



LONDON REGIONAL TRAMPOLINE 3 **Sunday 10th April 2016, at Harlington Sports Centre**

Welcome to Harlington Sports Centre, the home of Harlington Hawks. We have an entry of 200 Trampoline Gymnasts from 13 clubs taking part in this London competition.

Thanks are due to the following:

- Janet Bellis plus members, parents and friends of Harlington Hawks
- Staff and management of the Sports Centre for their help in staging this event.
- All officials who have given up their time voluntarily once again.
- The competitors, without whom there would be no competition.

Please ensure that you take all litter with you or use the rubbish bins around the Centre – PLEASE DO NOT LEAVE RUBBISH ON THE FLOOR. Ensure that you have all your property when you leave.

FLOOR ACCESS:

It is not permitted for non British Gymnastics members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines and the officials' areas.

PHOTOGRAPHY:

It is no longer necessary for people to register their intention to take photos and/or videos. Please note that flashlight photography is not permitted whilst the competition is going on (this includes warm-ups). However, please see the BG Photo Policy displayed around the arena and in this programme. There may be an official London Region photographer taking photos at this event. Some of these photos will appear on the London Gymnastics website. If a photo of you appears on the website and you are unhappy with this, please notify the webmaster and it will be removed. Only photographers appointed by the London region may take photos on the competition floor.

BRITISH GYMNASTICS PHOTOGRAPHY POLICY:

British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form:

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website www.british-gymnastics.org . If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos – either generally or in particular circumstances.
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser view any images recorded and to delete any images.
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they can not be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing

CLUBS COMPETING TODAY:

Must be British Gymnastics *registered* & London Gymnastics *affiliated*

Ace of Clubs
Airscape Trampoline Club
Coney Hall Cosmonauts
Harlington Hawks
Harrow Trampoline Club
Hendon Gym Club
Inspire Trampoline Academy
London Trampoline Academy
Phoenix Flyers
Queensmead Trampoline Club
Skywalkers Trampoline Club
Sobell Trampoline Club
Twizzlers Trampoline Club

MEDALS & PRESENTATION:

Medals will be awarded to the top three individuals and teams in each Trampoline group at the end of each session. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed.

RESULTS:

Results will be displayed on the wall after each group has finished, therefore please do not crowd around the recorders. Please do not remove results from the wall. Results will be emailed to team managers and will be available on London Gymnastics website.

WELFARE OFFICER:

The Welfare Officer for this Sunday's event is John Wotherspoon.

COACHING/PERFORMER QUALIFICATION:

Competitors are only allowed to perform competitively those moves that lie within the syllabus of those who are on the competition floor with them. Failure to have a coach adequately qualified with you may mean you have to withdraw, or you have to perform only those moves which lie within your coach's qualification syllabus.

JUDGE COURSE:

Contact Linda Lawrie on 01932 780313 or lindajslawrie@sky.com

JEWELLERY AND BODY PIERCING:

http://www.british-gymnastics.org/site/index.php?option=com_docman&task=cat_view&gid=374&Itemid=1134

Please see the above link for the latest British Gymnastics policy on this.

The policy applies to all participants and coaches in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

Please note that the chewing of gum is not allowed at any phase of the competition for competitors, coaches and officials.

ELECTRONIC DEVICES:

Spectators and gymnasts using any electronic devices including mobile phones should have the volume turned down or wear earphones.

Any games being played on these devices should not cause a distraction during the competition.

SET ROUTINES:

Regional Novice

U9:	U11 - 15+:	OR
Straddle	Front drop	Full twist
Seat drop	To feet	Straddle
To feet	Straddle	Seat drop
Tuck	½ twist	½ twist to
½ twist	Seat drop	½ twist to feet
Pike	½ twist to seat	Pike
Seat drop	½ twist to feet	Back drop
½ twist to feet	Tuck	½ twist to feet
Tuck	Pike	Tuck
Full twist (0.4)	Full twist (0.7)	½ twist (0.8)

Performers are encouraged to use an arm set but no penalty for those not complying. The voluntary routine may include a maximum of one somersault of either 270° OR 360° rotation. Difficulty will be awarded. Tariff cap of 1.2.

