

**LONDON TRAMPOLINING**  
**SYNCHRONISED & DMT COMPETITION (JUNE CUP) – 5<sup>th</sup> June 2010,**  
**NOVICE, GRADES D, E, F, & G and MEN'S/LADIES JUNE CUP – 6<sup>th</sup> JUNE 2010**  
**HARLINGTON SPORTS CENTRE**

Welcome to the Harlington Sports Centre, home of Harlington Hawks TC. The weekend combines individual and synchronised trampolining as well as DMT. There is also the opportunity for those who compete on the National circuit to take part in the first ever Men's & Ladies June Cup. There has been an entry of 31 synchro pairs and 47 individuals for DMT from 6 clubs for the Saturday competition and 185 individuals from 10 clubs for the Sunday. We are running one panel for synchro and one for DMT. On Sunday there will be three panels.

We welcome two new clubs to London Region competitions, namely Hackney Bouncers and Skywalkers. We hope that you enjoy the competition and wish your competitors every success.

We are pleased to welcome the Chair of London Gymnastics, Anne McNeill, to the competition weekend. It will be Anne's first visit to any of our competitions and she will be presenting some of the awards this weekend. We would also like to thank Cooling Direct for providing the flowers for the Men's & Ladies events.

Thanks are due to the following:

- Janet Bellis plus members, parents and friends of Harlington Hawks
- Staff and management of the Leisure Centre for their help in staging this event.
- All officials who have given up their time voluntarily once again.
- The competitors, without whom there would be no competition.

Please ensure that you take all litter with you or use the rubbish bins around the Centre – **DO NOT LEAVE RUBBISH ON THE FLOOR**. Ensure that you have all your property when you leave. There is always rubbish left on the floor after each competition despite ample bins and black sacks around the arena. This is unacceptable and therefore the final presentation of the day will not take place until chairs have been stacked, litter is cleared up and trampolines are folded. Please ensure that you have all your property when you leave.

### **FLOOR ACCESS:**

It is not permitted for non British Gymnastics members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines, the matted area around the DMT, the DMT run and the officials' areas.

### **TROPHIES:**

Trophies will be awarded to the top three pairs in each synchro group, the top three individuals in each DMT group and the top three teams in each DMT group (where applicable). There will also be trophies awarded to the pair with the highest synchro score over the first two rounds. On Sunday there will be trophies for the top three in each group plus the top three teams (where applicable).

### **TRAMPOLINE:**

Trampolining is judged by a standard panel of 5. The top and bottom marks are deleted and the other three added together. In the voluntary and final rounds, an additional mark is given for difficulty (except in Novice and Assessment G where no difficulty is awarded).

### **SYNCHRO:**

Synchro has 4 execution judges. From the 4 marks, the highest and lowest are deleted, then the remaining 2 marks are added together to give the form score for that round (it is possible that the 'counting' scores will both be from the same trampoline). Judges 1 and 3 mark bed 1 (the one nearest the judges) and judges 2 & 4 mark bed 2. There are 3 synchro judges. From the 3 marks, the highest and lowest are deleted, then the middle score is doubled. The form score, synchro score and tariff (voluntary and final rounds only) are added together to give the total score for each round.

### **DMT:**

DMT is judged by a standard panel of 5. There are only two skills to be judged, then eight marks are added to make a score out of ten. If only one skill is performed, the maximum mark is seven. Passes are very quick so the judges don't have long to evaluate their scores. Recorders have to be quick too! Tariffing is different for DMT – single somersaults without twist are the same as trampolining but twists, twisting somersaults and double somersaults all attract bonus marks.

### **WARM UP:**

Synchro pairs are warming up set & vol at the same time. The warm up is a timed session so no guarantee can be given about numbers of turns. They will then have one controlled warm up for each routine. Finalists will receive one further warm up.

DMT competitors will have a timed session for general warm up plus a further two passes for the specific warm up. There will be a timed session for the final warm up plus a further two passes in the specific warm up. The timed warm ups may be curtailed if necessary.

Trampoline competitors will have a minimum of two warm ups for the set and a further two for the voluntary. There is also a controlled warm up for the first two rounds. Finalists receive just one further warm up.

### **WELFARE OFFICER**

The Welfare Officer for the London region is Lorna Goddard who can be contacted on 01689 812583.

## **RESULTS:**

Results will be displayed on the wall after each group has finished and on audience monitors throughout the day, therefore please do not crowd around the recorders. Please do not remove results from the wall. Results will be published on the London Website and emailed to team managers. The London website can be found at [www.london-trampoline.co.uk](http://www.london-trampoline.co.uk)

## **PHOTOGRAPHY**

It is no longer necessary for people to register their intention to take photos and/or videos. Please note that flashlight photography is not permitted whilst the competition is going on (this includes warm-ups). However, please see the BG Photo Policy in this programme and displayed around the arena. There may be an official London Region photographer taking photos at the event. Some of these photos may appear on the London website. If a photo of you appears on the website and you are unhappy with this, please notify the webmaster and it will be removed.

## **BRITISH GYMNASTICS POLICY ON BODY PIERCING AND ADORNMENTS**

British Gymnastics believes that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. The wearing of jewellery or watches is not permitted during the competition. Body piercings are not permitted. Ensuring that performers do not have body piercings is the responsibility of the performer's coach. Failure to conform with this policy will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance with this policy.

## **COACHING/PERFORMER QUALIFICATION**

Competitors are only allowed to perform competitively those moves that lie within the syllabus of those who are on the competition floor with them. Failure to have a coach adequately qualified with you may mean you have to withdraw, or you have to perform only those moves which lie within your coach's qualification syllabus.

