

# BUTTERFLY

Liam Pitchford



Liam Pitchford uses a Butterfly Viscaria blade with Tenergy 05 rubber on both sides



















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#### **Welcome messages**





Sandra Deaton Chairman Table Tennis England

#### I am delighted and honoured to welcome you to England's PG Mutual National Championships at the wonderful David Ross Sports Village at the University of Nottingham.

We have three days of packed table tennis from our elite athletes to find our National Champions for 2019 in many categories.

This year is particularly exciting as we have introduced a qualifying event to give those players who don't make the automatic selection on ranking places, a chance to compete against the best in the country.

I was delighted to see the standard and commitment of our players in the recent Preston qualifying event and I congratulate all of those who have earned the right to line up in this elite company.

As well as giving our established international players the opportunity to compete on home soil for the honour of becoming National Champions, we also have some of the stars of tomorrow who are playing in their first Championships.

I have no doubt that our Olympians, Paralympians and Commonwealth champions will be challenged by these rising stars - and this makes for three exciting days of first-class table tennis.

The players this weekend are examples of what can be achieved with hard work, dedication and talent. They are also ambassadors for our sport and I am proud to work alongside many of the fine young men and women here today.

At Table Tennis England we often talk about table tennis being 'a sport for all for life'. And while our athletes here are competing at the highest level, it is also worth remembering that table tennis is enjoyed by tens of thousands of people around the country every week - from social play, through local league, county and above - and from all ages from schoolchildren to their grandparents and greatgrandparents.

This level of participation throughout the country can only be achieved through the commitment and dedication of our community of volunteers, whether at local level, in coaching, running clubs, helping youngsters achieve their potential, umpiring, or supporting. I thank you all for your involvement in our sport.

I would also like to thank the staff at Table Tennis England; our officials; our equipment suppliers TeesSport and Topspin; our sponsors, particularly Mike Perry from PG Mutual for his ongoing support of this event; and our players, coaches and supporters.

I wish all our players good luck and that they play to the best of their ability with determination, enthusiasm and good sportsmanship. I hope everyone enjoys the weekend.





**Dan Tilley**Director of Sport
University of Nottingham

## The University of Nottingham is incredibly excited to be hosting the 2019 PG Mutual National Championships here at our flagship £40 million venue.

Here at University of Nottingham Sport, we are very proud of our sector-leading table tennis performance programme and world-class competition facilities and it is an honour to be chosen once again as the 2019 venue by Table Tennis England.

For our students and coaching team competing over the weekend, the opportunity to compete in front of a home crowd is invaluable. For our aspiring players, the chance to watch the country's top players in action at the PG Mutual Championships is hugely inspirational.

At Nottingham, our heritage of outstanding table tennis alumni includes the legendary Olympic champion Deng Yaping, with whom we have a strong ongoing partnership that provides excellent programme opportunities for our students. We are

also excited to welcome back former student Maria Tsaptsinos following her Commonwealth bronze medal success in Australia last year. Her team-mate at the games, and top seed in the Women's Singles this weekend, Tin-Tin Ho has also recently joined us as a student scholar, further strengthening our competitive position.

We have a great partnership with Table Tennis England and are very grateful for their continued support. Moreover we'd like to express our thanks to PG Mutual, who are an integral part of making this event a success.

On behalf of the university, may I welcome all the players, coaches, support staff and spectators to the David Ross Sports Village and wish you all a successful tournament and visit to Nottingham.



☐ The University of
Nottingham is also
providing a physio/sports
massage service for
athletes on all three days
of the PG Mutual National
Championships





Mike Perry CEO PG Mutual

## We're pleased to partner Table Tennis England for the PG Mutual Nationals for Seniors for a fourth year and to extend that sponsorship to the Cadets and Juniors

The PG Mutual Nationals is the pinnacle for any English player and we are extremely pleased that more players than ever will have the opportunity to perform at the highest level against elite world-class players at a great venue with excellent facilities.

Table tennis is a sport played by all ages and sponsorship of the Nationals is key to gaining more

exposure for the PG Mutual brand as our product is aimed at protecting a family's current lifestyle if an income is lost due to accident or illness.

Over the last four years Table Tennis England, players, coaches and volunteers have welcomed me into the table tennis family, for which I'm very grateful, and I look forward to seeing you all once again at the PG Mutual Nationals.





#### **Patron**

HM The Queen

#### **Table Tennis England**

President: Jill Parker MBE Chairman: Sandra Deaton Deputy Chairman: Susie Hughes

Treasurer: Keith Thomas Chief Executive: Sara Sutcliffe

Board members: Simon Griew, Doug Livingstone, Andrew Nixon, Dee Paterson, Tom Purcell,

Mark Quartermaine, Kelly Skeggs, Mike Smith.

#### **Umpires**

Mike Atkinson, Nico Caltabiano, David Edwards, Dave Evans, Dave Gough, Dave Goulden, Lyndon Griffiths, Harry Jutle, Peter May, Kim Mudge, Joshua Reynolds, Lin Roff, Derek Sidaway, Lester Smith, Alan Thomas, Philip Ware

#### **Tournament organisation**

Tournament Director: Carol Miles

Referee: Brian Jackson

Deputy Referee: David Cochrane Assistant Referee: Shawn Haskell Umpire Manager: Margaret Welch Field of Play Manager: Jim Kenny

Technical Operations Manager: Chris Newton Master of Ceremonies: Harry Benjamin Communications Manager: Paul Stimpson

Digital Manager: Rebecca Hughes Event Photographer: Alan Man Programme Editor: Paul Stimpson

Contributor: Diane Webb; Photos: Alan Man, Michael Loveder, Chris Rayner, Richard Watson-Hoy, Maurice Wilson, ITTF

• Anyone with any safeguarding concerns during the event can

contact our Safeguarding Manager Judy Rogers on

07507 860034.

#### Photography and filming

- By purchasing a ticket, spectators have agreed that they may appear in event photography and/or TV broadcasting. If anyone feels uncomfortable about this, or wishes to report any concerns, please speak to your nearest volunteer or staff member.
- Flash photography and live streaming are not permitted but please feel free to share your photos and short videos on Twitter please tag @TableTennisENG and use the hashtag #PGMutualNationals the best could win a £50 Tees Sport voucher!

#### Friday March 1

#### 9am

Under-21 Men's Singles and Under-21 Women's Singles group matches begin (first of three rounds of group matches, Tables 1-6)

#### 11am

Under-21 Women's Singles quarter-finals (T1-2)

#### 11.45am

Under-21 Men's Singles quarter-finals (T1-4)

\* Subject to change; Friday may become rolling schedule depending on how tournament progresses

#### 12.30pm

Under-21 Men's Singles and Under-21 Women's Singles semi-finals (T1-4)

#### 1.45pm

Under-21 Men's Singles final and Under-21 Women's Singles final (T1, T3)

#### Followed by presentations

#### 2.30pm

Women's Singles and Men's Singles group matches begin (first of three rounds, T1-6)

#### 6.30pm

Mixed Doubles first round (T1-4)

#### 7pm

Mixed Doubles quarter-finals (T1-4)

#### 7.30pm

Mixed Doubles semi-finals (T1-2)

#### 8pm

Mixed Doubles final (T1)

Followed by presentation

#### Saturday March 2

#### 9am

Men's Doubles first round (T1-5)

#### 9.30am

Women's Doubles first round (T1-2)

#### 10am

Para group matches begin (T1-4); Women's Doubles quarter-finals (T5-6)

#### 10.30am

Men's Doubles quarter-finals (T1-4); Women's Doubles quarter-finals (T5-6)

#### 11am

Para group matches (T1-4)

#### 11.45am

Women's Singles first round (T1-6)

#### 1pm

Para group matches (T1-4); Men's Singles first round (T5-6)

#### 1.45pm

Men's Singles first round (T1-6)

#### 2.30pm

Para semi-finals (T1-2);

Women's Singles quarterfinals (T3-6)

#### 3.15pm

Men's Singles quarter-finals (T1-4)

#### 4pm

Standing para final (T1)

Followed by presentation

#### 4.30pm

Women's Doubles semi-finals (T1, T3); Men's Doubles semi-finals (T2, T4)

