



**Welsh Gymnastics National & Compulsory
Grades.
Welsh Challenge Cup Junior/Senior
Competition.
2023**

Saturday 1st April

Grp A - COMP 3			Grp B - COMP 4			Grp C - COMP 2.Jr&Sr CC		
Lyla	Whiffin	CCYC	Lara	James	Swansea	Priya	Evans	Bangor
Ava	Barnes	Llanelli	Betsy	Jones	Swansea	Ella	Evans	Llanelli
Tali	Thomas	Llanelli	Renee	Lewis	Swansea	Maria Arabella Balid	Amarillo	Llanelli
Erin	Thomas	Llanelli	Elle	Lewis	Swansea	Freya	Evans	Llanelli
Ava	Davies	Swansea	Alecia	Henry	Swansea	Ava-Lexi	Placide	Capital
Sophia	Davies	Swansea	Aoife	Semple	VGA	Zoe	Robinson	Capital
Olivia	Melin	YMCA Barry	Darcie	Cochlin	VGA			

Grp D - NAT 1			Grp E - COMP 3/4		
Aiyla	Griffith	Buckley	Gracie	Breeze	Deeside
Ellie	John	Capital	Madi	Jones	Deeside
Siena	Salter	Capital	Ellie	Howshall	Deeside
Amelia	Wade-Jones	Deeside	Mia	Hunter	Buckley
Francesca	Braunerova	Swansea	Liliana	Orhan	Buckley
			Halle	Davies	Llanelli

Registration:	8:30am
Warm up:	8:45am
March in:	9am
Comp Start:	9:05am

(will start as soon as everyone has registered)

ROTATION 1	VAULT	BARS	BEAM	FLOOR	R&C
9:05am - 9:35am	A	B	C	D	E
09:35:00 -10:05am	E	A	B	C	D
10:05-10:35	D	E	A	B	C
10:35-11:05am	C	D	E	A	B
11:05am-11:35	B	C	D	E	A

Presentation: 11:45am - 12:15pm

Group F	NAT 2/NAT 3		Group G	NAT 2/NAT 3		Group H	NAT 2/NAT 3	
Capital	Grace	Price	Llanelli GC	Hollie	Evans	Fusion	Erin	Bevan
Capital	Anwen	Davies	Deeside GC	Ciara	Evanson	Fusion	Agata	Swiatkowska
Capital	Scarlett Chunqin	Lin	Llanelli GC	Marged	Jones	Fusion	Chloe	Mckay
Capital	Imogen	Dodd	Valleys GA	Emilie	Allen	Fusion	Rosie	Pilliner
Capital	Molly	Darcey	Maldwyn Dragons GC	Francesca	Humphreys	CCYC	Maia Arianwen	Griffiths
Capital	Willow	Mannings	Valleys GA	Genevieve	Hooper	CCYC	Sophie	Rogers
Capital	Soffia	Walters	Valleys GA	Millie	Cox	CCYC	Scarlet Mae	Mathias
Capital	Bethan	Fleet	Valleys GA	Caitlin	Asante	Fusion	Megan	Phillips
Wrexham	Baya	Davies	Llanelli GC	Pauline	De Vera	Phoenix Gymnastics	Lali	Robakidze
Wrexham GC	Ffion	Rowe						

Group I	NAT 2/NAT 3		Group J	NAT 2/NAT 3	
Deeside GC	Phoebe	Bates	Bangor	Isabelle	Hardy
Deeside GC	Ciara	Evanson	Somersault GC	Paula	Eberl-Lopez
Buckley GC	Freya	Williams	Somersault GC	Carys	Mayers
Buckley GC	Loni	Humphreys	Swansea GC	Lily	Coffey
Buckley GC	Daisy	Roberts	Bangor	Tamzin	Matthews
Deeside GC	Ella	Bothwell	Grays	Molly	Lundstram
Deeside GC	Hannah	Mushrow	Cardiff Olympic	Tiana	Powell
Neath Afan GC	Hali-Rae	Morris	Somersault GC	Imogen	Alexander
Neath Afan GC	Olivia	Barnsley			

Registration:	12:45pm
Warm up:	1pm
March in:	1:15pm
Comp Start:	1:20pm

(will start as soon as everyone has registered)