## **DATES FOR 2010:**

Sunday 10<sup>th</sup> October, Regional D, E, F & G, Novice & Closed  
Sunday 7<sup>th</sup> November, London Synchro & DMT

## **JUDGE COURSES**

CLUB JUDGE – Sat 19<sup>th</sup> & Sat 26<sup>th</sup> June 2010, 12.30-6.30pm  
CLUB JUDGE – Tues 24<sup>th</sup> & Thurs 26<sup>th</sup> August 2010, 9.30am-4.00pm  
COUNTY JUDGE – Sat 18<sup>th</sup> September & Sat 2<sup>nd</sup> October 2010, 12.30-6.30pm  
CLUB JUDGE – Sat 13<sup>th</sup> & Sat 20<sup>th</sup> November 2010, 12.30-6.30pm  
DMT COUNTY JUDGE – Sat 11<sup>th</sup> December 2010, 12.30-6.30pm  
Full details are on the London Trampolining website or contact Linda Lawrie on [lindajslawrie@sky.com](mailto:lindajslawrie@sky.com)

## **LONDON DMT SESSIONS**

Saturday 10<sup>th</sup> July 2010 – 12.30 – 2.00pm and 2.00 – 3.30pm  
Saturday 25<sup>th</sup> September 2010, 12.30-2.00pm and 2.00-3.30pm  
Saturday 30<sup>th</sup> October 2010, 12.30-2.00pm and 2.00-3.30pm  
Saturday 27<sup>th</sup> November 2010, 12.30-2.00pm and 2.00-3.30pm  
All sessions are at Harlington Sports Centre. Details are on the London Trampolining website or contact Linda Lawrie on [lindajslawrie@sky.com](mailto:lindajslawrie@sky.com)

## **BRITISH GYMNASTICS PHOTOGRAPHY POLICY:**

### **British Gymnastics Conditions for Audience Photography at Gymnastic Events**

#### **Short Form:**

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by British Gymnastics

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website [www.british-gymnastics.org](http://www.british-gymnastics.org). If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos.

1. 'Photos' includes any form of video or still image including those taken with mobile phones.
2. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
  - a. Not to take photos – either generally or in particular circumstances.
  - b. To provide their full name and address and evidence of this
  - c. To let the Competition Organiser view any images recorded and to delete any images.
  - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they can not be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
4. Photos may not be used, distributed or copied for commercial purposes.
5. Flash may not be used at any time while gymnasts are warming up or competing.

## LONDON SYNCHRO & DMT JUNE CUP – SATURDAY 5<sup>th</sup> JUNE 2010

### **GENERAL WARM UP:**

There is a general warm up for all groups for both events but competitors may only warm up on the equipment that they have been entered for (ie anyone only entered for Synchro cannot use the DMT and vice versa). A suitably qualified coach **MUST** be in attendance for all competitors taking part in this. The beds will be cleared ten minutes before the competition is due to start.

### **WARM UP:**

Synchro pairs are warming up set & vol at the same time. The warm up is a timed session so no guarantee can be given about numbers of turns. They will then have one controlled warm up for each routine. Finalists will receive one further warm up. DMT competitors will have a timed session for general warm up plus a further two passes for the specific warm up. There will be a timed session for the final warm up plus a further two passes in the specific warm up. The timed warm ups may be curtailed if groups are much smaller than programmed.

No warm up cards will be issued. Competitors are expected to form an orderly queue for warm up.

Anyone entered for both Synchro & DMT who finds that their events clash must notify the competition organiser who will instruct on the course of action.

### **SYNCHRO:**

9.30 – 10.20am	GENERAL WARM UP	ALL GROUPS
10.30 – 10.50am	Warm-up SET & VOL	U15 Intermediate (11)
10.50 – 11.40am	Compete	
11.40 – 11.55am	Final	
11.55 – 12.15pm	Warm-up SET & VOL	Novices (3), 15+ Intermediate (6)
12.15 – 12.55pm	Compete	
12.55 – 1.15pm	Final	
1.15 – 1.45pm	Warm-up SET & VOL	Advanced (9)
1.45 – 2.35pm	Compete	
2.35 – 2.50pm	Final	

### **DMT:**

9.30 – 10.20am	GENERAL WARM UP	ALL GROUPS
10.30 – 10.45am	General warm-up	15+ Intermediate (10), Advanced (5)
10.45 – 11.15am	Specific warm-up and compete	
11.15 – 11.30am	Warm-up final	
11.30 – 11.55am	Specific warm-up and compete	
11.55 – 12.15pm	General warm-up	U15 Novices (16)
12.15 – 12.50pm	Specific warm-up and compete	
12.50 – 1.00pm	Warm-up final	
1.00 – 1.20pm	Specific warm-up and compete	
1.20 – 1.35pm	General warm-up	15+Novices (6), U15 Intermediate (9)
1.35 – 2.05pm	Specific warm-up and compete	
2.05 – 2.20pm	Warm-up final	
2.20 – 2.45pm	Specific warm-up and compete	

Presentations will take place as soon as possible after the end of each group. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed.

Please note that all timings are approximate and the organisers reserve the right to begin groups early if the event is running ahead of schedule. The organisers accept no responsibility for those missing their turn due to changes to the above.