Regional Elementary

All age groups

Arm set

Back S/S (T)

Straddle

Seat drop

½ twist to seat

½ twist to feet

Pike

Back drop

½ twist to feet

Tuck

Full twist (1.2)

OR

Arm set

½ twist to front

To feet

Straddle

Full twist

Pike

Back drop

½ twist to feet

Tuck

½ twist

Front S/S (T) (1.4)

The voluntary routine may include a maximum of three elements between 270° & 360° of somersault rotation. No elements of more than 360° of somersault rotation allowed. For Elementary voluntary routines, if a skill of more than 360° of somersault rotation is used, the routine will terminate at that point. For Intermediate voluntary routines, if a skill of more than 450° of somersault rotation is used, the routine will terminate at that point.

Regional Intermediate

All age groups

Arm set

Back S/S (T)

Straddle

Back S/S to seat (T)

½ twist to feet

½ twist

Pike

Back drop

½ twist to feet

Tuck

Front S/S (P) (2.1)

OR

Arm set

Back S/S (P)

Straddle

Seat drop

½ twist to seat

½ twist to feet

Tuck

Barani (T)

½ twist

Pike

Front S/S (P) (2.1)

The voluntary routine may include a maximum of seven elements between 270° & 450° of somersault rotation. No elements of more than 450° of somersault rotation allowed.

For Novice, Elementary and Intermediate voluntary routines, if the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Regional Advanced

All age groups

10 different elements with:

- At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:
 - One move of at least 270° of somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation OR
 - A back somersault with 360° somersault rotation and a full twist OR
 - A front somersault with 360° somersault rotation and 1½ twists Please asterisk this one element or combination

Voluntary routine tariff limit 8.5

Arm Set

Regional Elementary and Regional Intermediate require an arm set. An arm set is defined as:

‘Any action that causes the arms to be above the shoulders at maximum depression prior to the start of the routine’

The Chair of the panel will be responsible for determining whether the arm set was performed. Failure to perform the arm set will result in a deduction of 0.1 from each execution judge.

This is for the Set Routine ONLY. It does not apply to Regional Novices, Regional Synchro or Regional DMT.

TIMETABLE – SUNDAY 10th April 2016:

WARM UP: There will be no warm up marshals – performers must form an orderly queue for their turn. There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given. Performers may use either trampoline. Club managers are responsible for their performers at the trampolines during this time (i.e. there will be no official at each bed). Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club. Competitors will need to warm up both their set and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

SET & VOLUNTARY ROUTINES: After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practise. The performers will then return to the marshalling area and be called to compete in programme order. They will all compete their set then all compete their voluntary in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

FINALS: The top eight after the first two rounds will proceed to the final of the London Regional Competition only. Each performer will be given one warm up before competing. For groups that have been split into flights, those from the last flight will be offered one warm up, all others will be offered two.

Where there are **8 or less** gymnasts in a group the final will be accumulative of all three routines but with more **than 8** gymnasts in a group, the final will be from zero.

All timings are approximate. The competition organisers reserve the right to start groups early if the event is running ahead of time but will not run more than one hour ahead of programme time. The competition organisers accept no responsibility for competitors who miss their turn due to changes to the above nor for the competition running early or late. Presentations at the end of each flight approximately.

TIMETABLE

		<u>PANEL 1</u>	<u>PANEL 2</u>	<u>PANEL 3</u>
<i>SESSION 1</i>				
W/up set & vol	9:00 – 9:25am	NOVICE U13 (21)	ELEMENTARY U15G (1–21)	INTERMEDIATE U15G (16)
1 touch	9:25 – 9:35am			INTERMEDIATE U15B (2)
Compete & Finals	9:35 – 10:35am			
<i>SESSION 2</i>				
W/up set & vol	10:35 – 11:00am	ELEMENTARY U11G (5)	ELEMENTARY U15G (22–36)	ELEMENTARY O15L (19)
1 touch	11:00 – 11:10am	ELEMENTARY U15B (12)	NOVICE U9 (11)	
Compete & Finals	11:10 – 12:25pm			
	12:25 – 12:55pm	<i>LUNCH FOR OFFICIALS</i>		
<i>SESSION 3</i>				
W/up set & vol	12:25 – 12:55pm	NOVICE U15 (15)	NOVICE U11 (21)	ADVANCED LADIES (9)
1 touch	12:55 – 1:05pm			ADVANCED MEN (2)
Compete & Finals	1:05 – 1:55pm			
<i>SESSION 4</i>				
W/up set & vol	1:55 – 2:15pm	NOVICE O15 (10)	INTERMEDIATE O15M (7)	INTERMEDIATE O15L (11)
1 touch	2:15 – 2:25pm	ELEMENTARY O15M (4)		
Compete & Finals	2:25 – 3:15pm			

Presentations will take place as soon as possible after the end of each discipline. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed. Please note that all timings are approximate and the organisers reserve the right to begin groups early if the event is running ahead of schedule. The organisers accept no responsibility for those missing their turn due to changes to the above.

