



**MTC Regional Challenge**  
**Europa Centre**  
**24<sup>th</sup> April 2016**

13.04.2016 V3

## Table of contents

### **Venue & Tickets**

Directions  
Parking  
Tickets

### **Event Personnel**

The Competition Organiser  
The Head of Judging Panels  
Medical provision  
Welfare Officer  
Announcer  
Other Event Personnel

### **Technical information**

Clubs  
Supervising coaches  
Assisting coaches  
Gymnasts  
Judges  
Equipment specifications  
Judges meeting  
Coaches meeting  
Gymnast registration  
Anti-doping  
BG/LG Photography Policy

### **Competition Details**

Gymnasts attire  
Coaches attire  
Judges attire  
Electronic communications  
Inquiries and protests  
Tie breaks  
Scoring and results  
Presentation ceremony and awards  
Judging Panels  
Event timetable & Running order

## Venue & Tickets



Europa Centre  
Vimy Way, Crayford, Kent. DA1 4FA  
01322 318888  
[info@europagymcentre.com](mailto:info@europagymcentre.com)  
[www.europagymcentre.com](http://www.europagymcentre.com)

### How to get here:

**Please note that as the postcode is relatively new you may need to update satnavs or use postcode DA1 4ND**

### By Underground:

No underground station nearby.

### By Rail:

There are regular over ground services to Crayford station from Charing Cross, London Bridge, Cannon Street, Waterloo East and Dartford. On exiting Crayford station proceed towards station road. Turn left down Station road. When you get to the roundabout (McDonalds) turn right onto Dartford road. Cross over at the crossing.

### By DLR:

Take DLR to Woolwich and catch the 96 bus to Dartford, alight at Dartford rd (Maiden lane stop). Turn left after alighting and take the first right down Maiden Lane. Go under the single lane bridge, you will notice to the left a new housing estate (Vickers Green) and behind it The Europa Centre.

### By Bus:

No. 96 regular from Woolwich-Bluewater (12-13 mins Sun) and the no 428 regular between Erith-Bluewater (30 mins Sun).

### By Boat:

N/A

### By Car:

Easy access from the M25 and A2 we are located on the boarder of Crayford and Dartford.

*From Dartford town centre:* Following signs to Crayford proceed up West Hill to first roundabout and onto Dartford Rd, Carry on towards Crayford and Just before the next Roundabout Turn right at Maiden Lane, proceed down the hill and under the bridge just after the bridge you will notice to the left a new housing estate (Vickers Green) and behind it The Europa Centre.

*From A2 coast bound:* Follow signs for Dartford heath A2018, at the end of the slip road from the A2 take the first exit onto Shepherds Lane\*

*From A2 London bound:* Take the 3<sup>rd</sup> exit onto Shepherds lane\*

\*Go over the first roundabout and proceed along Shepherds Lane at the traffic lights turn left onto Princes Rd, at the end of Princes Rd take the 2<sup>nd</sup> exit on the roundabout onto Dartford Rd, then 150 yards down take the first left (Maiden Lane) Go under the bridge you will notice to the left a new housing estate (Vickers Green) and behind it The Europa Centre.

