



London Trampoline & Tumbling Aspire, Club & Challenge Cup

Sunday 19th March 2023

**Jean Brown Arena
Redbridge Sports Centre, Ilford, IG6 3HD**

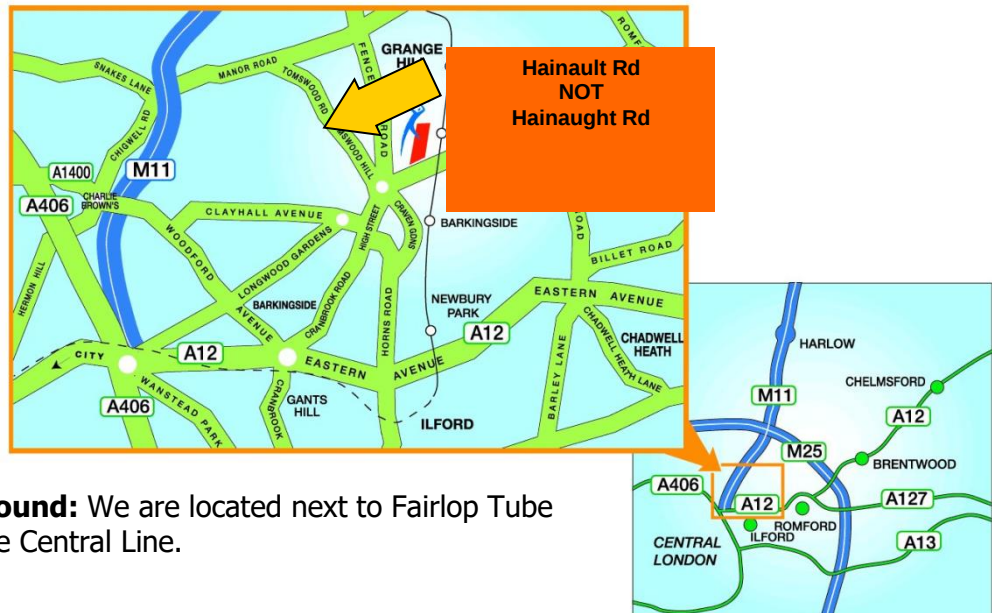


LONDON

TRAMPOLINE
& TUMBLING

Venue information

Venue title: *The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD*



By Underground: We are located next to Fairlop Tube Station on the Central Line.

Parking charges apply
PLEASE REGISTER YOUR CAR AT THE VENUE



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff will be able to direct you.

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

IMPORTANT – PLEASE READ THE WHOLE DOCUMENT

Dear Clubs and Coaches,

Congratulations on preparing your gymnasts for the London Trampoline & Tumbling Aspire, Club & Challenge Cup 1 and English Silver Tumbling Qualifier. We wish the gymnasts the best of luck.

We ask you to ensure you read the whole document. We would also be grateful if you can pass on relevant information to your parents to ensure our event volunteers do not need to field unnecessary questions, where the information could have been obtained prior to the event.

We have 461 entries taking part across trampoline, tumbling and DMT. We would like to take a moment to thank our judges, event personnel, partners and of course our clubs for the extensive effort that goes into attending a competition.

Above all else please ensure you and your gymnasts enjoy the London Open. We have a new venue, Jean Brown Arena, so please arrive with extra time to orientate yourself to assist in the event running as seamlessly as possible.

In addition, please remind yourself of the event rules. In particular, dress code, jewellery, BG rules and event specific exercise requirements.

Having read the information, if you are uncertain of anything, please contact us on andrew.freeman@london-gymnastics.co.uk. Please remember the latest event info can be found here:
<https://bit.ly/3JyEMX3>

Best wishes,
London Trampoline & Tumbling TC

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

IMPORTANT – NEW FLOOR AT REDBRIDGE

Redbridge Sports Centre laid a new sports hall floor in 2022.

We have been asked to follow the following rules. London Gymnastics will be fined if we damage the floor or we are seen flouting the rules.

- No outdoor shoes can walk on the new floor.
- No high heel shoes can walk on the new floor.
- Parents are not allowed on the floor for any reason.

- Judges lunch should be eaten in the studio and not taken into the sports hall.
- Judges may only consume tea/coffee in the upstairs studio or at the judges tables.
- Coaches should consume their tea/coffee in the area of the refreshment station on the protected floor area.
- No one should walk around the sports hall drinking their tea or coffee.
- If there is spillage, please collect some BLU-ROLL from the coaches tea/coffee area and mop it up immediately.

- It is preferable that gymnasts only have water to drink .
- If there is spillage, please collect some BLU-ROLL from the coaches tea/coffee area and mop it up immediately.
- Gymnasts should leave the main hall to eat.

- The centre have also asked that caution/care is taken when moving apparatus/chairs/table not to score or damage the floor.

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

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2023 T&T ASPIRE, CLUB & CHALLENGE Q1

Venue Information

Event:	2023 London Trampoline & Tumbling Aspire, Club & Challenge Cup 1 and English Silver Tumbling Qualifier
Date/s:	Sunday 19 th March
Venue:	The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD
Directions:	https://goo.gl/maps/tiLgKq6BxnkS5uTV7
Parking:	Parking charges apply. Please register your car at the venue
Public transport:	Located next to Fairlop Station on the Central Line
Doors Open: Coaches	8.15 am
Doors open: Volunteers	8.15 am
Doors open: Gymnasts	8.45 am: Access to first floor/spectator seating only
Doors Open: Spectators	8.45 am: Access to first floor/spectator seating only

Venue Facilities

Café:	Onsite offering hot drinks and food options
Shopping mall:	Photos by DE Photography on sale Leotards by The Zone on sale
Changing rooms:	Located on the ground floor by the sports hall
Toilets:	Located on the ground floor by the sports hall

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Personnel

Competition Organiser:	Trampoline & DMT - Andrew Freeman Tumbling – Andrew Payne
Announcer:	Various
Floor Manager:	Trampoline & DMT – Andrew Freeman Tumbling – Paul Welch
Judging Coordinator:	Trampoline & DMT - Anthony Ottley Tumbling – Helen Korro
Range & Conditioning:	Andrew Freeman
Superior Jury:	N/A
Music:	Louise Ellis
Photography:	DE Photography
First Aid / medical cover:	First Aid Ltd.
Welfare Officer:	Louise Ellis
Health & Safety Officer:	Andrew Freeman
Scoring:	Andrew Freeman
Cups & Trophies	Andrew Freeman
Front of House:	Anne McNeill
Volunteer's Liaison:	Harriet Curtis

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

Ticket information:

Ticket prices:	Payment by credit or debit card only		
		<i>Adult</i>	<i>Child</i>
On-the-day:	Day	£7.00	£4.00
Event Programme:			

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

Qualifications:

Clubs:	Must be BG registered, LG affiliated, TRA/TUM/DMT registered
Nominated coaches:	Level 2 or above, require current gold BG membership, DBS, SPCA, a minimum level 2 qualification in TRA/TUM/DMT
Nominated L1 coaches:	Require current silver BG membership, DBS, SPCA & minimum level 1 coach qualification in TRA/TUM/DMT
Gymnasts:	Aspire levels: Require Bronze membership Club levels: Require Bronze membership Challenge levels: Require Silver membership Spring Cup levels: Require Silver membership
Judges:	Require minimum Bronze BG membership & cycle 14 qualification

Accreditation

Coaches:	Accreditation desk will be sign posted Coaches must register individually Accreditation is non-transferable
No of Accredited coaches:	Unlimited
Disability:	Clubs entering disabled gymnasts may have one additional qualified coach accredited
Gymnasts:	The coaches will register their gymnasts and inform the registrar of any withdrawals
Judges:	Judges will register in the Studio on the first floor with the Judging/Volunteer Coordinator
Volunteers:	Judges will register in the Studio on the first floor with the Judging/Volunteer Coordinator

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

Technical Information:

Club/Coach pack:	Finalised information for all can be found on the BG events page
Ticket Sales meeting	8:20-8:30 am on the first floor balcony with Michael.
Coach meeting:	8:30-8:45 am in the sports hall at the accreditation desk with Harriet
TRA/DMT/R&C Judges & Panel Managers meeting:	8:45-9:00 am in the upstairs studio with Andrew
Panel Mangers & Chair TScore & TOF meeting:	9:00-09:15 am in the sports hall at Panel 2 with Andrew
TUM Judge Meeting	9:00-9:15 am in the upstairs studio with Helen
Difficulty card:	Difficulty cards required for Trampoline Challenge and NAGC levels and DMT Challenge levels.
Warm-up gym:	Carpet area in the warm up hall (next to competition hall, if available)
Superior Jury:	There is no superior jury at this event.
Gymnast attire	As per BG Trampoline Code of Points. Jewellery, body piercing and similar adornments are not allowed.
Bandaging	Bandaging/ strapping should be flesh coloured
Coach's Attire:	Coaches are required to wear a club tracksuit or a polo shirt and track bottoms.
Judges Attire:	Judges must wear BG regulation judge attire as specified in discipline handbooks. County level+ to wear LG tie/scarf
Substitution:	No substitutions are allowed
Inquiries:	A coach may only inquire about the Difficulty Score, in accordance with the principles of the FIG code of points. Inquiries may be made only for a coaches' own gymnast
Presentations	Gymnasts and coaches participating in the presentation ceremony must march on in competition attire.
Scoring and results	Finalised score sheets will be published on the event page of the LG website
Tie break:	As per BG handbook(s)

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Anti-doping:	Testing may take place at any event. The gymnast is held accountable if a prohibited substance is found whether intentional or unintentional.
BG Photo Policy:	Any person wishing to use video, film, or take photographs must abide by the BG Photography Policy. Flash may not be used at any time. The competition organiser reserves the right to ban the taking of photos or videos. Accredited coaches must not take photos or videos, whilst in the arena. Coaches who are spectators are covered by the same rulings as parents/guardians.
Electronic Communications	Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the arena during the event.

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

Health & Safety:

Field of Play	The Field of Play will be clearly marked out. Crossing the barriers between the spectator seating and competition floor is forbidden.
Welfare Officer	Louise Ellis
Risk Assessment	A risk assessment has been completed for this event
H&S Check List:	The H&S checklist has been actioned
First Aid & Medical Equipment:	First Aid Ltd will provide medical cover and first aid materials
A&E Record book:	A&E Record book will be available to record accidents Additionally, reporting accidents must be done via the BG website by the club involved.
BG A&E Reporting no.	The HS Officer will provide the BG number
Emergency: Gymnasts	In the case of an emergency (e.g. fire) the coaches will lead their gymnasts to the 'fire assembly point' and register the gymnasts
Emergency: Spectators:	The venue personnel will direct the spectators to the fire exits and the fire assembly point.
Emergency: Judges	The Judging Coordinator will direct the judges to the fire assembly point and register them
Emergency: Officials and Volunteers	The officials and volunteers go to the 'fire assembly point'
All	The venue personnel will ensure the building is empty

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

Event Details

Club Pack:	A pack will be provided to each club on the day with registers, finalised information for coaches and gymnasts.
Warm-up Area:	Carpet area in the warm up hall (next to competition hall, if available)
Orientation:	There will be no orientation at this event.
Gymnasts Seating:	In the spectator seating. During competition on the seating provided in the competition arena.
March on:	There will not be a march on at this event.
Dismissal from event	Club coaches are responsible for the dismissal of their gymnasts
Responsibilities:	Coaches must ensure that gymnasts follow the host venue's rules

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Judging Panels:

	Panel 1 (Trampoline)		Panel 2 (Trampoline)		Panel 3 (DMT)	
TRAMPOLINE & DMT JUDGES						
Chair	Laura Lloyd	RSC	Carole Charters	ZEN	Michael Freeman	KTA
Execution E1	Katie Park	KTA	Joseph Moore/Angela Moore	TWZ	Lara Washburn	ESG
Execution E2	Kim Nash	TWZ	Rachel Wilkinson (AM) Georgina Johnson (PM)	SKY HEN	Helen Jolliffe	TWZ
Execution E3	Aisha Baker-Smith	SOB	Bharathi Sudanagunta	HGC	Tamzin Want	NGT
Execution E4	Hayley Harris	CAM	Aletha Holborough	ITA	Jodie Ramsden	LTA
Execution E5						
Execution E6						
Difficulty D1	Gary Halfteck	QMD	Mustafa Ozturk	HGC	Beeshman Sivakumaran	HAR
Difficulty D2	Emma Collier	QMD	Noah Gill	HAR		
HD 1 / Marshal	Lydia Scofield	RSC	Connie Deighton	NGT	Agnieszka Piatek	ESG
HD 2 / Marshal	Morgan Ramsey	CAM	Dov Penzik (AM) Rachel Wilkinson (PM)	HEN SKY		
Time of Flight	Performed by Chair		Performed by Chair			
Panel Manager	Jeremy Lieber Reynolds	SKY	Janet Perkins	LTA	Claire Macneill / Jo Hawkins	ITA

	Panel 4 (Tumble Track)		Panel 5 (Air Track)			
TUMBLING JUDGES						
Chair	Ollie Reiss	BVG	Fern Butler-Korro	NGT		
Execution E1	Helen Korro	NGT	Erin Pennthomas	VGC		
Execution E2	Andrew Payne	SGC	Tatiana Santos	CGC		
Execution E3			Karli Goedecke	ESG		
Execution E4						
Execution E5						
Execution E6						
Difficulty D1						
Difficulty D2						
Panel Manager	Abi Anderson	UPT	Rachel Fraser	UPT		
Marshal	Michelle Hurley	UPT	Dionne Lyseight	UPT		

RANGE & CONDITIONING JUDGES						
R&C Panel 1 TRA	Mark Baddick (AM) Jilly Morris (PM)	HEN HEN	R&C Panel 4 TUM			
R&C Panel 2 TRA	Emma Gerrett	ITA	R&C Panel 5 TUM			
R&C Panel 3 DMT	Shernette McKenzie	SOB				

EVENT SUPPORT ROLES						
Ticket Sales 1	Peter Freeman	KTA	Reserve Judge TRA 1	Neena Agarwal	LTA	
Ticket Sales 2	Janice Coleman	ESG	Reserve Judge TRA 2	Malgorzata Sacewicz	ITA	
The Zone Stall 1	Emily Aidoo	NGT	Reserve Judge TUM 1			
The Zone Stall 2	Virginia Baltanas-Nunez	NGT	Reserve Judge TUM 2			
Uniform Room 1			Reserve Judge DMT 1			
Uniform Room 2			Reserve Judge DMT 2			
Floor Manager 1	Harriet Curtis	LTA	Welfare Officer	Louise Ellis	KTA	
Floor Manager 2	Paul Welch	BVG	Computer Scoring	Andrew Freeman	KTA	
Event Organiser 1	Andrew Freeman	KTA	ToF Support	Andrew Freeman	KTA	

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All judges, officials and volunteers must register at their scheduled meeting time:

Ticket Sales meeting	8:20-8:30 am on the first floor balcony with Michael
Coach meeting:	8:30-8:45 am in the sports hall at the accreditation desk with Harriet
The Zone & Front of House:	9:00-9:15 am in the main reception with Anne
TRA/DMT/R&C Judges & Panel Managers meeting:	8:30-8:45 am in the upstairs studio with Andrew
Panel Mangers & Chair TScore & TOF meeting:	8:45-9:00 am at Panel 2 with Andrew
TUM Judge Meeting	9:00-09:15 am in the upstairs studio with Helen

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Additional Information for Judges (Volunteers and Coaches):

