

U3a Table Tennis Group Report by Nicky Grace

The table tennis group continues to meet weekly at the Teesdale Leisure Centre. It is a friendly group in a friendly place. Two tables are set out for us, usually in the large hall. One week the heavy rain and thunder were so noisy that it was difficult to hear the score. This last week, on a glorious sunny day, five of us met for a series of games, singles, threesomes, and doubles. The writer's scores varied from losing to love to a tightly won victory 12-10. I am unsure whether I am on an improving trajectory but I thoroughly enjoy the hour of exercise and banter. I apparently have a unique frying pan stroke (not often successful!). Prior to joining the group, the last time I played was in my teens within the confines of our garage. It is good to avoid the hazards of crashing into bicycles or hitting the ball up the car exhaust! It also means that having to retrieve the ball from the huge sports hall is a novelty and adds to your steps for those who are counting.

If you fancy taking up the sport or refreshing long forgotten skills do contact Peter Singer
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Table tennis is also a good way to make friends. On a recent holiday in the Dolomites, I teamed up with a fellow Brit for a couple of games. Being out in all weathers the table was rather spongy, or at least that was our excuse. However, on the fine day that we played the views were fantastic.