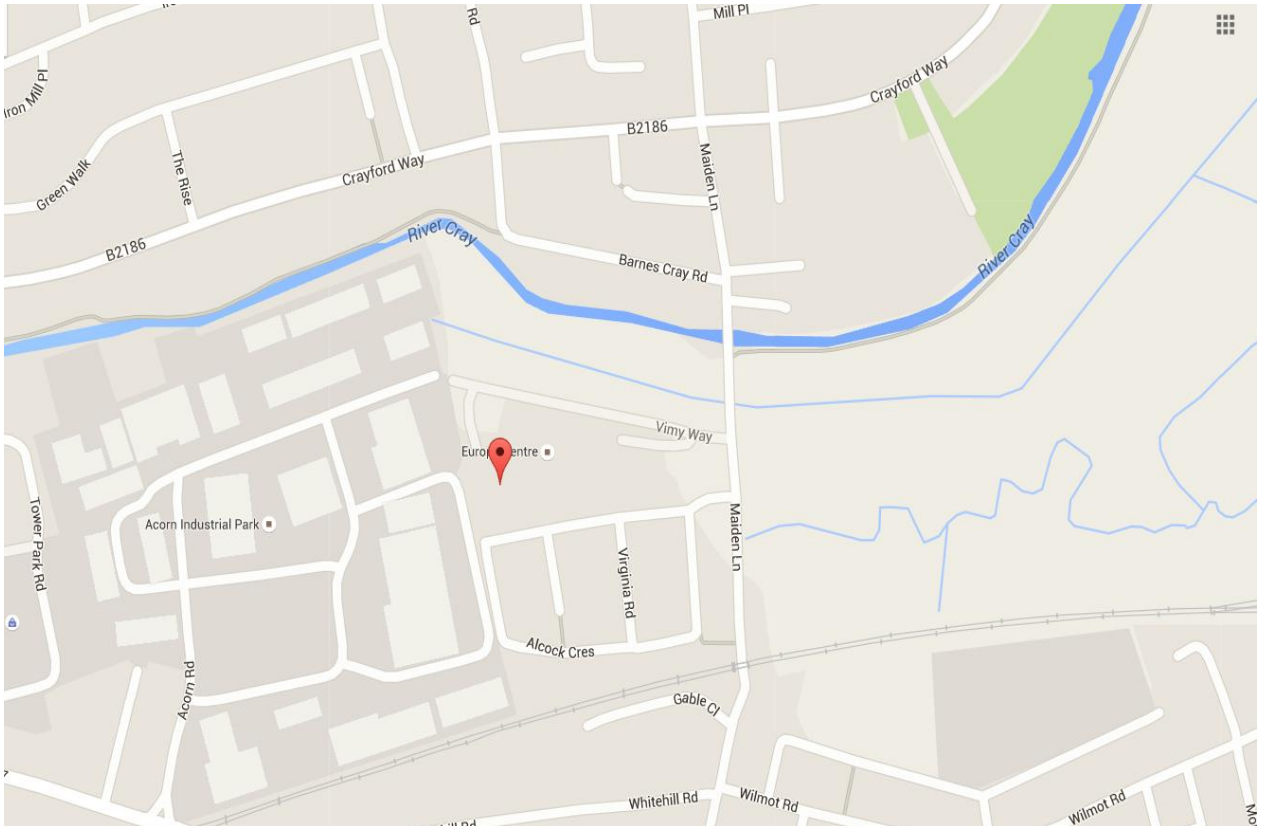
*From M25 Clockwise:* Immediately after the Dartford Toll Crossing (link to crossing charge) exit M25 at junction 1a, keep left on slip road and at the roundabout take the first exit left and proceed back over the M25. At the next roundabout take the second exit \*

*From M25 Anti-Clockwise:* Immediately before the Dartford Toll Crossing take junction 1a, keep left\*

\*Proceed along University Way (A206) go across 2 roundabouts. At the end of University Way keep right and take the 2<sup>nd</sup> exit onto Thames Rd, at the first roundabout take the first left and onto Crayford Way, Proceed along Crayford Way and at the first mini roundabout take the first exit into Maiden Lane, we are located on the right approx. 400 yards down.

**By Bicycle:**

Crayford way is a designated signed cycle route. Follow directions as per directions from Dartford.



**Parking:**

Parking at the Centre is Free of Charge. We have limited parking available under the centre and all along Vimy way, for most events there will be a recognisable car park attendant on duty to direct you.

**UNDER NO CIRCUMSTANCES PARK IN THE ADJOINING HOUSING ESTATE AS YOU WILL GET A PARKING TICKET.**

**When you get to the Centre:**

Enter through either main entrance take the stairs or lift up to the reception on the first floor.

**Ticket Sales:**

There are No Pre Sale Tickets Available. Tickets will be sold on the day at Europa Centre Reception

**Tickets:**

Spectator tickets Costs:	Adults:	£5.00
	Concessions & under 12's:	£3.0

## Event Personnel

<b>Competition Organiser:</b>	Emma Sheriff    Gym No. 01322 318888
<b>The Head of Judging Panels:</b>	Graham O'Sullivan
<b>Medical provision:</b>	Anne Mugridge will be a first aider present during the event. Anne may be contacted through the competition organiser
<b>Welfare Officer:</b>	Phil Mugridge will be a welfare officer on duty during the event. Phil may be contacted through the competition organiser
<b>Announcer:</b>	Len Arnold
<b>Scorers:</b>	Sam James & Chris Sheriff
<b>Music:</b>	Becky Sheriff
<b>Stewards:</b>	Europa Gymnasts
<b>Orientation meeting Coordinator:</b>	Peter Etherington

