

**BRITISH GYMNASTICS LONDON REGIONAL D, ASSESSMENTS E, F & G and
RECREATIONAL NOVICE COMPETITION
Harlington Sports Centre, Pinkwell Lane, Harlington, Middlesex.
Sunday 21st March 2010**

Welcome to the London Grades D, E, F, G & Recreational Novice hosted by Harlington Hawks Trampoline Club. We hope that everyone has an enjoyable day. We have had an entry of 208 competitors from 10 clubs and we are running on three panels. We offer our thanks to everyone who has made this event possible including the following:

- Janet Bellis & Harlington Hawks for all their help in hosting the event and setting it up.
- Management and staff of Harlington Sports Centre for the facilities.
- The officials of today who have given up their time for the love of the sport.
- Coaches, parents and friends who transport their charges and support the competition.
- The competitors, without whom there would be no event.

Please ensure that you take all litter with you or use the rubbish bins and black sacks around the hall – DO NOT LEAVE RUBBISH ON THE FLOOR. After recent competitions there has been a lot of rubbish left on the floor. 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. Ensure that you have all your property when you leave.

FLOOR ACCESS

It is not permitted for non BG members to set foot on the competition floor due to insurance issues. The competition floor is the matted area around the trampolines and the officials' area.

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 displayed around the arena and in this programme. There may be an official London Region photographer taking photos at this event. Some of these photos will 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. Only photographers appointed by the London region may take photos on the competition floor.

PROTESTS

The protest fee and arbitration jury have been removed from the rules from 1st January 2005. Team Managers, coaches or performers who need to query anything must do so by polite discussion with the Chair of the panel involved.

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

TROPHIES AND CERTIFICATES

Trophies are awarded to the top 3 individuals and top 3 teams in each group (where appropriate). Certificates are awarded to all competitors – these will be produced after the event and taken to the next competition for distribution.

PRESENTATIONS

The London Awards for 2009 will be presented at 12.15pm. Presentations will be at 12.15pm and 3.50pm approximately. All those receiving awards MUST be in club kit. No one will be allowed on the podium unless correctly dressed.

LICENCES & AFFILIATION

All competitors, coaches and officials must be current members of British Gymnastics. Coaches and judges must hold an LGF licence. Clubs must be affiliated to BG & LGF.

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.

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

SET ROUTINES

Recreational Novice:

<u>U9:</u>	<u>U11 – 15+:</u>
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)

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.

Assessment G:

<i>Arm set</i>	<u>OR</u>	<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)

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

Assessment F:

<i>Arm set</i>	<u>OR</u>	<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)

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>	<u>OR</u>	<i>Arm set</i>
Back S/S (S)		Barani (P)
Straddle		to include <u>one</u> of the following three elements:
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)

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

Regional D:

10 different elements with:
● At least seven somersaults of at least 270° somersault rotation
○ 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 maximum amount of somersault rotation in any element permitted at Assessments up to and including level E is 450°

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.

LONDON REGION COMPETITIONS 2010

Saturday 5th June, London Synchro & DMT (June Cup)
Sunday 6th June, Regional D, Assessments E, F & G and Novice plus Men's/Ladies June Cup
Sunday 10th October, Regional Assessments D, E, F & G, Novice and Closed (Regional M/L Championships)
Sunday 7th November, London Synchro & DMT (Regional Championships)

CLUBS TAKING PART

Airborne	AI	Harrow	HA	Queensmead	QU
Camden	CA	Heathrow	HE	Team Nova	TN
Coney Hall Cosmonauts	CHC	Kingston Trampoline Academy	KTA	Zenith	ZE
Harlington Hawks	HH				

OFFICIALS:

Chair of Judges:
Assistant Chair:

Panel 1:

Jan Harley HA
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Panel 2:

Chris Geary HH
Daniella Moszoro HA

Panel 3:

Phil O'Reilly QU
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Form Judge 1:
Form Judge 2:
Form Judge 3:
Form Judge 4:
Form Judge 5:

Jen Jacobs HA
Mark Burtenshaw CHC
Ross Harding KTA
Lauren Letch ZE
Caroline Cowling/
Rebecca Hylton TN

Katrina Smith CA
Gary Halfteck QU
Joanne Lumb KTA
Dawn Drury HE
Andrea Booth /
Kelly Booth HA

Carrie-Ann Williamson ZE
John Wotherspoon TN
Nick Donovan KTA
Maxine O'Reilly QU
Joey Hon CHC

Tariff Judge 1:
Tariff Judge 2:

Fabio Greco IND
Harriet Curtis CHC

Elaine Bettaney QU
Kate Bramall KTA

Jenny Emerson HH
Viv Bramall KTA

Computer operator:
Recorder:

Natasha Drury HE
Michael Choy HA

Alex Nolan HA
Steve Jones CHC

Emma Wallace QU
Clare Grant KTA

Marshal:

Gemma Boyle /
Hayley Durnsford /
Daniel Aka CA

Nicola A'Bear TN

Kathy Webb AI

W/up Marshal 1:
W/up Marshal 2:

Harmander Mangtani KTA
R Hurford TN

L Ward HE
Elliot Innocent CA

Keith Leggatt CHC
Anita Giggs ZE

Competition Organiser: Linda Lawrie HH
Floor Manager: Janet Bellis HH
Computers: Andrew Wood HH

Trophies: Carol Lee QU
Judges: Linda Lawrie HH
Officials' lunches: Katie Stubbs QU & Suzanne McCarthy QU

Qualified: Julian Daniel CA, Margaret Smith CA, Tara Tarrant KTA, Maggie Clifton/Chantelle Hart TN, Dana Hulkova CHC, Sue Clifford QU

Unqualified: Jo Watts HE

TIMETABLE:

W/up sets 9.00 – 9.30am
Compete 9.30 – 10.25am
W/up vols 10.25 – 10.55am
Compete 10.55 – 11.50am
Finals 11.50 – 12.15pm

Panel 1:

U9 Nov (14)
13+ Nov (4)
U11G Assessment G (11)
15+M Assessment G (7)

Panel 2:

U11 Nov (12)
U15B Assessment G (13)
U15B Assessment F (7)
15+M Assessment F (3)

Panel 3:

9.00 – 9.30am 15+L Assessment F (12)
U15G Assessment E (14)
U15G Regional D (3)
U15B Regional D (1)
9.30 – 10.20am
10.20 – 10.50am
10.50 – 11.40am
11.40 – 12.15pm

12.15 – 12.35pm
12.35 – 1.05 pm

PRESENTATIONS – no trampoline activity
OFFICIALS' LUNCH

W/up sets 12.35 – 1.05pm
Compete 1.05 – 2.05pm
W/up vols 2.05 – 2.35pm
Compete 2.35 – 3.35pm
Finals 3.35 – 3.45pm

U13 Nov (13)
15+L Assessment G (23)

U15G Assessment G (31)
U15B Assessment E (2)
15+M Assessment E (2)

12.35 – 1.05pm U15G Assessment F (18)
15+ L Assessment E (8)
U19L Regional D (6)
U19M Regional D (1)
19+L Regional D (1)
19+M Regional D (2)

1.05 – 1.55pm
1.55 – 2.25pm
2.25 – 3.15pm
3.15 – 3.45pm

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 at 12.15pm and 3.50pm 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

Under 9 Novices

1	Charlotte Ramsdale	Kingston Academy
2	Chloe Cattermole	Team Nova
3	Georgia Brown	Queensmead
4	Elias Gulivi	Queensmead
5	Sandhya Sivakanthan	Harrow
6	Issie Atack	Coney Hall Cosmonauts T
7	Madison Lee	Queensmead
8	Carsten Oven	Camden
9	Mialara Coleman	Queensmead
10	Sophie Bucknor	Coney Hall Cosmonauts T
11	Lucia Morrison	Queensmead
12	Sakeenah-Maryam Obi	Team Nova
13	Nolitha Olusanya	Coney Hall Cosmonauts T
14	Elena Isquerdo-Hall	Zenith