ROTATION 2	VAULT	BARS	BEAM	FLOOR	R&C
1:20pm - 1:50pm	F	G	H	I	J
1:50pm - 2:20pm	J	F	G	H	I
2:20pm - 2:50pm	I	J	F	G	H
2:50pm - 3:20pm	H	I	J	F	G
3:20pm - 3:50pm	G	H	I	J	F

Presentation: 4pm - 4:30pm

Sunday 2nd April

Group K	NAT 5		GROUP L	NAT 4/NAT 5		GROUP M	NAT 4/NAT 5	
Neath Afan GC	Clara	Worlock	Grays	Freya	Hendley	Capital Academy	Menna	Jones
Neath Afan GC	Amelia	Hall	Grays	Ruby-Caitlin	Clark	Capital Academy	Rosie	Richards
Ynys Mon	Maisy	Coveney	Somersault GC	Katy	Cooper	Capital Academy	Darcie	Walsh
Ynys Mon	Abigail	Stuart	Somersault GC	Clara	Davies	Fusion	Evelyn Rose	Chan
CCYC	Charlotte	Rogers	Somersault GC	Hallie	Wilkie	Fusion	Grace	Rees
CCYC	Ava	Joseph	Somersault GC	Emily	Rapps	Fusion	Kimberly Grace	Chan

GROUP N	NAT 4/NAT 5		GROUP O	NAT 4/NAT 5	
Deeside GC	Ella	Thompson	Buckley GC	Ellie	Horgan
Deeside GC	Nancy	Callaghan	Buckley GC	Amber	Hodges
Deeside GC	Sophie	Cutler	Buckley GC	Kacey-Leigh	Jones
Deeside GC	Mia	Baker	Cardiff Olympic	Olivia	Davies
Torfaen	Lexi	Duffus	Cardiff Olympic	Ava	Ling
Torfaen	Lily-Rose	Rostron	Cardiff Olympic	Ella-Louise	Murray
			Cardiff Olympic	Halle	Goren

Registration:	9:30am
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Warm up:	9:45am
March in:	10am
Comp Start:	10:05am

(will start as soon as everyone has registered)

ROTATION 1	VAULT	BARS	BEAM	FLOOR	R&C
10:05am-10:30am	K	L	M	N	O
10:30am-10:55am	O	K	L	M	N
10:55am-11:20am	N	O	K	L	M
11:20am-11:45am	M	N	O	K	L
11:45am-12:10am	L	M	N	O	K

GROUP P	NAT 4/NAT 5		GROUP Q	NAT 4/NAT 5		GROUP R	NAT 4	
WREXHAM	Katie	Mcglynn	Swansea GC	Alys	Bowden	Pen-y-Bont	Sophia	Davies
Llanelli GC	Ellie	Dunleavy	Swansea GC	Darcy	Evans	Pen-y-Bont	Izabella	Coates
Llanelli GC	Millie	Evans	Swansea GC	Leila	Porter	Pen-y-Bont	Isabella	Patrick
Llanelli GC	Lilia	Stabler	Swansea GC	Callie-Anne	Knuszka	Bangor	Isabella	Halpin
			Swansea GC	Martha	Griffin Jones	Bangor	Ela Non	Jones
			Swansea GC	Erin	David	Bangor	Ella	Scott
			Swansea GC	Minnie	Edwards	Bangor	Marcie Megan	Broadhead

GROUP S	NAT 4/NAT 5		GROUP T	NAT 4/NAT 5	
Valleys GA	Ffion	Williams	Phoenix	Freya	Clarke
Valleys GA	Coco	Harrison	Phoenix	Stella	George
Valleys GA	Chloe	Jones	Phoenix	Sofia	Saltmarsh
Valleys GA	Madison Louise	Allen	Phoenix	Elinor	Griffith-Williams
AllStars	Gracie	Burr-Green	Phoenix	Lacey	Coughlin
AllStars	Katie	Norris			

Registration:	noon
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(will start as soon as everyone has registered)

Warm up:	12:15pm
March in:	12:30am
Comp Start:	12:30pm

ROTATION 2	VAULT	BARS	BEAM	FLOOR	R&C
12:35pm-1pm	P	Q	R	S	T
1pm-1:25pm	T	P	Q	R	S
1:25pm - 1:50pm	S	T	P	Q	R
1:50pm-2:15pm	R	S	T	P	Q
2:15 - 2:40pm	Q	R	S	T	P

presentation 2:45pm - 3:15pm