

# Table tennis facts

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**Posted On:** April 16, 2015



## Background

Table Tennis England is the governing body of table tennis in England, responsible for representing, coordinating, administering, regulating, promoting, marketing and developing the sport in close cooperation with related bodies.

## Figures

- 300 million participants worldwide – the second highest participation sport in the world (International Sports Federation figures)
- Truly worldwide sport: one of only six International Federations to have over 200 members
- 2.4 million play table tennis within the UK (British Market Research Bureau)
- High BME participation: 12% compared to 9% average for all other sports (Sport England Primary Offer)

## Facts

- Table tennis has been an Olympic sport since 1988
- Table tennis is lifelong sport a sport for 5 to 80+ years olds
- With over 2.4 million (BMRB) participants, table tennis is making a significant contribution to the health of the nation
- Important medical research from university medical schools illustrates health benefits to those who have suffered or are suffering from strokes, brain injury, Alzheimer's and in their recovery
- Good sport for athletes with disabilities.

## Youth orientated

- Excellent, space efficient and relatively inexpensive sport for schools (4 table tennis tables fit on space equivalent to one badminton court)
- Co-educational activity and established English Schools' Table Tennis Association competition programme at all levels; local, county, national and international
- Universally accessible sport with no excessive time demands
- Activity can be time limited but very intensive, providing vigorous or recreational exercise for boys and girls
- Can be played in halls, community centres, garage or back garden

## One-liners

- Fun and enjoyable – intuitive and engaging, table tennis is a sociable sport enjoyed by everyone everywhere
- Olympic sport – fast, dynamic and highly competitive, table tennis is a special blend of mental agility, subtle tactics and explosive power
- A sport for life – table tennis is a healthily and relaxing sport with low risk of injury
- Space efficient – minimum space, maximum activity wherever the place or whatever the space
- English champions – international success and medals in all categories including, youth, veteran and disabled
- Growing TV and spectator appeal – watch the speed, spin and excitement of the fastest racket sport in the planet
- A fantastic sport – competition or recreation just pick up a bat and play

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