#### Sunday March 3

#### **10am**

Women's Singles semi-final 1

#### 10.45am

Men's Singles semi-final 1

#### 11.30am

Women's Singles semi-final 2

#### 12.15pm

Men's Singles semi-final 2

#### 1pm

Women's Doubles final Followed by presentation

#### 2pm

Men's Doubles final

Followed by presentation

#### 3pm

Women's Singles final Followed by presentation

#### 4pm

Men's Singles final

Followed by presentation

#### Meet the players

#### nvited

#### Men's Singles



**Liam Pitchford** 

Age: 25

From: Chesterfield

Ranked: 1



**Tom Jarvis** 

Age: 19

From: Skegness

Ranked: 7



Paul Drinkhall

Age: 29 From: Loftus

Ranked: 2



Helshan Weerasinghe

Age: 21

From: Tonbridge

Ranked: 8



Sam Walker

Age: 23

From: Worksop

Ranked: 3



**David McBeath** 

Age: 26

From: Southampton

Ranked: 6



**Luke Savill** 

Age: 19

From: Maidstone

Ranked: 13

#### **Adam Nutland**

Age: 25

From: Kidderminster

Ranked: 19

#### **Josh Bennett**

Age: 19

From: Eastbourne

Ranked: 15

#### Sam Mabey

Age: 21

From: Willoughby Waterleys

Ranked: 16

#### Alim Hirji

Age: 29

From: Totteridge

Ranked: 20

#### Shayan Siraj

Age: 17

From: Leeds Ranked: 21

#### **Ethan Walsh**

Age: 16

From: Stevenage

Ranked: 29

#### **Gaurav Aravind**

From: Shepreth

Ranked: 11

Michael O'Driscoll

Age: 18

Age: 47

From: Harefield Ranked: 48

#### **Shaquille Webb-Dixon**

Age: 20

From: Rotherhithe

Ranked: 36

#### **Luke Walsh**

Age: 22

From: Stevenage

Ranked: 87

#### **Adam Jepson**

Age: 21

From: Peterborough

Ranked: 42

#### **Rhys Davies**

Age: 14

From: Southport Ranked: 187

#### **Joseph Goss**

Age: 20

From: Gorleston

Ranked: 114

#### Joe Cope

Age: 17

From: Hartlepool Ranked: 24

#### **Jack Bennett**

Age: 21

From: Eastbourne Ranked: 25

#### Joseph Langham-Ferreira

Age: 22

From: Wandsworth Ranked: 31

#### Israel Awolaja

Age: 18

From: Kensal Green

Ranked: 28

#### ualified

#### **James Smith**

Age: 17

From: Orpington Ranked: 27

#### **David Gofton**

Age: 16

From: Middlesbrough

Ranked: 57

#### Josh Weatherby

Age: 15

From: Sunderland Ranked: 52

#### **Ashley Facey Thompson** Age: 24

From: Leytonstone Ranked: 92

**Graeme Barella** 

Age: 25

From: Newcastle Ranked: 33

#### **George Hazell**

Age: 19

From: Horsham Ranked: 47

#### **V**ildcards

#### Naphat Boonyaprapa

Age: 17

From: Nottingham Ranked: 37

#### Sam Wilson

Age: 18

From: Corby Ranked: 39

\* All rankings taken from

February 2019 list

#### nvited

#### Women's Singles



Tin-Tin Ho Age: 20 From: Paddington

Ranked: 1



Age: 27 From: Leckford



**Maria Tsaptsinos** 

Age: 21 From: Reading Ranked: 2



**Denise Payet** 

Age: 17 From: Enfield Ranked: 3



**Emily Bolton** 

Age: 20

From: Askam-in-Furness

Ranked: 4



**Hannah Hicks** 

Ranked: 5



**Charlotte Bardsley** 

Age: 16

From: Stourbridge

Ranked: 7



**Mollie Patterson** 

Age: 16

From: King's Lynn

Ranked: 6



**Emma Vickers** 

Age: 27 From: Derby Ranked: 9

#### **Lois Peake**

Age: 22

From: Chichester Ranked: 8

**Evie Collier** 

Age: 24

From: Brentwood Ranked: 11

**Kate Hughes** 

Age: 36

From: Droitwich Ranked: 14

Megan Gidney

Age: 17 From: Bolton Ranked: 18

#### **Rachel Baker**

Age: 26

From: St Helens Ranked: 20

#### Medha Verma

Age: 17

From: Richmond Ranked: 102

#### **Tiana Dennison**

Age: 17 From: Leyton Ranked: 30

#### How the fields are decided

The men's and women's singles entries are each made up of 20 players who are invited on the basis of their ranking on the January 2019 list, 10 who come through the Qualifying Tournament and up to two Wildcards - making a maximum of 32 in each competition. If any players in the top 20 decline their invitation, their places are offered to those who finished in 11th to 32nd position at the Qualifying Tournament and, if there are still spaces available, to the highest ranked players who have not already got a place.

> Turn the page for Paras, Under-21, Doubles fields; Full draws can be seen on pages 24-31

#### **V**ildcards

#### Letitia McMullan

Age: 20 From: Fareham Ranked: 16

#### **Gauri Duhan**

Age: 17 From: Hull Ranked: 19

#### **Jasmin Wong**

Age: 15 From: Hull Ranked: 26

#### **Ruby Chan**

Age: 15

From: Harrogate Ranked: 46

#### **Anaya Patel**

Age: 14

From: Basingstoke Ranked: 51

#### **Darcie Proud**

Age: 15

From: Skegness Ranked: 36

#### ualified

#### Millie Rogove

Age: 14 From: Barnet Ranked: 64

#### **Charlotte Weatherby**

Age: 16

From: Sunderland Ranked: 75

#### **Gracie Edwards**

Age: 17

From: Clacton-on-Sea

Ranked: 66

#### Lisa Rinnhofer

Age: 18 From: Solihull Ranked: 69

#### **Georgia Harris**

Age: 18

From: Wolverhampton

Ranked: 152

\* All rankings taken from February 2019 list

#### Para Class 7-10



**Craig Allen** 24, Bromsgrove



**Ashley Facey Thompson** 24, Leytonstone



**Shae Thakker** 15, Denham



Will Bayley MBE 31, Tunbridge Wells



Aaron McKibbin 27, Wandsworth



Ross Wilson 23, Minster



Alex Bland 19, Rotherham



**Billy Shilton** 20, Stonehouse

#### A note on classifications

Classes 1-5 are for physical impairment (sitting), class 1 being the most severely affected and class 5 having the most physical functionality. Classes 6-10 are for physical impairment (standing), class 6 being the most severe and class 10 the least. These are set by the International Paralympic Committee.

#### **U21 Men's Singles**

\* denotes wildcard

**Tom Jarvis** 19, Skegness

**Luke Savill** 19, Maidstone

Josh Bennett 19, Eastbourne

Shayan Siraj 17, Leeds James Hobson 19, Wakefield

James Smith 17, Orpington

Ethan Walsh 16, Stevenage

**Israel Awolaja** 18, Kensal Green **Shaquille Webb-Dixon** 20, Rotherhithe

Naphat Boonyaprapa

17, Nottingham

Joe Cope 17, Hartlepool

Sam Wilson 18, Corby **Gaurav Aravind** 

18, Harefield

**Zak Cantor** 19, Manchester

Amirul Hussain\* 15, Oldham

George Hazell\*
19, Horsham

#### **U21 Women's Singles**

\* denotes wildcard

**Tin-Tin Ho**20, Paddington

**Denise Payet** 17, Enfield

**Emily Bolton** 20, Askam-in-Furness

**Charlotte Bardsley** 16, Stourbridge

Mollie Patterson

16, King's Lynn

Megan Gidney 17, Bolton

Letitia McMullan

20, Fareham

**Gauri Duhan** 17, Hull **Tiana Dennison** 

17, Leyton

**Bhavika Mistry** 17, Northampton

Darcie Proud 15, Skegness

Amy Humphreys 20, Sheffield

Jasmin Wong\* 15, Hull

Ruby Chan\*
15, Harrogate

#### **Men's Doubles**

Liam Pitchford & Paul Drinkhall
Sam Walker & David McBeath
Alim Hirji & Luke Savill
Josh Bennett & Jack Bennett
Joe Cope & Shayan Siraj
Adam Nutland & Ethan Walsh
Naphat Boonyaprapa & James Smith

Sam Wilson & Graeme Barella Zak Cantor & Israel Awolaja Gaurav Aravind & George Hazell David Gofton & Josh Weatherby Adam Jepson & Joe Killoran Joseph Goss & Jacob Goss



