

Work Plan

AEROBIC GYMNASTICS

Alex Strachan Cup 2015

Surrey Sports Park, Guildford

18th – 20th September

Version 1.0

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Version History

Version 1.0 Published 27th August 2015

General Information

Daily Schedule

Competition Venue

Surrey Sports Park

Official Event Hotel

Hilton Double Tree, Woking

Saturday 19 th September				
Start	Finish	Event	Where	Additional Info
08:15	08:30	Coaches' Meeting	Warm Up Hall	
08:30	09:00	Registration	Warm Up Hall	
08:45	09:45	Judges' Meeting	Wellbeing Suite	
09:00		Doors Open to Spectators	Spectator Entrance	
09:00		Warm Up opens	Warm Up Hall	
10:00	17:00	Competition	Main Arena	RAC and NAC including Victory Ceremony
TBC	TBC	Orientation Training	Main Arena	Schedule to be issued on Monday 14 th September

Sunday 20 th September				
Start	Finish	Event	Where	Additional Info
08:15	08:30	Coaches' Meeting	Warm Up Hall	
08:30	09:00	Registration	Warm Up Hall	
08:45	09:45	Judges' Meeting	Wellbeing Suite	
09:00		Doors Open to Spectators	Spectator Entrance	
09:00		Warm Up opens	Warm Up hall	
10:00	16:30	Competition	Main Arena	FND and FIG including Victory Ceremony

Venue Information

Directions

Surrey Sports Park, Richard Meyjes Rd, Guildford, Surrey, GU2 7AD
Sat Nav users should use postcode GU2 7XX

Car Parking

Car parking is free at all times. Please ensure you park in a designated parking space at all times.

Medical Provision

A physiotherapist will be available in the designated medical area within the venue. Treatment will be accessible by all accredited gymnast who sustain an injury at the event. The medical team are not available to treat pre-existing or chronic injuries.

Any injury occurring during the official training or competition must be reported to the medical team to ensure a record can be kept of treatment given and by whom.

The decision of the British Gymnastics appointed medical officer as to the gymnast's health, medical status and their ability to compete at the event is absolute and final.

Gymnast Seating

Gymnasts and coaches who wish to watch the competition may sit in the allocated gymnast seating. Please respect this request and do not sit in any other area during the competition.

Tickets

Ticket Allocations

All accredited gymnasts and coaches will be provided with a ticket for the entire competition.

Ticket Purchase

Tickets can be purchased in advance at a discounted rate online from the BG Shop, please visit www.british-gymnastics.org/shop. Online ticket prices are:

Ticket Type	One Day	Weekend
Adult	£10	£17.50
Concession*	£7.50	£12
Family (2+2)	£30	£45

Tickets can be purchased on the day at full price at Surrey Sports Park. On the day ticket prices are:

Ticket Type	One Day	Weekend
Adult	£13	£23
Concession*	£10	£16
Family (2+2)	£40	£60

* Under 16 and over 65s

There will be no spectator entry prior to the stated doors opening times.

Saturday 19th September: 09:00
Sunday 20th September: 09:00

Accommodation & Transport

Transport

There is no official transport for this event. All gymnasts and coaches must make their own way to the competition venue, ensuring that they arrive promptly for all registrations and meetings.

Officials are requested, where possible, to share transport to and from the venue at all times to reduce the cost of transport fees. All pre-booked transport must be booked through the British Gymnastics Events Department.

Official Event Hotel

Please note only event officials are provided with accommodation; all of which will be informed accordingly. All gymnasts and coaches are responsible for their own accommodation and transport

If you have any questions or are unsure if you have been allocated any accommodation please contact Rachel Seymour on 0845 129 7 129 ext. 2623 or at rachel.seymour@british-gymnastics.org

Address

Hilton Double Tree, Victoria Way, Woking, GU21 8EW

Hotel Check In

Check in is available from 3pm.

Hotel Check Out

All officials must check out of the hotel no later than 11am on their departure date.

Hotel Meals

Breakfast and Dinner will be catered for at the hotel.

Accreditation

British Gymnastics Accreditation Desk Warm Up Hall

Accreditation can be collected from the Warm Up Hall from 08:15 on Saturday 19th and Sunday 20th September.

Each **coach, judge and official** will need to register and collect their accreditation individually. Failure to register will result in the coach being removed from the competition floor. Gymnasts' accreditation will be issued to the Head Coach in their club pack and will be required to enter the competition arena.

All nominated coaches must be submitted to the competition organiser no later than **12 noon Friday 11th September** and have a valid British Gymnastics membership, DBS and Safeguarding certificate along with the required coaching qualification for their gymnasts' routines. Any coach not submitted to the

competition organiser prior to the deadline date will not be accredited to coach at the event. Should there be a necessity for membership renewal prior to the event, please ensure this is addressed in good time to ensure your membership has been updated. It is advised that membership fees are paid by BACS or credit/debit card to ensure payment is received in time for the competition.

Accreditation must be worn by all individuals at all times as it identifies where access is permitted at the venue.

Accreditation is non-transferable. Anyone found offering their accreditation to another person in order that they may gain access to access-controlled areas will have their accreditation withdrawn and they will take no further part in any activity in the event.

Babies and Young Children

In the interests of safety, for the smooth running and professional presentation of the Event, babies and young children are not permitted to enter the warm up hall or field of play, even if they are being supervised by an adult.

Technical Information

Coaches Meeting

The coaches meeting will take place in Warm Up Hall at the dates and times listed below. One representative from each club must be present.

Saturday 19th September: 08:15 – 08:30

Sunday 20th September: 08:15 – 08:30

Judges Meeting

The judges meeting will take place in the Wellbeing Suite at Surrey Sports Park on the dates and times listed below. Computer scoring instruction will be on the Field of Play after the conclusion of the judges meeting.

Saturday 19th September: 08:45

Sunday 20th September: 08:45

Apparatus Specification

The competition floor will be provided by Continental. All apparatus is to FIG specifications. There will not be a podium at this event.

Registration

Coaches must register all competing gymnasts on Saturday 19th September between 08:30 – 09:00.

All withdrawals must be confirmed during the competition registration at the times listed below.

Saturday 19th September
RAC & NAC: 08:30 – 09:00

Sunday 20th September
FND & FIG: 08:30 – 09:00

Music Submission

All music must be uploaded to British Gymnastics GymNet by **12 noon on Friday 4th September**. Instructions can be found in Appendix 1.

A backup CD for each routine, which will be used in the event of any technical issues with the music submitted, must be brought to the event and **carried with the coach during the Gymnasts' performance**. Each CD must be clearly labelled in the following format:

Routine Number/Name – Category - Gymnast(s) Name –Club

If you have any problems with your submission, please contact the British Gymnastics Events Team on 0345 129 7 129 ext. 2396.

Tariff Sheet Submission

All tariff sheets must be submitted to Martine Griffiths by no later than **Friday 11th September**. 2 copies per routine are to be printed and posted to the address below to arrive before the deadline date.

Martine Griffiths
37 Trevor Street
Aberdare
CF44 7NN

Commentator Information System (CIS)

British Gymnastics will be utilising a Commentator Information System to provide the in-arena commentators with information about the scores and results being achieved in real-time, along with biography information about the gymnasts taking part.

Please encourage each of your gymnasts to populate GymNet with information about themselves that can be used as part of the sports presentation at the event. Instructions for how to update Gymnast's Biographies on GymNET can be found in Appendix 2. Please share these with all competing gymnasts and help us with the building of a database of interesting information about all of our gymnasts.

Anti-doping

At national events the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency, [WADA] and as specified by FIG. On occasions UKAD may use blood samples in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer, [DCO].

On all occasions gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Parents, coaches and gymnasts are encouraged to regularly check any medication throughout the year. If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients. The database is accessible via UKAD website, or directly; www.globaldro.com. Gymnasts, coaches and support personnel are also reminded that there are other ways to check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visit; www.ukad.org.uk For further information on British Gymnastics Anti-Doping Policy, please find the full policy in Appendix 3 or visit www.british-gymnastics.org, Technical information & judges / Sports Science and Medicine / Anti-Doping Policy.

Competition Details

Orientation Training

Orientation training is available for competing gymnasts only and must be requested prior to arrival at Surrey Sports Park. Accreditation will be required to access Warm Up and the Competition Arena during orientation training.

Orientation training will be available following the end of the presentation ceremony at approximately 17:00 on Saturday 19th September. Training slots will be allocated on a first come, first served basis.

Please email your clubs request, including the club name & number of routines, to Martine Griffiths, National Competition Organiser (aerobic.competitions@british-gymnastics.org) by no later than **Friday 11th September**.

The Orientation Training Timetable will be published on Monday 14th September.

Competition Timetable & Working Order

For the purpose of maintaining the smooth and timely running of the event, or where the safety, security and good performance of the gymnasts is a concern, the Aerobic Gymnastics Technical Committee reserve the right to alter the competition schedule, the grouping of gymnasts and/or running order of performances as may be deemed necessary by the Organiser or authorised officials.

