

AEROBIC GYMNASTICS



**2013**  
**BRITISH**  
**CHAMPIONSHIPS**

**5-6 OCTOBER**  
RIVERMEAD LEISURE CENTRE  
READING

**PROGRAMME**

British  
Gymnastics



# AEROBIC FANS UNITE

## CONTENTS

Aerobic Gymnastics	04
Where it all began	06
Competition Information	08
Running order	12
Thanks	20



## EVENT SCHEDULE

### saturday 5 october

- 10:00 Competition starts
- 13:30 Lunch
- 14:30 Competition
- 19:15 Award Ceremony

### sunday 6 october

- 10:00 Competition starts
- 13:30 Lunch
- 14:30 Competition
- 16:15 Award Ceremony

# AEROBIC GYMNASTICS

Aerobic Gymnastics is perhaps the most dynamic and energetic of all the gymnastic disciplines.

Both male and female gymnasts compete as individuals and in pairs, trios and groups. Gymnasts compete from the age of 9 years and many continue far beyond the age of 18. Unlike any other discipline, the gymnasts wear aerobic trainers and perform upon a sprung wooden floor.

In competition, judges look for complex, high intensive, choreographed routines, with perfectly executed elements. Routines are performed to up-tempo music and gymnasts utilise dynamic jumps and leaps – to feet, splits or in push up; static supports plus a variety of push up moves and technical skills, demonstrating excellent flexibility. Routines therefore evidence speed, power and strength as well as flexibility, whilst the gymnast continuously moves around the floor, interpreting the rhythm, tempo and accents of the music.

Aerobic Gymnastics is not only great fun to train and compete but also to watch. The upbeat music constantly keeps the audience alert and involved with the gymnast, whose aim is to captivate, with enthusiasm and dynamism. Audiences are always intrigued by the speed and cardio-vascular nature of an individual performance but it is the pairs, trios and groups with their excellent synchronisation, interactions, lifts and ever changing aerobic movement patterns that continue to enthral spectators world wide.

POSTER



## WHERE IT ALL BEGAN

Aerobic Gymnastics has its roots in the fast paced and exciting music of the aerobic dance studio, and there the similarity ends.

The sport that is now under the gymnastics banner has come a long way from the days of 5 minute long routines, with the compulsories including four press ups and four high kicks.

In 1989, the first Aerobic Competition was held in the UK, and amongst the teams of four, entering the South West heat, was a team including Nigel and Debbie Saunders!

At the time, the World Championships (called Aerobicsport), were held at the ANAC Championships in California, and the World Cup in Japan. Graham Davies, Mark Flannigan and Debbie Saunders all represented Great Britain as the sport evolved rapidly to faster shorter routines, with trios, mixed pairs and individuals. In the early days it was very much an adult sport with Juniors being introduced gradually.

In 1994, Sport Aerobics became a member of FIG, with our own John Atkinson very much a driving force behind this. The Code of Points saw the introduction of some of the elements that you now see in the sport.

In 1997, the British Championships had 70 routines, held at Heathrow Gymnastics Club, with a floor flown in from Germany especially for the competition. Comparatively, the 2007 Championships had over 250 routines and this year has seen the event now being held over 2 days.

It is difficult to determine the number of people practicing Aerobic Gymnastics, but in Brazil alone half a million people participate. Seventy-four Nations of the 125 Member Federations of the FIG have affiliated Aerobic Gymnastics to their overall programme. Leading Nations who have provided World Medallists are; Australia, Brazil, Bulgaria, Chile, China, France, Hungary, Italy, Japan, Korea, New Zealand, Romania, Russia and Spain.

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# COMPETITION INFORMATION

British Aerobic Gymnastics has a development structure that is now recognised by other leading Aerobic Gymnastics countries as one of the best in the world. Coaches, clubs and TC members have worked hard to develop a structure that means all levels and ages of gymnasts can train and compete at an achievable and suitable level, that shows a clear pathway through the levels.

