



## Hampshire Over 65s & 75s Tournaments Entries Now Open

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Hampshire County Council's third annual Ping Pong event for the over 65s will be held at Fleming Park Leisure Centre in Eastleigh on Saturday 29 October.

Run in partnership with Waterside Table Tennis Club, this year's competition is aimed at those who have not taken part in previous years to encourage new players to take part. Applications are now open and close on October 5.

Councillor Liz Fairhurst, Hampshire County Council's Executive Member for Adult Social Care, said: "It was fantastic to see this event so well supported last year. Table Tennis is a really fun activity that anyone can take part in. Last year's tournament clearly inspired more older people than ever before, to have a go. Getting people involved in social and physical activities helps to address isolation and loneliness, as well as improving physical and emotional wellbeing – all of which help people to live independently for longer."

For those who have previously taken part in this tournament or who want to play but are outside the Hampshire County Council catchment area, an intermediate tournament is being held by Waterside Table Tennis Club on 20 November at their site in Totton. More information about this event can be found on their website <http://www.watersidettc.co.uk/>

After Team GB's success at this year's Rio Olympics and with the Paralympic Games having just come to a close, the over 65s Ping Pong Tournament forms part of the County Council's work to keep the 2012 London Olympic legacy alive by encourage active ageing.

Umpires are needed to help the event run smoothly, so if you can spare a day on Saturday 29 October, the organisers would love to hear from you.

For more information about this year's Ping Pong event at Fleming Park or to volunteer as an umpire please call



# Ping Pong Tournaments 2016

## Over 65's competitions

**4 categories: Men's and Women's over 65's and over 75's (singles) Entries open on 5th September 2016**

### Beginners

For those who haven't played in a tournament before.

**Saturday 29th October, Fleming Park Leisure centre, Eastleigh**

**9:00am-4:00pm** Entry £5.00

For more information please visit [www3.hants.gov.uk/pingpong](http://www3.hants.gov.uk/pingpong)

### Intermediates

For more experienced players and those who have played in tournaments previously.

**Saturday 20th November, Waterside Table Tennis Club, Totton**

**10:00am-4:00pm** Entry £5.00

For more information please visit [www.watersidettc.co.uk](http://www.watersidettc.co.uk)  
or contact John Fox **023 8089 4403**

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