



**LONDON REGION TRAMPOLINE 4
AND LONDON SYNCHRO 2018
Sunday 1st June 2018
Harlington Sports Centre**

Welcome to Harlington Sports Centre, the home of Harlington Hawks. We have an entry of 223 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.

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.

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 cannot, 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

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.

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.

JEWELLERY AND BODY PIERCING:

http://www.british-gymnastics.org/site/index.php?option=com_docman&task=cat_view&qid=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.

ROUTINES:

ROUTINES:

For 2018, all tier groups will compile their own set routines. The required elements have been designed so that all set routines from 2017 can be used if desired. All competitors will be required to submit a tariff sheet before competing. Tariff sheets must be fully completed in English or FIG notation with compulsory skills asterisked.

Regional Novice

U9:

1st Routine Compulsory Elements:

10 elements, at least eight of which must be different with:

1. One element landing on seat, front or back
2. One element with a minimum of 180° of twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

U11 - 15+:

1st Routine Compulsory Elements:

10 different elements with:

1. One element landing on front or back
2. One element with a minimum of 360° of twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

All Age Groups:

2nd Routine:

The voluntary routine may include a maximum of one somersault of either 270° OR 360° somersault rotation. Difficulty will be awarded. Tariff cap of 1.2. If an element of more than 360° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Regional Elementary:

All age groups

1st Routine Compulsory Elements:

10 different elements with:

1. One element landing on front or back
2. One front or back somersault with 360° somersault rotation
3. One element with a minimum of 360° twist

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

2nd Routine:

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. If an element of more than 360° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Regional Intermediate:

All age groups

1st Routine Compulsory Elements:

10 different elements with:

1. One element landing on seat, front or back
2. Three somersaults between 270° and 450° somersault rotation

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

2nd Routine:

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. If an element of more than 450° of somersault rotation is used, the routine will terminate at that point. 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

There is no longer a penalty for not performing an arm set at the start of a routine.

CLUBS COMPETING:

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

Ace of Clubs Trampoline
Bromley Trampoline Academy
Coney Hall Cosmonauts
Harlington Hawks Trampoline Club
Harrow Trampoline Club
Heathrow Gym Club
Hendon Gym Club
Inspire Trampoline Academy
Kingston Trampoline Academy
London Trampoline Academy
Phoenix Flyers
Queensmead Trampoline Club
Skywalkers

TIMETABLE

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 compulsory and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

COMPULSORY & VOLUNTARY ROUTINES: After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practice. The performers will then return to the marshalling area and be called to compete in programmed 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.

