

WARREN SPRING TABLE TENNIS CLUB NEWSLETTER

October 2017 Edition

Isabelle at the European Mini Championships

Club member eleven years' old Isabelle Lacorte writes about her experience playing for England at the European Mini Championships held in France in August.

"It was a great competition with a very high standard; I had an amazing opportunity to play international for England. The experience inspired me to train harder so I can come back stronger next year. I won 2 matches (in the under 11 girl's category) which I was very pleased about. I won my first match against Elena Dorn from France 3-1. 11-9, 11-7, 6-11, 11-6. I was quite nervous but I performed well. I won my last match 3-0 against Susana Costa from Portugal, 3-0. 11-4, 11-6, 11-2. I performed extremely well and felt that I performed better on the 2nd day of the competition. I played positively - with aggressive pushes and topspins. The place of competition was hot and it felt like it got hotter over the 3 days (even though I wasn't playing on the third day). It challenged me and even though I didn't win many, I lost 5 set games and close one and won many legs against very talented and skilled girls. I came 41st in the consolation which is a great achievement."

Isabelle



Since her considerable achievement, Isabelle has been notified by Table Tennis England that she has been shortlisted to become a full member of the England Junior Training Squad which will enable her to train regularly with the national team.

Isabelle in action during the recent European Mini Championships

Ed.

For those who are interested to see Isabelle's match scores in more detail, a full list of her matches with corresponding scores can be found at the end of this newsletter.

Ed.

League News

With four weeks already completed, the new season is now well underway. In the premier division, our B team have made a good start and are currently lying in second place. Marek Mastalerczyk has a 91.7% average having lost just once from twelve games.

Warren Spring B Team from left to right; Marek Mastalerczyk, Maciej Demski and Jonathan Schuchart.

Not shown John McCance and Gabriela Tankel



Our A team have yet to get going having struggled thus far with player availability.

In division one, our C team is best placed with Bruce Yao having won ten from twelve.

The F team have set the standard in division two winning three and drawing one from games played. Star of the team and division so far is twelve year's old Victor Ramirez-Rioja currently unbeaten in twelve games. Victor has been ably backed up by Stuart Marquis currently presenting with 82%.

Our K team have opened up a seven point lead in division three with Arshbir Singh and Danny Emery yet to taste defeat.

The Cup

Five of our teams were in action in the preliminary cup rounds playing across all four divisions. In the Willmott Cup (Premier Division) our B team went through after opponents Bedwell B conceded. In the McLaughlin (division one) our E team were beaten 5-2 by Pink Panthers. In the other divisional competitions Warren Spring F had no trouble defeating Cornerstone A 5-1 but our J team faltered losing 5-4 to KLM B. All teams other than those beaten in the prelims will enter the fray for the first round proper which begins w/b 13th November.

National Junior League – Southern Zone

This season's competition kicked off on Saturday 14th October with our teams playing at the Cippenham venue.

Our A team of Bruce Yao, James Hamblett, Thomas Ronayne and Victor Ramirez-Rioja began their campaign with a 7-2 win over Crusaders Oxford 'C'. Thomas, whose games all went to five came away with one win, whilst Bruce and James both took maximums. Against Cippenham's top A squad we faltered somewhat going down by a 6-3 scoreline. James was unlucky to lose two of his games in five (one 12-10 in the fifth). Victor was also taken to five twice but managed to secure a win as did both Bruce and James. A fine hat trick of wins from both James and Victor meant we came away with a solid 7-2 victory against Ashford A in the final match of the day. Our other win was secured by Thomas. The team currently lie in second place but tough teams' await.

Meanwhile, our B team consisting Colm Bushell, Samuel Dermont, Arshbir Singh and George Thorn were unlucky to go down 5-4 to Hillingdon A with Colm playing well to take a maximum three games. Samuel gave his all as always and came away with a win. George found the step up tough but never gave up trying.

The star of the day for the C team was undoubtedly Matthew Ronayne. Against Cippenham B he won our only two in a 7-2 defeat and was on hand again with two wins as we went down 7-2 to Chiltern B. The team were a little unlucky when playing Reading as with a little more consistency a 5-4 loss could have easily turned into a win. Once more Matt came away with two victories being ably supported on this occasion by Meth Wijeyekoon and Charlie McDevitt who won one each.