#### **Women's Doubles**

Tin-Tin Ho & Maria Tsaptsinos
Denise Payet & Emily Bolton
Emma Vickers & Lois Peake
Mollie Patterson & Megan Gidney
Evie Collier & Kate Hughes
Gauri Duhan & Letitia McMullan

Jasmin Wong & Ruby Chan
Anaya Patel & Darcie Proud
Millie Rogove & Charlotte Weatherby
Lisa Rinnhofer & Georgia Harris



#### **Mixed Doubles**

Tom Jarvis & Maria Tsaptsinos David McBeath & Emma Vickers Josh Bennett & Tin-Tin Ho Alim Hirji & Emily Bolton James Smith & Denise Payet Jack Bennett & Lois Peake Shayan Siraj & Jasmin Wong Graeme Barella & Kate Hughes
Naphat Boonyaprapa & Gauri Duhan
Sam Wilson & Megan Gidney
Joe Cope & Darcie Proud
David Gofton & Mollie Patterson
Josh Weatherby & Charlotte Weatherby



#### The format

Event	Entries	Group format	KO format	Notes
Men's Singles	Up to 32	8 groups of 3, top player qualifies; best of 5	Best of 7	Top 8 seeds have bye to last 16
Women's Singles	Up to 32	8 groups of 3, top player qualifies; best of 5	Best of 7	Top 8 seeds have bye to last 16
Men's Doubles	Up to 16 pairs	N/A	Best of 5	
Women's Doubles	Up to 16 pairs	N/A	Best of 5	
Mixed Doubles	Up to 16 pairs	N/A	Best of 5	
U21 Men's Singles	Up to 16	4 groups of 3, top player qualifies; best of 5	Best of 7	Top 4 seeds have bye to quarter-finals
U21 Women's Singles	Up to 16	4 groups of 3, top player qualifies; best of 5	Best of 7	Top 4 seeds have bye to quarter-finals
Para class 7-10	8	2 groups of 4, top two players qualify; best of 5	Best of 5	

#### **Qualifying Tournament**















Clockwise from top left: Men's qualifiers, women's qualifiers, Lindsey Reynolds, Ruby Chan, Israel Awolaja, Felix Thomis, Harry Watson takes on Pawel Orzechowski, Darcie Proud. Pictures by Richard Watson-Hoy and Maurice Wilson



# How Liam Pitched up to join the elite

t is exactly 12 months since Liam Pitchford stood on the podium at the Copper Box Arena in London, showing off the Guernsey Trophy after winning the Men's Singles national title for a fourth time.

Since then, Pitchford has continued a spectacular rise to the upper reaches of the world game, beating most of the best players of this era, reaching two ITTF World Tour semi-finals and breaking into the top 20 in the world – his No 16 ranking in December made him the highest-ranked English player since 1980.

Mixing it with the world's elite on equal terms means the PG Mutual Nationals is understandably not the biggest goal on his horizon. However, he is still coming here to win the title for a fifth time. If he succeeds, he will move up from joint fourth with Matthew Syed on the all-time list and join Chester Barnes in third.

He is taking nothing for granted, with the rest of the England squad which won ITTF Team World Cup bronze last year – Paul Drinkhall, Sam Walker, David McBeath and Tom Jarvis – all capable of turning it on in Nottingham.

"I'm aiming to win – I've got four, so five would be nice," said Pitchford. "But equally, the European Games are coming up and the Olympics next year and those are obviously bigger tournaments.

"Me and Paul have won 10 of the last 11 Nationals – he's one of the best English players ever, and hopefully people think of me that way too. It would be nice to go down in the record books with another title.

"There's definitely going to be some good matches. Paul wasn't in his best shape last year, but he'll be back, and Sam is fighting for his first singles title and that's quite important to him, so he'll be hungry.

"David got his first senior title in the doubles last year and beat Paul in the singles quarter-finals and you wouldn't underestimate him. And Tom is improving and can surprise people, and he's got time on his side – in fact, we're all still young.

"It's definitely good for English table tennis and good for the spectators at the Nationals."

Pitchford was the leading light in that Team World Cup medalwinning squad, his tournament including emphatic 3-0 victories over Brazil's Hugo Calderano and Japan's Tomokazu Harimoto.

In fact, he beat both men on two occasions last year, in the case of Harimoto also defeating him 3-0 (5, 5, 3) at the World



Team Championships. Harimoto went on to win the World Tour Grand Finals in December at the age of 15 (Calderano was a semifinalist) and Pitchford takes confidence from that, despite himself just missing out on a place in the Grand Finals.

He said: "He's 15 years old and has won the World Tour finals. To beat him twice 3-0 definitely gives me confidence I can do what he's done."

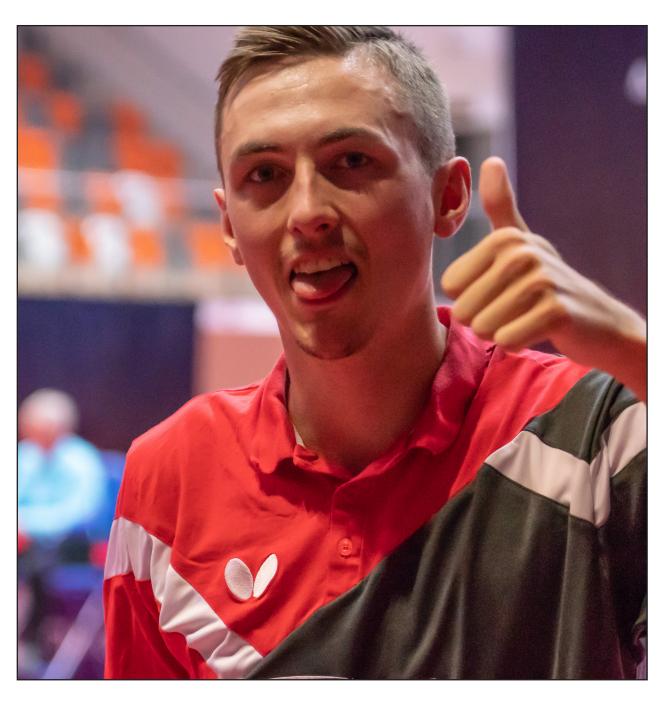
Those were by no means the only eye-catching results Pitchford achieved last year — as can be seen from the graphic above — with three recent world No 1s in Dimitrij Ovtcharov, Timo Boll and world and Olympic champion Ma Long among those to fall to the Chesterfield man.

He also won Commonwealth Games gold alongside Drinkhall in the Men's Doubles, making 2018 the most successful year of his

Pitchford said: "Results-wise and ranking-wise 2018 was definitely the best year of my career.

"It's difficult to choose one highlight. Beating Ma Long (at the Bulgaria Open) was massive – he never really loses to European players, so that was a massive confidence boost.

"At Gold Coast (the Commonwealth Games), even though I



"There's a lot of things still to work on. You can never be perfect, but I'll keep working and hopefully getting better."

**Liam Pitchford** 

didn't play to my best level, I came away with a gold medal, which is something I'd dreamed of, so that was a big moment.

"On the World Tour, I was winning consistently and got to two semi-finals, just missing out on the Grand Finals.

"And back in February the team World Cup was a good one to start the year and everything got better from that point. So they were all different but all good."

Now Pitchford is planning to continue to move forward and cement his place among the world's elite, and he is working hard on the mental, physical and technical sides of the game.

"Being a lot stronger mentally and having a lot more belief in myself, even when it's not going well, being able to turn things in my favour, has been important," he said.

"Physically, I've never had a problem with the running side of the game. I've not got the biggest muscles, but that's my body type. But I've been working on that and I feel I'm a lot stronger — and that gives me confidence going on the table. I've worked on a few small things on my technique too.

"There's a lot of things still to work on. You can never be perfect, but I'll keep working and hopefully getting better."

**PAUL STIMPSON** 

## Tsaptsinos on an

t's been a big 12 months for Maria Tsaptsinos. From a Commonwealth Games bronze medal to graduation, moving to a full-time training base in Italy and entering the world's top 200 for the first time, the milestones have come thick and fast for the exuberant Reading player.

She has also ascended the ranks of English players – she goes into these championships as second seed and has become the 'senior pro' in the England squad at the grand old age of 21.

