

Miss Alpha Factor 2012 - Programme

Gymnasts Highlighted Denote Team Members

Teams Eligible: The MEAPA, Norfolk AG, Woking GC

Friday Start List

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND ONE - Compulsory 5 & 2										
1	Ondine Achampong	Comp 5 - 8 yrs	Sapphire GC	1						
2	Alyssa Fellgett	Comp 5 - 8 yrs	Pipers Vale GC	1						
3	Molly Howland	Comp 5 - 8 yrs	Pipers Vale GC	1						
4	Halle Hilton	Comp 5 - 8 yrs	Pipers Vale GC	1						
5	Kiera Barker	Comp 5 - 8 yrs	Pipers Vale GC	1						
6	Ellie Davies	Comp 5 - 8 yrs	Valleys GA	2						
7	Emma Elam	Comp 5 - 8 yrs	Fenland GC	2						
8	Danielle Garner	Comp 5 - 8 yrs	Fenland GC	2						
9	Alanna Bond	Comp 5 - 8 yrs	Norfolk AG	2						
10	Daisy Hilder	Comp 5 - 8 yrs	Norfolk AG	2						
11	Sasha King	Comp 5 - 8 yrs	Port Regis GC	3						
12	Shanna-Kae Grant	Comp 5 - 8 yrs	City of Leeds GC	3						
13	Chloe Mizon	Comp 5 - 8 yrs	Colchester SG	3						
14	Amber Pemberton-Jandu	Comp 5 - 8 yrs	Park Wrekin GC	3						
15	Sophie Swift	Comp 5 - 8 yrs	Park Wrekin GC	3						
16	Honour Sheard	Comp 2 - 11+ yrs	Park Wrekin GC	4						
17	Rebecca Jones	Comp 2 - 11+ yrs	Park Wrekin GC	4						
18	Elesse Oates	Comp 2 - 11+ yrs	Park Wrekin GC	4						
19	Alice Arnold	Comp 2 - 11+ yrs	Park Wrekin GC	4						
20	Bethany Maitland	Comp 2 - 11+ yrs	Park Wrekin GC	4						
21	Marnie Taylor	Comp 2 - 11+ yrs	The MEAPA	4						
22	Rebecca Sie	Comp 2 - 11+ yrs	East London GC	4						
23	Shannon Witcher	Comp 2 - 11+ yrs	Port Regis GC	5						
24	Jasmine Harkin	Comp 2 - 11+ yrs	Port Regis GC	5						
25	Maia Anderson	Comp 2 - 11+ yrs	Tolworth GC	5						
26	Amelia Montague	Comp 2 - 11+ yrs	Tolworth GC	5						
27	Hannah Leeson	Comp 2 - 11+ yrs	Birmingham Flames GC	5						
28	Karis Maskell	Comp 2 - 11+ yrs	South Essex GC	5						
ROUND TWO - Compulsory 4 & 3										
29	Seia Kent	Comp 4 - 9+ yrs	Tolworth GC	6						
30	Natasha Burgess	Comp 4 - 9+ yrs	Tolworth GC	6						
31	Madison Hutton	Comp 4 - 9+ yrs	Tolworth GC	6						
32	Katelyn King	Comp 4 - 9+ yrs	Valleys GA	6						
33	Hallie Copperwheat	Comp 4 - 9+ yrs	Sapphire GC	6						
34	Milly Gall	Comp 4 - 9+ yrs	Sapphire GC	6						
35	Arwen Rich	Comp 4 - 9+ yrs	Sapphire GC	6						
36	Bethany Fidler	Comp 4 - 9+ yrs	Colchester SG	6						
37	Jessica Oakes	Comp 4 - 9+ yrs	Colchester SG	6						
38	Natasha Freeman	Comp 4 - 9+ yrs	South Essex GC	7						
39	Devon Allen	Comp 4 - 9+ yrs	South Essex GC	7						
40	Erin Bellman	Comp 4 - 9+ yrs	South Essex GC	7						
41	Charlotte Fink	Comp 4 - 9+ yrs	South Essex GC	7						
42	Jolie Smith	Comp 4 - 9+ yrs	Park Wrekin GC	7						
43	Mfanwy Jones	Comp 4 - 9+ yrs	Park Wrekin GC	7						
44	Tabitha Sheard	Comp 4 - 9+ yrs	Park Wrekin GC	7						
45	Lauren Matthews	Comp 4 - 9+ yrs	Chalfont GC	7						
46	Lorien Stapleton	Comp 4 - 9+ yrs	Woking GC	7						
47	Amelie Madeline Morgan	Comp 4 - 9+ yrs	Slough GC	8						
48	Parise Simpson	Comp 4 - 9+ yrs	East London GC	8						
49	Mia Thomas-Breen	Comp 4 - 9+ yrs	East London GC	8						
50	Iona Moir	Comp 4 - 9+ yrs	East London GC	8						
51	Lucy McCarthy	Comp 4 - 9+ yrs	The MEAPA	8						
52	Francesca Scarlett	Comp 4 - 9+ yrs	Norfolk AG	8						
53	Erin Houlihan	Comp 4 - 9+ yrs	Norfolk AG	8						
54	Leshawn Dines	Comp 4 - 9+ yrs	Pipers Vale GC	8						