TRAMPOLINE TIMETABLE

| | PANEL 1 | | PANEL 2 | | PANEL 3 |
|----------------------------------|--|----|---|----|---|
| FLIGHT 1 | | | | | |
| | London Regional Novice U9 (1-10) | 10 | London Regional Novice U11 (1-15) | 15 | London Regional Elementary Girls U13 (1-12) |
| WARM UP | 0900-0910 | | 0900-0915 | | 0900-0915 |
| ONE TOUCH | 0910-0920 | | 0915-0925 | | 0915-0925 |
| COMPETE | 0920-0950 | | 0925-1010 | | 0925-1000 |
| FLIGHT 2 | | | | | |
| | London Regional Novice U9 (10-20) | 10 | London Regional Novice U11 (16-29) | 14 | London Regional Elementary Girls U13 (13-24) |
| WARM UP | 0950-1000 | | 1010-1025 | | 1000-1015 |
| ONE TOUCH | 1000-1010 | | 1025-1035 | | 1015-1025 |
| COMPETE | 1010-1040 | | 1035-1120 | | 1025-1100 |
| FINALS | 1040-1100 | | 1120-1140 | | 1100-1120 |
| FLIGHT 3 | | | | | |
| | London Regional Novice O15 | 15 | London Regional Elementary Boys U13 | 9 | London Regional Advanced Men |
| WARM UP | 1100-1115 | | 1140-1150 | | 1100-1115 |
| ONE TOUCH | 1115-1125 | | 1150-1200 | | 1115-1125 |
| COMPETE | 1125-1210 | | 1200-1230 | | 1125-1155 |
| FINALS | 1210-1220 | | 1230-1245 | | 1155-1210 |
| OFFICIALS LUNCH 1220-1250 | | | OFFICIALS LUNCH 1245-1315 | | OFFICIALS LUNCH 1210-1240 |
| FLIGHT 4 | | | | | |
| | London Regional Intermediate Ladies O15 | 13 | London Regional Novice U15 | 9 | London Regional Advanced Ladies |
| WARM UP | 1235-1250 | | 1305-1315 | | 1215-1240 |
| ONE TOUCH | 1250-1300 | | 1315-1325 | | 1240-1250 |
| COMPETE | 1300-1340 | | 1325-1355 | | 1250-1340 |
| FINALS | 1340-1355 | | 1355-1410 | | 1340-1355 |
| FLIGHT 5 | | | | | |
| | London Regional Elementary Girls U16 | 15 | London Regional Intermediate Girls U15 | 13 | London Regional Elementary Ladies O16 |
| WARM UP | 1355-1410 | | 1410-1425 | | 1355-1410 |
| ONE TOUCH | 1410-1420 | | 1425-1435 | | 1410-1420 |
| COMPETE | 1420-1505 | | 1435-1510 | | 1420-1500 |
| FINALS | 1505-1520 | | 1510-1525 | | 1500-1525 |
| FLIGHT 6 | | | | | |
| | London Regional Synchro Elementary | 6 | London Regional Novice U13 | 14 | London Regional Elementary Men O16 |
| | London Regional Synchro Intermediate | 4 | | | London Regional Intermediate Boys U15 |
| | | | | | London Regional Elementary Boys U16 |
| WARM UP | 1520-1540 | | 1525-1540 | | 1525-1540 |
| ONE TOUCH | 1540-1550 | | 1540-1550 | | 1540-1550 |
| COMPETE | 1550-1620 | | 1550-1625 | | 1550-1630 |
| FINALS | 1620-1640 | | 1625-1640 | | 1630-1650 |

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.

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.

OFFICIALS

| | Panel 1 | | Panel 2 | | Panel 3 | |
|--------------------------|--------------------------------------|-----------|---------------------------------|---------|-----------------------------------|-----|
| Chair | Stephanie Hallam | QUE | Christine Geary | HH | Graham Atkins | CHC |
| Difficulty 1 | Martha Jones | BTA | Gary Halfteck | QUE | Ellie Gent | CHC |
| Difficulty 2 | Sade Ottley | SKY | Nik Walder | ACE | Doug Simon | LTA |
| Execution 1 | Noah Gill | HAR | Cerys Williams | CHC | Diane Moriarty | QUE |
| Execution 2 | Aletha Holborough | INS | Jan Harley | HAR | Jane Evans | HEA |
| Execution 3 | Daneel Simpson | HEA | Lynette Ottley | SKY | Michael Freeman | KTA |
| Execution 4 | Delta Npuna | PNX | Peter Freeman | KTA | Kim Nash | ACE |
| HD 1 | Imogen Munns / Aurelia Prat | QUE | Paul Howard / Caroline Jones | INS | Alison Flavelle | BTA |
| HD 2 | Natalie Sacre | KTA | Olivia Harrison/ Rebecca Hallam | QUE | Elizabeth Aley | PNX |
| TOF | Delilah Lloyd / Jodi Grier | INS | Bal Dowrich | for ACE | Jo Aqbarawi / Ilze Ojere | HAR |
| Computer | Florentina Haita/Jude Caamano | HAR | Tina Wilson | BTA | Sophie Borley-Holden / Elfie Dunn | INS |
| Recorder | Alex Reeves | SKY | Mrs Phillips/Mrs Czaplewska | QUE | Louise Ellis | KTA |
| Marshall | Annalise Cummings / Kamille Cummings | INS | Penny Lennon/Felicia Chan | HEN | Alvar Washington | BTA |
| | Organisation | | Qualified Reserves | | Unqualified Reserves | |
| Competition | Harriet Curtis | for LTA | Humberto Hernandez | HEN | Becky Hylton | LTA |
| Database | Karen Gent | CHC | Anthony Ottley | SKY | Mrs Farrar/Mrs Roberts | QUE |
| Judges | Karen Gent | CHC | Tia Tipton | PNX | Victoria lynch | HEA |
| Computers | Andrew Wood / Karen Gent | IND / CHC | Leslie Morales / Lascelle Sandy | INS | Rowan Richards | ACE |
| TOF Manager | Andrew Wood | IND | | | | |
| Floor Manager | Andrew Wood | IND | | | | |
| Trophies | Organisers | | | | | |
| Welfare Officer | Chris Geary | HH | | | | |
| Officials Lunches | Mary Murphy | HAR | | | | |
| Officials Lunches | Roberta Sanka | PNX | | | | |