Saturday 19th September

Panel	Routine No.	Routine Length	Category	Gymnast	Club	Warm Up	Floor Side	Competition	
A	1	S	Pre-RAC Individual Women	Starr Hockham	Basingstoke Gym Club	09:00:00	09:50:00	10:00:00	10:01:30
B	2	S	Pre-RAC Individual Men	Elijah Walker	Gillingham Gymnastics Club	09:01:30	09:51:30	10:01:30	10:03:00
A	3	S	Pre-RAC Individual Women	Daisy Salmon	New Forest Aerobic Gymnastics	09:03:00	09:53:00	10:03:00	10:04:30
B	4	S	Pre-RAC Individual Men	Charlie Baker	Weston Aerobic Gymnastics	09:04:30	09:54:30	10:04:30	10:06:00
A	5	S	Pre-RAC Individual Women	Tia Abrams	LK Aerobic Gymnastics	09:06:00	09:56:00	10:06:00	10:07:30
B	6	S	Pre-RAC Individual Men	Jack Harvey	Weston Aerobic Gymnastics	09:07:30	09:57:30	10:07:30	10:09:00
A	7	S	Pre-RAC Individual Women	Sienna Shirley	Heathrow Gym Club	09:09:00	09:59:00	10:09:00	10:10:30
B	8	S	Pre-RAC Individual Men	Keylan White	Bulmershe Gym Club	09:10:30	10:00:30	10:10:30	10:12:00
A	9	S	Pre-RAC Individual Women	Ruby Harrington	Gillingham Gymnastics Club	09:12:00	10:02:00	10:12:00	10:13:30
B	10	S	RAC FND Individual Women	Caitlin Taylor	Heathrow Gym Club	09:13:30	10:03:30	10:13:30	10:15:00
A	11	S	Pre-RAC Individual Women	Molly Feltham	Suki Aerobics Gym Club	09:15:00	10:05:00	10:15:00	10:16:30

B	12	S	RAC FND Individual Women	Mia Radjenovic	Heathrow Gym Club	09:16:30	10:06:30	10:16:30	10:18:00
A	13	S	Pre-RAC Individual Women	Keeley Leach	Southport Aerobic Gymnastics	09:18:00	10:08:00	10:18:00	10:19:30
B	14	S	RAC FND Individual Women	Lauren Johnson	New Forest Aerobic Gymnastics	09:19:30	10:09:30	10:19:30	10:21:00
A	15	S	Pre-RAC Individual Women	Maddison Taylor-Gard	Gillingham Gymnastics Club	09:21:00	10:11:00	10:21:00	10:22:30
B	16	S	RAC FND Individual Women	Neave Taylor	Waterside Gymnastic Club	09:22:30	10:12:30	10:22:30	10:24:00
A	17	S	Pre-RAC Individual Women	Leila Farmery	New Forest Aerobic Gymnastics	09:24:00	10:14:00	10:24:00	10:25:30
B	18	S	RAC FND Individual Women	Lexus Jones	Basingstoke Gym Club	09:25:30	10:15:30	10:25:30	10:27:00
A	19	S	Pre-RAC Individual Women	Abigail Maclellan	Gillingham Gymnastics Club	09:27:00	10:17:00	10:27:00	10:28:30
B	20	S	RAC FND Individual Women	Rubie-Skye Wickens	Basingstoke Gym Club	09:28:30	10:18:30	10:28:30	10:30:00
A	21	S	Pre-RAC Individual Women	Saileen Dhir	Heathrow Gym Club	09:30:00	10:20:00	10:30:00	10:31:30
B	22	S	RAC FND Individual Women	Lucy Gibbon	New Forest Aerobic Gymnastics	09:31:30	10:21:30	10:31:30	10:33:00
A	23	S	Pre-RAC Individual Women	Poppy Wilson	Basingstoke Gym Club	09:33:00	10:23:00	10:33:00	10:34:30
B	24	S	RAC FND Individual Women	Nichola Dickens	Heathrow Gym Club	09:34:30	10:24:30	10:34:30	10:36:00
A	25	S	Pre-RAC Individual Women	Shriya Antil	Heathrow Gym Club	09:36:00	10:26:00	10:36:00	10:37:30
B	26	S	RAC FND Individual Women	Ruby Baker	Heathrow Gym Club	09:37:30	10:27:30	10:37:30	10:39:00
A	27	S	Pre-RAC Individual Women	Jasmine Griffiths	LK Aerobic Gymnastics	09:39:00	10:29:00	10:39:00	10:40:30
B	28	S	RAC FND Individual Women	Isabelle Morgan	Heathrow Gym Club	09:40:30	10:30:30	10:40:30	10:42:00
A	29	S	Pre-RAC Individual Women	Millie Baker	Weston Aerobic Gymnastics	09:42:00	10:32:00	10:42:00	10:43:30

B	30	S	RAC FND Individual Men	Rhys Harvey	Weston Aerobic Gymnastics	09:43:30	10:33:30	10:43:30	10:45:00
A	31	S	Pre-RAC Individual Women	Thalia Barrett	Gillingham Gymnastics Club	09:45:00	10:35:00	10:45:00	10:46:30
B	32	S	RAC Individual - ND Women	Laila Astill	Weston Aerobic Gymnastics	09:46:30	10:36:30	10:46:30	10:48:00
A	33	S	Pre-RAC Individual Women	Ruby Hill	Martines Action Pack	09:48:00	10:38:00	10:48:00	10:49:30
B	34	S	RAC Individual - ND Women	Abigail Hollos	Southport Aerobic Gymnastics	09:49:30	10:39:30	10:49:30	10:51:00
A	35	S	Pre-RAC Individual Women	Hallie Colston	Martines Action Pack	09:51:00	10:41:00	10:51:00	10:52:30
B	36	S	RAC Individual - ND Women	Eve Tasker	Southport Aerobic Gymnastics	09:52:30	10:42:30	10:52:30	10:54:00
A	37	S	Pre-RAC Individual Women	Nicole Nikolenko	Heathrow Gym Club	09:54:00	10:44:00	10:54:00	10:55:30
B	38	S	RAC Individual - ND Women	Charlotte Wheeler	New Forest Aerobic Gymnastics	09:55:30	10:45:30	10:55:30	10:57:00
A	39	S	Pre-RAC Individual Women	Ellie Craven	New Forest Aerobic Gymnastics	09:57:00	10:47:00	10:57:00	10:58:30
B	40	S	RAC Individual - ND Women	Shannon Russell	Suki Aerobics Gym Club	09:58:30	10:48:30	10:58:30	11:00:00
A	41	S	RAC Individual - ND Men	George We All	Weston Aerobic Gymnastics	10:00:00	10:50:00	11:00:00	11:01:30
B	42	S	RAC Individual - ND Women	Juliette Barkowska Martins	Southport Aerobic Gymnastics	10:01:30	10:51:30	11:01:30	11:03:00
A	43	S	RAC Individual - G1 Women	Jessica Francis	Heathrow Gym Club	10:03:00	10:53:00	11:03:00	11:04:30
B	44	S	RAC Individual - ND Women	Scarlett Burnley	Gillingham Gymnastics Club	10:04:30	10:54:30	11:04:30	11:06:00
A	45	S	RAC Individual - G1 Women	Ashling Craven	New Forest Aerobic Gymnastics	10:06:00	10:56:00	11:06:00	11:07:30
B	46	S	RAC Individual - ND Women	Milly Jones	Suki Aerobics Gym Club	10:07:30	10:57:30	11:07:30	11:09:00
A	47	S	RAC Individual - G1 Women	Eleanor Meachen	Suki Aerobics Gym Club	10:09:00	10:59:00	11:09:00	11:10:30

B	48	S	RAC Individual - ND Women	Letitia Batterbee	Weston Aerobic Gymnastics	10:10:30	11:00:30	11:10:30	11:12:00
A	49	S	RAC Individual - G1 Women	Elleanor Atwell	Weston Aerobic Gymnastics	10:12:00	11:02:00	11:12:00	11:13:30
B	50	S	RAC Individual - ND Women	Tia Kavanagh	Heathrow Gym Club	10:13:30	11:03:30	11:13:30	11:15:00
				BREAK					11:30:00
A	51	S	RAC Individual - G1 Women	Amy Harfoot	Bulmershe Gym Club	10:30:00	11:20:00	11:30:00	11:31:30
B	52	S	RAC Individual - ND Women	Naia Charman-Vazquez	Bulmershe Gym Club	10:31:30	11:21:30	11:31:30	11:33:00
A	53	S	RAC Individual - G1 Women	Lauren Tossell	Weston Aerobic Gymnastics	10:33:00	11:23:00	11:33:00	11:34:30
B	54	S	RAC Individual - ND Women	Sara Belkadi	Heathrow Gym Club	10:34:30	11:24:30	11:34:30	11:36:00
A	55	S	RAC Individual - G1 Women	Paige Smart	Heathrow Gym Club	10:36:00	11:26:00	11:36:00	11:37:30
B	56	S	RAC Individual - ND Women	Nicole Kostiukevich	Heathrow Gym Club	10:37:30	11:27:30	11:37:30	11:39:00
A	57	S	RAC Individual - G1 Women	Anna Cates	Weston Aerobic Gymnastics	10:39:00	11:29:00	11:39:00	11:40:30
B	58	S	RAC Individual - ND Women	Shobhitha Gnanaratnasingham	Heathrow Gym Club	10:40:30	11:30:30	11:40:30	11:42:00
A	59	S	RAC Individual - G1 Women	Bryony Noble	Gillingham Gymnastics Club	10:42:00	11:32:00	11:42:00	11:43:30
B	60	S	RAC Individual - ND Women	Eve Farthing	Hart Gymnastics Club	10:43:30	11:33:30	11:43:30	11:45:00
A	61	L	RAC Individual - G2 Women	Stephanie Brocklehurst	Gillingham Gymnastics Club	10:45:00	11:35:00	11:45:00	11:46:45
B	62	S	RAC Individual - ND Women	Gabriele Skemaite	Heathrow Gym Club	10:46:45	11:36:45	11:46:45	11:48:15
A	63	L	RAC Individual - G2 Women	Bella Scott	Weston Aerobic Gymnastics	10:48:15	11:38:15	11:48:15	11:50:00
B	64	S	RAC Individual - ND Women	Ella May Evans	Hart Gymnastics Club	10:50:00	11:40:00	11:50:00	11:51:30

