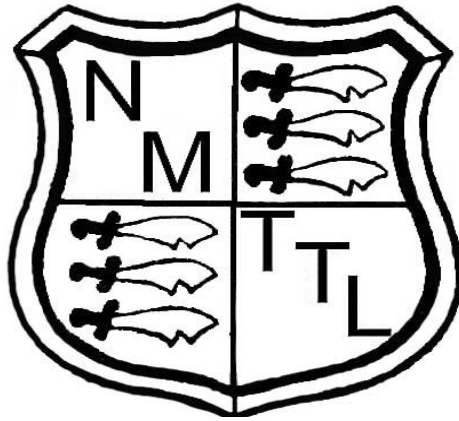


North Middlesex Table Tennis League



Journal

SEASON'S



GREETINGS

Visit the league website on
www.tabletennis365.com/northmiddlesex

Season 2016/17

Issue One – December 2016

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PREMIER DIVISION REPORT

Divisional Secretary: Gordon Greenfield

POS	TEAM	P	W	L	F	A	PTS.
1	ELLENBOROUGH 1	9	9	0	69	12	78
2	TOTTENHAM 1	9	6	3	56	25	62
3	WOODSIDE PARK 1	9	7	2	48	33	55
4	MAYFIELD 2	9	6	3	48	33	54
5	MAYFIELD 1	9	6	3	39	42	45
6	ELLENBOROUGH 3	9	5	4	37	44	42
7	ELLENBOROUGH 2	9	3	6	35	46	38
8	ELLENBOROUGH 4	9	2	7	29	52	31
9	MAYFIELD 3	9	1	8	22	59	23
10	ELLENBOROUGH 5	9	0	9	22	59	22

INDIVIDUAL AVERAGES

PLAYER	TEAM	PL.	W	L	%
Andrei Lapo	Ellenborough 1	24	23	1	95.83
Kevin Fang	Ellenborough 3	15	14	1	93.33
Kai Ghazi-Timms	Mayfield 2	23	21	2	91.30
Semi Idowu	Ellenborough 1	24	21	3	87.50
Akash Shah	Woodside Park 1	18	15	3	83.33
Laikram Persaud	Tottenham 1	18	15	3	83.33
John Lennon	Ellenborough 1	18	14	4	77.78
Sameer Patel	Tottenham 1	24	17	7	70.83
Jonathan Proffitt	Ellenborough 2	20	14	6	70.00
Jay Ghazi-Timms	Mayfield 2	26	17	9	65.38
Casey Cross	Tottenham 1	24	15	9	62.50
Gordon Izatt	Ellenborough 4	21	13	8	61.90

When the League pleaded with me to take over as Premier Division Divisional Secretary they did so with the full knowledge that you guys had something of a reputation for making a Premier Division Div. Sec's life shall we say, 'somewhat difficult'. Enquiries around and about confirmed that past years have been a bit tough so it was with some trepidation that I accepted the job for one season only and on condition that the League worked hard through the season to find a permanent replacement for next year.

So, it's my pleasure to report that you are all a bunch of softies! No quarrels, no major infringements and no difficulties at all. Well done to all of you, thanks for your help and co-operation through the first half and please let's move forward in the same spirit for the second half. At the moment, I really can't tell what all the fuss was about.

It's not my usual routine to write these reports including the detail of the matches played because they are all analysed so completely on the website and further comment from me is unnecessary. This, of course, is a key reason why the number of issues of the Journal has been reduced to two for the season. Hopefully, even two reports will become a thing of the past soon.

It's already looking like a two-horse race to be champions (Ell. 1 and Tottenham 1) and the teams to be relegated already seem known.

So, it only remains for me to wish you all a very happy time over the festivities and I'll see you next half.

DIVISION 2 REPORT

Divisional Secretary: Michael Miller

POS	TEAM	P	W	L	F	A	PTS.
1	BOUNDS GREEN 1	9	9	0	59	22	68
2	WINCHMORE HILL 1	9	7	2	57	24	64
3	TOTTENHAM 2	9	7	2	57	24	64
4	ELLENBOROUGH 6	9	6	3	43	38	49
5	MAYFIELD 4	9	4	5	44	37	48
6	MAYFIELD 5	9	3	6	30	51	33
7	COOLHURST 1	9	3	6	29	52	32
8	BOUNDS GREEN 2	9	3	6	27	54	30
9	P.BAR FREE CHURCH 1	9	2	7	28	53	30
10	WINCHMORE HILL 2	9	0	9	22	59	22

