



PERFORMANCE AND EXCEL GRADES 2025

5th and 6th APRIL 2025

**Deeside Gymnastics Academy
Aviation Park Flint Road
CHESTER
CH4 0GZ**

(on arrival please pull over and register at the security gate)

Competition Information

Insurance:

All participating gymnasts must hold current and valid Welsh Gymnastics membership via Sport80.

It is the responsibility of the coaches to ensure they have the appropriate qualification for the skills the gymnasts in their care are performing.

Presentation Ceremonies:

Medals will be awarded to individuals who place 1st, 2nd, and 3rd on each piece of apparatus.

Ribbons will be awarded to individuals who place 4th, 5th and 6th on each piece of apparatus and in the all-around competition for each grade.

Trophies will be awarded to the overall winner in each level and medals will be awarded to those who place 2nd and 3rd respectively.

Coaches and Officials:

Only coaches and officials who have been formally nominated either via Sport80 or in an email to competitions@welshgymnastics.org and have a valid coach registration will have access to the competition floor. If you have any issues, please don't hesitate to get in touch with us.

Please ensure that the coach on the competition floor is fully qualified for any skills the gymnasts in their care are performing. Failure to follow this protocol; will result in coaches being asked to leave the field of play. To help clarify the criteria needed for access to the FoP:

Coaches (over 16yrs) – suitably qualified, DBS, SPC

Judges (over 16yrs) – suitably qualified, DBS, SPC

Volunteers (over 16yrs) – DBS, SPC

Coaches will be given Lanyards which must be worn at all times.

Judges:

Clubs are required to submit an appropriate number of judges as per the Women's Artistic Handbook, available in the resources section on our website

Spectators:

The event is ticketed only event, there will be no tickets available to purchase on the door. Tickets can be purchased via Sport80, using the following link:

<https://welshgymnastics.sport80.com/public/wizard/e/357>

We currently have tickets available in all rounds.

Competition Officials

- Competition Organizer – Welsh Gymnastics
- Floor Manager – Maria Gaynor
- Welfare/Safeguarding – Maria Gaynor
- HEAD JUDGE – Liz Lewis (Brevet)
- Volunteers - Deeside

Photography Policy

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

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

Music

Music must be submitted before the competition starts and in the following format. Please send to competitons@welshgymnastics.org

Number_name_club_level.

Warm up information

General warm up – no tumbling on floor during warm up. Club lines are permitted but please do so in an orderly fashion to ensure safety and that everyone has enough space.

Vault – 2 touches

Bars – 50secs/2 touches

Beam –

Performance and Prep Grades -America style- 1min

Excel Grades 1 min and an additional 30secs

Floor – 1.5min per gymnast

Groups will be split with the largest group going first

Can you please ensure you inform the judges who your gymnasts is to avoid any discrepancies. As with all our events we do strive to be gymnasts lead so I will leave it up to the coaches to decide if you want to drop down a gymnast per rotation, and as long as you discuss in your groups and it is fair for all. If there are any issues with this system please do approach me.

Judges will be submitting their scores via I-pads, routines will not be recorded but coaches can query the D-score only. If you have a query please do not approach the judges but rather come to the top table and I will speak to our Head Judge, WAG Brevet judge Liz Lewis, when she has a moment in between judging.

We would like to thank DEESIDE gymnastics Academy for hosting the event

SATURDAY

| SATURDAY | |
|--------------|------------|
| ROUND 1 | REG: 10AM |
| EXCELL - ALL | 22 |
| PERF 1 | 18 |
| | |
| ROUND 2 | Reg 2:50pm |
| PREP 3 | 37 |

SATURDAY ROUND 1

| | | |
|--------------|-------------------|---------|
| REG | 10am | 10:10am |
| GEN WARM UP | 10:10am | 10:30pm |
| March on | 10:35pm - 10:40am | |
| Rot 1 | 10:45pm | 11:25pm |
| Rot 2 | 11:25pm | 12:05pm |
| Rot 3 | 12:05pm | 12:45pm |
| Rot 4 | 12:45pm | 1:25pm |
| Rot 5 | 1:25pm | 2:05pm |
| Presentation | 2:10pm - 2:30pm | |

| | VT | BRS | BM | FX | R&C |
|-------|-------|-------|-------|-------|-------|
| ROT 1 | GRP 1 | GRP 2 | GRP 3 | GRP 4 | GRP 5 |
| ROT 2 | GRP 5 | GRP 1 | GRP 2 | GRP 3 | GRP 4 |
| ROT 3 | GRP 4 | GRP 5 | GRP 1 | GRP 2 | GRP 3 |
| ROT 4 | GRP 3 | GRP 4 | GRP 5 | GRP 1 | GRP 2 |
| ROT 5 | GRP 2 | GRP 3 | GRP 4 | GRP 5 | GRP 1 |