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND TWO - Compulsory 4 & 3 Continued										
55	Laura Kaletha	Comp 3 - 10+ yrs	Hinckley & Burbage GC	9						
56	Erika Magpantay	Comp 3 - 10+ yrs	Marriotts GC	9						
57	Nemiah Munir	Comp 3 - 10+ yrs	Sapphire GC	9						
58	Alyieana Rahim	Comp 3 - 10+ yrs	Sapphire GC	9						
59	Stephanie Ponder	Comp 3 - 10+ yrs	Sapphire GC	9						
60	Jessica Daykin	Comp 3 - 10+ yrs	Wiltshire SG	9						
61	Marney Easen	Comp 3 - 10+ yrs	South Essex GC	9						
62	Niamh Durham	Comp 3 - 10+ yrs	Tamworth OGC	10						
63	Laura Beasley	Comp 3 - 10+ yrs	Park Wrekin GC	10						
64	Phoebe Nicholls	Comp 3 - 10+ yrs	Park Wrekin GC	10						
65	Yasmin Kendrick	Comp 3 - 10+ yrs	Park Wrekin GC	10						
66	Amelia Evans	Comp 3 - 10+ yrs	Berkhamsted GC	10						
67	Emma Hill	Comp 3 - 10+ yrs	Norfolk AG	10						
68	Danielle Shaw	Comp 3 - 10+ yrs	Woking GC	10						

Event Schedule - Friday

ROUND ONE ACTIVITY

10.00am - 10.20am

Judges Meeting

9.00am

Doors Open

9.00am - 9.30am

Registration for Gymnasts in Groups 1-5 (Compulsory 5 & 2)

9.30am - 9.40am

General Warm-Up for Groups 1-5 & Coaches Briefing (if, required)

9.40am - 10.40am

Apparatus Warm-Up 5 x 12 Minutes

VAULT	BARS	BEAM	FLOOR	R & C
5	1	2	3	4
4	5	1	2	3
3	4	5	1	2
2	3	4	5	1
1	2	3	4	5

10.35am

All Judges to be in position

10.40am - 10.55am

March-on & Introduction of Gymnasts Competing in Round 1

10.55am - 1.00pm

Competition 5 x 25 Minutes

Competition Warm-Up Arrangements	VAULT	BARS	BEAM	FLOOR	R & C
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	1	2	3	4	5
USA Style Warm-Up on Bars, Beam, Floor & Range:	5	1	2	3	4
The First x 2 Gymnasts within each Group @ 1 min	4	5	1	2	3
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	3	4	5	1	2
	2	3	4	5	1

1.00pm - 1.10pm

Collation of Scores

1.10pm - 1.30pm

March-on & Awards Ceremony for Compulsory 5 & 2 Gymnasts

1.00pm

Judges & Officials Lunch

ROUND TWO ACTIVITY

By 12.00pm

Registration for Gymnasts in Groups 6-10 (Compulsory 4 & 3)

1.45pm - 1.55pm

General Warm-Up for Groups 6-10 & Coaches Briefing (if, required)

1.55pm - 3.10pm

Apparatus Warm-Up 5 x 15 Minutes

VAULT	BARS	BEAM	FLOOR	R & C
10	6	7	8	9
9	10	6	7	8
8	9	10	6	7
7	8	9	10	6
6	7	8	9	10

3.05pm

All Judges to be in position

3.10pm - 3.25pm

March-on & Introduction of Gymnasts Competing in Round 2

3.25pm - 5.55pm

Competition 5 x 30 Minutes

Competition Warm-Up Arrangements	VAULT	BARS	BEAM	FLOOR	R & C
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	6	7	8	9	10
USA Style Warm-Up on Bars, Beam, Floor & Range:	10	6	7	8	9
The First x 2 Gymnasts within each Group @ 1 min	9	10	6	7	8
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	8	9	10	6	7
	7	8	9	10	6