London Regional Trampoline 4 & Synchro - Competitors:

| | | | |
|------------|----|-----------------------|----------------|
| Novice U9 | 1 | Veronica Tiganescu | Skywalkers A |
| Novice U9 | 2 | Oluvia Martin | Heathrow A |
| Novice U9 | 3 | Ayana Samarth | Harrow A |
| Novice U9 | 4 | Millie Warnock | Bromley TA |
| Novice U9 | 5 | Aleksandra Kowalska | Phoenix Flyers |
| Novice U9 | 6 | Molli Kalia-Flynn | Harrow A |
| Novice U9 | 7 | Aston Jervis | Inspire A |
| Novice U9 | 8 | Erick Montoya Leon | Inspire A |
| Novice U9 | 9 | Julian Washington | Bromley TA |
| Novice U9 | 10 | Maya Nadine Vasiac | Skywalkers A |
| Novice U9 | 11 | Nina Arab | Ace of Clubs |
| Novice U9 | 12 | Montague Kingi | Heathrow A |
| Novice U9 | 13 | Jahniya Shaw | Inspire A |
| Novice U9 | 14 | Beau Kitty Parkes | Heathrow A |
| Novice U9 | 15 | Millie Lucas | Skywalkers A |
| Novice U9 | 16 | Lani Haria | Harrow A |
| Novice U9 | 17 | Lily Gaffney | Queensmead |
| Novice U9 | 18 | Arthur Rippengale | Inspire A |
| Novice U9 | 19 | Amelie Kester | Harrow A |
| Novice U9 | 20 | Sandra Mendak | Skywalkers A |
| Novice U11 | 1 | Ryan Angus | Inspire A |
| Novice U11 | 2 | Jasmine Bird | Queensmead |
| Novice U11 | 3 | Darsh Kadam | Harrow |
| Novice U11 | 4 | Sienah Nicholson | Bromley TA A |
| Novice U11 | 5 | Maysa Popa Sayed | Skywalkers A |
| Novice U11 | 6 | Samuel Zaire | Queensmead |
| Novice U11 | 7 | Zara Brahams | Hendon A |
| Novice U11 | 8 | Weronika Mendak | Skywalkers A |
| Novice U11 | 9 | Will Farrar | Queensmead |
| Novice U11 | 10 | Sofia Caeiro | Heathrow A |
| Novice U11 | 11 | Harley Albert | Skywalkers A |
| Novice U11 | 12 | Kimberley Hogben | Heathrow A |
| Novice U11 | 13 | Shea Dunston | Inspire A |
| Novice U11 | 14 | Finty Gavin | Heathrow A |
| Novice U11 | 15 | Stefan Truscott | Hendon A |
| Novice U11 | 16 | Melissa Benson | Bromley TA A |
| Novice U11 | 17 | Sophie Morley | Queensmead |
| Novice U11 | 18 | Shasmeen Arab | Ace of Clubs |
| Novice U11 | 19 | Sara Herrera Bartlett | Heathrow A |
| Novice U11 | 20 | Freya Gaffney | Queensmead |
| Novice U11 | 21 | Thomas Ashford | Bromley TA A |
| Novice U11 | 22 | Alice Harris | Bromley TA A |
| Novice U11 | 23 | Thomas Abbs | London TA |
| Novice U11 | 24 | Zoe Lennon | Hendon A |
| Novice U11 | 25 | Leah Edwards-Amor | Inspire A |
| Novice U11 | 26 | Samuel Borley-Holden | Inspire A |
| Novice U11 | 27 | Anya Kendrick | Kingston |
| Novice U11 | 28 | Sam Langford | Queensmead |

