



**London Regional TRA NDP Event 3 (2019)
3rd March 2019 Program**

To be read in conjunction with the London Trampoline Gymnastics Competition
Handbook 2019 & Officials letter

**Welcome to the third NDP qualifying event for the NDP Regional Team
Finals in Birmingham later this year!**

Thank you to coaches, judges, team managers, competitors and parents for your support and commitment to training for this season and the encouragement that you provide throughout the year so that your gymnasts can participate in this competition.

Thank you to Simon and the staff at Harlington Sports Centre for hosting this event today.

We extend a warm welcome to all those who are competing for the first time at this competition and we look forward to seeing you in future years.

I hope you all have a fantastic time today and to those of you who are competing I wish you all the very best of luck.

Harriet Curtis & Karen Gent

Competition Organiser & Judging Secretary

On behalf of the London Gymnastics Trampoline Technical Committee

PANEL 1					PANEL 2 FLIGHT 1					PANEL 3				
ARRIVE	08:45				08:45					08:45				
WARM UP	09:00	09:15	Club 1 7-8	Elsie Simms, Liza Coimbra,	09:00	09:15	NDP 1 11-12	Lukas Marciukonis		09:00	09:15	NDP 3 11-12	Abigail McGuckin, Phoebe	Craddock
ONE TOUCH	09:15	09:25	Club 1 9-10	Emma Hill, Isobel Duncan,	09:15	09:25	(1-10)			09:15	09:25	NDP 3 13+		
COMPETE	09:25	09:55		Hillyard, Elsa Morland, Liv Tennebo	09:25	09:55				09:25	09:55			
FLIGHT 2														
ARRIVE	09:25				09:25					09:25				
WARM UP	09:55	10:10	Club 3 9-10	Olivia Klein, Poppy Wood, Emily	09:55	10:10	NDP 1 11-12	Tom Simpson		09:55	10:10	NDP 4 9-10		
ONE TOUCH	10:10	10:20	Club 3 11-12	Mccarthy, Charlotte Porter,	10:10	10:20	(11-20)			10:10	10:20	NDP 3 9-10		
COMPETE	10:20	10:50		Fairfoull, Gracie Rose Line, Evie Mcnab, Leah Katz, Mia Archer, Holly Gaylor	10:20	10:50				10:20	10:45	NDP 4 11-12		
FLIGHT 3														
ARRIVE	09:50				09:50					09:45				
WARM UP	10:50	11:10	Club 1 11-12	Caiden Allday, Elena Wykes,	10:50	11:10	NDP 1 13+	Julia Curley, Eloise		10:45	11:05	NDP 5 15+	Jemima Eckes, Vaishali	
ONE TOUCH	11:10	11:20	Club 3 13+	Eleanor Lucas, Priya Nokes,	11:10	11:20		Gummer, Polly Fennell,		11:05	11:15	NDP 6 11-14	Balachandran, Bethany	
COMPETE	11:20	11:55		Amelie Delaney-Meinesz, Rebecca Forbes, Emma Atkinson, Freddie Hoath, Freya Himes, Imogen Swain	11:20	11:55		Emily Mann, Sophie Langdon, Armored Morrison		11:15	11:45	NDP 6 15-16	Susie Hamzeh, Eloise Gardner	
FLIGHT 4														
ARRIVE	10:55				10:55					10:45				
WARM UP	11:55	12:10	NDP 1 9-10	Leo Read, Jessica Randall,	11:55	12:10	NDP 2 11-12	Lilly Simms		11:45	12:00	NDP 5 11-12	Robyn Simms, Mia Wanli,	
ONE TOUCH	12:10	12:20		Samuel Newman	12:10	12:20				12:00	12:10	NDP 5 13-14	Freya Georges, Alfie Shepherd, Camilla	
COMPETE	12:20	12:45			12:20	12:45				12:10	12:35	NDP 4 13+	Rasulova, Jonas Morland	
FLIGHT 5														
ARRIVE	11:45				11:45									
WARM UP	12:45	13:00	Club 1 13+	Elsa Morland, Hannah Katz,	12:45	13:00	NDP 2 13+	Amelie Gowe, Bethan						
ONE TOUCH	13:00	13:10	Club 2 9-10	Thomas Muller, Lilia Hamblin,	13:00	13:10	4	Calder, Daisy Poole, Polly						
COMPETE	13:10	13:35	Club 2 11-12	Victoria Wulf	13:10	13:35		Gibson						
			NDP 1 7-8											
			NDP 2 7-8											
			8NDP 2 9-10											

