

Bristol Civil Service



Table Tennis Club

Bristol Civil Service
Table Tennis Club
Newsletter

Issue 8
October 2013

Welcome from the Chairman

Welcome to the first newsletter of the new Table Tennis season. I wish you every success in your efforts this year and hope that you have a good season and take part in a sporting manner, win or lose. There are plenty of table tennis events to take part in around Bristol (see Pongress on page 3, Keep Sundays Special on page 4 and the taster sessions on page 5) so look out for them and have your bat ready!

Terry Toghill



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Table tennis success at the CSSC Games in Loughborough



The CSSC Games are run every two years and this year they were held over the 12 and 13 of September at Loughborough University with 17 different sports. The Table Tennis singles competition was run in groups with the top two going through to the main event and 3rd and 4th going on to the plate competition. The team representing the Ministry of Defence (DSRA) are shown in the picture from left to right: Mark Kinlocke, Peter

Hayes, Marcus Berry and Colin Stallwood.

Colin Stallwood won the Singles event and Marcus Berry won the plate competition, our best result in many years.

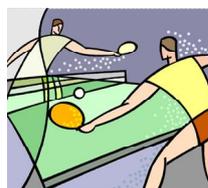
Marcus and Mark were teamed up in the doubles but were narrowly beaten in the second round by the favourites.

Unfortunately, because the transport was leaving early on Friday, Mark and I could not participate in the Veterans' competition. We are both looking forward to the next competition in 2015.

Marcus Berry

Important dates for the 2013-2014 season

Monday 30th December	Closing date for Hard Bat Tournament Entries
Tuesday 31st December	Closing date for Bristol Closed entries
Saturday 18th January	John Mycroft Boucher Hard Bat Competition Cup
Sunday 2nd February	Bristol Closed Championship
Thursday 24th April	Gilbert Belsten Memorial Cup Final TBC
Thursday 24th April	Morley C Mordecai Memorial Handicap Final
Monday 2nd June	Annual General Meeting



Fees

First six visits cost £3.50 per session

After six visits you **must** apply to become a Full or Linked Member of the Civil Service Sports Club (£44.40 p.a.). CSS Club members pay £2.50 per session. Membership of the Civil Service Table Tennis Club is £28.00 p.a. which includes the cost of a club shirt. Table Tennis Club members pay £1.50 per session

Civil Service teams for the 2013–2014 season – good luck to all players! (Teams as known at 26 September – changes may yet be made)

Premier division – Raiders

Chris Hansell
Michael Julian
Sarah Perks
Chris Price (captain)
Andy Smith

Division 1 – Nomads

Mauro Arruda
Jun Cui (captain)
Miguel Oliveira
Dave Smith

Division 1 – Saracens

Pabs Brana
Rob Kendall (captain)
Mark Kinlocke
Bryan Taylor

Division 2 – Warriors

Mickael Durand
Geoff Dyer
Jim McLean
Sven Pettersson (captain)

Division 3 – Vikings

Mark Curry
Tim Harris
Stuart Murray Williams (captain)
Terry Toghill

Division 3 – Saxons

Rich Cable (captain)
Pradeesh Mappa
Pawel Rekawiecki

Division 4 – Spartans

Chris Adamek (captain)
Dean Barmby
Terry Ridsdale
Alex Ono

Division 5 – Buccaneers

Sangha Bhattacharjee
Rob Dixon (captain)
Richard Rees

Division 6 – Commandos

Duncan Jones (captain)
Steve Kingscott
Dean Wilson

Division 6 – Trojans

John Bedwell (captain)
Radek Mastalerz
Mark Orriss
Ken Simmons

Division 7 – Partizans

Julian Boucher
Lawrence Harris
Charlotte Taylor (captain)
Quang Vu
Steve Williams

Division 7 – Cadets

Liam Collins
Duncan Jones (captain)
Oscar Jones
Max Morch
Tom Mould
Tim Pike
Rob Porteus

Table tennis club committee

President

Ken Simmonds

Chairman

Terry Toghill

Deputy Chairman; Coaching and Competitions

Mark Kinlocke

Secretary

Paul Barlow

Treasurer

Richard Oram

Welfare Officer

Tim Harris

Publicity Officer

Charlotte Taylor

Summer League – the end of the story from captain Chris Adamek

As another summer league season draws to a close it's a story of what might have been and if only for Civil Service A. After a poor start in which we lost 2 out of our first 3 games we finished with a strong run of 4 successive victories to finish a respectable 4th in our group, just 1 point behind the 2nd placed team KCC. Inevitably with such a close finish this left me thinking about the 1 or 2 points that I let get away which could have made the difference. But this will always be the case so we should finish with a summary of the team's positive achievements.