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|---------------------|----|-----------------------|-------------------------|
| Novice U11 | 29 | Emily Mccarthy | Kingston |
| Novice U13 | 1 | Clementine Shanahan | Inspire A |
| Novice U13 | 2 | Hikari Yomiya | London TA |
| Novice U13 | 3 | Faith Ibrahim | Phoenix Flyers |
| Novice U13 | 4 | Mia Turner | Hendon A |
| Novice U13 | 5 | Maria Ali | Heathrow |
| Novice U13 | 6 | Ella Lee | Hendon A |
| Novice U13 | 7 | Scarlett Fletcher | Hendon A |
| Novice U13 | 8 | Olivia-Marie Edozie | Inspire A |
| Novice U13 | 9 | Leyla Pavett | Phoenix Flyers |
| Novice U13 | 10 | Alice Murphy | Harrow A |
| Novice U13 | 11 | Darius Haita | Harrow A |
| Novice U13 | 12 | Sarina Shah | Harrow A |
| Novice U13 | 13 | Laila Ait-Siameur | Queensmead |
| Novice U13 | 14 | Eleonora Lucic | Inspire A |
| Novice U15 | 1 | Maria-Estelle Carroll | London TA |
| Novice U15 | 2 | Sophie Hayes-Brown | Queensmead A |
| Novice U15 | 3 | Nicole Kendall | Queensmead A |
| Novice U15 | 4 | Leah Hilburn | Harrow |
| Novice U15 | 5 | Zoe Silver | Harrow |
| Novice U15 | 6 | Daisy Farrar | Queensmead A |
| Novice U15 | 7 | Suhayb Nabhan | Skywalkers |
| Novice U15 | 8 | Martha Rabbetts | Bromley TA |
| Novice U15 | 9 | Delilah Lloyd | Inspire |
| Novice O15 | 1 | Anuoluwa Olubode | Skywalkers |
| Novice O15 | 2 | Paulina Zuchowska | Inspire |
| Novice O15 | 3 | Reazan Ali | Phoenix Flyers A |
| Novice O15 | 4 | Kasey Childs | Harlington Hawks |
| Novice O15 | 5 | Elfie Dunn | Inspire |
| Novice O15 | 6 | Michael Sanka | Phoenix Flyers A |
| Novice O15 | 7 | Wiktoria Zielinska | Inspire |
| Novice O15 | 8 | Isabelle Cole | Inspire |
| Novice O15 | 9 | Hannah Howard | Inspire |
| Novice O15 | 10 | Emily Winter | Inspire |
| Novice O15 | 11 | Molly Houlding | London TA |
| Novice O15 | 12 | Nancy Scott | Heathrow |
| Novice O15 | 13 | Jade Bartlett | Harrow |
| Novice O15 | 14 | Emily Brown | Phoenix Flyers A |
| Novice O15 | 15 | David Doster | Harlington Hawks |
| Elementary Boys U13 | 1 | Sebastian Wills | Heathrow A |
| Elementary Boys U13 | 2 | Omari Bailey | Skywalkers A |
| Elementary Boys U13 | 3 | Fraser Davis | Heathrow A |
| Elementary Boys U13 | 4 | George Kingi | Heathrow A |
| Elementary Boys U13 | 5 | Victor Zasadzki | Skywalkers A |
| Elementary Boys U13 | 6 | Ayden Amini | Skywalkers A |
| Elementary Boys U13 | 7 | Lewis Wright | Harrow |
| Elementary Boys U13 | 8 | Tiago Sousa Gallego | Skywalkers A |
| Elementary Boys U13 | 9 | Jonas Morland | Kingston |
| Elementary Boys U16 | 1 | Alexander Bean | Queensmead |
| Elementary Boys U16 | 2 | Freddie Northfield | Coney Hall Cosmonauts A |
| Elementary Boys U16 | 3 | Joe Hefford | Coney Hall Cosmonauts A |

