

NWGA Womens Technical Committee



Womens Artistic Gymnastics

May 2008 Update

This update is dominated by competitions, from within the counties, up to the British Teams. We congratulate Liverpool on winning the British Teams on the weekend of 24/25th May at Guildford. This is their 5th title. Personal congratulations to Beth

Tweddle, Gold overall and Hannah Whelan 4th Overall.

We also had an International in the North West, Great Britain Vs France, hosted by Blackpool. It was a great weekend with a win for our Junior Team

In this Issue:

- ☺ 2008 Events
- ☺ Compulsory 3 & 4
- ☺ Grade 5 & 6 Finals
- ☺ Grades 4, 3, 2 & 1
- ☺ County News
- ☺ BDP Club Grades 2009
- ☺ Judging Courses
- ☺ Coaching Courses

Dates for 2008

31st May 2008

NW Floor and Vault Championship
To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright

8th/14th/15th June 2008

Level 1 coaching course at CMIG. This course is now full.

Contact is Mike Lea

22nd June 2008

Lancashire Floor and Vault Championship
To be held at Southport.

Contact is Sheila Hanson

14th/15th June 2008

GM Open Novice, Regional Levels, Levels and FIG championships
To be held at Birchwood Community High School Warrington .

Contact is Mike Healy

5th/12th/13th July 2008

Club and Regional Judging course at Bolton

Contact is Brendene Hardy

20th/21st Sept 2008

NW Novice & Regional Levels 4, 3 & 2 Team Championships (Out of Age)
NW Age Groups & Individual Apparatus
To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright

8th/9th Nov 2008

NW Novice & Out of Age Levels 4, 3 & 2 Championships
To be held at the Birchwood Community High School Warrington .

Contact is Fiona Wright



Contacts

N W Regional Secretary

Sue Langley
n.w.g.a@btinternet.com

WTC Chair

Jane Beddoes
info@cmig.net

WTC Competitions

Fiona Wright
fionaw.5@tiscali.co.uk

WTC Coach Education

Mike Lea
michael.lea55@ntlworld.com

WTC Judge Education

Brendene Hardy
brendenehgy@sky.com

Affil'd Clubs/County Rep

Mike Healy
michael.healy@virgin.net

The North West Gymnastics Association Womens Technical Committee, NWGA WTC, reports to the North West Executive along with the Technical committees of other FIG disciplines affiliated to English Gymnastics. It is responsible for the governance of Womens Artistic Gymnastics in Cheshire, Merseyside, Lancashire and Greater Manchester. This newsletter has been written by Mike Healy. All articles for the next issue by early Sept 2008.

NWGA Club Grades 5 & 6 Finals

The NWGA Club Grades 5 & 6 Finals were held on Sunday 2nd March at the Birchwood Leisure and Tennis Club and were keenly contested by all 3 of our counties, Lancashire, Cheshire and Merseyside and Greater Manchester. The full results have been posted on the Rochdale OGC website, but the highlights are as follows:

Teams

Overall In Age Champions for 2008: Greater Manchester

Grade 5 in Age: Greater Manchester

Grade 5 Out of Age: Cheshire & Merseyside

Grade 6 in Age: Greater Manchester

Grade 6 out of Age: Greater Manchester

Individual

Grade 5 in Age: Rebecca Gosling (Greater Manchester)

Grade 5 Out of Age: Fiona Payton (Greater Manchester)

Grade 6 in Age: Holly Bryon (Cheshire & Merseyside)

Grade 6 Out of Age: Philee Ang-Chen (Greater Manchester)



Lancashire Gymnasts examine their Silver Medals



The Greater Manchester Grade 5 in age Team



Cheshire & Merseyside Grade 5 Out of age Team



Visit the NWGA Website at <http://northwestgym.org.uk>

Coach Education

The NWGA is running a Level 1 (Assistant Club Coach) course during June, which is full. There will be another one in November/December, exact dates and venue to be decided.

There will be a Level 3 (Club Coach) course in September/October, dates/venues to be determined.

These courses are proving very popular and there is already 5 places taken on the Level 1 by those coaches who missed out on the last one, so do send in your application forms as soon as they are available with full payment.