OFFICIALS

LONDON GRADES	10th April 2016	
PANEL 1		
Chair	Nik Walder	Ace of Clubs
Execution Judge 1	Katijah Wellings-Thomas	Phoenix Flyers
Execution Judge 2	Paul Howard / Coleena Henry Mitchell	Inspire
Execution Judge 3	Antonia Savvides / Gemma Caplan	Harrow
Execution Judge 4	Imogen Munns / Rebecca Hallam	Queensmead
Execution Judge 5	Nicky Lewis	Airscape
Tariff Judge 1	Kim Nash	Ace of Clubs
Tariff Judge 2	Lynette Ottley	Skywalkers
Computer	Stephanie Toppin	Skywalkers
Recorder	Mrs Shaw / Mrs Fuller	Queensmead
Marshal	Rowan Richards	Ace of Clubs
PANEL 2		
Chair	Harriet Curtis	Coney Hall Cosmonauts
Assistant Chair	Claire Collett	Airscape
Execution Judge 1	Ellie Gent	Coney Hall Cosmonauts
Execution Judge 2	Andrew Collier / Emma Collier	Queensmead
Execution Judge 3	Angela Moore	Twizzlers
Execution Judge 4	Aletha Holborough	Inspire
Execution Judge 5	Ilona Brunyanszki	Hendon
Tariff Judge 1	Doug Simon	London Trampoline Academy
Tariff Judge 2	Step Haiselden	Coney Hall Cosmonauts
Computer	Lascelle Sandy / Jodi Grier	Inspire
Recorder	Sara Scott	Coney Hall Cosmonauts
Marshal	Rebecca Bird	Twizzlers
PANEL 3		
Chair	Anthony Ottley	Skywalkers
Execution Judge 1	Chris Geary	Harlington Hawks
Execution Judge 2	Kelly Booth	Harrow
Execution Judge 3	Danielle Hurford / Richard Hurford	London Trampoline Acaedemy
Execution Judge 4	Diane Moriarty	Queensmead
Execution Judge 5	Elisee Nunn	Ace of Clubs
Tariff Judge 1	Gary Halfteck	Queensmead
Tariff Judge 2	Graham Atkins	Coney Hall Cosmonauts

Computer	Tabitha Gent	Coney Hall Cosmonauts
Recorder	Mr Newman / Mr Keeley	Queensmead
Marshal	Andrea Walder	Ace of Clubs
Qualified Reserves		
	Esma Kabadayi	Harrow
	Jane Evans	Airscape
	Alice Clifford	Queensmead
	Delta Npuna	Phoenix Flyers
Unqualified Reserves		
	Emillie Wardle	Airscape
	Shona Ash	Harrow
	Brooke Webster / Fleur Sweet	London Trampoline Academy
	Michaela Briggs	Twizzlers
	Tia Tipton	Phoenix Flyers
Organisation		
Competition Organisers	Bal Dowrich	Independent
	Kirsty Sweet	London Trampoline Academy
Database	Karen Gent	Coney Hall Cosmonauts
Judges	Linda Lawrie	Harlington Hawks
Computers	Andrew Wood/Karen Gent	HH/Coney Hall Cosmonauts
Computer set up	Andrew Wood	Harlington Hawks
Floor Manager	Janet Bellis	Harlington Hawks
Trophies	Organisers	
Lunches	Yvonne Sweeney-Mcintosh	Skywalkers
Lunches	Myiah Charles	Sobell

NO CHANGES TO THE ABOVE WITHOUT THE PRIOR CONSENT OF THE JUDGING COORDINATOR

OCCASIONALLY IT MAY BE NECESSARY TO ASK OFFICIALS TO CHANGE JOB AND/OR PANEL ON THE DAY.