INDIVIDUAL AVERAGES

PLAYER	TEAM	PL.	W	L	%
Remy De Lynen	Mayfield 4	21	21	0	100.00
Ian (Catnip) Francis	Ellenborough 6	15	14	1	93.33
Dawud Khan	Bounds Green 1	23	21	2	91.30
Marcus Long	Tottenham 2	24	20	4	83.33
Simon Jameson	Bounds Green 1	17	14	3	82.35
Fred Burdett	Winchmore Hill 1	26	21	5	80.77
Madu Ezedinma	Tottenham 2	24	18	6	75.00
David Wright	Winchmore Hill 1	26	19	7	73.08
Ben Link	Bounds Green 1	23	14	9	60.87
Mark Barrell	Winchmore Hill 2	15	9	6	60.00
Michael Lynch	Winchmore Hill 1	26	14	12	53.85
Andrew Boast	Potters Bar Free Church 1	26	14	12	53.85

With the first half of the season over we can see a clear split in the division. The top three teams remain very close with only 4 points separating them, we then see two teams in a mid-table position and finally the final 5 teams make the low-table position.

Bounds Green 1 have had a very consistent first half of the season; they haven't lost a match yet and sit at the top of the table. Dawud Khan, Simon Jameson and Ben Link all appear in the averages. I'm sure the team will keep working hard the rest of the season so with luck they have given themselves a very good chance of winning.

Winchmore Hill 1 are tying with Tottenham 2, both teams has lost two games and has identical SF and SA! Unfortunately, John Fitzgerald of Tottenham 2 was out of action for a few weeks due to injury otherwise they wouldn't have had to call on players from lower divisions to help them and they would probably have been in a better position than they are now. Fred Burdett and David Wilson prove to be a strong duo for Winchmore Hill 1.

Ellenborough 6 lead the way in the teams trying to catch up with the top teams, albeit only by 1 point. Their position maybe a little surprising, being that the team that were relegated from the premier, but the season is not over yet.

Mayfield 4 sit one point behind Ellenborough 6 and with Remy De Lynen, who remains undefeated so far, they must fancy their chances for a better second half of the season. However, if they rely solely on Remy, things may not go their way.

Now come four teams that are separated by 3 points, Mayfield 5, Coolhurst 1, Bounds Green 2 and Potters Bar Free Church. It may be that Bounds Green 2 has the advantage as they have a game in hand and at this point in time it is too close to call as to who will finish where.

Winchmore Hill 2 haven't been able to win a game so far but Mark Barrell is doing his best to win the team points. Maybe their luck will change next half of the season; we can but wait to find out.

Thanks to all the captains who have been so diligently getting their cards in on time.

Happy Holidays to everyone and I hope to see you in the next half of the season ☺

Michael Miller

THE HEALTH BENEFITS OF TABLE TENNIS

There has been a lot of press and TV coverage this year regarding the benefits of exercise for both physical and mental wellbeing. The two forms of exercise most recommended overall have been dancing and (you guessed it!) table tennis. Whilst exercise is beneficial for everyone, it is especially important for us as we grow older.

Many forms of exercise can help guard against heart disease, strokes, diabetes, high blood pressure and a number of other ailments. One added benefit of both dancing and table tennis is that they require muscle control and balance, thus helping to increase stability and to reduce the risk of falls. Falls and the resulting injuries can be the start of a slippery slope for older people so their avoidance is really essential. Maintaining core strength and balance helps us to do this.

Another benefit relating specifically to table tennis is that it requires both fast reactions and quick thinking. This, in turn, can help to delay the onset of dementia. Crosswords and learning new languages or other skills can also help a lot in this respect but with table tennis you have the ideal combination of both the physical and the mental benefits. Also, social activities in groups are more beneficial for your mental health than physical or mental exercise done alone.

So the answer is: **KEEP PLAYING TABLE TENNIS!**

Contributions to the Journal are always welcomed and will be included if space permits and if they are considered suitable.

Just email them to: webnorthmid@gmail.com or post to my address as per the handbook and the contacts list on our website.