A	65	L	RAC Individual - G2 Women	Harmony Potter	Weston Aerobic Gymnastics	10:51:30	11:41:30	11:51:30	11:53:15
B	66	S	Pre-RAC Women's Pair	Hallie Colston & Ruby Hill	Martines Action Pack	10:53:15	11:43:15	11:53:15	11:54:45
A	67	L	RAC Individual - G2 Women	Keira Gullick	Weston Aerobic Gymnastics	10:54:45	11:44:45	11:54:45	11:56:30
B	68	S	Pre-RAC Women's Pair	Jasmine Griffiths & Megan Oliver	LK Aerobic Gymnastics	10:56:30	11:46:30	11:56:30	11:58:00
A	69	S	Pre-RAC Women's Trio	Bella Sowlet, Grace Wall & Isobelle Chan	LK Aerobic Gymnastics	10:58:00	11:48:00	11:58:00	11:59:30
B	70	S	Pre-RAC Group	Nicole Nikolenko, Saileen Dhir, Shriya Antil & Sienna Shirley	Heathrow Gym Club	10:59:30	11:49:30	11:59:30	12:01:00
A	71	S	Pre-RAC Women's Trio	Daisy Salmon, Ellie Craven & Leila Farmery	New Forest Aerobic Gymnastics	11:01:00	11:51:00	12:01:00	12:02:30
B	72	S	Pre-RAC Group	Chelsey Oliver, Eva Tillett, Maddison Cater & Thalia Barrett	Gillingham Gymnastics Club	11:02:30	11:52:30	12:02:30	12:04:00
A	73	S	Pre-RAC Women's Trio	Katja Landskroon, Lois Sullivan & Sofia Ramon	Hart Gymnastics Club	11:04:00	11:54:00	12:04:00	12:05:30
B	74	S	Pre-RAC Group	Abigail Maclellan, Ella Aldridge, Holly Beardsmore, Isabella Muggridge & Scarlett Carla	Gillingham Gymnastics Club	11:05:30	11:55:30	12:05:30	12:07:00
A	75	S	Pre-RAC Women's Trio	Ella Mae, Emily Allison-Hawkes & Grace Brown	Weston Aerobic Gymnastics	11:07:00	11:57:00	12:07:00	12:08:30
B	76	S	RAC FND Women's Pair	Leiana Stevenson & Molly Pitts	Bulmershe Gym Club	11:08:30	11:58:30	12:08:30	12:10:00
A	77	S	Pre-RAC Women's Trio	Eve Whitney, Kareena Mander & Shailee Tanna	Bulmershe Gym Club	11:10:00	12:00:00	12:10:00	12:11:30
B	78	S	RAC FND Women's Pair	Lucy Gibbon & Rose Noble	New Forest Aerobic Gymnastics	11:11:30	12:01:30	12:11:30	12:13:00
A	79	S	RAC FND Women's Trio	Elise Relf, Lucy Mann & Maya Neaves	Bulmershe Gym Club	11:13:00	12:03:00	12:13:00	12:14:30
B	80	S	RAC FND Group	Caitlin Taylor, Mia Radjenovic, Nichola Dickens & Ruby Baker	Heathrow Gym Club	11:14:30	12:04:30	12:14:30	12:16:00
A	81	S	RAC Women's Pair - ND	Amey Oliver & Scarlett Burnley	Gillingham Gymnastics Club	11:16:00	12:06:00	12:16:00	12:17:30
B	82	S	RAC Women's Trio - ND	Julia Haworth, Olivia Atkinson & Zara Hogan	Bulmershe Gym Club	11:17:30	12:07:30	12:17:30	12:19:00
A	83	S	RAC Women's Pair - ND	Ashliegh Hughes & Chloe Maguire	Weston Aerobic Gymnastics	11:19:00	12:09:00	12:19:00	12:20:30
B	84	S	RAC Women's Trio - ND	Erin Aggett, Keira Wilderspin & Olivia Damerell	Weston Aerobic Gymnastics	11:20:30	12:10:30	12:20:30	12:22:00

A	85	S	RAC Women's Pair - ND	Charlotte Wheeler & Lauren Johnson	New Forest Aerobic Gymnastics	11:22:00	12:12:00	12:22:00	12:23:30
B	86	S	RAC Women's Pair - G1	Jessica Bernie & Laura Jellyman	Bulmershe Gym Club	11:23:30	12:13:30	12:23:30	12:25:00
A	87	S	RAC Women's Pair - ND	Emma Bradford & Mya Mcconnal	Weston Aerobic Gymnastics	11:25:00	12:15:00	12:25:00	12:26:30
B	88	S	RAC Women's Pair - G1	Jessica Francis & Paige Smart	Heathrow Gym Club	11:26:30	12:16:30	12:26:30	12:28:00
A	89	S	RAC Women's Pair - ND	Shobhitha Gnanaratnasingham & Tia Kavanagh	Heathrow Gym Club	11:28:00	12:18:00	12:28:00	12:29:30
B	90	L	RAC Women's Pair - G2	Bella Scott & Francesca Cavaciuti	Weston Aerobic Gymnastics	11:29:30	12:19:30	12:29:30	12:31:15
A	91	S	RAC Group - G1	Amy Jenkins, Anna Cates, Eleanor Atwell, Lauren Tossell & Sophie Tucker	Weston Aerobic Gymnastics	11:31:15	12:21:15	12:31:15	12:32:45
B	92	L	RAC Women's Pair - G2	Harmony Potter & Keira Gullick	Weston Aerobic Gymnastics	11:32:45	12:22:45	12:32:45	12:34:30
				LUNCH					13:30:00
A	93	S	NAC Individual - G1 Women	Chloe Mead	LK Aerobic Gymnastics	12:30:00	13:20:00	13:30:00	13:32:00
A	94	S	NAC Individual - G1 Women	Narissa Alves	Heathrow Gym Club	12:32:00	13:22:00	13:32:00	13:33:30
B	95	S	NAC Individual - ND Women	Olivia O'Keefe	LK Aerobic Gymnastics	12:33:30	13:23:30	13:33:30	13:35:00
A	96	S	NAC Individual - G1 Women	Olwen Noble	Gillingham Gymnastics Club	12:35:00	13:25:00	13:35:00	13:37:00
A	97	S	NAC Individual - G1 Women	Tyesha Kirton	Suki Aerobics Gym Club	12:37:00	13:27:00	13:37:00	13:38:30
B	98	S	NAC Individual - ND Women	Giulia Burcus	Champion Aerobic Gymnastics	12:38:30	13:28:30	13:38:30	13:40:00
A	99	S	NAC Individual - G1 Women	Elena Hamblin	Gillingham Gymnastics Club	12:40:00	13:30:00	13:40:00	13:42:00
A	100	S	NAC Individual - G1 Women	Rebecca Tarbuck	LK Aerobic Gymnastics	12:42:00	13:32:00	13:42:00	13:43:30
B	101	S	NAC Individual - ND Women	Natasha Archer	Heathrow Gym Club	12:43:30	13:33:30	13:43:30	13:45:00

A	102	S	NAC Individual - G1 Women	Callie Moore	Suki Aerobics Gym Club	12:45:00	13:35:00	13:45:00	13:47:00
A	103	S	NAC Individual - G1 Women	Amy Guinn	Bulmershe Gym Club	12:47:00	13:37:00	13:47:00	13:48:30
B	104	S	NAC Individual - ND Women	Jasmine Welsh	Suki Aerobics Gym Club	12:48:30	13:38:30	13:48:30	13:50:00
A	105	S	NAC Individual - G1 Women	Kelly Van Hoof	Waterside Gymnastic Club	12:50:00	13:40:00	13:50:00	13:52:00
A	106	S	NAC Individual - G1 Women	Abigail Norton	LK Aerobic Gymnastics	12:52:00	13:42:00	13:52:00	13:53:30
B	107	S	NAC Individual - ND Women	Olivia Rumsey	Basingstoke Gym Club	12:53:30	13:43:30	13:53:30	13:55:00
A	108	S	NAC Individual - G1 Women	Yashni Shah	Heathrow Gym Club	12:55:00	13:45:00	13:55:00	13:57:00
A	109	S	NAC Individual - G1 Women	Millie Mann	LK Aerobic Gymnastics	12:57:00	13:47:00	13:57:00	13:58:30
B	110	S	NAC Individual - ND Women	Rebecca Saunders	Bulmershe Gym Club	12:58:30	13:48:30	13:58:30	14:00:00
A	111	S	NAC Individual - G1 Women	Sophie Avery	Weston Aerobic Gymnastics	13:00:00	13:50:00	14:00:00	14:02:00
A	112	S	NAC Individual - G1 Women	Alice Burges	Bulmershe Gym Club	13:02:00	13:52:00	14:02:00	14:03:30
B	113	S	NAC Individual - ND Women	Phoebe Eglin	Hart Gymnastics Club	13:03:30	13:53:30	14:03:30	14:05:00
A	114	S	NAC Individual - G1 Women	Chloe Wheeler	Basingstoke Gym Club	13:05:00	13:55:00	14:05:00	14:07:00
A	115	S	NAC Individual - G1 Women	Lauren Porter	Weston Aerobic Gymnastics	13:07:00	13:57:00	14:07:00	14:08:30
B	116	S	NAC Individual - ND Women	Niamh McClatchey	New Forest Aerobic Gymnastics	13:08:30	13:58:30	14:08:30	14:10:00
A	117	S	NAC Individual - G1 Women	Phoebe Reid	Basingstoke Gym Club	13:10:00	14:00:00	14:10:00	14:12:00
A	118	S	NAC Individual - G1 Women	Catherine McColgan	Heathrow Gym Club	13:12:00	14:02:00	14:12:00	14:13:30
B	119	S	NAC Individual - ND Women	Ella Grater	Heathrow Gym Club	13:13:30	14:03:30	14:13:30	14:15:00

