



Welsh Gymnastics
Gymnasteg Cymru

South Central Gymspire 2023

City of Newport Gymnastics Academy
Saturday 11th and Sunday 12th Nov 2023

Welcome to

South Central Wales Regional Gymspire 2023

Welsh Gymnastics would like to thank all gymnasts, coaches, judges, volunteers and spectators for supporting this competition.

Each area in Wales hosts a Regional Gymspire competition where the top 6 gymnasts in each age* and phase will form a team which will represent 'South Central' at the Gymspire National Finals.

This years finals take place on the 25th and 26th November here at City of Newport Gymnastics Academy.

Gymnasts will compete on Floor, Vault and Trampoline.

Presentations will be split by age, gender and phase. There will also be a presentation for the teams competition. Trophies are awarded for the top 3 gymnasts overall with ribbons for 4th, 5th and 6th. Apparatus and teams competition will be awarded with medals and ribbons. All gymnasts will receive a certificate.

Clubs Competing

All Stars	Heolddu	RSD
Bedwas	Planet	St Tydfils
Fusion	Pen-y-bont	Valleys Gymnastics

Total Gymnasts: 391

Judges

Denise Morgan (Planet)	James Thomas (RSD)	Ryan Dimitri (Fusion)
Emma Taylor (Penybont)	Leanne Jones (All Stars)	Sally Corden (Bedwas)
Glesni Powell (St Tydfils)	Midge Ward (Bedwas)	Sam Elliott (VGA)
Steve Slade (Heolddu)	Will Fraser Coombe (Fusion)	Gemma Bevan (VGA)

Competition Organiser: Kyarna Weed – Welsh Gymnastics

Head Judge: Emma Taylor

Photography: DE Photos

Host Club: City of Newport Gymnastics Academy

Saturday 11th November 2023

Round 1 – Doors open @ 8.30am

Age Group – 7 Phase 1 & Phase 2

Registration: 8:30am

Timings	Rotation	Floor	Vault	Trampette	Rest
09:00am	1	A	B	C	D
09:25am	2	D	A	B	C
09:50am	3	C	D	A	B
10.15am	4	B	C	D	A

GROUP A (7 IN YEAR)			
1. Anna Misiak	Black	Valleys Gymnastics Academy	Phase 1
2. Eira Robbins			
3. Lois Smith			
4. Oscar Stewart			
5. Isaac Tovey	Green		
6. Tommi Windcross			
7. Alexis Wall			
8. Mali Chamberlin			
9. Hollie Rose Hale	Pink		
10. Poppy Rose Richards			
11. Darcie Tucker			
12. Arabella Higginson			
13. Maia Davies Gadd			

GROUP B (7 IN YEAR)			
14. Ayla-Rose Rowe	Individual	St Tydfils	Phase 1
15. Livvy Jones	Individual		
16. Edie Jones			
17. Suki Young	Topaz	Valleys Gymnastics	Phase 2
18. Neveah Omoloju			
19. Jackson Cray			
20. Billy Ingram			
21. Sophie Humphreys	Orange		
22. Emili Rae Morgan			
23. Mckenna Pitt			
24. Emilie Grist			
25. Evelyn Morgan	Gold	St Tydfils	Phase 2
26. Rosie Wall			
27. Indie Thomas			
28. Eva Bow			

GROUP C (7 IN YEAR)			
29. Sydney Morris	Blue	RSD	Phase 1
30. Tabitha Wrangham			
31. Aaliyah Cassin			
32. Payton Brown			
33. Rosie Roberts	Blue	Penybont	Phase 1
34. Seren Morgan			
35. Maddie Rosser			
36. Rosie Mills			
37. Olivia Willis	Planet	Planet	Phase 2
38. Hannah-Grace Lewis			
39. Phillipa Haverson			
40. Elinor Barry			
41. Selena Uddin	Individual	All Stars	Phase 2
42. Teddie Harding			

GROUP D (7 IN YEAR)			
43. Noah Wilkins	Firefly	Heolddu	Phase 2
44. Natalia Rose Casey			
45. Cariad Higgs			
46. Lucas Thomas			
47. Tomos Pert	Silver	Fusion	Phase 2
48. Macsen Newberry			
49. Maxwell Morgan			
50. Nia Bevan	Violet		
51. Amelie Mahone			
52. Lilia Wynford-Thomas			
53. Darcy Church			
54. Leonie Mills	Individual	Bedwas	Phase 1
55. Matilda Hutchinson	Individual	Bedwas	Phase 1
56. Isabella Earley	Individual	Bedwas	DIS Phase 1

