



Welsh Gymnastics
Gymnasteg Cymru

AEROBIC



WELSH

CHAMPIONSHIPS


2023



WELCOME



Welcome to the Welsh Open Aerobic Championships 2023. We are excited to host this year's competition from the fantastic facility of Ebbw Vale Leisure Centre.



We hope you enjoy your visit and are looking forward to the competition!





VENUE

▶ PARKING

There is free parking available in the multi storey car park on site situated 200m from the main venue.

▶ CAFÉ

There is a café area in the main reception area, there will also be a refreshment stall in the main hall so you won't have to miss a moment of the competition.

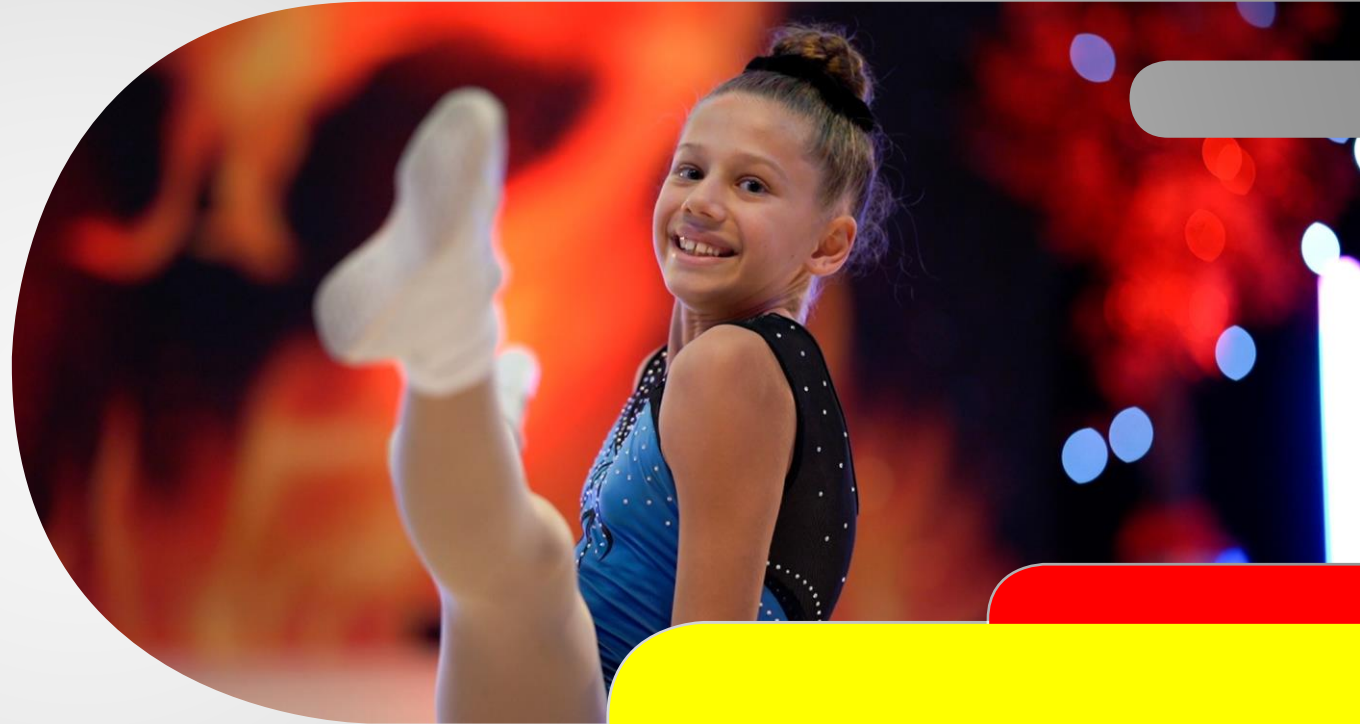
Entry

This is a ticketed only event, please do not attend without a ticket we would not want to turn anyone away because they haven't purchased a ticket. If you don't have a ticket please don't be offended if you are asked to leave the line and purchase a ticket from the website, we will not be holding a float so no tickets are available on the door.

QR CODE:



<https://www.eventbrite.co.uk/e/welsh-aerobic-championships-and-winter-iac-comp-2023-tickets-718440092657?aff=oddtcreator>



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Competition Officials



Head Judge	Natalia Ilienکو-Jarvis
Safeguarding and Welfare	Maria Gaynor
Floor Manager	Allan Brotherston
First Aid	Physio Support
Compare	Jon Hewlett
Live Scoring	GymData
Photos	DE Photos



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Photography Policy

When taking photos or videos can we ask that everyone is mindful of the BG photography policy, and only photo or video your own gymnasts, please also be mindful when posting photos on social media. If you have gymnasts that can't be photo 'ed please let me know on the competition day and I will ensure they are given a wrist band.

[file \(british-gymnastics.org\)](http://file.british-gymnastics.org)



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COMPETITION RUNNING ORDER

Please follow the links below for warm-up/performance times

SATURDAY

[https://www.welshgymnastics.org/wp-content/uploads/2023/03/Welsh Aerobic 2023 SAT.pdf](https://www.welshgymnastics.org/wp-content/uploads/2023/03/Welsh_Aerobic_2023_SAT.pdf)



SATURDAY

SUNDAY

[https://www.welshgymnastics.org/wp-content/uploads/2023/03/Welsh Aerobic 2023 SUN.pdf](https://www.welshgymnastics.org/wp-content/uploads/2023/03/Welsh_Aerobic_2023_SUN.pdf)



SUNDAY

SAFEGUARDING

Welfare for this competition is Maria Gaynor, if you have any concerns during the competition then feel free to approach Maria, if you have any further concerns you could email:

safeguarding@welshgymnastics.org

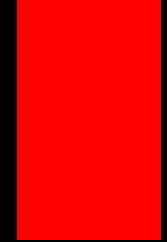


QUATRO

SHOP NOW

SPOTLIGHT
COLLECTION

SCAN ME



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