5.55pm - 6.05pm

Collation of Scores

6.05pm - 6.25pm

March-on & Awards Ceremony for Compulsory 4 & 3 Gymnasts

Saturday Start List

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND THREE - Grade 14										
69	Chloe Almond	Grade 14 - 8/9yrs	TJ Boston GC	11						
70	Mackenzie Hughes	Grade 14 - 8/9yrs	TJ Boston GC	11						
71	Summer Rose	Grade 14 - 8/9yrs	TJ Boston GC	11						
72	Cissie Waters	Grade 14 - 8/9yrs	Norfolk AG	11						
73	Hallie Snelling	Grade 14 - 8/9yrs	Norfolk AG	11						
74	Alice Tall	Grade 14 - 8/9yrs	Norfolk AG	11						
75	Lucy Hutchinson	Grade 14 - 8/9yrs	Norfolk AG	11						
76	Rowanna McCorry	Grade 14 - 8/9yrs	Earls GC	11						
77	Lillie Manning	Grade 14 - 10+yrs	TJ Boston GC	11						
78	Emma Robinson	Grade 14 - 8/9yrs	Basingstoke GC	12						
79	Xanthe Esslemont	Grade 14 - 8/9yrs	Basingstoke GC	12						
80	Daisy Tolhurst	Grade 14 - 8/9yrs	Basingstoke GC	12						
81	Jayda Pechova	Grade 14 - 8/9yrs	Basingstoke GC	12						
82	Katie Curran	Grade 14 - 8/9yrs	Basingstoke GC	12						
83	Jade Westfoot	Grade 14 - 8/9yrs	Basingstoke GC	12						
84	Rosie Madin	Grade 14 - 8/9yrs	Waveney GC	12						
85	Kirsty Brown	Grade 14 - 8/9yrs	Waveney GC	12						
86	Imogen Block	Grade 14 - 8/9yrs	Waveney GC	12						
87	Leoni Kwayie	Grade 14 - 8/9yrs	Tunbridge Wells GC	13						
88	Ochea Chapman	Grade 14 - 8/9yrs	Tunbridge Wells GC	13						
89	Ellie Bridgeman	Grade 14 - 8/9yrs	Next Dimension GA	13						
90	Eleanor Robinson	Grade 14 - 8/9yrs	Next Dimension GA	13						
91	Harriet Blair	Grade 14 - 8/9yrs	Next Dimension GA	13						
92	Emily Masweeney	Grade 14 - 8/9yrs	Next Dimension GA	13						
93	Amber Penaliggon	Grade 14 - 8/9yrs	Berkhamsted GC	13						
94	Lydia Sellen	Grade 14 - 8/9yrs	Berkhamsted GC	13						
95	Olivia Hossenboccus	Grade 14 - 10+yrs	Next Dimension GA	13						
96	Connie O'Brien	Grade 14 - 8/9yrs	Sudbury GC	14						
97	Helena Read-Luxton	Grade 14 - 8/9yrs	Sudbury GC	14						
98	Josie Hedger	Grade 14 - 8/9yrs	Carousel SG	14						
99	Chloee Tomlin	Grade 14 - 8/9yrs	Carousel SG	14						
100	Charlotte Ellis	Grade 14 - 8/9yrs	Carousel SG	14						
101	Emily Bradley	Grade 14 - 8/9yrs	Carousel SG	14						
102	Charlotte Harding	Grade 14 - 8/9yrs	Wrexham OGC	14						
103	Megan Ord	Grade 14 - 10+yrs	Wrexham OGC	14						
104	Bethany South	Grade 14 - 10+yrs	Swallows GC	14						
106	Madison Sutheran	Grade 14 - 8/9yrs	Tamworth OGC	15						
107	Emma Southby	Grade 14 - 8/9yrs	Colchester SG	15						
108	Charlie Lloyd	Grade 14 - 8/9yrs	Leatherhead & Dorking GC	15						
109	Leah O'Mahonney	Grade 14 - 8/9yrs	Chalfont GC	15						
110	Elizabeth Cook	Grade 14 - 8/9yrs	Chalfont GC	15						
111	Aida Rezavandi	Grade 14 - 8/9yrs	Woking GC	15						
112	Molly Harper	Grade 14 - 8/9yrs	Woking GC	15						

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND FOUR - Grade 13										
105	Aimee Morgan	Grade 13 - 9/10yrs	Valleys GA	16						
113	Tatetan Arandjelovic	Grade 13 - 9/10yrs	Valleys GA	16						
114	Sherri Vine	Grade 13 - 9/10yrs	The MEAPA	16						
115	Nikki Horten	Grade 13 - 9/10yrs	Earls GC	16						
116	Millie Finbow	Grade 13 - 9/10yrs	Pipers Vale GC	16						
117	Imogen Mayhew	Grade 13 - 9/10yrs	Pipers Vale GC	16						
118	Carissa Welford	Grade 13 - 9/10yrs	Pipers Vale GC	16						
119	India Foster	Grade 13 - 11+yrs	Pipers Vale GC	16						
120	Florence Gardner	Grade 13 - 11+yrs	Pipers Vale GC	16						
121	Kelsey Scourfield	Grade 13 - 11+yrs	Pipers Vale GC	16						
122	Frankie Moore	Grade 13 - 11+yrs	Pipers Vale GC	16						
123	Abby Forkner	Grade 13 - 9/10yrs	South Essex GC	17						
124	Tegan Rees	Grade 13 - 9/10yrs	South Essex GC	17						
125	Kerry King	Grade 13 - 9/10yrs	South Essex GC	17						
126	Ashleigh Saunders	Grade 13 - 9/10yrs	South Essex GC	17						
127	Jane Heffernan	Grade 13 - 9/10yrs	Renmore GC	17						
128	Aoife Walsh	Grade 13 - 9/10yrs	Renmore GC	17						
129	Kate Molloy	Grade 13 - 9/10yrs	Renmore GC	17						
130	Daniela Goluba	Grade 13 - 9/10yrs	Renmore GC	17						
131	Maya Banerjee	Grade 13 - 9/10yrs	Renmore GC	17						
132	Siofra Molloy	Grade 13 - 11+yrs	Renmore GC	17						
133	Merlo Jewell	Grade 13 - 9/10yrs	Wiltshire SG	18						
134	Nicole Parsons	Grade 13 - 9/10yrs	Wiltshire SG	18						
135	Holly Gaiger	Grade 13 - 9/10yrs	Wiltshire SG	18						
136	Rubie Stannard	Grade 13 - 9/10yrs	Wiltshire SG	18						
137	Evie Garrett	Grade 13 - 9/10yrs	Wiltshire SG	18						
138	Georgia Gregson	Grade 13 - 9/10yrs	Wiltshire SG	18						
139	Georgia Smith	Grade 13 - 9/10yrs	Wiltshire SG	18						
140	Jasmine Frost	Grade 13 - 9/10yrs	Wiltshire SG	18						
141	Kayleigh Gazmuri-Symmes	Grade 13 - 9/10yrs	Sudbury GC	18						
142	Isabel Ostling	Grade 13 - 9/10yrs	Leatherhead & Dorking GC	18						
143	Isabella Lamberti	Grade 13 - 9/10yrs	Norfolk AG	19						
144	Emily Ledsham-Darter	Grade 13 - 9/10yrs	Norfolk AG	19						
145	Cara Wilson	Grade 13 - 9/10yrs	Norfolk AG	19						
146	Millie Woodford-Grogan	Grade 13 - 9/10yrs	Norfolk AG	19						
147	Kayleigh Muniz	Grade 13 - 9/10yrs	Norfolk AG	19						
148	Lowri Davies	Grade 13 - 11+yrs	Norfolk AG	19						
149	Esme Ladds	Grade 13 - 11+yrs	Norfolk AG	19						
150	Eleanor Young	Grade 13 - 11+yrs	Norfolk AG	19						
151	Isobel Kidd	Grade 13 - 11+yrs	Woking GC	19						
152	Yasmin Denham	Grade 13 - 11+yrs	Woking GC	19						
153	Kitty Roberts	Grade 13 - 11+yrs	Woking GC	19						
154	Gracie Regan	Grade 13 - 9/10yrs	Carousel SG	20						
155	Gracie Tyte	Grade 13 - 9/10yrs	Colchester SG	20						
156	Amy Forteath	Grade 13 - 9/10yrs	Colchester SG	20						
157	Grace Farthing	Grade 13 - 9/10yrs	Colchester SG	20						
158	Georgina Montgomery	Grade 13 - 9/10yrs	Basingstoke GC	20						
159	Elizabeth Rowlands	Grade 13 - 9/10yrs	Berkhamsted GC	20						
160	Brenna Cox	Grade 13 - 9/10yrs	Chalfont GC	20						
161	Mia Anderson	Grade 13 - 11+yrs	Dave's GA	20						
162	Kira Barrett	Grade 13 - 11+yrs	Dave's GA	20						
163	Louise Barrett	Grade 13 - 11+yrs	Dave's GA	20						
164	Connie Forman	Grade 13 - 11+yrs	Carousel SG	20						

