



## **London Regional TRA NDP Compulsory Final (2019) 31<sup>st</sup> March 2019 Program**

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

**Welcome to the 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

	START	FINISH	PANEL 1	PANEL 2	RANGE & CONDITIONING
<b>FLIGHT 1</b>					
ARRIVE AT	08:45		NDP 1 11-12 (1-10)  Tom Simpson	NDP 1 13+ (1-10)  Polly Fennell, Sophie Langdon Armored Morrison	NDP 3 11-12 - NDP 5 9-10 - NDP5 11-12 - NDP 5 13-14 - NDP 4 9-10 - NDP 4 11-12 - NDP 5 9-10  Camilla Rasulovala, Jemima Eckes, Phoebe Craddock, Eloise Gardner
WARM UP	09:00	09:15			
ONE TOUCH	09:15	09:25			
COMPETE	09:25	09:50			
<b>FLIGHT 2</b>					
ARRIVE AT	09:20		NDP1 11-12 (11-20)  Lukas Marciukonis, Daisy Jelfs, Mia Wanli	NDP 1 13+ (11-17) / NDP2 9-10  Eloise Gummer, Emily Mann	NDP 5 15+ - NDP 6 11-14 - NDP 6 15-16 - NDP 6 17+  Dovydas Olekas, Zack Wilson, Vaishali Balachandran, Tyler Stote
WARM UP	09:50	10:05			
ONE TOUCH	10:05	10:15			
COMPETE	10:15	10:40			
<b>FLIGHT 3</b>					
ARRIVE AT	09:40		NDP 2 11-12  Katie Jackivicz, Freya Georges, Lily Simms	NDP2 13+ / NDP 3 9-10  Amelie Gowe, Bethan Calder	NDP 1 11-12 (1-10) - NDP 1 13+ (1-10)  Tom Simpson, Polly Fennell, Sophie Langdon, Armored Morrison
WARM UP	10:40	10:55			
ONE TOUCH	10:55	11:05			
COMPETE	11:05	11:30			
<b>FLIGHT 4</b>					
ARRIVE AT	10:30		NDP 1 9-10 / NDP3 13+  Samuel Newman, Jessica Randall, Robyn Simms, Abigail McGukin, Jonas Morland	NDP4 13+  	NDP 1 11-12 (11-20) - NDP 1 13+ (11-17) - NDP 2 9-10  Lukas Marciukonis, Daisy Jelfs, Mia Wanli, Eloise Gummer, Emily Mann
WARM UP	11:30	11:45			
ONE TOUCH	11:45	11:55			
COMPETE	11:55	12:25			
<b>FLIGHT 5</b>					
ARRIVE AT	11:25		NDP3 11-12 / NDP5 11-12 / NDP5 13-14  Camilla Rasulovala, Jemima Eckes	NDP4 9-10 / NDP4 11-12 / NDP5 9-10  Phoebe Craddock, Eloise Gardner	NDP 2 11-12 - NDP 2 13+ - NDP 3 9-10  Katie Jackivicz, Freya Georges, Lily Simms Amelie Gowe, Bethan Calder
WARM UP	12:25	12:40			
ONE TOUCH	12:40	12:50			
COMPETE	12:50	13:15			
<b>FLIGHT 6</b>					
ARRIVE AT	12:15		NDP5 15+  	NDP6 11-14 / NDP6 15-16 / NDP6 17+  Dovydas Olekas, Zack Wilson, Vaishali Balachandran, Tyler Stote	NDP 1 9-10 - NDP 3 13+ - NDP 4 13+  Samuel Newman, Jessica Randall, Robyn Simms, Abigail McGukin, Jonas Morland
WARM UP	13:15	13:30			
ONE TOUCH	13:30	13:40			
COMPETE	13:40	14:05			
<p><b>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.</b></p>					

## OFFICIALS

### Panel 1

### Panel 2

<b>Chair</b>	Michael Freeman	KTA	Carole Charters	ZEN
<b>Difficulty 1</b>	Caroline Jones	INS	Gary Halfteck	QUE
<b>Difficulty 2</b>	Hayley Harris	CAM	Lucy McSweeney	KTA
<b>Execution 1</b>	Katrine Reoutov	BTA	Sophie Power	BTA
<b>Execution 2</b>	Sandhya Sivakanthan	HAR	Sophia Reed	HEN
<b>Execution 3</b>	Louise Ellis	KTA	Francesca Eyles	KTA
<b>Execution 4</b>	Oolaniyi Ayoola Ayeni	ZEN	Angela Moore	TWZ
<b>HD 1</b>	Sophie Borley-Holden / Lascelle Sandy	INS	Paul Howard / Jodi Grier	INS
<b>HD 2</b>	Jennie Thelen	HEN	Sharna Downham	TWZ
<b>Computer</b>	Zac Laidi	CAM	Carol Freeman	KTA
<b>Recorder</b>	Sandra Pakmer	ZEN	Amelia Martin / Delilah Lloyd	INS
<b>Marshall</b>	Ronit Hammerman	ZEN	Donna Ait Siameur / Robert Newman	QUE
<b>Range &amp; Conditioning 1</b>	Katie Drewett	KTA		
<b>Range &amp; Conditioning 2</b>	Ebony McKenzie	CAM		
<b>R &amp; C Recorder</b>	Ellie Scarborough	HEA		