Thank you

Peter Bavman. Press & Publicity Officer

DIVISION 3 REPORT

Divisional Secretary: Gordon Greenfield

POS	TEAM	P	W	L	F	A	PTS.
1	ELLENBOROUGH 7	8	7	1	56	16	63
2	WINCHMORE HILL 3	8	7	1	48	24	55
3	MAYFIELD 6	8	6	2	47	25	53
4	St. JOHNS 1	8	6	2	41	31	47
5	S'GATE COMPTON 1	8	3	5	32	40	35
6	TOTTENHAM 3	8	3	5	31	41	34
7	BUSH HILL PARK 1	8	2	6	26	46	28
8	TOTTENHAM 4	8	1	7	26	46	27
9	SPS 1	8	1	7	17	55	18

INDIVIDUAL AVERAGES

PLAYER	TEAM	PL.	W	L	%
Peter Brown	Ellenborough 7	14	14	0	100.00
Alireza Kamrani Masooleh	St Johns 1	15	14	1	93.33
Clive French	Winchmore Hill 3	24	22	2	91.67
Ian Webb	Southgate Compton 1	17	15	2	88.24
Richard Vowles	Mayfield 6	18	15	3	83.33
Peter Bayman	Ellenborough 7	21	17	4	80.95
Gill Toumbas	Ellenborough 7	18	14	4	77.78
Martine Meyer	Winchmore Hill 3	12	8	4	66.67
Lester Coutinho	Mayfield 6	12	8	4	66.67
Vivek Shah	Mayfield 6	12	7	5	58.33
David Bray	Tottenham 3	21	12	9	57.14
Kam Wahab	Winchmore Hill 3	18	10	8	55.56

Hello All. Here we are again, this time at the half way stage since we are only producing two reports a season at the moment.

There is so much detail in the website that it seems pretty pointless writing about individual players or matches when you can view it all there. Suffice it to say that the winners already seem to be known (Ell. 7), whilst the bottom team (SPS 1) may just creep out of the mire once I get back to playing in the second half. We shall see.

Meanwhile my thanks to you all for making the Division so smooth running and my job a lot easier as a result. I wish you all a happy season of festivities and look forward to seeing you in the second half.

Gordon Greenfield

DIVISION 4 REPORT

Divisional Secretary: Joan Bayman

POS	TEAM	P	W	L	F	A	PTS.
1	ELLENBOROUGH 9	8	8	0	53	19	61
2	BOUNDS GREEN 3	8	7	1	52	20	59
3	ELLENBOROUGH 8	8	6	2	47	25	53
4	WINCHMORE HILL 4	8	4	4	39	33	43
5	SPS 2	8	4	4	35	37	39
6	MAYFIELD 7	8	3	5	34	38	37
7	WINCHMORE HILL 5	8	2	6	25	47	27
8	SPS 3	8	1	7	23	49	24
9	TOTTENHAM 5	8	1	7	16	56	17

INDIVIDUAL AVERAGES

PLAYER	TEAM	PL.	W	L	%
Thanos Morphitis	Ellenborough 9	21	20	1	95.24
Steven Cumberbatch	Ellenborough 9	12	11	1	91.67
Chandresh Vithani	Bounds Green3	18	16	2	88.89
Steve Harris	Ellenborough 8	18	14	4	77.78
Mirek Jozwiak	Bounds Green3	24	18	6	75.00
Ron Smith	Ellenborough 8	18	13	5	72.22
Brian Price	Winchmore Hill 4	21	14	7	66.67
Johnny Faldo	Tottenham 5	18	12	6	66.67
Adrian Pini	Mayfield 7	18	12	6	66.67
Jonathan Barron	SPS 2	18	12	6	66.67
Jackie Berman	SPS 3	15	10	5	66.67
Ashok Shah	Mayfield 7	12	8	4	66.67

Welcome to season 2016/17 consisting of 9 teams with two each from Ellenborough, SPS and Winchmore Hill and the remainder from Bounds Green, Tottenham and Mayfield.

After 6 weeks of matches, Ellenborough 8 were in the lead with 41 points: Bounds Green 3 on 39 and Ellenborough 9 on 31 points. Now that we have arrived at the end of the 1st half of the season, we see a slight change in the top 3 positions: Ellenborough 9, Bounds Green 3 and Ellenborough 8 with 61, 59 and 53 points, respectively.

Ellenborough 9's Thanos Morphitis lost his 100% to Chan Vithani (BG3) in the 4th game on 21st November and Steve Cumberbatch (formerly 3Es) also lost his to Tony Watts of Mayfield 7 in the 5th game. Chan lost his 100% to Ashok Shah (Mayfield 7) in the 5th game on 3 October.

Mirek Jozwiak (BG3) played all 24 games as did the 3 members of the Winchmore Hill 5 team: Dom Philp, Henry Rudd-Clarke and Barry Burnell. Barry had a great night in early November when he beat Ron Smith.