SHOULD THIS OCCUR, THE JUDGING CO-ORDINATOR ASKS FOR YOUR COOPERATION IN THIS MATTER

London Regional Trampoline 4 - Competitors:

Start No	Club Name	Competition Name	Gymnast	Teams
1	Skywalkers	Under 9 Novices	Razaan Nabhan	A
2	Airscape	Under 9 Novices	Natalia Vinnell	A
3	Inspire TA	Under 9 Novices	Ryan Angus	
4	Skywalkers	Under 9 Novices	Tiago Sousa Gallego	A
5	Skywalkers	Under 9 Novices	Daria Gurchenkova	A
6	Inspire TA	Under 9 Novices	Shea Dunston	
7	Airscape	Under 9 Novices	Bryn Carson	A
8	Queensmead	Under 9 Novices	Alexis Moriarty-Wright	
9	Airscape	Under 9 Novices	Alex Woloch	A
10	Harrow	Under 9 Novices	Katie Cahill	
11	Queensmead	Under 9 Novices	Naomi Marshall	
1	Harrow	Under 11 Novices	Sarina Shah	
2	Queensmead	Under 11 Novices	Stephen Caulfield	A
3	Inspire TA	Under 11 Novices	Lucy Corless	A
4	Coney Hall Cosmonauts	Under 11 Novices	Shauna Mcglynn	
5	Inspire TA	Under 11 Novices	Veronika Buinickaite	A
6	Skywalkers	Under 11 Novices	Lana Mulholland	A
7	Inspire TA	Under 11 Novices	Abbie Wilkinson	A
8	Queensmead	Under 11 Novices	Julie Zaire	A
9	Harrow	Under 11 Novices	Ciara O'Shea	
10	Phoenix Flyers	Under 11 Novices	Abyssinia Inyundo	
11	Queensmead	Under 11 Novices	Charlotte Byde	A
12	Airscape	Under 11 Novices	Adam Hakiem	
13	London TA	Under 11 Novices	Thomas Prior	
14	London TA	Under 11 Novices	Ocean Omari	
15	Skywalkers	Under 11 Novices	Ella Jenvey	A
16	Skywalkers	Under 11 Novices	Calise Longmore	
17	Queensmead	Under 11 Novices	Ted Britton	A
18	Skywalkers	Under 11 Novices	Rubie Stiffeu	A
19	Airscape	Under 11 Novices	Hani Bulos	
20	Ace of Clubs	Under 11 Novices	Isaac Crowhurst	
21	Skywalkers	Under 11 Novices	Chiamaka Osuji	A
1	Queensmead	Under 13 Novices	Lucas Roberts	
2	Queensmead	Under 13 Novices	Renee Renner-Thomas	
3	Queensmead	Under 13 Novices	Maya Roberts	
4	Skywalkers	Under 13 Novices	Oumaamah El-Essawy	A
5	Harrow	Under 13 Novices	Jamie Cahill	A
6	Queensmead	Under 13 Novices	Lauren Mccarthy	
7	Queensmead	Under 13 Novices	Jasmine Larche Hitchcox	
8	Airscape	Under 13 Novices	Reece Frost	
9	Coney Hall Cosmonauts	Under 13 Novices	Ciara Mcglynn	
10	Queensmead	Under 13 Novices	Stevie Gerrell	
11	Queensmead	Under 13 Novices	Amy Fuller	
12	Harrow	Under 13 Novices	Madison Vogel	A
13	Queensmead	Under 13 Novices	Tia Newman	
14	Harrow	Under 13 Novices	Jenin Meghjee-Caine	A
15	Ace of Clubs	Under 13 Novices	Vicky Sandell	
16	Harrow	Under 13 Novices	Remy Lekieffre	A
17	Skywalkers	Under 13 Novices	Vaishnav Dachepalli	A
18	Queensmead	Under 13 Novices	Mia Linnell	
19	Skywalkers	Under 13 Novices	Cian East-Sharpe	A
20	Queensmead	Under 13 Novices	Mia Pearlman	
21	Airscape	Under 13 Novices	Cheryl Keogh	
1	Skywalkers	Under 15 Novices	Jaiden Christian-Palmer	A
2	Phoenix Flyers	Under 15 Novices	Nicole Stoby	
3	Coney Hall Cosmonauts	Under 15 Novices	Natasha Folan	
4	Queensmead	Under 15 Novices	Rebecca Dawson	A 9
5	Harrow	Under 15 Novices	Natalie Howard	A