Round 2

Age Group – 8 Phase 1 & Phase 2

Registration: 11.05am

Timings	Rotation	Floor	Vault	Trampoline	Rest
11:35am	1	E	F	G	H
12.05pm	2	H	E	F	G
12.35pm	3	G	H	E	F
1.05pm	4	F	G	H	E

GROUP E (8 IN YEAR)			
57. Theo Davies	All Stars	All Stars	Phase 2
58. Magnus Dyer			
59. Arlo Hughes			
60. Griff Jones	Team 2		
61. Ethan Williams			
62. Tyler Bishop			
63. Emrys Real	Yellow		
64. Elise Benjamin			
65. Gracie Owens			
66. Elan Spanswick			
67. Isabelle Gadd	Orange	Fusion	
68. James Clarke			
69. Gwen Quirke			
70. Maia Foster			
71. Lilly Ella Cook			
72. Georgina Willmott			
73. Mia Jones			

GROUP F (8 IN YEAR)			
74. Megan Fish	Yellow	Valleys Gymnastics	Phase 1
75. Mali Mai Evans			
76. Ffion Parry			
77. Lily George			
78. Alea Tariq	Pink		
79. Chloe Yip			
80. Poppy Kingdon			
81. Alexa Long			
82. Sofia John	Blue		
83. Alicia Mae Kershaw			
84. Ella Morgan			
85. Evan Williams			
86. Anna Roberts			
87. Skye Morris			

GROUP G (8 IN YEAR)			
386-Jessica Lee	Individual	RSD	Phase 1
88. Gwenan Precious	Silver	Bedwas	Phase 1
89. Summer Dando			
90. Martha Atcherley			
91. Amelia Rasis	Planet	Planet	Phase 1
92. Olivia Walters			
93. Ellie Howson			
94. Martha Berry			
95. Freya Saul	Planet	Planet	Phase 2
96. Esmee Kemp			
97. Reeve Ledley			
98. Rosie Parsons			
99. Elsie Evans			
100. Evelyn Husband	Green	Pen-y-bont	Phase 2
101. Eloise Wellington			
102. Isla Jenkins			
103. Emilia Millard			
104. Mila Hughes			
105. Indi Williams	Individual	Pen-y-bont	Phase 3 DIS

GROUP H (8 IN YEAR)			
106. Jasmine Evans	White	Valleys Gymnastics	Phase 2
107. Mali Hatfield			
108. Lilly Allwood			
109. Menna Howard			
110. Scarlett Pinder	Green	Valleys Gymnastics	Phase 2
111. Lola Thomas			
112. Amber Thompson			
113. Georgia Reynolds	Red	Valleys Gymnastics	Phase 2
114. Dexter Devlin			
115. Amelia Jowitt			
116. Katy Nicholas			
117. Rhys Evans	Dynamite	Heolddu	Phase 2
118. Alex Gnedlers			
119. Daniel Evans			
120. Jaxson Thomas	Orange	St Tydfils	Phase 2
121. Katie Jones			
122. Gracie Booth			
123. Daisy Oliver			
124. Ella Meredith	Individual	Valleys Gymnastics	Phase 4 DIS
125. Emily Wilks			

Round 3

Age Group – 11-12 Phase 1 & Phase 2

Registration: 2.00pm

Timings	Rotation	Floor	Vault	Trampoline	Rest
2.30pm	1	I	J	K	L
3.05pm	2	L	I	J	K
3.40pm	3	K	L	I	J
4.15pm	4	J	K	L	I

GROUP I (11-12)				
126.	Virginia Williams	Yellow	Valleys Gymnastics	Phase 1
127.	Jacob Plant			
128.	Annabelle Rees			
129.	Tabitha Usmar			
130.	Lilly May Sullivan	Orange		
131.	Alex Carter			
132.	Lilly Callard			
133.	Layla Mae Jones	Pink		
134.	Alyssia Jones			
135.	Maci-Leigh Morris			
136.	Seren Jones			
137.	Evie-May Phillips	Green	Phase 2	
138.	Isabella Marlog			
139.	Olivia Thompson			
140.	Alicia Ruskiewicz-Williams			
141.	Libby Wilks	Individual	Valleys Gymnastics	Phase 3 DIS
387-	Sara Wallbyoff	Individual	Valleys Gymnastics	Phase 3 DIS