When Harold Webb of WH4 played against Ellenborough 8 on 4th October he commented on how much his team enjoyed the match “with plenty of nets and edges making the game more exciting” (or was it frustrating for others!)

On 18th October Jackie Berman (SPS3) had a lengthy game against Sheheryar Mogul (WH4) and finally won that in the end 21-19!

Bounds Green clearly like to play hard and complete as many games as possible. They played 40 out of a possible 45 games in the match against Mayfield 7 to win 6-3. Not content with that, they played 42 games against Ellenborough 9 and again won, but this time on a better score of 7-2.

Not surprisingly, Ellenborough 9 beat Ellenborough 8 by 7-2. Adding Steve Cumberbatch to that team after the initial registration of players has increased its strength.

In addition to the list of the top 12 players who have played at least one half of the matches, here is an extended list:

Charlie Izatt, Ellenb 8 – 61%	Rosetts Delisle, Ellenb 9 – 61%
Sheheryar Mogul, WH4 – 57%	Harold Webb, WH4 – 52%
Stephen Reiners, BG3 – 52%	Nigel Kingsley, SPS2 – 50%
Stephen Lesley, SPS2 – 48%	Dom Philp, WH5 – 46%
David Cooper, SPS3 – 44%	James Litherland, Ellenb 9 – 42%

Thank you team captains for sending me your results promptly.

Enjoy your festive break.

Joan Bayman

Handicap Cup Results and Tables

Group 1

Tottenham 1	beat	SPS 2	8-1
Mayfield 6	beat	Ellenborough 8	8-1
SPS 2	beat	Ellenborough 8	7-2
Tottenham 1	beat	Mayfield 6	9-0

Table

Tottenham 1	won 2, lost 0	17-1
Mayfield 6	won 1, lost 1	8-10
SPS 2	won 1, lost 1	8-10
Ellenborough 8	won 0, lost 2	3-15

Group 2

Southgate Compton 1	beat	Winchmore Hill 4	9-0
Ellenborough 6	beat	Mayfield 2	5-4
Mayfield 2	beat	Southgate Compton 1	9-0
Winchmore Hill 4	beat	Ellenborough 6	5-4

Table

Mayfield 2	won 1, lost 1	13-5
Ellenborough 6	won 1, lost 1	9-9
Southgate Compton 1	won 1, lost 1	9-9
Winchmore Hill 4	won 1, lost 1	5-13

Group 3

Mayfield 7	beat	Bush Hill Park 1	5-4
Winchmore Hill 1	beat	Tottenham 4	5-4
Tottenham 4	beat	Bush Hill Park 1	9-0
Winchmore Hill 1	beat	Mayfield 7	5-4

Table

Winchmore Hill 1	won 2, lost 0	10-8
Tottenham 4	won 1, lost 1	13-5
Mayfield 7	won 1, lost 1	9-9
Bush Hill Park 1	won 0, lost 2	4-14

Group 4

Ellenborough 3	beat	Winchmore Hill 5	5-4
Mayfield 5	beat	St John's 1	9-0
Winchmore Hill 5	beat	St John's 1	7-2
Mayfield 5	beat	Ellenborough 3	6-3

Table

Mayfield 5	won 2, lost 0	15-3
Winchmore Hill 5	won 1, lost 1	11-7
Ellenborough 3	won 1, lost 1	8-10
St John's 1	won 0, lost 2	2-16

Group 5

Ellenborough 9	beat	Tottenham 3	7-2
Winchmore Hill 2	beat	Mayfield 3	6-3
Winchmore Hill 2	beat	Ellenborough 9	5-4
Tottenham 3	beat	Mayfield 3 (walkover)	9-0

Table

Winchmore Hill 2	won 2, lost 0	11-7
Tottenham 3	won 1, lost 1	11-7
Ellenborough 9	won 1, lost 1	11-7
Mayfield 3	won 0, lost 2	2-16

Group 6

Tottenham 2	beat	Winchmore Hill 3	8-1
Ellenborough 7	beat	SPS 3	8-1
Tottenham 2	beat	Ellenborough 7	6-3
Winchmore Hill 3	beat	SPS 3	6-3

Table

Tottenham 2	won 2, lost 0	14-4
Ellenborough 7	won 1, lost 1	11-7
Winchmore Hill 3	won 1, lost 1	7-11
SPS 3	won 0, lost 2	4-14

Group 7

Ellenborough 5	beat	Mayfield 4	5-4
Tottenham 5	beat	SPS 1	5-4
Ellenborough 5	beat	Tottenham 5	6-3
SPS 1	beat	Mayfield 4	8-1

Table

Ellenborough 5	won 2, lost 0	11-7
SPS 1	won 1, lost 1	12-6
Tottenham 5	won 1, lost 1	8-10
Mayfield 4	won 0, lost 2	5-13

Remember the qualifying rules, which are that the top two in each group together with the best two teams who finish third in their group go through to the knock-out stage.

