

Not All Fitness Fans are in their 20's - Meet an athlete in her 80's who leaves the youngsters standing.



Pam Butcher, 88. Photograph: Shamil Tanna for the Guardian

Pam an Ellenborough player for many years said, "I've got my eye on the over-90s title"

I didn't start playing table tennis until I was in my 20s; before that, I was playing county level tennis. I stopped playing when I had children and didn't return for many years. But when I went back to work, I took it up again: there happened to be a table there. I played at lunchtimes and one of the men asked if I could be a reserve for their local league team.

I didn't play seriously until I started competing in veterans' tournaments when I was 50. I was free from looking after the children by then. The first tournament I can remember was in Coventry, where I won the over-40s. The woman I beat was 42. She said, "I don't mind being beaten by a 40-year-old, but not a 50-year-old!"

The first big tournament I won was the Veterans European Championships in Vienna in 1995, when I was 65. I won the over-60s and beat the then world champion and a previous world champion. I've become world champion myself since, but I still think the first was my biggest win. I'd never won anything like that before. They played the national anthem and I received a bouquet and a huge cup.

Table tennis has taken me to places I would never have visited. I've played all over the world. My husband wasn't a keen traveller, but I travelled with a group of veterans. I liked China very much – I won the over-80s singles and doubles there. I thought Rio was exotic. Canada was wonderful.

I was disappointed at the world championships in Las Vegas last June. I was defending the title I won two years previously in Alicante, but lost to a Japanese player in the semi-final. It was very close – 16-14 in the final game – so I only got the bronze. They don't play national anthems these days because there's no time. It's an enormous event. In Vegas, there were 150 tables in one room and 5,000 players! I've possibly got my eye on the over-90s title at the next world championships in 2020. We'll have to wait and see.

In 2018 Pam received an MBE awarded in the New Years Honours List.

She enjoyed "a lovely day" at Buckingham Palace, as she received her MBE from Prince Charles.

Pam said she had shared a few words with Prince Charles and had been able to look around a small part of the Palace.

Article from the Guardian Weekend magazine.

NMTTL Mid-Season League Tables & Handbook Amendments

Handbook Amendment 1 page 28: (September 2018)
Division 4, Winchmore Hill 3 – Home night is TUESDAY.

Handbook Amendment 2 page 25: (December 2018)
Please note that Dave Wilson has stood down from his role of Club Secretary of Ellenborough TTC. Our thanks and best wishes go to Dave for all his work for the club during his period in the role. Dave has informed the league that his successor is Colin Miller. Please delete Dave Wilson's details from Ellenborough TTC.

Tables > Winter 2018-19 > Premier Division								
#	Team	P	W	D	L	SF	SA	Points
1	Mayfield 1	9	9	0	0	65	16	74
2	Heathcote 1	9	7	0	2	61	20	68
3	Ellenborough 1	9	7	0	2	55	26	62
4	Mayfield 2	9	6	0	3	49	32	55
5	Tottenham 1	9	6	0	3	42	39	48
6	Woodside Park 1	9	4	0	5	38	43	42
7	Mayfield 4	9	2	0	7	27	54	29
8	Bounds Green 1	9	1	0	8	24	57	25
9	Mayfield 3	9	2	0	7	22	59	24
10	Ellenborough 2	9	1	0	8	22	59	23

Tables > Winter 2018-19 > Division 2								
#	Team	P	W	D	L	SF	SA	Points
1	Heathcote 2	9	9	0	0	57	24	24
2	Ellenborough 3	9	7	0	2	56	25	25
3	Ellenborough 4	9	7	0	2	52	29	29
4	Suburb 1	9	6	0	3	44	37	37
5	Mayfield 5	9	4	0	5	46	35	35
6	Winchmore Hill 1	9	4	0	5	36	45	45
7	Mayfield 6	9	2	0	7	34	47	47
8	Tottenham 2	9	3	0	6	32	49	49
9	Bounds Green 2	9	2	0	7	28	53	53
10	Potters Bar Free Ch 1	9	1	0	8	20	61	61

Tables > Winter 2018-19 > Division 3								
#	Team	P	W	D	L	SF	SA	Points
1	Tottenham 3	7	7	0	0	43	20	50
2	Winchmore Hill 2	7	6	0	1	39	24	45
3	Mayfield 8	7	4	0	3	36	27	40
4	Mayfield 7	7	3	0	4	34	29	37
5	Bounds Green 3	7	4	0	3	31	32	35
6	SPS 1	7	3	0	4	31	32	34
7	Ellenborough 5	7	0	0	7	21	42	21
8	Bush Hill Park 1	7	1	0	6	17	46	18