**OFFICIALS:**

**Synchro**  
Chair: Marian Wood HH

Form Judge 1: Katrina Smith CA  
Form Judge 2: Mark Burtenshaw CHC  
Form Judge 3: Ayo Ayeni ZE  
Form Judge 4: Caroline Cowling TN

Tariff Judge 1: Diane Moriarty QU  
Tariff Judge 2: Tracey Gibbins KTA  
Assistant Chair: **VOLUNTEER REQUIRED**

Synchro Judge 1: Laura Cowling TN  
Synchro Judge 2: Claire Grant KTA  
Synchro Judge 3: Joey Hon CHC

Computer: Mo Ramsdale KTA  
Recorder: Marie Delvin ZE  
Marshal: Jane Britton KTA

**DMT**

Chair: Viv Bramall KTA

Form Judge 1: Joanne Lumb KTA  
Form Judge 2: Maggie Clifton TN  
Form Judge 3: Celia Harding KTA  
Form Judge 4: Carrie-Ann Williamson ZE  
Form Judge 5: Olivia Clifton TN

Tariff Judge 1: Jenny Emerson HH  
Tariff Judge 2: Kate Preston KTA

Computer: Sam Stone HH  
Recorder: Liz Heaton KTA  
Marshal: Danielle Parsons ZE

THERE ARE NO RESERVE OFFICIALS

Organiser: Linda Lawrie HH  
Floor Manager: Janet Bellis HH

Trophies: Maxine O'Reilly QU  
Computers: Andrew Wood HH

Judges: Linda Lawrie HH

*OFFICIALS' LUNCH – this will be in the form of a buffet which will be set up at the officials' coffee area. Lunch may be taken any time after the buffet has been displayed.*

**CLUBS COMPETING:**

Camden	CA	Kingston Trampoline Academy	KTA	Team Nova	TN
Harlington Hawks	HH	Queensmead	QU	Zenith	ZE

## **SYNCHRO:**

See table below for routines. No finals for Novices. Finals for the top eight in the Intermediate and Advanced groups.

### **Synchro Recreational Novice:**

U9:  
Straddle  
Seat drop  
To feet  
Tuck  
½ twist  
Pike  
Seat drop  
½ twist to feet  
Tuck  
Full twist (0.4)

### **Synchro Recreational Novice:**

U11 – 15+:  
Front drop  
To feet  
Straddle  
½ twist  
Seat drop  
½ twist to seat  
Tuck  
Pike  
Full twist (0.7)

### **Synchro Intermediate:**

All age groups      **OR**  
Full twist      Back S/S (T)  
Straddle      Straddle  
Seat drop      Seat drop  
½ twist to seat      ½ twist to seat  
½ twist to feet      ½ twist to feet  
Pike      Pike  
Back drop      Back drop  
½ twist to feet      ½ twist to feet  
Tuck      Tuck  
Front S/S (T) (1.2)      Full twist (1.2)

Performers are encouraged to use an arm set but no penalty for those not complying. No difficulty will be awarded. NO skills of more than 90° somersault rotation. Any Novices disregarding this, even in warm-up, will be disqualified.

Performers are encouraged to use an arm set but no penalty for those not complying. Difficulty limit of 5.0 Limit may be exceeded but only the maximum will be given.

### **Synchro Advanced (Regional D):**

10 different elements with:

- At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:
    - One move of at least 270° of somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation OR
    - A back somersault with 360° somersault rotation and a full twist OR
    - A front somersault with 360° somersault rotation and 1½ twists
- No tariff limit.

### **Novice Synchro**

- |   |                                 |            |
|---|---------------------------------|------------|
| 1 | Charlotte Jeffrey & Maya Gulivi | Queensmead |
| 2 | Leah Bernadine & Monica Davies  | Team Nova  |
| 3 | Sophia Jeffery & Daliah Gulivi  | Queensmead |

### **Under 15 Intermediate Synchro**

- |    |  |                  |
|----|--|------------------|
| 1  | Chantelle Dreyer & Amy Roberts               | Zenith           |
| 2  | Caitlin Tarrant & Lucy Ramsdale              | Kingston Academy |
| 3  | Charlotte Brooker & Daisy Trevorrow          | Queensmead       |
| 4  | Rebecca Godbolt & Bailey McLaughlin          | Harlington Hawks |
| 5  | Naina Mangtani & Rosa Goodman                | Kingston Academy |
| 6  | Jasmine Steyne & ANO                         | Team Nova        |
| 7  | Harriet Cronin & Rebekah Lumb                | Kingston Academy |
| 8  | Nicola Webber & William Godbolt              | Harlington Hawks |
| 9  | Rebecca Frankland & Courtney St Lewis Davies | Kingston Academy |
| 10 | Megan Hepjoscon & Anastasia Godbolt          | Harlington Hawks |
| 11 | Tilly Sutherland-Young & Isobella Bazzant    | Zenith           |

### **Over 15 Intermediate Synchro**

- |   |                                     |                  |
|---|-------------------------------------|------------------|
| 1 | Hayley Durnsford & Kelly Jane Owens | Camden           |
| 2 | Chelsie Williamson & Chantelle Hart | Team Nova        |
| 3 | Anisha Magntani & Abbie Spence      | Kingston Academy |
| 4 | Angel Murray & Lucy Morris          | Team Nova        |
| 5 | Daniel Reed & Andrew Wood           | Harlington Hawks |
| 6 | Laura Flaxman & ANO                 | Team Nova        |

### **Advanced Synchro**

- |   |                                   |                                     |
|---|-----------------------------------|-------------------------------------|
| 1 | Emma Britton & Sam Preston        | Kingston Academy                    |
| 2 | Nicola Britton & Beth Ann Lumb    | Kingston Academy                    |
| 3 | Caleb Bazzant & Jake Parsons      | Zenith                              |
| 4 | Alice MacAulay & McKenzie Roberts | Kingston Academy                    |
| 5 | Michael Freeman & Ross Harding    | Kingston Academy                    |
| 6 | Tegan Thewlis & Frankie Osborn    | Zenith                              |
| 7 | Claire Bristow & Katherine Stone  | Harlington Hawks & Kirklees Rebound |
| 8 | Sophie Clift & Elise Gibbins      | Kingston Academy                    |
| 9 | Elliott Innocent & Edward Woods   | Camden & Zenith                     |

