



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

Welcome to Harlington Sports Centre, the home of Harlington Hawks. We have an entry of 223 Trampoline Gymnasts from 13 clubs taking part in this London competition.

Thanks are due to the following:

- Janet Bellis plus members, parents and friends of Harlington Hawks
- Staff and management of the Sports Centre for their help in staging this event.
- All officials who have given up their time voluntarily once again.
- The competitors, without whom there would be no competition.

Please ensure that you take all litter with you or use the rubbish bins around the Centre – PLEASE DO NOT LEAVE RUBBISH ON THE FLOOR. Ensure that you have all your property when you leave.

FLOOR ACCESS:

It is not permitted for non British Gymnastics members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines and the officials' areas.

RESULTS:

Results will be displayed on the wall after each group has finished, therefore please do not crowd around the recorders. Please do not remove results from the wall. Results will be emailed to team managers and will be available on London Gymnastics website.

BRITISH GYMNASTICS PHOTOGRAPHY POLICY:

British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form:

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website www.british-gymnastics.org. If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos – either generally or in particular circumstances.
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser view any images recorded and to delete any images.
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot, be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing

MEDALS & PRESENTATION:

Medals will be awarded to the top three individuals and teams in each Trampoline group at the end of each session.

All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed.

COACHING/PERFORMER QUALIFICATION:

Competitors are only allowed to perform competitively those moves that lie within the syllabus of those who are on the competition floor with them. Failure to have a coach adequately qualified with you may mean you have to withdraw, or you have to perform only those moves which lie within your coach's qualification syllabus.

JEWELLERY AND BODY PIERCING:

http://www.british-gymnastics.org/site/index.php?option=com_docman&task=cat_view&qid=374&Itemid=1134

Please see the above link for the latest British Gymnastics policy on this.

The policy applies to all participants and coaches in training and in events at home and abroad. Failure to comply with the policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

Please note that the chewing of gum is not allowed at any phase of the competition for competitors, coaches and officials.

ELECTRONIC DEVICES:

Spectators and gymnasts using any electronic devices including mobile phones should have the volume turned down or wear earphones.

Any games being played on these devices should not cause a distraction during the competition.

ROUTINES:

ROUTINES:

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

Regional Novice

U9:

1st Routine Compulsory Elements:

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

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

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

U11 - 15+:

1st Routine Compulsory Elements:

10 different elements with:

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

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

All Age Groups:

2nd Routine:

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

Regional Elementary:

All age groups

1st Routine Compulsory Elements:

10 different elements with:

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

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

2nd Routine:

The voluntary routine may include a maximum of three elements between 270° & 360° of somersault rotation. No elements of more than 360° of somersault rotation allowed. If an element of more than 360° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Regional Intermediate:

All age groups

1st Routine Compulsory Elements:

10 different elements with:

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

Compulsory elements cannot be combined into one skill

Compulsory elements must be asterisked on the difficulty card

2nd Routine:

The voluntary routine may include a maximum of seven elements between 270° & 450° of somersault rotation. No elements of more than 450° of somersault rotation allowed. If an element of more than 450° of somersault rotation is used, the routine will terminate at that point. If the maximum number of somersaults is exceeded, the routine will be terminated at that point.

Regional Advanced:

All age groups

10 different elements with:

- At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:
 - One move of at least 270° of somersault rotation landing on front or back, followed by an element of at least 450° somersault rotation OR
 - A back somersault with 360° somersault rotation and a full twist OR
 - A front somersault with 360° somersault rotation and 1½ twists

Please asterisk this one element or combination

Voluntary routine tariff limit 8.5

Arm Set

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

CLUBS COMPETING:

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

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

TIMETABLE

WARM UP:

There will be no warm up marshals – performers must form an orderly queue for their turn. There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given. Performers may use either trampoline. Club managers are responsible for their performers at the trampolines during this time (i.e. there will be no official at each bed). Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club. Competitors will need to warm up both their compulsory and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

COMPULSORY & VOLUNTARY ROUTINES: After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practice. The performers will then return to the marshalling area and be called to compete in programmed order. They will all compete their set then all compete their voluntary in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

FINALS: The top eight after the first two rounds will proceed to the final of the London Regional Competition only. Each performer will be given one warm up before competing. For groups that have been split into flights, those from the last flight will be offered one warm up, all others will be offered two.

Where there are **8 or less** gymnasts in a group the final will be accumulative of all three routines but with **more than 8 gymnasts** in a group, the final will be from zero.

All timings are approximate. The competition organisers reserve the right to start groups early if the event is running ahead of time but will not run more than one hour ahead of programme time. The competition organisers accept no responsibility for competitors who miss their turn due to changes to the above nor for the competition running early or late. Presentations at the end of each flight approximately.

