



Table Tennis at the BBC for Sport Relief

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Last week I was asked to deliver some coaching to help the staff at the BBC carry out a marathon 24 hour Table Tennis challenge to raise funds for Sport Relief. Joe Bradshaw, Content Producer for the BBC website along with 3 of his work colleagues, will carry out the challenge on 12th March-13th March.



I was joined by head coach from Ramsbottom TT Academy Mandy Holt, whereby we carried out a demonstration and helped with coaching tips and advice on the day.



It will be a very long and tiring night ahead for the lads, but we wish them all the very best and I am sure they will survive the challenge!

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