## Technical information

<b>Clubs:</b>	Must be BG registered, LG affiliated
<b>Supervising coaches:</b>	Must have current gold BG membership, DBS & SPCA, & minimum level 2 qualification. Coaches without an identification pass will be not be allowed in the competition or warm up area.
<b>Assisting coaches:</b>	Must have current silver BG membership, DBS, SPCA & minimum level 1 qualification.  <i>Level 1 assisting coaches may not put gymnasts on the floor.</i>
<b>Gymnasts:</b>	Must have a minimum current BG bronze membership
<b>Judges:</b>	Judges require a current minimum Bronze BG membership & judging qualification
<b>Equipment specifications:</b>	Gymnova FIG
<b>Judges meeting:</b>	There will be a judges meeting at 8am
<b>Coaches meeting:</b>	There will be a coaches meeting at 8am
<b>Gymnast registration:</b>	One coach from each club will be required to register all their gymnasts and inform the officials of any withdrawals. Upon registering, each club will receive a pack containing a running order, passes for nominated coaches and assisting coaches and codes of conduct.
<b>Anti-doping:</b>	Testing may take place at any event.  The gymnast is held accountable if a prohibited substance is found in a sample provided, whether intentional or unintentional.  If a gymnast is taking medication it is vital that these are checked on a regular basis and if tested, declared. Medications may be checked on the website: <a href="http://www.globaldro.com">http://www.globaldro.com</a>  If a gymnast is currently on medication which is restricted or prohibited, or has a Therapeutic Use Exemption (TUE) certificate, it is necessary to ensure that BG /LG is aware of this and to ensure that the TUE certificate is available at the testing. For further information check <a href="http://www.british-gymnastics.org">www.british-gymnastics.org</a>
<b>BG/LG Photo Policy:</b>	By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. ( <a href="http://www.british-gymnastics.org">www.british-gymnastics.org</a> ) Photos may only be

taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG 'Child Protection' Policy

Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.

Nominated coaches must not take photos or videos, whilst in the competition/warm up arena. Coaches who are spectators are covered by the same rulings as parents/guardian

## Competition Details:

<b>Gymnast's attire:</b>	Gymnasts must march on in <i>competition attire/ club tracksuits</i> . Jewellery, body piercing and similar adornments are not allowed
<b>Coach's attire:</b>	<p>In line with BG regulations, coaches must wear club tracksuit or polo shirt and track bottoms. Coaches will not be allowed on the competition or warm up area if wearing inappropriate clothing or jewellery and their gymnasts will be disqualified.</p> <p>Chewing gum is not permitted</p>
<b>Judges attire:</b>	<p>Judges and officials must wear <i>black/blue</i> suits, skirts and white shirts.</p> <p>Black shoes</p>
<b>Electronic communications:</b>	Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the competition /training area during the event.
<b>Inquiries and protests:</b>	A coach may only inquire about the difficulty score, in accordance with the principles of the FIG code of points. Inquiries can be made only for a coaches' own gymnast.
<b>Tie breaks:</b>	In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking. Subsequent ranks will be skipped
<b>Scoring and Results:</b>	Scores will be shown after each performance. Finalised score sheets will be sent to competing clubs. Scores will be published on the LG website.
<b>Presentation ceremony and awards:</b>	All gymnasts must be present for the presentation ceremony at the end of the competition. Gymnasts and coaches participating in the presentation ceremony must march on in competition attire. A medal will be presented to the first, second and third placed competitors in each of the competition categories:
<b>Judging Panels:</b>	Will be advised before the competition when finalised
<b>Event timetable &amp; Running Order:</b>	Please see the attached event timetable



# LONDON GYMNASTICS

London Regional Challenge & Vol Competition  
Sunday 24th April 2016 - Europa Centre

## Round 1

**Registration & Judges meeting 8.00am**  
**General Warm-up 8.15-8.25am**  
**March in / Competition Start 8.30am**  
**Competition End 11.30 Approx**  
**Presentations 11.45am**

### Group 1 – Starting on Floor

1	Kaelan Bryden-Johnson	Harrow	6-8yrs
2	Sacha Ligner	Harrow	6-8yrs
3	Jarred Rawlings	Harrow	6-8yrs
4	Riley Kinsella	Harrow	6-8yrs
5	Rory Clarke	Hendon	6-8yrs
6	Ezekiel Szabo	Hendon	6-8yrs
7	Toby Zentner	Hendon	6-8yrs
8	Niyam Raghvani	Hendon	6-8yrs
9	Zayn Karkera	Heathrow	6-8yrs
10	Ellis Niles		

