



**London Open  
Championships  
25th/26th & 27th  
September 2015**



**The Gymnova London Open Championships 2015  
Including: Elite Performance Pathway, Men's Open & Development Open**

Dear Clubs and Coaches,

Following on from the overwhelming success of our 2014 event, and the introduction of the Elite Performance Pathway, we are pleased to once again provide the largest Men's Artistic Event of the year.

We hope our regular clubs will be participating as well as encouraging more teams from overseas.

Last year, we were at bursting point. Logistically it is a challenge and we may find ourselves having to cap some entry levels, this being the case we will work on a first come, first serve (entry form and monies received).

We are pleased to announce that we are moving to a new venue this year.

The Jean Brown Arena, Redbridge Leisure Centre, Forest Road, Barkingside, IG6 3HD

**The closing dates for the competition will be Friday 3rd July 2015.**

For International entries please email Lorna Goddard ([Lorna\\_Goddard@sky.com](mailto:Lorna_Goddard@sky.com)) for entry form and information on payment details.

Please do not hesitate to contact me, should you have any queries regarding the competition.

**Lorna Goddard**  
Championship Director &  
London Gymnastics MTC Chair

# The London Open Elite Performance Pathway 2015 (Levels U8's, 1 – 4 only) INFORMATION

|                         |   |
|-------------------------|---|
| <b>Date</b>             | <b>Friday 25<sup>th</sup> September 2015</b>  |
| <b>Venue</b>            | <b>The Jean Brown Arena<br/>Redbridge Sports Centre<br/>Forest Road<br/>Barkingside<br/>IG6 3HD</b> |
| <b>Entry Fee</b>        | <b>£50.00 per gymnast</b>   |
| <b>Closing Date</b>     | <b>Friday 3<sup>rd</sup> July 2015</b>  |
| <b>Entry Submission</b> | <b>On-Line only</b>   |

## Age (Age as at 1st January 2015)

| Level                 | U8's             | L1        | L2         | L3         | L4         |
|-----------------------|------------------|-----------|------------|------------|------------|
| Year Born<br>(In Age) | 2008 -2007 (U8s) | 2006 (U9) | 2005 (U10) | 2004 (U11) | 2003 (U12) |

## Young Gymnasts

Please note at the Level 1 there is an Out of Age category for Under 8's, however gymnasts must have reached their 6<sup>th</sup> Birthday at the 31<sup>st</sup> December 2014.

## Judging

Each club is expected to nominate at least one judge. All judges' expenses are to be covered by the nominating Club. Any judges invited to judge by the London Open Committee will have expenses paid by London Open. All Judges are expected to find their own accommodation.

## Late Entries & Refunds

London Gymnastics reserves the right not to accept late entries. Late entries will be placed on to a reserve list and charged at £100.00 per gymnast (Double entry fee) and only considered if we have any withdrawals from the competition.

London Gymnastics will not return any monies received once payment has been submitted.

## Membership

All gymnasts, coaches and judges must be members of British Gymnastics and in entering the competition declare that they are fully paid members of British Gymnastics with gymnasts holding a minimum of Silver Membership. Coaches should hold the appropriate qualifications for the level of their gymnasts and a BG enhanced DBS and SPC.

## Set Routines

The London Open Elite Performance Pathway uses the NDP Elite routines as published by British Gymnastics.

# London Men's Open 2015

## INFORMATION

|                         |   |
|-------------------------|---|
| <b>Date</b>             | <b>Saturday 26th September 2015</b>   |
| <b>Venue</b>            | <b>The Jean Brown Arena<br/>Redbridge Sports Centre<br/>Forest Road<br/>Barkingside<br/>IG6 3HD</b> |
| <b>Entry Fee</b>        | <b>£60.00 per gymnast</b>   |
| <b>Closing Date</b>     | <b>Friday 3<sup>rd</sup> July 2015</b>  |
| <b>Entry Submission</b> | <b>On-Line only</b>   |

### Dates

All competitions will be held on Saturday.