GROUP J (11-12)				
142.	Seren Davies	Orange	St Tydfils	Phase 2
143.	Sophie Chapman			
144.	Celyn Morgan			
145.	Casey Patterson			
146.	Olivia Hughes			
147.	Hannah Morgan			
148.	Amber Jones	Silver		
149.	Elinor Harwood			
150.	Kate Miller			
151.	Lilly Harris			
152.	Megan Caveill	Individual	Bedwas	Phase 2
153.	Emmie Collins	Individual	St Tydfils	Phase 1
154.	Fleur Stenner	Black	Bedwas	Phase 1
155.	Megan Precious			
156.	Holly Dando			

GROUP K (11-12)				
157.	Francesca Leckie	Planet	Planet	Phase 2
158.	Scarlett Morgan			
159.	Ava Grace Johnson			
160.	Paris Lily Cant			
161.	Ffion Lewis			
162.	Alice Bowen	Blue	Pen-y-bont	Phase 2
163.	Storm Miller			
164.	Emma John			
165.	Summer Mainwaring	Green	Pen-y-bont	Phase 1
166.	Erin Joy			
167.	Evelyn Buck			
168.	Dhani Chandrasena			
169.	Mari Williams Jones	Planet	Planet	Phase 1
170.	Mya Rose Thomas			
171.	Izabella Evans			
172.	Lucia Gaborova	Individual	Planet	Phase 2 DIS

GROUP L (11-12)				
173.	George Howell	All Stars	All Stars	Phase 2
174.	Harvey Martin			
175.	Aiden Turton			
176.	Isla McIntosh			
177.	Elinor Childs	Turquoise	Fusion	Phase 2
178.	Charlie Dixon Jones			
179.	Joshua Parsons			
180.	Sophia Wright			
181.	Elizabeth Childs			
182.	Gwenllian Delamere	Fusion		Phase 1
183.	Erin Quirke			
184.	Mia Forward			
185.	Lowri Evans	Individual	Heolddu	Phase 1
186.	Star Morris	Individual	RSD	Phase 1
187.	Macie-Mai Brown	Individual	RSD	Phase 1

Round 4

Age Group – 13+ Phase 1 & Phase 2

Registration: 5.15pm

Timings	Rotation	Floor	Vault	Trampette	Rest
5:45pm	1	M	N	O	P
6:10pm	2	P	M	N	O
6:35pm	3	O	P	M	N
7:00pm	4	N	O	P	M

GROUP M (13+)				
188.	Ellie Stanton	White	Valleys Gymnastics	Phase 2
189.	Ava Robins			
190.	Abigail Russell			
191.	Libby Davies			
192.	Paige Elias	Purple		
193.	Ruby Bailey			
194.	Katie-May Blight			
195.	Alisha Jones			
196.	Amy Hall	Pink		
197.	Nia Summers			
198.	Chloe Jennings			
199.	Kelsey Mcilwee			

GROUP N (13+)				
200.	Carys Davies	Red	Valleys Gymnastics	Phase 1
201.	Mara Gameiro			
202.	Ffion Gaccon-Trigg			
203.	Lilly Bevan Jones			
204.	Natalie Rego	Blue	St Tydfils	Phase 1
205.	Lili Haf Whitney			
206.	Roxie Morgan			
207.	Megan Davies			
208.	Riley Hussey	Individual	St Tydfils	Phase 2
209.	Aneria Jones	Ebony	Bedwas	Phase 2
210.	Nancy Barett			
211.	Imogen Jones			
212.	Olivia Gardiner			
213.	Bethany Griffiths		Bedwas	Phase 2 DIS
214.	Natasha Boulton			
215.	Honey Thomas			

GROUP O (13+)				
216.	Rhianedd Jones	Pink	All Stars	Phase 2
217.	Alexis Parker			

218.	Mia Owen				
219.	Emily Head	Yellow			
220.	Taryn Opie				
221.	Niamh Morgan				
222.	Alice Rogers	Red	Fusion	Phase 2	
223.	Valmai Porter				
224.	Evie Ball				
225.	Hannah Welch	Gold			
226.	Ellia Galozzi-Hibbert				
227.	Olivia Wright				
228.	Cari Akers	Individual	Fusion	Phase 1	

