



Welsh Gymnastics  
Gymnasteg Cymru

**WELSH BRONZE, SILVER AND GOLD**

**PRE-EXCEL AND FIG DEVELOPMENT**

**2024**

**October 19<sup>th</sup> and 20<sup>th</sup>**

**Sport Wales**

**SATURDAY**

<b>Registration</b>	8.30am	8.45am	<b>SATURDAY ROUND 1</b>				
<b>general warm and stretch</b>	8.50am	9.10am	<b>Rotations</b>				
<b>March in and present</b>	9.10am	9.15am	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>R &amp; C</b>
<b>Rotation 1</b>	9.20am	10.10am	GRP1	GRP 2	GRP 3	GRP 4	REST
<b>Rotation 2</b>	10.10am	11am	GRP 4	GRP1	GRP 2	GRP 3	REST
<b>Rotation 3</b>	11am	11:50am	GRP 3	GRP 4	GRP1	GRP 2	REST
<b>Rotation 4</b>	11:50am	12:40am	GRP 2	GRP 3	GRP 4	GRP1	REST
<b>Rotation 5</b>	12.40pm	1:10pm					GRP 2 & 3
<b>Presentation - AM</b>	1:15pm - 1.40pm						
<b>Judges break and lunch</b>	1.40pm-2.15pm						

<b>Registration</b>	1.20pm	1.40pm	<b>SATURDAY ROUND 2</b>			
<b>general warm and stretch</b>	1.50pm	2.10pm	<b>Rotations</b>			
<b>March in and present</b>	2.15pm	2.20pm	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Rotation 1</b>	2.25pm	3pm	GRP5	GRP 6	GRP 7	GRP 8
<b>Rotation 2</b>	3pm	3.35pm	GRP 8	GRP5	GRP 6	GRP 7
<b>Rotation 3</b>	3.35pm	4.10pm	GRP 7	GRP 8	GRP5	GRP 6
<b>Rotation 4</b>	4.10pm	4.45pm	GRP 6	GRP 7	GRP 8	GRP5
<b>Presentation - PM</b>	4.55pm					

## SATURDAY

<b>Sat Round 1</b>		
<b>Group 1 - Jnrs</b>		
Ashleigh Rose	Evans	Cardiff Central Youth Club
Ffion	Burgum	Fusion
Jemima	Taylor	City of Newport Gymnastics Academy
Ellie	Lewis	Pen-y-Bont
Macaya	Alsop	Bangor Gymnastic Club
Lexi	Holmes	Cardiff Central Youth Club
Aiyla	Griffiths	Sandbach
<b>Group 2 - Pre-excel 2015</b>		
Aniyah	Cruse	Cardiff Central Youth Club
Bethany	Russell	Capital Academy of Sport Ltd
Penelope	Stebbins	Capital Academy of Sport Ltd
Emmi	Cooke	Deeside Gymnastics Club
Fran	Dickens	VGA
Lottie	Ceshion	Capital Academy of Sport Ltd
Catrin	Dyban-Sully	Capital Academy of Sport Ltd
Emiah	Hurley	All Stars Gymnastics Club
<b>Group 3 - Pre-excel 2016 &amp; FIG Dev 1</b>		
Betsie	Melville	Swansea Gymnastics Centre
Maisie	Cochlin	Capital Academy of Sport Ltd
Fleur	Mapp-Jones	Deeside Gymnastics Club
Dottie	Hellier	Swansea Gymnastics Centre
Millie	Leahy	Swansea Gymnastics Centre
Alexa	Williams	Torfaen Academy of Gymnastics
Darcie	Cochlin	Capital Academy of Sport Ltd
Zakieera	Wareth	Cardiff Central Youth Club
Ruby-Mae	Wells	VGA
<b>Group 4 - FIG Dev 2 &amp; 3</b>		
Alais	Thomas	Capital Academy of Sport Ltd
Darcie	Walsh	Capital Academy of Sport Ltd
Betsy	Jones	Swansea Gymnastics Centre
Liliana	Orhan	Buckley Gymnastics Club
Sophia	Davies	Pen-y-Bont
Madi	Jones	Deeside Gymnastics Club
Ella	Evans	Llanelli Gymnastics Club
Olivia	Melinn	YMCA Barry