That latter honorary position comes about as a result of Kelly Sibley's retirement after the Commonwealth Games and with England featuring a number of young players – Tin-Tin Ho and Denise Payet, who were also at the Games, are 20 and 17 respectively, while 16-year-old Charlotte Bardsley made her debut in November in the 3-0 European Championships Stage 1 victory over Greece.

"I'm the oldest at 21, it's a bit surreal," admits Tsaptsinos. "It feels like we are all still Juniors in a weird way, but we're all friends and we all help each other. It's a nice atmosphere and it's nice to be a young team.

"Any success we have, we can think 'if we're doing this now, imagine what we can do when we're older and have gelled more'."

Of that quartet, Payet and Tsaptsinos are permanently based abroad, and in Maria's case it is in Italy, where she trains at the national centre in Formia, midway between Rome and Naples.

She shares accommodation a five-minute walk from the centre with Chiara Colantoni, the World No 133 who is the fourth-ranked Italian woman. The training regime is 6-7 hours four times a week and around four hours on the other three days, mostly on the table but also following a physical plan set out by the coaches.

She plays for Vallecamonica in the top flight of the Italian league and at the time of writing was the best performing team member with an average of 68.4%. Among those she has beaten this year is the Italian No 1 Debora Vivarelli, ranked No 93 in the world at the time.

"It's nice out here," says Tsaptsinos. "I thought it would be more difficult to move to a different country but I've got really nice housemates – as well as Chiara, Veronica Mosconi has

## Maria's looking to build on a big 12 months

been staying with us – and there's not the same pressure as when you go to university.

"It's a bit more like university digs at the centre, so living in an apartment with our own bedrooms, our own living room, able to do what we like, has been good."

While the transition to a new country has been relatively smooth, the move to training full-time has not been without its challenges, and Tsaptsinos is typically honest in her assessment.

"At first I was enjoying it, but I was trying to change my game technically and it started going downhill," she said.

"I was working on my backhand technique and it was like I was a beginner again as I was trying to change one aspect of my game and was so focused on it that the rest of my game suffered.

"I was focused on it for so long, around two or three months trying to work on the consistency of the shot, and my matchplay suffered and my decision-making was off.

"It wasn't much fun in November and December and I was getting quite upset after training sessions. But I spoke to Marcus and Alan (coaches Marcus Gustafson and Alan Cooke) and we came up with a routine.

"I had a break before Christmas and when I played the US Open I played quite well, which was a bit of a boost. What

I was working on was finally starting to show in my matches.

"Looking back, not having the distraction of education didn't help because my whole life



## upward track

seemed to be 'sleep, play backhands, sleep, play backhands', even though I did try to incorporate other things to keep my brain a bit more stimulated.

"But I absolutely learned from that period, and maybe I needed to go through it to make me stronger."

We will see the evidence of that hard work on the table this weekend, when Tsaptsinos' quest will be to add the Senior Women's Singles title to the four Women's Doubles titles she has under her belt – three with Tin-Tin Ho and, last year, with Kelly Sibley.

She has reached semi-finals before but this is the first time she is seeded to go one step further, with Ho the final opponent if it all goes with seeding.

The pair have had some tussles on the table over the years and Tsaptsinos has managed to overcome the higher-ranked Ho on several occasions, including at the Junior Nationals, in the Under-21 final and at the School Games.

The two played out a classic in the Under-21 final last year, going to a deciding seventh set in what was Tsaptsinos' last year at that level, with Ho taking it 11-6.

She said: "I think we played one of the best matches we've had last year and that was probably due to me relaxing. I missed a crucial ball at 6-7 in the deciding set and had I taken it . . . well, 7-7 is very different to 6-8 at that stage.

"But I played well, so I wasn't that disappointed. Hopefully, if we do play in the Senior final, I can do the same but turn the score around.

"I've always got to where I was meant to with my ranking, whether that's the quarters or the semis, but never made a final. This should be the first time on seeding – but I'll focus on each game as it comes and not get ahead of myself. I've got to get there first before I can think about winning it.

"If it does work out that way and I face Tin-Tin, I'd focus on implementing my game and not get too carried away or stressed – all the pressure will be on her at that point and I can relax and play better without pressure."

play better withou PAUL STIMPSON

Main pic: Maria Tsaptsinos in typically vocal celebration during the 2018 Commonwealth Games at Gold Coast, where she was part of the bronze-winning England women's team. During the Games, her exuberant support was highlighted in a short film on the BBC website (below centre).

Below left: At the ITTF Team World Cup in London with Charlotte Bardsley and Denise Payet.



## DRESS TO IMPRESS

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Be the first to get your hands on our new range by pre-ordering at our merchandise stand (next to the pop-up Ping Pong Parlour in Hall D) or bag yourself a bargain and save 30% on our current range!







#### **Fanzone**



The PG Mutual National Championships isn't just your chance to watch England's elite athletes — it's also your chance to test your own table tennis skills in a Table Tennis England Pop-up Ping Pong Parlour!

You'll find the Pop-up Ping Pong Parlour in Hall D.

Why not challenge your family and friends to a game of table tennis, or try your hand at virtual reality table tennis to see if you can top the leaderboard. There's also a chance to see how your skills stack up against our table tennis robot – how many points will you score?

You'll also find merchandise stands in this hall including our official equipment supplier, Butterfly (Tees Sport), and the Table Tennis England trade stand – which will be your first chance to get your hands on our new range of merchandise.

You'll also be able to find out information on our coaching courses, our upcoming National Conference, our soon-to-launch TT Kidz programme.

#### Share your stellar shots with us!

There's just not the National Champion titles up for grabs this year - there's also a prize for the PG Mutual Best Match Moment - so whether you think you won the best point of the entire tournament or just want to share a really good rally, we want to see the recording!

You could win yourself a £50 voucher to spend at Tees Sport. To submit your video entry, email marketing@tabletennisengland.co.uk with the clip or post it on Twitter with the hashtag #PGMutualNationals

Entries close at 11.59pm on Monday 4th March.



## It's good to talk...



f you ever pick up a bat and play table tennis we want YOU to help us shape the future by taking part in the biggest survey ever carried out in the sport.

The Big Table Tennis Conversation is an ambitious project which will see us engage with people across our sport; from long-standing club and league players to those who play socially or who volunteer in or support the sport in other ways.

The survey aims to help us understand more about who is playing our sport, enabling Table Tennis England to create better experiences and value for them and, to ensure they remain active in the sport for as long as possible.

With conferences, focus groups and followup surveys still to come, this is set to be the most comprehensive consultation we have ever undertaken, and will go a long way to shaping future developments and initiatives, and help us to remove any barriers which currently prevent people from playing.

The survey addresses a number of key areas:

- For our members, we want to hear what they value most about their current relationship with the sport and their membership with us and, importantly, what they would most value for the future.
- For our social and recreational players, we want to build a better picture of who they are and when they play and, if and how they interact with the sport in other ways from following table tennis on social media through to watching and attending live events. They will also share views that may help us understand if we can improve our current programmes, including Ping Pong Parlours and Loop at Work.
- The survey also focuses on young people, asking how and why they got into the sport. The results will help us

develop our strategy to entice and retain more young people into the sport. Due to data protection laws, only those aged 16 or over can take part, so we encourage parents or carers to answer on their behalf.

• Finally, we are keen to hear from women and girls about what makes them engage with the sport so we can help them to get the most out of their involvement, and encourage more women to play.

We have set the ambitious target of 3,000 responses, which will provide enough data for us to draw conclusions from.

As a thank you to all those who give their time to complete the survey, there are some amazing prizes up for grabs, including:

- 10x £100 Love2Shop vouchers (redeemable at 90+ high street stores as well as online retailers like Amazon, ASOS and iTunes)
- £100 Butterfly voucher from Tees Sport
- £50 Butterfly vouchers from Tees Sport
- A one-on-one masterclass with a Team England coach
- An indoor Loop at Work package for your workplace
- An indoor Ping in the Community package for your community
- A Level 1 coaching course for your club
- A Teachers or Young Leaders course for your school In addition, we will be giving away signed merchandise and other prizes every week through our social media channels.

This is just the start of The Big Conversation – and it begins with you completing the survey, which we estimate will take 5-15 minutes, depending on your responses. We can't wait to hear from you, so visit <a href="www.tabletennisengland.co.uk/BigConvo">www.tabletennisengland.co.uk/BigConvo</a> and tell us your views!