GROUP P (13+)				
229.	Imogen Howe	Blue	Pen-y-bont	Phase 2
230.	Megan Grabham			
231.	Chloe Hallett			
232.	Chloe Donovan			
233.	Olivia Henderson	Green		
234.	Mali Davies			
235.	Mia Francis			
236.	Alize Koto Gutrai			
237.	Emily Latts	Individual	Planet	Phase 2

Sunday 12th November 2023

Round 1 – Doors open @ 9.00am

Age Group – 6 Phase 1 & Phase 2

Registration: 9:00am

Timings	Rotation	Floor	Vault	Trampette
9.30am	1	Q	R	S
9.45am	2	S	Q	R
10.00am	3	R	S	Q

GROUP Q (6 in year)				
238.	Bernadette Morris	Purple	St Tydfils	Phase 1
239.	Sophia Adams			
240.	Alyza Price			
241.	Evie Brook			
242.	Seren Smith			
243.	Mari Phibben			
244.	Eira Heath	Silver	St Tydfils	Phase 1
245.	Savannah Williams			
16.	Eddie Jones			
246.	Rosie Davies	Individual	St Tydfils	Phase 2
247.	Elizabeth Richards	Individual	St Tydfils	Phase 2

GROUP R (6 in year)				
248.	Darcie Williams	Orange	Valleys Gymnastics	Phase 1
249.	Lily Williams			
250.	Sophia Bodman			
251.	Luna Berry	Planet	Planet	Phase 1
252.	Lily Taylor			
253.	Elodie Grindell			
254.	Alba Blake			
255.	Freya Butters			
256.	Ava Leigh Jones	Individual	Valleys Gymnastics	Phase 2
257.	Mya Lancey	Individual	Valleys Gymnastics	Phase 2

GROUP S (6 in year)				
258.	Joseph Phillips	Individual	All Stars	Phase 2
259.	Rhys Parker	Individual	All Stars	Phase 2
260.	Florence Keedwell	Individual	Fusion	Phase 2
261.	Evie Morris	Individual	Fusion	Phase 2
262.	Esmay Rees			
263.	Harriet Paget	Individual	Heolddu	Phase 2

264.	Martha Jones	Scarlet	Fusion	Phase 1
265.	Poppy Sawyer			
266.	Lily Jones			
267.	Jessica David			
268.	Lottie Probert			
388-	Oliver Jacobs	Individual	Fusion	Phase 1
389-	Edward Williams	Individual	Fusion	Phase 1

Round 2

Age Group – 9 Phase 1 & Phase 2

Registration: 10.40am

Timings	Rotation	Floor	Vault	Trampoline	Rest
11.10am	1	T	U	V	W
11.35am	2	W	T	U	V
12.00pm	3	V	W	T	U
12.25pm	4	U	V	W	T

GROUP T (9 in year)					
269.	Summer Cartlidge	White	Valleys Gymnastics	Phase 2	
270.	Taylor Birchley				
271.	Ellis Eaves				
272.	Elizabeth Cox				
273.	Harmony Akpojevughe				
274.	Indie Williams	Green		Phase 1	
275.	Jack Jones				
276.	Harmony Sullivan				
277.	Kennedie Withers				
278.	Amelia Long	Orange			
279.	Imogen Parry				
280.	Isla Mae Ducie				
281.	Brooke Manley				
282.	Henry Jones	Black	Phase 1		
283.	Lowri-Jay Holvey				
284.	Phoenix Smith				

GROUP U (9 in year)						
285.	Olivia Corkrey	Yellow	St Tydfils	Phase 1		
286.	Kiana Evans					
287.	Aled Harwood					
288.	Serenity Mills					
289.	Lily Type	Blue		Phase 1		
290.	Catrin Burns					
291.	Amy Godfrey	Pink				Phase 1
292.	Jessica George					
293.	Gabija Libertye					
294.	Mia Morgan					
295.	Alexander Eynon	Yellow	Valleys Gymnastics	Phase 2		
296.	Betsi Lee					
297.	Emily Watts					
298.	Georgia Watkins					
299.	Georgia-Rose Peters					
300.	Cali Rae Lewis	Individual	St Tydfils	Phase 2		