### Age Groups & Codes (Age as at 1st January 2015)

| Competition            | Level                     | Year Born              | Code of Points  |
|------------------------|---------------------------|------------------------|---|
| <b>Clayton Bolt</b>    | <b>Intermediate</b>       | <b>2001-2002</b>       | <b>FIG Junior Code with GBR exceptions and amendments</b> |
| <b>Loveday Trophy</b>  | <b>Youth &amp; Junior</b> | <b>1998 - 2000</b>     | <b>FIG Junior Code</b>                                    |
| <b>Westminster Cup</b> | <b>Senior</b>             | <b>1997 or earlier</b> | <b>Senior FIG Code</b>                                    |

### Judging & Codes

Each club is expected to nominate at least one judge. Please refer to the British Gymnastics National MTC Competition Handbook for 2015. All judges' expenses are to be covered by the nominating Club. Any judges invited to judge by the London Open Committee will have expenses paid by London Open. All Judges are expected to find their own accommodation.

### Late Entries & Refunds

London Gymnastics reserves the right not to accept late entries. Late entries will be placed on to a reserve list and charged at £120.00 per gymnast (Double entry fee) and only considered if we have any withdrawals from the competition.

London Gymnastics will not return any monies received once payment has been submitted.

### Membership

All gymnasts, coaches and judges must be members of British Gymnastics and in entering the competition declare that they are fully paid members of British Gymnastics with gymnasts holding a minimum of Silver Membership. Coaches should hold the appropriate qualifications for the level of their gymnasts and a BG enhanced DBS and SPC.

### Return of Trophies

Clubs are reminded to return trophies (cleaned and ready for presentation) to the control table at the beginning of the Championships.

### Prize Money:

|                            | <b>1st</b> | <b>2nd</b> | <b>3rd</b> |
|----------------------------|------------|------------|------------|
| <b>Westminster Shield</b>  | £500.00    | £250.00    | £200.00    |
| <b>Loveday Shield</b>      | £300.00    | £200.00    | £150.00    |
| <b>Clayton Bolt Trophy</b> | £250.00    | £150.00    | £100.00    |

# London Development Open 2015

## INFORMATION

|                         |   |
|-------------------------|---|
| <b>Date</b>             | <b>Sunday 27th September 2015</b>   |
| <b>Venue</b>            | <b>The Jean Brown Arena<br/>Redbridge Sports Centre<br/>Forest Road<br/>Barkingside<br/>IG6 3HD</b> |
| <b>Entry Fee</b>        | <b>£50.00 per gymnast</b>   |
| <b>Closing Date</b>     | <b>Friday 3<sup>rd</sup> July 2015</b>  |
| <b>Entry Submission</b> | <b>On-Line only</b>   |

### Age (Age as at 1st January 2015)

| Level                 | U8's        | L1                                 | L2                                 | L3                                 | L4                                 | L5                                 | L6                                 |
|-----------------------|-------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| Year Born<br>(In Age) | 2008 - 2007 | 2006                               | 2005                               | 2004                               | 2003                               | 2002                               | 2001                               |
| Out of Age            | N/A         | Out of Age<br>Up to 2 yrs<br>older | Out of Age<br>Up to 2 yrs<br>older | Out of Age<br>Up to 2 yrs<br>older | Out of Age<br>Up to 2 yrs<br>older | Out of Age<br>Up to 2 yrs<br>older | Out of Age<br>Up to 2 yrs<br>older |

### Young Gymnasts

Please note at the Level 1 there is an Out of Age category for Under 8's, however gymnasts must have reached their 6<sup>th</sup> Birthday at the 31<sup>st</sup> December 2014.

### Judging

Each club is expected to nominate at least one judge. All judges' expenses are to be covered by the nominating Club. Any judges invited to judge by the London Open Committee will have expenses paid by London Open. All Judges are expected to find their own accommodation.

### Late Entries & Refunds

London Gymnastics reserves the right not to accept late entries. Late entries will be placed on to a reserve list and charged at £100.00 per gymnast (Double entry fee) and only considered if we have any withdrawals from the competition.

London Gymnastics will not return any monies received once payment has been submitted.

