



Edition 94 June 2009

## North of England Gymnastics Association

### Regional Awards

All Clubs are invited to nominate their volunteers to receive awards at the Annual Diner. The closing date for nominations is July 26<sup>th</sup>. Award criteria and nomination forms will be sent to you by email and further copies are available on the website at [www.northgymnastics.org.uk](http://www.northgymnastics.org.uk)

Katie will send further details concerning the Awards Evening to all affiliated clubs at a later date

### Regional Conference

Katie has plans in hand for another really good Event on July 26<sup>th</sup> at Pennywell Community Centre in Sunderland. The cost is only £10 per person. Applications close on July 10<sup>th</sup>. A full programme and application form has been sent to all Clubs and is also available on the website.

### Club News

Twenty gymnasts from **Deerness Valley GC** travelled to Stoke-on-Trent in March for the British Acrobatic Championships and eighteen of them came away with a medal!

In the Junior Men's Group event, Richard Hurst, Dorian Walker, Stephen Raine and Jesse Heskett took the British Title! In the Junior Women's Pairs event, Jasmine Danby and Chelsea Fisher led the event taking the British Title with Louise Lee and Hannah Johnston from **South Tyneside GC** taking the silver medal. A great result for the Region! In the Junior Women's group event, Emily Chan, Lauren Whelpdale and Erin Walker took the Bronze medal.

In the 11 yrs - 16 yrs Age group Championships, **Deerness** took 3 of the 5 titles and a silver medal!

First places were won by the Men's Group - Jack Pendlington, Conrad Dempsey, Liam Sneath and Angus Martin; the Women's Group - Emily Forsyth, Carys Ridsdale and Fiona Hogg ; the Men's Pair - Alex Houston and Tim Pritchard with the Mixed Pair - Rhys Maxwell and Bethanie Thomson in 2<sup>nd</sup> Place.

The 11yrs - 16yrs Women's Pairs title went to Ashton Butler and Constance Moscrop from **South Tyneside** and the Women's group of Maddy Gamblin, Kirstie Harrington and Katherine Spence also from South Tyneside shared the title with Deerness!

The senior Women's group from South Tyneside of Rebecca Richardson, Candice Slater and Beth Young, took the senior British Title!

### Fantastic results for the Region with 7 British Titles!

Congratulations to Billy Kelly and Coach Craig Burton from **GymWorld GC**. Billy was placed 2<sup>nd</sup> at the Men's British Set Work under 13 Championships held in Newcastle recently.

Congratulations to everyone at **South Tyneside Trampoline Club** who achieved excellent results in the National A-B-CTrampoline and DMT Gala, held at Temple Park Leisure Centre 16th/17<sup>th</sup> May. Five top trampolinists from South Tyneside took part in this two day event achieving two Gold, a Silver and a Bronze medal. All five also qualified for the Nationals. Well done Katie Fawcett, Daniel Fawcett, Nathaniel Scott, Ayrd Pearson, James Whitehead.

The day started with Katie and partner Maya Rocket from Apollo Trampoline Club performing synchro. This was the first time the girls had teamed up together and they achieved a well deserved 5th place. Next was Daniel and Nathaniel. What can we say but 'Great performance boys - Gold in the U15 section!



In the individual Katie was to compete four double somersaults in her routine for the first time. She performed strongly and qualified for the national finals this year in Birmingham. Next was Nathaniel and Daniel competing in a strong group. After good set routines they moved into the voluntary exercise. Nathaniel was competing five double somersaults for the first time. He did an excellent routine to get to the finals in 5<sup>th</sup> place. Nathaniel also competed in National B double mini trampolining where he took silver and qualified for the nationals

Daniel had been training his triple somersault especially for this event on his home ground. He finished the whole routine with a 12.2 tariff and terrific applause from the crowd who realised that he was possibly the first 13 year old to compete a triple somersault in the country and definitely the first at Temple Park!

Twelve gymnasts from the **City of Newcastle Gymnastics Academy** entered the British Setwork Finals held in Newcastle recently. Congratulations to the gymnasts and coaches on some excellent results.

In the level 1 (over 8/under 9) age group, Danny Jones came away with an Overall bronze medal whilst Joseph Cuthbert finished in 5<sup>th</sup> position. In the level 2 (over 9/under 10) age group, Daniel Nagy finished 5<sup>th</sup> with Harry Ross 8<sup>th</sup> and Jake Wraith Whiting 19<sup>th</sup>.

In the Level 3 (over 10/under 11) age group, Nathan Smith excelled, taking the gold medal with Taylor Woodland 5<sup>th</sup>, James Hodgson 7<sup>th</sup>. Nathan Tindell 12<sup>th</sup> Lewis Graham 40<sup>th</sup>. The boys also won the Team Gold Medal.