A	120	S	NAC Individual - G1 Women	Charlotte House	New Forest Aerobic Gymnastics	13:15:00	14:05:00	14:15:00	14:17:00
A	121	S	NAC Individual - G1 Women	Camilla Simmons	Heathrow Gym Club	13:17:00	14:07:00	14:17:00	14:18:30
B	122	S	NAC Individual - ND Women	Tia Beaumont	Bulmershe Gym Club	13:18:30	14:08:30	14:18:30	14:20:00
A	123	S	NAC Individual - G1 Women	Bianca Hartley	Basingstoke Gym Club	13:20:00	14:10:00	14:20:00	14:22:00
A	124	S	NAC Individual - G1 Women	Millie Meese	Weston Aerobic Gymnastics	13:22:00	14:12:00	14:22:00	14:23:30
B	125	S	NAC Individual - ND Women	Amelia Gelling	LK Aerobic Gymnastics	13:23:30	14:13:30	14:23:30	14:25:00
A	126	S	NAC Individual - G1 Women	Alicia Morton	Basingstoke Gym Club	13:25:00	14:15:00	14:25:00	14:27:00
A	127	S	NAC Individual - G1 Women	Sacha Sykes	LK Aerobic Gymnastics	13:27:00	14:17:00	14:27:00	14:28:30
B	128	S	NAC Individual - ND Women	Erin Baliszewski	Southport Aerobic Gymnastics	13:28:30	14:18:30	14:28:30	14:30:00
A	129	S	NAC Individual - G1 Women	Anoushka Gardonyi	Heathrow Gym Club	13:30:00	14:20:00	14:30:00	14:32:00
A	130	S	NAC Individual - G1 Women	Mackenzie Towse	Suki Aerobics Gym Club	13:32:00	14:22:00	14:32:00	14:33:30
B	131	S	NAC Individual - ND Women	Robyn Marney	Basingstoke Gym Club	13:33:30	14:23:30	14:33:30	14:35:00
A	132	S	NAC Individual - G1 Women	Jordan Coombes	Weston Aerobic Gymnastics	13:35:00	14:25:00	14:35:00	14:37:00
A	133	S	NAC Individual - G1 Women	Alice Hadjiloucas	Bulmershe Gym Club	13:37:00	14:27:00	14:37:00	14:38:30
B	134	S	NAC Individual - ND Women	Caitlyn Morris	LK Aerobic Gymnastics	13:38:30	14:28:30	14:38:30	14:40:00
A	135	S	NAC Individual - G1 Women	Ciara Burnham	Hart Gymnastics Club	13:40:00	14:30:00	14:40:00	14:42:00
A	136	S	NAC Individual - G1 Women	Yasmine Barberic	Waterside Gymnastic Club	13:42:00	14:32:00	14:42:00	14:43:30
B	137	S	NAC Individual - ND Women	Keira Stevenson	Bulmershe Gym Club	13:43:30	14:33:30	14:43:30	14:45:00

A	138	S	NAC Individual - G1 Women	Yazmin Mckean	LK Aerobic Gymnastics	13:45:00	14:35:00	14:45:00	14:47:00
A	139	S	NAC Individual - G1 Women	Monica Holyoak	Bulmershe Gym Club	13:47:00	14:37:00	14:47:00	14:48:30
B	140	S	NAC Individual - ND Women	Rebecca Bradbury	Bulmershe Gym Club	13:48:30	14:38:30	14:48:30	14:50:00
A	141	S	NAC Individual - G1 Women	Ella Montgomery	Hart Gymnastics Club	13:50:00	14:40:00	14:50:00	14:51:30
B	142	S	NAC Individual - ND Women	Jessica Wall	LK Aerobic Gymnastics	13:51:30	14:41:30	14:51:30	14:53:00
A	143	S	NAC Individual - G1 Women	Elise O'Connor	Waterside Gymnastic Club	13:53:00	14:43:00	14:53:00	14:54:30
B	144	S	NAC Individual - ND Women	Holly Goodey	Bulmershe Gym Club	13:54:30	14:44:30	14:54:30	14:56:00
A	145	S	NAC Individual - G1 Women	Aylin Gurleyen	Bulmershe Gym Club	13:56:00	14:46:00	14:56:00	14:57:30
B	146	S	NAC Individual - ND Women	Caitlin Downing	Suki Aerobics Gym Club	13:57:30	14:47:30	14:57:30	14:59:00
A	147	S	NAC Individual - G1 Women	Brooke Shotton	Southport Aerobic Gymnastics	13:59:00	14:49:00	14:59:00	15:00:30
				BREAK					15:15:00
B	148	S	NAC Individual - ND Women	Nikita Datiles	Southport Aerobic Gymnastics	14:15:00	15:05:00	15:15:00	15:16:30
A	149	S	NAC Individual - G1 Women	Millie Bartlett	Champion Aerobic Gymnastics	14:16:30	15:06:30	15:16:30	15:18:00
B	150	S	NAC Individual - ND Women	Olivia Marks	Hart Gymnastics Club	14:18:00	15:08:00	15:18:00	15:19:30
A	151	S	NAC Individual - G1 Women	Ellie Brockley	Bulmershe Gym Club	14:19:30	15:09:30	15:19:30	15:21:00
B	152	S	NAC Individual - ND Men	Max Hutchinson	Weston Aerobic Gymnastics	14:21:00	15:11:00	15:21:00	15:22:30
A	153	S	NAC Individual - G1 Women	Kristin Datiles	Southport Aerobic Gymnastics	14:22:30	15:12:30	15:22:30	15:24:00
B	154	S	NAC Individual - G1 Men	George Richardson	Weston Aerobic Gymnastics	14:24:00	15:14:00	15:24:00	15:25:30

A	155	L	NAC Individual - G2 Women	Eleana Bartlett	Bulmershe Gym Club	14:25:30	15:15:30	15:25:30	15:27:15
B	156	S	NAC Individual - G1 Men	David Akinose	Gillingham Gymnastics Club	14:27:15	15:17:15	15:27:15	15:28:45
A	157	L	NAC Individual - G2 Women	Megan Chagger	Heathrow Gym Club	14:28:45	15:18:45	15:28:45	15:30:30
B	158	S	NAC Individual - G1 Men	Matthew Maynard	Weston Aerobic Gymnastics	14:30:30	15:20:30	15:30:30	15:32:00
A	159	L	NAC Individual - G2 Women	Madeleine Firth-Cook	LK Aerobic Gymnastics	14:32:00	15:22:00	15:32:00	15:33:45
B	160	L	NAC Individual - G2 Men	Scott Berrell	Bulmershe Gym Club	14:33:45	15:23:45	15:33:45	15:35:30
A	161	L	NAC Individual - G2 Women	Charlotte Painter	Weston Aerobic Gymnastics	14:35:30	15:25:30	15:35:30	15:37:15
B	162	S	NAC Pair - ND	Olivia Marks & Phoebe Eglin	Hart Gymnastics Club	14:37:15	15:27:15	15:37:15	15:38:45
A	163	L	NAC Individual - G2 Women	Victoria Johnston	New Forest Aerobic Gymnastics	14:38:45	15:28:45	15:38:45	15:40:30
B	164	S	NAC Pair - ND	Ella Grater & Natasha Archer	Heathrow Gym Club	14:40:30	15:30:30	15:40:30	15:42:00
A	165	L	NAC Individual - G2 Women	Emese Lazar	Heathrow Gym Club	14:42:00	15:32:00	15:42:00	15:43:45
B	166	S	NAC Pair - G1	Jordan Coombes & Sophie Avery	Weston Aerobic Gymnastics	14:43:45	15:33:45	15:43:45	15:45:15
A	167	L	NAC Individual - G2 Women	Katie Holder	Suki Aerobics Gym Club	14:45:15	15:35:15	15:45:15	15:47:00
B	168	S	NAC Pair - G1	Elena Hamblin & Olwen Noble	Gillingham Gymnastics Club	14:47:00	15:37:00	15:47:00	15:48:30
A	169	L	NAC Individual - G2 Women	Charlotte May	Waterside Gymnastic Club	14:48:30	15:38:30	15:48:30	15:50:15
B	170	S	NAC Pair - G1	Millie Meese & Victoria Kemmish	Weston Aerobic Gymnastics	14:50:15	15:40:15	15:50:15	15:51:45
A	171	L	NAC Individual - G2 Women	Taylor-Jade Townley	Suki Aerobics Gym Club	14:51:45	15:41:45	15:51:45	15:53:30
B	172	S	NAC Pair - G1	Mackenzie Towse & Tyesha Kirton	Suki Aerobics Gym Club	14:53:30	15:43:30	15:53:30	15:55:00
A	173	L	NAC Individual - G2 Women	Anna Burnston	Waterside Gymnastic Club	14:55:00	15:45:00	15:55:00	15:56:45