Tables > Winter 2018-19 > Division 4								
#	Team	P	W	D	L	SF	SA	Points
1	Southgate Compton 1	8	7	0	1	49	23	56
2	Ellenborough 7	8	6	0	2	43	29	49
3	Winchmore Hill 3	8	6	0	2	41	31	47
4	Ellenborough 6	8	5	0	3	39	33	44
5	Mayfield 9	8	4	0	4	40	32	44
6	SPS 2	8	3	0	5	32	40	35
7	Tottenham 4	8	3	0	5	32	40	35
8	Winchmore Hill 4	7	1	0	6	21	42	22
9	SPS 3	7	0	0	7	18	45	18

Cheshunt Mid-Season League Tables

Tables > Cheshunt And District Table Tennis League 2018-19 > Division 1 (Completed)								
#	Team	P	W	D	L	SF	SA	Points
1	Ellenborough	10	9	0	1	66	24	66
2	Kidston	10	6	0	4	62	28	62
3	HRC	10	8	0	2	57	33	57
4	Ellenborough A	10	5	0	5	52	38	52
5	HRC A	10	1	0	9	18	72	18
6	Cheshunt	10	1	0	9	15	75	15

Tables > Cheshunt And District Table Tennis League 2018-19 > Division 2 (Completed)								
#	Team	P	W	D	L	SF	SA	Points
1	Ellenborough B	10	7	0	3	57	33	57
2	Cheshunt A	10	7	0	3	56	34	56
3	Lytton	10	7	0	3	48	42	48
4	Grundy Park	10	5	0	5	45	45	45
5	Kidston A	10	3	0	7	35	55	35
6	Cheshunt B	10	1	0	9	29	61	29

SHAW Mid-Season League Tables

Tables > Winter 2018-19 > Premier								
#	Team	P	W	D	L	SF	SA	Points
1	St Michaels	9	9	0	0	72	18	72
2	St Michaels A	8	5	2	1	55	25	55
3	St Michaels B	9	4	2	3	49	38	49
4	Adeyfield	7	6	0	1	46	24	46
5	St Albans	9	4	1	4	42	48	42
6	Harpenden	8	2	0	6	35	45	35
7	Digswell	8	2	1	5	33	44	33
8	Codicote	9	3	0	6	31	59	31
9	Townsend	9	2	0	7	27	63	27
10	Ellenborough	8	2	0	6	27	53	27

Tables > Winter 2018-19 > Two								
#	Team	P	W	D	L	SF	SA	Points
1	Digswell B	9	6	1	2	65	25	65
2	Welwyn	8	7	0	1	57	23	57
3	St Michaels D	7	4	2	1	45	25	45
4	Ellenborough A	8	4	1	3	39	41	39
5	Kidston	7	3	2	2	39	31	39
6	Digswell D	8	3	1	4	33	47	33
7	Townsend A	8	3	1	4	33	47	33
8	St Albans C	9	1	2	6	33	57	33
9	Digswell C	8	0	0	8	16	64	16

New Year Message from General Secretary Colin Miller

Wishing you a Happy, Successful and Prosperous New Year.

From 1st January 2019, I will take on the role of Ellenborough Table Tennis Club General Secretary.

My e-mail address for any Club correspondence is colinmilleretc@gmail.com

Mobile telephone – 07541 979 690

I am looking forward to many years of Club successes and improvements, with greater inclusion and opportunity with a fresher 'Can Do' approach in the use of our Club and its facilities.

Dream, Believe then go and Achieve.

Colin Miller.



Oct-Dec Supporters Fund Draw Results

October - December 2018			
1st Prize	128	Charlie Izatt	£100.00
2nd Prize	16	Steve Robinson	£50.00
3rd Prize	10	Charlie Izatt	£25.00
Winning Tickets Drawn By Committee Members			

Editors Note - Looks to me as though the drinks are on Charlie?

Dates for your Diary.

Sunday 20th January WCPP Late Qualifier

Thursday 24th January WCPP Last Chance Saloon

Saturday 26th January National Junior League

Saturday 9th March National Junior League

Sunday 24th March National Cadet League

Weekend 1 Junior British League, Derby Arena 10th/11th November 2018

Over the past few years we have been able to send three teams to the JBL, however due to the break up of our successful Girls A team and being unable to field a boys team as the club boy's rankings were not high enough, we only sent one girls team competing in division 1.

Girls Division 1

Of the six girls registered our top two Amelia Chan & Millie Rogove were unavailable to play due to other commitments, so the team which travelled to Derby Arena were Samadhi Udamura, Scarlett Anders & Alexandra Tripa.