Dean Barmby was our star performer with a 14/18 win record of 78%. The team scored an impressive 11–0 victory during the season in an away game to Almondsbury. Charlotte Taylor's all round game improved noticeably over the course of the summer league and she finished with some impressive scalps including Mike Withyman from Cleeve & Claverham in our final game. John Bedwell was a summer league debutant and won 2/3 games in our final match to help the team to a 8.5–2.5 victory. So overall a good summer league with all team members playing their part and plenty of positives to take into the bread and butter of the winter league and the serious stuff. I can't wait.

Table tennis equipment: a beginner's guide – Part I by Mark Kinlocke

Originally when table tennis started there was basically a rule that anything goes as to the surface of the bat. So we had players using plain wood, sandpaper, cork and rubber attached to wood and other fairly exotic materials to make up battledores.

Up until 1952, the bat of choice for most players was a plain basswood ply blade and a pips out rubber with no sponge. This is what we call a hardbat today. The year 1952 was significant as in the World Championships held that year in Bombay, India, a little known Japanese player named Hiroji Satoh beat all the favourites to win the championship. His racket used a 1 inch thick sponge that played havoc with all his opponents. In 1959 the ruling body for TT, the International Table Tennis Federation (ITTF), regularised the rules to say that only sandwich rubber no more than 4mm thick, pips out or in, may be used. This was further updated in 1986 to say that one side should be red and the other black. Today we have all sorts of rubbers and blades at varying prices. For example, my blade plus rubber would cost about £200 if I were to buy the lot together. At the moment I need replacement rubbers for the new season. I hesitate as I am looking at just over £100 for the rubbers alone. But do we need to get such expensive equipment?

Over the next few newsletters I shall try to unravel some of the mystery behind the equipment so we can choose what's best for our game while achieving good value for money.

For now let us look at some of the terminology that we will be clearing up.

For blades we have:

Composite, all wood, 1-ply, 3-ply, 5-ply, 7-ply and even 9 and 11-ply blades and all are described as either defensive, all round or offensive.

For rubbers we have: sandwich with inverted or pips out, anti-spin, long pips, medium pips, short pips all with sponge or no sponge known as 'ox'.

All this equipment plays differently and requires specific modes of playing and skill sets. Also what do we do when faced with a particular type of bat?

All will be answered over the next few issues.

Tournaments at the Table Tennis Club

We had three club tournaments over the summer. They were run in a round robin format to give players the chance of playing lots of matches without too long a break in between.

The best attended was the one on 14 Aug where 16 players turned up. Thanks to all who participated and congratulations to the winners:

Saturday 6 July

Chris Price

Wednesday 14 Aug

Miguel Oliveira

Saturday 31 August

Michael Julian

We are looking at having one over the Christmas break so don't eat or drink too much!

Mark Kinlocke

Mordecai Cup preliminary round draw

The following Civil Service teams will be in action in the preliminary round. Team handicaps are shown in brackets.

Filton Britannias (240) v Trojans (200)

Warriors (40) v Portishead H (200)

Westbury E (200) v Commandos (200)

Nailsea Bobcats (80) v Vikings (80)

(All games to be played the week commencing Monday 28th October 2013)

These teams have a bye into the first round:

Saracens (0)

Saxons (80)

Spartans (120)

Buccaneers (160)

Partizans (240)

Cadets (240)

Good luck to all the Civil Service teams!



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FACEBOOK.COM/PONGRESS
TWITTER.COM/PONGRESS2013

BRISTOL
OCTOBER 18TH - 26TH 2013

ONE WEEK OF PING PONG PARTIES, TOURNAMENTS AND MORE

DJ'S & EVENT HOSTS FROM TABLE TENNIS BARS AROUND THE GLOBE

PONGRESS
2013

Make Sundays Special



On Sunday 29th September several city centre streets were closed to traffic to celebrate this event.

Eight table tennis tables were erected outside the Old Fish Market in Baldwin Street. The tables were looked after by members of the City Council, Ping Parlour, Kings of Ping and the Bristol League. They were fully occupied from 11am until 4pm when the event closed.

Ken Simmonds and I assisted and a great time was had by all.

The table tennis events consisted of Open play, Hard bat tournament, Around the table, One point Tournament and individual challenges.

Chris Price and his son Louis played in the Hard Bat Tournament and Louis and his dad played out the final in front of tourists and locals. Louis was victorious and well deserved his win.

Future events will be organised and although Ken and I didn't have time to look around, there were lots of events and stalls including dozens of people playing chess, street actors and music from live acts. A really thriving local scene. Something for everyone and in my

opinion not to be missed next time.

The final 'Make Sundays Special' this year will be on Sunday 20th October.