B	174	S	NAC Pair - G1	Alice Burges & Monica Holyoak	Bulmershe Gym Club	14:56:45	15:46:45	15:56:45	15:58:15
A	175	L	NAC Individual - G2 Women	Chloe Hargreaves	Basingstoke Gym Club	14:58:15	15:48:15	15:58:15	16:00:00
B	176	S	NAC Pair - G1	Caitlyn Morris & Hannah Wareing	LK Aerobic Gymnastics	15:00:00	15:50:00	16:00:00	16:01:30
A	177	L	NAC Individual - G2 Women	Lara Hunt	Weston Aerobic Gymnastics	15:01:30	15:51:30	16:01:30	16:03:15
B	178	S	NAC Pair - G1	Ciara Burnham & Ella Montgomery	Hart Gymnastics Club	15:03:15	15:53:15	16:03:15	16:04:45
A	179	L	NAC Individual - G2 Women	Natalie Sulma	Champion Aerobic Gymnastics	15:04:45	15:54:45	16:04:45	16:06:30
B	180	L	NAC Pair - G2	Chloe Mead & Madeleine Firth-Cook	LK Aerobic Gymnastics	15:06:30	15:56:30	16:06:30	16:08:15
A	181	L	NAC Individual - G2 Women	Charlotte Benton	Waterside Gymnastic Club	15:08:15	15:58:15	16:08:15	16:10:00
B	182	L	NAC Pair - Senior	Courtney Hewett & Amy Bond	Weston Aerobic Gymnastics	15:10:00	16:00:00	16:10:00	16:11:45
A	183	L	NAC Individual - G2 Women	Jade Newnham	Suki Aerobics Gym Club	15:11:45	16:01:45	16:11:45	16:13:30
B	184	S	NAC Trio - ND	Amelia Gelling, Jessica Wall & Olivia O'Keeffe	LK Aerobic Gymnastics	15:13:30	16:03:30	16:13:30	16:15:00
A	185	S	NAC Trio - G1	Ella Hutchinson, Harriet Payne & Lucie Antoine	Weston Aerobic Gymnastics	15:15:00	16:05:00	16:15:00	16:16:30
B	186	L	NAC Trio - G2	Amy Bond, Charlotte Painter & Isabel Worrall	Weston Aerobic Gymnastics	15:16:30	16:06:30	16:16:30	16:18:15
A	187	S	NAC Trio - G1	Abigail Norton, Millie Mann & Yazmin Mckean	LK Aerobic Gymnastics	15:18:15	16:08:15	16:18:15	16:19:45
B	188	L	NAC Trio - G2	Amy Guinn, Eleana Bartlett & Scott Berrell	Bulmershe Gym Club	15:19:45	16:09:45	16:19:45	16:21:30
A	189	S	NAC Trio - G1	Aylin Gurleyen, Ellie Brockley & Keira Stevenson	Bulmershe Gym Club	15:21:30	16:11:30	16:21:30	16:23:00
B	190	L	NAC Trio - G2	Lara Hunt, Lucy Clarke & Victoria Kemmish	Weston Aerobic Gymnastics	15:23:00	16:13:00	16:23:00	16:24:45
A	191	S	NAC Group - G1	Anoushka Gardonyi, Camilla Simmons, Catherine McColgan, Narissa Alves & Yashni Shah	Heathrow Gym Club	15:24:45	16:14:45	16:24:45	16:26:15
B	192	L	NAC Group - G2	Anna Burnston, Charlotte Benton, Charlotte May, Isobel Bartlam & Lauren O'Connor	Waterside Gymnastic Club	15:26:15	16:16:15	16:26:15	16:28:00
A	193	S	NAC Group - G1	Alicia Morton, Bianca Hartley, Chloe Wheeler, Olivia Rumsey & Phoebe Reid	Basingstoke Gym Club	15:28:00	16:18:00	16:28:00	16:30:00

A	194	S	NAC Group - G1	Ella Hutchinson, Emily Williams, Harriet Payne, Lauren Porter & Lucie Antoine	Weston Aerobic Gymnastics	15:30:00	16:20:00	16:30:00	16:31:30
				CEREMONY - RAC & NAC					

Sunday 20th September

Routine No.	Routine Length	Category	Gymnast	Club	Warm Up	Floor Side	Competition	
195	S	FND Individual	Eesha Antil	Heathrow Gym Club	09:00:00	09:50:00	10:00:00	10:02:00
196	S	FND Individual	Luisa Hardman	Champion Aerobic Gymnastics	09:02:00	09:52:00	10:02:00	10:04:00
197	S	FND Individual	Katie Granton	Basingstoke Gym Club	09:04:00	09:54:00	10:04:00	10:06:00
198	S	FND Individual	Seren Jones	Martines Action Pack	09:06:00	09:56:00	10:06:00	10:08:00
199	S	FND Individual	Hollie O'toole	Heathrow Gym Club	09:08:00	09:58:00	10:08:00	10:10:00
200	S	FND Individual	Ffion Lightfoot	Martines Action Pack	09:10:00	10:00:00	10:10:00	10:12:00
201	S	FND Individual	Abigail Carter	Martines Action Pack	09:12:00	10:02:00	10:12:00	10:14:00
202	S	FND Individual	Josie Vassie	Suki Aerobics Gym Club	09:14:00	10:04:00	10:14:00	10:16:00
203	S	FND Individual	Tia Ellis	LK Aerobic Gymnastics	09:16:00	10:06:00	10:16:00	10:18:00
204	S	FND Individual	Telleah Beaumont	Gillingham Gymnastics Club	09:18:00	10:08:00	10:18:00	10:20:00
205	S	FND Individual	Elodie Sheppard	Basingstoke Gym Club	09:20:00	10:10:00	10:20:00	10:22:00
206	S	FND Individual	Chloe Thornton	Gillingham Gymnastics Club	09:22:00	10:12:00	10:22:00	10:24:00
207	S	FND Individual	Emily Blackhurst	LK Aerobic Gymnastics	09:24:00	10:14:00	10:24:00	10:26:00
208	S	FND Pair	Natasha Wall & Tia Ellis	LK Aerobic Gymnastics	09:26:00	10:16:00	10:26:00	10:28:00
209	S	FND Trio	Abigail Carter, Ffion Lightfoot & Seren Jones	Martines Action Pack	09:28:00	10:18:00	10:28:00	10:30:00
210	S	FIG Individual - ND Men	Toby Baker	Weston Aerobic Gymnastics	09:30:00	10:20:00	10:30:00	10:32:00
211	S	FIG Individual - ND Men	Lewis Harvey	Weston Aerobic Gymnastics	09:32:00	10:22:00	10:32:00	10:34:00

212	S	FIG Individual - ND Women	Honey Finnan	Champion Aerobic Gymnastics	09:34:00	10:24:00	10:34:00	10:36:00
213	S	FIG Individual - ND Women	Hollie May	LK Aerobic Gymnastics	09:36:00	10:26:00	10:36:00	10:38:00
214	S	FIG Individual - ND Women	Summer-Lily Blackburn	Basingstoke Gym Club	09:38:00	10:28:00	10:38:00	10:40:00
215	S	FIG Individual - ND Women	Alisha Bartlett	Bulmershe Gym Club	09:40:00	10:30:00	10:40:00	10:42:00
216	S	FIG Individual - ND Women	Jessica Duck	LK Aerobic Gymnastics	09:42:00	10:32:00	10:42:00	10:44:00
217	S	FIG Individual - ND Women	Gemma Handley	Weston Aerobic Gymnastics	09:44:00	10:34:00	10:44:00	10:46:00
218	S	FIG Individual - ND Women	Emma Harris	Basingstoke Gym Club	09:46:00	10:36:00	10:46:00	10:48:00
219	S	FIG Individual - ND Women	Kyra St Hill	Bulmershe Gym Club	09:48:00	10:38:00	10:48:00	10:50:00
220	S	FIG Individual - ND Women	Laura Donnelly	Bulmershe Gym Club	09:50:00	10:40:00	10:50:00	10:52:00
221	S	FIG Individual - ND Women	Annis Buick	Suki Aerobics Gym Club	09:52:00	10:42:00	10:52:00	10:54:00
222	S	FIG Individual - ND Women	Teagan Bendall	Bulmershe Gym Club	09:54:00	10:44:00	10:54:00	10:56:00
223	S	FIG Individual - ND Women	Alice May	Waterside Gymnastic Club	09:56:00	10:46:00	10:56:00	10:58:00
224	S	FIG Individual - ND Women	Lola Lawrence	Weston Aerobic Gymnastics	09:58:00	10:48:00	10:58:00	11:00:00
225	S	FIG Individual - ND Women	Neda Simkute	Heathrow Gym Club	10:00:00	10:50:00	11:00:00	11:02:00
226	S	FIG Individual - ND Women	Tianna Marshall	Weston Aerobic Gymnastics	10:02:00	10:52:00	11:02:00	11:04:00
227	S	FIG Individual - ND Women	Jessica Ryding	LK Aerobic Gymnastics	10:04:00	10:54:00	11:04:00	11:06:00
228	S	FIG Individual - ND Women	Lucy Eaves	LK Aerobic Gymnastics	10:06:00	10:56:00	11:06:00	11:08:00
229	S	FIG Individual - ND Women	Teegan Owens-Anthony	Martines Action Pack	10:08:00	10:58:00	11:08:00	11:10:00
230	S	FIG Individual - ND Women	Zoe Wilshire	Bulmershe Gym Club	10:10:00	11:00:00	11:10:00	11:12:00
231	S	FIG Individual - ND Women	Nancy Law	Martines Action Pack	10:12:00	11:02:00	11:12:00	11:14:00
232	S	FIG Individual - ND Women	Megan Meadows	LK Aerobic Gymnastics	10:14:00	11:04:00	11:14:00	11:16:00
233	S	FIG Individual - ND Women	Xanthe Esslemont	Basingstoke Gym Club	10:16:00	11:06:00	11:16:00	11:18:00