GRP 1 STARTING ON VAULT EXCEL 1

| | | | | |
|---|----------|-------------|------------|----|
| 1 | Sofia | Bowtell | CCYC | E1 |
| 2 | Aniyah | Cruse | CCYC | E1 |
| 3 | Bethany | Russell | CAPITAL | E1 |
| 4 | Penelope | Stebbing | CAPITAL | E1 |
| 5 | Catrin | Dyban-Sully | CAPITAL | E1 |
| 6 | Alisa | Rudiuk | SOMERSAULT | E1 |
| 7 | Poppy | Turner | TORFAEN | E1 |

GRP 2 STARTING ON BARS EXCEL 1

| | | | | |
|----|--------|------------|------------|----|
| 8 | Dottie | Hellier | SWANSEA | E1 |
| 9 | Millie | Leahy | SWANSEA | E1 |
| 10 | Betsie | Melville | SWANSEA | E1 |
| 11 | Fleur | Mapp-Jones | DEESIDE | E1 |
| 12 | Emmi | Cooke | DESSIDE | E1 |
| 13 | Terese | Pryce | CLWB CYMRU | E1 |
| 14 | Fran | Dickens | VGA | E1 |
| 16 | Emiah | Hurley | ALL STARS | E1 |

GRP 3 STARTING ON BEAM EXCEL 2/3

| | | | | |
|-----|----------|----------|------------|----|
| 17 | Alexa | Williams | TORFAEN | E2 |
| 18 | Renee | Lewis | SWANSEA | E2 |
| 19 | Alecia | Henry | SWANSEA | E2 |
| 20 | Halle | Davies | LLANELLI | E2 |
| 21 | Darcie | Cochlin | CAPITAL | E2 |
| 22 | Zakieera | Wareth | CCYC | E2 |
| 23 | Betsy | Jones | SWANSEA | E3 |
| 24 | Liliana | Orhan | BUCKLEY | E3 |
| 25 | Sophia | Davies | PYB | E3 |
| 500 | Mia | Hunter | PW | E3 |
| 501 | Hettie | McManon | City of LP | E3 |

GRP 4 STARTING ON FLOOR - PERF 1

| | | | | |
|----|------------|--------------|------------|--------|
| 26 | Florence | Davies | SOMERSAULT | Perf 1 |
| 27 | Tayah | Callender | SOMERSAULT | Perf 1 |
| 28 | Imogen | Bond | SOMERSAULT | Perf 1 |
| 29 | Anna | James | SOMERSAULT | Perf 1 |
| 30 | Mahla | Darlington | CCYC | Perf 1 |
| 31 | Anya | McShane | CCYC | Perf 1 |
| 32 | Ayda | Lewis | LLANELLI | Perf 1 |
| 33 | Solara | Mainwaring | LLANELLI | Perf 1 |
| 34 | Anya | Duncan Jones | ALL STAR | Perf 1 |
| 65 | Avaya | Dillon | BANGOR | Perf 1 |
| 66 | Priya-Rose | Brookwell | BANGOR | Perf 1 |

GRP 5 STARTING ON RANGE - PERF 1

| | | | | |
|----|-----------|---------|------------|--------|
| 35 | Esme | Mansley | WREXHAM | Perf 1 |
| 36 | Scarlett | Roberts | WREXHAM | Perf 1 |
| 37 | Gwenllian | Bostock | WREXHAM | Perf 1 |
| 38 | Amelia | Barton | FUSION | Perf 1 |
| 39 | Caitlyn | Barton | FUSION | Perf 1 |
| 40 | Brooke | May | SWANSEA | Perf 1 |
| 41 | Callie | Davies | YMCA BARRY | Perf 1 |
| 42 | Anni Côt | Jones | YMGC | Perf 1 |
| 43 | Seren | Owen | YMGC | Perf 1 |



ROUND 2

| SATURDAY | |
|--------------|------------|
| ROUND 1 | REG: 10AM |
| EXCELL - ALL | 22 |
| PERF 1 | 18 |
| | |
| ROUND 2 | Reg 2:50pm |
| PREP 3 | 37 |