Before the competition:	(1) Check your travel plans (2) Check your clothing meets the BG judge dress code (3) Pack your LG tie/scarf if County level+ (4) Pack a water bottle and a hot drinks bottle (5) Download the BG Score app and trial judge/watch videos of podium finishes for your groups at the 'Trampoline and Tumbling Regional Team Final and NDP Semi-Final 2019'
Start of day:	(1) Arrive 15 mins before your judge meeting and register at the registration desk in the sports hall (2) Add your email to our new judge mailing list (3) Attend judges meeting (4) During warm-up practice judge. (5) During warm-up watch BG Score videos
End of day:	(1) Pack away score cards and judging items (2) Pack away Club certificates and stickers (3) Clear judging areas of all rubbish and place in bin (4) Fold tablecloths and banners (5) Ask if there are any other tasks which need completing
After the event:	(1) Complete and return your travel claims form by the deadline
Range and Conditioning:	Transfer deductions to the R&C recording sheet. Once the group is complete hand in to the R&C computer recorder. Head R&C judge to mentor the nominated judges throughout the day.
Club levels:	Presentation team to write the certificates with name, score per discipline and affix the performance sticker. Use the crib sheet to work out if gold, silver or bronze level.
Distinction Award:	Use the TScore report to decide if this is to be awarded. Presentation team to give to gymnasts during presentation
Lunch:	In the Judges Room.
Bring your own receptacle(s):	For environmental reasons, plastic bottles of water and plastics cups for hot/cold drinks will no longer be supplied. A water fountain is located on the ground floor. Hot drink supplies will be in the judges room and sports hall.

2023 London Trampoline & Tumbling Challenge Cup 1

Sunday 19th March 2023

Panel Meeting Times		08:45 - Judge Meeting TRA & DMT Panels / 09:15 - Judge Meeting TUM Panels. Judge Meetings will be held in the Studio upstairs.												Version 2	
FLIGHT		TRA	PANEL 1	PANEL 2	FLIGHT		DMT	PANEL 3	FLIGHT		TUM	PANEL 4 (TUMBLE TRACK)	PANEL 5 (AIR TRACK)		
1	Lorcan D Lucas A	09:00-09:15	Warm Up Range & Conditioning	TRA NAGC - Men 10+ (2)	TRA Level 1 - Men 11-12 (2)	1	09:00-09:15	Warm Up Range & Conditioning	DMT Level 2 - Women 11-12 (1)	1	09:45-10:05	March In & Warm up TUM	TUM Level 1 - Women 13+ (8)	TUM Club 1 - Women 7-8 (15)	
		09:15-09:45	Compete Range & Conditioning	TRA Level 3 - Men 15+ (8)	TRA Level 1 - Men 13-17 (5)		09:15-09:45	Compete Range & Conditioning	DMT Level 2 - Women 13+ (6)		10:05-10:45	Compete TUM & March Out	TUM Level 1 - Women U13 (3)		
		09:45-10:05	March In & Warm Up Trampoline	TRA Level 4 - Men 13-14 (1)	TRA Level 1 - Men 9-10 (1)		09:45-10:05	March In & Warm Up DMT	DMT Level 3 - Women 13-14 (3)		10:45-11:00	Medal Ceremony	TUM Level 1 - Men U13 (2)		
		10:05-10:45	Compete Trampoline & March Out	TRA Level 4 - Men 15-16 (2)	TRA Level 2 - Men 11-12 (3)		10:05-10:45	Compete DMT & March Out	DMT Level 3 - Women 15-16 (2)						
		10:45-11:00	Medal Ceremony	TRA Level 4 - Men 17+ (1)	TRA Level 2 - Men 13-14 (2)		10:45-11:00	Medal Ceremony	DMT Level 3 - Women 17+ (1)						
2	Ceci L	10:00-10:15	Warm Up Range & Conditioning	TRA Level 3 - Men 11-12 (6)	TRA Aspire - Mixed 13-16 (14)	2	10:00-10:15	Warm Up Range & Conditioning	DMT Level 1 - Women 13+ (9)	2	10:45-11:05	March In & Warm up TUM	TUM Level 2 - Women 11-12 (2)	TUM Club 1 - Women 11 (1)	
		10:15-10:45	Compete Range & Conditioning	TRA Level 3 - Men 13-14 (5)	TRA Aspire - Mixed 17+ (1)		10:15-10:45	Compete Range & Conditioning			11:05-11:45	Compete TUM & March Out	TUM Level 2 - Women 13-14 (4)	TUM Club 1 - Women 9-10 (3)	
		10:45-11:05	March In & Warm Up Trampoline	TRA Level 3 - Men 9-10 (2)			10:45-11:05	March In & Warm Up DMT			11:45-12:00	Medal Ceremony	TUM Level 2 - Women 15+ (4)	TUM Club 1 - Men 7-8 (1)	
		11:05-11:45	Compete Trampoline & March Out				11:05-11:45	Compete DMT & March Out					TUM Level 2 - Men 15+ (1)	TUM Club 2 - Women 11 (4)	
		11:45-12:00	Medal Ceremony				11:45-12:00	Medal Ceremony					TUM Level 3 - Women 15+ (2)	TUM Club 2 - Men 11 (1)	
3	Sophia R	11:00-11:15	Warm Up Range & Conditioning	TRA NAGC - Women 10+ (1)	TRA Aspire - Mixed 10-12 (1-13)	3	11:00-11:15	Warm Up Range & Conditioning	DMT Club 2 - Men 11-12 (2)	3	11:45-12:05	March In & Warm up TUM	TUM Level 4 - Women 11-12 (1)	TUM Club 2 - Women 9-10 (17)	
		11:15-11:45	Compete Range & Conditioning	TRA Level 4 - Women 13-14 (3)			11:15-11:45	Compete Range & Conditioning	DMT Club 2 - Men 13-14 (1)		12:05-12:45	Compete TUM & March Out	TUM Level 4 - Women 15+ (3)		
		11:45-12:05	March In & Warm Up Trampoline	TRA Level 4 - Women 15-16 (1)			11:45-12:05	March In & Warm Up DMT	DMT Level 2 - Men 11-12 (1)		12:45-13:00	Medal Ceremony	TUM Level 4 - Women 9-10 (2)		
		12:05-12:45	Compete Trampoline & March Out	TRA Level 4 - Women 17+ (3)			12:05-12:45	Compete DMT & March Out	DMT Level 2 - Men 13+ (4)				TUM Level 4 - Men 11-12 (1)		
		12:45-13:00	Medal Ceremony				12:45-13:00	Medal Ceremony	DMT Level 3 - Men 15-16 (1)				TUM Level 3 - Men 13-14 (2)		
4	Eloise G	12:00-12:15	Warm Up Range & Conditioning	TRA Level 3 - Women 11-12 (4)	TRA Aspire - Mixed 10-12 (14-26)	4	12:00-12:15	Warm Up Range & Conditioning	DMT Level 1 - Women 9-12 (6)	4	12:45-13:05	March In & Warm up TUM	TUM Level 4 - Men 15+ (1)	TUM Club 4 - Men 9-10 (2)	
		12:15-12:45	Compete Range & Conditioning	TRA Level 3 - Women 13-14 (7)	TRA Para - Men U15 (1)		12:15-12:45	Compete Range & Conditioning			13:05-13:45	Compete TUM & March Out	TUM Level 4 - Men 8-10 (2)		
		12:45-13:05	March In & Warm Up Trampoline	TRA Level 3 - Women 9-10 (1)			12:45-13:05	March In & Warm Up DMT			13:45-14:00	Medal Ceremony	TUM Level 4 - Men 13-14 (2)	TUM Club 2 - Women 7-8 (10)	
		13:05-13:45	Compete Trampoline & March Out				13:05-13:45	Compete DMT & March Out					TUM Club 6 - Women 13-14 (5)	TUM Club 3 - Men 11-12 (2)	
		13:45-14:00	Medal Ceremony				13:45-14:00	Medal Ceremony					TUM Club 6 - Women 15+ (2)	TUM Club 3 - Men 7-8 (1)	
LUNCH BREAK: R&C 12:45-13:15 / TRA: 14:00-14:30					LUNCH BREAK: R&C 12:45-13:15 / DMT: 14:00-14:30					LUNCH BREAK: TUM 14:00-14:30					
5	Abigail P Lena D Aimee G Natalie C Thea S Emma T Emilia C	13:25-13:40	Warm Up Range & Conditioning	TRA Level 3 - Women 15+ (18)	TRA Aspire - Mixed 7-9 (19)	5	13:25-13:40	Warm Up Range & Conditioning	DMT Club 2 - Women 11-12 (4)	5	14:10-14:30	March In & Warm up TUM	TUM Club 5 - Women 11-12 (11)	TUM Club 3 - Women 11-12 (9)	
		13:40-14:10	Compete Range & Conditioning				13:40-14:10	Compete Range & Conditioning	DMT Club 2 - Women 13-14 (6)		14:30-15:10	Compete TUM & March Out	TUM Club 5 - Women 9-10 (7)	TUM Club 3 - Women 13 (3)	
		14:10-14:30	March In & Warm Up Trampoline				14:10-14:30	March In & Warm Up DMT	DMT Club 2 - Women 9-10 (2)		15:10-15:25	Medal Ceremony		TUM Club 3 - Women 7-8 (5)	
		14:30-15:10	Compete Trampoline & March Out				14:30-15:10	Compete DMT & March Out							
		15:10-15:25	Medal Ceremony				15:10-15:25	Medal Ceremony							
6	Natalie C Aimee G Millie M Lena D Abigail P Lilla H Darcey D	14:25-14:40	Warm Up Range & Conditioning	TRA Level 2 - Women 11-12 (4)	TRA Level 1 - Women 11-12 (15)	6	14:25-14:40	Warm Up Range & Conditioning	DMT Club 1 - Women 11-12 (3)	6	15:10-15:30	March In & Warm up TUM	TUM Club 5 - Women 13+ (19)	TUM Club 3 - Women 9-10 (12)	
		14:40-15:10	Compete Range & Conditioning	TRA Level 2 - Women 13-14 (7)			14:40-15:10	Compete Range & Conditioning	DMT Club 1 - Women 13+ (1)		15:30-16:10	Compete TUM & March Out	TUM Club 5 - Men 13+ (1)		
		15:10-15:30	March In & Warm Up Trampoline	TRA Level 2 - Women 9-10 (3)			15:10-15:30	Warm Up DMT	DMT Club 1 - Women 7-8 (1)		16:10-16:25	Medal Ceremony			
		15:30-16:10	Compete Trampoline & March Out				15:30-16:10	Compete DMT	DMT Club 1 - Women 9-10 (1)						
		16:10-16:25	Medal Ceremony				16:10-16:25	Medal Ceremony							
7	Minnie T Emilia C Emma T Thea S Natalia Freya G	15:25-15:40	Warm Up Range & Conditioning	TRA Level 2 - Women 15+ (8)	TRA Level 1 - Women 13-17 (1-14)	7				7	16:10-16:30	March In & Warm up TUM		TUM Club 4 - Women 11-12 (4)	
		15:40-16:10	Compete Range & Conditioning								16:30-17:10	Compete TUM & March Out		TUM Club 4 - Women 13-14 (8)	
		16:10-16:30	March In & Warm Up Trampoline								17:10-17:25	Medal Ceremony		TUM Club 4 - Women 7-8 (3)	
		16:30-17:10	Compete Trampoline & March Out											TUM Club 4 - Women 9-10 (4)	
		17:10-17:25	Medal Ceremony												
8		16:25-16:40	Warm Up Range & Conditioning	TRA Level 1 - Women 9-10 (10)	TRA Level 1 - Women 13-17 (15-27)										
		16:40-17:10	Compete Range & Conditioning												
		17:10-17:30	March In & Warm Up Trampoline												
		17:30-18:10	Compete Trampoline & March Out												
		18:10-18:25	Medal Ceremony												