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND FIVE - Grade 12										
165	Halle Dawson	Grade 12 - 10/11yrs	Carousel SG	21						
166	Tasmin Hughes	Grade 12 - 10/11yrs	Carousel SG	21						
167	Amy Sullivan	Grade 12 - 10/11yrs	Carousel SG	21						
168	Anastasia Hannah	Grade 12 - 10/11yrs	Norfolk AG	21						
169	Iris Jaggard	Grade 12 - 10/11yrs	Norfolk AG	21						
170	Annie Shaw	Grade 12 - 10/11yrs	Norfolk AG	21						
171	Abigail Ashford	Grade 12 - 10/11yrs	Norfolk AG	21						
172	Abigail Gardiner	Grade 12 - 10/11yrs	Norfolk AG	21						
173	Benodet Houston-Campbell	Grade 12 - 10/11yrs	Norfolk AG	21						
174	Molly Greenwood	Grade 12 - 10/11yrs	Wrexham OGC	22						
175	Lily Gilbert	Grade 12 - 10/11yrs	Wrexham OGC	22						
176	Holly Davies	Grade 12 - 10/11yrs	Wrexham OGC	22						
177	Georgia Roberts	Grade 12 - 10/11yrs	Wrexham OGC	22						
178	Kelsey Moyse	Grade 12 - 10/11yrs	Swallows GC	22						
179	Taran Pledger	Grade 12 - 10/11yrs	Waveney GC	22						
180	Kim Li Loke	Grade 12 - 10/11yrs	Renmore GC	22						
181	Sarah Hynes	Grade 12 - 10/11yrs	Renmore GC	22						
182	Katie Hughes	Grade 12 - 12+yrs	Wrexham OGC	22						
183	Ellie Dickinson	Grade 12 - 10/11yrs	Templenessam GC	23						
184	Silvia Steiner	Grade 12 - 10/11yrs	Tunbridge Wells GC	23						
185	Grace Jackson	Grade 12 - 10/11yrs	Tunbridge Wells GC	23						
186	Isabel Mahon	Grade 12 - 10/11yrs	Tunbridge Wells GC	23						
187	Hannah Cullen	Grade 12 - 12+yrs	Templenessam GC	23						
188	Maddie Davies	Grade 12 - 12+yrs	Tunbridge Wells GC	23						
189	Sophie Semmens	Grade 12 - 12+yrs	Tunbridge Wells GC	23						
190	Rachel Burley	Grade 12 - 12+yrs	Colchester SG	23						
191	Ebony Dring	Grade 12 - 12+yrs	Colchester SG	23						
192	Pollyanna Yule	Grade 12 - 10/11yrs	Port Regis GC	24						
193	Imogen King	Grade 12 - 10/11yrs	Port Regis GC	24						
194	Abbie Elms	Grade 12 - 10/11yrs	Wiltshire SG	24						
195	Kaci Lette	Grade 12 - 10/11yrs	Pipers Vale GC	24						
196	Hannah Reece	Grade 12 - 10/11yrs	Pipers Vale GC	24						
197	Annabel Wilbraham	Grade 12 - 10/11yrs	Pipers Vale GC	24						
198	Jasmine Nicholls	Grade 12 - 10/11yrs	Pipers Vale GC	24						
199	Charlotte Anderson	Grade 12 - 10/11yrs	Pipers Vale GC	24						
200	Chiara Ciufu	Grade 12 - 12+yrs	Pipers Vale GC	24						
201	Sophie Runnacles	Grade 12 - 10/11yrs	Dave's GA	25						
202	Amy Sturgeon	Grade 12 - 10/11yrs	Dave's GA	25						
203	Ellison Richards-Kemp	Grade 12 - 10/11yrs	Sudbury GC	25						
204	Louisa Pettican	Grade 12 - 10/11yrs	Sudbury GC	25						
205	Ebony Tait	Grade 12 - 10/11yrs	Sudbury GC	25						
206	Abigail Powell	Grade 12 - 10/11yrs	Tamworth OGC	25						
207	Ellie Zanin	Grade 12 - 10/11yrs	Tamworth OGC	25						
208	Lizzy Maslen	Grade 12 - 12+yrs	Dave's GA	25						
209	Lizzie Porter	Grade 12 - 12+yrs	Sudbury GC	25						
317	Paige Lowe	Grade 12 - 12+yrs	Valleys GA	25						

