

The background of the poster features two young gymnasts. In the upper right, a girl in a white leotard with red and black accents is captured mid-air, performing a backflip with her arms extended forward and a joyful expression. In the lower left, a boy in a shiny blue and gold leotard is in a low, wide split leap position on a wooden floor, looking towards the camera with a smile.

# 2014 AEROBIC GYMNASTICS BRITISH CHAMPIONSHIPS

11 - 12 OCTOBER 2014  
SURREY SPORTS PARK, GUILDFORD

## OFFICIAL PROGRAMME

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Gymnastics  
More than a sport

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CHLOE FARRANCE**

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THE 2014  
AEROBIC  
GYMNASTICS  
BRITISH  
CHAMPIONSHIPS



## WELCOME MESSAGE

**O**n behalf of British Gymnastics, I would like to welcome you to the 2014 Aerobic British Championships.

During these championships you will be treated to a feast of superb gymnastics. If this is your first time at a gymnastics event I'm sure you will be amazed at the skill of our incredible British gymnasts.

Please be sure to show your enthusiastic support for all our competitors who have worked so hard to get to this prestigious event. To every gymnast, coach and club involved – congratulations for making it to the very top of our sport and best of luck for the championships.

We would like to take this opportunity to thank UK Sport for supporting our World Class Programme and Sport England for aiding our grassroots development. We would also like to thank our sponsor Milano and our preferred suppliers Continental, IHG and Alto Digital.

I hope everyone enjoys a wonderful weekend of fantastic gymnastics action.

ALAN SOMMERVILLE  
PRESIDENT, BRITISH GYMNASTICS





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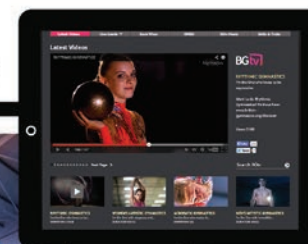


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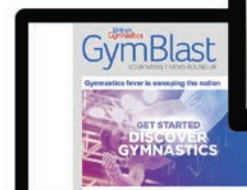


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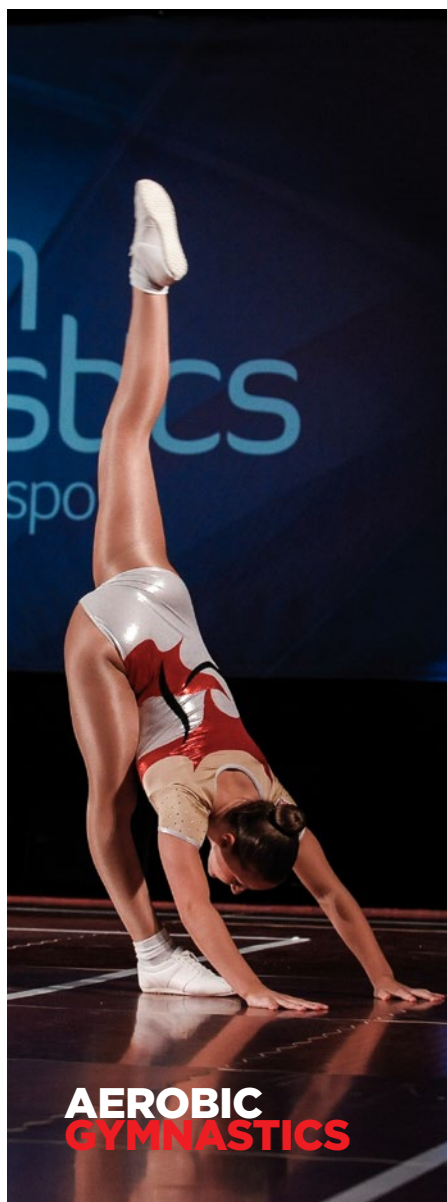
GYMBLAST - OUR WEEKLY EMAIL NEWSLETTER  
[british-gymnastics.org/gymbblast](http://british-gymnastics.org/gymbblast)

# AEROBIC GYMNASTICS

## WHAT'S IT ALL ABOUT?

**A**erobic gymnastics is the most energetic of all the types and with routines performed either individually or in groups.