In the Level 5 (under 13) age group, Jamie Carpenter produced an excellent performance which put him in the gold medal position, while Kyle Barnes produced one of his best competitions to finish in silver medal position in the Level 6 (under 14) competition. These results also helped the North to become the 2<sup>nd</sup> highest scoring region within the country.

At the **London Open**, another major competition prior to the National Finals, the **Newcastle Boys** also did very well. Danny Jones came away with a

silver medal with gold medal on Floor and Rings, whilst Joseph Cuthbert finished in 4<sup>th</sup> position with a gold medal on Parallel bars. In the Level 1 out of age category James Stewart took gold medal on pommel horse, rings, Parallel bars and High bar.

In the level 2 (over 9/under 10) age group, Harry Ross finished 7<sup>th</sup> overall, Daniel Nagy finished 10<sup>th</sup> and Jake Wraith Whiting finished 14<sup>th</sup>. In the Level 3 (over 10/under 11) age group, Nathan Smith took silver medal with Taylor Woodland 7<sup>th</sup> with a gold on Rings, Nathan Tindell 10<sup>th</sup>, James Hodgson 12<sup>th</sup> and Lewis Graham 21<sup>st</sup>. In the Senior Men's age group, Matthew Hennessey came a very credible 11<sup>th</sup> overall. In the Under 14 age group the Club was represented by Kyle Barnes and Jamie Carpenter. Well done boys for fantastic results in both competitions.

Well Done to Hayley Blackburn from **Stainsby GC** who finished 9<sup>th</sup> at NDP National finals in May competing at National Level 2 Tumbling 13+ age group. Congratulations to the Club on passing the re-accreditation for Gym Mark again this year.

**Middlesbrough Gym Club** is extremely proud of their gymnast's recent achievements. Joe Harland achieved an excellent 4<sup>th</sup> place in the Schools Tumbling U13 section at Stoke in May, Also Joe Harland and Rebecca Greenshields came 5<sup>th</sup> in Mixed Pairs in the NDP finals at Stoke. Rebecca also won her section at National 2 Tumbling, making her British Champion for her age group.

Well done to everyone at **South Durham GC** who took a group of 21 girls to the Manchester Open recently. The girls had an excellent weekend competing in different age groups. For the individual apparatus medals we came away with 18 gold medals, 18 silver and 10 bronze. Six of our girls won all round titles for their age groups. Novice Champion was Dena Kirk, Level 4 Champion was Claudia Barkes, Level 3 Champion was Amy Tinkler, Level 2 Champion was Emily Gargan, Junior FIG Champion was Kate Dixon and Modified FIG Champion was Steph Lowes.





**The Successful South Durham Team**

Good Luck to Dana Murray from Redcar GC who will be representing GB at the Maccabiah Games next month. A feature on Dana will be in the next Gymnast Magazine.

**Carlisle Trampoline Club** has a great idea shared with us all by Jim Crowe.....

Each Regional Graded competition of which there are 4 a year, the Club has a FORM COMPETITION. That is each total score in the set routine and the voluntary routine (without the Tariff) is added together to find the club person who has been the neatest on the day. The Club has been running this since January 2006 and during that time, at 15 competitions we have had 11 winners. The reason we do this is to encourage all members to be neat in form and sound technically at whatever level they are competing in. Here is the Club ROLE OF HONOUR

January	2006	Georgina	Fleming
March	2006	Heather	Goodfellow
June	2006	Louise	Gundry
October	2006	Daniel	Brunskill
January	2007	Alex	Jefferson
April	2007	Oliver	Sewell
June	2007	Patrick	Harper
October	2007	Lauren	Crowther
January	2008	Helen	Gill
March	2008	Kate	Hudson
June	2008	Heather	Goodfellow
October	2008	Hannah	Hayes
January	2009	Heather	Goodfellow
March	2009	Megan	Edwards
May	2009	Helen	Gill

**What a great idea!**

## Committee News

Congratulations to everyone who took part in the recent **General Gymnastics Apparatus Competition** held at South Durham. With about 250 gymnasts including a good number of boys, entered, from 15 Clubs, including two new Clubs, St Peter's and Tynedale, this was potentially a long day! The work was of a high standard and every section and age group produced a close result. The judges did a terrific job - many thanks to them all.

The Overall Trophy was shared by Ashlee Knott and Tom Pollard both from Redcar GC. The Lorraine Barber Cup for the highest Floor Mark was also shared by Kate Johnson and Hannah Walton, both from Acklam GC.

The GGTC would like to thank everyone from South Durham for all their help in enabling the event to run as smoothly as possible and all the coaches and gymnasts who did so well on what was the hottest day of the year so far!

