

**BRITISH GYMNASTICS LONDON REGION CLOSED, LONDON REGIONAL D,  
ASSESSMENTS E, F & G and RECREATIONAL NOVICE COMPETITION  
Harlington Sports Centre, Pinkwell Lane, Harlington, Middlesex.  
Sunday 10<sup>th</sup> October 2010**

Welcome to the London Closed and 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 182 competitors from 9 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 some 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 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. 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 1<sup>st</sup> 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](http://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**

Presentations will be at 11.35am, 1.15pm and 3.15pm 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. Coach and official licences are no longer required. Clubs must be currently affiliated to BG & LG.

**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 F 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:

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)

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		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)

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

**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 National Finals or 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. In the event of there being eight or less competitors on the start list, finals will be accumulative.

### TEAMS:

A team consists of a minimum of 3 females or 3 males and a maximum of 4 females or 4 males. Every member of the team performs up to 1 compulsory and up to 1 voluntary routine. Team members must be entering the same group of the same competition. Please note the BG ruling regarding team members wearing uniform dress (Rule No. 6.5 in the BG Code of Points). At Recreational Novice Assessment ONLY, teams can be mixed gender therefore the team dress code does not apply.

## TIMETABLE:

We are trialling the National Gala system of warm ups and competing. It is felt it would be of benefit to those proceeding to Galas therefore, if deemed successful, it will become the standard for next year.

**WARM UP:** There will be no warm up marshals – performers must form an orderly queue for their turn. Labels on each panel will show where the queue begins and what in direction the queue must form. There will be a timed warm up therefore no guarantee of any specific number of warm ups can be given. Performers may use either trampoline. Club managers are responsible for their performers at the trampolines during this time (i.e. there will be no official at each bed). Spotting, assistance for performers getting on or off the trampoline or any other assistance is the responsibility of the club. The number of people warming up at any time will be smaller than before therefore large groups will be split into flights (e.g. If there are 40 competitors in any one group, they will be split into two flights by programme order – 1-20 then 21-40.). It is very important that competitors know which flight they are in as they cannot warm up at any other time. Competitors will need to warm up both their set and voluntary routines during their allotted warm up time – there will be no separate warm up session for the voluntary.

**SET & VOLUNTARY ROUTINES:** After warm up, there will be a one touch warm up where the competitor will have to choose which routine to practise. The performers will then return to the marshalling area and be called to compete in programme order. They will all compete their set then all compete their voluntary in the same order. There will be no warm ups between routines so performers must be ready to compete (with spotters) as soon as required.

**FINALS:** The top eight after the first two rounds will proceed to the final (except Novices who do not have finals). Each performer will be given one warm up before competing. For groups that have been split into flights, those from the last flight will be offered one warm up, all others will be offered two.

**MEN'S & LADIES:** It has not been possible to timetable the Men's & Ladies event separately. However, there will be a march on and presentation before their finals and there will be no other trampoline activity during that time.

		<u>Panel 1</u>	<u>Panel 2</u>	<u>Panel 3</u>
W/up <b>SET &amp; VOL</b>	9.00 - 9.30am	U11G Assessment G (10) U15B Assessment G (7) 15+M Assessment G (2)	15+L Assessment G (20)	U15G Assessment E (10) 15+L Assessment E (6) 15+M Assessment E (2)
One touch & compete	9.30 - 10.30am			
Finals	10.20 - 11.00am			

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W/up <b>SET &amp; VOL</b>	11.00 - 11.30am	U9 Nov (11) U13 Nov (14)	U11 Nov (16) U15G Assessment G (1-7)	See below
One touch & compete	11.30 - 12.30pm			

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W/up <b>SET &amp; VOL</b>	11.00 - 11.40am			Ladies (13) Men (7)
One touch & compete	11.40 - 12.40pm			
March on & Final	12.40 - 1.10pm			