## DMT PASS CONSTRUCTION:

### **Novice**

This is an introductory grade although gymnasts may perform single somersaults in each pass. Gymnasts with four passes containing linked single somersaults must enter the Intermediate section. Maximum difficulty capped at 1.3

### **Intermediate**

As per National C:

Each **skill** must be a somersault and a **Barani or Rudi Mount or Spotter** must be included in the preliminary round. Maximum difficulty capped at 2.4 (Competitors may compete higher difficulties including up to single twisting double somersaults but will not be credited with more than 2.4 difficulty).

### **Advanced:**

As per FIG B:

Each **round** must contain a **pass** with at least one double somersault. No tariff limit.

Finals for the top eight in each group. Scores will be accumulative for Novices and zeroed for Intermediate and Advanced groups for the finals.

### Under 15 Novice DMT

1	Harriet Cronin	Kingston Academy T
2	Jasmine Steyne	Team Nova T
3	Nicole Webber	Harlington Hawks
4	Lucy Morris	Team Nova T
5	Benji Saxby	Team Nova
6	Rebekah Lumb	Kingston Academy T
7	Rebecca Godbolt	Harlington Hawks
8	Rosa Goodman	Kingston Academy T
9	William Godbolt	Harlington Hawks
10	Danielle Hurford	Team Nova T
11	Tilly Sutherland-Young	Zenith
12	Astrid Sewell Risley	Team Nova T
13	Megan Hepjoscon	Harlington Hawks
14	Jessica Dennehay	Kingston Academy T
15	Chantelle Dreyer	Zenith
16	Louise Fontava	Harlington Hawks

Teams: Harlington Hawks

Kingston Trampoline Academy

Team Nova

### Over 15 Intermediate DMT

1	Nicola Britton	Kingston Academy
2	Abbie Spence	Kingston Academy
3	Katherine Stone	Harlington Hawks
4	Alice MacAulay	Kingston Academy
5	Joe Edgar	Kingston Academy
6	Lauren Letch	Zenith T
7	Sophie Clift	Kingston Academy
8	Frankie Osborne	Zenith T
9	Anisha Mangtani	Kingston Academy
10	Jake Parsons	Zenith T

Teams: Kingston Trampoline Academy A & B

Zenith

### Advanced DMT

1	Beth Anne Lumb	Kingston Academy T
2	Matt Douglas	Kingston Academy T
3	Ross Harding	Kingston Academy T
4	Ed Woods	Zenith
5	Sam Preston	Kingston Academy T

Team: Kingston Trampoline Academy

### Over 15 Novice DMT

1	Daniel Reed	Harlington Hawks
2	Vikki Manning	Kingston Academy
3	Chantelle Hart	Team Nova T
4	Matthew Bramall	Kingston Academy
5	Chelsie Williamson	Team Nova T
6	Laura Flaxman	Team Nova T

Team: Team Nova

### Under 15 Intermediate DMT

1	Caitlin Tarrant	Kingston Academy
2	Caleb Bazzant	Zenith T
3	Zoe Preston	Kingston Academy
4	McKenzie Roberts	Kingston Academy
5	Amy Roberts	Zenith T
6	Courtney St Lewis Davies	Kingston Academy
7	Tegan Thewlis	Zenith T
8	Georgia Grant	Kingston Academy
9	Lucy Ramsdale	Kingston Academy

Teams: Kingston Trampoline Academy A & B

Zenith

# LONDON NOVICES, GRADES AND JUNE CUP, SUNDAY 6<sup>th</sup> JUNE 2010

## QUALIFICATION SCORES FOR 2010

There is no qualifying score to progress from Recreational Novice to Assessment G although competitors who are continually winning are encouraged to move up if possible.

The qualifying score from Assessment G to Assessment F is 45.0 over the first two rounds of competition.

The qualifying score from Assessment G to Assessment E is 48.5 over the first two rounds of competition.

The qualifying score from Assessment F to Assessment E is 47.5 over the first two rounds of competition.

The qualifying score from Assessment F to Regional D is 50.5 over the first two rounds of competition.

The qualifying score from Assessment E to Regional D is 49.5 over the first two rounds of competition.

The qualifying score from Regional D to National C is 49.0 over the first two rounds of competition PLUS either 51.0 over the first two rounds of competition or top 20% finish in the group

See 'Routines' for tariff limits.

## CLUBS TAKING PART

Camden	CA	Harrow	HA	Skywalkers	SK
Coney Hall Cosmonauts	CHC	Kingston Trampoline Academy	KTA	Team Nova	TN
Hackney Bouncers	HB	Queensmead	QU	Zenith	ZE
Harlington Hawks	HH				

## SET ROUTINES

### Recreational Novice:

U9:	U11 – 15+:
Straddle	Front drop
Seat drop	To feet
To feet	Straddle
Tuck	½ twist
½ twist	Seat drop
Pike	½ twist to seat
Seat drop	½ twist to feet
½ twist to feet	Tuck
Tuck	Pike
Full twist (0.4)	Full twist (0.7)

### Assessment G:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (T)		½ twist to front
Straddle		To feet
½ twist to seat		Straddle
½ twist to feet		Full twist
½ twist		Pike
Pike		Back drop
Full twist		½ twist to feet
Tuck		Tuck
¾ front S/S (SL)		½ twist
To feet (1.4)		Front S/S (T) (1.4)

### Assessment F:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (T)		Barani (T)
Seat drop		½ twist
½ twist to feet		Straddle
Tuck		Back S/S (T)
Barani (T)		Full twist
Straddle		Tuck
Front drop		Back drop
To feet		½ twist to feet
Tuck		Pike
Front S/S (T) (1.9)		Back S/S (P) (2.3)

Performers are encouraged to use an arm set but no penalty for those not complying. The voluntary routine may include a maximum of one somersault of 360° rotation. No difficulty will be awarded.