Recreational Aerobic Code (RAC), is ideal for aerobic gymnasts starting their competitive journey, with elements and routines that provide a superb starting point and underpin the next level, NAC, beautifully. The gymnasts are able to be trained in most venues without the need for sprung floors or equipment, making it ideal for starter clubs and schools, as well as larger established clubs who use this level as introduction for gymnasts new to aerobics, and the gymnasts compete as individuals, pairs, trios and groups.

FOUNDATION is for all gymnasts 9 years old, with its own compulsories, press up, splits and tuck jump, plus three other elements.

National Aerobic Code (NAC) is the next level for gymnasts to compete in, and again has a structure

that allows gymnasts of all ages to compete, either as individuals or part of a pair, trio or group, under the same rules as the FIG gymnasts but with slightly lower elements and no compulsory moves, with the NAC cup going to the gymnast at the British Championships with the highest score.

FIG is the international branch of the discipline, that operates under the same rules used internationally, and each age group has its own compulsories that have been used to develop the gymnasts' skills. A compulsory from each skill family means that the gymnasts must train all parts of fitness in order to progress through the age groups and show flexibility (pancake, vertical split), power (straddle jump, air turns), dynamic strength (press up, wenson) and static strength (straddle lever turning straddle lever) and at the same time show terrific fitness, control and choreographic skills.

Great Britain also allows gymnasts to compete nationally as same sex pairs at all levels (except in the senior FIG category) to allow for development of gymnasts and clubs, although FIG ruling means they cannot compete internationally.







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## Saturday 5th October

No	Name	Club	Perform
<b>NAC INDIVIDUAL - ND (10-11YRS) WOMEN</b>			
1	Xanthie Fabling	Waterside GC	10:00:00
2	Mia Bernardo	Martines Action Pack	10:03:00
3	Rhianna Davies	Waterside GC	10:06:00
4	Millie Bartlett	Champion AG	10:09:00
5	Tamzin Norey	Goshawks GC	10:12:00
6	Naomi Winstone	Martines Action Pack	10:15:00
7	Catherine McColgan	Heathrow GC	10:18:00
8	Xena Hewett	Weston AG Ltd	10:21:00
9	Holly Gladding	Goshawks GC	10:24:00
10	Chloe Wheeler	Basingstoke GC	10:27:00
11	Rubi Doyle	Basingstoke GC	10:30:00
12	Katie Guinn	Bulmershe GC	10:33:00
13	Ella Mai Paige	Weston AG Ltd	10:36:00
14	Charlotte House	Waterside GC	10:39:00
15	Flamecarmen Stafford	Basingstoke GC	10:42:00

No	Name	Club	Perform
<b>NAC INDIVIDUAL - ND (10-11YRS) MEN</b>			
16	Cavan Buckland	Bulmershe GC	10:45:00
17	George Richardson	Weston AG Ltd	10:48:00

No	Name	Club	Perform
<b>NAC INDIVIDUAL - G1 (12-14YRS) WOMEN</b>			
18	Skye Shotton	Southport AG	10:48:00
19	Lydia Browne	Southport AG	10:51:00
20	Charlotte May	Waterside GC	10:54:00
21	Lucy Notman	Champion AG	10:57:00
22	Madeleine Firth-Cook	LK AG	11:00:00
23	Molly Dunford	Waterside GC	11:03:00
24	Eleana Bartlett	Bulmershe GC	11:06:00
25	Melanija Nomgaudge	Heathrow GC	11:09:00
26	Jodie Forster-Hartley	Champion AG	11:12:00
27	Lauren Healy	Suki Aerobics GC	11:15:00
28	Megan Chagger	Heathrow GC	11:18:00
29	Lauryn Oliver	Bulmershe GC	11:21:00
30	Charlotte Benton	Waterside GC	11:24:00
31	Taylor-Jade Townley	Suki Aerobics GC	11:27:00
32	Amy Guinn	Bulmershe GC	11:30:00
33	Sacha Sykes	LK AG	11:33:00
34	Freya Dodgins	LK AG	11:36:00