234	S	FIG Individual - ND Women	Lauren Graham	Southport Aerobic Gymnastics	10:18:00	11:08:00	11:18:00	11:20:00
235	S	FIG Individual - ND Women	Iona Locke-Edmunds	Southport Aerobic Gymnastics	10:20:00	11:10:00	11:20:00	11:22:00
236	S	FIG Individual - ND Women	Hannah Emmett	Suki Aerobics Gym Club	10:22:00	11:12:00	11:22:00	11:24:00
237	S	FIG Individual - ND Women	Willow Neal	Weston Aerobic Gymnastics	10:24:00	11:14:00	11:24:00	11:26:00
238	S	FIG Pair - ND	Isabella-Jayne Styles & Lewis Harvey	Weston Aerobic Gymnastics	10:26:00	11:16:00	11:26:00	11:28:00
239	S	FIG Pair - ND	Lola Lawrence & Toby Baker	Weston Aerobic Gymnastics	10:28:00	11:18:00	11:28:00	11:30:00
240	S	FIG Trio - ND	Emma Harris, Robyn Marney & Summer-Lily Blackburn	Basingstoke Gym Club	10:30:00	11:20:00	11:30:00	11:32:00
241	S	FIG Trio - ND	Gemma Handley, Molly Brown & Tianna Marshall	Weston Aerobic Gymnastics	10:32:00	11:22:00	11:32:00	11:34:00
242	S	FIG Trio - ND	Emily Blackhurst, Jessica Duck & Megan Meadows	LK Aerobic Gymnastics	10:34:00	11:24:00	11:34:00	11:36:00
243	S	FIG Trio - ND	Alisha Bartlett, Laura Donnelly & Teagan Bendall	Bulmershe Gym Club	10:36:00	11:26:00	11:36:00	11:38:00
244	S	FIG Trio - ND	Emily Williams, Isabella-Jayne Styles & Willow Neal	Weston Aerobic Gymnastics	10:38:00	11:28:00	11:38:00	11:40:00
245	S	FIG Trio - ND	Hollie May, Jessica Ryding & Lucy Eaves	LK Aerobic Gymnastics	10:40:00	11:30:00	11:40:00	11:42:00
			BREAK					12:00:00
246	S	FIG Group - ND	Gemma Handley, Isabella-Jayne Styles, Lola Lawrence, Molly Brown & Tianna Marshall	Weston Aerobic Gymnastics	11:00:00	11:50:00	12:00:00	12:02:00
247	S	FIG Individual - G1 Women	Emerald Cundy	Basingstoke Gym Club	11:02:00	11:52:00	12:02:00	12:04:00
248	S	FIG Individual - G1 Women	Erin Hamilton-Giles	Basingstoke Gym Club	11:04:00	11:54:00	12:04:00	12:06:00
249	S	FIG Individual - G1 Women	Xanthie Fabling	New Forest Aerobic Gymnastics	11:06:00	11:56:00	12:06:00	12:08:00
250	S	FIG Individual - G1 Women	Sorina Nistor	Martines Action Pack	11:08:00	11:58:00	12:08:00	12:10:00
251	S	FIG Individual - G1 Women	Melanija Nomgauge	Heathrow Gym Club	11:10:00	12:00:00	12:10:00	12:12:00
252	S	FIG Individual - G1 Women	Anya Donnelly	Bulmershe Gym Club	11:12:00	12:02:00	12:12:00	12:14:00
253	S	FIG Individual - G1 Women	Keleigh-Anne Blakey	Basingstoke Gym Club	11:14:00	12:04:00	12:14:00	12:16:00

254	S	FIG Individual - G1 Women	Emily James	Martines Action Pack	11:16:00	12:06:00	12:16:00	12:18:00
255	S	FIG Individual - G1 Women	Jazmin Kirkpatrick	Bulmershe Gym Club	11:18:00	12:08:00	12:18:00	12:20:00
256	S	FIG Individual - G1 Women	Lurda Anedinovaite	Champion Aerobic Gymnastics	11:20:00	12:10:00	12:20:00	12:22:00
257	S	FIG Individual - G1 Women	Lydia Browne	Southport Aerobic Gymnastics	11:22:00	12:12:00	12:22:00	12:24:00
258	S	FIG Individual - G1 Women	Olivia Dodgins	LK Aerobic Gymnastics	11:24:00	12:14:00	12:24:00	12:26:00
259	S	FIG Individual - G1 Women	Katie Guinn	Bulmershe Gym Club	11:26:00	12:16:00	12:26:00	12:28:00
260	S	FIG Individual - G1 Women	Hannah Bradbury	Bulmershe Gym Club	11:28:00	12:18:00	12:28:00	12:30:00
261	S	FIG Individual - G1 Women	Isidora Vucicevic	Weston Aerobic Gymnastics	11:30:00	12:20:00	12:30:00	12:32:00
262	S	FIG Individual - G1 Women	Freya Dodgins	LK Aerobic Gymnastics	11:32:00	12:22:00	12:32:00	12:34:00
263	S	FIG Individual - G1 Women	Anya Mackie	Bulmershe Gym Club	11:34:00	12:24:00	12:34:00	12:36:00
264	S	FIG Individual - G1 Women	Ella Mai Paige	Weston Aerobic Gymnastics	11:36:00	12:26:00	12:36:00	12:38:00
265	S	FIG Individual - G1 Women	Mia Peverall	Bulmershe Gym Club	11:38:00	12:28:00	12:38:00	12:40:00
266	S	FIG Individual - G1 Women	Freya Baldwin	Bulmershe Gym Club	11:40:00	12:30:00	12:40:00	12:42:00
267	S	FIG Individual - G1 Women	Shanice George	Basingstoke Gym Club	11:42:00	12:32:00	12:42:00	12:44:00
268	S	FIG Individual - G1 Women	Freya Abrams	LK Aerobic Gymnastics	11:44:00	12:34:00	12:44:00	12:46:00
269	S	FIG Individual - G1 Women	Elizabeth Marais	Basingstoke Gym Club	11:46:00	12:36:00	12:46:00	12:48:00
270	S	FIG Individual - G1 Women	Xena Hewett	Weston Aerobic Gymnastics	11:48:00	12:38:00	12:48:00	12:50:00
271	S	FIG Individual - G1 Men	Connor Keane	Bulmershe Gym Club	11:50:00	12:40:00	12:50:00	12:52:00
			LUNCH					14:00:00
272	L	FIG Individual - G2 Women	Ceri Payne	Martines Action Pack	13:00:00	13:50:00	14:00:00	14:02:20
273	L	FIG Individual - G2 Women	Sarah Burdock	Basingstoke Gym Club	13:02:20	13:52:20	14:02:20	14:04:40
274	L	FIG Individual - G2 Women	Keira Landen	Weston Aerobic Gymnastics	13:04:40	13:54:40	14:04:40	14:07:00

275	L	FIG Individual - G2 Women	Lauren Denscombe	Weston Aerobic Gymnastics	13:07:00	13:57:00	14:07:00	14:09:20
276	L	FIG Individual - G2 Women	Emily Frost	Heathrow Gym Club	13:09:20	13:59:20	14:09:20	14:11:40
277	L	FIG Individual - G2 Women	Renee Augier	Bulmershe Gym Club	13:11:40	14:01:40	14:11:40	14:14:00
278	L	FIG Individual - G2 Women	Sian Bennett	Suki Aerobics Gym Club	13:14:00	14:04:00	14:14:00	14:16:20
279	L	FIG Individual - G2 Women	Celine Payne	Bulmershe Gym Club	13:16:20	14:06:20	14:16:20	14:18:40
280	L	FIG Individual - G2 Women	Jasmine Potter	Bulmershe Gym Club	13:18:40	14:08:40	14:18:40	14:21:00
281	L	FIG Individual - G2 Women	Victoria Barrell	Suki Aerobics Gym Club	13:21:00	14:11:00	14:21:00	14:23:20
282	L	FIG Individual - G2 Women	Danielle Thompson	Basingstoke Gym Club	13:23:20	14:13:20	14:23:20	14:25:40
283	L	FIG Individual - G2 Women	Megan Daniel	New Forest Aerobic Gymnastics	13:25:40	14:15:40	14:25:40	14:28:00
284	L	FIG Individual - G2 Women	Kate Donnelly	Bulmershe Gym Club	13:28:00	14:18:00	14:28:00	14:30:20
285	L	FIG Individual - G2 Women	Emily Antoine	Weston Aerobic Gymnastics	13:30:20	14:20:20	14:30:20	14:32:40
286	L	FIG Individual - G2 Women	Olivia Goves	Bulmershe Gym Club	13:32:40	14:22:40	14:32:40	14:35:00
287	L	FIG Individual - G2 Women	Niamh Keane	Bulmershe Gym Club	13:35:00	14:25:00	14:35:00	14:37:20
288	L	FIG Individual - G2 Women	Katherine Dean	Bulmershe Gym Club	13:37:20	14:27:20	14:37:20	14:39:40
289	L	FIG Individual - G2 Women	Naomi Parkinson	LK Aerobic Gymnastics	13:39:40	14:29:40	14:39:40	14:42:00
290	L	FIG Individual - G2 Women	Eleanor Ruffle	Bulmershe Gym Club	13:42:00	14:32:00	14:42:00	14:44:20
291	L	FIG Individual - G2 Women	Skye Shotton	Southport Aerobic Gymnastics	13:44:20	14:34:20	14:44:20	14:46:40
292	L	FIG Individual - G2 Women	Katie Boyce	Bulmershe Gym Club	13:46:40	14:36:40	14:46:40	14:49:00
293	L	FIG Individual - G2 Women	Emily Dodds	Southport Aerobic Gymnastics	13:49:00	14:39:00	14:49:00	14:51:20
294	L	FIG Individual - G2 Men	Marvin Gordon	Bulmershe Gym Club	13:51:20	14:41:20	14:51:20	14:53:40
295	L	FIG Individual - G2 Men	Rhys Williams	Weston Aerobic Gymnastics	13:53:40	14:43:40	14:53:40	14:56:00
296	L	FIG Individual - Senior Women	Kayleigh Silva	Martines Action Pack	13:56:00	14:46:00	14:56:00	14:58:20