The voluntary routine may include:  
 1. A maximum of two body landings  
 2. A maximum of three elements between 270° & 450° of somersault rotation  
 No difficulty will be awarded

The voluntary routine may include:  
 1. A maximum of five elements between 270° & 450° of somersault rotation  
 Difficulty will be added

### Assessment E:

<i>Arm set</i>	OR	<i>Arm set</i>
Back S/S (S)		Barani (P)
Straddle		Straddle
Full twist		Back S/S (T)
Tuck		Barani (T)
Back S/S (T)		½ twist
Back S/S to seat (T)		Tuck
½ twist to feet		1½ twists
½ twist		Pike
Pike		¾ front S/S (S)
Barani (SL) (2.6)		To feet (2.5)

### Regional D:

10 different elements with:  
 • At least seven somersaults of at least 270° somersault rotation to include one of the following three elements:  
 ○ One move of at least 270° of somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation OR  
 ○ A back somersault with 360° somersault rotation and a full twist OR  
 ○ A front somersault with 360° somersault rotation and 1½ twists  
 The voluntary routine is subject to a 6.5 difficulty limit

The voluntary routine may include:  
 1. A maximum of seven somersaults between 270° & 450° of somersault rotation  
 Difficulty will be added

The maximum amount of somersault rotation in any element permitted at Assessments up to and including level E is 450°

**JUNE CUP:** This event is being offered alongside the June Grades to enable those qualified for the British Championships to have an extra competition if desired. It is NOT the Regional Championships (this is held in October). Those taking part do NOT have to be qualified for the British Championships but MUST meet the eligibility requirements below.

**ELIGIBILITY:** Open to those who have already competed at FIG A, FIG B or National C during 2010 plus any Regional D competitor who is eligible to compete at National C. These Grades will compete together. Those qualified to compete at National C but entering the Regional D on the same day are not eligible. Those who have been demoted from National C in 2010 and competing in Regional D on the same day are not eligible.

**TARIFF LIMIT:** No tariff limit

**AGE GROUPS:** Men's and Ladies only. Competitors must be a minimum of nine years of age in the year of competition.

**ROUTINES:** Competitors must perform the 1<sup>st</sup> routine in accordance with their current National age group status (National C, FIG B or FIG A). Any Regional D performers qualified for National C who are entering this event must perform the 1<sup>st</sup> routine as per National C. Those using the FIG A routine for their set are expected to perform a routine with approximately the same tariff that they did at their most recent National Gala event this year but will not be awarded tariff for two skills. Ladies and Men will compete separately. 1st routine must be declared before competing. Finals for the top eight in each group. Scores will be zeroed for the finals.



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## TIMETABLE AND OFFICIALS

The Men's and Ladies June Cup events have been scheduled to run on their own. The format for these groups will be as close to Gala weekends and National Finals as possible. Finalists for these events must be ready to assemble for march-on immediately after the voluntary round has been completed. Competitors will have a timed warm up for their set and voluntary, then a one touch warm up before competing both rounds. Finalists will receive one further warm up. Finals will be done in domino style (Ladies then Men). Please note that panels will change for the Men's and Ladies events.

All other groups will run in the usual format for London competitions.

All timings are approximate. **The competition organisers reserve the right to start groups early if the event is running ahead of time but will not run more than one hour ahead of programme time.** The competition organisers accept no responsibility for competitors who miss their turn due to changes to the above nor for the competition running early or late. Presentations are at 1.05pm and 3.40pm approximately. PLEASE NOTE that the final presentation of the day will not take place until chairs have been stacked, litter is cleared up and trampolines are folded

Competition Organiser: Linda Lawrie HH  
Floor Manager: Janet Bellis HH  
Computers: Andrew Wood HH  
Meet & Greet: John Wotherspoon TN

Trophies: Carol Lee QU  
Judges: Linda Lawrie HH  
Officials' lunches: Hazel Sawyers QU & Fiona Cole QU

Unqualified reserves: Keith Leggatt CHC, Taahra Ghazi HB

### **Panel 1**

#### **U13 Nov (16)**

#### **U11G Assessment G (10)**

#### **15+M Assessment F (2)**

#### **15+M Assessment E (3)**

W/up SET 9.00 – 9.20am

Compete 9.20 – 10.05am

W/up VOL 10.05 – 10.25am

Compete 10.25 – 11.10am

Finals 11.10 – 11.30am

*11.30 – 1.00 No trampoline Activity*

*1.00 – 1.30pm OFFICIALS' LUNCH*

#### **U15G Assessment G (25)**

W/up SET 1.00 – 1.30pm

Compete 1.30 – 2.10pm

W/up VOL 2.10 – 2.30pm

Compete 2.30 – 3.10pm

Finals 3.10 – 3.25pm

Chair of Judges: Jan Harley HA

Form Judge 1: Nicola Bosson HH

Form Judge 2: Tara Tarrant KTA

Form Judge 3: Rathy Sivakanthan HA

Form Judge 4: Carole Charters / Lauren Letch ZE

Form Judge 5: Margaret Smith CA

Tariff Judge 1: Diane Moriarty QU

Tariff Judge 2: Harriet Curtis CHC

Computer operator: Dave Sweeney KTA

Recorder: Allan Ottley SK

Marshal: Hayley Durnsford / Daniel Aka CA

W/up Marshal 1: Natasha Castello SK

W/up Marshal 2: Adeane Hardy TN

## Panel 2

### **U9 Nov (14)**

#### **U15B Assessment G (12)**

#### **U15B Assessment F (4)**

W/up SET 9.00 – 9.20am  
Compete 9.20 – 10.05am  
W/up VOL 10.05 – 10.25am  
Compete 10.25 – 11.10am  
Finals 11.10 – 11.30am