L to R Coach Tibi, Samadhi, Alexandra, Scarlett

After two days & five matches the girls finished second in their group, strangely enough losing to the bottom team Fusion Girls 2 (2-4), but beating the top team XLNT Draycott Girls 2 (5-1).

Each girl played 10 games with Samadhi finishing top of the averages on 90%, with Alexandra & Scarlett both on 40%. The girls did very well beating some opponents who are higher ranked. The team is now well positioned to top the division when the next round takes place in February.

Tables > Junior Girls 2018-19 > Girls Division 1

#	Team	P	W	D	L	SF	SA	GF	GA	Points
1	XLNT Draycott Girls 2	5	3	1	1	18	12	61	53	7
2	Ellenborough Girls	5	2	2	1	17	13	69	48	6
3	Ormesby Girls 1	5	2	1	2	16	14	63	56	5
4	Cardiff City CTTC B	5	2	1	2	14	16	52	69	5
5	Ashford	5	1	2	2	14	16	64	61	4
6	Fusion Girls 2	5	1	1	3	11	19	49	71	3

National Cadet League (2018/2019)

London North

REPORT ON DAY 1 OF COMPETITION PLAYED ON SUNDAY 4th NOVEMBER, 2018
at Ellenborough Table Tennis Club, Craddock Road, Enfield, Middlesex.

This Year we were allocated 16 teams for NCL, so as with the NJL we decided to have 4 Divisions of 4 teams. Teams come from Chelmsford, Ellenborough, Fusion, Graham Spicer, Mossford and Woodford Wells.

Division 1

Woodford Wells 1 are in a strong position after Day 1, with Graham Spicer A in second place. Some of the highest player averages were achieved by Akash Shah and Jai Chaudhari from Woodford Wells, and Daniel Clark from Graham Spicer, all with averages of 88.9%.

	P	W	L	PTS
WOODFORD WELLS 1	3	3	0	22
GRAHAM SPICER A	3	2	1	14
MOSSFORD 1	3	1	2	11
ELLENBOROUGH A	3	0	3	7

Division 2

Fusion 1 has taken the lead in Division 2, but they are closely followed by Chelmsford A. Freddy Wilke from Fusion has an impressive average of 100%, followed by the Chelmsford Team, Ben Porter, Ewan Hynd and Sam Mortimer-Ford all on 77.8%.

	P	W	L	PTS
FUSION 1	3	3	0	23
CHELMSFORD A	3	2	1	21
GRAHAM SPICER B	3	1	2	7
MOSSFORD 2	3	0	3	3

Division 3

Woodford Wells 2 are leading in Division 3, but Chelmsford B are close behind them in the top half of the division. Players to watch are James Donald From Chelmsford and Oliver Masson from Woodford Wells, both having averages of 87.5%.

	P	W	L	PTS
WOODFORD WELLS 2	3	3	0	22
CHELMSFORD B	3	2	1	19
ELLENBOROUGH B	3	1	2	7
FUSION 2	3	0	3	6

Division 4

Two clear leaders at the top of Division 4, Woodford Wells 3 and Graham Spicer Girls. Emily Cheung and Chui-Que Wong of Graham Spicer have the highest player averages of 85.7%. Shaurya Malhotra and Mabel Shute of Woodford Wells have averages of 71.4%.

	P	W	L	PTS
WOODFORD WELLS 3	3	3	0	23
GRAHAM SPICER GIRLS	3	2	1	22
MOSSFORD 3	3	1	2	7
FUSION 3	3	0	3	2

Looking forward to the next competition day on Sunday 2nd December!

Gemma Rice
NCL Organiser.

OVER 50s EARLIER MORNING SINGLES SESSIONS

From 7th January 2019 the Committee have agreed that I can open up the Club early one morning a week to allow the over 50s to participate in single play table tennis.

The early mornings I proposed was from 8am to 10pm however the Committee agreed that a 9am start was more acceptable.

I am therefore opening up the Club from 7th January 2019 at 9am for single play games for a trial period of 3 months. This will occur every Monday morning in January, February and March, but will exclude any Monday Public Holidays.

If successful I am sure we can justify its continuation and possibly an extension of the arrangement.

Faster Participation for Any Player Arrangement.

I propose that we commence single play using the best of 3 games (rather than 5) and Top Table movement rules, whereby any game winner (Ellenborough end) moves to play on the next table on their right and any game winner at the Club Bar side moves to play on the next table on their left. The losing players from these games move in the opposite direction (Ellenborough end loser moves to play on the next table to their left, Club Bar end loser moves onto the next table on their right). A maximum warm up period of 5 minutes prior to the game commencing should maximise the time available.

