



The countdown is on – #TableTennisDay

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Posted On: [June 25, 2018](#)

The countdown is on until National #TableTennisDay on Thursday July 18th.

With less than a month to go, preparations are gaining pace all around the country as hundreds of clubs, schools and organisations get ready to pick up a bat and play ping pong.

As for Table Tennis England's plans, this year we've chosen the home of our head quarters, Milton Keynes, for our flagship celebration.

We will be taking over the shopping centre, [intu Milton Keynes](#), and turning it into a festival of fun to get passers-by to try table tennis – and take on 2018 Commonwealth Games medallist Maria Tsaptsinos.

There will also be the chance to take part in other fun challenges – including beat the robot and choose your weapon – which sees you swap a bat for another random object, such as a wellington boot or a flip flop.

Speaking about the event, Maria said:

The event is going to be really fun and rewarding for those involved.

It's always enjoyable getting the public involved in table tennis and seeing their skills on the table.

I hope that some of them will take the challenge on and I'm very much looking forward to it.

We'll be in the shopping centre from 11am to 2pm on the day, so if you're in the area, stop by, say hello and join in the fun.

Other special guests will be announced in the near future.

If you're not near Milton Keynes, we still want you to get involved. Don't forget everyone who takes part in National #TableTennisDay and let's us know about it via social media, has a chance of winning a prize.

Planning to attend? Follow the [event on Facebook](#).

How to get involved around the country:

#TableTennisDay is a chance for every member of the table tennis family to celebrate and share all that is best about our sport. It's about working in partnership across the community to enthuse and inspire people to pick up a bat, get active and pick up a sporting habit for life.

Your first step to taking part is to [download our online toolkit](#), which provides help, advice and suggestions for how to get the most out of the day, whether you are a club, school, workplace or any other organisation.

For individuals wanting to take part, we're running a number of competitions throughout the day, encouraging people to share how they're participating by posting photos on social media. To find out more about this, [click here](#). There's also a number of activities that are open to the public – find if there's one near you by using our #TableTennisDay event map.

Find an event near you:



Table Tennis England's showcase event



Events open to the public



Events closed to the public



Events taking place on different dates

Can't see your event listed? Register it by clicking on the button below.

[button link="www.tabletennisengland.co.uk/register"]Register your event[/button]

Finally, don't forget to follow all the build-up to the day on our website and on social media – look out for the #TableTennisDay hashtag – and join in the conversation yourself.

For more details on #TableTennisDay, visit www.tabletennisday.co.uk

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