No	Name	Club	Perform
35	Amy Hughes	Champion AG	11:39:00
36	Jessie Cerdan	Suki Aerobics GC	11:42:00
37	Kaila Lockett	Basingstoke GC	11:45:00
38	Yashni Shah	Heathrow GC	11:48:00
39	Amelia Crick	Bulmershe GC	11:51:00
40	India MacLean	Suki Aerobics GC	11:54:00
41	Lauren Thompson	Bulmershe GC	11:57:00
42	Chloe Hargreaves	Basingstoke GC	12:00:00
43	Isobel Bartlam	Waterside GC	12:03:00
44	Emerald Cundy	Basingstoke GC	12:06:00
45	Lauren Taylor	Bulmershe GC	12:09:00
46	Lauren O'Connor	Waterside GC	12:12:00
47	Megan Daniel	Waterside GC	12:15:00
48	Katy Day	Weston AG Ltd	12:18:00

No	Name	Club	Perform
<b>NAC INDIVIDUAL - G1 (12-14YRS) MEN</b>			
49	Scott Berrell	Bulmershe GC	12:21:00

No	Name	Club	Perform
<b>NAC INDIVIDUAL - G2 (15-17YRS) WOMEN</b>			
50	Emily Dodds	Southport AG	12:34:00
51	Amy Woolford	Heathrow GC	12:37:20
52	Celine Payne	Bulmershe GC	12:40:40
53	Megan Davis	Bulmershe GC	12:44:00
54	Caitlin Fiddler	Basingstoke GC	12:47:20
55	India Jefcut	Bulmershe GC	12:50:40
56	Katherine Forster	Weston AG Ltd	12:54:00
57	Maddie Mavin	Champion AG	12:57:20
58	Erica Dempsey	Waterside GC	13:00:40
59	Katie Williams	Bulmershe GC	13:04:00
60	Victoria Barrell	Suki Aerobics GC	13:07:20
61	Natalie Sulma	Champion AG	13:10:40
62	Eva Barron-Hill	Champion AG	13:14:00

No	Name	Club	Perform
<b>NAC INDIVIDUAL - SENIOR (18+YRS) WOMEN</b>			
63	Olivia Parkinson	LK AG	13:17:20
64	Jade Hayes	Weston AG Ltd	13:20:40
65	Olivia Maynard	Waterside GC	13:24:00

## Saturday 6th October

No	Name	Club	Perform
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### NAC PAIR - G1 (12-14YRS)

66	Marie Veasey, Mia Griffiths	Weston AG Ltd	14:30:00
67	Millie Meese, Victoria Kemmish	Weston AG Ltd	14:33:00
68	Lauren Taylor, Amelia Crick	Bulmershe GC	14:36:00

### NAC PAIR - G2 (15-17YRS)

69	Megan Daniel, Erica Dempsey	Waterside GC	14:39:00
70	Maddie Mavin, Amy Hughes	Champion AG	14:42:20

### NAC TRIO - ND (10-11YRS)

71	Flamecarmen Stafford, Chloe Wheeler, Rubi Doyle	Basingstoke GC	14:45:40
72	Ella Hutchinson, Holly Avery, Lauren Porter	Weston AG Ltd	14:48:40
73	Xanthie Fabling, Charlotte House, Rhianna Davies	Waterside GC	14:51:40

### NAC TRIO - G1 (12-14YRS)

74	Lauren Thompson, Eleana Bartlett, Amy Guinn	Bulmershe GC	14:54:40
75	Isobel Bartlam, Molly Dunford, Charlotte Benton	Waterside GC	14:57:40
76	Lucy Clarke, Cally Bullock, Isabel Worrall	Weston AG Ltd	15:00:40
77	Sacha Sykes, Madeleine Firth-Cook, Freya Dodgins	LK AG	15:03:40
78	Katy Day, Lara Hunt, Kathryn Tossell	Weston AG Ltd	15:06:40
79	Victoria Kemmish, Millie Meese, Charlotte Painter	Weston AG Ltd	15:09:40

### NAC TRIO - G2 (15-17YRS)

80	Jade Hunt, Katherine Forster, Dani Lintern	Weston AG Ltd	15:12:40
81	Lucy Clarke, Amy Bond, Courtney Hewett	Weston AG Ltd	15:16:00
82	Celine Payne, Katie Williams, India Jefcut	Bulmershe GC	15:19:20