Event Schedule - Saturday

ROUND THREE ACTIVITY

8.20am - 8.40am	Judges Meeting
8.00am	Doors Open
8.00am - 8.30am	Registration for Gymnasts in Groups 11-15 (Grade 14)
8.30am - 8.45am	March-on & Introduction of Gymnasts Competing in Round 3
8.50am	All Judges to be in position
8.45am - 8.55am	General Warm-Up for Groups 11-15 & Coaches Briefing (if, required)
8.55am - 9.00am	Gymnasts line up on floor in Groups & march to first Apparatus
9.00am - 11.30am	Competition 5 x 30 Minutes

Warm-Up Arrangements	VAULT	BARS	BEAM	FLOOR	R & C
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	11	12	13	14	15
(Judges please split groups W/U Compete Separately)	15	11	12	13	14
USA Style Warm-Up on Bars, Beam, Floor & Range:	14	15	11	12	13
The First x 2 Gymnasts within each Group @ 1 min	13	14	15	11	12
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	12	13	14	15	11

11.30am - 11.40am	Collation of Scores
11.40am - 11.55am	March-on & Awards Ceremony for Grade 14 Gymnasts
11.30am	Judges & Officials Morning Tea

ROUND FOUR ACTIVITY

By 10.30am	Registration for Gymnasts in Groups 16-20 (Grade 13)
11.55am - 12.10pm	March-on & Introduction of Gymnasts Competing in Round 4
12.15pm	All Judges to be in position
12.10pm - 12.20pm	General Warm-Up for Groups 16-20 & Coaches Briefing (if, required)
12.15pm - 12.20pm	Gymnasts line up on floor in Groups & march to first Apparatus
12.20pm - 3.15pm	Competition 5 x 35 Minutes

Warm-Up Arrangements	VAULT	BARS	BEAM	FLOOR	R & C
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	16	17	18	19	20
(Judges please split groups W/U Compete Separately)	20	16	17	18	19
USA Style Warm-Up on Bars, Beam, Floor & Range:	19	20	16	17	18
The First x 2 Gymnasts within each Group @ 1 min	18	19	20	16	17
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	17	18	19	20	16

3.15pm - 3.25pm	Collation of Scores
3.25pm - 3.40pm	March-on & Awards Ceremony for Grade 13 Gymnasts
3.15pm	Judges & Officials Lunch

ROUND FIVE ACTIVITY

By 2.00pm	Registration for Gymnasts in Groups 21-25 (Grade 12)
3.40pm - 3.55pm	March-on & Introduction of Gymnasts Competing in Round 5
4.00pm	All Judges to be in position
3.55pm - 4.05pm	General Warm-Up for Groups 21-24 & Coaches Briefing (if, required)
4.00pm - 4.05pm	Gymnasts line up on floor in Groups & march to first Apparatus
4.05pm - 6.35pm	Competition 5 x 30 Minutes

Warm-Up Arrangements	VAULT	BARS	BEAM	FLOOR	REST
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	21	22	23	24	25
(Judges please split groups W/U Compete Separately)	25	21	22	23	24
USA Style Warm-Up on Bars, Beam, Floor & Range:	24	25	21	22	23
The First x 2 Gymnasts within each Group @ 1 min	23	24	25	21	22
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	22	23	24	25	21

6.35pm - 6.45pm	Collation of Scores
6.45pm - 7.00pm	March-on & Awards Ceremony for Grade 12 Gymnasts

