



Welsh Gymnastics
Gymnasteg Cymru

West Gymspire 23

Llanelli Gymnastics Club
11th and 12th of November

Adults - £3.00

Children – Free

Welcome to West Wales Regional Gymspire 2023

On behalf of Welsh Gymnastics,

We would like to thank all the gymnasts, volunteers, coaches, judges,
and everyone involved in the event today. Without you it would not
have been possible.

Thank you to Llanelli Gymnastics Club for hosting the competition.



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Saturday

Round 1 – Doors open @ 13:30

Age Group – 11 – 12 and 13+

Registration: 14:00pm

Coaches meeting: 13:45

Open W/U: 14:15pm

Judges meeting: 14:15pm

March On: 14:35pm

Compete: 14:40pm

Presentation: 17:15pm

Finish: 18:00pm

Timings	Rotation	Vault	Floor	Trampette	Rest
14:40pm	1	A	B	C	D
15:15pm	2	D	A	B	C
15:50pm	3	C	D	A	B
16:25pm	4	B	C	D	A

		Marshal: Crickhowell			
		Vault			
		Floor			
		Trampoline			
		Rest			
No.	Name	Club	Team	AGE GROUP	
1	Orlagh Murphy	Gwernyfed Gymnastics	Glas	11 - 12 L1	
2	Megan Williams	Gwernyfed Gymnastics	Glas	11 - 12 L1	
3	Isabel Lewis	Gwernyfed Gymnastics	Glas	11 - 12 L1	
4	Demi Rae	Gwernyfed Gymnastics	Glas	11 - 12 L1	
5	Millie Younger	Crickhowell	Rhondda	11 - 12 L1	
6	Nia Thomas	Crickhowell	Rhondda	11 - 12 L1	
7	Bella Westall	Crickhowell	Rhondda	11 - 12 L1	
8	Naia Price-Brown	Crickhowell	Rhondda	11 - 12 L1	
9	Mollie Francis	Crickhowell	Rhondda	11 - 12 L1	

		Marshal: Llanelli			
		Floor			
		Trampoline			
		Rest			
		Vault			
No.	Name	Club	Team	AGE GROUP	
10	Daisy Rose Burton	Llandrindod Dragons GC	Red	11 - 12 L1	
11	Lillie Mai Bufton	Llandrindod Dragons GC	Red	11 - 12 L1	
12	Phoebe Morgan	Llandrindod Dragons GC	Red	11 - 12 L1	
13	Phoebe Jarvis	Llandrindod Dragons GC	Red	11 - 12 L1	
14	Laura Jones	Llandrindod Dragons GC	Red	11 - 12 L1	
15	Grace Bowen	Llanelli GC	Pink	11 - 12 L1	
16	Lilly Davies	Llanelli GC	Pink	11 - 12 L1	
17	Amelia Hughes	Llanelli GC	Pink	11 - 12 L1	
18	Wiktorija Dudzinska	Llanelli GC	Pink	11 - 12 L1	
19	Elin Richards	Llanelli GC	Pink	11 - 12 L1	

		Marshal: Swansea			
		Trampoline			
		Rest			
		Vault			
		Floor			
No.	Name	Club	Team	AGE GROUP	
20	Kellan Heatlie	Llandrindod Dragons GC	Ind	11 - 12 L2	
21	Leo Morris	Swansea Gymnastics Centre	White	11 - 12 L2	
22	John Williams	Swansea Gymnastics Centre	White	11 - 12 L2	
23	Chloe Jones	Swansea Gymnastics Centre	White	11 - 12 L2	
24	Olivia Morris	Swansea Gymnastics Centre	White	11 - 12 L2	
25	Eve Williams	West Street Gymnastics Club	Ind	11 - 12 L2	
26	Iyla Griffiths	West Street Gymnastics Club	Ind	11 - 12 L2	
27	Neve Thomas	Llanelli GC	Ind	11 - 12 L2	
28	Olivia Roberts	Llanelli GC	Ind	11 - 12 L2	

