

## ARTICLE THAT APPEARED IN THE KEYWORTH NEWS

### Table Tennis: the 'lifelong sport' for all ages and abilities

Keyworth Table Tennis club is looking to build up its associate membership who play social table tennis at the Keyworth Rectory Fields Table Tennis Pavilion every Tuesday and Thursday afternoons from 2 pm to 4 pm. Table tennis is currently going through a renaissance. The sport's governing body has been re-branded as 'Table Tennis England' and the national team was second in the medals table at the Glasgow 2014 Commonwealth games winning one gold, two silver, and two bronze medals. You may also have noticed that during the summer ping pong tables sprang up all over the centre of Nottingham as part of the 'Ping Nottingham' campaign promoted by the City Council, Sport England and Table Tennis England.

Keyworth TT club is reaping the benefits of this burgeoning interest in the sport. With 10 league teams it now has the second highest number of any club in the County. At the youngest level the club has formed a partnership with West Bridgford Table Tennis club that operates from the Small Hall in Rushcliffe School Academy (next to Rushcliffe Leisure Centre) on Friday nights starting at 6.30pm (<https://www.tabletennis365.com/WestBridgford>). Run by Keyworth club member and Chairman of the Nottingham and District Table Tennis Association Phil Lewis, this West Bridgford TT club provides coaching for over 50 youngsters.

The West Bridgford TT club only has the use of the Hall one night a week, although recently it opened on a Monday evenings to invited members only. Keyworth TT Club is fortunate in having unrestricted use of its premises, probably the best in the county, and so is able to support the development of promising local talent by playing a number of the West Bridgford TT junior members in its Nottingham league teams.

Table tennis is arguably the best sport that can be played and enjoyed by all ages and abilities. Founder club members Trevor Hughes and Des Quigley are testament to it truly being a 'lifelong sport' as they are still playing league table tennis at the ages of 84 and 82 respectively. Together with the successful joint initiative the club is taking at the younger age level to develop and secure the future of the sport, it is keen to promote its health and social benefits to the more elderly amongst our community. Whether you are new to Table Tennis, or returning to it after a break (over forty years for a number of the associate members) come along, either individually or as a group, and give it a go. You will be assured of a good welcome. Contact Richard Allen 01159375830 or e-mail [rallen\\_keyworth@btinternet.com](mailto:rallen_keyworth@btinternet.com)

*The club is always on the look out for people who want to play league standard table tennis. Although the facilities are used every night of the week it still has the capacity to run up to 16 teams. Anyone interested should contact Clive Evans 01159332188 or email [clivedevans@hotmail.com](mailto:clivedevans@hotmail.com), or just come to the club night which is held every Thursday at 7.30pm*