40 hours of play.

Replace your strings when they break!!

What type of string should you use?

There are a huge number of strings available. They are easier to understand if they are grouped according to the material used and their construction:

Nylon: these are very basic strings, ideal for players looking for a string with a balance of playability and durability at a very economical price.

Synthetic Gut: Offer a good level of playability and have a basic level of durability. The more you spend, the better the playability. Often available with a textured surface, to enable more spin to be put on the ball.

Synthetic Gut with Additional Durable Fibres: A very similar construction and price to synthetic gut, but with additional durable fibres. These have similar levels of playability to

synthetic guts and improved durability. Ideal for recreational players who are looking for a good all round string that will last.

Natural Gut: The best all round string available, but at a premium price. Great playability and a good level of durability. The optimum choice for players suffering from elbow pain.

Multifilament: Offer the closest feel to natural gut. Ideal for players looking for a high level of playability (but not requiring very high durability), or those with elbow problems. There are a wide range of these strings available and in general, the more you pay, the better the playability.

Polyester: Provide outstanding durability, but limited power and feel - designed for regular string breakers. Polyester strings tend to lose their tension more quickly than other types of string although recent developments are limiting this. There are now some polyester strings with a textured surface, enabling more spin to be applied to the ball.

Kevlar: The most durable string available, it has good tension holding ability but is very stiff and provides even less power than polyester. Kevlar is normally used in a hybrid with a softer cross string (synthetic gut or natural gut).

What about string tension?

The string tension can have a significant effect on the feel and characteristics of a racquet. Racquets have a recommended range, determined by the manufacturer based on extensive play testing. If you don't have any specific requirements (more power, a softer feel, control etc.), you would be advised to initially have your racquet strung at the middle of the range and make any future decisions from there. However, in general, lower tensions provide more power, whereas higher tensions provide more control.

What about tennis elbow?

Your racquet should be strung to a lower tension to provide a softer string bed and a bigger sweet spot, which should reduce the shock and vibrations transmitted to the elbow. You should also consider using a multifilament string with good playability.