



## Announcing our #TowardsTokyo2020 podcasts

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**Posted On:** January 08, 2020

We're preparing to record our first in a new series of podcasts with our elite athletes – and we'd like you to send us any questions you'd like to ask them on the subject of mental health!

The new series called #TowardsTokyo2020 starts with an episode on mental health and features Liam Pitchford and Sam Walker, who are supported by UK Sport's Aspiration Fund as they work towards qualification for the Tokyo 2020 Olympics.

We will be recording the podcast on Friday afternoon. **If you have any questions which you would like us to ask them on the subject of mental health, please email them to [marketing@tabletennisengland.co.uk](mailto:marketing@tabletennisengland.co.uk) before noon on Friday.**

We are launching the series to coincide with Olympic year and to celebrate the build-up to the greatest sporting show on Earth. We will tackle a series of topics connected with the life of elite athletes, including:

- Mental health
- Training and competing on the world tour – the lifestyle of an elite table tennis player
- Living abroad
- Dealing with pressure

It's an exciting time for the table tennis athletes representing Great Britain, with the Olympic Team Qualification tournament later this month in Portugal.

Seven athletes will be competing against the other leading nations as they attempt to seal a team place in Tokyo – Liam Pitchford, Paul Drinkhall, Sam Walker and Tom Jarvis in the men's event and Tin-Tin Ho, Charlotte Carey and Maria Tsapsinos in the women's.

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