



Be one of a million on #TableTennisDay!

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Are you ready to be one of a million people playing our sport on National Table Tennis Day?

That is the target for the fourth annual #TableTennisDay on Wednesday July 12, when we celebrate all that is good about our sport.

Clubs, schools and business all over the country are getting involved, with a record 800-plus toolkits sent out to help them plan their day.

A key focal point of the day will be a World Record attempt to get the most participants to take part in a single table tennis rally.

The attempt will be staged at Media City in Manchester, where Table Tennis England are creating the hub of the day's activity, with 25 table tennis tables and a show court to encourage members of the public to pick up a bat and enjoy the sport.

England legend Desmond Douglas and double Commonwealth Games silver medallist Danny Reed will be adding some stardust to the occasion, which has already attracted a lot of media attention.

Table Tennis England has partnered with mental health charity Mind for the day in order to highlight the mental health benefits of the sport while raising awareness of mental health issues. Research has proven taking part in regular physical activity and in particular table tennis can reduce the risk of depression, reduce anxiety and improve self-esteem.

On this year's event, Table Tennis England Head of Commercial, Mark Taffler said:

We are really excited to be working in partnership with so many organisations across the country, including such a respected national charity as Mind to get more people playing table tennis than ever before. It is big challenge but one that we are eager to achieve with lots of planned activities up and down the country on National Table

Tennis Day.

Find out how you can join in at www.tabletennisengland.co.uk/play/play-learn-improve/getting-started, and keep an eye on Twitter for competitions, by following [@TableTennisENG](https://twitter.com/TableTennisENG) and the hashtag [#TableTennisDay](https://twitter.com/hashtag/TableTennisDay) for updates.

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