		Marshal: Llandrindod			
		Rest			
		Vault			
		Floor			
		Trampoline			
No.	Name	Club	Team	AGE GROUP	
29	Maisie Griffiths	Llandrindod Dragons GC	Silver	13+ L1	
30	Lola Robinson	Llandrindod Dragons GC	Silver	13+ L1	
31	Hollie Claridge	Llandrindod Dragons GC	Silver	13+ L1	
32	Anna Glass	Crickhowell	Fenni	13+ L1	
33	Ruby Lewis-Atwell	Crickhowell	Fenni	13+ L1	
34	Mila Caddone	Crickhowell	Fenni	13+ L1	
35	Gracie Kingdon	Crickhowell	Fenni	13+ L1	
36	Hollie Williams	Crickhowell	Fenni	13+ L1	
37	Alice Samuel	Llandrindod Dragons GC	Ind	13 + L2	
38	Eleri Gwynne	Llanelli GC	Ind	13+ L2	
39	Tiah Sellick	Llanelli GC	Ind	13 + L2	

Sunday

Round 1

Age Group – 6 Level 1 and 2

Registration: 8:45am

Open W/U: 09:00am

March On: 09:15am

Compete: 09:20am

Presentation: 10:15am

Finish: 10:30am

Timings	Rotation	Vault	Floor	Trampoline
09:20am	1	A	B	C
09:35am	2	C	A	B
09:50pm	3	B	C	A

		Marshal: EGA		
		Vault		
		Floor		
		Trampette		
No.	Name	Club	Team	AGE GROUP
40	Ava Devonald	Elements GA	Green	6 L1
41	Bella Campbell	Elements GA	Green	6 L1
42	Elysienna Read	Elements GA	Green	6 L1
43	Orla Gunning	Elements GA	Green	6 L1
44	Esta Harland	Elements GA	Green	6 L1
45	Eleri Price	Gwernyfed	Du	6 L1
46	Evanna Jones	Gwernyfed	Du	6 L1
47	Theodore Chiwara	Gwernyfed	Du	6 L1
48	Gwān Nicholls	Gwernyfed	Du	6 L1

		Marshal: Swansea		
		Floor		
		Trampette		
		Vault		
No.	Name	Club	Team	AGE GROUP
49	Lily Roberts	Swansea GC	Blue	6 L1
50	Elizabeth Lily Thomas	Swansea GC	Blue	6 L1
51	Zaya James	Swansea GC	Blue	6 L1
52	Georgie Sutton	Swansea GC	Blue	6 L1
53	Kai Healey	Swansea GC	Khaki	6 L1
54	Jack Sutton	Swansea GC	Khaki	6 L1
55	Clark Pritchard	Swansea GC	Khaki	6 L1
56	Ben Burton	Swansea GC	Khaki	6 L1
57	Harvey Davies	Swansea GC	Khaki	6 L1

		Marshal: West Street		
		Trampette		
		Vault		
		Floor		
No.	Name	Club	Team	AGE GROUP
58	Bonnie-Grace Gale	Lampeter Flics Llambed	Ind	6 L1
59	Evie Naylor	Llandrindod Dragons	Ind	6 L1
60	Liwsì Hudson-Joshua	Swansea GC	Navy	6 L1
61	Arabella Davies	Swansea GC	Navy	6 L1
62	Rubi-Mae Davies	Swansea GC	Navy	6 L1
63	Caitlin Riley	West Street	Team	6 L2
64	Luchia Carrieri	West Street	Team	6 L2
65	Sia Parkin	West Street	Team	6 L2

Round 2

Age Group – 7 Level 1 and 2

Registration: 10:30am

Open W/U: 10:40am

March On: 11:00am

Compete: 11:05am

Presentation: 12:30pm

Finish: 12:45pm

Timings	Rotation	Vault	Floor	Trampette	Rest
11:05am	1	D	E	F	G
11:25pm	2	G	D	E	F
11:45pm	3	F	G	D	E
12:05pm	4	E	F	G	D