There is still everything to play for!

The final round robin round is set for week commencing 9th January 2017

WORLD CHAMPIONSHIP OF PING PONG
ALEXANDRA PALACE, 28TH-29TH January 2017

Tickets are now on sale for this very popular event and discounts are available to Table Tennis England members and friends/family.

Just go to www.worldchampionshipofpingpong.net and from the home page click on 'Buy Now'. If you enter the promotional code **TTE** then you will be able to order reduced price tickets for all four sessions. If you buy bundled tickets for all day Saturday, all day Sunday or all day both days then it works out even cheaper:

Single session: £11 adult or £8.25 for under 18s or over 65s with TTE code
All 4 sessions: £38.52 adult or £22.00 under 18s or over 65s with TTE code

Better still : If you look at the website when ordering, it appears that if you order on a Friday and pay by Barclaycard using their special link then you can get your tickets even cheaper! Check it out.

NORTH MIDDLESEX
ANNUAL TOURNAMENT

Entry forms and regulations are now available for the 2017 tournament, which will take place on the 18th and 19th March and the 9th April.

Saturday the 18th March will include three 'open to all' events, comprising Handicap Singles, Hard Bat Singles and Hard Bat Doubles. Bats will be provided for the hard bat events. There will also be one Handicap Singles event for North Middlesex League players registered in divisions 2, 3 and 4.

On Sunday 19th March the 5 closed events will be for **North Middlesex League registered players only** and will be: Division 3/4 Singles, Over 50s Singles, Open Doubles, Ladies Singles and Open Singles.

On Sunday 9th April all the events will be 'open to all' Junior events and will comprise Junior Singles (Under 13), Junior Singles (Under 15) and Junior Singles (Under 18).

Full regulations and entry forms can be downloaded from the North Middlesex League website or will be available at the larger North Mid league clubs. They can also be obtained on request from John Fitzgerald: 020 8531 2161 (home), 075465940532 (mobile) or email him at dancingstream@aol.com

DON'T FORGET TO ENTER – DEADLINE MONDAY 6 MARCH 2017 BUT WHY NOT DO IT NOW BEFORE YOU FORGET !!!

Ellenborough Table Tennis Club Craddock Road, Enfield, EN1 3SP

*Looking for a club to join?
Looking for a place to practice?
Why not give us a try?*

We have the reputation of being one of the best clubs in England, with ten tables, a club bar, competitions and league play every weekday evening. Over 50's section four days per week. Junior and Over 50's Coaching. See website for more details:

www.ellenboroughttc.com

Contact Ron Smith on 020 8363 8643 for details or ring the club on 020 8363 1585 or visit us after 8.00pm any weekday evening.

Annual Fees

Year runs from 1st September to 31st August
(Pro rata monthly reductions apply for those joining mid-year)

Basic Membership

(Practice only)

Juniors (18 & under) and students £ 65
Seniors (over 18) £ 130
(Families attract reduced rates)

League Membership

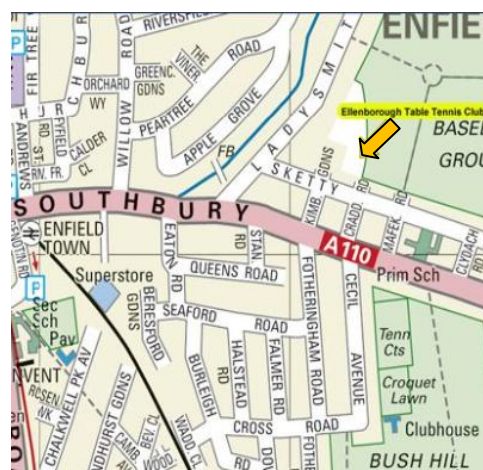
(Includes Basic Fees)

Juniors (18 & Under) £77
Students (up to 30) £77
Seniors (over 18) £155

Social Membership £ 5

Visitor fee per evening £ 6

Over 50's sessions £ 3 per session for non-members



Call Ron Smith (as above) for further details.