Terry Toghill



Transplant Sport

On Valentine's Day this year I celebrated 10 years since the stem cell transplant which cured me of leukaemia. One of the unexpected bonuses of my illness and treatment has been the discovery of the British Transplant Games (BTG), which are held every year, with World Games every two years. The BTG have been running since 1978 and are a four-day event for over 600 competitors and nearly 1000 supporters. Their aim is twofold: to celebrate survival after transplant, proving that transplant recipients can lead a normal and active life and, most importantly, to highlight the need for organ donation. All kinds of transplants are represented – heart, lungs, heart and lungs, kidney, liver, pancreas, bowel and stem cells.

I joined the Bristol Transplant team in 2010 – all the others are kidney transplant recipients – and have been competing since then in the three sports that I really enjoy: running (400m and 1500m), swimming (50m freestyle) and table tennis. I had never been in a team of any kind before, so I have found it all very exciting – and I was really proud when I was selected for the World Games in Gothenburg in 2011 and wore the British team strip. Some participants were excellent athletes before they were ill and their events are breathtakingly competitive; others take part simply to celebrate the fact that they are alive. Still others talk about wanting to do something to 'repay' their donor, to show that they are making good use of the organ they have been given. As you can imagine, these are very moving conversations!



To go through this experience, and particularly to see others not survive, or not be able to return to a normal life afterwards, has made a big impression on me. I have learned to value life much more, and to relish the chance of physical activity and fitness. And so I wanted to bring the thought of organ donation to your attention. First of all, though, let me ask you about blood: when I was ill, I must have had a couple of gallons of blood to keep me going. If you don't already give blood, might you possibly consider it? 96% of us rely on the other 4% to give blood. The upper age limit has been scrapped, it doesn't take long, is not painful, bar the odd bruise, and is so important for the survival of so many people – and you get a cup of tea and a biscuit afterwards! As for organ donation, if you wanted to think about signing up on the register, do ask me for a leaflet. It is interesting to know that 96% of us would take an organ if we needed one but only 27% of us have joined the NHS Organ Donation Register. **Charlotte Taylor**

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See our website at
<http://bristol-cssc-tabletennis.weebly.com/index.html>



The next newsletter will be prepared at the end of the year and will include the next in the series by Mark Kinlocke, a piece on disability sport by Ian Thomas and an article on strategy by Sven Pettersson. Do send me your comments and ideas for articles -- and any action photos!
Charlotte
charlottejanetaylor@tiscali.co.uk

Bristol and District Table Tennis Association



Come and Try Table Tennis

at

Bristol Civil Service Club

Filton Avenue Horfield, Bristol BS7 0AT

SUNDAY 6TH OCTOBER 2013
SUNDAY 13TH OCTOBER 2013
SUNDAY 20TH OCTOBER 2013
SUNDAY 27TH OCTOBER 2013
SUNDAY 3RD NOVEMBER 2013
SUNDAY 10TH NOVEMBER 2013

10AM UNTIL NOON

EVERYONE WELCOME. £2 EACH OR £5 FOR A FAMILY OF 3 OR 4

EQUIPMENT WILL BE PROVIDED

QUALIFIED COACH IN ATTENDANCE

FUN FOR ALL GUARANTEED

SPONSORED BY SPORT ENGLAND

More information?

If you have any questions about any aspect of table tennis at the Bristol Civil Service Table Tennis Club – membership, coaching, costs, how to get involved in a team, what happens at club night on a Sunday – please get in touch with Paul Barlow at paulbarlow@blueyonder.co.uk

Assistant Table Tennis Development Coach – vacancy at the WISE

A new and exciting role has become available at our WISE Campus for an Assistant Table Tennis Development Coach to recruit students to the Table Tennis Academy as the main priority of the role; develop the community club and outreach programme regionally, and to deliver technical/tactical coaching programmes to club and community coaching sessions. The role will also involve assisting with the delivery of a wide ranging programme of table tennis training, coaching, competition and events locally and nationally. To coach and train the Academy squad in practice, physical training and competition.

Please refer to the Job description for further details of the role.

Closing date for applications: Friday 11th October 2013.

Expected Interview Date: Thursday 17th October 2013 at the WISE Campus.

Application pack can be found <http://www.sgscol.ac.uk/content.aspx?Page=vacancy>



Bristol Table Tennis Academy Club will be running a **table tennis training camp** in October at the WISE Campus, open to players of all ages and ability who want to improve their technique and game. There will be groups for under 16 and adults. Sessions will be run by the ETTA qualified coaches and academy players, with focus on drills to suit all standards. Tuesday 29th and Thursday 31st October, 10am–12 noon, 1pm–3pm. Enquiries: Choi Sze To 01179192616 / 07962528573