		Marshal: EGA		
D		Vault		
		Floor		
		Trampoline		
		Rest		
No.	Name	Club	Team	AGE GROUP
66	Mia Campbell	Elements GA	Bronze	7 L1
67	Iris Purcell	Elements GA	Bronze	7 L1
68	Eira Edmonds	Elements GA	Bronze	7 L1
69	Seren Brace	Elements GA	Bronze	7 L1
70	Nevaeh Johns	Elements GA	Zinc	7 L2
71	Aurora Hammersley	Elements GA	Zinc	7 L2
72	Megan Hughes	Elements GA	Zinc	7 L2
73	Bibi Goodwick	Elements GA	Zinc	7 L2
74	Ivy Dedman	Elements GA	Zinc	7 L2
75	Elsie Jones	Llandrindod Dragons GC	Pink	7 L2
76	Evie Bufton	Llandrindod Dragons GC	Pink	7 L2
77	Esme Davis-Jones	Llandrindod Dragons GC	Pink	7 L2

		Marshal: Crickhowell		
E		Floor		
		Trampoline		
		Rest		
		Vault		
No.	Name	Club	Team	AGE GROUP
78	Mya Ricketts	Gwernyfed	Gwyn	7 L1
79	Emma Ricketts	Gwernyfed	Gwyn	7 L1
80	Josie Torrance	Gwernyfed	Gwyn	7 L1
81	Ava Clarke	Gwernyfed	Gwyn	7 L1
82	Demi Rae Jones	Gwernyfed	Oren	7 L1
83	Ellie Dykes	Gwernyfed	Oren	7 L1
84	Tilly Lloyd	Gwernyfed	Oren	7 L1
85	Iris Pike	Crickhowell	Tawe	7 L1
86	Cerys Woodier	Crickhowell	Tawe	7 L1
87	Joni Child	Crickhowell	Tawe	7 L1
88	Tabitha Gilbertson	Crickhowell	Tawe	7 L1
89	Dexter D'Auria	Swansea GC	Green	7 L1
90	Curtis Martin	Swansea GC	Green	7 L1
91	Gracie Petherbridge	Swansea GC	Green	7 L1
92	Megan Morris	Swansea GC	Blue	7 L1
93	Josie Melville	Swansea GC	Blue	7 L1
94	Darcie Webb	Swansea GC	Blue	7 L1

		Marshal: Llanelli		
		Trampoline		
		Rest		
		Vault		
		Floor		
No.	Name	Club	Team	AGE GROUP
95	Lacey Davies Lovell	Lampeter Flics Llambod	Team	7 L1
96	Delun Evans	Lampeter Flics Llambod	Team	7 L1
97	Emmi Lou Powell	Lampeter Flics Llambod	Team	7 L1
98	Cerys Kitchen	Lampeter Flics Llambod	Team	7 L1
99	Aria Samuel	Llandrindod Dragons	Ind	7 L1
100	Daisy Davies	Llandrindod Dragons	Ind	7 L1
101	Priya Griffiths	Llanelli	Pink	7 L1
102	Mila Jones	Llanelli	Pink	7 L1
103	Kacey Rees	Llanelli	Pink	7 L1
104	Millie Williams	Llanelli	Pink	7 L1
105	Gwenno Cray	Llanelli	White	7 L1
106	Amelia Pearce	Llanelli	White	7 L1
107	Emily Hughes	Llanelli	White	7 L1
108	Ava Loxton	Llanelli	White	7 L1

		Marshal: Swansea		
		Rest		
		Vault		
		Floor		
		Trampoline		
No.	Name	Club	Team	AGE GROUP
109	Sophia Rogers	Swansea GC	Teal	7 L2
110	Poppy Manley	Swansea GC	Teal	7 L2
111	Abigail Hicks	Swansea GC	Teal	7 L2
112	Emily Robb	Swansea GC	Teal	7 L2
113	Fleur Lucas De Freitas	Swansea GC	Teal	7 L2
114	Amy Williams-Neale	West Street GC	Pink	7 P2
115	Cadi Richards	West Street GC	Pink	7 P2
116	Ella Evans	West Street GC	Pink	7 P2
117	Neave James	West Street GC	Pink	7 P2
118	Alis Roberts	West Street GC	Purple	7 P2
119	Betsy Jones	West Street GC	Purple	7 P2
120	Eloise Mathias	West Street GC	Purple	7 P2
121	Rhys Jones	West Street GC	Purple	7 P2