Teams: Coney Hall Cosmonauts
Queensmead

Under 11 Novices

1	Dahlia Gulivi	Queensmead
2	Luke Bernard	Queensmead
3	Reem Chedid	Harlington Hawks T
4	Sophie McAlinden	Queensmead
5	William Earle	Queensmead
6	Neha Shah	Queensmead
7	Kitty Llewellyn	Camden
8	Tabitha Peck	Queensmead
9	Ellie Owens	Harlington Hawks T
10	Abbie Andrews	Camden
11	Ryuichi Elven	Queensmead
12	Aimee Carter	Harlington Hawks T

Teams: Harlington Hawks
Queensmead A & B

Under 13 Novices:

1	Maai Elven	Queensmead T
2	Danielle Hurford	Team Nova
3	Candis Bennett-Jones	Queensmead T
4	Sophia Rowles	Kingston Academy
5	Hannah Bucknor	Coney Hall Cosmonauts TB
6	Sara Liggins	Harlington Hawks
7	Tabitha Gent	Coney Hall Cosmonauts TA
8	Eleanor Gent	Coney Hall Cosmonauts TA
9	Rachael Watts	Queensmead T
10	Maya Gulivi	Queensmead T
11	Evie Matthews	Coney Hall Cosmonauts TB
12	Maddie Atack	Coney Hall Cosmonauts TB
13	Beth Leggatt	Coney Hall Cosmonauts TA

Teams: Coney Hall Cosmonauts A & B
Queensmead

Over 13 Novices:

1	Megan Street	Coney Hall Cosmonauts
2	Sarah Bullen	Queensmead
3	Emma Perry	Coney Hall Cosmonauts
4	Abigail Clifford	Queensmead

Under 11 Girls Assessment G:

1	Sophie Harris	Harrow
2	Emily McCarthy	Queensmead T
3	Katie Cardomone-Ward	Heathrow
4	Emily Giggs	Zenith
5	Jasmine Steyne	Team Nova
6	Lucy Hawley	Kingston Academy
7	Asha Chaudhry	Heathrow
8	Nicole Webber	Harlington Hawks
9	Maia Charles	Queensmead T
10	Ashleigh Tropp	Queensmead T
11	Eddie Osbourne	Airborne

Teams: Queensmead

Under 15 Girls Assessment G:

1	Matilda Sutherland-Young	Zenith T
2	Monique Munro	Harrow T
3	Kemsley Burden	Kingston Academy TA
4	Emma Collier	Queensmead T
5	Bailey McLaughlin	Harlington Hawks
6	Stephanie Archibald	Kingston Academy TA
7	Ella Spencer	Camden
8	Rosie Giggs	Zenith T
9	Angel Murray	Team Nova T
10	Maria Martin	Coney Hall Cosmonauts T
11	Kimberley Smith	Heathrow T
12	Rebecca Frankland	Kingston Academy TA
13	Rianna Gohil	Harrow T
14	Kelly-Anne Warner	Harlington Hawks
15	Amy Woolford	Heathrow TA
16	Rosa Goodman	Kingston Academy TB
17	Lucy Fraser	Kingston Academy TB
18	Rosie Cheetham	Camden
19	Lianne Harding	Team Nova T
20	Jessica Marshall	Coney Hall Cosmonauts T
21	Keryn Miller	Harrow T
22	Emily Wilson	Team Nova T
23	Nana Owusu-Addo	Queensmead T
24	Maise Sellwood	Kingston Academy TA
25	Bansri Dodhia	Harrow T
26	Kiera Trueman	Kingston Academy TB
27	Jo Rose	Coney Hall Cosmonauts T
28	Ellie Hussey	Heathrow T
29	Isobel Izquerdo-Hall	Zenith T
30	Daisy Trevorrow	Queensmead T
31	Charlotte Brooker	Queensmead T

