

Davies' journey to bronze (video)

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By Paul Smith, Sportsbeat

Paul Davies believes a tougher training regime imposed by British table tennis has been the catalyst for the host nation's medal success in London.

Class one player Davies won bronze in the ExCeL to follow the silver medal claimed by Will Bayley in class seven. That follows a disappointing Beijing Paralympics four years ago when Britain failed to win a single medal.

Cardiff-born Davies was thrilled with his bronze play-off victory over South Korea's Lee Chang-Ho, who he beat 3-2 in a tense match. He was quick to point to the improved structure at the top of British table tennis as a reason for his success.

The 45-year-old said: "It's been a new structure with British table tennis that's for sure, the training is a lot more strict, a lot more hard work and we have got training camps once a month up in Sheffield and it has definitely paid off."

The Paralympic debutant added: "We have got two medals already and we didn't get any in Beijing. We have still got the team event to go yet so hopefully there is a chance for another two to come. If we can get another two that will be fantastic for British table tennis."

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