GREEN = UPGRADE

TRAMPOLINE TIMETABLE

PANEL 1		PANEL 2		PANEL 3		
FLIGHT 1						
	London Regional Novice U9 (1-10)	10	London Regional Novice U11 (1-15)	15	London Regional Elementary Girls U13 (1-12)	12
WARM UP	0900-0910		0900-0915		0900-0915	
ONE TOUCH	0910-0920		0915-0925		0915-0925	
COMPETE	0920-0950		0925-1010		0925-1000	
FLIGHT 2						
	London Regional Novice U9 (10-20)	10	London Regional Novice U11 (16-29)	14	London Regional Elementary Girls U13 (13-24)	12
WARM UP	0950-1000		1010-1025	Anya Kendrick - 27	1000-1015	Bethan Calder - 13
ONE TOUCH	1000-1010		1025-1035	Emily Mccarthy - 29	1015-1025	
COMPETE	1010-1040		1035-1120		1025-1100	
FINALS	1040-1100		1120-1140		1100-1120	
FLIGHT 3						
	London Regional Novice O15	15	London Regional Elementary Boys U13	9	London Regional Advanced Men	10
WARM UP	1100-1115		1140-1150		1100-1115	Dovydas Olekas - 2
ONE TOUCH	1115-1125		1150-1200		1115-1125	Oliver Cubillos - 5
COMPETE	1125-1210		1200-1230		1125-1155	Jake Azzopardi - 6
FINALS	1210-1220		1230-1245		1155-1210	Jonas Morland
OFFICIALS LUNCH 1220-1250		OFFICIALS LUNCH 1245-1315		OFFICIALS LUNCH 1210-1240		
FLIGHT 4						
	London Regional Intermediate Ladies O15	13	London Regional Novice U15	9	London Regional Advanced Ladies	16
WARM UP	1235-1250		1305-1315		1215-1240	Holly Baxter - 2
ONE TOUCH	1250-1300		1315-1325		1240-1250	Bethany Randall - 4
COMPETE	1300-1340		1325-1355		1250-1340	Robyn Simms - 5
FINALS	1340-1355		1355-1410		1340-1355	Piper Stote - 6
						Vaishali Balachandran - 7
						Susie Hamzeh - 8
						Gabrielle Park - 10
						Phoebe Craddock TBC
FLIGHT 5						
	London Regional Elementary Girls U16	15	London Regional Intermediate Girls U15	13	London Regional Elementary Ladies O16	14
WARM UP	1355-1410		1410-1425	Eloise Gardner - 1	1355-1410	
ONE TOUCH	1410-1420		1425-1435	Phoebe Craddock - 2	1410-1420	
COMPETE	1420-1505		1435-1510	Mia Wanli - 9	1420-1500	
FINALS	1505-1520		1510-1525	Freya Georges - 11	1500-1525	
				Lauren Davis		
				Bethan Calder		
FLIGHT 6						
	London Regional Synchro Elementary	5			London Regional Elementary Men O16 / London Regional	2 6
	London Regional Synchro Intermediate	4	London Regional Novice U13	14	Intermediate Boys U15 / London Regional Elementary Boys U16	5
WARM UP	1520-1540		1525-1540		1525-1540	
ONE TOUCH	1540-1550		1540-1550		1540-1550	Joshua Baker - 3
COMPETE	1550-1620		1550-1625		1550-1625	
FINALS	1620-1640		1625-1640		1625-1640	

Please note that all timings are approximate and the organisers reserve the right to begin groups early if the event is running ahead of schedule. The organisers accept no responsibility for those missing their turn due to changes to the above.

Presentations will take place as soon as possible after the end of each discipline. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed.

OFFICIALS

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

London Regional Trampoline 4 & Synchro - Competitors:

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

Novice U11

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29 Emily Mccarthy

1 Clementine Shanahan
 2 Hikari Yomiya
 3 Faith Ibrahim
 4 Mia Turner
 5 Maria Ali
 6 Ella Lee
 7 Scarlett Fletcher
 8 Olivia-Marie Edozie
 9 Leyla Pavett
 10 Alice Murphy
 11 Darius Haita
 12 Sarina Shah
 13 Laila Ait-Siameur
 14 Eleonora Lucic
 1 Maria-Estelle Carroll
 2 Sophie Hayes-Brown
 3 Nicole Kendall
 4 Leah Hilburn
 5 Zoe Silver
 6 Daisy Farrar
 7 Suhayb Nabhan
 8 Martha Rabbetts
 9 Delilah Lloyd
 1 Anuoluwa Olubode
 2 Paulina Zuchowska
 3 Reazan Ali
 4 Kasey Childs
 5 Elfie Dunn
 6 Michael Sanka
 7 Wiktoria Zielinska
 8 Isabelle Cole
 9 Hannah Howard
 10 Emily Winter
 11 Molly Houlding
 12 Nancy Scott
 13 Jade Bartlett
 14 Emily Brown
 15 David Doster

Kingston

Inspire A
 London TA
 Phoenix Flyers
 Hendon A
 Heathrow
 Hendon A
 Hendon A
 Inspire A
 Phoenix Flyers
 Harrow A
 Harrow A
 Harrow A
 Queensmead
 Inspire A
 London TA
 Queensmead A
 Queensmead A
 Harrow
 Harrow
 Queensmead A
 Skywalkers
 Bromley TA
 Inspire
 Skywalkers
 Inspire
 Phoenix Flyers A
 Harlington Hawks
 Inspire
 Phoenix Flyers A
 Inspire
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 Inspire
 London TA
 Heathrow
 Harrow
 Phoenix Flyers A
 Harlington Hawks

Elementary Boys U13
 Elementary Boys U13
 Elementary Boys U13
 Elementary Boys U13
 Elementary Boys U13
 Elementary Boys U13
 Elementary Boys U13
 Elementary Boys U13
 Elementary Boys U13

1 Sebastian Wills
 2 Omari Bailey
 3 Fraser Davis
 4 George Kingi
 5 Victor Zasadzki
 6 Ayden Amini
 7 Lewis Wright
 8 Tiago Sousa Gallego

Heathrow A
 Skywalkers A
 Heathrow A
 Heathrow A
 Skywalkers A
 Skywalkers A
 Harrow
 Skywalkers A

Elementary Boys U13

Elementary Boys U16
 Elementary Boys U16
 Elementary Boys U16

9 Jonas Morland

1 Alexander Bean
 2 Freddie Northfield
 3 Joe Hefford

Kingston

Queensmead
 Coney Hall Cosmonauts A
 Coney Hall Cosmonauts A

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

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

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



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