

BBC Sports Unsung Hero awards

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Do you know someone who deserves recognition for inspiring people to play table tennis in your community?

The BBC has been awarding their **Sports Unsung Hero** awards for a decade in 15 BBC English Regions and the Nations, then an overall winner being announced at the BBC's *Sports Personality of the Year* show each December.

Since 2003 those 150 Unsung Heroes have all come from a variety of backgrounds, but all had one thing in common. They devote large parts of their lives to inspiring sports clubs and individuals across the UK. They make it happen for no reward other than the satisfaction from helping make their sport better.

If you know anyone who has contributed a lot of their own time towards promoting table tennis in your region make sure you nominate them on the [BBC website now](#).

The nomination period for the 10th anniversary Unsung Hero awards is from now until the 14th October. You can also use the twitter hashtag [#bbcunsunghero](#)

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