No	Name	Club	Perform
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### NAC TRIO - SENIOR (18+YRS)

83	Georgia Daniel, Amy Andrassy, Olivia Maynard	Waterside GC	15:22:40
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### NAC GROUP - G1 (12-14YRS)

84	"Kathryn Tossell, Charlotte Painter, Cally Bullock, Lara Hunt, Isabel Worrall	Aero-Gym	17:00
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### NAC GROUP - G2 (15-17YRS)

85	"Dani Lintern, Lucy Williams, Courtney Hewett, Jade Hunt, Katherine Forster	Weston Aerobic GC	17:18
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### FIG INDIVIDUAL - G1 (12-14YRS) WOMEN

86	Sophie Stone	Bulmershe GC	15:32:20
87	Sarah Burdock	Basingstoke GC	15:35:20
88	Narissa Alves	Heathrow GC	15:38:20
89	Ceri Payne	Martines Action Pack	15:41:20
90	Sian Bennett	Suki Aerobics GC	15:44:20
91	Jasmine Potter	Bulmershe GC	15:47:20
92	Emily Frost	Heathrow GC	15:50:20
93	Danielle Thompson	Bulmershe GC	15:53:20
94	Poppy Hughes	Champion AG	15:56:20
95	Cerys Mellor	LK AG	15:59:20
96	Kate Donnelly	Bulmershe GC	16:02:20
97	Hope Davies	Bulmershe GC	16:05:20
98	Olivia Goves	Bulmershe GC	16:08:20
99	Katie Boyce	Bulmershe GC	16:11:20
100	Keira Landen	Weston AG Ltd	16:14:20
101	Charlotte Oliver	Bulmershe GC	16:17:20
102	Shanice George	Basingstoke GC	16:20:20
103	Isidora Vucicevic	Weston AG Ltd	16:23:20
104	Jazmin Kirkpatrick	Bulmershe GC	16:26:20
105	Skye Lau	Bulmershe GC	16:29:20
106	Renee Augier	Bulmershe GC	16:32:20
107	Umber Sohal	Heathrow GC	16:35:20
108	Hannah Bradbury	Bulmershe GC	16:38:20
109	Georgia Davies	Martines Action Pack	16:41:20
110	Hannah Soneji	Heathrow GC	16:44:20
111	Phoebe Cheung	Martines Action Pack	16:47:20
112	Lauren Denscombe	Weston AG Ltd	16:50:20

## Saturday 5th October

No	Name	Club	Perform	No	Name	Club	Perform
<b>FIG INDIVIDUAL - G2 (15-17YRS) MEN</b>				<b>FIG GROUP - SENIOR (18+YRS)</b>			
114	Lauren King	Basingstoke GC	17:06:40	143	"Zanna Woods, Hannah Owen, Bethany Martin, Chloe Farrance, Keimoy St Hill		
115	Helen Turner	Heathrow GC	17:10:00				
116	Sophie Julian	Bulmershe GC	17:13:20	<b>FIG GROUP - G2 (15-17YRS)</b>			
117	Charlotte Dollery	Bulmershe GC	17:16:40	144	"Crerar Antony, Ella Augier, Emily Boyce, Myfanwy Mountford, Stella Vinet	Bulmershe GC	18:52:00
118	Stella Vinet	Bulmershe GC	17:20:00				
119	Niamh Keane	Bulmershe GC	17:23:20	145	"Sophie Goves, Sophie Julian, Niamh Keane, Jessica Kirkpatrick, Amy Watts	Bulmershe GC	18:55:20
120	Eleanor Ruffle	Bulmershe GC	17:26:40				
121	Katherine Dean	Bulmershe GC	17:30:00				
122	Naomi Parkinson	LK AG	17:33:20				
123	Amy Watts	Bulmershe GC	17:36:40				
124	Myfanwy Mountford	Bulmershe GC	17:40:00				
125	Cara Short	Weston AG Ltd	17:43:20				
126	Crerar Antony	Bulmershe GC	17:46:40				
127	Jessica Kirkpatrick	Bulmershe GC	17:50:00				
128	Sophie Goves	Bulmershe GC	17:53:20				
129	Shea Jones	Martines Action Pack	17:56:40				
130	Ella Augier	Bulmershe GC	18:00:00				
<b>FIG INDIVIDUAL - SENIOR (18+YRS) WOMEN</b>							
131	Chloe Farrance	Bulmershe GC	18:03:20				
132	Kathryn Longden	LK AG	18:06:40				
133	Kayleigh Silva	Martines Action Pack	18:10:00				
134	Bethany Martin	Bulmershe GC	18:13:20				
135	Hannah Owen	Bulmershe GC	18:16:40				
136	Maria Halme	Suki Aerobics GC	18:20:00				
137	Keimoy St Hill	Bulmershe GC	18:23:20				
138	Zanna Woods	Basingstoke GC	18:26:40				
<b>FIG PAIR - G2 (15-17YRS)</b>							
139	Matthew Saunders, Myfanwy Mountford	Bulmershe/Weston	18:29:40				
<b>FIG TRIO - G2 (15-17YRS)</b>							
140	Bethany Kemmish, Emily Antoine, Maddy Reynolds	Weston AG Ltd	18:42:40				
141	Katherine Dean, Niamh Keane, Eleanor Ruffle	Bulmershe GC	18:46:00				
142	Emily Boyce, Ella Augier, Stella Vinet	Bulmershe GC	18:46:00				