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|-----------------------|----|------------------------|-------------------------|
| Elementary Boys U16 | 4 | Isaac Liddall | London TA |
| Elementary Boys U16 | 5 | Caden Teggart | Heathrow |
| Elementary Boys U16 | 6 | Marcus Biggs | Coney Hall Cosmonauts A |
| Elementary Men O16 | 1 | Harrison Ditchburn | Queensmead |
| Elementary Men O16 | 2 | Brian Edwards | Coney Hall Cosmonauts |
| Elementary Girls U13 | 1 | Millie Figueira | Bromley TA A |
| Elementary Girls U13 | 2 | Holly Davis | Ace of Clubs A |
| Elementary Girls U13 | 3 | Maya Bensalem | Queensmead A |
| Elementary Girls U13 | 4 | Summer-Mae Oneil | Coney Hall Cosmonauts |
| Elementary Girls U13 | 5 | Lauren Davis | Kingston |
| Elementary Girls U13 | 6 | Elena Caamano | Harrow |
| Elementary Girls U13 | 7 | Paige Harper | Harrow |
| Elementary Girls U13 | 8 | Lola Moriarty | Inspire |
| Elementary Girls U13 | 9 | Lucy Corless | Inspire |
| Elementary Girls U13 | 10 | Alice Murray | Coney Hall Cosmonauts |
| Elementary Girls U13 | 11 | Nina Whitter | Bromley TA A |
| Elementary Girls U13 | 12 | Summer Williams | Ace of Clubs A |
| Elementary Girls U13 | 13 | Bethan Calder | Kingston |
| Elementary Girls U13 | 14 | Alaina French | Bromley TA A |
| Elementary Girls U13 | 15 | Charlotte Ellis | Hendon |
| Elementary Girls U13 | 16 | Razaan Nabhan | Skywalkers A |
| Elementary Girls U13 | 17 | Lemara Sokoya | Hendon |
| Elementary Girls U13 | 18 | Kastiel Fear | Skywalkers A |
| Elementary Girls U13 | 19 | Alexandra Nemodruk | Skywalkers A |
| Elementary Girls U13 | 20 | Abyssinia Inyundo | Phoenix Flyers |
| Elementary Girls U13 | 21 | Grace Pinion | Skywalkers A |
| Elementary Girls U13 | 22 | Elodie Morgan | Ace of Clubs A |
| Elementary Girls U13 | 23 | Kaylee Maltz | Queensmead A |
| Elementary Girls U13 | 24 | Julie Zaire | Queensmead A |
| Elementary Girls U16 | 1 | Mia Newman | Ace of Clubs A |
| Elementary Girls U16 | 2 | Amelia Martin | Inspire |
| Elementary Girls U16 | 3 | Ella Gillis | Queensmead A |
| Elementary Girls U16 | 4 | Sophie Power | Bromley TA |
| Elementary Girls U16 | 5 | Polly Fennell | Ace of Clubs A |
| Elementary Girls U16 | 6 | Fleur Durr | Phoenix Flyers A |
| Elementary Girls U16 | 7 | Kerala Alexander | Phoenix Flyers A |
| Elementary Girls U16 | 8 | Madison Sinclair | Harrow |
| Elementary Girls U16 | 9 | Mya Doyle | London TA |
| Elementary Girls U16 | 10 | Eloise Harrison | Queensmead A |
| Elementary Girls U16 | 11 | Kara Harot | Queensmead A |
| Elementary Girls U16 | 12 | Louise Abbs | London TA |
| Elementary Girls U16 | 13 | Ruby Chu | Phoenix Flyers A |
| Elementary Girls U16 | 14 | Katrine Reoutov | Bromley TA |
| Elementary Girls U16 | 15 | Isabel Jenner | Ace of Clubs A |
| Elementary Ladies O16 | 1 | Caroline Jones | Inspire |
| Elementary Ladies O16 | 2 | Lucy Hoffer | Coney Hall Cosmonauts A |
| Elementary Ladies O16 | 3 | Coleena Henry Mitchell | Inspire |
| Elementary Ladies O16 | 4 | Lucie Murphy | Harrow |
| Elementary Ladies O16 | 5 | Samantha Lee | Coney Hall Cosmonauts A |
| Elementary Ladies O16 | 6 | Sinead O'Brien | Queensmead |
| Elementary Ladies O16 | 7 | Gemma Patterson | Ace of Clubs |