Contact is **Mike Lea** who can be contacted on michael.lea55@ntlworld.com

National Finals Club Grades

The National Finals for Club Grades 4, 3, 2 & 1 were held in Birmingham on the weekend of 26th/27th April. The North West sent 4 teams and they were placed as follows:

Grade 4 8th	Grade 3 13th
Grade 2 6th	Grade 1 6th

Individual placings in the top 20 were as follows:

Grade 4

Jessica Triffitt 16th

Lauren Illidge 20th

Grade 2

Millie Stanway 11th

Abbie Winstanley 17th

Grade 1

Danielle McLellan 7th

Lucy Roylance 17th

Judge Education

The last judging course of this current cycle will be held on 5th/12th/13th July 2008 with the exam on 7th September. It will be held at the usual venue in Bolton and the application forms will soon be sent out by email. The course will cover both Club and Regional level.

Contact is **Brendene Hardy** who can be contacted on brendenehgy@sky.com

NWGA Compulsory Grades 3 and 4

The NWGA Compulsory Grades 3 and 4 were held on 2nd March 2008 at Birchwood, the top 4 were selected to represent the North West in the UK Finals.

Level 3

1st: Jade Stedford (CMIG)

2nd: Morgan Finnegan (CMIG)

3rd: Alice Adamson (Wigan)

4th: Ami Herring (Liverpool)

Level 4

1st: Stefanie Bowles (CMIG)

2nd: Naomi Gayle (CMIG)

3rd: Katie Ann Barton (CMIG)

4th: Sophie Decker (Liverpool)

NWGA Club Grades 4, 3, 2 & 1

The NWGA Club Grades 4, 3, 2 & 1 were held on 2nd March 2008 at Birchwood, the top 4 went to the UK Finals.

Grade 1

1st: Danielle McLellan (CMIG) 2nd: Lucy Roylance (CMIG)

2nd: Charlie Robson (Vernon Park)

3rd: Abbie Disley (Garstang)

Grade 2

1st: Millie Stanway (Vernon Pk) 2nd: Melissa Doan (Warr'ton)

3rd: Abbie Winstanley (CMIG)

4th: Samantha McLellan-Greaves (Sparks)

Grade 3

1st: Olivia Fensome (Garstang) 2nd: Charlotte Hemmingbrough (Sparks)

3rd: Lucy McGrath (Sparks)

4th: Megan Sotheron (Salford)

Grade 4

1st: Jessica Triffitt (CMIG)

2nd: Lauren Illidge (Warr'ton)

National Finals Compulsory Grades 3, 4

The National Finals for Compulsory 3 and 4 were held on the 3rd/4th May in Birmingham. Our Level 4 Team came 6th and the Level 3 Team came 2nd. Well done all.

The teams were as follows:

Level 3

Jade Stedford 4th

Morgan Finnegan 7th

Alice Adamson 15th

Ami Herring 31st

Level 4

Stefanie Bowles 20th

Sophie Decker 26th

Katie Ann Barton 27th

Naomi Gayle 31st



Jade Stedford

County round-up. What has been going on in your area.

Greater Manchester

GM Floor and Vault Championship

The GM Floor and Vault Championship was held on 10th May at Fit City, Ordsall. The event was the biggest single day of gymnastics that the county has organised with 240 gymnasts competing for 14 categories for Pre-Novice through to Intermediate. Needless to say it was a long day, completing around 7.30

All of the scores are on the Greater Manchester website, winners as follows:

Pre-Novice

Under 6: Poppy Fletcher (Sparks)
Under 7: Lily Jenkins (Manchester South)
Under 8: Megan Rose (Sparks)
Under 9: Martina Samuelsson (CMIG)
Under 10: Elenor Drury (Salford)
Under 12: Samantha Mellor (Salford)
12 and Over: Ashleigh Farrell (Rochdale)

Novice

Under 8: Abbie Whitely (Sparks)
Under 9: Shanaye Wolfe (Manchester South)
Under 10: Melissa Collins (Rochdale)
Under 11: Philee Ang-Chen (Rochdale)
Under 12: Megan Gomersall (Sparks)
12 and Over: Hollie Maddocks (Stockport)

Intermediate

Amy Reeves (Salford)



GM Four Piece

The GM 4 piece Championship was held on 11th May at Fit City, Ordsall. There were 140 gymnasts on a very hot and sticky day.