### Group 2 – Starting on Pommels

11	Nam Nguyen	Hendon	U10
12	Mason Eldridge	Hendon	U10
13	Dante Langlais John Jules	Hendon	U10
14	Kinte Hayles-Richards	Hendon	U10
15	Aareon Ung	Hendon	U10
16	Stanley Nelson	Hendon	U10
17	Victor Prodanov	Hendon	U10
18	Jobe Hart	Hendon	U10
19	Manolo Kidel	Hendon	U10

### Group 3 – Starting on Rings

20	Max Goodwin	Europa	U10
21	Oliver Condon	Europa	U10
22	Luke Longhurst	Europa	U10
23	Alexei Baranov	Europa	U10
24	Daniel Haydon	Europa	U10
25	Finnley Dunning	Europa	U10

### Group 4 – Starting on Vault

26	Michael Payne	Harrow	U10
27	Kieran Rockett	Harrow	U10
28	Noah Rawlings	Harrow	U10
29	Kai Napier-Mackman	Harrow	U10
30	Dylan Yang	Harrow	U10
31	Jake Taddei-Henry	Harrow	U10

### Group 5 – Starting on P-Bars

32	Teo Cristea	Flying Angels	U10
33	Adam Polikov	Flying Angels	U10
34	Che Listen-Lazarides	Flying Angels	U10
35	Xavier Listen-Lazarides	Flying Angels	U10
36	Amari Ford	Flying Angels	U10
37	Rhys Norfolk	Croydon	U10
38	Dylan Costello	Croydon	U10
39	Kai Noulton	Croydon	U10

### Group 6 – Starting on High Bar

40	Hayden Roskosch	Elite	U10
41	Ayan Hull-Jurkovic	Elite	U10
42	Joel Hoey	Elite	U10
43	Mounir Bennadi	Heathrow	U10
44	Trigg Dudley	Heathrow	U10
45	Alexander Dobrynin-Lait	NELG	U10
46	Tycho Collins	NELG	U10

## Round 2

**Registration 12.00pm**  
**General Warm-up 12.15-12.25pm**  
**March in / Competition Start 12.30pm**  
**Competition End 3.30pm Approx**  
**Presentations 3.45pm**

### Group 7 – Starting on Floor

47	Zion Nelson Bent	Croydon	U12 V
48	Charlie Potter	Croydon	U12 V
49	Pacey Foster	Heathrow	U12 V
50	Luca Brunelli	Heathrow	U12 V
51	Marcus William Taylor	Heathrow	U12 V
52	Samurai Gayle	Harrow	U12 V

### Group 8 – Starting on Pommels

53	Theo-Amari Ochana	Heathrow	U14 V
54	Colton Dudley	Heathrow	U14 V
55	Ethan Kennedy	Heathrow	U14 V
56	Dylan Boarer	Heathrow	U16V
57	Micahel Oneil	Heathrow	U16 V
58	Grant Cox-Sehmi	Harrow	Open V
59	Callum Connolly	Harrow	Open V

### Group 9 – Starting on Rings

60	Oliver Hime	Flying Angels	U12
61	Oscar Howley	Flying Angels	U12
62	Kiyan Faridi	Hendon	U12
63	Blake Eldridge	Hendon	U12
64	Rayane Arab	Hendon	U12
65	Varusian Birabanathan	Hendon	U12
66	Nimeire Mavounda	Hendon	U12

### Group 10 – Starting on Vault

67	Trey McGeogor	Europa	U12
68	Nahum Barlow	Europa	U12
69	Max Hassan	Europa	U12
70	Reuben Chandler	Europa	U12
71	Malachi Campbell-Brown	Europa	U12
72	Charlie Potter	Croydon	U12
73	Zion Nelson Ben	Croydon	U12

### Group 11 – Starting on P-Bars

74	Xavion Campbell-Brown	Europa	U14
75	Christopher O'Shea	Europa	U14
76	Harrison Hoad	Europa	U14
77	Oran Barak	Hendon	U14
78	Avishai Wynne	Hendon	U14
79	Kourosh Mokaram	Hendon	U14

### Group 12 – Starting on High Bar

80	Matthew Leventis	Elite	U14
81	Kiril Dachev	Elite	U14
82	Bradley Beard	Harrow	U14
83	Nathan Branca	Harrow	U16
84	Gregory Habggod	Bromley Valley	U16
85	Stefan Kolimechkov	Elite	Open