Chair of Judges: Chris Geary HH  
Assistant Chair: Katrina Smith CA  
  
Form Judge 1: Celia Harding KTA  
Form Judge 2: Sue Clifford QU  
Form Judge 3: Olivia Desborough HA  
Form Judge 4: Helen Hardy TN  
Form Judge 5: Carrie Ann Williamson ZE

Tariff Judge 1: Lizzie Moore HH  
Tariff Judge 2: Rosie Short TN

Computer operator: Julian Daniel CA  
Recorder: Chris MacAulay KTA  
Marshal: Lynette Ottley SK

W/up Marshal 1: Mrs Sutherland-Young ZE  
W/up Marshal 2: Lauren Burnett HB

### **JUNE CUP LADIES (13)**

W/up SET & VOL 11.30 – 11.50am  
One touch and compete 11.50 – 12.35pm  
March on & presentation of finalists 12.35 – 12.40pm  
One touch and compete 12.40 – 1.00pm

Chair of Judges: Chris Geary HH  
Assistant Chair: Katrina Smith CA

Form Judge 1: Rosie Short TN  
Form Judge 2: Kate Preston KTA  
Form Judge 3: Harriet Curtis CHC  
Form Judge 4: Diane Moriarty QU  
Form Judge 5: Marian Wood HH

Tariff Judge 1: Lizzie Moore HH  
Tariff Judge 2: Jenny Emerson HH

Computer operator: Julian Daniel CA  
Recorder: Chris MacAulay KTA  
Marshal: Lynette Ottley SK

*1.00 – 1.30pm OFFICIALS' LUNCH*

### **U11 Nov (11)**

#### **13+ Nov (6)**

#### **U15G Assessment F (12)**

W/up SET 1.00 – 1.30pm  
Compete 1.30 – 2.15pm  
W/up VOL 2.15 – 2.35pm  
Compete 2.35 – 3.20pm  
Finals 3.20 – 3.35pm

Chair of Judges: Chris Geary HH  
Assistant Chair: Katrina Smith CA

Form Judge 1: Celia Harding KTA  
Form Judge 2: Sue Clifford QU  
Form Judge 3: Olivia Desborough HA  
Form Judge 4: Helen Hardy TN  
Form Judge 5: Carrie Ann Williamson ZE

Tariff Judge 1: Lizzie Moore HH  
Tariff Judge 2: Rosie Short TN

Computer operator: Julian Daniel CA  
Recorder: Chris MacAulay KTA  
Marshal: Lynette Ottley SK