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How to help keep to timetable:

Parents:	(1) Parents and gymnasts to arrive and go upstairs to the first floor. (2) Continue along the corridor to purchase your spectator tickets. (3) When called by the announcer, gymnasts for the next flight should make their way to the ground floor and to the competition hall. (4) Parents to remain in the seating area and behind the barriers
Warm-ups:	30 seconds per routine, 15 seconds per run or pass
Competition:	60 seconds for competition, scoring and recording
Gymnast seating:	Gymnasts to sit in competition order. Gymnast next to compete to walk to the waiting area for TRA/DMT/TUM/R&C ready to perform. After performance return to designated chair.
After last routine:	All gymnasts to return and stay in gymnast seating area until final competitor has performed and then marched out. Gymnasts to make their way from the warm up hall to the presentation area - Club/Aspire levels: Individual medals, team medals, R&C rosettes and certificates for trampoline and DMT. Individual medals for tumbling. - Challenge levels: Individual medals and R&C rosettes for trampoline and DMT. Individual medals for tumbling. - NAGC levels: Individual medals and R&C rosettes for trampoline and DMT. Individual medals for tumbling.
Time checks:	Regular announcements will let everyone know if the event is running early, on-time or late
Pack away:	Can coaches and judges assist in the pack away of the event as we are all volunteers and a team

2023 T&T ASPIRE, CLUB & CHALLENGE Q1

Start List:

DMT Club 1 - Women 11-12		Panel 3 at 14.25
1	Sophia Routledge	Kingston Trampoline
2	Millie Morgan	Kingston Trampoline
3	Zafirah Penny -Feather	Inspire Trampoline
DMT Club 1 - Women 13+		Panel 3 at 14.25
1	Cecilia Lindsay	Kingston Trampoline
DMT Club 1 - Women 7-8		Panel 3 at 14.25
1	Amiyah Wilson	Inspire Trampoline
DMT Club 1 - Women 9-10		Panel 3 at 14.25
1	Tanya Mehta	Inspire Trampoline
DMT Club 2 - Women 11-12		Panel 3 at 13.25
1	Abigail Page	Kingston Trampoline
2	Lena Domzal	Kingston Trampoline
3	Aimee Green	Kingston Trampoline
4	Natalie Crocker	Kingston Trampoline
DMT Club 2 - Women 13-14		Panel 3 at 13.25
1	Azaria Penny-Feather	Inspire Trampoline
2	Thea Shirley	Kingston Trampoline
3	Lauren Crane	Inspire Trampoline
4	Abigail Crane	Inspire Trampoline
5	Emma Thomas	Kingston Trampoline
6	Emilia Clarke	Kingston Trampoline
DMT Club 2 - Women 9-10		Panel 3 at 13.25
1	Pippa Scranage	Inspire Trampoline
2	Lena Sacewicz	Inspire Trampoline
DMT Club 2 - Men 11-12		Panel 3 at 11.00
1	Zain Cabral	London Trampoline
2	Silas Hawkins	Inspire Trampoline
DMT Club 2 - Men 13-14		Panel 3 at 11.00
1	Lucas Arthur	Kingston Trampoline
DMT Level 1 - Women 13+		Panel 3 at 10.00
1	Minnie Taylor	Kingston Trampoline
2	Darcey Duckworth	Kingston Trampoline
3	Freya Georges	Kingston Trampoline
4	Jaya Thankey	Elstree Of Gymnastics Ltd (ESG)
5	Rosie Cotsen	Elstree Of Gymnastics Ltd (ESG)
6	Eleanor Squire	London Trampoline
7	Ruby Connell	Elstree Of Gymnastics Ltd (ESG)
8	Lilia Hamblin	Kingston Trampoline
9	Chanelle Hewins	Inspire Trampoline
DMT Level 1 - Women 9-12		Panel 3 at 12.00