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|-------------------------|----|-------------------------|-------------------------|
| Elementary Ladies O16 | 8 | Tillie Hewlett | Harrow |
| Elementary Ladies O16 | 9 | Olivia Harrison | Queensmead |
| Elementary Ladies O16 | 10 | Tabitha Gent | Coney Hall Cosmonauts |
| Elementary Ladies O16 | 11 | Amy Mewis | Coney Hall Cosmonauts A |
| Elementary Ladies O16 | 12 | Natasha Patrick | Phoenix Flyers |
| Elementary Ladies O16 | 13 | Natalia Sousa Gallego | Skywalkers |
| Elementary Ladies O16 | 14 | Karen Gent | Coney Hall Cosmonauts A |
| Elementary Ladies O16 | 15 | Emelia Godbold | Heathrow |
| Intermediate Boys U15 | 1 | Sam Aqbarawi | Harrow |
| Intermediate Boys U15 | 2 | Frankie Haugh | Heathrow |
| Intermediate Boys U15 | 3 | Joshua Baker | Kingston |
| Intermediate Boys U15 | 4 | Lucas Roberts | Queensmead |
| Intermediate Boys U15 | 5 | Hudson Brown | London TA |
| Intermediate Boys U15 | 6 | Dominic Poulton | Coney Hall Cosmonauts |
| Intermediate Girls U15 | 1 | Eloise Gardner | Kingston A |
| Intermediate Girls U15 | 2 | Phoebe Craddock | Kingston A |
| Intermediate Girls U15 | 3 | Alexis Moriarty-Wright | Queensmead A |
| Intermediate Girls U15 | 4 | Alexia Chan | Hendon |
| Intermediate Girls U15 | 5 | Brogan Sweeney-Mcintosh | Skywalkers |
| Intermediate Girls U15 | 6 | Bryony Shaw | Ace of Clubs |
| Intermediate Girls U15 | 7 | Iona Phillips | Queensmead A |
| Intermediate Girls U15 | 8 | Tia Newman | Queensmead A |
| Intermediate Girls U15 | 9 | Mia Wanli | Kingston A |
| Intermediate Girls U15 | 10 | Sapphire Durr | Phoenix Flyers |
| Intermediate Girls U15 | 11 | Freya Georges | Kingston A |
| Intermediate Girls U15 | 12 | Roberta Tan | Heathrow |
| Intermediate Girls U15 | 13 | Lauren Mccarthy | Queensmead A |
| Intermediate Ladies O15 | 1 | Imogene Munns | Queensmead |
| Intermediate Ladies O15 | 2 | Charlotte Fuller | Coney Hall Cosmonauts A |
| Intermediate Ladies O15 | 3 | Ella Hawkins | Coney Hall Cosmonauts A |
| Intermediate Ladies O15 | 4 | Florence Williams | London TA |
| Intermediate Ladies O15 | 5 | Sophie Borley-Holden | Inspire |
| Intermediate Ladies O15 | 6 | Emily Hill | Ace of Clubs |
| Intermediate Ladies O15 | 7 | Gemma Caplan | Harrow |
| Intermediate Ladies O15 | 8 | Katie Williams | Harlington Hawks |
| Intermediate Ladies O15 | 9 | Yasmine Fellah | Bromley TA |
| Intermediate Ladies O15 | 10 | Caitlin Doyle | London TA |
| Intermediate Ladies O15 | 11 | Jodi Grier | Inspire |
| Intermediate Ladies O15 | 12 | Tara Lee | Coney Hall Cosmonauts A |
| Intermediate Ladies O15 | 13 | Charlotte Folan | Coney Hall Cosmonauts A |
| Advanced Men | 1 | Harry Adam | Heathrow A |
| Advanced Men | 2 | Dovydas Olekas | Kingston A |
| Advanced Men | 3 | Mate Dominik | Heathrow A |
| Advanced Men | 4 | Anthony Ottley | Skywalkers |
| Advanced Men | 5 | Oliver Cubillos | Kingston A |
| Advanced Men | 6 | Jake Azzopardi | Kingston A |
| Advanced Men | 7 | Joao Caeiro | Heathrow A |
| Advanced Men | 8 | Jack Shiels | London TA |
| Advanced Men | 9 | Lascelle Sandy | Inspire |
| Advanced Men | 10 | Paul Howard | Inspire |
| Advanced Ladies | 1 | Samantha Shiels | London TA |

