

## Newsletter – October 2004

5 Firstly, may I welcome on board the London Trampoline Committee newly elected John Wotherspoon and Pip Weitz. At the recent London Trampoline AGM, the following posts were elected for 2005:

Chair	-	Phil O'Reilly
Secretary/Coach Courses	-	Maxine O'Reilly
Treasurer	-	Marian Wood
Minutes	-	Pip Weitz
Judge Courses	-	Linda Lawrie
Squad Director	-	John Wotherspoon
DMT	-	Sarah Sylvester
News Editor	-	Dawn Jaques
Member	-	Craig Bellis



The 2004 Committee attended the London Gymnastics Federation Annual Awards Dinner at Egham, Surrey 11<sup>th</sup> September. Also receiving awards for their levels of commitment were: Janet Bellis, Rita Darch, Sabrina Dunn, Chris Geary, Tom Green, Nicola Petitt, Asha Phillip, Andrew Freeman, Michel Freeman, Rob Walker.

(photo by Craig Bellis: [www.reboundphotography.co.uk](http://www.reboundphotography.co.uk))

The start of summer saw the National Championships take place at Birmingham NIA, weekend of July 3<sup>rd</sup>-4<sup>th</sup>. London had fair representation with the following achievements:

### U11G

Emma Britton (TOPF) – 87.8 2<sup>nd</sup>  
 Elise Gibbins (TOPF) – 84.8 6<sup>th</sup>  
 Nicola Britton (TOPF) – 52.2 16<sup>th</sup>  
 TOPF Team – 2<sup>nd</sup>

### U15G

Asha Phillip (AIRB) – 93.3 6<sup>th</sup>

### O18L

Morag Brennan (HHAW) – 57.3 13<sup>th</sup>  
 Jenny Moore (TOPF) – 55.3 26<sup>th</sup>  
 Katherine Jackson (HHAW) – 54.5 31<sup>st</sup>  
 Coreen John (QMED) – 53.6 39<sup>th</sup>  
 HHAW Team – 5<sup>th</sup>

### O18M

Rohan Nichol (NOVA) – 43.8 27<sup>th</sup>

### U13G

Adeva Bryan (AIRB) – 62.3 10<sup>th</sup>  
 Emily Mulcahy (TOPF) – 51.6 24<sup>th</sup>

### U18B

Michael Freeman (TOPF) – 96.3 7<sup>th</sup>  
 Andrew Freeman (TOPF) – 59.3 11<sup>th</sup>

Sabrina Dunn (QMED) – 57.0 17<sup>th</sup>  
 Stephanie Pilborough (HHAW) – 54.8 29<sup>th</sup>  
 Julia Isles (NOVA) – 54.1 35<sup>th</sup>  
 Stephanie Cann (NOVA) – 52.8 42<sup>nd</sup>

### Mens

Michael Freeman (TOPF) – 61.4 15<sup>th</sup>  
 Andrew Freeman (TOPF) – 58.5 21<sup>st</sup>

July also saw host to the London Heathrow Youth Games at Crystal Palace, Saturday 10<sup>th</sup> July. Results were as follows:

1 <sup>st</sup> Enfield	10 <sup>th</sup> Newham	19 <sup>th</sup> Sutton	
2 <sup>nd</sup> Havering	11 <sup>th</sup> Islington	20 <sup>th</sup> Camden	
3 <sup>rd</sup> Hillingdon	12 <sup>th</sup> Hounslow	21 <sup>st</sup> Wandsworth	
4 <sup>th</sup> Bromley	13 <sup>th</sup> Harrow	22 <sup>nd</sup> Lambeth	
5 <sup>th</sup> Waltham Forest	14 <sup>th</sup> Redbridge	23 <sup>rd</sup> Southwark	
6 <sup>th</sup> Bexley	15 <sup>th</sup> Barnet	24 <sup>th</sup> City of London	
7 <sup>th</sup> Ealing	16 <sup>th</sup> Kingston	25 <sup>th</sup> Barking & Dagenham	
8 <sup>th</sup> Richmond	17 <sup>th</sup> Harringey	26 <sup>th</sup> Westminster	
9 <sup>th</sup> Croydon	18 <sup>th</sup> Kensington & Chelsea		

Individual Placings were:

Boys:

1<sup>st</sup> - LUKE CASTILLO / ENF  
 2<sup>nd</sup> - JAMES MATTHEWS / HAV  
 3<sup>rd</sup> - PAUL SMITH / HIL

Girls:

1<sup>st</sup> - ELEANOR BENJAMIN / ENF  
 2<sup>nd</sup> - ADEVA BRYAN / WLF  
 3<sup>rd</sup> - CLAIRE MORIARTY / HIL

**Any news/inf please contact Dawn Jaques: [dawnjaques@blueyonder.co.uk](mailto:dawnjaques@blueyonder.co.uk)  
 Further inf regarding London Trampoline available at: [www.london-trampoline.co.uk](http://www.london-trampoline.co.uk)**

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### Other News & Congratulations!

Congratulations to both Sarah Sylvester and Melissa Day of Top Flight. Melissa has recently passed her Club Coach award, whilst Sarah has passed her High Performance Coach (HPC). Sarah has been selected to represent Trampoline on a “Women in High Performance Coaching” scheme for Sports Coach UK by British Gymnastics. Whilst juggling her studies with coaching, Melissa managed to achieve a Distinction in her Sports Psychology Masters Degree, well done and good luck in your move to Aberystwyth studying your P.H.D!

Cranford Kestrels have won an award presented by Hounslow Council. The Hounslow Heroes Scheme is designed and awarded in recognition for their much dedicated time, work and effort in teaching people with special needs. Congratulations.

Congratulations and best wishes also go to two of the regions Grade 1 performers who have recently announced their engagements. Katherine Jackson (HHAW) & fiancée Sam Stone and Jenny Moore (TOPF) & her fiancée Paul Emmerson are due to marry next year.

### Course News:

#### GRADE 1 COACH COURSES:

**Venue** Elephant and Castle  
**Dates** 9<sup>th</sup> October 2004, 10<sup>th</sup> October 2004, 6<sup>th</sup> November 2004, 7<sup>th</sup> November 2004  
**Times** 9am til 6 pm each day

Candidates must attend all three days of instruction to be allowed to participate in the exam. Candidates must be aged 17 or over. The Course is intense and applicants should be aware that they may be expected to perform front and back somersaults with support. It is advised that applicants should be of Elementary Silver standard.

**Venue** East Ham  
**Dates** 6<sup>th</sup> February 2005, 27<sup>th</sup> February 2005, 5<sup>th</sup> March 2005, 6<sup>th</sup> March 2005  
**Times** 9am til 6 pm each day

For further information on Coaching Courses, please contact Maxine O'Reilly, [jj42@dial.pipex.com](mailto:jj42@dial.pipex.com)

There are no Judge Courses in the Pipeline at the moment, if you are interested please see or contact Linda Lawrie: [lindalawrie@lineone.net](mailto:lindalawrie@lineone.net)

All application forms for courses and information/contact details can be found on: [www.london-trampoline.co.uk](http://www.london-trampoline.co.uk)

And finally, the current League standings after our last regional 6-3 in June:

#### LONDON REGION COMPETITION LEAGUE 2004

<u>CLUB:</u>	<u>Synchro</u> <u>11<sup>th</sup> Jan:</u>	<u>Graded</u> <u>18<sup>th</sup> Jan:</u>	<u>Graded</u> <u>28<sup>th</sup> March:</u>	<u>Graded</u> <u>6<sup>th</sup> June:</u>	<u>Graded</u> <u>3<sup>th</sup> Oct:</u>	<u>Closed</u> <u>3<sup>rd</sup> Oct</u>	<u>TOTAL:</u>
1 <sup>st</sup> Queensmead	55	234	252	240			781
2 <sup>nd</sup> Top Flight	128	145	152	159			584
3 <sup>rd</sup> Harlington Hawks	31	132	95	160			418
4 <sup>th</sup> Nova		144	118	133			395
5 <sup>th</sup> Harrow		71	87	85			243
6 <sup>th</sup> Eastend Eagles		94	89				183
7 <sup>th</sup> Pegasus		65		69			134
8 <sup>th</sup> Airborne	9	45	30	39			123
9 <sup>th</sup> Breeze		21		43			64
10 <sup>th</sup> Southwark Springers			55				55

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