### **Qualified Reserves**

Rosh Mulvany	BTA
Ronna Mirab/Nella Hoogeboom	HEN
Joseph Moore/Nonnay Adbi	TWZ
Daneel Simpson/Mustafa Ozturk	HEA

### **Unqualified Reserves**

Rachele Ellis/Eli Mirab	HEN
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**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

<b>Competition</b>	Harriet Curtis	LTA
<b>Database</b>	Karen Gent	CHC
<b>Judges</b>	Karen Gent	CHC
<b>Computers</b>	Andrew Wood	IND
<b>TOF Manager</b>	n/a	
<b>Floor Manager</b>	Harriet Curtis	LTA
<b>Welfare Officer</b>	Carole Charters	ZEN
<b>Door</b>	Peter Freeman	KTA
<b>Door</b>	Kelly Hunter	TWZ

## **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 10 clubs competing today

Bromley Trapolining Academy

Camden Gymnastics Club

Harrow Trampoline Club

Heathrow Gym Club

Hendon Gym Club

Inspire Trampoline Academy

Kingston Trampoline Academy

Queensmead Trampoline Club

Twizzlers

Zenith Trampoline Club

## **COMPETITORS & START LIST**

<b>Group</b>	<b>No</b>	<b>Name</b>	<b>Club</b>
NDP 1 (9-10)	1	Sarah Brockie	Zenith
NDP 1 (9-10)	2	Noa Hammerman	Zenith
NDP 1 (9-10)	3	Samuel Newman	Kingston
NDP 1 (9-10)	4	Sophia Koeppern	Twizzlers
NDP 1 (9-10)	5	Jessica Randall	Kingston
NDP 1 (9-10)	6	Shiraz Mehta	Inspire
NDP 1 (11-12)	1	Madison Bradley	Zenith
NDP 1 (11-12)	2	Leah Edwards-Amor	Inspire
NDP 1 (11-12)	3	Savannah Verrall	Camden
NDP 1 (11-12)	4	Tom Simpson	Kingston
NDP 1 (11-12)	5	Kimberley Hogben	Heathrow
NDP 1 (11-12)	6	Layla Page	Zenith
NDP 1 (11-12)	7	Kaylee Ashford	Twizzlers
NDP 1 (11-12)	8	Eleonora Lucic	Inspire
NDP 1 (11-12)	9	Caleb Goldsworthy	Zenith
NDP 1 (11-12)	10	Melissa Benson	Bromley
NDP 1 (11-12)	11	Lukas Marciukonis	Kingston
NDP 1 (11-12)	12	Clementine Shanahan	Inspire
NDP 1 (11-12)	13	Hannah Brockie	Zenith
NDP 1 (11-12)	14	Zara Brahams	Hendon
NDP 1 (11-12)	15	Daisy Jelfs	Kingston
NDP 1 (11-12)	16	Erin Roddy	Hendon
NDP 1 (11-12)	17	Thomas Partridge	Zenith
NDP 1 (11-12)	18	Bronte Tenwick	Twizzlers
NDP 1 (11-12)	19	Mia Wanli	Kingston
NDP 1 (11-12)	20	Siobhan Daley	Inspire
NDP 1 (11-12)	21	Eloise West	Zenith
NDP 1 (13+)	1	Georgina Cooper	Twizzlers
NDP 1 (13+)	2	Jay Chitty	Zenith
NDP 1 (13+)	3	Mia Turner	Hendon
NDP 1 (13+)	4	Lola Hall	Bromley
NDP 1 (13+)	5	Polly Fennell	Kingston
NDP 1 (13+)	6	Hannah Cooper	Twizzlers
NDP 1 (13+)	7	Sophie Langdon	Kingston
NDP 1 (13+)	8	Armored Morrison	Kingston
NDP 1 (13+)	9	Olivia-Marie Edozie	Inspire
NDP 1 (13+)	10	Maisie Cheshire	Zenith
NDP 1 (13+)	11	Tamara Vaughan	Zenith
NDP 1 (13+)	12	Zoe Hunter	Twizzlers
NDP 1 (13+)	13	Eva Armitage-Woods	Bromley
NDP 1 (13+)	14	Ella Sinnott-Behrmann	Bromley
NDP 1 (13+)	15	Oz Hammerman	Zenith
NDP 1 (13+)	16	Eloise Gummer	Kingston
NDP 1 (13+)	17	Emily Mann	Kingston