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1	Pearl Coulson	Nitro Gymnastics and Trampolining
2	Una O'Gorman	Nitro Gymnastics and Trampolining
3	Giselle Stevie Chanelle Wallder-Towersey	Twizzlers
4	Stella Kaloci	Elstree Of Gymnastics Ltd (ESG)
5	Aaliyah Bean	Twizzlers
6	Cassie Forman	Elstree Of Gymnastics Ltd (ESG)
DMT Level 2 - Women 11-12		Panel 3 at 9.00
1	Lacey Stevens	Elstree Of Gymnastics Ltd (ESG)
DMT Level 2 - Women 13+		Panel 3 at 9.00
1	Eleanor Smith	London Trampoline
2	Francesca Rose Goedecke	Elstree Of Gymnastics Ltd (ESG)
3	Agata Piatek	Elstree Of Gymnastics Ltd (ESG)
4	Eloise Gardner	Kingston Trampoline
5	Natasha Hambling	Kingston Trampoline
6	Charlotte Haeger-Gibbs	Twizzlers
DMT Level 2 - Men 11-12		Panel 3 at 11.00
1	Zack Haik	Elstree Of Gymnastics Ltd (ESG)
DMT Level 2 - Men 13+		Panel 3 at 11.00
1	Thomas Raymond	Twizzlers
2	Lorcan Davis	Kingston Trampoline
3	Joel Watson	London Trampoline
4	Jared Charlton	Twizzlers
DMT Level 3 - Women 13-14		Panel 3 at 9.00
1	Annabelle Reusch	Elstree Of Gymnastics Ltd (ESG)
2	Shiraz Mehta	Inspire Trampoline
3	Xois Agarwal Allen	London Trampoline
DMT Level 3 - Women 15-16		Panel 3 at 9.00
1	Sophie Macneill	Inspire Trampoline
2	Sophie Elise Hillman	Inspire Trampoline
DMT Level 3 - Women 17+		Panel 3 at 9.00
1	Corinna Hoppe	London Trampoline
DMT Level 3 - Men 15-16		Panel 3 at 11.00
1	Jonas Hausen	London Trampoline
DMT Level 4 - Men 15+		Panel 3 at 11.00
1	Jonny Osman	Inspire Trampoline
TRA Aspire - Mixed 10-12 (1 of 2)		Panel 2 at 11.00
1	Charlotte Piepenstock-Ralph	Queensmead Trampoline Club
2	Holly Christou	Zenith Trampoline Club
3	Synthia Akhtar	Queensmead Trampoline Club
4	Catherine Smith	Zenith Trampoline Club
5	Amelie Arnold	Hendon Gym Club
6	Maja Ptak	London Trampoline
7	Sophia Routledge	Kingston Trampoline

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8	Gracie Rogers	Queensmead Trampoline Club
9	Maisie Dickson	London Trampoline
10	Olivia Jonker	Inspire Trampoline
11	Aine Devlin	Inspire Trampoline
12	Hannah Baillie	London Trampoline
13	Grayce May Kerekes	London Trampoline
TRA Aspire - Mixed 10-12 (2 of 2)		Panel 2 at 12.00
14	Dwanese Ryan	Inspire Trampoline
15	Maryam Islam	Skywalkers
16	Zafirah Penny -Feather	Inspire Trampoline
17	Lottie Edwards	Queensmead Trampoline Club
18	Sofia Doyle-Ali	Sobell Trampoline Club
19	Omar Elkady	Heathrow Gym Club
20	Sophia Oconnor	Skywalkers
21	Emily Moelroy	Hendon Gym Club
22	Annemarie Loraine-Grews	Queensmead Trampoline Club
23	Eva«lle Hausen	London Trampoline
24	Daisy Miveld-O?keefe	Zenith Trampoline Club
25	Shai Posener	Hendon Gym Club
26	Samira Ahayoun	London Trampoline
TRA Aspire - Mixed 13-16		Panel 2 at 10.00
1	Ely Angel Da Silva	Sobell Trampoline Club
2	Katerina Antoniou	Zenith Trampoline Club
3	Isobel Edwards	Queensmead Trampoline Club
4	Isla Merrick-Lawless	Sobell Trampoline Club
5	Marly Speede	Skywalkers
6	Cecilia Lindsay	Kingston Trampoline
7	Azaria Penny-Feather	Inspire Trampoline
8	Lola Uppal Watkinson	Sobell Trampoline Club
9	Leo Mckenzie	London Trampoline
10	Phoebe Jolinon	Queensmead Trampoline Club
11	Elijah Mceyeson	Camden Gymnastics Club
12	Wilson Amelley	Camden Gymnastics Club
13	Ella Martha Pivano	Sobell Trampoline Club
14	Mya Lewis	Sobell Trampoline Club
TRA Aspire - Mixed 17+		Panel 2 at 10.00
1	Paige Harper	Harrow Trampoline Club
TRA Aspire - Mixed 7-9		Panel 2 at 13.25
1	Annabelle Aidoo	Nitro Gymnastics and Trampolining
2	Tanya Mehta	Inspire Trampoline
3	Izabella Danyluk	Zenith Trampoline Club
4	Gianna Oliveira	London Trampoline
5	Ellen Secker	Camden Gymnastics Club

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6	Evie Scranage	Inspire Trampoline
7	Gracie Dawkins	Nitro Gymnastics and Trampolining
8	Lyla Blum	Zenith Trampoline Club
9	David Vityuk	Heathrow Gym Club
10	Romi Jonker	Inspire Trampoline
11	Kimia Mbeka	Inspire Trampoline
12	Petra Goldsworthy	Zenith Trampoline Club
13	Isabella Klog	Hendon Gym Club
14	Amiyah Wilson	Inspire Trampoline
15	Frankie Barton	Hendon Gym Club
16	Faith McCabe	London Trampoline
17	Janelle Amelley	Camden Gymnastics Club
18	Grace Burke	Sobell Trampoline Club
19	Eloise Alexander	Camden Gymnastics Club
TRA Para – Men U15		Panel 2 at 12.00
1	Archie Rogers	Queensmead Trampoline Club
TRA NAGC - Women 10+		Panel 1 at 11.00
1	Liza Penzik	Hendon Gym Club
TRA NAGC - Men 10+		Panel 1 at 9.00
1	Stefan Truscott	Hendon Gym Club
2	Sebastian Roter	Hendon Gym Club
TRA Level 1 - Women 11-12		Panel 2 at 14.25
1	Natalie Crocker	Kingston Trampoline
2	Juno Lenssen	Camden Gymnastics Club
3	Aimee Green	Kingston Trampoline
4	Serena Ecookit	Nitro Gymnastics and Trampolining
5	Una O'Gorman	Nitro Gymnastics and Trampolining
6	Heidi Brennan	Camden Gymnastics Club
7	Abbie Grant	Heathrow Gym Club
8	Imogen Williets	Sobell Trampoline Club
9	Sofia Klyuchnikova	Sobell Trampoline Club
10	Millie Morgan	Kingston Trampoline
11	Lena Domzal	Kingston Trampoline
12	Lola Baddick	Hendon Gym Club
13	Emma Morris	Hendon Gym Club
14	Penelope Aidoo	Nitro Gymnastics and Trampolining
15	Abigail Page	Kingston Trampoline
TRA Level 1 - Women 13-17 (1 of 2)		Panel 2 at 15.25
1	Minnie Taylor	Kingston Trampoline
2	Jasmine Bird	Queensmead Trampoline Club
3	Emilia Clarke	Kingston Trampoline
4	Molli Kalia-Flynn	Harrow Trampoline Club
5	Kastiel Fear	Skywalkers