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*OFFICIALS' LUNCH ALL PANELS 1.10 – 1.40pm*

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W/up <b>SET &amp; VOL</b>	1.10 - 1.40pm	13+ Nov (4) U15G Assessment F (12) 15+L Assessment F (6)	U15G Assessment G (8-27)	U15B Assessment F (3) 15+M Assessment F (1) U15G Reg D (5) U15B Reg D (1) U19L Reg D (3) 19+L Reg D (1) 19+M Reg D (2)
One touch & compete	1.40 - 2.40pm			
Finals	2.40 - 3.10pm			

Presentations will be at 11.35am, 1.15pm and 3.15pm approximately

All timings are approximate. The organisers reserve the right to run ahead of time where possible and accept no responsibility for competitors who miss their turn due to changes to the above.

## **OFFICIALS:**

	<b><u>Panel 1</u></b>	<b><u>Panel 2</u></b>	<b><u>Panel 3:</u></b>
Chair of Judges	Chris Geary HH	Philip O'Reilly QU	John Wotherspoon TN
Assistant Chair	-	Celia Harding KTA	-
Form Judge 1	Mark Burtenshaw CHC	Helen Hardy TN	Nick Donovan KTA
Form Judge 2	Sue Clifford / Judy Hazell QU	Joanne Lumb KTA	Maxine O'Reilly / Stephanie Hallam QU
Form Judge 3	Tara Tarrant KTA	Lynette Ottley SK	Graham Atkins CHC
Form Judge 4	Lauren Letch ZE	Natasha Drury HE	Maggie Clifton TN
Form Judge 5	Allan Ottley SK	Hayley Durnsford / Daniel Aka CA	Katrina Smith / Margaret Cheung CA
Tariff Judge 1	Harriet Curtis CHC	Kate Preston KTA	Sarah Silvester KTA
Tariff Judge 2	Dawn Drury HE	Matt Douglas / Gary Halftek QU	Sue Petitt HH
Computer Operator	Helen Davies KTA	Rebecca Hardwick KTA	Nicola Bosson HH
Recorder	Steve Jones CHC	Jenni Andrews CA	Mo Ramsdale KTA
Marshal	Jo Watts HE	Jane Britton KTA	Rosie Short TN

Qualified Reserves: Margaret Smith CA, Katie O'Connor HE, Matt Bramall/Georgia Heaton KTA, Ed Woods/Ayoola Ayeni ZE

**Please note that at least one reserve judge will be required so far**

Unqualified Reserves: Keith Leggatt CHC, L Ward/L O'Connor HE, Natasha Gayral SK, Laura Cowling TN, Mrs Sutherland-Smith ZE

Computers: Andrew Wood HH

Floor Manager: Janet Bellis HH

Trophies: Carol Lee QU

Competition Organiser: Linda Lawrie HH

Judges: Linda Lawrie HH

Officials' lunches: Fiona Cole QU & Kate Stubbs QU

## **PROVISIONAL DATES FOR 2011:**

Listed below are provisional dates for the year 2011 for regional events.

Sunday 16<sup>th</sup> January, Regional D, E, F & G & Novice

Sunday 6<sup>th</sup> March, Regional D, E, F & G & Novice

Saturday 14<sup>th</sup> May, Synchro & DMT Summer Cup

Sunday 15<sup>th</sup> May, Regional D, E, F & G & Novice plus Summer Cup

Sunday 16<sup>th</sup> October, Regional D, E, F & G, Novice & Closed

Sunday 6<sup>th</sup> November, London Synchro & DMT

For National competitions, go to [http://www.bg-coaches.org/downloads/general-competition/2011\\_Dates.pdf](http://www.bg-coaches.org/downloads/general-competition/2011_Dates.pdf)

## **CLUBS COMPETING TODAY:**

Camden	CA	Heathrow	HE	Skywalkers	SK
Coney Hall Cosmonauts	CHC	Kingston Trampoline Academy	KTA	Team Nova	TN
Harlington Hawks	HH	Queensmead	QU	Zenith	ZE