W/up Marshal 1: Mrs Sutherland-Young ZE  
W/up Marshal 2: Lauren Burnett HB

### **Panel 3**

**15+L Assessment F (8)**

**U15B Assessment E (2)**

**15+ L Assessment E (4)**

**U15G Regional D (2)**

**U15B Regional D (1)**

**U19L Regional D (3)**

**U19M Regional D (2)**

**19+L Regional D (2)**

W/up SET 9.00 – 9.20am

Compete 9.20 – 10.05am

W/up VOL 10.05 – 10.25am

Compete 10.25 – 11.10am

Finals 11.10 – 11.30am

Chair of Judges: Phil O'Reilly QU

Form Judge 1: Kate Preston KTA

Form Judge 2: Jenny Emerson HH

Form Judge 3: Gary Halfteck QU

Form Judge 4: Graham Atkins CHC

Form Judge 5: Sarah Silvester KTA

Tariff Judge 1: Viv Bramall KTA

Tariff Judge 2: Matt Douglas / Stephanie Hallam QU

Computer operator: Elliott Innocent / Danny Kahn CA

Recorder: Oliver Stacey HB

Marshal: Jenny Choy HA

W/up Marshal 1: John Lumb KTA

W/up Marshal 2: Steve Jones CHC

### **JUNE CUP MEN (10)**

W/up SET & VOL 11.30 – 11.50am

One touch and compete 11.50 – 12.35pm

March on & presentation of finalists 12.35 – 12.40pm

One touch and compete 12.40 – 1.00pm

Chair of Judges: Phil O'Reilly QU

Form Judge 1: Linda Lawrie HH

Form Judge 2: Graham Atkins CHC

Form Judge 3: Gary Halfteck QU

Form Judge 4: Sarah Silvester KTA

Form Judge 5: Jan Harley HA

Tariff Judge 1: Viv Bramall KTA

Tariff Judge 2: Stephanie Hallam QU

Computer operator: Danny Kahn CA

Recorder: Oliver Stacey HB

Marshal: Jenny Choy HA

*1.00 – 1.30pm OFFICIALS' LUNCH*

**15+L Assessment G (7)**

**15+M Assessment G (5)**

**U15G Assessment E (12)**

W/up SET 1.00 – 1.30pm

Compete 1.30 – 2.15pm

W/up VOL 2.15 – 2.35pm

Compete 2.35 – 3.20pm

Finals 3.20 – 3.35pm

Chair of Judges: Phil O'Reilly QU

Form Judge 1: Kate Preston KTA

Form Judge 2: Jenny Emerson HH

Form Judge 3: Gary Halfteck QU

Form Judge 4: Graham Atkins CHC

Form Judge 5: Sarah Silvester KTA

Tariff Judge 1: Viv Bramall KTA

Tariff Judge 2: Matt Douglas / Stephanie Hallam QU

Computer operator: Elliott Innocent / Danny Kahn CA

Recorder: Oliver Stacey HB

Marshal: Sue Munro HA

W/up Marshal 1: John Lumb KTA

W/up Marshal 2: Steve Jones CHC

**Under 9 Novices**

1	Lucia Morrison	Queensmead T
2	Shay Snipe	Hackney Bouncers T
3	Madison Lee	Queensmead T
4	Charlotte Ramsdale	Kingston Academy
5	Nolitha Olusanya	Coney Hall Cosmonauts T
6	Zebedee Nye	Hackney Bouncers T
7	Katharine Hincks	Coney Hall Cosmonauts T
8	Jude Costley	Hackney Bouncers T
9	Zoe Stillman	Team Nova
10	Mialara Coleman	Queensmead T
11	Issie Atack	Coney Hall Cosmonauts T
12	Sandhya Sivakanthan	Harrow
13	Oloa Gulliman	Team Nova
14	Phoebe Allsop	Hackney Bouncers T

Teams: Coney Hall Cosmonauts  
 Hackney Bouncers  
 Queensmead

**Under 11 Novices**

1	Sydney Chetwin	Camden
2	Sophia Jeffery	Queensmead T
3	Kitty Llewellyn	Camden
4	Luke Bernard	Queensmead T
5	Louise Wroth	Kingston Academy
6	Suraya Buffong	Hackney Bouncers T
7	Tabitha Peck	Queensmead T
8	Kyara Duggan-Morgan	Hackney Bouncers T
9	Isaac Costley	Hackney Bouncers T
10	Christina Hunter	Skywalkers
11	Ellie Owens	Harlington Hawks

Teams: Hackney Bouncers  
 Queensmead

**Under 13 Novices:**

1	Charlotte Jeffery	Queensmead T
2	Eleanor Gent	Coney Hall Cosmonauts TA
3	Evie Matthews	Coney Hall Cosmonauts TA
4	Astrid Sewell Risley	Team Nova
5	Candis Bennett-Jones	Queensmead T
6	Beth Leggatt	Coney Hall Cosmonauts TB
7	Lucie Wroth	Kingston Academy
8	Annabel Hincks	Coney Hall Cosmonauts TA
9	Jasmine Mortazavi	Queensmead T
10	Rebecca Maleney	Queensmead
11	Tabitha Gent	Coney Hall Cosmonauts TA
12	Maddie Atack	Coney Hall Cosmonauts TB
13	Becky Street	Coney Hall Cosmonauts TB
14	Sophia Rowles	Kingston Academy
15	Rachel Watts	Queensmead T
16	Amy Simpson	Coney Hall Cosmonauts TB

Teams: Coney Hall Cosmonauts A & B  
 Queensmead

**Over 13 Novices:**

1	Imogen Mansfield	Coney Hall Cosmonauts T
2	Summer Toms	Queensmead T
3	Abigail Clifford	Queensmead T
4	Megan Street	Coney Hall Cosmonauts T
5	Charlotte Young	Queensmead T
6	Abigail Sweetman	Coney Hall Cosmonauts T

Teams: Coney Hall Cosmonauts  
 Queensmead

**Under 11 Girls Assessment G:**

1	Jasmine Steyne	Team Nova
2	Nicole Webber	Harlington Hawks
3	Isobella Bazzant	Zenith
4	Lucy Hawley	Kingston Academy
5	Aiko Guerra	Hackney Bouncers
6	Ashleigh Tropp	Queensmead
7	Sophie Harris	Harrow
8	Maia Charles	Queensmead
9	Reem Chedid	Harlington Hawks
10	Abbie Andrews	Camden

**Under 15 Girls Assessment G:**

1	Ella Spencer	Camden
2	Lucy Fraser	Kingston Academy
3	Daisy Trevorrow	Queensmead T
4	Keryn Miller	Harrow
5	Jo Rose	Coney Hall Cosmonauts
6	Charlotte Brooker	Queensmead T
7	Lizzie Harringay	Kingston Academy
8	Emily Stokes	Skywalkers T
9	Rosie Cheetham	Camden
10	Dana Wigington	Skywalkers T
11	Rebecca Frankland	Kingston Academy
12	Maise Sellwood	Kingston Academy
13	Nana Owusu-Addo	Queensmead T
14	Stephanie Archibald	Kingston Academy
15	Monique Munro	Harrow
16	Briony Dillon	Skywalkers
17	Danielle Hurford	Team Nova
18	Bailey McLaughlin	Harlington Hawks
19	Pennelope Richards	Skywalkers T
20	Tilly Sutherland-Young	Zenith
21	Kemsley Burden	Kingston Academy
22	Angel Murray	Team Nova
23	Makeda Sawyers	Queensmead T
24	Kiera Trueman	Kingston Academy
25	Renée Castello	Skywalkers T