## Sunday 6th October

No	Name	Club	Perform
<b>FND INDIVIDUAL (9YRS) WOMEN</b>			
146	Summer-Lily Blackburn	Basingstoke GC	10:00:00
147	Sophie Roberts	Martines Action Pack	10:03:00
148	Teegan Anthony	Martines Action Pack	10:06:00
149	Annis Buick	Suki Aerobics GC	10:09:00
150	Honey Finnan	Champion AG	10:12:00
151	Xanthe Esslemont	Basingstoke GC	10:15:00
152	Emilia Wheatley	Champion AG	10:18:00
153	Laura Donnelly	Bulmershe GC	10:21:00
154	Natasha Jordan-Dewhurst	Champion AG	10:24:00
155	Teagan Bendall	Bulmershe GC	10:27:00
156	Alisha Bartlett	Bulmershe GC	10:30:00
157	Gemma Handley	Weston AG Ltd	10:33:00

No	Name	Club	Perform
158	Lewis Harvey	Weston AG Ltd	10:36:00

No	Name	Club	Perform
<b>FIG INDIVIDUAL - ND (10-11YRS) WOMEN</b>			
159	Harriet Osborne	Bulmershe GC	10:39:00
160	Ellie-Mae Hayes	Weston AG Ltd	10:42:00
161	Erin Watts	Bulmershe GC	10:45:00
162	Lois Boyle	Champion AG	10:48:00
163	Olivia Dodgins	LK AG	10:51:00
164	Erin Hamilton-Giles	Basingstoke GC	10:54:00
165	Victoria Allder	Heathrow GC	10:57:00
166	Mia Peverall	Bulmershe GC	11:00:00
167	Freya Baldwin	Basingstoke GC	11:03:00
168	Lurda Anedinovaite	Champion AG	11:06:00
169	Freya Abrams	LK AG	11:09:00
170	Isabel Boluda	Champion AG	11:12:00
171	Keleigh-Anne Blakey	Basingstoke GC	11:15:00
172	Anya Mackie	Bulmershe GC	11:18:00
173	Emily James	Martines Action Pack	11:21:00
174	Anya Donnelly	Bulmershe GC	11:24:00
175	Aleasha Lunn	Bulmershe GC	11:27:00
176	Elizabeth Marais	Basingstoke GC	11:30:00
177	Daisy Hurworth	Heathrow GC	11:33:00
178	Emily Francis	Bulmershe GC	11:36:00

No	Name	Club	Perform
179	Georgia Sen	Heathrow GC	11:39:00
180	Sorina Nistor	Martines Action Pack	11:42:00
181	Paige Mills	Bulmershe GC	11:45:00