## **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.

## **Under 9 Novices**

## **Under 11 Girls Assessment G**

1	Thomas Sweet	Heathrow T
2	Issie Atack	Coney Hall Cosmonauts T
3	Caitlin Lumb	Kingston Academy
4	Francesca Sweet	Heathrow T
5	Morgan Tarrant	Kingston Academy
6	Jamie Hudson	Heathrow T
7	Nolitha Olusanya	Coney Hall Cosmonauts T
8	Elise Swatton	Coney Hall Cosmonauts T
9	Ellen Donald	Camden
10	James Dowrich	Heathrow T
11	Lucia Morrison	Queensmead

Teams: Coney Hall Cosmonauts  
Heathrow

### Under 11 Novices

1	Eleni Stavrou	Heathrow TA
2	Katie Tropp	Queensmead T
3	Ellie Owens	Harlington Hawks
4	Max Iliencko-Jarvis	Heathrow TB
5	Freya Wilson	Queensmead T
6	Jenny McCarthy	Kingston Academy
7	Billy Lawrence	Coney Hall Cosmonauts
8	Matthew Hudson	Heathrow TB
9	William Earle	Queensmead T
10	Annabel Hinks	Coney Hall Cosmonauts
11	Ryuichi Elven	Queensmead T
12	Phoebe Holmes	Heathrow TA
13	Brandon Williams	Camden
14	Trinity Orizu	Heathrow TA
15	Megan McLean	Heathrow TB
16	Kitty Llewellyn	Camden

Teams: Heathrow A & B  
Queensmead

### Under 13 Novices

1	Faye Sweetman	Coney Hall Cosmonauts
2	Rachel Shaw	Skywalkers
3	Astrid Sewell Risley	Team Nova
4	Evie Matthews	Coney Hall Cosmonauts
5	Tabitha Gent	Coney Hall Cosmonauts
6	Maai Elven	Queensmead
7	Lily Stevens	Coney Hall Cosmonauts
8	Lorenz Etten	Queensmead
9	Rebecca Maleney	Queensmead
10	Maddie Atack	Coney Hall Cosmonauts
11	Millie Elgar	Heathrow
12	Rosie Conboy	Queensmead
13	Eleanor Gent	Coney Hall Cosmonauts
14	Jasmine Mortazavi	Queensmead

Teams: Coney Hall Cosmonauts A & B  
Queensmead

### Over 13 Novices

1	Sue Cox	Queensmead
2	Abigail Sweetman	Coney Hall Cosmonauts
3	Sally Dains	Skywalkers
4	Abigail Clifford	Queensmead

1	Asha Chaudhry	Heathrow T
2	Mary-Jean Riley	Kingston Academy
3	Kelly Mwaamba	Heathrow T
4	Ashleigh Tropp	Queensmead
5	Isobella Bezzant	Zenith
6	Nicole Webber	Harlington Hawks
7	Jasmine Steyne	Team Nova
8	Katie Cardomone-Ward	Heathrow T
9	Rosie Swan	Kingston Academy
10	Reem Chedid	Harlington Hawks

Team: Heathrow

### Under 15 Girls Assessment G

1	Charlotte Brooker	Queensmead
2	Angel Murray	Team Nova T
3	Fiona Peralla	Kingston Academy
4	Emma Collier	Queensmead
5	Briony Dillon	Skywalkers T
6	Maise Sellwood	Kingston Academy TB
7	Pennelope Richards	Skywalkers T
8	Nana Owusu-Addo	Queensmead
9	Danielle Hurford	Team Nova T
10	Makeda Sawyers	Queensmead
11	Stephanie Archibald	Kingston Academy TA
12	Emily Stokes	Skywalkers
13	Kemsley Burden	Kingston Academy TA
14	Courtney Jakeman	Heathrow T
15	Amy Woolford	Heathrow T
16	Lizzie Harringay	Kingston Academy TA
17	Ella Spencer	Camden
18	Daisy Trevorrow	Queensmead
19	Sophia Rowles	Kingston Academy
20	Emily Wilson	Team Nova T
21	Lucy Fraser	Kingston Academy TB
22	Kimberley Smith	Heathrow T
23	Christina Williams	Kingston Academy TB
24	Melissa Vickery	Queensmead
25	Renée Castello	Skywalkers T
26	Isadora Fenlon	Heathrow T
27	Kelly-Anne Warner	Harlington Hawks