Teams: Coney Hall Cosmonauts
Harrow
Heathrow
Kingston Academy A & B
Queensmead
Team Nova
Zenith

Under 15 Boys Assessment G:

1	Charlie Gibson	Camden T
2	Benjamin Sparke	Harrow T
3	Kit Gillman	Harrow T
4	Altan Hatipoglu	Camden
5	Tom Firth	Coney Hall Cosmonauts
6	Thomas Holman	Kingston Academy
7	Adam Cann	Harlington Hawks
8	Lewis Nagle	Harrow T
9	Kai Bourne	Camden T
10	Logan Wood	Heathrow
11	Matthew Angelides	Harrow T
12	Thomas McSeveney	Camden T
13	Jack Dyer	Camden T

Teams: Camden
Harrow

Over 15 Ladies Assessment G:

1	Zoe Meza Williams	Kingston Academy T
2	Claire Savory	Team Nova
3	Sianhael Bonner	Harrow T
4	Georgina Willoughby	Coney Hall Cosmonauts
5	Fernanda Lake	Zenith
6	Sophie Trueman	Kingston Academy
7	Victoria Mills	Zenith
8	Eloise Benjamin	Kingston Academy T
9	Talia Miller	Harrow T
10	Elena Leonard	Team Nova
11	Chantelle Hart	Team Nova
12	Katy Smith Langridge	Kingston Academy T
13	Clara Pase	Team Nova
14	Ellie Jeffries	Heathrow
15	Anusha Leonard	Team Nova
16	Lucy Stone	Kingston Academy T
17	Katie O'Neil	Heathrow
18	Jade Banger	Queensmead
19	Kelly Jayne Owens	Camden
20	Michaela Octave	Team Nova
21	Paula O'Halloran	Harrow T
22	Rebecca Hylton	Team Nova
23	Alice Chart	Queensmead

Teams: Harrow
Kingston Academy
Team Nova A & B

Over 15 Men Assessment G:

1	Beeshman Sivakumaran	Harrow
2	Adam Breeze	Heathrow
3	Andy Scott	Kingston Academy
4	Jonathan Gomm	Harrow
5	Daniel Aka	Camden
6	Joe Edgar	Kingston Academy
7	Paul Godbolt	Harlington Hawks

Under 15 Boys Assessment F:

1	Isaac Butler	Coney Hall Cosmonauts
2	Noah Gill	Harrow
3	Andrew Stubbs	Queensmead
4	Terrell Jacobs	Harrow
5	Ben Watts	Heathrow
6	Harvey Osborne	Airborne
7	William Godbolt	Harlington Hawks

Under 15 Boys Assessment E:

1	Conor Kirby	Camden
2	Ralph Habgood	Coney Hall Cosmonauts

Under 15 Girls Assessment F:

1	Naina Mangtani	Kingston Academy T
2	Nuala O'Donovan	Coney Hall Cosmonauts
3	Harriet Cronin	Kingston Academy T
4	Thiviya Sivakanthan	Harrow
5	Louise Cardamone-Ward	Heathrow T
6	Amanda Tropp	Queensmead
7	May Curtiss	Kingston Academy T
8	Emma Leaning	Kingston Academy T
9	Isabelle Jones	Coney Hall Cosmonauts
10	Ella Osindeinde	Queensmead
11	Holly Allen	Queensmead
12	Rebecca Godbolt	Harlington Hawks
13	Fleur Sweet	Heathrow T
14	Lucy Gilfrin	Queensmead
15	Izabella Paschaly	Heathrow T
16	Emma Goodwin	Heathrow T
17	Stephanie Cole	Queensmead
18	Louise Fontava	Harlington Hawks

Teams: Heathrow
Kingston Academy
Queensmead

Over 15 Ladies Assessment F:

1	Abbie Pearce	Kingston Academy T
2	Abigail Spence	Kingston Academy T
3	Stephanie Smith	Queensmead T
4	Ashleigh Raybould	Kingston Academy
5	Laura Flaxman	Team Nova T
6	Hibari David	Queensmead T
7	Charlotte Hazell	Queensmead T
8	Melissa Soden	Kingston Academy T
9	Sangeeta Mistry	Team Nova T
10	Chelsie Williamson	Team Nova T
11	Hayley Durnsford	Camden
12	Lizzy Lines	Kingston Academy T

Teams: Kingston Academy
Queensmead
Team Nova

Over 15 Men Assessment F:

1	Rian Jacobs	Harrow
2	Tom Webb	Camden
3	Daniel Reed	Harlington Hawks

Under 15 Girls Assessment E:

1	Amy Roberts	Zenith
2	Shadi Fakouri	Harrow
3	Lucy Ramsdale	Kingston Academy T
4	Courtney St Lewis Davis	Kingston Academy T
5	Tiarna Lee	Queensmead T
6	Eva McCormack	Zenith
7	Megan O'Callaghan	Harlington Hawks T
8	Afua Owusu-Addo	Queensmead T
9	Anastasia Godbolt	Harlington Hawks T
10	Rebekah Lumb	Kingston Academy T
11	Morayo Lasekan	Queensmead T
12	Georgia Grant	Kingston Academy
13	Megan Hepjoscan	Harlington Hawks T
14	Caitlin Tarrant	Kingston Academy T

Teams: Harlington Hawks
Kingston Academy
Queensmead

Under 15 Boys Regional D:

1	Lewis Donovan	Kingston Academy
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Over 15 Ladies Assessment E:

1	Georgia Wood	Kingston Academy T
2	Francesca Boote	Queensmead T
3	Ceara McDonald	Queensmead T
4	Anisha Mangtani	Kingston Academy T
5	Coral Lutteridge	Queensmead T
6	Millie Bradley	Kingston Academy T
7	Gemma Boyle	Camden
8	India Kahn	Camden

Teams: Kingston Academy
Queensmead

Over 15 Men Assessment E:

1	Matthew Bramall	Kingston Academy
2	Peter Choy	Harrow

Under 15 Girls Regional D:

1	Sapphire Thomson	Heathrow
2	Tegan Thewlis	Zenith
3	Natalie Gent	Coney Hall Cosmonauts

Under 19 Ladies Regional D:

1	Sian Austin	Queensmead
2	Kelly Booth	Harrow T
3	Alice Clifford	Queensmead
4	Alexandra Nolan	Harrow T
5	Nadine Coton	Harrow T
6	Karla Palmer	Heathrow

Team: Harrow

Under 19 Men Regional D:

1	Matthew Choy	Harrow
2	Oscar Osborne	Airborne

Over 19 Men Regional D:

1	Matthew Payne-Davis	Harlington Hawks
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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. 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.

JUDGE COURSES**Club Judge**

Course no: J13/TR/CJ/2010/03

Dates & Times: Saturday 19th June 2010, 12.30pm – 6.30pm & Saturday 26th June 2010, 12.30pm – 6.30pm

Closing Date: Monday 14th June 2010

County Judge

Course no: J13/TR/CoJ/2010/02

Dates & Times: Saturday 10th April 2010, 12.30pm – 6.30pm & Saturday 24th April 2010, 12.30pm – 6.30pm

Closing Date: Monday 5th April 2010

All courses in Shepperton. Contact Linda Lawrie on 01932 780313 or lindajslawrie@sky.com

LONDON DMT SESSIONS

Saturday 17th April 2010 – 12.30 – 2.00pm and 2.00 – 3.30pm

Saturday 15th May 2010 – 12.30 – 2.00pm and 2.00 – 3.30pm

Saturday 10th July 2010 – 12.30 – 2.00pm and 2.00 – 3.30pm

All sessions in Harlington. Contact Linda Lawrie on 01932 780313 or lindajslawrie@sky.com