Sunday Start List

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND SIX - Grades 7, 6 & 5										
210	Lydia Doyle	Grade 7 - 11+yrs	Basingstoke GC	25						
211	Holly Curran	Grade 7 - 11+yrs	Basingstoke GC	25						
212	Caitlin Baker	Grade 7 - 11+yrs	Norfolk AG	25						
213	Laura Rose Cooke	Grade 7 - 11+yrs	Norfolk AG	25						
214	Olivia Syder	Grade 7 - 11+yrs	Norfolk AG	25						
215	Laura Glover	Grade 7 - 11+yrs	Norfolk AG	25						
216	Caitlin Boyle	Grade 7 - 11+yrs	Swallows GC	25						
217	Ella Chapman	Grade 7 - 11+yrs	Tamworth OGC	25						
218	Pippa Earley	Grade 7 - 11+yrs	Tolworth GC	25						
219	Phebe Bragg	Grade 7 - 11+yrs	Tolworth GC	25						
220	Ellys Connor	Grade 7 - 11+yrs	Valleys GA	25						
221	Inarah Manji	Grade 7 - 11+yrs	Chalfont GC	26						
222	Jessica Underwood	Grade 7 - 11+yrs	Chalfont GC	26						
223	Kaycee Child	Grade 7 - 11+yrs	Colchester SG	26						
224	Charlotte Hoskyns	Grade 7 - 11+yrs	Colchester SG	26						
225	Imogen Evans	Grade 7 - 11+yrs	Earls GC	26						
226	Meilitsa Abram-Foster	Grade 7 - 11+yrs	Leatherhead & Dorking GC	26						
227	Greer Hughes	Grade 7 - 11+yrs	Phoenix GC	26						
228	Bethan Wainwright	Grade 7 - 11+yrs	Phoenix GC	26						
229	Jessica Howland	Grade 7 - 11+yrs	Pipers Vale GC	26						
230	Emma Greene	Grade 7 - 11+yrs	Renmore GC	26						
231	Natasha Nowers	Grade 7 - 11+yrs	Slough GC	26						
232	Anna Bates	Grade 7 - 11+yrs	Birmingham Flames GC	27						
233	Megan Lloyd	Grade 7 - 11+yrs	Carousel SG	27						
234	Jessica Bateman	Grade 7 - 11+yrs	Earls GC	27						
235	Nia Jones	Grade 7 - 11+yrs	Wrexham OGC	27						
236	Farrah Daines	Grade 7 - 11+yrs	Waveney GC	29						
237	Pippa Parr	Grade 7 - 11+yrs	Waveney GC	29						
238	Annabel Scarle	Grade 7 - 11+yrs	Waveney GC	29						
239	Kate Bishop	Grade 6 - 12+yrs	Birmingham Flames GC	27						
240	Rachel Harvey	Grade 6 - 12+yrs	Carousel SG	27						
241	Megan Neale	Grade 6 - 12+yrs	Earls GC	27						
242	Taiya Jones	Grade 6 - 12+yrs	Phoenix GC	27						
243	Niamh Teale-Lefort	Grade 6 - 12+yrs	Slough GC	27						
244	Ellie McLennan	Grade 6 - 12+yrs	Waveney GC	27						
245	Morgan Pritchard	Grade 6 - 12+yrs	Wrexham OGC	27						
246	Honor Layton	Grade 6 - 12+yrs	Aylesbury GA	28						
247	Lucy Woods	Grade 6 - 12+yrs	Chalfont GC	28						
248	Meghan Edge	Grade 6 - 12+yrs	City of Worcester GC	28						
249	Sophie Nicoll	Grade 6 - 12+yrs	City of Worcester GC	28						
250	Finley Smith	Grade 6 - 12+yrs	City of Worcester GC	28						
251	Bobbi Lennard	Grade 6 - 12+yrs	Colchester SG	28						
252	Eleanor Vine	Grade 6 - 12+yrs	Colchester SG	28						
253	Ellie Watson	Grade 6 - 12+yrs	Colchester SG	28						
254	Rachelle Flambar	Grade 6 - 12+yrs	Regent GC	28						
255	Ellen Hynes	Grade 6 - 12+yrs	Renmore GC	28						
256	Sophie Miller	Grade 6 - 12+yrs	Woking GC	28						
257	Bonita Shurmer	Grade 5 - 13+yrs	De Mond GA	29						
258	Lucy Moxham	Grade 5 - 13+yrs	Marriotts GC	29						
259	Caitlin Morgan	Grade 5 - 13+yrs	Neath-Afan GC	29						
260	India Goodman	Grade 5 - 13+yrs	Pipers Vale GC	29						
261	Jessica Horton	Grade 5 - 13+yrs	Slough GC	29						
262	Caitlin Dyer	Grade 5 - 13+yrs	Waveney GC	29						
263	Robyn Bishop	Grade 5 - 13+yrs	Wrexham OGC	29						
264	Kelsey Edwards	Grade 5 - 13+yrs	Wrexham OGC	29						