10X £100 LOVE2SHOP VOUCHERS MASTERCLASS WITH AN ENGLAND COACH

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AN INDOOR LOOP AT WORK PACKAGE FOR YOUR WORKPLACE

A TEACHER/YOUNG LEADERS COURSE FOR YOUR SCHOOL

A LEVEL 1 COACHING COURSE FOR YOUR CLUB















## Happy Face! Ashley says enjoyment is key to his rise

ne of the most improved players in the British Para Table Tennis Team's Performance Squad is Ashley Facey Thompson, who has made great progress since moving from London to Sheffield in the summer of 2017 to train full time with the British squad.

Later that year he won his first major medal when partnering Kim Daybell to silver in the men's class 10 team event at the European Championships and he enjoyed further success in 2018, taking bronze in Italy and reaching finals in Slovakia, Slovenia and Czech Republic.

On his World Championships debut in October he played superbly to win his group in men's class 9, including a 3-2 win against the world No 7 from China, Zhao Yi Qing, but missed out on a bronze medal with defeat in the quarter-finals where he lost to Koyo lwabuchi from Japan.

"I was quite pleased with how I reacted last season," said the 24-yearold Arsenal fan. "After having some good wins and getting my first major

Ashley Facey Thompson alongside

Ashley Facey Thompson alongside Kim Daybell at the Rio Paralympics

medal in 2017 I thought it couldn't get better than that but last year I managed to get my ranking up to the highest yet at No 8 in the world. So I was very happy to have two back-to-back years of training well, playing well and with the progression I've made.

"Training full time is vital for me as I need to improve every day –

everyone else is training every day and you want to be better than them.

"I didn't get what I wanted at the Worlds. I had the opportunity to get a bronze medal but in a sense it was good that I lost it as I now understand what I need to work on - I'm using the lesson of what to do in tight situations in an important match and I'll know what to do next time."

Facey Thompson has already made an encouraging start to 2019 by qualifying to compete in the men's singles as well as the Para event at these championships and, having competed for ParalympicsGB in Rio 2016, is also focused on qualification for Tokyo 2020.

"It's not just important for me but for British Para Table Tennis to be at the Nationals," he said. "I played some good matches in the qualification and I'm really proud that I've qualified. It's a good thing for me to be there but bigger for the team to show we can compete with the top players on the able-bodied circuit and show the strength of the Paralympic side of table tennis.

"The biggest target this year is to qualify for Tokyo but I also want to make sure I enjoy it and have fun. You need mini-goals as well and for me it is to be happy and to be enjoying my table tennis as that will get the best out of me and enable me to express myself."

FRANCESCA BULLOCK



Above: Ross Wilson celebrates winning Commonwealth Games gold after beating compatriot Kim Daybell in the final.

Right: Ross and Kim show off their medals in Gold Coast

Below: Ross reacts to winning the Para World Championships





# TONG 15:31

# Triumph over adversity for champ Ross

fter five years spent battling to overcome a series of injuries, London and Rio Paralympic team medallist Ross Wilson is now on top of the Para table tennis world after beating the double Paralympic champion from China Zhao Shuai to win gold in the men's class 8 singles at the World Championships in Slovenia last October – seven months after taking gold in the men's class 6-10 singles at the Commonwealth Games.

While the 23 year old is taking confidence from winning both titles, he is certainly not resting on his laurels as he focuses on qualification this year for the 2020 Paralympic Games in Tokyo.

"Last year was a dream come true," he admits. "I'd always wanted to win the World Championships ever since I was little and to be able to achieve that was something I never thought I'd be able to do after getting so many injuries. When you are injured so many times you begin to doubt if it will actually happen for you. You doubt yourself a bit as well but you have to keep going and just believe in yourself through all that time.

"I had three match points against me in the final and I just had to keep digging deep. It was a weird feeling because I was so focused on what I needed to do to win in every match at the Worlds and I didn't let too much emotion come into it.

"When it got to the final I played as if it was just another match. I obviously knew I was playing to be world champion but I tried not to think about that during the match. I just tried to keep thinking about my strategy and when it got to the point where I had won all the emotion came out and it was a very special moment.

"Obviously winning the Commonwealths before that was incredible as well and when I look back on it and think I've become the Commonwealth and world champion in a year, it is a mad feeling.

"I do draw confidence from it but I like looking to the future and setting myself new challenges. Since Rio my main focus has been the 2020 Tokyo Paralympic Games so I've always been working towards that. I want to keep pushing forward because I know there is a lot of improvement I can still make in my game and I just want to keep working hard to improve as a person and a player and see where that takes me."

"When you are injured so many times you begin to doubt if it will actually happen for you. You doubt yourself a bit as well but you have to keep going and just believe in yourself through all that time."

Ross Wilson

Success can bring additional pressure but Wilson is not feeling the weight of expectation.

"I don't really feel any more pressure," he said. "I don't pay much attention to what other people think and I like going into my own zone. I expect a lot from myself already so it doesn't matter too much to me what other people think or expect.

"This year is qualification for Tokyo and we've got the European Championships as well in September so I'd like to do well throughout the year, try and stay in the top five in the world rankings and take a medal in the Europeans.

"But Tokyo is always in the back of my mind and now when I am training I'm working towards that more than the competitions this year. Everything I am doing is working towards Tokyo."

The qualification process for the next Paralympic Games will begin at the Italian Open later this month but before that Wilson is looking forward to playing in front of a home crowd at the PG Mutual National Championships.

"I've been playing in able-bodied domestic competitions throughout my life," he said, "so I know a lot of the players, but to have Para classes at the Nationals is a really good thing as it shows what we are about and how we are improving.

"Ash (Facey Thompson) and Kim (Daybell) have qualified for the able-bodied event as well, so it is a great that we are competing alongside the able-bodied players."