Teams: Heathrow  
Kingston Academy A & B  
Queensmead  
Skywalkers  
Team Nova

### Under 15 Boys Assessment G

1	Alfie Ashburner	Kingston Academy
2	Kai Bourne	Camden
3	Luke Bernard	Queensmead
4	Colton Dudley	Heathrow
5	Andrew Stubbs	Queensmead
6	Altan Hatipoglu	Camden
7	Logan Wood	Heathrow

### Over 15 Men Assessment G

1	Paul Godbolt	Harlington Hawks
2	Daniel Aka	Camden

**Over 15 Ladies Assessment G**

1	Jade Banger	Queensmead
2	Zoe Meza Williams	Kingston Academy
3	Hayley Hannaford	Kingston Academy
4	Elena Leonard	Team Nova T
5	Amy Ennis	Kingston Academy
6	Anusha Leonard	Team Nova T
7	Zoe Winterbotham	Team Nova
8	Lauren Hobbs	Kingston Academy T
9	Alice Chart	Queensmead
10	Sienna Hobbs	Kingston Academy T
11	Chantelle Hart	Team Nova T
12	Natalie Torrance	Zenith
13	Lucy Stone	Kingston Academy T
14	Clara Pase	Team Nova T
15	Grace Oliner	Camden
16	Agnesa Restelica	Team Nova
17	Chikaodi Ofoegbu	Skywalkers
18	Sarah Middleton	Harlington Hawks
19	Lois Browne	Skywalkers
20	Siobhan Kelly	Kingston Academy T

Teams: Kingston Academy, Team Nova

**Under 15 Girls Assessment F**

1	Rebecca Frankland	Kingston Academy T
2	Emma Leaning	Kingston Academy T
3	Louise Cardamone-Ward	Heathrow
4	Hannah Reilly	Camden
5	Louise Fontava	Harlington Hawks
6	Abbie Andrews	Camden
7	Naina Mangtani	Kingston Academy T
8	Daniella Saunders	Zenith
9	May Curtiss	Kingston Academy T
10	Nuala O'Donovan	Coney Hall Cosmonauts
11	Tilly Sutherland-Young	Zenith
12	Stephanie Cole	Queensmead

Team: Kingston Academy

**Under 15 Boys Assessment F**

1	Matthew Angelides	Harlington Hawks
2	Isaac Butler	Coney Hall Cosmonauts
3	William Godbolt	Harlington Hawks

**Over 15 Ladies Assessment F**

1	Ellie Jeffries	Heathrow
2	Rebecca Hylton	Team Nova
3	Charlotte Hazell	Queensmead
4	Chelsie Williamson	Team Nova
5	Adelais Farnell-Sharp	Coney Hall Cosmonauts
6	Hayley Durnsford	Camden

**Over 15 Men Assessment F**

1	Daniel Reed	Harlington Hawks
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**Under 15 Girls Assessment E**

1	Fleur Sweet	Heathrow
2	Lucy Gilfrin	Queensmead T
3	Stephanie Williams	Kingston Academy T
4	Harriet Cronin	Kingston Academy T
5	Amanda Tropp	Queensmead T
6	Olivia Clifton	Team Nova
7	Rebekah Lumb	Kingston Academy T
8	Chantelle Dreyer	Zenith
9	Afua Owusu-Addo	Queensmead T
10	Tiarna Lee	Queensmead T