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6	Alessia Scala	Nitro Gymnastics and Trampoline
7	Emma Thomas	Kingston Trampoline
8	Abigail Crane	Inspire Trampoline
9	Olivia-Jo Francis	Zenith Trampoline Club
10	Lauren Crane	Inspire Trampoline
11	Eleanor Squire	London Trampoline
12	Thea Shirley	Kingston Trampoline
13	Gretel Finding	Heathrow Gym Club
14	Aimee Dawkins	Nitro Gymnastics and Trampoline
TRA Level 1 - Women 13-17 (2 of 2)		Panel 2 at 16.25
15	Ayana Samarth	Harrow Trampoline Club
16	Nuan Yu Liu	Camden Gymnastics Club
17	Chanelle Hewins	Inspire Trampoline
18	Amelie Kester	Harrow Trampoline Club
19	Jahniya Shaw	Inspire Trampoline
20	Josie Smith	London Trampoline
21	Innes Garner-Hebibovic	Nitro Gymnastics and Trampoline
22	Lucy Vance	Nitro Gymnastics and Trampoline
23	Sadia Kassam	Inspire Trampoline
24	Nathalie Roger	Inspire Trampoline
25	Lena Cade-Swindells	Inspire Trampoline
26	Heidi Pitt Thacker	Nitro Gymnastics and Trampoline
27	Francesca Voronova	Camden Gymnastics Club
TRA Level 1 - Women 9-10		Panel 1 at 16.25
1	Pippa Scranage	Inspire Trampoline
2	Astrid Humphreys-Chung	Zenith Trampoline Club
3	Gabrielle Powlett	Heathrow Gym Club
4	Pearl Coulson	Nitro Gymnastics and Trampoline
5	Iris West	Zenith Trampoline Club
6	Daniella Pitish	Hendon Gym Club
7	Lena Sacewicz	Inspire Trampoline
8	Kate Severyn	Hendon Gym Club
9	Naomie Cain	London Trampoline
10	Ayvah Mensah-Blake	Inspire Trampoline
TRA Level 1 - Men 11-12		Panel 2 at 9.00
1	Mark Kozevnikov	Sobell Trampoline Club
2	Zephaniah Nwobodo	Sobell Trampoline Club
TRA Level 1 - Men 13-17		Panel 2 at 9.00
1	Holden Lieber Reynolds	Skywalkers
2	Zion-Kwesi Nwobodo	Sobell Trampoline Club
3	Lucas Arthur	Kingston Trampoline
4	Harrison Woolf	Harrow Trampoline Club
5	Leo Laifer	Harrow Trampoline Club

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	TRA Level 1 - Men 9-10	Panel 2 at 9.00
1	Arjun Patel	Heathrow Gym Club
	TRA Level 2 - Women 11-12	Panel 1 at 14.25
1	Liberty Atterton	Heathrow Gym Club
2	Giselle Stevie Chanelle Wallder-Towersey	Twizzlers
3	Aaliyah Bean	Twizzlers
4	Evie Miller	Hendon Gym Club
	TRA Level 2 - Women 13-14	Panel 1 at 14.25
1	Ellie Katarzyna Johnson	Zenith Trampoline Club
2	Noa Hammerman	Zenith Trampoline Club
3	Saoirse Barrett	Twizzlers
4	Lilia Hamblin	Kingston Trampoline
5	Shiraz Mehta	Inspire Trampoline
6	Sophia Koeppern	Twizzlers
7	Darcey Duckworth	Kingston Trampoline
	TRA Level 2 - Women 15+	Panel 1 at 15.25
1	Finty Gavin	Heathrow Gym Club
2	Emilia Viney	Sobell Trampoline Club
3	Uliana Tokolova	Rock Steady Crew Tramp Club
4	Freya Georges	Kingston Trampoline
5	Natasha Hambling	Kingston Trampoline
6	Kimberley Hogben	Heathrow Gym Club
7	Esme Walker	Heathrow Gym Club
8	Sophie Bennett	Rock Steady Crew Tramp Club
	TRA Level 2 - Women 9-10	Panel 1 at 14.25
1	Alesha Wood	Twizzlers
2	Sonnet Verrall	Camden Gymnastics Club
3	Laila Butler	Hendon Gym Club
	TRA Level 2 - Men 11-12	Panel 2 at 9.00
1	Karter Thomson	Heathrow Gym Club
2	Matthew Sloss	Hendon Gym Club
3	Daniel Mann	Camden Gymnastics Club
	TRA Level 2 - Men 13-14	Panel 2 at 9.00
1	George Quinn	Heathrow Gym Club
2	Max Baddick	Hendon Gym Club
	TRA Level 2 - Men 15+	Panel 2 at 9.00
1	Henry Wakeford	Zenith Trampoline Club
2	Lorcan Davis	Kingston Trampoline
	TRA Level 3 - Women 11-12	Panel 1 at 12.00
1	Evie Klog	Hendon Gym Club
2	Hannah Christou	Zenith Trampoline Club
3	Amelia Schoeman	Camden Gymnastics Club
4	Millie Warnock	Rock Steady Crew Tramp Club

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	TRA Level 3 - Women 13-14	Panel 1 at 12.00
1	Maya Lysikowska	Heathrow Gym Club
2	Ines Bevil	Hendon Gym Club
3	Evangelina Sloss	Hendon Gym Club
4	Ifeoma Ifesi	Camden Gymnastics Club
5	Rowan Broda	Camden Gymnastics Club
6	Eloise Gardner	Kingston Trampoline
7	Xois Agarwal Allen	London Trampoline
	TRA Level 3 - Women 15+	Panel 1 at 13.25
1	Maayan Esther Quintana	Hendon Gym Club
2	Eva Soole	Zenith Trampoline Club
3	Siobhan Daley	Inspire Trampoline
4	Yekaterina Padfield	Zenith Trampoline Club
5	Charlotte Haeger-Gibbs	Twizzlers
6	Shatakshi Sudanagunta	Heathrow Gym Club
7	Shasmeen Arab	Heathrow Gym Club
8	Eloise West	Zenith Trampoline Club
9	Sophie Macneill	Inspire Trampoline
10	Libby Porter	Zenith Trampoline Club
11	Nancy Wright	Camden Gymnastics Club
12	Eivissa Lloyd	Rock Steady Crew Tramp Club
13	Amber Hernandez Kevener	Camden Gymnastics Club
14	Eleanor Smith	London Trampoline
15	Clementine Shanahan	Inspire Trampoline
16	Lucy Corless	Inspire Trampoline
17	Sophie Elise Hillman	Inspire Trampoline
18	Grace Fisher	Heathrow Gym Club
	TRA Level 3 - Women 9-10	Panel 1 at 12.00
1	Jessica Fois-Frewin	Heathrow Gym Club
	TRA Level 3 - Men 11-12	Panel 1 at 10.00
1	Lukyan Starikov	Rock Steady Crew Tramp Club
2	Zain Cabral	London Trampoline
3	Alex Chapman	Twizzlers
4	Otto Lenssen	Camden Gymnastics Club
5	Arthur Duffy	Camden Gymnastics Club
	TRA Level 3 - Men 13-14	Panel 1 at 10.00
1	Jack Robert Codling	Camden Gymnastics Club
2	Louis Ledlin	Camden Gymnastics Club
3	Aarav Sapra	Heathrow Gym Club
4	Frankie Jones	Harrow Trampoline Club
5	Michael Svoboda	Zenith Trampoline Club
	TRA Level 3 - Men 15+	Panel 1 at 9.00
1	Thomas Raymond	Twizzlers