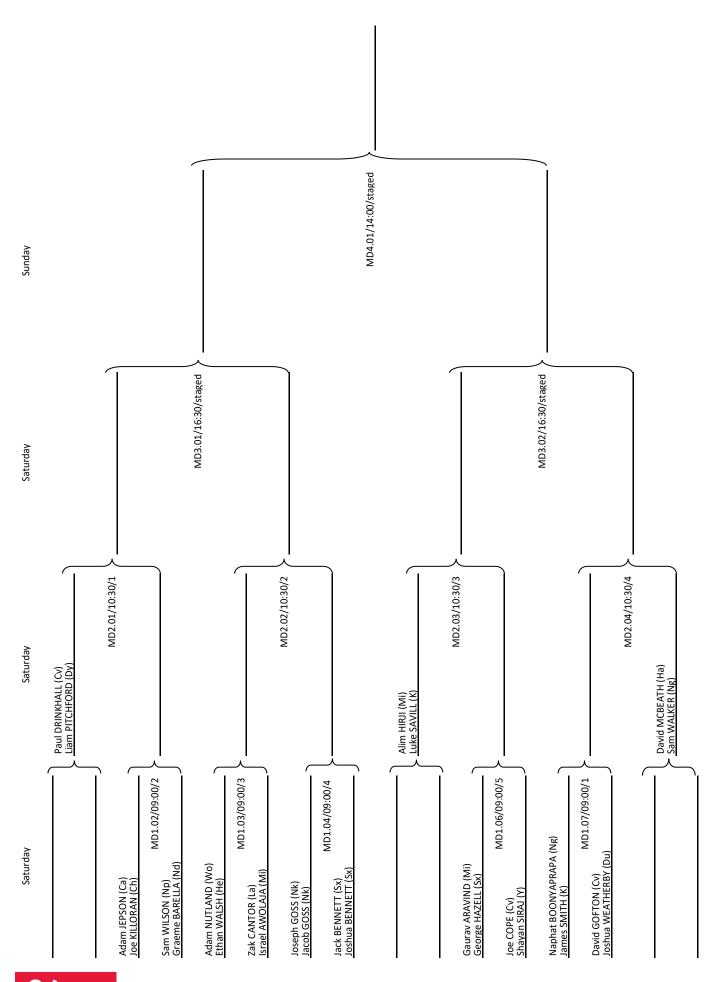
FRANCESCA BULLOCK

#### The draws

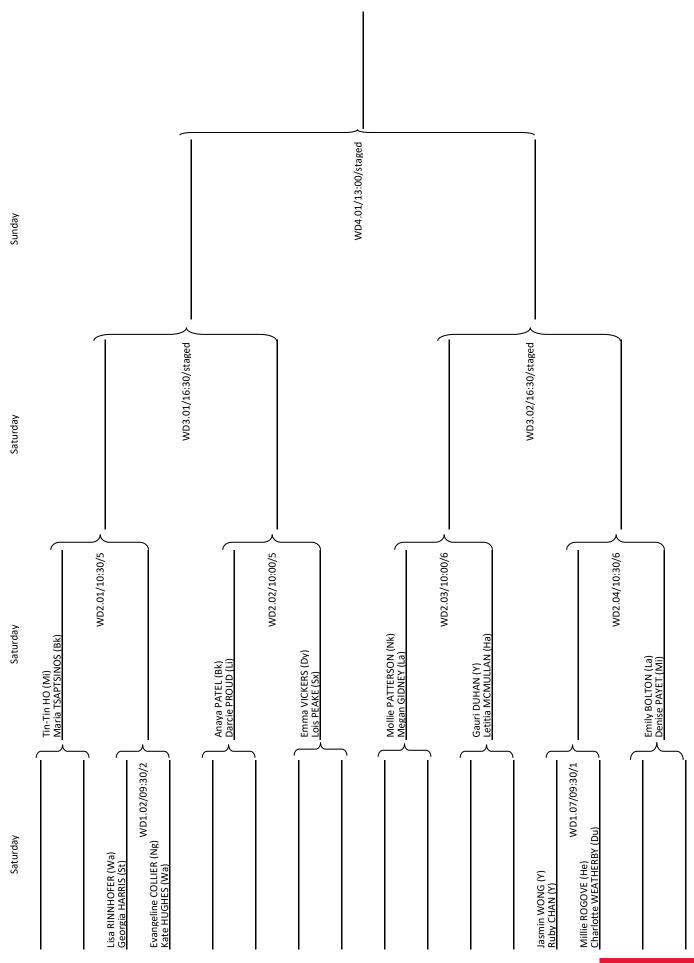
#### **Men's Singles**

#### **Women's Singles**

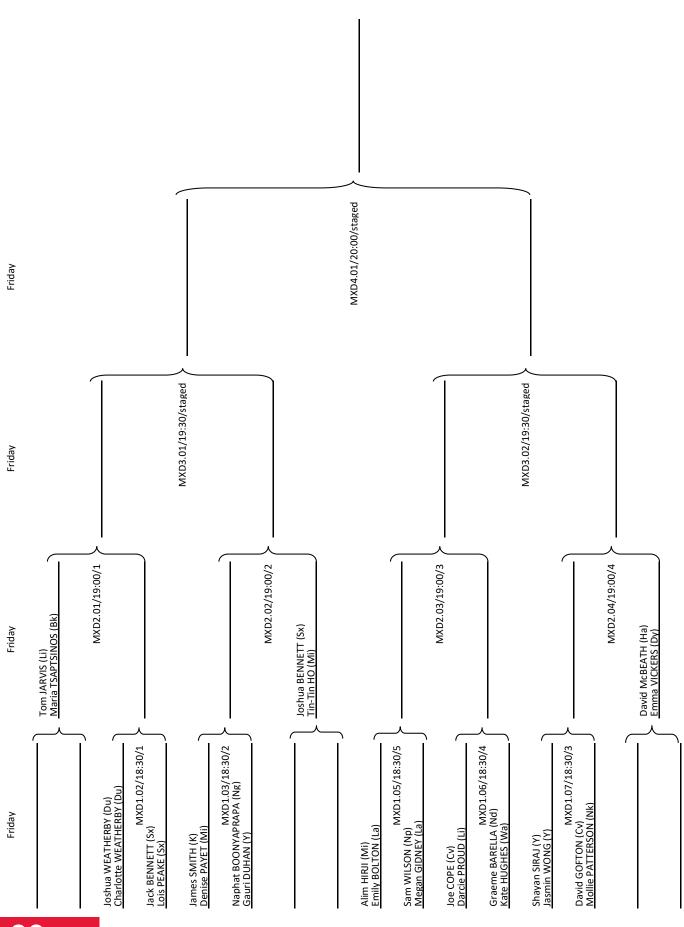
#### **Men's Doubles**



#### **Women's Doubles**

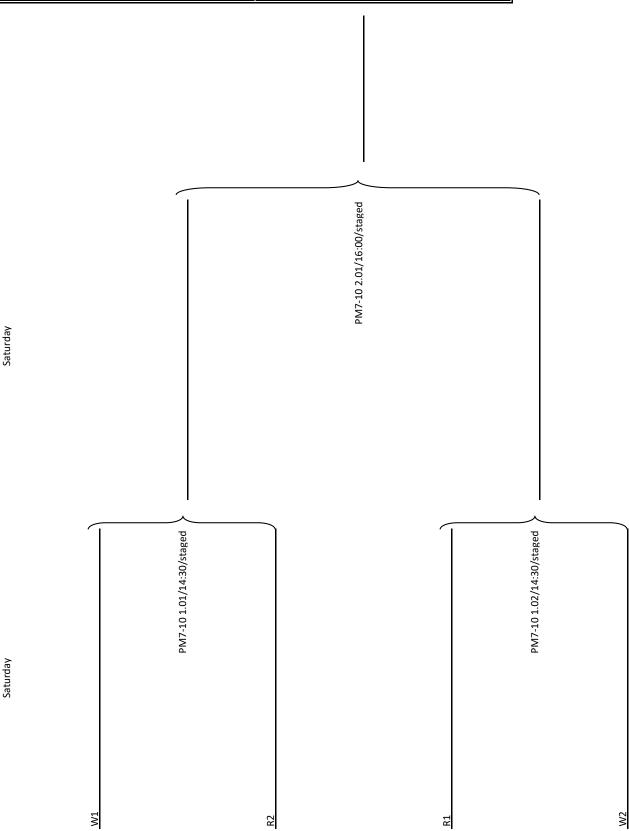


#### **Mixed Doubles**



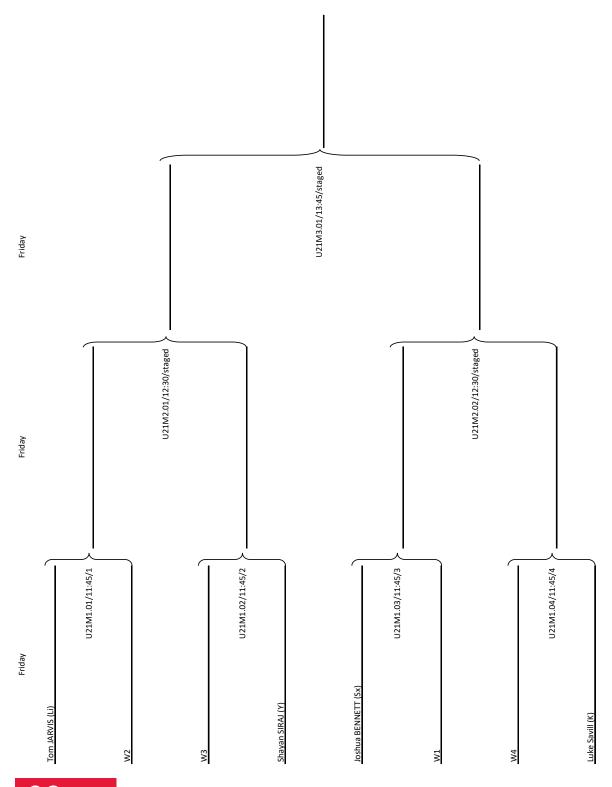
#### Para Class 7-10

Group 1			Group 2		
Α	Will BAYLEY	Sx	Α	Ross WILSON	K
В	Aaron MCKIBBIN	Sy	В	Ashley FACEY THOMPSON	Mi
С	Alex BLAND	Ys	С	Craig ALLEN	Wo
D	Billy SHILTON	Gs	D	Shae THAKKER	Bu