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	Carole Charters	ZEN	Michael Freeman	KTA	Mel Alesi	IND
Difficulty 1*	Lucy McSweeney	KTA	Daneel Simpson	HEA	Claire Gardner	KTA
Execution 1	Caroline Jones	INS	Angela Moore	TWZ	Olaniyi Ayeni	ZEN
Execution 2	Alison Flavelle	BTA	Tina Wilson	BTA	Sophie Power	BTA
Execution 3	Ronna Mirab / Sophie Reed	HEN	Amelia Martin / Jodi Grier	INS	Ebony McKenzie	CAM
Execution 4	Louise Ellis	KTA	Caitlin Fahey	KTA	Donna Ayes	ZEN
HD 1	Sophie Borley- Holden / Delilah Lloyd	INS	Jenny Greenshields	QUE	Sharna Downham	TWZ
HD 2*	Mustafa Ozturk	HEA	Katie Drewett	KTA	Hayley Harris	CAM
TOF						
Computer	Zac Laidi	CAM	Carol Freeman	KTA	Ellie Scarborough	HEA
Recorder	Rebecca Bird	TWZ	Daniella Benson	BTA	Lucy Corless / Lola Moriarty	INS
Marshall	Wanda Brookie	ZEN	Katie Park	KTA	Gareth Tear	KTA

Qualified Reserves

Unqualified Reserves

VACANCY

VACANCY

***DIFFICULTY AND HD2 CAN SWAP HALF WAY THROUGH THE COMPETITION**

The club is responsible for covering any competing officials. If they are unable to do this their official will be unable to compete.

No changes unless agreed in advance by the Judging Secretary.

All roles dependent upon qualification confirmation from BG (pending)

ORGANISATION

Competition	Harriet Curtis	LTA
Database	Karen Gent	CHC
Judges	Karen Gent	CHC
Computers	Andrew Wood	IND
Floor Manager	Harriet Curtis	LTA
Welfare Officer	Michael Freeman	KTA
Door	Peter Freeman	KTA

FURTHER INFORMATION

Results:

Official, signed results will be displayed on the wall, outside the hall, after each group has finished.

Please do not remove results from the wall. Results will be emailed to team managers and will be available on London Gymnastics website

Video & Photography:

PLEASE NOTE THAT FOR SAFETY REASONS FLASH PHOTOGRAPHY IS PROHIBITED WHILST COMPETITORS ARE ON THE TRAMPOLINES

If you forget and we see you flashing (!), please do not be upset when you get a very loud reminder!

By being present in the competition venue you agree that photographic and/or video images may be taken of you. If you are taking photographs and / or video footage, you accept the terms and conditions of British Gymnastics Photographic Policy. A copy of this is available from the British Gymnastics website.

Litter:

Litter seems to be a constant problem at trampoline competitions. Please could you make a point of using the litter bins in the Sports Hall. If drinks are spilled please tell someone involved with running this event so that we can get it cleaned up quickly and it doesn't get on to clothes or coats.

Other:

The tuck shop is run by Harlington Hawks and all proceeds go to Harlington Hawks Trampoline club.

Please contact Harlington Sports centre for any lost property

Competing Clubs:

We have 9 clubs competing today

Bromley Trampolining Academy

Camden Gymnastics Club

Heathrow Gym Club

Hendon Gym Club

Inspire Trampoline Academy

Kingston Trampoline Academy

Queensmead Trampoline Club

Twizzlers

Zenith Trampoline Club

COMPETITORS & START LIST

Group	No	Name	Club	Changes
Club 1 (7-8)	1	Elsie Simms	Kingston	Club 2 (7-8)
Club 1 (7-8)	2	Hannah Christou	Zenith	
Club 1 (7-8)	3	Emma Hill	Kingston	
Club 1 (9-10)	1	Emily Baker	Zenith	
Club 1 (9-10)	2	Liza Coimbra	Kingston	
Club 1 (9-10)	3	Isobel Duncan	Kingston	
Club 1 (9-10)	4	Emma Thomas	Kingston	
Club 1 (9-10)	5	Gabriella Hillyard	Kingston	
Club 1 (9-10)	6	Elsa Morland	Kingston	
Club 1 (9-10)	7	Liv Tennebo	Kingston	
Club 1 (11-12)	1	Caiden Allday	Kingston	
Club 1 (11-12)	2	Beatrice Collins	Kingston	Club 3 (11-12)
Club 1 (11-12)	3	Gracie Rose Line	Kingston	
Club 1 (11-12)	4	Amelie Delaney-Meinesz	Kingston	Club 3 (11-12)
Club 1 (13+)	1	Julia Curley	Kingston	NDP 1 (13+)
Club 1 (13+)	2	Victoria Wulf	Kingston	
Club 2 (9-10)	1	Elsa Morland	Kingston	
Club 2 (11-12)	1	Hannah Katz	Kingston	
Club 3 (9-10)	1	Olivia Klein	Kingston	
Club 3 (9-10)	2	Emily Mccarthy	Kingston	
Club 3 (9-10)	3	Leo Read	Kingston	NDP 1 (9-10)
Club 3 (11-12)	1	Poppy Wood	Kingston	
Club 3 (11-12)	2	Charlotte Porter	Kingston	
Club 3 (11-12)	3	Charlotte Fairfoull	Kingston	
Club 3 (11-12)	4	Evie Mcnab	Kingston	
Club 3 (11-12)	5	Leah Katz	Kingston	
Club 3 (11-12)	6	Mia Archer	Kingston	
Club 3 (11-12)	7	Holly Gaylor	Kingston	
Club 3 (13+)	1	Elena Wykes	Kingston	
Club 3 (13+)	2	Eleanor Lucas	Kingston	
Club 3 (13+)	3	Priya Nokes	Kingston	
Club 3 (13+)	4	Rebecca Forbes	Kingston	
Club 3 (13+)	5	Emma Atkinson	Kingston	
Club 3 (13+)	6	Freddie Hoath	Kingston	
Club 3 (13+)	7	Freya Himes	Kingston	
Club 3 (13+)	8	Imogen Swain	Kingston	

Club 3 (13+)	9	Polly Fennell	Kingston	NDP 1 (13+)
NDP 1 (7-8)	1	Thomas Muller	Kingston	NDP 2 (7-8)
NDP 1 (9-10)	1	Sophia Koeppern	Twizzlers	
NDP 1 (9-10)	2	Shiraz Mehta	Inspire	
NDP 1 (9-10)	3	Rowan Broda	Camden	
NDP 1 (9-10)	4	Jessica Randall	Kingston	
NDP 1 (9-10)	5	Sarah Brockie	Zenith	
NDP 1 (9-10)	6	Noa Hammerman	Zenith	
NDP 1 (9-10)	7	Toby Eckes	Kingston	Withdraw
NDP 1 (9-10)	8	Emily Bradley	Twizzlers	
NDP 1 (9-10)	9	Samuel Newman	Kingston	
NDP 1 (11-12)	1	Caleb Goldsworthy	Zenith	
NDP 1 (11-12)	2	Hannah Brockie	Zenith	
NDP 1 (11-12)	3	Melissa Benson	Bromley	
NDP 1 (11-12)	4	Clementine Shanahan	Inspire	
NDP 1 (11-12)	5	Kimberley Hogben	Heathrow	
NDP 1 (11-12)	6	Sienah Nicholson	Bromley	
NDP 1 (11-12)	7	Madison Bradley	Zenith	
NDP 1 (11-12)	8	Lukas Marciukonis	Kingston	
NDP 1 (11-12)	9	Leah Edwards-Amor	Inspire	
NDP 1 (11-12)	10	Thomas Partridge	Zenith	
NDP 1 (11-12)	11	Bronte Tenwick	Twizzlers	
NDP 1 (11-12)	12	Erin Roddy	Hendon	
NDP 1 (11-12)	13	Layla Page	Zenith	
NDP 1 (11-12)	14	Eleonora Lucic	Inspire	
NDP 1 (11-12)	15	Amber Hernandez Kevener	Camden	
NDP 1 (11-12)	16	Ziv Hammerman	Zenith	
NDP 1 (11-12)	17	Lilly Simms	Kingston	NDP 2 (11-12)
NDP 1 (11-12)	18	Tom Simpson	Kingston	
NDP 1 (11-12)	19	Eloise West	Zenith	
NDP 1 (13+)	1	Ella Johonnett	Bromley	
NDP 1 (13+)	2	Ella Sinnott-Behrmann	Bromley	
NDP 1 (13+)	3	Eloise Gummer	Kingston	
NDP 1 (13+)	4	Eva Armitage-Woods	Bromley	
NDP 1 (13+)	5	Hannah Cooper	Twizzlers	
NDP 1 (13+)	6	Zoe Hunter	Twizzlers	
NDP 1 (13+)	7	Lola Hall	Bromley	
NDP 1 (13+)	8	Olivia-Marie Edozie	Inspire	
NDP 1 (13+)	9	Emily Mann	Kingston	
NDP 1 (13+)	10	Sophie Langdon	Kingston	
NDP 1 (13+)	11	Oz Hammerman	Zenith	
NDP 1 (13+)	12	Georgina Cooper	Twizzlers	
NDP 1 (13+)	13	Armored Morrison	Kingston	