NDP 2 (9-10)	1	Amelia Patola	Hendon
NDP 2 (9-10)	2	Rowan Broda	Camden
NDP 2 (9-10)	3	Lilia Hamblin	Kingston
NDP 2 (11-12)	1	Billy Wilson	Zenith
NDP 2 (11-12)	2	Bianca Serrano	Camden
NDP 2 (11-12)	3	Sophie Macneill	Inspire
NDP 2 (11-12)	4	Oliver Handley	Twizzlers
NDP 2 (11-12)	5	Lacey Kiely	Camden
NDP 2 (11-12)	6	Katie Jackivicz	Kingston
NDP 2 (11-12)	7	Freya Georges	Kingston
NDP 2 (11-12)	8	Martha Gayle	Bromley
NDP 2 (11-12)	9	Sienna Conquest-Appadoo	Camden
NDP 2 (11-12)	10	Lilly Simms	Kingston
NDP 2 (13+)	1	Amelie Gowe	Kingston
NDP 2 (13+)	2	Lucy Corless	Inspire
NDP 2 (13+)	3	Bethan Calder	Kingston
NDP 2 (13+)	4	Amelia Martin	Inspire
NDP 2 (13+)	5	Delilah Lloyd	Inspire
NDP 2 (13+)	6	Amelia Vanstone Smith	Camden
NDP 2 (13+)	7	Lola Moriarty	Inspire
NDP 2 (13+)	8	Sophie Williams	Zenith
NDP 3 (9-10)	1	Sofia Caeiro	Heathrow
NDP 3 (9-10)	2	Lilly Cookson	Camden
NDP 3 (11-12)	1	Iliana Ali	Bromley
NDP 3 (11-12)	2	Laila Ait-Siameur	Queensmead
NDP 3 (11-12)	3	Nancy Wright	Camden
NDP 3 (13+)	1	Paige Coles-Piper	Twizzlers
NDP 3 (13+)	2	Robyn Simms	Kingston
NDP 3 (13+)	3	Mya Palmer	Zenith
NDP 3 (13+)	4	Abigael McGuckin	Kingston
NDP 3 (13+)	5	Jonas Morland	Kingston
NDP 3 (13+)	6	Lucy Cooper	Twizzlers
NDP 3 (13+)	7	Olivia Williamson	Zenith
NDP 4 (9-10)	1	Olivia Martin	Heathrow
NDP 4 (9-10)	2	Jasmine Nkoso	Camden
NDP 4 (11-12)	1	Charlotte Ellis	Hendon
NDP 4 (11-12)	2	Stefan Truscott	Hendon
NDP 4 (11-12)	3	Lemara Sokoya	Hendon
NDP 4 (11-12)	4	Maayan Quintana	Hendon
NDP 4 (11-12)	5	Phoebe Craddock	Kingston
NDP 4 (13+)	1	Kara Harot	Queensmead
NDP 4 (13+)	2	Pitta Domodong	Camden
NDP 4 (13+)	3	Tia Newman	Queensmead
NDP 4 (13+)	4	Aya Hayatsu	Camden
NDP 4 (13+)	5	Amy Chapman	Camden
NDP 4 (13+)	6	Edward Cecil	Zenith

NDP 4 (13+)	7	Sophie Borley-Holden	Inspire
NDP 4 (13+)	8	Sana Ahmed	Hendon
NDP 4 (13+)	9	Iona Phillips	Queensmead
NDP 4 (13+)	10	Elinor Greenshields	Queensmead
NDP 4 (13+)	11	Isabella Lakey	Camden
NDP 4 (13+)	12	Fraser Davis	Heathrow
NDP 5 (9-10)	1	Eloise Gardner	Kingston
NDP 5 (11-12)	1	Camilla Rasulo	Kingston
NDP 5 (11-12)	2	Hannah Bunce	Heathrow
NDP 5 (11-12)	3	David Flore	Heathrow
NDP 5 (13-14)	1	Jemima Eckes	Kingston
NDP 5 (13-14)	2	Chloe Davey	Twizzlers
NDP 5 (13-14)	3	Eloise North	Twizzlers
NDP 5 (15+)	1	Caitlin Ayres	Zenith
NDP 5 (15+)	2	Orli Ash	Harrow
NDP 5 (15+)	3	Ronna Mirab	Hendon
NDP 5 (15+)	4	Jodi Grier	Inspire
NDP 5 (15+)	5	Alexia Chan	Hendon
NDP 5 (15+)	6	Anoushka Keeley	Queensmead
NDP 5 (15+)	7	Joseph Moore	Twizzlers
NDP 5 (15+)	8	Samantha Hall	Harrow
NDP 5 (15+)	9	Myssa Reid	Hendon
NDP 6 (11-14)	1	Zyra Reid	Hendon
NDP 6 (11-14)	2	Dovydas Olekas	Kingston
NDP 6 (11-14)	3	Frankie Haugh	Heathrow
NDP 6 (11-14)	4	Zachariah Wilson	Kingston
NDP 6 (15-16)	1	Harry Adam	Heathrow
NDP 6 (15-16)	2	Zak Demetriades	Zenith
NDP 6 (15-16)	3	Petronella Hoogeboom	Hendon
NDP 6 (15-16)	4	Lilianna Czaplewska	Queensmead
NDP 6 (15-16)	5	Vaishali Balachandran	Kingston
NDP 6 (17+)	1	Tyler Stote	Kingston



## 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
<b>NDP Final</b>	<b>19/04/2019</b>	<b>Noon 12/06/19</b>	<b>12-14 /07/19</b>	<b>Coventry</b>
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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