<b>Sat - Round 2</b>		
<b>Group 5 - Seniors</b>		
Sofia Ana-Lucia	Micallef	Clwb Cymru
Mali	Morgan	Capital
Ruby	Evans	Cardiff Olympic
Evie	Flage-Donovan	Cardiff Central Youth Club
Annais	Kamanga	Cardiff Central Youth Club
<b>Group 6 - ALL GOLD</b>		
Zoe	Robinson***	Capital Academy of Sport Ltd
Amy	Parsons	Capital Academy of Sport Ltd
Ionie	Williams	Capital Academy of Sport Ltd
Eleonora	Abbiati	Olympus Gymnastics Club
Charlotte	Bell	Olympus Gymnastics Club
Elsie	Taylor***	Neath Afan
Hollie	Evans	Llanelli Gymnastics Club
Lali	Robakidze***	Clwb Cymru
Sofia	Balfry	Capital Academy of Sport Ltd
<b>Group 7 - Silver 12-13yrs plus and Silver 14yrs+</b>		
Sophie Nia	Wynne	Olympus Gymnastics Club
Maria Arabella Balid	Amarillo	Llanelli Gymnastics Club
Gracie	Breeze	Deeside Gymnastics Club
Erin	David	Swansea Gymnastics Centre
<b>Group 8 - Silver 14yrs +</b>		
Scarlett	Lin	Capital Academy of Sport Ltd
Grace	Price	Capital Academy of Sport Ltd
Anwen	Davies	Capital Academy of Sport Ltd
Zaya-Seren	Niscoveanu	Capital Academy of Sport Ltd
Maia	Griffiths	Cardiff Central Youth Club
Francesca	Humphreys	Maldwyn Dragons Gymnastics Club

## SUNDAY

<b>Registration</b>	8.30am	8.45am	<b>Sunday Round 1</b>			
<b>General warm and stretch</b>	8.50am	9.10am	<b>Rotations</b>			
<b>March in and present</b>	9.10am	9.15am	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Rotation 1</b>	9.20am	10am	GRP1	GRP 2	GRP 3	GRP 4
<b>Rotation 2</b>	10am	10.40am	GRP 4	GRP1	GRP 2	GRP 3
<b>Rotation 3</b>	10.40am	11.20am	GRP 3	GRP 4	GRP1	GRP 2
<b>Rotation 4</b>	11.20am	noon	GRP 2	GRP 3	GRP 4	GRP1
<b>Judges break and lunch</b>	Noon - 12.45pm					

<b>Registration</b>	12:45pm	1pm	<b>Sunday Round 2</b>			
<b>General warm and stretch</b>	1pm	1.20pm	<b>Rotations</b>			
<b>March in and present</b>	1:25pm	1:30pm	<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>Rotation 1</b>	1.30pm	2.10pm	GRP 5	GRP 6	GRP 7	GRP 8
<b>Rotation 2</b>	2.10pm	2:50pm	GRP 8	GRP 5	GRP 6	GRP 7
<b>Rotation 3</b>	2:50pm	3:30pm	GRP 7	GRP 8	GRP 5	GRP 6
<b>Rotation 4</b>	3:30pm	4:10pm	GRP 6	GRP 7	GRP 8	GRP 5
<b>Presentation</b>	4:25pm					

## SUNDAY

Sunday Round 1		
Group 1		
Tali	Thomas	Swansea Gymnastics Centre
Erin	Thomas	Swansea Gymnastics Centre
Elle	Lewis	Swansea Gymnastics Centre
Renee	Lewis	Swansea Gymnastics Centre
Lara	James	Swansea Gymnastics Centre
Alecia	Henry	Swansea Gymnastics Centre
Evie	Barrett	Capital Academy of Sport Ltd
Emily	Rees	Capital Academy of Sport Ltd
Group 2		
Mahla	Darlington	Cardiff Central Youth Club
Lyla	Whiffin	Cardiff Central Youth Club
Charlotte	Rogers	Cardiff Central Youth Club
Millie	Evans	Llanelli Gymnastics Club
Halle	Davies	Llanelli Gymnastics Club
Lilia	Stabler	Llanelli Gymnastics Club
Isla	Hendley	Grays Gym Club
Mila	Llewellyn	YMCA Barry Gymnastics Club
Group 3		
Ellie	Howshall	Deeside Gymnastics Club
Freya	Williams	Deeside Gymnastics Club
Erin	Davies	Grays Gym Club
Loni	Humphreys	Grays Gym Club
Amber	Hodges	Buckley Gymnastics Club
Sophie	Cutler	Wrexham Gymnastics Club
Kacey-Leigh	Jones	Wrexham Gymnastics Club
Katie	McGlynn	Wrexham Gymnastics Club
Group 4		
Celyn	Davies	Capital Academy of Sport Ltd
Isla-Rose	Enos	Capital Academy of Sport Ltd
Leila	Porter	Swansea Gymnastics Centre
Minnie	Edwards	Swansea Gymnastics Centre
Sophia	Davies	Swansea Gymnastics Centre
Martha	Griffin Jones	Swansea Gymnastics Centre
Elinor	Griffith-Williams	Cardiff Central Youth Club
Ava	Joseph	Cardiff Central Youth Club
Anya	McShane	Cardiff Central Youth Club