The next event will be the **Partner and Group Challenge - October 25<sup>th</sup>** at South Durham GC.

**City of Newcastle** will be hosting a **TeamGym** Competition on July 11 - 12<sup>th</sup>. The event includes a number of local and national teams and promises to be a rally good competition. Details from Michael Archbold at the Club.

The **Women's TC** was represented at the National Compulsory Levels 3 and 4 in Birmingham recently. In the Level 3 was Amy Tinkler and Caitlin Maguire from South Durham and Mia Amberlez and Abigail Myles from Newcastle. The team finished in 5<sup>th</sup> place. Individually Amy finished in 10<sup>th</sup> place all round, 2<sup>nd</sup> on floor and 2<sup>nd</sup> on vault.

In Level 4 Claudia Barkes, Lily Nicholson and Bethany McLaughlin from South Durham and Kelly Rogers from Newcastle competed. The team finished in 4<sup>th</sup> place. Individually Claudia had an excellent competition and finished 3<sup>rd</sup> all round, 3<sup>rd</sup> on bars and 3<sup>rd</sup> on Range & Conditioning.



**The Sports Acrobatics & Tumbling TC** enjoyed excellent Results from the British NDP Finals held on 9<sup>th</sup> & 10<sup>th</sup> May 2009

Over 750 gymnasts representing 147 Gym Clubs from 10 Regions and 3 Home Nations battled for medals. Congratulations to all Gymnasts and their coaches, fantastic results, well done to everyone who took part.

**Grade 1:**

Women's Pair: Deerness Valley Gold.  
Alice Kitchen & Beth Eccles-Cabel  
Women's Group: Deerness Valley Silver  
Jordyn Dickinson, Chloe Thompson, Rachel Graham

Men's Group: Deerness Valley Silver  
Ross Coates, Jai Naylor, Nathan Brady, Oliver Hillman

**Grade 2:**

Mixed Pair: Gymworld Bronze  
Mark Carney & Lydia Smithson  
Women's Group: Deerness Valley Gold  
Abbie Thompson, Hannah Bevens, Deborah Van Zwanenberg  
Men's Group: Deerness Valley Gold  
Paul Dixon, Steven Dixon, Andrew Piper, Stuart Napier

**Grade 3:**

Mixed Pair: South Tyneside Gold  
Oliver Mattinson, Emelia Chapman

**NDP 1 Girl's Tumbling:**

9-10 years Olivia Farlane Acklam Silver  
13+ years Rebecca Dixon Deerness Silver

**NDP 2 Girl's Tumbling:**

9-10 years Rebecca Greenshields Deerness G old  
11-12 years Rebekah Pattinson Deerness Bronze

**NDP 3 Boy's Tumbling:**

Under 13 years Zack Willis Grangefield Gold  
Over 13 years Dylan Jones Hartlepool Gold

**Elite 2 Women's Tumbling:**

15+ years Alexandra Knowd Deerness Gold

**Coaching Courses 2009-10**

Details of all new courses are available from Andrew, Emma or Katie in the Office and on the website.

**English Artistic Championships**

September 18-20<sup>th</sup> at New College, Leicester.  
Contact [info@gymnasticsengland.org](mailto:info@gymnasticsengland.org) for more details.

**NEGA AGM**

Just a reminder! July 9<sup>th</sup> at the new House of Sport, Durham 7.00pm. Directions from Emma, Katie or Andrew in the Office.

Thanks to everyone who has sent in news for this edition. Next news will be in October

**Diary**

Date	Competition	Discipline	Venue	Closing Date
June 21st	Regional Novice/Intermediate	WA	Newcastle	21 <sup>st</sup> May
September 27 <sup>th</sup>	Regional Voluntary L4,3,2	WA	Newcastle	27 <sup>th</sup> Aug
October 4 <sup>th</sup>	Regional Grades D-H	Tram	Ashington	20 <sup>th</sup> Sept
October 13-18th	Artistic World Championships		London	
October 25 <sup>th</sup>	Partner Challenge	Gen	South Durham	25 <sup>th</sup> Sept.
October 24-25 <sup>th</sup>	Bill Slater Club Teams	WA	Newcastle	11 <sup>th</sup> Sept.
October 24-25 <sup>th</sup>	Northern Championships	Tram	Temple Park	10 <sup>th</sup> Oct
November 15 <sup>th</sup>	Regional Elite & Pre-Elite	WA	South Durham	15 <sup>th</sup> October
December 5 <sup>th</sup>	Regional Schools	Tram	Temple Park	16 <sup>th</sup> Nov

If you need to add or **change email addresses** to receive information, please let me know - north@baga.co.uk.  
A lot of information is also posted on the website at [www.northgymnastics.org.uk](http://www.northgymnastics.org.uk)