297	L	FIG Individual - Senior Women	Ella Augier	Bulmershe Gym Club	13:58:20	14:48:20	14:58:20	15:00:40
298	L	FIG Individual - Senior Women	Jessica Kirkpatrick	Bulmershe Gym Club	14:00:40	14:50:40	15:00:40	15:03:00
299	L	FIG Individual - Senior Women	Chloe Farrance	Bulmershe Gym Club	14:03:00	14:53:00	15:03:00	15:05:20
300	L	FIG Individual - Senior Women	Zanna Woods	Bulmershe Gym Club	14:05:20	14:55:20	15:05:20	15:07:40
301	L	FIG Individual - Senior Women	Sophie Goves	Bulmershe Gym Club	14:07:40	14:57:40	15:07:40	15:10:00
302	L	FIG Individual - Senior Men	Matthew Saunders	Weston Aerobic Gymnastics	14:10:00	15:00:00	15:10:00	15:12:20
303	L	FIG Pair - G2	Jasmine Potter & Marvin Gordon	Bulmershe Gym Club	14:12:20	15:02:20	15:12:20	15:14:40
304	L	FIG Pair - G2	Keira Landen & Rhys Williams	Weston Aerobic Gymnastics	14:14:40	15:04:40	15:14:40	15:17:00
305	S	FIG Trio - G1	Alice Hadjiloucas, Erin Watts & Harriet Osborne	Bulmershe Gym Club	14:17:00	15:07:00	15:17:00	15:19:00
306	S	FIG Trio - G1	Anya Donnelly, Emily Francis & Hannah Bradbury	Bulmershe Gym Club	14:19:00	15:09:00	15:19:00	15:21:00
307	S	FIG Trio - G1	Elizabeth Marais, Erin Hamilton-Giles & Keleigh-Anne Blakey	Basingstoke Gym Club	14:21:00	15:11:00	15:21:00	15:23:00
308	S	FIG Trio - G1	Emily James, Mia Bernardo & Sorina Nistor	Martines Action Pack	14:23:00	15:13:00	15:23:00	15:25:00
309	S	FIG Trio - G1	Freya Abrams, Olivia Dodgins & Sacha Sykes	LK Aerobic Gymnastics	14:25:00	15:15:00	15:25:00	15:27:00
310	S	FIG Trio - G1	Charlotte House, Molly Dunford & Xanthie Fabling	New Forest Aerobic Gymnastics	14:27:00	15:17:00	15:27:00	15:29:00
311	S	FIG Trio - G1	Anya Mackie, Katie Guinn & Mia Peverall	Bulmershe Gym Club	14:29:00	15:19:00	15:29:00	15:31:00
312	L	FIG Trio - G2	Bethany Kemmish, Emily Antoine & Isabel Worrall	Weston Aerobic Gymnastics	14:31:00	15:21:00	15:31:00	15:33:20
313	L	FIG Trio - G2	Katherine Dean, Niamh Keane & Olivia Goves	Bulmershe Gym Club	14:33:20	15:23:20	15:33:20	15:35:40
314	L	FIG Trio - G2	Hope Davies, Jazmin Kirkpatrick & Skye Lau	Bulmershe Gym Club	14:35:40	15:25:40	15:35:40	15:38:00
315	L	FIG Trio - G2	Jasmine Potter, Kate Donnelly & Renee Augier	Bulmershe Gym Club	14:38:00	15:28:00	15:38:00	15:40:20
316	L	FIG Trio - G2	Danielle Thompson, Sarah Burdock & Shanice George	Basingstoke Gym Club	14:40:20	15:30:20	15:40:20	15:42:40
317	L	FIG Pair - Senior	Bethany Kemmish & Matthew Saunders	Weston Aerobic Gymnastics	14:42:40	15:32:40	15:42:40	15:45:00
318	L	FIG Trio - Senior	Chloe Farrance, Ella Augier & Sophie Goves	Bulmershe Gym Club	14:45:00	15:35:00	15:45:00	15:47:20

319	S	FIG Group - G1	Anya Donnelly, Anya Mackie, Emily Francis, Hannah Bradbury & Jazmin Kirkpatrick	Bulmershe Gym Club	14:47:20	15:37:20	15:47:20	15:49:20
320	L	FIG Group - G2	Crerar Antony, Eleanor Ruffle, Katherine Dean, Niamh Keane, Olivia Goves	Bulmershe Gym Club	14:49:20	15:39:20	15:49:20	15:51:40
321	L	FIG Group - G2	Celine Payne, Hope Davies, Kate Donnelly, Katie Boyce & Renee Augier	Bulmershe Gym Club	14:51:40	15:41:40	15:51:40	15:54:00
322	L	FIG Group - G2	Chloe Hargreaves, Danielle Thompson, Emerald Cundy, Sarah Burdock & Shanice George	Basingstoke Gym Club	14:54:00	15:44:00	15:54:00	15:56:20
323	L	FIG Group - Senior	Jessica Kirkpatrick, Chloe Farrance, Ella Augier, Emily Boyce, Sophie Goves	Bulmershe Gym Club	14:56:20	15:46:20	15:56:20	15:58:40
			Ceremony - FND & FIG					

Rules and Regulations

Volunteers

British Gymnastics and the Aerobic Technical Committee will act to protect any volunteers working on their behalf. All ATC Competitions operate a zero tolerance approach to foul language or any abusive and aggressive behaviour. Anyone found to be breaking these rules will be asked to leave the competition arena and, if necessary, the venue. Please help us ensure the competition arena is a friendly atmosphere

Competition Attire

Please refer to the British Gymnastics Aerobic Gymnastics Competition Handbook 2015.

Inquiries

Please refer to the British Gymnastics Aerobic Gymnastics Competition Handbook 2015.

Scoring and Result

Scoring and results are provided by BG Score.

Live scores from the event can be viewed using the 'BG Score' app for iOS and Android which is free to download from the iTunes and Google Play stores.

Instant video replay of the routines will be available via the iOS app subject to technology facilities at the venue.

You can also 'Like' BG Score on Facebook (<http://www.facebook.com/BGScore>) for information and scores during the event, and follow @BGScore on twitter to receive score tweets.

PDF results can be found during and after the event by searching for the event using 'Find an Event or Result' on the British Gymnastics website (<http://www.british-gymnastics.org>) or via the BG Score Facebook page.

Videos of all the routines recorded by BG Score will be made available after the event, and can be viewed by logging into GymNet with your membership number and password towards the end of the week following the event, choosing the 'Competition Videos' menu option.

Presentation Ceremonies

All placed gymnasts must be present in the competition venue for the presentation ceremony at the end of the competition.

All gymnasts and coaches participating in the presentation ceremonies must march on in competition attire.

Media Information

Official Photographer

The Official Photographer at this event will be Sports Alive. Official photos can be purchased on the day from the Sports Alive Stand or online.

British Gymnastics Photo Policy

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: <http://www.british-gymnastics.org/governance>


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.