There is no special equipment involved, it's all about strength and stamina and awesome routines. You will see high-energy performances from all ages from children up to adults.



## 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 the Technical Committee 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.

SCAN THE  
QR CODE TO  
DISCOVER  
AEROBIC  
GYMNASTICS



### REGIONAL AEROBIC CODE (RAC)

Regional 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

FOUNDATION is for all gymnasts 9 years old, with its own compulsories – or skills that must be performed – which include a press up, straddle support, full air turn and pancake (split through), plus two other elements.

### NATIONAL AEROBIC CODE (NAC)

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. The NAC cup is awarded to the gymnast at the British Championships who achieves the highest score.

### FIG

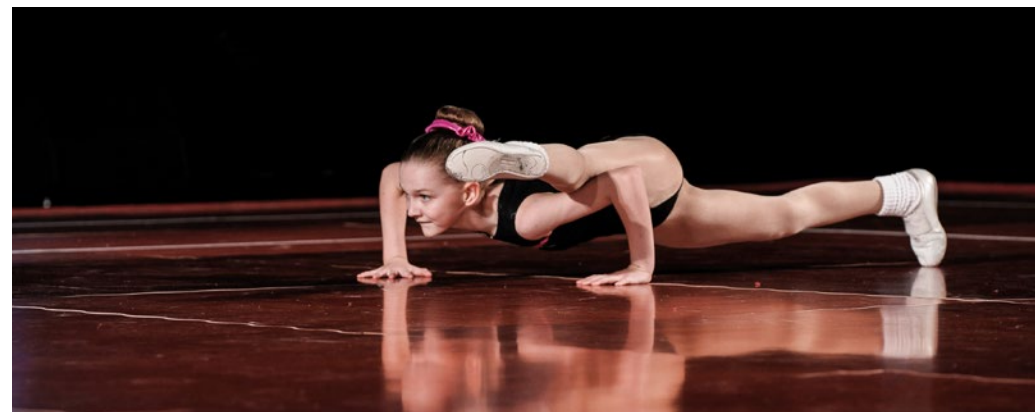
FIG is the international branch of the discipline, that operates under the same rules used internationally, and each age group has its own compulsory skills that have been used to develop the gymnasts' skills. A compulsory from each skill family means that the gymnasts must train all parts of fitness in order to progress through the age groups and show flexibility, power, dynamic strength and static strength while at the same time show terrific fitness, control and choreographic skills.

Great Britain also allows gymnasts to compete as same sex pairs at all levels nationally and RAC and NAC.

# COMPETITION SCHEDULE

## SATURDAY 11 OCTOBER

10:00 - 10:51	NAC ND Individual	16:07 - 16:11	NAC G2 Group
10:51 - 11:06	Break	16:11 - 16:26	Break
11:06 - 12:51	NAC G1 Individual	16:26 - 17:47	FIG G1 Individual Women
12:51 - 14:00	Break	17:47 - 18:02	Break
14:00 - 14:46	NAC G2 Individual	18:02 - 19:05	FIG G2 Individual Women
14:46 - 15:03	NAC Senior Individual	19:05 - 19:38	FIG Senior Individual Women
15:03 - 15:06	NAC ND Pair	19:55	Medal Ceremony
15:06 - 15:12	NAC G1 Pair		
15:12 - 15:21	NAC ND Trio		
15:21 - 15:39	NAC G1 Trio	The different codes below are explained on p9: <b>FND</b> Foundation Code <b>NAC</b> National Code <b>FIG</b> International Code  <b>ND</b> National Development is 10 - 11yrs <b>G1</b> Group 1 - 12 - 14yrs <b>G2</b> Group 2 - 15 - 17yrs <b>Senior</b> 18yrs +	
15:39 - 15:49	NAC G2 Trio		
15:49 - 15:52	NAC Senior Trio		
15:52 - 15:58	NAC ND Group		
15:58 - 16:07	NAC G1 Group		