<b>Sunday Round 2</b>		
<b>Group 5</b>		
Isabella	Patrick	Pen-y-Bont Gymnastics
Izabella	Coates	Pen-y-Bont Gymnastics
Elinor	Provis	YMCA Barry Gymnastics Club
Maddison	Allen	VGA
Millie	Cox	VGA
Sofia	Saltmarsh	Somersault GC
Clara	Davies	Somersault GC
<b>Group 6</b>		
Tamzin	Matthews	Bangor Gymnastic Club
Isabelle	Hardy	Bangor Gymnastic Club
Tiana	Powell	Cardiff Olympic Gymnastics
Morgan	Boswell	Cardiff Olympic Gymnastics
Olivia	Davies	Cardiff Olympic Gymnastics
Isabelle	Wicks	Cardiff Olympic Gymnastics
Megan	Crandon	Pen-y-Bont Gymnastics
Isla	Cooper	Pen-y-Bont Gymnastics
<b>Group 7</b>		
Bethan	Fleet	Capital Academy of Sport Ltd
Ariana Seren	Barnard	Capital Academy of Sport Ltd
Carys	Mayers	Somersault GC
Imogen	Alexander	Somersault GC
Emilie	Allen	VGA
Maisie	Williams	Llanelli Gymnastics Club
Hannah	Mushrow	Deeside Gymnastics Club
<b>Group 8</b>		
Sophie	Rogers	Cardiff Central Youth Club
Scarlet- Mae	Mathias	Cardiff Central Youth Club
Ruby- Caitlin	Clark	Grays Gym Club
Isabelle	Griffin	Buckley Gymnastics Club
Olivia	Barnsley	Swansea Gymnastics Centre
Clara	Worlock	Neath Afan
Nel	Thomas	YnYs Mon Gymnastics Club
Darcy	Williams	YnYs Mon Gymnastics Club

## PODIUM

TBC

## WARM-UP

<b>Floor</b>	The largest group goes first if odd numbers - 1.5mins per gymnast	
<b>Beam</b>	All warm-up together 1-min each, then American style warm up with 30secs additional warm-up	
<b>Bars</b>	2/3 touches	
<b>Vault</b>	2/3 touches	judges to organise starting order depending on vaulting heights and set up

## PRESENTATION

We will be presenting as follows:

**Apparatus**, 1/2/3 medals, 4/5/6 ribbons

**Overall**: 1<sup>st</sup> – medal and trophy

2<sup>nd</sup> – medal

3<sup>rd</sup> – medal

**Teams**: Top 6 – medals

## TICKETS

<https://welshgymnastics.sport80.com/public/wizard/e/213>

## JUDGING PANELS

Saturday – meeting with Sarah

<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
Samantha James	Sarah Twose	Olivia Bryl	Liz Lewis
Elle Langham-Walsh	Kimberley Meredith	Julie Edwards	Beth Carslake
Amy Stewart	Emma Rickards	Ryan Anderson	Angel Romaeo
		Sam Elliott	
<b>Range and Conditioning</b>			
Samantha James			
Elle Langham-Walsh			

Sunday – meeting with Sarah

<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
Tracey Skirton- Davies	Elle Langham-Walsh	Sarah Twose	Beth Carslake
Tori Jones	Mia Bedford	Clare Rudd	Sue Spry
Katie Norgrove	Rachael Dowson	Emma Taylor	Danielle Wrigley
	Jea Maracha	Tia Mace	