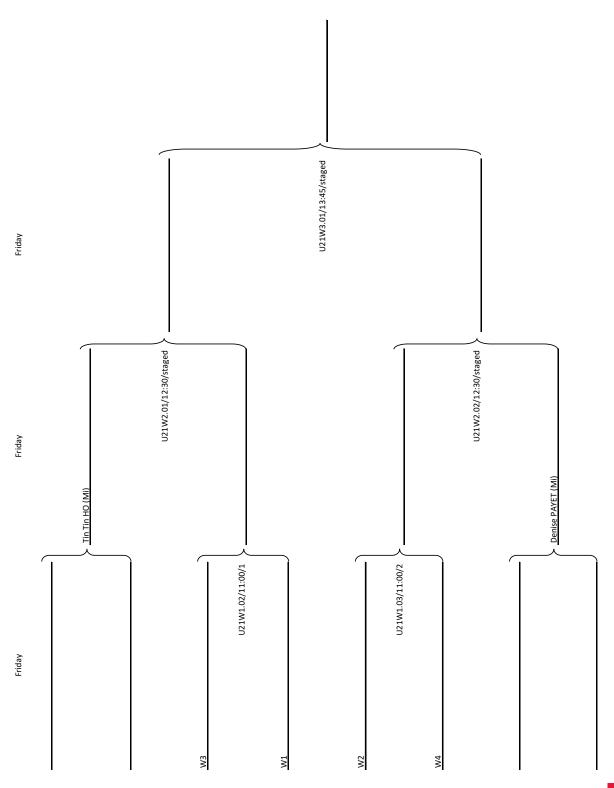
#### **Under-21 Men's Singles**

Group 1			Group 2		
Α	James HOBSON	Υ	Α	Joe COPE	Cv
В	B Sam WILSON		В	Naphat BOONYAPRAPA	Ng
С	C George HAZELL S		С	Gaurav ARAVIND	Mi
Group 3			Group 4		
Α	James SMITH	K	Α	Israel AWOLAJA	Mi
В	Shaquille WEBB-DIXON	Sy	В	Ethan WALSH	Не
С	Zak CANTOR	La	С	Amirul HUSSAIN	La



#### **Under-21 Women's Singles**

Group 1			Group 2		
Α	Emily BOLTON	La	Α	Mollie PATTERSON	Nk
В	Tianna DENNISON	E	В	Jasmin WONG	Υ
С	Ruby CHAN	Υ	С	Darcie PROUD	Li
Group 3			Group 4		
Α	Charlotte BARDSLEY	St	Α	Letitia MCMULLAN	На
В	Gauri DUHAN	Υ	В	Megan GIDNEY	La
С	Bhavika MISTRY	Np	С	Amy HUMPHREYS	Ng



#### **Features**



## England's top job









## Down Under!

eam England returned from last year's
Commonwealth Games in Australia with a record
collection of medals, including gold in the Men's
Doubles for Liam Pitchford & Paul Drinkhall (top left).

Also on the podium were the Men's Team and Women's Team (far left), who both won bronze; Ross Wilson and Kim Daybell (right), who took gold and silver respectively in the Men's Para event; and Pitchford & Tin-Tin Ho (below right), who won silver in the Mixed Doubles.

Fliss Pickard (below) narrowly missed out in the Women's Para competition, while for Kelly Sibley (left) it was a final international event before retirement.

Above: the squad enjoy the beach after all their hard work. Completing the men's squad were Sam Walker and David McBeath, while Maria Tsaptsinos and Denise Payet were also in the women's line-up.







## Conference

he National Conference on the weekend of March 30-31 features an exciting agenda which aims to bring together the table tennis community to celebrate the sport at all levels and find out about the latest initiatives and support which members can tap into to help the sport thrive.

It is an opportunity for us to share expert advice and guidance, and for clubs and coaches to meet up, share examples of best practice and take part in a series of workshops, as well as to listen to some words of wisdom from our guest speakers.

The Conference also incorporates the Pride of Table Tennis Awards dinner and will this year see the launch of the new TT Kidz programme which will seek to increase participation of 7-to-11-year-olds.

Clubs, leagues and table tennis volunteers are invited to join us at College Court Conference Centre, Knighton Road, Leicester for what promises to be a great event.

The Conference includes workshops on income generation, club & league development, plus opportunities for coaching

Experts from the English Institute of Sport will deliver a workshop on Fundamental Movement Skills, which will link with the launch of TT Kidz.

Also on the agenda is an action plan to drive female participation, coaching and officiating opportunities through Table Tennis England and updates from the England Performance team and our Mass Participation team.

Bookings are still being taken for places at the Conference and the cost is heavily subsidised for most delegates. Most tickets include overnight accommodation and a ticket to the Pride of Table Tennis Awards dinner.

## There so much going on at our big national get-together

Tickets are available as follows:

Full weekend multi-ticket (2+): £50 per person (for PremierClubs, Licensed Coaches) both places must be booked and paid for in the same transaction. Includes ticket to the Pride of Table Tennis Awards Dinner and overnight accommodation. To book a multi-ticket, please contact Table Tennis England Schools and Clubs Administrator Sharon Evans on 01908 208865.

Full weekend single ticket: £75 (for PremierClubs, Associate Clubs, Licensed Coaches, Technical Officials, League/County/ Regional Committee members). Includes ticket to the Pride of Table Tennis Awards Dinner and overnight accommodation.

Saturday Conference Ticket: £29 (excludes dinner and accommodation).

Sunday Conference Ticket: £19.

For more information and to book single tickets, visit www. tabletennisengland.co.uk/conference

We're really excited to announce that we'll soon be launching our awesome new programme specifically designed for 7-to-11-year-old girls and boys of all abilities.

TT Kidz is a fun eight-week programme which introduces the great game of table tennis to youngsters.

Once signed up, TT Kidz will receive their very own TT Kidz bag with everything they need to get started – including TT Kidz T-shirt, bat, balls and activity book/ sticker album. All the children need to provide is loads of energy!

There will be a small charge for the programme, which will include the goodies as well. Further information will follow, but we expect it to be great value at just £35 to £40!

During the eight weeks, through a series of carefully researched and planned sessions, the children will learn all the basic skills necessary to enjoy a great game of table tennis – serving, backhand,



forehand, and so on.

Table tennis is also great for fitness and provides valuable time away from video games and social media in a safe and secure environment.

Children and parents will be warmly welcomed by the club team each week, and every one-hour session will consist of a warm-up, some off-the-table activities, some on-the-table exercises and finishing off with a fun game. We don't even mind if parents want to join in too!

The focus is on FUN, in the hope that children will learn to love the great game of table tennis. They will hopefully be inspired to continue to play at the club once the eight weeks is over.

Towards the end of April, we'll be holding our very first TT Kidz sessions at the following clubs:

- Haworth Hawks TTC (Keighley, Yorkshire)
- Ackworth TTC (Pontefract, Yorkshire)
- Bishop Auckland TTC (County Durham)
- Nottingham Sycamore TTC (Gedling, Nottinghamshire)
- Wensum TTC (Norwich, Norfolk)
- Torbay TTA (Devon)

We'll be rolling out TT Kidz across the country in October 2019 – so please keep your eye on our website or visit www. ttkidz.co.uk - and you can find us in the Fanzone at this event!

## call!





## Honouring our sport's amazing volunteers

TABLE TENNIS

AWARDS

ne of the biggest events of our year is the Pride of Table Tennis Awards dinner, which will this year be celebrated on the Saturday evening during our National Conference weekend.

The Awards are our chance to celebrate and thank those who give up their time to ensure people have the chance to play table tennis and enjoy a positive experience in the sport.

This year, a total of 87 nominations were received for the Pride of Table Tennis awards, with 32 of those honoured at club and league level and 38 receiving regional awards.

The national judging panel has now met and chosen a shortlist of unsung heroes who go the extra mile to make a positive impact in the sport.

The winners will be revealed at the Pride of Table Tennis Awards dinner on Saturday 30th March.

Greg Yarnall, Head of
Development and Volunteering
at Table Tennis England, was part
of the national judging panel and
said: "Once again, we received some
exceptionally high-quality nominations



Main pic: The winners of the 2018 awards at the Pride of Table Tennis Awards dinner. Above: Brenda Bailey receives the Contribution to Table Tennis award.

and it was a difficult process to choose those who made the shortlist.

"I'd like to thank all those who volunteer in table tennis – you are the heartbeat of the sport – and we look forward to honouring this year's winners and runners-up at the National Conference."





### Swaythling's Silver service

ne of the most pleasant duties at the National Championships is the presentation of the silver bat to the player deemed to have shown a particularly high standard of sportsmanship and fair play. The award is made on behalf of the English Branch of the Swaythling Club International (SCI) and nominations are received from umpires or other officials who have witnessed exceptionally high standards.