Teams: Kingston Academy

**Over 15 Ladies Assessment E**

1	Sade Ottley	Skywalkers
2	Hibari David	Queensmead
3	India Kahn	Camden
4	Georgia Wood	Kingston Academy
5	Anne Marie Cheung	Camden
6	Abigail Spence	Kingston Academy

**Over 15 Men Assessment E**

1	Joe Edgar	Kingston Academy
2	Ayoola Ayeni	Zenith

**Under 15 Girls Regional D**

1	Lucy Ramsdale	Kingston Academy
2	Megan Hepjoscon	Harlington Hawks
3	Natalie Gent	Coney Hall Cosmonauts
4	Caitlin Tarrant	Kingston Academy
5	Courtney St Lewis Davis	Kingston Academy

**Under 15 Boys Regional D**

1	Caleb Bezzant	Zenith
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**Under 19 Girls Regional D**

1	Coral Lutteridge	Queensmead
2	Karla Palmer	Heathrow
3	Francesca Boote	Queensmead

**Over 19 Ladies Regional D**

1	Susanah Morcowitz	Team Nova
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**Over 19 Men Regional D**

1	Anthony Ottley	Skywalkers
2	Tomek Dziedzic	Team Nova

**Ladies**

1	Steph Sharpe	Team Nova
2	Beth Anne Lumb	Kingston Academy
3	Claire Bristow	Harlington Hawks
4	Nicola Britton	Kingston Academy
5	Francesca Osborn	Zenith
6	Chloe Swallow	Queensmead
7	Georgia Heaton	Kingston Academy
8	Vikki Manning	Kingston Academy
9	Nicola Bristow	Harlington Hawks
10	Anisha Mangtani	Kingston Academy
11	Sophie Clift	Kingston Academy
12	Emma Britton	Kingston Academy
13	Rebecca Hallam	Queensmead

Teams: Kingston Academy A & B

**Men**

1	Edward Woods	Zenith
2	Ross Harding	Kingston Academy T
3	Matthew Douglas	Queensmead
4	Michael Freeman	Kingston Academy T
5	Jake Parsons	Zenith
6	Elliott Innocent	Camden
7	Sam Preston	Kingston Academy T

# LONDON REGIONAL AWARDS NOMINATIONS

Each year, the London Region presents 5 perpetual trophies to people within the Region. Below you can nominate anyone who you feel is worthy of receiving the award based on their success or services during 2010. The award nominations will be submitted to the London Region Committee who will decide on the recipients. The awards will be presented as soon as possible in 2011.

<b><u>REGIONAL AWARDS</u></b>	
<b><u>COACH OF THE YEAR</u></b> This can be awarded for all aspects of coaching at any Assessment.	
<b>NOMINATION</b>	<b>REASON</b>
<b><u>COMPETITOR OF THE YEAR</u></b> This can be awarded to a competitor of any ability.	
<b>NOMINATION</b>	<b>REASON</b>
<b><u>SERVICES TO SPORT</u></b> This is awarded to someone who has given excellent service to the region throughout the year.	
<b>NOMINATION</b>	<b>REASON</b>
<b><u>SPECIAL NEEDS TROPHY</u></b> This is awarded to a special needs performer competing in an able bodied sport.	
<b>NOMINATION</b>	<b>REASON</b>
<b><u>THE ROHAN NICHOL MEMORIAL TROPHY</u></b> This is awarded to someone who makes a contribution in competing, coaching and judging.	
<b>NOMINATION</b>	<b>REASON</b>

Please send this form to Linda Lawrie, The Lodge, 217 Charlton Road, Shepperton, Middx, TW17 0SG.

OR email to [lindajslawrie@sky.com](mailto:lindajslawrie@sky.com)

Nominations must be received by 31<sup>st</sup> January 2011

Name of sender (optional):