Appendices

Appendix 1


Music Upload Instructions

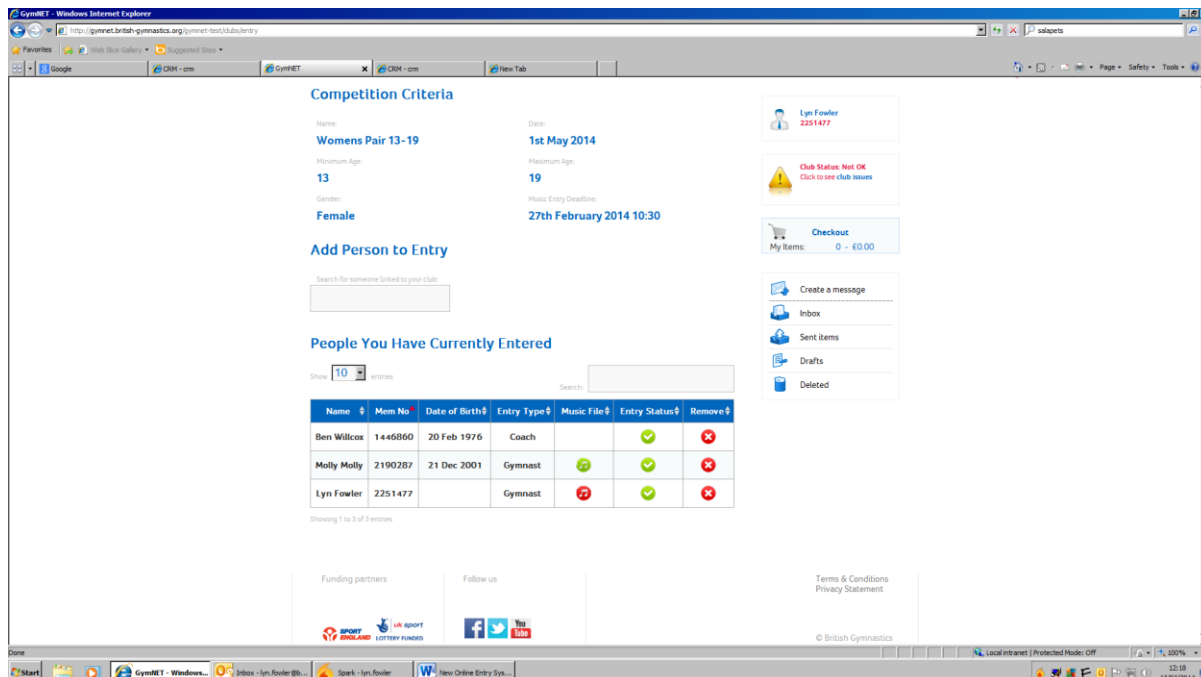
When you have input your gymnasts you will see this icon - .

Click on the icon and in this screen you can upload the music that this entrant will use whilst competing in this competition. You can upload a music file as long as it is one of these formats: MP3, M4A, OGG, WMA, WAV or FLAC.



After uploading a music file please confirm it is correct by using the play button to listen to the uploaded version. A file can be changed as many times as you like as long as the deadline for music upload has not passed. If this gymnast does not require a music file please tick the Music not required option.

If you are uploading music for a partnership or group where one piece of music is for them all, then partner/group them before uploading the music then upload 1 piece against any gymnast in the partnership/group, and the music will cascade to the other gymnasts.

When you have completed uploading your music the icon becomes green  indicating the music upload is OK.



The screenshot shows the GymNET web application interface. The main content area displays 'Competition Criteria' for 'Womens Pair 13-19' with a deadline of '1st May 2014'. Below this is an 'Add Person to Entry' section and a table titled 'People You Have Currently Entered'.

Name	Mem No	Date of Birth	Entry Type	Music File	Entry Status	Remove
Ben Willcox	1446860	20 Feb 1976	Coach		✓	✗
Molly Molly	2190287	21 Dec 2001	Gymnast		✓	✗
Lyn Fowler	2251477		Gymnast		✓	✗

The table shows that Lyn Fowler has a music file uploaded (indicated by a red music note icon) and her entry status is confirmed (green checkmark). The interface also includes a sidebar with user information for Lyn Fowler, a 'Club Status: Not OK' warning, and a 'Checkout' section.

Appendix 2

GymNET Biography Instructions

1. This is the link to the new GymNET site: <https://gymnet.british-gymnastics.org/gymnet/login>
2. If you don't know your GymNET Password, click on the link under the "Login" button. Then complete the details on the following page and a reminder will be sent to the email address listed within the membership system.
3. If you don't think you have a valid email address that you have previously submitted to British Gymnastics, then please call Member Services on 0845 1297129
4. Once you have gained access to GymNET by entering your membership number and password you can add/change your details by clicking on fields where a pencil icon appears. Some fields are fixed and not able to be modified.
5. **Please remember on the Biography tab only to include anything that you are happy may be read out by the commentators over the public address system to the spectators in the audience or that may be used in press releases and other marketing material.**

Thank you in advance if you are able to take a few minutes to update your record and please do log back in regularly as the data contained within GymNET is the primary way that British Gymnastics can help improve communication and engagement with you as members.

If you have any feedback on what you think we should know about you or the new GymNET system please do not hesitate to contact us on feedback@british-gymnastics.org

Appendix 3

Drug Free Sport: Anti-Doping

One of the cornerstones of sport is the principle of fair play, and without question there should be an emphasis on fair play in regard to the adherence to the rules of a drug free sport. It is therefore necessary and appropriate that a testing programme operates and is actively supported by BG. *The testing programme may affect any elite gymnast performing at a national standard.*

Under the Regulations of FIG, all British Gymnastics organised events are notified to UK Anti-Doping, (UKAD). Gymnasts and coaches should be aware that testing may take place at competitions, deemed to be testing 'in competition' and potentially at National Squad trainings, deemed to be 'out of competition'. In principle gymnasts under 16 years *may* be tested in particular circumstances. Consent is linked to all gymnasts with a FIG Licence, or parental consent established at the point of testing, but this means that gymnasts competing in disciplines with an Age Group Competition; Acrobatic, Aerobics, DMT, Trampoline and Tumbling, may be tested within any of the age group categories.

At national events, be they competition or national squads, the collection of doping control samples shall be initiated and directed by UKAD in coordination with British Gymnastics. In addition to this gymnasts can be tested at home or their club, in particular where they are of an international standard. For further information on British Gymnastics Anti-Doping Policy, please visit www.british-gymnastics.org, Technical information & judges / [Sports Science and Medicine](#) / Anti-Doping Policy.

There is every possibility that gymnasts will be selected, either randomly or targeted by competition results whilst competing in the UK or internationally. If selected, a gymnast will be required to provide a urine sample of a predetermined volume, outlined within the international standard regulated by the World Anti Doping Agency (WADA) and as specified by FIG. On occasions UKAD may use blood samples in which case qualified testing personnel will conduct this procedure with the Drugs Control Officer (DCO).

On all occasions gymnasts are advised to take an 'advocate' with them into the testing station. This could be a member of the medical team a coach or a parent as relevant. In all cases, gymnasts are requested to declare all medications taken within the preceding 7 days.

Therefore for a gymnast taking any medication, it is vital that these are checked on a regular basis and if tested, declared. If you are competing nationally it is advisable that you check medications to ensure they are permitted on each occasion, i.e. every event. If you compete internationally ensure you are prudent and do not use alternative medications from abroad as their ingredients can differ to the UK version.

Any gymnast tested they will need to know the name of the medication, the dosage, frequency and the starting point of the course of medication, as well as state the condition it relates to. If a gymnast is currently on any medication(s) which is/are restricted or prohibited, or have a Therapeutic Use Exemption (TUE) certificate, it is vital to ensure that the British Gymnastics is aware of this, and to ensure TUE certification is available at the testing.

Supplements:

Diet, lifestyle and training should all be optimised before considering supplementation. Coaches and gymnasts should assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in Sports and Exercise Medicine before taking using supplements. Scientific evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production, and

could lead to a positive finding. Under the principle of 'strict liability', ***it is the gymnast who is held accountable if a prohibited substance is found in a sample provided***, whether intentional or unintentional.

Informed Sport is an official website that provides some information on products which fall into the category of supplementation, but may have been previously tested for integrity: <http://www.informed-sport.com/about-informed-sport>

Gymnastics medical staff:

It is imperative that you seek advice if you are uncertain on medications, or the testing procedure. It is essential to promote, support and show that we are drug-free in the campaign to ensure sport is 'clean' in the UK.

Checking Medications:

If you have any concern, or are unsure as to whether a medication is a restricted or banned substance, please refer to the following;

Gymnasts can search particular brands of medications or for specific ingredients via www.globaldro.com. Gymnasts, coaches and support personnel are also reminded that they can check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visiting www.ukad.org.uk

ASTHMA:

There continues to be no requirement to complete a Therapeutic Use Exemption Use form (TUE) for a number of the asthma medications, including Salbutamol and Salmeterol. Formoterol has also been added to the list that no longer requires a TUE when taken by inhalation.

However, Formoterol has a threshold level of permitted use, maximum 54 micrograms over 24 hours. As a result of these changes UK Anti-Doping reminds all gymnasts that the British guidelines for inhaled Formoterol range from 24-72 micrograms per day. (If there is a medical situation requiring doses beyond 54 micrograms then a TUE may still be required, in which case a lung function test and application for asthma TUE will be required. If exacerbation of asthma requires a supplementary dosage of Formoterol, above 54 mg per 24h, an emergency TUE should be applied for).

Regardless of the dosage permitted, all gymnasts are encouraged to seek appropriate medical advice to ensure that they are receiving optimal treatment.

A TUE is still required for Terbutaline. In some cases it is possible that gymnasts can change their medication to still effectively manage their asthma with an alternative, however please seek advice from your GP, and seek support from BG should this prove problematic or be an issue of concern.

PSEUDOEPHEDRINE:

Pseudoephedrine is a decongestant used to treat nasal and sinus congestion and remains on the list of prohibited substances. It is an ingredient in some 'Over The Counter' (OTC) cold and flu medications such as Sudafed (some varieties).

BG would strongly recommend you RECHECK any medications that you are currently taking or that you may have at home to ensure that you do not inadvertently contravene the doping regulations.

If you have any questions or queries please do not hesitate to contact British Gymnastics Anti-Doping Officer. In the fight for a drug free sport, BG fully endorses a testing programme at events organised by BG and request that you support and promote a clean image for British sport.

Prepared by Dr Chris Tomlinson