A delighted and delightful Charlotte Bardsley from Stourbridge was the deserved recipient last year, 2018, and her comments epitomise the values held so dear to the SCI: "I think it is just as important how you play and conduct yourself at the table as it is what you achieve in results." How refreshing to hear this from a young player.

The SCI initiated the 'Richard Bergmann Fair Play Award' which was presented at the World Championships until a couple of years ago and this award emphasised the importance of sportsmanship, friendship and tolerance which are the SCIs main values.

The award at the English National Championships was introduced in 2007 and the first recipient was Bradley Evans of Buckinghamshire. Matt Ware of Dorset was the worthy recipient in 2008, followed by Danny Reed of Cleveland in 2009.

Sometimes it is felt that there are insufficient grounds to make the presentation, it is not a case of the award having to be presented. The recommendations the English branch of the SCI receive must be sufficient to justify the presentation of this highly prized award, consequently no award was made in 2010.

2011 saw the first lady receive the silver bat, Hampshire's Tressa Armitage, and this was followed in 2012 by Durham's David Meads and then a second award to a Cleveland player in 2013, Chloe Whyte. There were no awards for the next two years and Michael O'Driscoll of Yorkshire was the proud recipient in 2016.

In 2017 the National Championships were honoured by the presence of Diane Scholer (Diane Rowe), England's double World Doubles champion and former President of the SCI. Diane was accompanied by her husband, Ebby, also a former President of the SCI and a legendary player from Germany, also a double medallist at the World Championships, in



Munich in 1969 in the Men's Singles and the Men's Team event for the Swaythling Cup – but on both occasions it was silver in colour. They presented the award to Tin-Tin Ho.

Over the years the award has been presented by members of the SCI. Eligibility of which is by invitation and those who can be considered must have played in two World Championships or the Associate Member category for outstanding personalities who have given special service to table tennis. Anyone who considers they meet the necessary criteria should contact Harvey Webb on HarveyWebb17@gmail.com

As for this year, let us look forward to another name in the record books, not necessarily for becoming a champion but as an example to us all that it is not just winning but how you play that is important.

**DIANE WEBB** 







Clockwise from top left: Charlotte Bardsley with
Alan Ransome OBE (2018); Tin-Tin Ho receives the
2017 award from Diane and Ebby Scholer; Michael
O'Driscoll (2016); Chloe Whyte with Tony
Chatwin and Alex Murdoch (2013); Matt Ware
with Alan Cooke (2008); Danny Reed with
Carole Moore (2009); David Meads with Alan
Ransome (2012); Tressa Armitage with Alan
Cooke (2011); inaugural winner Bradley Evans with
Jill Parker MBE in 2007.

Left: The silver bat trophy, which is funded annually by Table Tennis England.

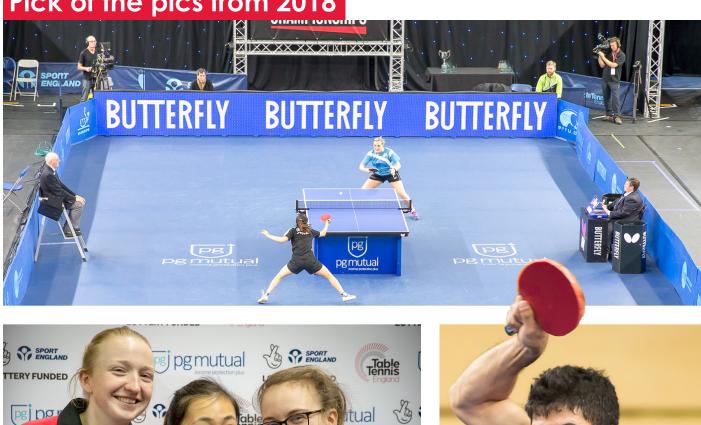






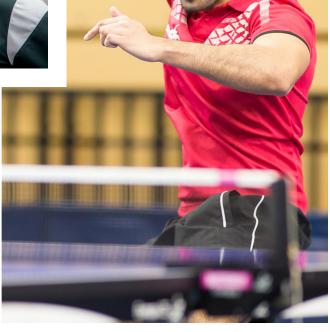


#### Pick of the pics from 2018



LOTTE





Clockwise from top left: The women's singles final; Alim Hirji; Chris Doran and Tom Jarvis; mascots; Under-21 champion Helshan Weerasinghe; Emily Bolton, Tin-Tin Ho and Maria Tsaptsinos.









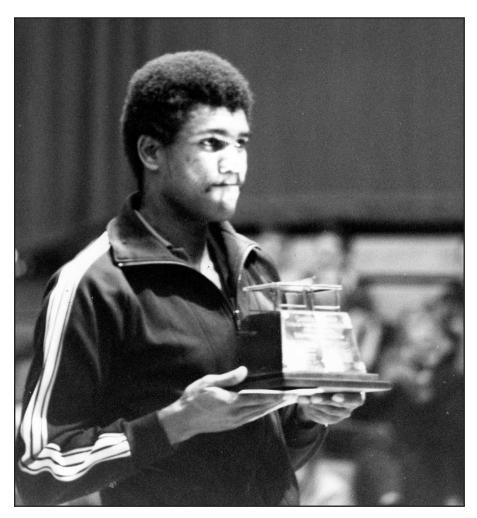






Clockwise from top left: Paul Drinkhall & David McBeath; Victor Guang Shi, women's and men's singles champions Tin-Tin Ho and Liam Pitchford; Aaron McKibbin; Luke Savill with coach Paul Beck; Evie Collier.

### Roll call of champions



Above: Des Douglas celebrates one of this 11 Men's Singles titles. Below: Jill Hammersley receiving the Women's Singles trophy from Tom Blunn on one of the seven occasions she won it. Now Jill Parker MBE, she is the Table Tennis England President.



## Men's Singles

- 11 Desmond Douglas
- 6 Denis Neale
  Alan Cooke
  Paul Drinkhall
  - Chester Barnes

5

- 4 Matthew Syed
  Liam Pitchford
- Carl PreanAndrew Baggaley
- 2 Ian Harrison
  Trevor Taylor
  Chen Xinhua
  Alex Perry
- Bryan MerrettBobby StevensPaul Day

## Women's Singles

- 7 Jill Hammersley (nee Shirley)
- 6 Mary Wright (Shannon)
- 5 Andrea HoltNicola DeatonKelly Sibley
- Diane Scholer (Rowe)Alison Broe (Gordon)Lisa Lomas (Bellinger)
- 3 Carole Moore (Knight)
  Helen Lower
  Joanna Drinkhall (Parker)
  Tin-Tin Ho
- 2 Karenza Mathews (Smith) Fiona Mommessin (Elliot)
- 1 Judy Williams

  Karen Witt

  Joy Grundy



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nottingham.ac.uk/sport/performance e: alexander.perry@nottingham.ac.uk PG Mutual Income Protection Plus for Table Tennis England

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- Enhanced Loyalty
  Bonus\* that aims to
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  minimum capital
  sum of £10,000 and
  six months income
  benefit to your
  family if you die
- Full income benefit cover for up to 2 years of incapacity



#### **Mutual Benefits**

As a Friendly Society, we don't have outside shareholders so, as a policyholder, you're our member and any profit we make we invest for your future. You will have your own "Capital Account" and we aim to award you an Annual Bonus every year you are a member. In addition, whether you claim or not, Income Protection Plus members now benefit from an enhanced Loyalty Bonus scheme that could provide you with a minimum capital sum of £10,000 if you die before maturity plus six months of your income benefit to your family.

#### **Claims Benefits**

We are very proud of our **97**%\*\* claims paid rate achieved over the last three years – ensuring we are helping our members when you need it most. Our online claim form makes it even easier to claim and is handled by our experienced, friendly in-house team.

#### **Member Benefits**

At PG Mutual, we like to offer our members more than just income protection cover. Our Member Benefits scheme currently provides discounts, cashbacks and offers from leading brands such as Currys PC World, Energylinx, Marks & Spencer, EE and much more.

Visit www.tabletennisengland.co.uk for full details

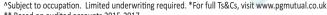


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www.tabletennisengland.co.uk



<sup>\*\*</sup> Based on audited accounts 2015-2017.



