#TableTennisDay: The countdown starts here!

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There's just a month to go to #TableTennisDay and clubs across the country are gearing up for a spectacular day of fun and games and a celebration of our sport.

From Jersey to Teesside and Cumbria to Kent, clubs, schools and workplaces have signed up to join the party on Thursday July 16 – bringing with them a host of ideas to make it a day to remember.

One of the eye-catching events is an unofficial world record attempt for the longest rally played using flip-flops instead of bats, arranged by our friends at Cornwall Sports Partnership and to be held in Newquay.

The Liverpool & District League have set up a match between their youngest and oldest members (12 versus 91) and a match between a Liverpool player and an Everton player.

Dorset Table Tennis Centre are really making a day of it – from 6.30am until well beyond 9pm, to be precise! They start with a table tennis breakfast and morning club for a local school, before scores of local primary school pupils arrive throughout the day for taster sessions. After 3.30pm, it is open house for all, with a one-point tournament and an exhibition match between England top-10 ranked seniors David McBeath and Matt Ware and a possible world record attempt to be revealed on the night.

It's not just clubs which are queueing up to take part – schools and businesses are as well. Table tennis is taking over the PE curriculum for the day at Meanwood Primary School in Rochdale, while staff will play a tournament against pupils at Newmen RC College in Oldham.

At Liberty Bishop Contractor Services Ltd in Luton, an office tournament will be streamed live on social media. The company is also auctioning advertising space on players' T-shirts to raise money for their chosen charity, www.cchssupport.co.uk

Table Tennis England will be hosting a big event in Nottingham City Centre, with some great prizes on offer in our competitions and the chance to meet – or even play against – some of Team England's Commonwealth Games heroes.

If you want to get involved but these ideas seems a little daunting, don't worry, there are plenty of other ways to mark the day and to get people playing – and that is what #TableTennisDay is all about, after all!

Dozens of other clubs and organisations have contacted us to say they are planning open days, taster sessions, tournaments, beat the robot events and other competitions – aimed at youngsters, adult beginners, over-55s and adults with learning difficulties.

So why not get involved? We have a special online toolkit to help – click here

Don't forget to let us know what you're doing – and be sure to let your local media know as they may wish to cover your event before, during or after the big day.

Finally, don't forget to spread the message on social media – you can use the hashtag #TableTennisDay

Let's make the day go with a bang!

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