



PRESS RELEASE

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GET ACTIVE AT RUNCORN SHOPPING CITY'S NEW FREE PING PONG PARLOUR

Get fit and have fun at a new free pop-up Ping Pong Parlour which has been installed at Shopping City Runcorn.

Four new table tennis tables are now available to shoppers in a converted empty shop unit, next to JD Sports, close to the centre's main Community Square.



Photo shows (L to R) ready to bat at the Ping Pong Parlour in Shopping City Runcorn:

Karen Tong (chair of GB Para Table Tennis, NW region and Halton Table Tennis), Andrea Holt (Table Tennis England development and volunteering officer), Karl Clawley (Shopping City Runcorn manager), Halton Mayor and Mayoress, Cllr John and Marjorie Bradshaw.

Organised in conjunction with Table Tennis England, the Ping Pong Parlour is open seven days a week from 12 noon – 6pm. Adults and children are invited to pop in and enjoy a free 20 minute game of table tennis. No booking required and all equipment is provided.

Shopping City manager Karl Clawley said: “The Ping Pong Parlour offers everyone a chance to put down their smart phone and tablet, and really interact with their friends and family.

“The parlour includes a coffee bar too, so people can relax with a drink and enjoy a fun, sociable time. Table tennis has some great health benefits, both mental and physical, and there is no pressure to be a sporting super star. Many people find it slightly intimidating to go to a gym, particularly if they’re not used to keeping fit. Here you can just turn up in your normal clothes and have fun.

“The Ping Pong Parlour has been open on a trial basis for a fortnight and has been a winner with all ages and fitness levels. Wives have dropped off their husbands while they go shopping and parents have discovered it’s a great way to connect with their children.”

Double Olympian and former England Number One, Andrea Holt, added: “We hope this will become a new community hub that everyone will enjoy using. Only 11% of women and girls currently get involved in sport so it would be great to see more female players.

“Table Tennis England has been involved in establishing 38 Ping Pong Parlours in public places across the country and we hope to see many more. Table tennis has so many benefits for the brain and physical muscles that it really is a no brainer.”

For more information about the Ping Pong Parlour at Shopping City Runcorn, check out the website: www.shopping-city.co.uk.

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