If you feel you are a faster pace player then join the playing tables from coaching table end of the hall. If you feel you enjoy playing at a slower pace, then join the playing tables from the opposite end of the hall.

I look forward to your support and greater use of our Table Tennis Club.

Future Improvements

I would like to see, on request, the use of video smartphone recording while you play, in order to assist you in improving and developing your game play. I also hope to see the introduction of a robot practice table to develop return ball skills. I will be referring these matters to the Committee in due course. If you have any other improvement recommendations, please let me know.

Colin Miller.

Email – millec@mail.com

Dream it, Believe it and then Achieve it....

Notice of Committee Meeting.

Revised Notice of Committee Meeting.

The next Club Committee Meeting will take place on Tuesday 5th February 2019.

Any Member wishing to raise or report any subject matter should provide written details, where possible, with their comments and recommendations and give these to a Committee Member before 23rd January 2019.

Colin Miller.

General Secretary.

10th January 2019.

World Championship of Ping Pong

FREE spectator tickets to WCPP finals Weekend at Alexandra Palace



Offer to all members:

We have once again been offered free tickets to the World Championship of Ping Pong at Alexandra Palace, which will take place on Saturday 26th and Sunday 27th January. If you would like tickets for yourself, family and friends just drop an email to Peter Bayman (peterbayman@gmail.com) stating how many tickets you would like and for which

Session/s. The available sessions are:

Saturday 26th afternoon (12 noon to 4 p.m.)

Saturday 26th evening (5.30 - 9 p.m.)

Sunday 27th afternoon (12 noon to 3.30 p.m.)

Sunday 27th evening (5 - 9 p.m.)

We cannot promise to supply all tickets that are requested but last year we were not restricted and were able to meet all requests. The earlier you get your requests in the better.

Peter Bayman

Defibriliator Training/Retraining Course

On Wednesday January 23rd Karen Walling from the London Ambulance Service will be coming to the club to hold a defibriliator training/retraining course.

There is no charge for the course which will start at 12-30 and usually lasts for about 2 hours.

At the moment we have a few places available so if you are interested in taking part please contact myself and David Wilson who is arranging it davalphawilson@gmail.com

Ron

JUNIOR WEEKEND COACHING 2019

Saturdays and Sundays 10am-12pm. All levels.

IMPORTANT: Please note we have strict maximum* numbers for health and safety reasons. Parents, please ensure your child has a place for the session before leaving them at the club.

Final weekend coaching for 2018 will be 15th/16th December. Coaching resumes in 2019 on Saturday 12th January.

Please note that on the following dates there will be no junior coaching as other events will be taking place at the club:

Sunday 13th January National Cadet League

Sunday 20th January WCPP Late Qualifier Tournament

Saturday 26th January National Junior League

Saturday 9th March National Junior League

Sunday 24th March National Cadet League

Saturday 20th April Easter Weekend

Sunday 21st April Easter Sunday

Saturday 1st June Table Tennis England Level 1 Course

Saturday 13th July Table Tennis England Level 1 Course

* Maximum numbers at the discretion of the coach in charge on the day and will be based on the number of coaches and coaching assistants and ages and standard of the children at the session.

Full Club Calendar can be found at <http://www.ellenboroughttc.com> - follow the Club Calendar link.

Sandy Nash

To all Ellenborough members: Help Needed

We have some big events coming up that will earn plenty of money for the Club and will thus help to keep your fees down but I need help to prepare for and run these events:

World Championship of Ping Pong Late Qualifier Sunday 20th January (all day - mainly UK competitors)

World Championship of Ping Pong Last Chance Saloon Thursday 24th January (all day - competitors from all over the world)

N.London Schools Individual Championships, Thursday 31st January and Thursday 7th February (both from 2 p.m. to about 6 p.m.)

For each of these events, we need people to help set up the playing hall (evening before for WCPP or midday for schools). We also need people on the day to help run the competitions (collecting results, etc.), to staff the bar for a while, to help with umpiring for a while and to lend help in other ways.

If you can spare some time on any of these days then please contact Peter by email (peterbayman@gmail.com) or in person and let him know what time you can offer.

Thank you.

Over 50's Section

The Over 50's section meet four times a week and also have their own coaching session.

If you are interested in joining the Over 50's, then contact Ron Smith on 07957 450792 or by email [Ron Smith](mailto:Ron.Smith).

he'll be pleased to let you have all of the details. Also see our webpage

www.ellenboroughttc.com/ellenborough_2/over-50s/over-50s.html



Main Club Contacts

General Enquiry:	Colin Miller
Membership:	Ron Smith
Hall or Table Booking:	Joan Bayman
Website & Newsletter:	Bernie Kelly
Facebook Admin:	Sandy Nash
Contact details on website -	www.ellenboroughttc.com



Newsletter

Newsletters will be sent out to all those who have registered their email address with Ron Smith (Membership Secretary).