No	Name	Club	Perform
182	Conor Keane	Bulmershe GC	11:48:00

No	Name	Club	Perform
<b>FIG INDIVIDUAL - G1 (12-14YRS) WOMEN</b>			
183	4		12:01:00
184	5		12:04:00
185	8		12:07:00
186	1		12:10:00
187	2		12:13:00
188	7		12:16:00
189	6		12:19:00
190	3		12:22:00

No	Name	Club	Perform
<b>FIG INDIVIDUAL - G1 (12-14YRS) MEN</b>			
191	Marvin Gordon	Bulmershe GC	12:25:00
192	Ben Payne	Weston AG Ltd	12:28:00
193	Rhys Williams	Weston AG Ltd	12:31:00

No	Name	Club	Perform
<b>FIG INDIVIDUAL - G2 (15-17YRS) WOMEN</b>			
194	6		12:34:00
195	2		12:37:20
196	4		12:40:40
197	5		12:44:00
198	8		12:47:20
199	1		12:50:40
200	3		12:54:00
201	7		12:57:20

No	Name	Club	Perform
202	Matthew Saunders	Weston AG Ltd	13:00:40

No	Name	Club	Perform
<b>FIG INDIVIDUAL - SENIOR (18+YRS) WOMEN</b>			
203	8		13:04:00
204	7		13:07:20
205	4		13:10:40
206	3		13:14:00
207	1		13:17:20
208	6		13:20:40
209	2		13:24:00
210	5		13:27:20

## Sunday 6th October

No	Name	Club	Perform
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### FND PAIR - FND (9 YRS)

211	Honey Finnan, Emilia Wheatley	Champion AG	14:30:00
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### FIG PAIR - ND (10-11YRS)

212	Emily Francis, Conor Keane	Bulmershe GC	14:33:00
213	Freya Abrams, Olivia Dodgins	LK AG	14:36:00
214	Emily James, Sorina Nistor	Martines Action Pack	14:39:00

### FIG PAIR - G1 (12-14YRS)

215	Keira Landen, Rhys Williams	Weston AG Ltd	14:42:00
216	Marvin Gordon, Jasmine Potter	Bulmershe GC	14:45:00
217	Emily Frost, UMBER Sohal	Heathrow GC	14:48:00

### FIG PAIR - G2 (15-17YRS)

218	Myfanwy Mountford, Matthew Saunders	Bulmershe/Weston	14:51:00
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### FND TRIO - FND (9 YRS)

219	Molly Brown, Isabella-Jayne Styles, Emily Williams	Weston AG Ltd	14:54:20
220	Alisha Bartlett, Teagan Bendall, Laura Donnelly	Bulmershe Gymnastics Club	14:57:20

### FIG TRIO - ND (10-11YRS)

221	Victoria Allder, Daisy Hurworth, Catherine McColgan,	Heathrow GC	15:00:20
222	Freya Baldwin, Keleigh-Anne Blakey, Erin Hamilton-Giles	Basingstoke GC	15:03:20
223	Anya Donnelly, Emily Francis, Paige Mills	Bulmershe GC	15:06:20

### FIG TRIO - G1 (12-14YRS)

224	Katie Boyce, Olivia Goves, Danielle Thompson	Bulmershe GC	15:09:20
225	Phoebe Cheung, Georgia Davies, Ceri Payne	Martines Action Pack	15:12:20
226	Keira Landen, Isidora Vucicevic, Rhys Williams	Weston AG Ltd	15:15:20
227	Renee Augier, Kate Donnelly, Sophie Stone	Bulmershe GC	15:18:20

No	Name	Club	Perform
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### FIG TRIO - G2 (15-17YRS)

228	3		15:31:20
229	1		15:34:40
230	2		15:38:00

### FIG GROUP - ND (10-11YRS)

231	"Aleasha Lunn, Anya Mackie, Harriet Osborne, Mia Peverall, Erin Watts		
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### FIG GROUP - G1 (12-14YRS)

232	"Renee Augier, Katie Boyce, Olivia Goves, Jasmine Potter, Danielle Thompson	Bulmershe GC	15:44:20
233	"Narissa Alves, Emily Frost, Melanija Nomgaugde, UMBER Sohal, Hannah Soneji	Heathrow GC	15:47:20
234	"Hannah Bradbury, Hope Davies, Jazmin Kirkpatrick, Skye Lau, Charlotte Oliver	Bulmershe GC	15:50:20