Hertfordshire County Junior Team

On the first County weekend of the season, the Herts team containing club member's Bruce Yao and Ilyssa Lacorte and associate member Charlotte Marsden were pitted against Bedfordshire, Sussex 2 and Sussex 3 and came through their first series of matches without a loss. Wins against Sussex 3 by a score of 7-3, Bedfordshire by 9-1 and a 5-5 draw with Sussex 2 were enough to put the county in a good position going into the second weekend.



Hertfordshire Junior squad featuring second, third fourth from left; Charlotte Marsden, Ilyssa Lacorte and Bruce Yao

Congratulations to Charlotte and Ilyssa ranked one and two in the girl's competition who went through unbeaten on the day.

New Table for Wymondley Teams

The table has now been assembled following a delay whilst waiting for makers Joola to send us a part from Germany and is now ready for league play. All captains should have received an email from Paul Waterman with instructions for its putting up and taking down at the end of matches. If any problems arise then Paul is the person to make contact with. I should just like to add that teams should take extra care when going through this procedure as the table was very expensive and we are unlikely to be able to afford another for Wymondley for several years.

Beware Scam

Just in case you have seen anything whilst browsing, from a company called Gifty relating to purchasing Warren Spring Table Tennis Club gift cards on line, this is a scam originating from America. The club would never enter into this kind of enterprise without first alerting the membership and parents of its intention to do so.

Why table tennis is great for the brain: Miriam Stoppard

Club Members – do you feel like you are slowing up? Cannot remember more than one thing at a time? Then this article is for you.

“Are you Super-agers – that's people whose biological age is lower than their actual age – should consider taking up the game of ping pong, according to TV presenter Dr Miriam Stoppard.

Why? “Because table tennis is the perfect activity to keep you happy, healthy, active and in good spirits” Dr Stoppard has claimed in a [recent article on her blog](#).

“Table tennis is the perfect activity to keep well. It doesn't only keep your body fit; it keeps your brain fit. All that complicated hand-eye co-ordination works its magic with brain cells and helps prevent dementia.

The game is one of the fastest racket sports, requiring muscle and cardio endurance. You need nimble footwork and upper body flexibility to return balls that come towards you at 60mph, demanding faster response times than tennis or badminton.”

She continues by quoting Alessandro Moura Zagatto, a sports physiologist and researcher at Sao Paulo State University in Brazil, who [has found](#) that

skilled table tennis player's workouts are comparable to moderate rowing showing the high energy levels needed to perform even at a moderate level.

Dr Stoppard used a [2014 study](#) of 164 Korean women aged 60 and older to further support Mr Zagatto's research.

The study showed that table tennis improved more brain function than dancing, walking, gymnastics or resistance training.

"Exercise duration and frequency did not influence cognitive function, but results indicated that table tennis exerted a greater influence on cognitive function than other types of exercise did."

And to conclude Dr Stoppard, who has been at the forefront of the revolution in health information since she began her writing and broadcasting career in the early 1970s, outlined a set of tips for any budding players who might have been inspired to pick up a bat.

The tips included the following:

Concentration and mindfulness will help keep your eye on the ball.

Stay focused. Keep alert to spinning balls. Don't rush to attack.

If you're prepared to stick with it, your coordination and stamina will improve".

Isabelle's European Match Results

1st Preliminary Round

Beat: Elena Dorn (France) 11-9, 11-7, 6-11, 11-6

Lost To: Medeine Stankeviciute (Lithuania) 11-7, 11-9, 11-9

Lost To: Dora Benczik (Hungary) 11-13, 11-8, 6-11, 11-6, 11-3

2nd Preliminary Round

Lost To: Eva Vang (France) 11-7, 11-7, 13-11

Consolation Group 7

Lost To: Sophila Sheredegeva (Ukraine) 11-2, 11-0, 11-7

Lost To: Arina Litvinova (Estonia) 11-5, 7-11, 11-8, 11-4

Lost To: Elyne Berand (France) 11-2, 11-8, 14-12

Beat: Susana Costa (Portugal) 11-4, 11-6, 11-2