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND SEVEN - Grade 8										
265	Aimee Lyndsell	Grade 8 - 10+yrs	Leatherhead & Dorking GC	30						
266	Ricelle Navalta	Grade 8 - 10+yrs	Leatherhead & Dorking GC	30						
267	Aimee Yates	Grade 8 - 10+yrs	Neath-Afan GC	30						
268	Rebecca Brimfield	Grade 8 - 10+yrs	Neath-Afan GC	30						
269	Ffiôn Thomas	Grade 8 - 10+yrs	Neath-Afan GC	30						
270	Poppy Wager-Leigh	Grade 8 - 10+yrs	Berkhamsted GC	30						
271	Maya Withey	Grade 8 - 10+yrs	Berkhamsted GC	30						
272	Kaliska Nowers	Grade 8 - 10+yrs	Slough GC	30						
273	Ellen Donaldson	Grade 8 - 10+yrs	Slough GC	30						
274	Rebecca Kalli	Grade 8 - 10+yrs	The MEAPA	31						
275	Daisy Willcocks	Grade 8 - 10+yrs	Phoenix GC	31						
276	Lydia Biddulph	Grade 8 - 10+yrs	City of Worcester GC	31						
277	Charlotte Benson-Stelling	Grade 8 - 10+yrs	City of Worcester GC	31						
278	Roisin Curran	Grade 8 - 10+yrs	Renmore GC	31						
279	Amy O'Neill	Grade 8 - 10+yrs	Renmore GC	31						
280	Alex-Marie McDonagh	Grade 8 - 10+yrs	Renmore GC	31						
281	Aisling Fuller	Grade 8 - 10+yrs	Renmore GC	31						
282	Nicole Shaw	Grade 8 - 10+yrs	Renmore GC	31						
283	Beth Wheeler	Grade 8 - 10+yrs	Valleys GA	32						
284	Lara Phillips	Grade 8 - 10+yrs	Valleys GA	32						
285	Macey Chapman	Grade 8 - 10+yrs	Valleys GA	32						
286	Niya Hewitt	Grade 8 - 10+yrs	Valleys GA	32						
287	Isobel James	Grade 8 - 10+yrs	Birmingham Flames GC	32						
288	Mackenzie Watkins	Grade 8 - 10+yrs	Birmingham Flames GC	32						
289	Edie Barlow	Grade 8 - 10+yrs	Birmingham Flames GC	32						
290	Anna Oatley	Grade 8 - 10+yrs	Wiltshire SG	32						
291	Robyn Ellison	Grade 8 - 10+yrs	Wiltshire SG	32						
292	Jessica Brain	Grade 8 - 10+yrs	Port Regis GC	33						
293	Isabelle Evans	Grade 8 - 10+yrs	Port Regis GC	33						
294	Anna Jenkin	Grade 8 - 10+yrs	Port Regis GC	33						
295	Brielle Smidt-Wallis	Grade 8 - 10+yrs	Tolworth GC	33						
296	Tegan Rogers	Grade 8 - 10+yrs	TJ Boston GC	33						
297	Paige Wallis	Grade 8 - 10+yrs	TJ Boston GC	33						
298	Becky Warne	Grade 8 - 10+yrs	Waveney GC	33						
299	Grace Luckhurst	Grade 8 - 10+yrs	Norfolk AG	33						
300	Miriam Lowe	Grade 8 - 10+yrs	Norfolk AG	33						
301	Megan White	Grade 8 - 10+yrs	Norfolk AG	33						
302	Sophie Simpson	Grade 8 - 10+yrs	Dave's GA	34						
303	Cerhys Davis-Jones	Grade 8 - 10+yrs	Marriotts GC	34						
304	Suzanna Weddepohl	Grade 8 - 10+yrs	Marriotts GC	34						
305	Lleona Bullis	Grade 8 - 10+yrs	Carousel SG	34						
306	Naomi Siever	Grade 8 - 10+yrs	Colchester SG	34						
307	Niamh Taylor	Grade 8 - 10+yrs	Basingstoke GC	34						
308	Alice Lowe	Grade 8 - 10+yrs	Aylesbury GA	34						
309	Skye Sturdy	Grade 8 - 10+yrs	Earls GC	34						
310	Paige Hewitt	Grade 8 - 10+yrs	Woking GC	34						
311	Zadesha Thobias	Grade 8 - 10+yrs	Woking GC	34						

No.	GYMNAST	GRADE	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
ROUND EIGHT - Grades 11, 10 & 9										
312	Lili Ivin	Grade 11 - 10/11yrs	Valleys GA	35						
313	Becky Lawrence	Grade 11 - 10/11yrs	Sudbury GC	35						
314	Megan Vowles	Grade 11 - 10/11yrs	Sudbury GC	35						
315	Molly Battersby	Grade 11 - 10/11yrs	Colchester SG	35						
316	Megan Ager	Grade 11 - 10/11yrs	Colchester SG	35						
318	Maddy Brewer	Grade 11 - 12+yrs	Sudbury GC	35						
319	Lucy May	Grade 11 - 12+yrs	Sudbury GC	35						
320	Maisie Bowman	Grade 11 - 12+yrs	Sudbury GC	35						
321	Caitlin O'Reilly	Grade 11 - 12+yrs	Colchester SG	35						
322	Rhiannon Howard	Grade 11 - 12+yrs	Colchester SG	35						
323	Abbie Green	Grade 11 - 10/11yrs	City of Worcester GC	36						
324	Molly Horne	Grade 11 - 10/11yrs	City of Worcester GC	36						
325	Charlotte Donnelly	Grade 11 - 10/11yrs	Norfolk AG	36						
326	Rachel Wilkinson	Grade 11 - 10/11yrs	East London GC	36						
327	Catrin Morris	Grade 11 - 10/11yrs	East London GC	36						
328	Sophie Rice	Grade 11 - 12+yrs	Dave's GA	36						
329	Bethany Lewis	Grade 11 - 12+yrs	Dave's GA	36						
330	Tianie Newman	Grade 11 - 12+yrs	Wiltshire SG	36						
331	Caitlin Sullivan	Grade 11 - 12+yrs	The MEAPA	36						
332	Naomi Bash	Grade 11 - 12+yrs	Norfolk AG	36						
333	Rhianna Wyer	Grade 11 - 12+yrs	Norfolk AG	36						
334	Megan Hayes	Grade 11 - 10/11yrs	Carousel SG	37						
335	Tegan Mason	Grade 11 - 10/11yrs	Tamworth OGC	37						
336	Amelia Daniel	Grade 11 - 10/11yrs	Swallows GC	37						
337	Chloe Garnham	Grade 11 - 10/11yrs	Pipers Vale GC	37						
338	Lucy-Jade Townend	Grade 11 - 12+yrs	Templenevsam GC	37						
339	Emma Gillham	Grade 11 - 12+yrs	Templenevsam GC	37						
340	Lucy White	Grade 11 - 12+yrs	Tunbridge Wells GC	37						
341	Megan Bernardo	Grade 11 - 12+yrs	Tunbridge Wells GC	37						
342	Claudine Ollivro	Grade 11 - 12+yrs	Regent GC	37						
343	Georgia Dodd	Grade 11 - 12+yrs	Regent GC	37						
344	Shannon Webber	Grade 11 - 12+yrs	Regent GC	37						
345	Ginny Podd	Grade 10 - 10+yrs	Carousel SG	38						
346	Megan Scales	Grade 10 - 10+yrs	Carousel SG	38						
347	Charlie Masters-Levy	Grade 10 - 10+yrs	Colchester SG	38						
348	Casey Sharp	Grade 10 - 10+yrs	Colchester SG	38						
349	Pollyanna Rawlings-Waums	Grade 10 - 10+yrs	Colchester SG	38						
350	Yaris Lee-Lawrence	Grade 10 - 10+yrs	East London GC	38						
351	Alicia Pryke	Grade 10 - 10+yrs	Pipers Vale GC	38						
352	Chloe Gibson	Grade 10 - 10+yrs	Woking GC	38						
353	Anna Gibson	Grade 10 - 10+yrs	Woking GC	38						
354	Melissa Brown	Grade 9 - 10+yrs	Norfolk AG	38						