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2	Jared Charlton	Twizzlers
3	Xavier Goulding-Laing	Heathrow Gym Club
4	Caleb Goldsworthy	Zenith Trampoline Club
5	Joseph Moore	Twizzlers
6	Joel Watson	London Trampoline
7	Oz Hammerman	Zenith Trampoline Club
8	Jonas Hausen	London Trampoline
TRA Level 3 - Men 9-10		Panel 1 at 10.00
1	Tate Frost	Camden Gymnastics Club
2	Tristan Fejfer	Camden Gymnastics Club
TRA Level 4 - Women 13-14		Panel 1 at 11.00
1	Beatrice Danyluk	Zenith Trampoline Club
2	Olivia Martin	Heathrow Gym Club
3	Nina Paintal	Heathrow Gym Club
TRA Level 4 - Women 15-16		Panel 1 at 11.00
1	Bianca Serrano	Camden Gymnastics Club
TRA Level 4 - Women 17+		Panel 1 at 11.00
1	Chloe Davey	Twizzlers
2	Eloise North	Twizzlers
3	Corinna Hoppe	London Trampoline
TRA Level 4 - Men 13-14		Panel 1 at 9.00
1	George Auberson	Sobell Trampoline Club
TRA Level 4 - Men 15-16		Panel 1 at 9.00
1	Kye Malcolm	Sobell Trampoline Club
TRA Level 4 - Men 17+		Panel 1 at 9.00
1	Henry Candy	London Trampoline
Tum Club 1 Women 11		Panel 5 at 10.45
1	Sloan Osafo-Asare	Inspire Trampoline
Tum Club 1 Women 7-8		Panel 5 at 9.45
1	Gracie Matts	Allstarz
2	Primrose Coulson	Nitro Gymnastics and Trampolining
3	Isabella Shea	Allstarz
4	Ella Grice	Allstarz
5	Emma Butler	Nitro Gymnastics and Trampolining
6	Tara Mohatta	Allstarz
7	Kaiyah Wales-Carr	Synergy Gymnastics London
8	Aoife O'gorman	Nitro Gymnastics and Trampolining
9	Sophie Burrill	Nitro Gymnastics and Trampolining
10	Lexi-Blu Theodossiou	Elstree Of Gymnastics Ltd (ESG)
11	Ava Franks	Elstree Of Gymnastics Ltd (ESG)
12	Imogen Cooling	Unity Power Tumbling
13	Vernika Mukhyan	Nitro Gymnastics and Trampolining
14	Kaitlyn Rushton	Unity Power Tumbling

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15	Amelia Henry-Kallay	Inspire Trampoline
Tum Club 1 Women 9-10		Panel 5 at 10.45
1	Zuzanna Sychta	Inspire Trampoline
2	Ocean Munroe	Inspire Trampoline
3	Maia-Rose Lee	Unity Power Tumbling
Tum Club 1 Men 7-8		Panel 5 at 10.45
1	Josiah Oâ??Shea	Synergy Gymnastics London
Tum Club 2 Women 11		Panel 5 at 10.45
1	Abigail Mcaghon	Inspire Trampoline
2	Emma Campon Roman	Inspire Trampoline
3	Natalia Andrea Soto Zachmann	Vivace Gymnastics Club
4	Alexa Egwenu	Synergy Gymnastics London
Tum Club 2 Women 7-8		Panel 5 at 12.45
1	Elizabeth Eagles	Vivace Gymnastics Club
2	Elianna Senyah	Elstree Of Gymnastics Ltd (ESG)
3	Lola Jones	Nitro Gymnastics and Trampolining
4	Zara Ikere	Synergy Gymnastics London
5	Kenlei-Jae Stewart	Synergy Gymnastics London
6	Autumn Lyseight	Unity Power Tumbling
7	Emi Oduyemi	Nitro Gymnastics and Trampolining
8	Edith Pharoah	Nitro Gymnastics and Trampolining
9	Julia Jalowiec	Elstree Of Gymnastics Ltd (ESG)
10	Enid Thorne	Nitro Gymnastics and Trampolining
Tum Club 2 Women 9-10		Panel 5 at 11.45
1	Poppy Courtney	Bromley Valley Gymnastics Centre
2	Francesca Aurora Bertagna	Allstarz
3	Penny Harris	Clapham Gymnastics Club
4	Libby Leeves	Allstarz
5	Amelia Drummond	Vivace Gymnastics Club
6	Betty Hillier	Nitro Gymnastics and Trampolining
7	Etta Thomas	Bromley Valley Gymnastics Centre
8	Annabel Nogales	Inspire Trampoline
9	Elena Bainbridge	Nitro Gymnastics and Trampolining
10	Olivia Pontes	Clapham Gymnastics Club
11	Polly Harris	Inspire Trampoline
12	Molly Tyler	Inspire Trampoline
13	Lena Aldridge	Nitro Gymnastics and Trampolining
14	Elsa Tjellander Boon	Nitro Gymnastics and Trampolining
15	Milan Small	Clapham Gymnastics Club
16	Geiste Kersyte	Allstarz
17	Euphemia Barker Fry	Inspire Trampoline
Tum Club 2 Men 11		Panel 5 at 10.45
1	Alister Rodger	Crystal Palace Gymnastics Club

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Tum Club 2 Men 7-8		Panel 5 at 10.45
1	Luca Gachette-West	Synergy Gymnastics London
2	Malik Yousif Silva El Masri	Synergy Gymnastics London
Tum Club 2 Men 9-10		Panel 5 at 10.45
1	Jake Rajaona	Inspire Trampoline
2	Alfie Bone	Synergy Gymnastics London
Tum Club 3 Women 11-12		Panel 5 at 14.10
1	Deeya Bains	Bromley Valley Gymnastics Centre
2	Millie Sutherland	Bromley Valley Gymnastics Centre
3	Sienna Leonora Bertagna	Allstarz
4	Taya Kempton	Nitro Gymnastics and Trampoline
5	Lily-Beth Way	Bromley Valley Gymnastics Centre
6	Lily Ghioc	Elstree Of Gymnastics Ltd (ESG)
7	Maia Pavia	Vivace Gymnastics Club
8	Lă@onie Lefant Aubry	Nitro Gymnastics and Trampoline
9	Sasha Freeman	Nitro Gymnastics and Trampoline
Tum Club 3 Women 13		Panel 5 at 14.10
1	Kiyah-Lei Powell	Synergy Gymnastics London
2	Elsie Scarlett Clack	Clapham Gymnastics Club
3	Ruby Harris	Clapham Gymnastics Club
Tum Club 3 Women 7-8		Panel 5 at 14.10
1	Rosalee Rushton	Unity Power Tumbling
2	Isabella Kelly	Nitro Gymnastics and Trampoline
3	Kiara Gordon	Synergy Gymnastics London
4	Matilda Phillips	Nitro Gymnastics and Trampoline
5	Ella Ferrari	Nitro Gymnastics and Trampoline
Tum Club 3 Women 9-10		Panel 5 at 15.10
1	Hermione Brown	Bromley Valley Gymnastics Centre
2	Annabelle Aidoo	Nitro Gymnastics and Trampoline
3	Maisie Courtney	Bromley Valley Gymnastics Centre
4	Nia Pearce	Vivace Gymnastics Club
5	Asayoma Sowho	Elstree Of Gymnastics Ltd (ESG)
6	Scarlet Toms	Nitro Gymnastics and Trampoline
7	Myla Grant	Elstree Of Gymnastics Ltd (ESG)
8	Nicola Said	Vivace Gymnastics Club
9	Phoebe Green	Nitro Gymnastics and Trampoline
10	Wiktorina Turner	Nitro Gymnastics and Trampoline
11	Amiyah Leslie	Synergy Gymnastics London
12	Julia Tiselita	Nitro Gymnastics and Trampoline
Tum Club 3 Men 11-12		Panel 5 at 12.45
1	Samuel Doyle	Bromley Valley Gymnastics Centre
2	Alister Rodger	Crystal Palace Gymnastics Club
Tum Club 3 Men 7-8		Panel 5 at 12.45