NDP 2 (7-8)	1	Alex Chapman	Twizzlers	
NDP 2 (9-10)	1	Lilia Hamblin	Kingston	
NDP 2 (11-12)	1	Siobhan Daley	Inspire	
NDP 2 (11-12)	2	Mia Wanli	Kingston	NDP 5 (11-12)
NDP 2 (11-12)	3	Oliver Handley	Twizzlers	
NDP 2 (11-12)	4	Sara Herrera Bartlett	Heathrow	
NDP 2 (11-12)	5	Sophie Macneill	Inspire	
NDP 2 (11-12)	6	Billy Wilson	Zenith	
NDP 2 (11-12)	7	Bianca Serrano	Camden	
NDP 2 (11-12)	8	Martha Gayle	Bromley	
NDP 2 (13+)	1	Amelie Gowe	Kingston	
NDP 2 (13+)	2	Bethan Calder	Kingston	
NDP 2 (13+)	3	Delilah Lloyd	Inspire	
NDP 2 (13+)	4	Daisy Poole	Kingston	
NDP 2 (13+)	5	Amelia Martin	Inspire	
NDP 2 (13+)	6	Katrine Reoutov	Bromley	
NDP 2 (13+)	7	Polly Gibson	Kingston	
NDP 3 (9-10)	1	Sofia Caeiro	Heathrow	
NDP 3 (9-10)	2	Lilly Cookson	Camden	
NDP 3 (11-12)	1	Nancy Wright	Camden	
NDP 3 (11-12)	2	Iliana Ali	Bromley	
NDP 3 (11-12)	3	Sienna Conquest-Appadoo	Camden	
NDP 3 (11-12)	4	Phoebe Craddock	Kingston	NDP 4 (11-12)
NDP 3 (11-12)	5	Nina Whitter	Bromley	
NDP 3 (13+)	1	Elena Izquierdo-Hall	Zenith	
NDP 3 (13+)	2	Mya Palmer	Zenith	
NDP 3 (13+)	3	Abigael McGuckin	Kingston	
NDP 3 (13+)	4	Olivia Williamson	Zenith	
NDP 3 (13+)	5	Lucy Corless	Inspire	
NDP 3 (13+)	6	Lola Moriarty	Inspire	
NDP 4 (9-10)	1	Olivia Martin	Heathrow	
NDP 4 (9-10)	2	Eloise Gardner	Kingston	NDP 5 (9-10)
NDP 4 (9-10)	3	Jasmine Nkoso	Camden	
NDP 4 (11-12)	1	Alaina French	Bromley	
NDP 4 (11-12)	2	Freya Georges	Kingston	NDP 5 (11-12)
NDP 4 (11-12)	3	Lily Pritchard	Heathrow	
NDP 4 (11-12)	4	Camilla Rasulova	Kingston	NDP 5 (11-12)
NDP 4 (13+)	1	Robyn Simms	Kingston	NDP 5 (13+)
NDP 4 (13+)	2	Elinor Greenshields	Queensmead	