Teams: Kingston Trampoline Academy A & B  
 Queensmead  
 Skywalkers

**Under 15 Boys Assessment G:**

1	Kit Gillman	Harrow T
2	Alfie Readon	Skywalkers
3	Altan Hatipoglu	Camden T
4	Andrew Stubbs	Queensmead
5	Ivan Langran	Skywalkers
6	Kai Bourne	Camden T
7	Matthew Angelides	Harlington Hawks
8	Adam Bartley	Camden T
9	Benjamin Sparke	Harrow T
10	Lewis Nagle	Harrow T
11	Thomas McSeveney	Camden T
12	Jay Ghazi-Timms	Hackney Bouncers

Teams: Camden, Harrow

**Over 15 Ladies Assessment G:**

1	Eloise Benjamin	Kingston Academy T
2	Emily Noctor	Zenith
3	Katy Smith Langridge	Kingston Academy T
4	Chantelle Hart	Team Nova
5	Sophie Trueman	Kingston Academy T
6	Monica Davies	Team Nova
7	Ishrak Boubout	Skywalkers

Team: Kingston Trampoline Academy

**Over 15 Men Assessment G:**

1	Jonathan Gomm	Harrow
2	Daniel Aka	Camden
3	David Bebb	Zenith
4	Beeshman Sivakumaran	Harrow
5	Paul Godbolt	Harlington Hawks

**Under 15 Girls Assessment F:**

1	Lucy Butler	Queensmead T
2	Naina Mangtani	Kingston Academy T
3	Louise Fontava	Harlington Hawks
4	Ella Osindeinde	Queensmead T
5	Lucy Gilfrin	Queensmead T
6	Rebecca Godbolt	Harlington Hawks
7	Isabelle Jones	Coney Hall Cosmonauts
8	Emma Leaning	Kingston Academy T
9	Nuala O'Donovan	Coney Hall Cosmonauts
10	Stephanie Cole	Queensmead T
11	Harriet Cronin	Kingston Academy T
12	May Curtiss	Kingston Academy T

Teams: Kingston Trampoline Academy  
Queensmead

**Under 15 Boys Assessment F:**

1	Isaac Butler	Coney Hall Cosmonauts
2	William Godbolt	Harlington Hawks
3	Thomas Holman	Kingston Academy
4	Noah Gill	Harrow

**Over 15 Ladies Assessment F:**

1	Hayley Durnsford	Camden
2	Melissa Soden	Kingston Academy
3	Adelais Farnell-Sharp	Coney Hall Cosmonauts
4	Victoria Mills	Zenith
5	Rebecca Hylton	Team Nova
6	Kelly Jayne Owens	Camden
7	Chelsie Williamson	Team Nova
8	Hibari David	Queensmead

**Over 15 Men Assessment F:**

1	Daniel Reed	Harlington Hawks
2	Joe Edgar	Kingston Academy

**Under 15 Girls Assessment E:**

1	Caitlin Tarrant	Kingston Academy
2	Courtney St Lewis Davis	Kingston Academy
3	Chantelle Dreyer	Zenith
4	Georgia Grant	Kingston Academy
5	Morayo Lasekan	Queensmead T
6	Anastasia Godbolt	Harlington Hawks
7	Tiarna Lee	Queensmead T
8	Lucy Ramsdale	Kingston Academy
9	Megan Hepjoscon	Harlington Hawks
10	Rebekah Lumb	Kingston Academy
11	Amanda Tropp	Queensmead T
12	Afua Owusu-Addo	Queensmead T

Teams: Kingston Trampoline Academy  
Queensmead

**Under 15 Boys Assessment E:**

1	Conor Kirby	Camden
2	Ralph Habgood	Coney Hall Cosmonauts

**Over 15 Ladies Assessment E:**

1	Abigail Spence	Kingston Academy
2	India Kahn	Camden
3	Georgia Wood	Kingston Academy
4	Francesca Boote	Queensmead

**Over 15 Men Assessment E:**

1	Anthony Ottley	Skywalkers
2	Ayoola Ayeni	Zenith
3	Peter Choy	Harrow

**Under 15 Girls Regional D:**

1	Amy Roberts	Zenith
2	Natalie Gent	Coney Hall Cosmonauts

**Under 15 Boys Regional D:**

1	Caleb Bazzant	Zenith
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**Under 19 Ladies Regional D:**

1	Susanah Morcowitz	Team Nova
2	Alice Clifford	Queensmead
3	Anisha Mangtani	Kingston Academy

**Under 19 Men Regional D:**

1	Jake Parsons	Zenith
2	Matthew Choy	Harrow

**Over 19 Ladies Regional D:**

1	Vikki Manning	Kingston Academy
2	Laura Flaxman	Team Nova

**June Cup Ladies:**

1	Francesca Osborn	Zenith
2	McKenzie Roberts	Kingston Academy
3	Elise Gibbins	Kingston Academy
4	Claire Bristow	Harlington Hawks
5	Sophie Clift	Kingston Academy
6	Steph Sharpe	Team Nova
7	Rebecca Hallam	Queensmead T
8	Nicola Bristow	Harlington Hawks
9	Tegan Thewlis	Zenith
10	Elaine Bettaney	Queensmead T
11	Alice MacAulay	Kingston Academy
12	Emma Wallace	Queensmead T
13	Beth Anne Lumb	Kingston Academy

Teams: Kingston Trampoline Academy  
Queensmead

**June Cup Men:**

1	Ross Harding	Kingston Academy T
2	Elliott Innocent	Camden
3	Jack Coward	Queensmead T
4	Lewis Donovan	Kingston Academy T
5	Sam Preston	Kingston Academy T
6	Matthew Payne-Davis	Harlington Hawks
7	Michael Freeman	Kingston Academy T
8	Matthew Douglas	Queensmead T
9	Tom Leakey	Queensmead T
10	Edward Woods	Zenith

Teams: Kingston Trampoline Academy  
Queensmead