Round 3

Age Group – 8 Level 1 and Level 2

Registration: 12:30pm

Open W/U: 12:45pm

March On: 13:05pm

Compete: 13:10pm

Presentation: 14:45pm

Finish: 15:00pm

Timings	Rotation	Vault	Floor	Trampette	Rest
13:10pm	1	H	I	J	K
13:30pm	2	K	H	I	J
13:50pm	3	J	K	H	I
14:10pm	4	I	J	K	H

		Marshal: EGA		
H		Vault		
		Floor		
		Trampoline		
		Rest		
No.	Name	Club	Team	AGE GROUP
122	Phoebe Jones	Elements GA	Tin	8 L1
123	Megan Charlton	Elements GA	Tin	8 L1
124	Ffion Daines	Elements GA	Tin	8 L1
125	Mali Brace	Elements GA	Tin	8 L1
126	Menna Nickerson	Elements GA	Tin	8 L1
127	Riva Wickland	Elements GA	Gold	8 L2
128	Thea Evans	Elements GA	Gold	8 L2
129	Aimee Louise North	Elements GA	Gold	8 L2
130	Mia Thomas Hockney	Elements GA	Gold	8 L2
131	Olivia Walters	Elements GA	Silver	8 L2
132	Sienna Seagroatte	Elements GA	Silver	8 L2
133	Tilly Cooney	Elements GA	Silver	8 L2
134	Chrissy Lynch	Elements GA	Silver	8 L2

		Marshal: Y Fenni		
I		Floor		
		Trampoline		
		Rest		
		Vault		
No.	Name	Club	Team	AGE GROUP
135	Ellie Hughes	Gwernyfed Gymnastics	Melyn	8 L1
136	Charlotte Pooley	Gwernyfed Gymnastics	Melyn	8 L1
137	Daisy Greenow	Gwernyfed Gymnastics	Melyn	8 L1
138	Ffion Price	Gwernyfed Gymnastics	Melyn	8 L1
139	Amiyah Jones	Gwernyfed Gymnastics	Porffor	8 L1
140	Lucy Tolman	Gwernyfed Gymnastics	Porffor	8 L1
141	Sophie Holloway	Gwernyfed Gymnastics	Porffor	8 L1
142	Gia Skilton-Breakey	Crickhowell	Team	8 L1
143	Fern Harris	Crickhowell	Team	8 L1
144	Freya St John	Crickhowell	Team	8 L1
145	Daisy Bowen	Crickhowell	Team	8 L1
146	Amelia Waters	Crickhowell	Team	8 L1

		Marshal: Lampeter		
J		Trampoline		
		Rest		
		Vault		
		Floor		
No.	Name	Club	Team	AGE GROUP
147	Ffion Evans	Lampeter Flics Llambod	1	8 L1
148	Myfi Pugh	Lampeter Flics Llambod	1	8 L1
149	Keavie-Sophia Molloy	Lampeter Flics Llambod	1	8 L1
150	Evie Williams	Lampeter Flics Llambod	2	8 L1
151	Daisy Saad	Lampeter Flics Llambod	2	8 L1
152	Millie Hoyles	Lampeter Flics Llambod	2	8 L1
153	Ffion Stephens	Lampeter Flics Llambod	2	8 L1
154	Lexi Symons	Llandrindod Dragons	Ind	8 L1
155	Rosie Millard	Llandrindod Dragons	Ind	8 L1
156	Zoe Claridge	Llandrindod Dragons	Ind	8 L2
157	Avery James	West Street	Pink	8 L2
158	Olivia Gaisford	West Street	Pink	8 L2
159	Savannah Pace	West Street	Pink	8 L2