SATURDAY ROUND 2

| | | |
|--------------|-----------------|--------|
| REG | 2:50pm | 3pm |
| GEN WARM UP | 3pm | 3:20pm |
| March on | 3:25pm - 3.30pm | |
| Rot 1 | 3:30pm | 4:05pm |
| Rot 2 | 4:05pm | 4.40pm |
| Rot 3 | 4.40pm | 5:15pm |
| Rot 4 | 5:15pm | 5:50pm |
| Rot 5 | 5:50pm | 6:25pm |
| Presentation | 6:25pm | |

| | VT | BRS | BM | FX | R&C |
|-------|--------|--------|--------|--------|--------|
| ROT 1 | GRP 6 | GRP 7 | GRP 8 | GRP 9 | GRP 10 |
| ROT 2 | GRP 10 | GRP 6 | GRP 7 | GRP 8 | GRP 9 |
| ROT 3 | GRP 9 | GRP 10 | GRP 6 | GRP 7 | GRP 8 |
| ROT 4 | GRP 8 | GRP 9 | GRP 10 | GRP 6 | GRP 7 |
| ROT 5 | GRP 7 | GRP 8 | GRP 9 | GRP 10 | GRP 6 |

| GRP 6 starting on VAULT | | | |
|-------------------------|--------|-----------|------------|
| 44 | Ava | Li | YMCA BARRY |
| 45 | Ava | Loxton | LLANELLI |
| 46 | Cara | Sarsfield | LLANELLI |
| 47 | Delsi | Daniel | LLANELLI |
| 48 | Mali | Davies | FUSION |
| 49 | Millie | Evans | FUSION |
| 50 | Darcey | Bellis | MALDWYN |
| 51 | Willow | Roach | MALDWYN |

| GRP 7 Starting on BARS | | | |
|------------------------|-------------|-----------|---------|
| 52 | Laina | Anakin | DEESIDE |
| 53 | Alimah | Afolabi | CCYC |
| 54 | Amelia | Bhakta | CCYC |
| 55 | Dina | Ostrikova | CCYC |
| 56 | Annabelle | Gullick | CCYC |
| 57 | Isabella | Nicholls | CCYC |
| 58 | Libby | John | CCYC |
| 59 | India-Lilly | Coughlin | CCYC |

| GRP 8 starting on BEAM | | | |
|------------------------|------------|-----------|---------|
| 60 | Genevieve | Barnhart | GRAYS |
| 61 | Calli | Edwards | GRAYS |
| 62 | Lucy | Wilkinson | WREXHAM |
| 63 | Ashli-Jane | Bowey | BANGOR |
| 64 | Megan | Owen | BANGOR |

| GRP 9 starting on FLOOR | | | |
|-------------------------|---------|---------|------------|
| 67 | Nevaeh | Hector | SOMERSAULT |
| 68 | Alys | Lewis | SWANSEA |
| 69 | Mabli | Evans | SWANSEA |
| 70 | Elsie | Sellen | All Stars |
| 71 | Annabel | Rees | All Stars |
| 72 | Mila | Gammond | All Stars |
| 73 | Zoe | Carr | All Stars |

| GRP 10 starting on RANGE | | | |
|--------------------------|---------|-----------|---------|
| 74 | Maisie | Cochlin | CAPITAL |
| 75 | Mia Rae | Weston | CAPITAL |
| 76 | Lottie | Ceshion | CAPITAL |
| 77 | Breea | | |
| 77 | Faith | Bridgeman | CAPITAL |
| 78 | Marni | Moss | CAPITAL |
| 79 | Milan | Patel | CAPITAL |
| 80 | Hallie | Jones | RUTHIN |
| 81 | Nona | White | RUTHIN |



SUNDAY

| SUNDAY | |
|---------|-------------|
| ROUND 3 | REG: 8.15am |
| PERF 2 | 32 |
| | |
| ROUND 4 | Reg: 1pm |
| PERF 4 | 12 |
| PERF 3 | 26 |