6	Coney Hall Cosmonauts	Under 15 Novices	Anty Lewis	
7	Queensmead	Under 15 Novices	Yasmin Trowbridge	A
8	Airscape	Under 15 Novices	Florence Williams	
9	Skywalkers	Under 15 Novices	Natalia Sousa Gallego	A
10	London TA	Under 15 Novices	Lisa Ozaki	
11	Skywalkers	Under 15 Novices	Kiana Selusenkova	A
12	Harrow	Under 15 Novices	Anya Savvides	A
13	Harrow	Under 15 Novices	Millie Devine-Tournier	A
14	Inspire TA	Under 15 Novices	Sophie Borley-Holden	
15	Queensmead	Under 15 Novices	Madelaine Connolly	A
1	Harrow	Over 15 Novices	Lucie Murphy	
2	Skywalkers	Over 15 Novices	Ella Jarvis	
3	Inspire TA	Over 15 Novices	Coleena Henry-Mitchell	A
4	Queensmead	Over 15 Novices	Donna Ventham	A
5	Inspire TA	Over 15 Novices	Rachel Wilkinson	A
6	Inspire TA	Over 15 Novices	Lola Komolafe	A
7	Queensmead	Over 15 Novices	Olivia Harrison	A
8	Inspire TA	Over 15 Novices	Aiko Guerra	A
9	Queensmead	Over 15 Novices	Imogene Munns	A
10	Coney Hall Cosmonauts	Over 15 Novices	Charlotte Folan	
1	Twizzlers	Elem U11G	Lily Dering	
2	Queensmead	Elem U11G	Daisy Eccleston	
3	Twizzlers	Elem U11G	Leah Cahill	
4	Skywalkers	Elem U11G	Brogan Sweeney-Mcintosh	
5	Hendon	Elem U11G	Ruby Rae Atzom	
1	Twizzlers	Elem U15G	Chaya Kennedy	A
2	Airscape	Elem U15G	Nia Carson	A
3	Phoenix Flyers	Elem U15G	Makeda Downer	A
4	Ace of Clubs	Elem U15G	Jessica Edwards	
5	Phoenix Flyers	Elem U15G	Diana Stevanovic	A
6	Twizzlers	Elem U15G	Mary-Jane Rackett	A
7	Ace of Clubs	Elem U15G	Leah Fiddes Kapadia	
8	Ace of Clubs	Elem U15G	Poppy Richards	
9	Harrow	Elem U15G	Kemi Oduntan	A
10	Queensmead	Elem U15G	Isabelle Munns	
11	Ace of Clubs	Elem U15G	Bryony Shaw	
12	Queensmead	Elem U15G	Scarlet Devaney	
13	Ace of Clubs	Elem U15G	Holly Dewey	
14	Coney Hall Cosmonauts	Elem U15G	Ellie Harris	
15	Twizzlers	Elem U15G	Amalie Britton	A
16	Queensmead	Elem U15G	Ellie Loftus	
17	Skywalkers	Elem U15G	Charlotte Liddell	
18	Harrow	Elem U15G	Lilia Szydłowska	A
19	Twizzlers	Elem U15G	Aoife Carter	A
20	Airscape	Elem U15G	Megan French	A
21	Phoenix Flyers	Elem U15G	Sahar Steele	A
22	Queensmead	Elem U15G	Elinor Greenshields	
23	Airscape	Elem U15G	Isabel Rodgers	A
24	Queensmead	Elem U15G	Isobel Caulfield	
26	Ace of Clubs	Elem U15G	Lucy Jennings	
27	Coney Hall Cosmonauts	Elem U15G	Anna Stone	
28	Phoenix Flyers	Elem U15G	Jasmine Procter-Tarabanov	A
29	Queensmead	Elem U15G	Lilianna Czaplewska	
30	Queensmead	Elem U15G	Ruthie Cerny	
31	Coney Hall Cosmonauts	Elem U15G	Grace Scott	
32	Queensmead	Elem U15G	Alys Greenshields	
33	Coney Hall Cosmonauts	Elem U15G	Mia Watson	
34	Coney Hall Cosmonauts	Elem U15G	Ellie Miller	
35	Harrow	Elem U15G	Ilze Ojere	A
36	Twizzlers	Elem U15G	Leah Cardy	
1	Ace of Clubs	Elem O15L	Lucy Notman	
2	Coney Hall Cosmonauts	Elem O15L	Heather Lucy Fordham	
3	Coney Hall Cosmonauts	Elem O15L	Tabitha Gent	
4	Queensmead	Elem O15L	Anoushka Keelev	A