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|----------------------|----|---------------------------------------|-----------------------|
| Advanced Ladies | 2 | Holly Baxter | Kingston |
| Advanced Ladies | 3 | Andrea Walder | Ace of Clubs |
| Advanced Ladies | 4 | Bethany Randall | Kingston |
| Advanced Ladies | 5 | Robyn Simms | Kingston |
| Advanced Ladies | 6 | Piper Stote | Kingston |
| Advanced Ladies | 7 | Vaishali Balachandran | Kingston |
| Advanced Ladies | 8 | Susie Hamzeh | Kingston |
| Advanced Ladies | 9 | Ellie Harris | Coney Hall Cosmonauts |
| Advanced Ladies | 10 | Gabrielle Park | Kingston |
| Advanced Ladies | 11 | Isabelle Munns | Queensmead A |
| Advanced Ladies | 12 | Leyla Goodwin | Queensmead A |
| Advanced Ladies | 13 | Lilianna Czaplewska | Queensmead A |
| Advanced Ladies | 14 | Isabelle Atack | Coney Hall Cosmonauts |
| Advanced Ladies | 15 | Hollie Flavelle | Bromley TA |
| Advanced Ladies | 16 | Anoushka Keeley | Queensmead A |
| Synchro Elementary | 1 | Amy Mewis & Lucy Hoffer | Coney Hall Cosmonauts |
| Synchro Elementary | 2 | Karen Gent & Tabitha Gent | Coney Hall Cosmonauts |
| Synchro Elementary | 3 | Alice Murray & Summer-Mae O'Neil | Coney Hall Cosmonauts |
| Synchro Elementary | 4 | Samantha Lee & Brian Edwards | Coney Hall Cosmonauts |
| Synchro Intermediate | 1 | Jodie Grier & Coleena Henry Mitchell | Inspire |
| Synchro Intermediate | 2 | Charlotte Fuller & Charlotte Folan | Coney Hall Cosmonauts |
| Synchro Intermediate | 3 | Tara Lee & Ella Hawkins | Coney Hall Cosmonauts |
| Synchro Intermediate | 4 | Sophie Borley-Holden & Caroline Jones | Inspire |



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