NDP 4 (13+)	3	Sophie Borley-Holden	Inspire	
NDP 4 (13+)	4	Jonas Morland	Kingston	NDP 5 (13+)
NDP 4 (13+)	5	Yasmine Fellah	Bromley	
NDP 4 (13+)	6	Aya Hayatsu	Camden	
NDP 4 (13+)	7	Fraser Davis	Heathrow	
NDP 5 (11-12)	1	David Flore	Heathrow	
NDP 5 (11-12)	2	Hannah Bunce	Heathrow	
NDP 5 (11-12)	3	Alfie Shepherd	Kingston	
NDP 5 (13-14)	2	Jemima Eckes	Kingston	NDP 6 (11-14)
NDP 5 (15+)	1	Jodi Grier	Inspire	
NDP 5 (15+)	2	Vaishali Balachandran	Kingston	
NDP 5 (15+)	3	Joseph Moore	Twizzlers	
NDP 5 (15+)	4	Bea Torre	Twizzlers	
NDP 5 (15+)	5	Susie Hamzeh	Kingston	
NDP 6 (11-14)	1	Zyra Reid	Hendon	
NDP 6 (11-14)	2	Bethany Randall	Kingston	
NDP 6 (11-14)	3	Frankie Haugh	Heathrow	
NDP 6 (11-14)	4	Dovydas Olekas	Kingston	
NDP 6 (15-16)	1	Myssa Reid	Hendon	
NDP 6 (15-16)	2	Harry Adam	Heathrow	
NDP 6 (15-16)	3	Lilianna Czaplewska	Queensmead	
NDP 6 (15-16)	4	Caitlin Ayres	Zenith	

COMPETITION CALENDAR

EVENT	OPENING DATE	CLOSING DATE	DATE	VENUE
London Regional DMT NDP Event 1 (2019)	24/09/18	23:59 22/10/18	17/11/2018	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Event 1 (2019)	17/09/2018	23:59 15/10/18	18/11/2018	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional TRA 1 (2019)	01/10/2018	23:59 29/10/18	02/12/2018	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional DMT NDP Event 2 (2019)	19/11/2018	23:59 17/12/18	02/02/2019	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Event 2 (2019)	19/11/2018	23:59 17/12/18	03/02/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional TRA 2 (2019)	10/12/2018	23:59 07/01/19	17/02/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional DMT NDP Event 3 (2019)	24/12/2018	23:59 21/01/19	02/03/2019	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Event 3 (2019)	24/12/2018	23:59 21/01/19	03/03/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional DMT NDP Compulsory Final (2019)	04/02/2019	23:59 11/03/19	30/03/2019	Arena, Kingston Hall Rd, KT1 2AQ
London Regional TRA NDP Compulsory Final (2019)	04/02/2019	23:59 11/03/19	31/03/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Youth Games	TBC	TBC	19/05/2019	Harrow Sports Centre
London Regional Squad Training	N/A	N/A	18/05/2019	Arena, Kingston Hall Rd, KT1 2AQ
NDP Team Final	01/04/2019	23:59 08/04/19	07-09 /06/19	Arena Birmingham
London Regional TRA 3 (2019)	22/04/2019	23:59 20/05/19	30/06/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
NDP Final	19/04/2019	Noon 12/06/19	12-14 /07/19	Motorpoint Arena Nottingham
London Regional TRA 4 (2019)	15/07/2019	23:59 12/08/19	22/09/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional TRS (2019)	15/07/2019	23:59 12/08/19	22/09/2019	Harlington Sports Centre Pinkwell Lane, UB3 1PB
London Regional Championships and London Closed (2019)	23/09/2019	23:59 30/09/19	26-27 /10/19	Harlington Sports Centre Pinkwell Lane UB3 1PB



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