### Membership

All gymnasts, coaches and judges must be members of British Gymnastics and in entering the competition declare that they are fully paid members of British Gymnastics with gymnasts holding a minimum of Silver Membership. Coaches should hold the appropriate qualifications for the level of their gymnasts and a BG enhanced DBS and SPC.

### Free T-Shirt

There will be a voucher for a free commemorative t-shirt reclaimable at the Fine Design stall. Gymnasts will be able to use the voucher + additional money if they wish to purchase an alternative personalised item from the stall.

### Set Routines

The London Development Open uses the NDP Club routines as published by British Gymnastics. The Physical Preparation Programme (PPP) is not performed in this competition.



**From the M11:** At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.



**From the North Circular Eastbound:** Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2<sup>nd</sup> exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.

**By Underground:** We are located next to Fairlop Tube Station on the Central Line.

On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph) The venue is the silver building bottom right.

**Ample FREE parking is available.**



**Redbridge Sport & Leisure  
Jean Brown Indoor Arena  
Forest Road,  
Barkingside  
IG6 3HD**



## THE GYMNOVA LONDON OPEN 2015

### ACCOMMODATION CLOSE TO THE CENTRE

**Redbridge Sport & Leisure**  
**Jean Brown Indoor Arena**  
**Forest Road,**  
**Barkingside**  
**IG6 3HD**



We strongly advise that you book early.  
 Please check the prices and availability with the individual hotels.

|  |  |   |
|--|--|---|
| <p><b>Holiday Inn Express</b><br/>                     713 Eastern Avenue<br/>                     Ilford<br/>                     Essex<br/>                     IG2 7RH</p> <p>☎ 0871 4234828</p>  | <p><b>Travel Lodge Hotel</b><br/>                     735 Chigwell Road<br/>                     Woodford Green<br/>                     Essex<br/>                     IG8 8AS</p> <p>☎ 0871 5591815</p>  | <p><b>Prince Regent Hotel</b><br/>                     Woodford Bridge<br/>                     Woodford Green<br/>                     Essex<br/>                     IG8 8AE</p> <p>☎ 020 8505 9966</p> |
| <p><b>St Georgios Hotel</b><br/>                     454 Cranbrook Road<br/>                     Ilford<br/>                     Essex<br/>                     IG2 6LL</p> <p>☎ 020 8554 4411</p>   | <p><b>Premier Inn – Ilford</b><br/>                     Redbridge Lane East,<br/>                     Ilford,<br/>                     Essex<br/>                     IG4 5BG,</p> <p>☎ 0871 527 8542</p>  | <p><b>Rossmore Hotel</b><br/>                     Cranbrook Road,<br/>                     Ilford,<br/>                     Essex<br/>                     IG1 4UA</p> <p>☎ 020 8554 3481</p>             |
| <p><b>Cranbrook Hotel</b><br/>                     22-24 Coventry Road,<br/>                     Ilford,<br/>                     Essex<br/>                     IG1 4QR</p> <p>☎ 0208 554 6544</p>  | <p><b>Citybest Hotel</b><br/>                     Mansfield Road,<br/>                     Ilford,<br/>                     Essex<br/>                     IG1 3BB,</p> <p>☎ 0208 554 4044</p>   | <p><b>Best Western Ilford Hotel</b><br/>                     5 Argyle Road,<br/>                     Ilford,<br/>                     Essex<br/>                     IG1 3BH,</p> <p>☎ 0844 387 6286</p>  |
| <p><b>Travel Lodge Hotel</b><br/>                     The Beehive<br/>                     Beehive Lane<br/>                     Gants Hill<br/>                     Ilford<br/>                     Essex<br/>                     IG4 5DR</p> <p>☎ 0871 984 6193</p> | <p><b>Premier Inn – Romford West</b><br/>                     Whalebone Lane North,<br/>                     Chadwell Heath,<br/>                     Nr. Romford,<br/>                     Essex<br/>                     RM6 6QU,</p> <p>☎ 0871 527 8942</p> | <p><b>Gidea Park Hotel</b><br/>                     115 Main Road,<br/>                     Romford,<br/>                     Essex<br/>                     RM2 5EL</p> <p>☎ 01708 746676</p>            |