SUNDAY ROUND 3

| TIMES | SUNDAY R3 | |
|--------------|-----------------|---------|
| REG | 8:15am | 8:25am |
| GEN WARM UP | 8:30pm | 8:50pm |
| March on | 8.50am - 8:55am | |
| Rot 1 | 9am | 9:35am |
| Rot 2 | 9:35am | 10:10am |
| Rot 3 | 10:10am | 10:45am |
| Rot 4 | 10:45am | 11:20am |
| Rot 5 | 11:20am | 11:55am |
| Presentation | 12pm - 12:30pm | |

| | VT | BRS | BM | FX | R&C |
|-------|--------|--------|--------|--------|--------|
| ROT 1 | GRP11 | GRP 12 | GRP 13 | GRP 14 | GRP 15 |
| ROT 2 | GRP 15 | GRP11 | GRP 12 | GRP 13 | GRP 14 |
| ROT 3 | GRP 14 | GRP 15 | GRP11 | GRP 12 | GRP 13 |
| ROT 4 | GRP 13 | GRP 14 | GRP 15 | GRP11 | GRP 12 |
| ROT 5 | GRP 12 | GRP 13 | GRP 14 | GRP 15 | GRP11 |

| GRP 11 Starting on VAULT | | | |
|--------------------------|-----------|----------|--------|
| 82 | Evie | Austin | BANGOR |
| 83 | Charlotte | Halpin | BANGOR |
| 84 | Isabella | Halpin | BANGOR |
| 85 | Grace | Rees | FUSION |
| 86 | Kimberly | Chan | FUSION |
| 87 | Megan | Phillips | FUSION |

| GRP 12 Starting on BARS | | | |
|-------------------------|-------------|---------|---------|
| 88 | Ela Non | Jones | YMGC |
| 89 | Maisy | Coveney | YMGC |
| 90 | Ava | Ling | CDF OLY |
| 91 | Ella-Louise | Murray | CDF OLY |
| 92 | Hannah | Mushrow | DEESIDE |
| 93 | Phoebe | Bates | DEESIDE |
| 94 | Amelia | Cocking | DEESIDE |

| GRP 13 Starting on BEAM | | | |
|-------------------------|---------|----------|------------|
| 95 | Minnie | Edwards | SWANSEA |
| 96 | Elle | Lewis | SWANSEA |
| 97 | Lara | James | SWANSEA |
| 98 | Martha | Griffin | SWANSEA |
| 99 | Madison | Jones | SWANSEA |
| 100 | Madison | Allen | Valleys GA |
| 101 | Coco | Harrison | Valleys GA |
| 102 | Katie | McGlynn | WREXHAM |

| GRP 14 Starting on FLOOR | | | |
|--------------------------|-----------|----------|------------|
| 102 | Lexi | Duffus | TORFAEN |
| 103 | Lacey | Coughlin | SOMERSAULT |
| 104 | Hallie | Wilkie | SOMERSAULT |
| 105 | Lyla | Whiffin | CCYC |
| 106 | Charlotte | Rogers | CCYC |
| 107 | Millie | Evans | LLANELLI |
| 108 | Lilia | Stabler | LLANELLI |

| GRP 15 Starting on RANGE | | | |
|--------------------------|----------|---------|-----------|
| 109 | Evie | Barrett | CAPITAL |
| 110 | Emily | Rees | CAPITAL |
| 111 | Erin | Davies | GRAYS |
| 112 | Isla | Hendley | GRAYS |
| 113 | Gracie | Burr | All Stars |
| 114 | Isabella | Green | All Stars |
| 115 | Isabella | Patrick | Penybont |
| | Izabella | Coates | Penybont |

SUNDAY

| SUNDAY | |
|---------|-------------|
| ROUND 3 | REG: 8.15am |
| PERF 2 | 32 |
| | |
| ROUND 4 | Reg: 1pm |
| PERF 4 | 12 |
| PERF 3 | 26 |

SUNDAY ROUND 4

| TIMES | SUNDAY R4 | |
|--------------|-----------------|--------|
| REG | 1pm | 1pm |
| GEN WARM UP | 1:15pm | 1:35pm |
| March on | 1:40pm - 1.45pm | |
| Rot 1 | 1:45pm | 2:25pm |
| Rot 2 | 2:25pm | 3:05pm |
| Rot 3 | 3:05pm | 3:45pm |
| Rot 4 | 3:45pm | 4:25pm |
| Rot 5 | 4:25pm | 5:05pm |
| Presentation | 5:10pm - 5:30pm | |