### FIG GROUP - G2 (15-17YRS)

235	2		15:53:20
236	1		15:56:40

### FIG GROUP - SENIOR (18+YRS)

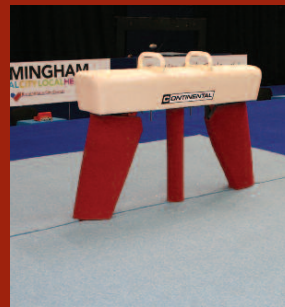
237	Chloe Farrance, Bethany Martin, Hannah Owen, Keimoy St Hill, Zanna Woods	Bulmershe GC	16:00:00
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# CONTINENTAL



- F.I.G. Partner
- Gymnastic Equipment
- Mats
- Trampolines
- Design and installation of Gymnastic Centres Worldwide



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# British Gymnastics

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OF THE AEROBIC  
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YOU WON'T MISS  
ANY OF THE ACTION**



Head to [www.british-gymnastics.org](http://www.british-gymnastics.org) and click 'Featured Events' for these Championships and click the 'Video' tab, located at the top of the page to access our video coverage.

Also, look out for HD medal winning routines which will be released a few days after the competition. Don't miss out!



# thanks

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## JUDGES

Nigel Saunders | Abi Jones | Martine Griffiths  
Sam Fisher | Su Killeen | Pam McColgan | Jjiang Yianjie  
Jessica Taylor | Jackie Murphy | Leanne Markey  
Marian Payne | Barbara Jones | Moya Dempsey  
Laura James Robert Cepulis

## OFFICIALS

Chair of AG Technical Committee, Nigel Saunders  
National Competition Organiser, Ruth Keane  
Floor Manager, Bev Taylor  
Warm Up Hall Manager, Debbie Antoine  
Announcer, Steve Walsh & Seb De Vertueil  
Competition Administration, BG Events  
Apparatus, Continental Sports Ltd  
Event Presentation, Novum  
Lighting, Novum  
Welfare Officer, Ruth Keane

British Gymnastics, Events Team, BG Score, BGTV,  
Marketing and Communications Team, Programme  
Manager, Medical Team

## BRITISH GYMNASTICS HEALTH & SAFETY ANNOUNCEMENT

British Gymnastics draws your attention to the following Health and Safety announcement.

Please take a moment to locate the fire exit nearest to where you are sitting. In an emergency, listen to the evacuation announcement and follow the instructions of the stewards.

It is important to ensure that gangways and stairwells remain clear at all times. Your personal belongings should be kept with you at all times. If baggage is found unattended it will be removed and may be destroyed.

In the interests of child protection, photographs and video may only be taken during today's event in accordance with conditions set by British Gymnastics. Photos may only be taken for personal use.

The use of flash or supplementary lighting is not permitted while gymnasts are warming up or competing. Please make sure that your flash is turned off each time you use your camera. Video cameras may only be used, if operating from battery. Also, the use of tripods in the seating and walkways is forbidden.

Finally, please remember that the arena is strictly a no smoking zone and that all mobile phones should now either switched off or placed in silent mode.

We appreciate your co-operation in these matters and thank you for your attention.



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# A Stage to Inspire

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The UK's Gold Event Series aims to bring major international sporting events to the UK as a legacy of hosting the London 2012 Olympic and Paralympic Games and in the lead up to the hosting of the Commonwealth Games 2014 in Glasgow.

UK Sport is delighted a number of Gymnastics events will be part of the series and in partnership with British Gymnastics we hope you will be able to join us at:

**FIG World Cup Gymnastics**

7 December 2013

Emirates Arena, Glasgow

**FIG World Gymnastics Championships**

23 October - 1 November 2015

Hydro Arena, Glasgow

The world's best Gymnasts will be there and we hope you will be to. These events are only possible thanks to people buying National Lottery tickets. If you've bought a ticket, you're part of the team. Thank you.



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