		Marshal: Llanelli		
K		Rest		
		Vault		
		Floor		
		Trampoline		
No.	Name	Club	Team	AGE GROUP
160	Isaac John	Llanelli	White	8 L1
161	Owain Thomas	Llanelli	White	8 L1
162	Ella Jenkins	Llanelli	White	8 L1
163	Gwenno Jenkins	Llanelli	White	8 L1
164	Mabel Craig	Swansea GC	Blue	8 L1
165	Annie Lee	Swansea GC	Blue	8 L1
166	Ella Powell	Swansea GC	Blue	8 L1
167	Oliver Thomas	Swansea GC	Blue	8 L1
168	Rebecca Andrews	Swansea GC	Turquoise	8 L2
169	Tiana Anderson	Swansea GC	Turquoise	8 L2
170	Ava-Boe Lewis	Swansea GC	Turquoise	8 L2
171	Amariya Dale	Llanelli	Pink	8 L2
172	Lily Rowe	Llanelli	Pink	8 L2
173	Eva Davies	Llanelli	Pink	8 L2
174	Saffi Moore	Llanelli	Pink	8 L2

Round 4

Age Group – 9 Level 1 and Level 2

Registration: 14:50pm

Open W/U: 15:00pm

March On: 15:20pm

Compete: 15:25pm

Presentation: 16:45pm

Finish: 17:00pm

Timings	Rotation	Vault	Floor	Trampette	Rest
15:25pm	1	L	M	N	O
15:40pm	2	O	L	M	N
16:00pm	3	N	O	L	M
16:20pm	4	M	N	O	L

		Marshal: EGA		
		Vault		
		Floor		
		Trampoline		
		Rest		
No.	Name	Club	Team	AGE GROUP
175	Ffion Beynon	Elements GA	Yellow	9 L1
176	Mia Carter	Elements GA	Yellow	9 L1
177	Reese Crockford	Elements GA	Yellow	9 L1
178	Lowri Davies	Elements GA	Yellow	9 L1
179	Josie Barnes	Elements GA	Yellow	9 L1
180	Seren Porter	Llandrindod Dragons	Blue	9 L1
181	Imogen Hedderly	Llandrindod Dragons	Blue	9 L1
182	Phoebe Murphy	Llandrindod Dragons	Blue	9 L1
183	Saffir Bennetts	Llandrindod Dragons	Blue	9 L1
184	Mia Brown	Llandrindod Dragons	Green	9 L1
185	Kitana Naisbitt	Llandrindod Dragons	Green	9 L1
186	Connor Griffiths	Llandrindod Dragons	Green	9 L1

		Marshal: Y Fenni		
		Floor		
		Trampoline		
		Rest		
		Vault		
No.	Name	Club	Team	AGE GROUP
187	Evelyn Bowkett	Gwernyfed Gymnastics	Gwyrdd	9 L1
188	Emily Sayce	Gwernyfed Gymnastics	Gwyrdd	9 L1
189	Dafydd Davies	Gwernyfed Gymnastics	Gwyrdd	9 L1
190	Frankie Rose Gunning	Gwernyfed Gymnastics	Gwyrdd	9 L1
191	Abbie Lloyd	Gwernyfed Gymnastics	Gwyrdd	9 L1
192	Rosy Warner	Crickhowell	Wye	9 L1
193	Isla Webb	Crickhowell	Wye	9 L1
194	Grace Dear	Crickhowell	Wye	9 L1
195	Rosie Smith	Crickhowell	Wye	9 L1
196	Eliw Williams	Lampeter Flics Llambod	Ind	9 L1