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1	Thomas Webber	Synergy Gymnastics London
Tum Club 4 Women 11-12		Panel 5 at 16.10
1	Darshana-May Bruce-Cobbold	Allstarz
2	Isla Bushell	Vivace Gymnastics Club
3	Charlotte Levy	Synergy Gymnastics London
4	Margaret Mccarthy	Allstarz
Tum Club 4 Women 13-14		Panel 5 at 16.10
1	Heidi Pitt Thacker	Nitro Gymnastics and Trampoline
2	Jasmine Mousbir	Nitro Gymnastics and Trampoline
3	Sophia Draycott	Vivace Gymnastics Club
4	Aimee Dawkins	Nitro Gymnastics and Trampoline
5	Jahnja Lanquedoc	Allstarz
6	Rachel Hunt	Vivace Gymnastics Club
7	Eliza Gibbons	Clapham Gymnastics Club
8	Meital Cohen	Elstree Of Gymnastics Ltd (ESG)
Tum Club 4 Women 7-8		Panel 5 at 16.10
1	Zinzile Mguni-Jones	Synergy Gymnastics London
2	Freya Jane Olivia Clarke	Nitro Gymnastics and Trampoline
3	Ruby Anne Newberry	Nitro Gymnastics and Trampoline
Tum Club 4 Women 9-10		Panel 5 at 16.10
1	Esther Paranthoienne	Nitro Gymnastics and Trampoline
2	Miaah-Anais Peter-Riley	Bromley Valley Gymnastics Centre
3	Niah Joof	Bromley Valley Gymnastics Centre
4	Hazel Barut	Bromley Valley Gymnastics Centre
Tum Club 5 Women 11-12		Panel 4 at 14.10
1	Elly Harman	Clapham Gymnastics Club
2	Cassie Forman	Elstree Of Gymnastics Ltd (ESG)
3	Imogen Fraser	Unity Power Tumbling
4	Matilda Phelps	Bromley Valley Gymnastics Centre
5	Amelia Krestin	Elstree Of Gymnastics Ltd (ESG)
6	Connie Merralls	Allstarz
7	Avni Mandalia	Elstree Of Gymnastics Ltd (ESG)
8	Jessica Briggs	Clapham Gymnastics Club
9	Aimee-Leigh Gordon	Clapham Gymnastics Club
10	Eden Rowe	Nitro Gymnastics and Trampoline
11	Nadine Kabia	Synergy Gymnastics London
Tum Club 5 Women 13+		Panel 4 at 15.10
1	Amy-Leigh Earley	Clapham Gymnastics Club
2	Ella Upton	Bromley Valley Gymnastics Centre
3	Kelsey Walcott	Synergy Gymnastics London
4	Rivga Lee	Clapham Gymnastics Club
5	Charlotte Gadd	Allstarz
6	Priya Wilson-Smith	Synergy Gymnastics London

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7	Geyana Emmanuel	Synergy Gymnastics London
8	Abigail Tucker	Bromley Valley Gymnastics Centre
9	Emily Diaz Yasno	Clapham Gymnastics Club
10	Ruby Connell	Elstree Of Gymnastics Ltd (ESG)
11	Molly Ricketts	Allstarz
12	Viviane Sylva	Clapham Gymnastics Club
13	Emma Prayag Baltanas	Nitro Gymnastics and Trampoline
14	Ella Baldwin	Allstarz
15	Lucia Fox Mella	Nitro Gymnastics and Trampoline
16	Ama Acquah	Synergy Gymnastics London
17	Tiana Ajiroba-Koin	Synergy Gymnastics London
18	Chloe Stevens	Nitro Gymnastics and Trampoline
19	Charlotte Thorpe	Bromley Valley Gymnastics Centre
Tum Club 5 Women 9-10		Panel 4 at 14.10
1	Okene Martins	Synergy Gymnastics London
2	Olivia Karolis	Elstree Of Gymnastics Ltd (ESG)
3	Pearl Coulson	Nitro Gymnastics and Trampoline
4	Soraya Darwish	Synergy Gymnastics London
5	Gracie Dawkins	Nitro Gymnastics and Trampoline
6	Sofia-Loren Cappello-Gordon	Unity Power Tumbling
7	Isabelle Trantom	Bromley Valley Gymnastics Centre
Tum Club 5 Men 13+		Panel 4 at 15.10
1	Enoch Esartia	Synergy Gymnastics London
Tum Club 6 Women 11-12		Panel 4 at 12.45
1	Nicole Jones	Bromley Valley Gymnastics Centre
Tum Club 6 Women 13-14		Panel 4 at 12.45
1	Daisy Thornton	Nitro Gymnastics and Trampoline
2	Jasmine M Harley	Nitro Gymnastics and Trampoline
3	Honey Murphy	Nitro Gymnastics and Trampoline
4	Maddison Henry	Vivace Gymnastics Club
5	Jessica Hurley	Unity Power Tumbling
Tum Club 6 Women 15+		Panel 4 at 12.45
1	Nina Gordge	Vivace Gymnastics Club
2	Emmy Lawrence	Vivace Gymnastics Club
Tum Club 6 Men 15+		Panel 4 at 12.45
1	Esteban Lienafa	Clapham Gymnastics Club
Tum Regional 1 Women 13+		Panel 4 at 9.45
1	Sofia Lacey	Nitro Gymnastics and Trampoline
2	Gracie-May Southby	Bromley Valley Gymnastics Centre
3	Agata Platek	Elstree Of Gymnastics Ltd (ESG)
4	Alivia Crowie	Bromley Valley Gymnastics Centre
5	Lara Herridge-Lewer	Nitro Gymnastics and Trampoline
6	Rosie Cotsen	Elstree Of Gymnastics Ltd (ESG)

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7	Jaya Thankey	Elstree Of Gymnastics Ltd (ESG)
8	Annabelle Reusch	Elstree Of Gymnastics Ltd (ESG)
Tum Regional 1 Women Under 13		Panel 4 at 9.45
1	Stella Kaloci	Elstree Of Gymnastics Ltd (ESG)
2	Una O'Gorman	Nitro Gymnastics and Trampoline
3	Ayvah Mensah-Blake	Unity Power Tumbling
Tum Regional 1 Men Under 13		Panel 4 at 9.45
1	Zack Haik	Elstree Of Gymnastics Ltd (ESG)
2	Finlay Samworth	Bromley Valley Gymnastics Centre
Tum Regional 2 Women 10-12		Panel 4 at 10.45
1	Sophie Yorke-Wade	Nitro Gymnastics and Trampoline
2	Lacey Stevens	Elstree Of Gymnastics Ltd (ESG)
Tum Regional 2 Women 13-14		Panel 4 at 10.45
1	Sophia Theodokis	Nitro Gymnastics and Trampoline
2	Francesca Rose Goedecke	Elstree Of Gymnastics Ltd (ESG)
3	Isabella Fraser	Unity Power Tumbling
4	Lily-Ann Budden	Unity Power Tumbling
Tum Regional 2 Women 15+		Panel 4 at 10.45
1	Lacie Rushton	Unity Power Tumbling
2	Emilia Ace	Allstarz
3	Honey Sargeant	Bromley Valley Gymnastics Centre
4	Harriet Gadd	Allstarz
Tum Regional 2 Men 15+		Panel 4 at 10.45
1	Harry Cox	Bromley Valley Gymnastics Centre
Tum Regional 3 Women 15+		Panel 4 at 10.45
1	Maisie Sullivan	Unity Power Tumbling
2	Lola Cooper	Unity Power Tumbling
Tum Regional 3 Men 15+		Panel 4 at 10.45
1	Kayane Cammock	Unity Power Tumbling
Tum Regional 4 Women 11-12		Panel 4 at 11.45
1	Izzy Sullivan	Unity Power Tumbling
Tum Regional 4 Women 15+		Panel 4 at 11.45
1	Olivia Cuddy	Bromley Valley Gymnastics Centre
2	Isla Nicholson	Unity Power Tumbling
3	Leeya Tarrant	Synergy Gymnastics London
Tum Regional 4 Women 9-10		Panel 4 at 11.45
1	Sienna Girvan	Unity Power Tumbling
2	Hayden Girvan	Unity Power Tumbling
Tum Regional 4 Men 11-12		Panel 4 at 11.45
1	Tyler Pierre-Brown	Unity Power Tumbling
Tum Regional 4 Men 13-14		Panel 4 at 11.45
1	Charlie Martin	Bromley Valley Gymnastics Centre

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2	Huxley Ratcliff	Bromley Valley Gymnastics Centre
	Tum Regional 4 Men 15+	Panel 4 at 11.45
1	Frey Loxley	Synergy Gymnastics London
	Tum Regional 4 Men 9-10	Panel 4 at 11.45
1	Alexander Webber	Synergy Gymnastics London
2	Charlie Booth	Bromley Valley Gymnastics Centre