## SUNDAY 12 OCTOBER

10:00 - 11:18	FND Individual	15:47 - 15:57	FIG G2 Mixed Pair
11:18 - 11:33	Break	15:57 - 16:03	FND Trio
11:33 - 12:51	FIG ND Individual	16:03 - 16:21	FIG ND Trio
12:51 - 13:00	FIG G1 Individual Men	16:21 - 16:36	FIG G1 Trio
13:00 - 14:00	Break	16:36 - 16:43	FIG G2 Trio
14:00 - 14:26	FIG G1 Individual Women	16:43 - 16:50	FIG Senior Trio
14:26 - 14:33	FIG G2 Individual Men	16:50 - 16:56	FIG ND Group
14:33 - 15:00	FIG G2 Individual Women	16:56 - 17:02	FIG G1 Group
15:00 - 15:26	FIG Senior Individual Women	17:02 - 17:12	FIG G2 Group
15:26 - 15:41	Break	17:12 - 17:15	FIG Senior Group
15:41 - 15:44	FIG ND Mixed Pair	17:30	Medal Ceremony
15:44 - 15:47	FIG G1 Mixed Pair		



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# ONES TO WATCH

## RHYS WILLIAMS & KEIRA LANDEN

We caught up with mixed pair Rhys Williams and Keira Landen who placed 7th at the 2014 World age group competition in Mexico...

**Q.** How and why did you get in to aerobic gymnastics?

### **RHYS**

I started doing aerobic gymnastics to keep fit. I always enjoy this kind of sport, also I was no good at football!!

### **KEIRA**

I tried ballet but didn't like it so my mum found the gymnastics club.



**Q.** How much training do you have to do to be a top aerobic gymnast and what kind of things are involved?

### **RHYS**

I train for at least eight hours a week. Training includes improving elements, training routines and choreography - as well hard conditioning and long stretches.

### **KEIRA**

To be a top gymnast I have to train on a regular basis three times a week to keep my fitness up, the training involves working on my skills and elements which are needed for our routines. Constant conditioning is needed to keep my fitness levels up. Having a healthy diet helps to keep me fit.



**Q.** What is it about your partnership that makes it work so well do you think?

### **RHYS**

I have been with Keira in a pair for seven years. We get along well and are able to work well together as a team. We are able to do lots of the same elements and both pick up choreography at the speed.

### **KEIRA**

Me and Rhys get on really well, we are good friends and we work well together.



**Q.** What are your hopes for the future as a pair?

### **RHYS**

I hope to carry on improving as a pair going into Group 2. Also we hope to improve on our 7th position at the European Championships next year.

### **KEIRA**

I'd like to continue to stay on the GBR squad as a pair and compete at the European Championships and the World Championships in Group 2.



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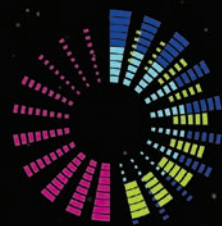


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# THANKS

## JUDGES

Abi Jones  
Barbara Jones  
Cheryl Wheeler  
Chris Simmons  
Felicity Suma  
Holly Lowe  
Jackie Murphy  
Jessica Taylor  
Kimberley Grant  
Leanne Markey  
Marion Payne  
Martine Griffiths  
Moya Dempsey  
Natalia Iliencko-Jarvis  
Nigel Saunders  
Pam Mccolgan  
Rebecca Mackarell  
Robert Cepulis  
Sam Fisher  
Su Killeen

## OFFICIALS

Novum Audio Visual, Event Presentation  
Steve Walsh, Announcer  
BG Score Team, Scoring and Results  
BG Medical Team  
Bev Taylor and Tash Woods, Aerobic Floor Managers

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## SPECIAL THANKS

The Aerobic Technical Committee  
Hartford School of Gymnastics  
Volunteers : Jenny Robinson, Tash Hunt,  
Terri Augier, Trina Farrance & Deb Antoine







# HEALTH & SAFETY

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.
- Please note there may be strobe lighting, fog effects and loud noises during these championships.
- Finally, please remember that the arena is strictly a no smoking zone and that all mobile phones should either be 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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