| | VT | BRS | BM | FX | R&C |
|-------|--------|--------|--------|--------|--------|
| ROT 1 | GRP16 | GRP 17 | GRP 18 | GRP 19 | GRP 20 |
| ROT 2 | GRP 20 | GRP16 | GRP 17 | GRP 18 | GRP 19 |
| ROT 3 | GRP 19 | GRP 20 | GRP16 | GRP 17 | GRP 18 |
| ROT 4 | GRP 18 | GRP 19 | GRP 20 | GRP16 | GRP 17 |
| ROT 5 | GRP 17 | GRP 18 | GRP 19 | GRP 20 | GRP16 |

| GRP 16 Starting on VAULT | | | |
|--------------------------|-----------|------------|------------|
| 116 | Francesca | Humphreys | MALDWYN |
| 117 | Clara | Davies | SOMERSAULT |
| 118 | Carys | Mayers | SOMERSAULT |
| 119 | Imogen | Alexander | SOMERSAULT |
| 120 | Hollie | Evans | LLANELLI |
| | | Wade-Jones | DEESIDE |
| 121 | Amelia | | DEESIDE |
| 122 | Gracie | Breeze | DEESIDE |

| GRP 17 Starting on BARS | | | |
|-------------------------|--------------|------------|------------|
| 123 | RUBY-CAITLIN | Clark | GRAYS |
| 124 | Sofia | Balfry | CAPITAL |
| 125 | Zaya-Seren | Niscoveanu | CAPITAL |
| 126 | Scarlet-Mae | Mathias | CCYC |
| 127 | Sophie | Rogers | CCYC |
| | | | Valleys GA |
| 128 | Emilie | Allen | |
| 129 | Ariana Seren | Barnard | CAPITAL |
| | | | |
| 130 | Bethan | Fleet | CAPITAL |
| 131 | Cadi Wyn | Owen | BANGOR |

| GRP 18 Starting on BEAM | | | |
|-------------------------|----------------|-----------|----------|
| 132 | Clara | Worlock | NEATH |
| 133 | Isabelle | Griffin | BUCKELY |
| 134 | Amber | Hodges | BUCKLEY |
| 135 | Loni | Humphreys | GRAYS |
| 136 | Sophie Nia | Wynne | OGC |
| | | | |
| 137 | Rosie | Pilliner | FUSION |
| 138 | Maisie | Williams | LLANELLI |
| | Maria Arabella | | |
| 139 | Balid | Amarillo | LLANELLI |

| GRP 19 Starting on FLOOR | | | |
|--------------------------|-------------|-------------------|------------|
| 140 | Elinor | Griffith-Williams | CCYC |
| 141 | Ava | Joseph | CCYC |
| 142 | Sophie | Cutler | DEESIDE |
| 143 | Freya | Williams | DEESIDE |
| 144 | Daisy | Roberts | DEESIDE |
| 145 | Ellie | Howshall | DEESIDE |
| 146 | Amelia Jane | Hall | NEATH |
| 147 | Mila | Llewellyn | YMCA BARRY |

| GRP 20 Starting on RANGE | | | |
|--------------------------|--------|-----------|------------|
| 148 | Stella | George | SOMERSAULT |
| 149 | Sofia | Saltmarsh | SOMERSAULT |
| 150 | Olivia | Barnsley | SWANSEA |
| 151 | Sophia | Davies | SWANSEA |
| 152 | Leila | Porter | SWANSEA |
| 153 | Erin | David | SWANSEA |
| 154 | Tali | Thomas | SWANSEA |
| 155 | Erin | Thomas | SWANSEA |

Judging Panels

Saturday

Judges meeting with Liz at 10:am

| Vault | Bars | Beam | Floor | Range and conditioning |
|------------------------|--------------------|-------------|----------------|------------------------|
| Natalie Lucitt-Jenkins | Elle Langham-Walsh | Liz Lewis | Samantha James | Julie Edwards |
| Erin Messham | Jea Maracha | Mia Bedford | Tori Jones | Ryan Anderson |
| Kelly Mapp-Jones | Tamsin Jones | Eve Wilde | Rosie Mallon | Amy Stewart |
| | | | | |

Sunday

Judges meeting with Liz at 8.30am

| Vault | Bars | Beam | Floor | Range and conditioning |
|--------------------|----------------|--------------------|----------------|------------------------|
| Tori Jones | Liz Lewis | Elle Langham-Walsh | Julie Edwards | Bethan Carslake |
| Ryan Anderson | Joy Sumner | Louise Clancy | Jessica Robins | Sue Spry |
| Leanne Stinchcombe | Katie Norgrove | Amy Stewart | Pauline Evans | Sam Goodchild |
| | | | | |



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