GROUP V (9 in year)				
301.	Ruby Kidd	Planet	Planet	Phase 1
302.	Ella Moreton			
303.	Lilah Aubrey			
304.	Amelia Watson	Red	RSD	Phase 1
305.	Frankie McFadden			
306.	Gwenlli Walters			
307.	Benjamin Preece	All Stars	All Stars	Phase 1
308.	Mabon Furci			
309.	Elis Pugh			
310.	Henry Bettles			
311.	Emma Budd	Black	Bedwas	Phase 1
312.	Rebecca Budd			
313.	Phoebe Harrison			
314.	Darcey Hobrough			
315.	Ella Caveill	Individual	Bedwas	Phase 2

GROUP W (9 in year)				
316.	Adrian Thomas	Individual	Fusion	Phase 1
317.	Oscar James	Individual	Fusion	Phase 1
318.	Carys Elston	Purple	Fusion	Phase 2
319.	Perdy Summers			
320.	Caitlin Barber			
321.	Jenny Warbuton			
322.	Matilda Jones			
323.	Erin Larkman			
324.	Olivia Cole	Blue	Pen-y-bont	Phase 2
325.	Amy Cloke			
326.	Khloe Fenlon			
327.	Rosie Watkins			
328.	Milly Jones	Green		
329.	Callie Griffiths			
330.	Beau Rafill			
331.	Hayden Snook Rees			
332.	Layla Fletcher James			

Round 3

Age Group – 10 Phase 1 & Phase 2

Registration: 1.15pm

Timings	Rotation	Floor	Vault	Trampette	Rest
1.45pm	1	X	Y	Z	AA
2.05pm	2	AA	X	Y	Z
2.25pm	3	Z	AA	X	Y
2.45pm	4	Y	Z	AA	X

GROUP X (10 in year)				
333.	Emily Morris	Pink	Fusion	Phase 2
334.	Mia Youlden			
335.	Matilda Weeks			
336.	Sophie Howard			
337.	Mali Jacobs			
338.	Harry Payne	Blue	Bedwas	Phase 2
339.	George Blandford			
340.	Tyler-Blake Solly			
341.	Milo Hutchins			
342.	Madison Thomas	Individual	Bedwas	Phase 2
343.	Josey Kean	Individual	Bedwas	Phase 2
344.	Macey Manny	Individual	Bedwas	Phase 1
345.	Samara Camburn-Rahmani	Individual	Bedwas	Phase 1

GROUP Y (10 in year)				
346.	Lexi Cowan	Blue	Pen-y-bont	Phase 2
347.	Jasmine Allen			
348.	Martha Davies			
349.	Emilia Hearse			
350.	Eira Hazell			
351.	Gethin Williams	Blue	Valleys Gymnastics	Phase 1
352.	Bleidd Man			
353.	Lola Moreland			
354.	Martha Telfer-Jones			
355.	Hollie Watkins	Yellow	Heolddu	Phase 1
356.	Jessica Wathen			
357.	Jessica Robbins			
358.	Tayah Price	Individual	Heolddu	Phase 1
359.	Mali Bowden	Individual	Heolddu	Phase 1

GROUP Z (10 in year)				
360.	Scarlett Griffin	Red	Valleys Gymnastics	Phase 2
361.	Scarlett Hurley			
362.	Seren Hoyle			
363.	Felicity Hayes			
364.	Ella Evans			
365.	Emily Stainsby-Tron	Navy		
366.	Lilah Jones			
367.	Ky-Elle Roper			
368.	Alexa Osbourne			
369.	Isabella Phillips			
370.	Orla Teague	Black		
371.	Livvie Barber			
372.	Tirion Cronin			
373.	Jessica Beecham			

GROUP AA (10 in year)				
374.	Gracie Walker	Navy	St Tydfils	Phase 1
375.	Libby Morgan			
376.	Mia Evans			
377.	Aleisha Chelsea Pitt			
378.	Erin Williams	Individual	RSD	Phase 1
379.	Eva Pearce	Individual	St Tydfils	Phase 2
380.	Zoya Hnenna	Individual	St Tydfils	Phase 2
381.	Niamh Bennett	Planet	Planet	Phase 2
382.	Daphne Thompson			
383.	Amelia Gannon			
384.	Daniel Owen	All Stars	All Stars	Phase 2
385.	Rhys Llewelyn			
386.	Kian Hembury			

Photography Regulations

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by Welsh Gymnastics and 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. 'Photo's' includes any form of video or still image including those taken with mobile phones.

- 1.** 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.

*Taken from Appendix 2 British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form – BG Photography Regulations.



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ASDA



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