5	Coney Hall Cosmonauts	Elem O15L	Victoria Daine	
6	Queensmead	Elem O15L	Rachel Broadley	A
7	Harrow	Elem O15L	Rahma Hassan	A
8	Coney Hall Cosmonauts	Elem O15L	Jamila Fadhlaoui	
9	Harrow	Elem O15L	Tara O'Shea	A
10	Coney Hall Cosmonauts	Elem O15L	Amy Simpson	
11	Coney Hall Cosmonauts	Elem O15L	Carol Raphael	
12	Ace of Clubs	Elem O15L	Gemma Patterson	
13	Coney Hall Cosmonauts	Elem O15L	Sophia D'Souza	
14	Airscape	Elem O15L	Caitlin Doyle	
15	Airscape	Elem O15L	Sarah Adams	
16	Inspire TA	Elem O15L	Jodi Grier	
17	Harrow	Elem O15L	Gemma Caplan	A
18	Harrow	Elem O15L	Orli Ash	A
19	Queensmead	Elem O15L	Emma Broadley	A
1	London TA	Elem U15B	Oliver Taranowski	A
2	Ace of Clubs	Elem U15B	Moritz Speck	
3	Ace of Clubs	Elem U15B	Julian Charlton-Lee	
4	Coney Hall Cosmonauts	Elem U15B	William O'Dwyer	
5	Phoenix Flyers	Elem U15B	Marcel Baumard	
6	London TA	Elem U15B	Peter Omari	A
7	Harrow	Elem U15B	Evan Yiallourous	
8	Ace of Clubs	Elem U15B	William Auty	
9	Ace of Clubs	Elem U15B	Sam Hill	
10	Queensmead	Elem U15B	Kobi Angel	
11	London TA	Elem U15B	William Parfitt	A
12	Ace of Clubs	Elem U15B	Joe Richards	
1	Ace of Clubs	Elem O15M	Rowan Richards	
2	Inspire TA	Elem O15M	Paul Howard	
3	Skywalkers	Elem O15M	Karim El Houssami	
4	Inspire TA	Elem O15M	Lascelle Sandy	
1	Coney Hall Cosmonauts	Inter U15G	Emelie Torlot	A
2	Skywalkers	Inter U15G	Eden Ashby	
3	Queensmead	Inter U15G	Danielle Shaw	
4	Skywalkers	Inter U15G	Jheanell Shirley	
5	Coney Hall Cosmonauts	Inter U15G	Elise Swatton	A
6	Coney Hall Cosmonauts	Inter U15G	Katrina Spencer	A
7	London TA	Inter U15G	Brooke Webster	
8	Harrow	Inter U15G	Samantha Hall	
9	Harrow	Inter U15G	Sandhya Sivakanthan	
10	Ace of Clubs	Inter U15G	Emily Hill	
11	Queensmead	Inter U15G	Ally Sharp	
12	Coney Hall Cosmonauts	Inter U15G	Kylah Wallace	A
13	Twizzlers	Inter U15G	Eloise North	
14	London TA	Inter U15G	Miyu Yamaguchi	
15	Hendon	Inter U15G	Alisa Goldstein	
16	Hendon	Inter U15G	Ronna Mirab	
1	Twizzlers	Inter O15L	Olivia Sawkins	
2	Coney Hall Cosmonauts	Inter O15L	Emily Arnold	A
3	Coney Hall Cosmonauts	Inter O15L	Cerys Williams	A
4	Queensmead	Inter O15L	Susan Cox	
5	Coney Hall Cosmonauts	Inter O15L	Tara Lee	A
6	Ace of Clubs	Inter O15L	Sae Koyama	
7	Twizzlers	Inter O15L	Emily Sawkins	
8	Harrow	Inter O15L	Sarah Collins	
9	Harrow	Inter O15L	Sophia Hall	
10	Ace of Clubs	Inter O15L	Megan McLean	
11	Harlington Hawks	Inter O15L	Katie Williams	
1	Twizzlers	Inter U15B	Joseph Moore	
2	Airscape	Inter U15B	George Evans	
1	Harrow	Inter O15M	Cameron Gawley	1
2	Sobell	Inter O15M	Ricky Josephs	