All of the scores are on the Greater Manchester website, winners as follows:

Pre-Novice

Under 8: Madison Howard (Salford)
Under 10: Fiona Payton (Rochdale)
Under 12: Gabrielle Southern (Rochdale)
12 and Over: Sophie Lomax (Middleton)

Novice

Under 8: Daisey Navesey (Sparks)
Under 9: Rebecca Gosling (Salford)
Under 10: Lauren Stevenson (Sparks)
Under 11: Megan Sotheron (Salford)
Under 12: Hannah Turner (Sparks)
12 and Over: Zara Gallichan (Salford)

Regional Level 4 Junior: Millie Stanway (Vernon Park)

Regional Level 4 Senior: Chelsey Vernon (Salford)

Regional Level 3: Shannon Royal (Sparks)



Novice 12 and Over

Visit the GM Website at <http://gm.ssog.co.uk/index.php>

County round-up. (Continued)

Cheshire and Merseyside

Cheshire and Merseyside held their two piece competition on May 18th. Well done to everyone who entered - the competition was well attended with around 100 gymnasts taking part. The committee were having heart attacks when they were told two weeks before the comp that the Manchester 10k run meant they couldn't use Salford as arranged.

Thanks MUST go to Crewe for stepping in and helping out. The venue was a success (especially the food for judges and helpers!). The rounds had to be kept small to keep the audience numbers low enough for Fire regulations, but the atmosphere was very friendly. It was really nice to see the medals spread out and every club that entered had a winner in their midst! A successful day all round.

The full results are as below:

Pre novice under 7

- 1st Beth Saddler - Wirral
- 2nd Charlotte Croughan - Penketh
- 3rd Elin Hughes- Wirral

Pre Novice under 9

- 1st Olivia Mullineux - Hartford
- 2nd Megan Lynch - St Helens
- 3rd Amy Ledger - St Helens

Pre Novice O11

- 1st Lauryn Lynch - St Helens
- 2nd Cara Farrell-St Helens
- 3rd Abigail Quick - Penketh

Novice Under 8

- 1st Bethanie Laurie -Crewe
- 2nd Caitlin Doward - St Helens
- 3rd Megan Park - St Helens

Your News

This newsletter is reflecting your news and will be as big or small, interesting or dull as your contributions. Please send in any news (and pictures) you have, about your club, your competitions, your gymnasts and coaches. Early September is the deadline for articles for the next newsletter.

Novice U11

- 1st Madeline Burrows - Hartford
- 2nd Madeline Hopkinson - Wirral
- 3rd Ameer Foster - Wirral

Novice O11

- 1st Catherine Porter - Neston
- 2nd Rebecca Appleton - St Helens
- 3rd Sophie Baker - Penketh

Intermediate U12

- 1st Natasha Jervis - Neston
- 2nd Aisha Stalker - Wirral
- 3rd Alex Peberdy - Wirral

Intermediate O12

- 1st Amy Leather - St Helens
- 2nd Rebecca Blacklock - Wirral
- 3rd Victoria Lane - Wirral

Lancashire

The Lancashire Floor and Vault Championship will be held at Southport on 22nd June 2008. All details are available from Sheila Hanson at Longridge.

The New BDP Club Grades

The Club Grades are changing for 2009 and I was hoping to be able to give a preview in this newsletter on what the new grades look like. The synopsis of the moves for each grade was handed out at the National Grades Finals earlier in Birmingham, but until they have been firmed up, they are just for discussion. So you will just have to wait, but hopefully not for long.

GB vs France

It was fantastic for an International to be hosted in the North West in Blackpool and great credit to Blackpool Council and Blackpool Gym Club for helping it to run smoothly and make it a memorable day.

It was a good day too to see North West gymnasts in action, all from Liverpool. Jennifer Pinches, overall Bronze in the Junior competition, Hannah Clowes, Melanie Roberts and Hannah Whelan 3rd on the Floor in the Senior competition.

Full results are on the BG website and the competition has been reported in the gymnast magazine.

Last chance to see the British Olympians before they travel to China will be at the British on the 29th June in Guildford. Be there!