Those who haven't can view the newsletter via the website.

www.ellenboroughttc.com

The next Newsletter, April 2019.

If you have anything interesting to say, why not tell everyone in the Club, let me have your Stories, Anecdotes, Gripes, Successes, disasters, Jokes (keep them clean) and Photo's. send to me [Bernie Kelly](mailto:Bernie.Kelly).

Ellenborough Table Tennis Club Craddock Road, Enfield, EN1 3SP

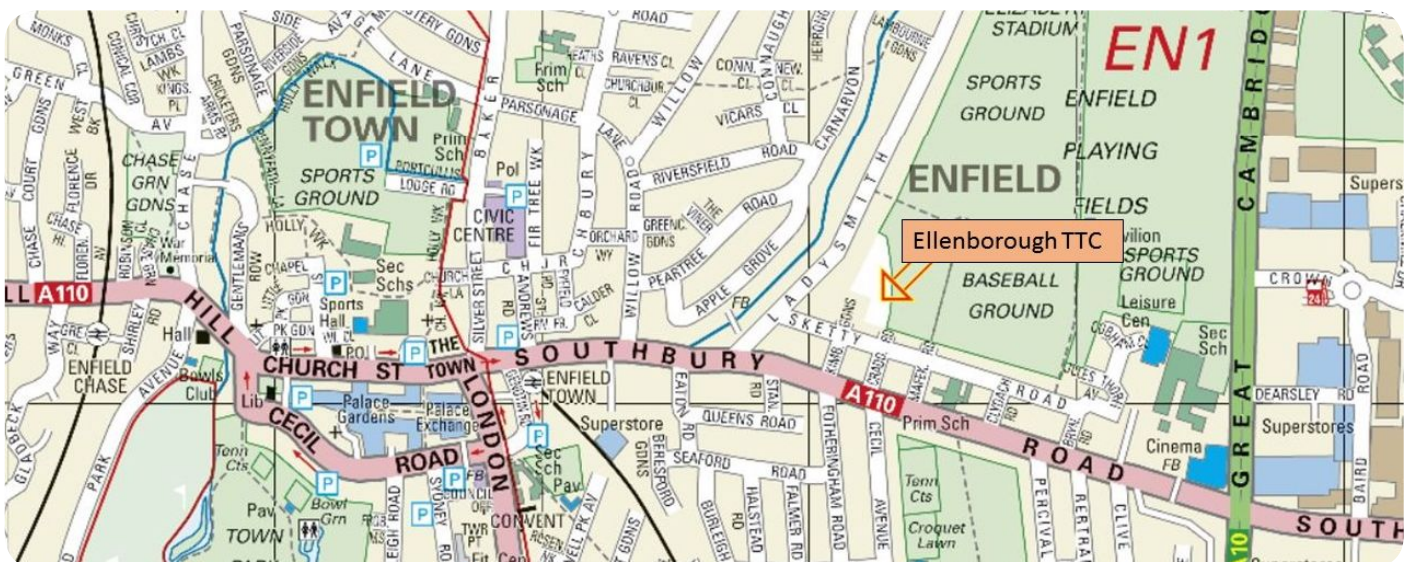
*Looking for a Club to Join?
Looking for a Place to Practise?
Why Not Give Us A Try?*

We have the reputation of being one of the best Table Tennis Clubs in England, with ten tables, a club lounge & bar, competitions, league play, open every evening. Over 50's, Junior sections. Coaching for all age groups available.

For more information check out our Website - www.ellenboroughttc.com

You could also ring our membership secretary Ron Smith 020 8363 8643 for all of the details
Discounts for Family Membership

Basic Membership (Senior)	£160.00
Basic Membership (Junior)	£70.00
Adult up to 30years in Full Time Education	£70.00
Full Membership (Senior)	£180.00
Full membership (Junior/Student)	£80.00
Membership Year runs from September 1st to August 31st. Pro-Rata Monthly reduction for Joining Mid-Year Contact Ron Smith for Details.	
Social Membership (Non Player)	£5.00
Over 50's Session - per visit (Non Member)	£4.00
Junior Coaching - per visit (Non Member)	£3.00
Playing Visitor - per visit (Senior)	£6.00
Playing Visitor - per visit (Junior)	£4.00



Ellenborough Table Tennis Club - Allowing Players Of All Abilities Fulfill Their Potential
Compiled and Edited by Bernie Kelly