3	Upper	Inter O15M	Jordan Lachina
4	Harlington Hawks	Inter O15M	William Godbolt
5	Harrow	Inter O15M	Leo Yiallourous
6	Coney Hall Cosmonauts	Inter O15M	Sam Grover
7	London TA	Inter O15M	Shota Yamaguchi
1	Twizzlers	Advanced Ladies	Freya Camille
2	London TA	Advanced Ladies	Joanna Furnston
3	London TA	Advanced Ladies	Corinna Hoppe
4	London TA	Advanced Ladies	Danielle Hurford
5	Twizzlers	Advanced Ladies	Tianee Camille
6	London TA	Advanced Ladies	Fleur Sweet
7	London TA	Advanced Ladies	Francesca Sweet
8	Coney Hall Cosmonauts	Advanced Ladies	Isabelle Atack
9	Ace of Clubs	Advanced Ladies	Andrea Walder
1	Coney Hall Cosmonauts	Advanced Men	Luke Smith
2	Coney Hall Cosmonauts	Advanced Men	Oliver Presman

COMPETITION CALENDAR LONDON 2016

Event Name & Date

Closing Date

Venue

London NDP Regional Series 1

Saturday 5th December 2015

23:00hrs Monday
16th November 2015

Kingston Trampoline Academy
Arena, Kingston College,
Kingston upon Thames, Surrey
KT1 2AQ
020 8941 7083

London Region DMT 1

Thursday 14th January 2016

23:00hrs Monday
14th December 2015

London DMT
Reynolds Sports Centre,
Gunnersbury Lane, W3 8EY
07950 267655

London Region Trampoline 1

Sunday 17th January 2016

23:00hrs Monday
14th December 2016

Harlington Hawks
Harlington Sports Centre
Pinkwell Lane, Hayes. UB3 1PB
020 8569 3211

London Region DMT 2

Thursday 4th February 2016

23:00hrs Monday
18th January 2016

London DMT
Reynolds Sports Centre,
Gunnersbury Lane, W3 8EY
07950 267655

London NDP Regional Series 2

Saturday 6th February 2016

23:00hrs Monday
18th January 2016

Harlington Hawks
Harlington Sports Centre
Pinkwell Lane, Hayes. UB3 1PB
020 8569 3211

London Regional Trampoline 2

Sunday 7th February 2016

23:00hrs Monday
18th January 2016

Harlington Hawks
Harlington Sports Centre
Pinkwell Lane, Hayes. UB3 1PB
020 8569 3211

London Region DMT 3
Thursday 3rd March 2016

23:00hrs Monday
15th February 2016

London DMT
Reynolds Sports Centre,
Gunnersbury Lane, W3 8EY
07950 267655

TRA NDP Regional Team Qualifier
Saturday 5th March 2016

23:00hrs Monday
15th February 2016

Kingston Trampoline Academy
Arena, Kingston College,
Kingston upon Thames, Surrey
020 8941 7083

London Region Trampoline 3
Sunday 6th March 2016

23:00hrs Monday
15th February 2016

Harlington Hawks
Harlington Sports Centre
Pinkwell Lane, Hayes. UB3 1PB
020 8569 3211

London Region DMT 4
Thursday 21st April 2016

23:00hrs Mon 4th April
2016

London DMT
Reynolds Sports Centre,
Gunnersbury Lane, W3 8EY
07950 267655

London Region Trampoline 4
Sunday 10th April 2016

23:00hrs Monday
21st March 2016

Harlington Hawks
Harlington Sports Centre
Pinkwell Lane, Hayes. UB3 1PB
020 8569 3211

London Region Trampoline Championships plus London Closed 2016
Saturday 11th & Sunday 12th June 2016

23:00hrs Monday
16th May 2016

Harlington Hawks
Harlington Sports Centre
Pinkwell Lane, Hayes. UB3 1PB
020 8569 3211

Synchro & DMT Championships
Sunday 9th October 2016

23:00hrs Monday
19th September 2016

Harlington Hawks
Harlington Sports Centre
Pinkwell Lane, Hayes. UB3 1PB
020 8569 3211



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