		Marshal: West Street		
		Trampoline		
		Rest		
		Vault		
		Floor		
No.	Name	Club	Team	AGE GROUP
197	Ellie-May Beer	West Street	Fuschia	9 L1
198	Lily Swift	West Street	Fuschia	9 L1
199	Ruby Perkins	West Street	Fuschia	9 L1
200	Ruby Rèn Davies	Llanelli	White	9 L1
201	Elinor Giles	Llanelli	White	9 L1
202	Millie Joyce	Llanelli	White	9 L1
203	Amelia Thomas-Varcianna	West Street	Plum	9 L2
204	Ava Ball	West Street	Plum	9 L2
205	Ruby Rogers	West Street	Plum	9 L2
206	Cari Ellis	Llanelli	Pink	9 L2
207	Lyla Rose Nicholas	Llanelli	Pink	9 L2
208	Ruby Davies	Llanelli	Pink	9 L2

		Marshal: Swansea		
		Rest		
		Vault		
		Floor		
		Trampoline		
No.	Name	Club	Team	AGE GROUP
209	Annabelle James	Swansea GC	PINK	9 L1
210	Tabitha Purton	Swansea GC	PINK	9 L1
211	Esmé Antwhistle	Swansea GC	PINK	9 L1
212	Bella Richards	Swansea GC	Purple	9 L1
213	Jasmine Cusano	Swansea GC	Purple	9 L1
214	Florence Bell	Swansea GC	Purple	9 L1
215	Kobe Haworth	Swansea GC	Ind	9 L2

Round 5

Age Group – 10 Level 1 and Level 2

Registration: 16:45pm

Open W/U: 17:00pm

March On: 17:20pm

Compete: 17:25pm

Presentation: 18:30pm

Finish: 18:45pm

Timings	Rotation	Vault	Floor	Trampette
17:25pm	1	L	M	N
17:45pm	2	O	L	M
18:00pm	3	N	O	L

		Marshal: EGA		
		Vault		
		Floor		
		Trampoline		
		Rest		
No.	Name	Club	Team	AGE GROUP
216	Isla Perry	Elements GA	Pink	10 L1
217	Betsy Shapcott	Elements GA	Pink	10 L1
218	Sofia Perry	Elements GA	Pink	10 L1
219	Daisy Stretton	Elements GA	Pink	10 L1
220	Alexis Davies	Llandrindod Dragons	Ind	10 L1
221	Aaliyah Davis-Jones	Llandrindod Dragons	Ind	10 L1
222	Isla Hughes	Llandrindod Dragons	Ind	10 L2
223	Ella Crayford-Prior	West Street GC	Lilac	10 L2
224	Elvie Angle	West Street GC	Lilac	10 L2
225	Florence Humphreys	West Street GC	Lilac	10 L2

		Marshal: Y Fenni		
		Floor		
		Trampoline		
		Rest		
		Vault		
No.	Name	Club	Team	AGE GROUP
226	Caleb Probert	Gwernyfed Gymnastics	Coch	10 L1
227	Orla Hargreaves	Gwernyfed Gymnastics	Coch	10 L1
228	Tilly Jones	Gwernyfed Gymnastics	Coch	10 L1
229	Nerys Gibbs-Davies	Gwernyfed Gymnastics	Coch	10 L1
230	Sophie Powell	Gwernyfed Gymnastics	Coch	10 L1
231	Elva Tiernan	Crickhowell	Usk	10 L1
232	Harriet Linford	Crickhowell	Usk	10 L1
233	Darcy Hooper	Crickhowell	Usk	10 L1
234	Constance Bedford	Crickhowell	Usk	10 L1
235	Evie Bowekett	Gwernyfed Gymnastics	Ind	10 L2

		Marshal: Swansea		
		Trampoline		
		Rest		
		Vault		
		Floor		
No.	Name	Club	Team	AGE GROUP
236	Layla Henwood	Swansea GC	Blue	10 L1
237	Millie Thomas	Swansea GC	Blue	10 L1
238	Mari Thomas	Swansea GC	Blue	10 L1
239	Alana Sillitoe	Swansea GC	Blue	10 L1
240	Max Williams	Swansea GC	Ind	10 L2
241	Heulwen Wood	Llanelli	Pink	10 L2
242	Annest Thomas	Llanelli	Pink	10 L2
243	Eva Lilly Davies	Llanelli	Pink	10 L2

Photography Regulations

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

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