Event Schedule - Sunday

ROUND SIX ACTIVITY

8.05am - 8.25am	Judges Meeting
7.45am	Doors Open
7.45am - 8.15am	Registration for Gymnasts in Groups 25-29 (Grades 7, 6 & 5)
8.15am - 8.30am	March-on & Introduction of Gymnasts Competing in Round 6
8.35am	All Judges to be in position
8.30am - 8.40am	General Warm-Up for Groups 25-29 & Coaches Briefing (if, required)
8.40am - 8.45am	Gymnasts line up on floor in Groups & march to first Apparatus
8.45am - 11.58am	Warm-Up & Competition 5 x 38.5 Minutes

Competition Arrangements	VAULT	BARS	BEAM	FLOOR	R & C
Gymnasts will receive an 11 minute Warm-Up on each Apparatus immediately followed by Competition. Thus, a gymnast will complete one Apparatus at a time. All groups must be completed prior to rotating to the next Apparatus. Mixed groups to compete in grades order	25	26	27	28	29
	29	25	26	27	28
	28	29	25	26	27
	27	28	29	25	26
	26	27	28	29	25

11.58am - 12.10pm	Collation of Scores
12.10pm - 12.25pm	March-on & Awards Ceremony for Grade 7, 6 & 5 Gymnasts
12.00pm	Judges & Officials Lunch

ROUND SEVEN ACTIVITY

By 11.00am	Registration for Gymnasts in Groups 30-34 (Grade 8)
12.25pm - 12.40pm	March-on & Introduction of Gymnasts Competing in Round 7
12.45pm	All Judges to be in position
12.40pm - 12.50pm	General Warm-Up for Groups 30-34 & Coaches Briefing (if, required)
12.50pm - 12.55pm	Gymnasts line up on floor in Groups & march to first Apparatus
12.55pm - 3.50pm	Warm-Up & Competition 5 x 35 Minutes

Competition Arrangements	VAULT	BARS	BEAM	FLOOR	R & C
Gymnasts will receive a 10 minute Warm-Up on each Apparatus immediately followed by Competition. Thus, a gymnast will complete one Apparatus at a time. All groups must be completed prior to rotating to the next Apparatus.	30	31	32	33	34
	34	30	31	32	33
	33	34	30	31	32
	32	33	34	30	31
	31	32	33	34	30

3.50pm - 4.00pm	Collation of Scores
4.00pm - 4.15pm	March-on & Awards Ceremony for Grade 8 Gymnasts
3.50pm	Judges & Officials Afternoon Tea

ROUND EIGHT ACTIVITY

By 2.30pm	Registration for Gymnasts in Groups 35-38 (Grades 11,10 & 9)
4.15pm - 4.30pm	March-on & Introduction of Gymnasts Competing in Round 8
4.35pm	All Judges to be in position
4.30pm - 4.40pm	General Warm-Up for Groups 35-38 & Coaches Briefing (if, required)
4.40pm - 4.45pm	Gymnasts line up on floor in Groups & march to first Apparatus
4.45pm - 7.19pm	Warm-Up & Competition 4 x 38.5 Minutes

Competition Arrangements	VAULT	BARS	BEAM	FLOOR
Gymnasts will receive an 11 minute Warm-Up on each Apparatus immediately followed by Competition. Thus, a gymnast will complete one Apparatus at a time. All groups must be completed prior to rotating to the next Apparatus.	35	36	37	38
	38	35	36	37
	37	38	35	36
	36	37	38	35

7.19pm - 7.30pm	Collation of Scores
7.30pm - 7.45pm	March-on & Awards Ceremony for Grade 11, 10 & 9 Gymnasts along with the Team Cup

Important Information

- ★ **IF!** we happen to be running ahead of schedule, we will commence competition earlier (not including Rounds 1, 3 & 6) thus, endeavour to have your gymnasts registered by the latest Registration time stated for each Round of Competition.
- ★ **Please could you ensure that your nominated Judge(s) are aware of which day(s) & apparatus they are judging, also ensure that they are present for the Judges Meeting scheduled on all three days and, that they receive their Entry Ticket. Nothing upsets a competition more than judges that are late or do not turn up.**
If you have any queries relating to Judges please email Sarah at alphafactorentries@gmail.com
As per the published Rules, any Nominated Judge Failing to Show will result in a £50-£150 Fine invoiced to the Club.
- ★ Music should be clearly labelled with Gymnast's Number, Name & Club and, if on tape, rewind to the correct starting position. If music is on CD, please ensure it is on a **CD-R** disc and not any other formats such as CD-RW as they may not play in the system. We are unable to accept music on a USB flash drive.
Please hand in at Registration and ensure that the Gymnast's Number is shown to the Announcer prior to Floor routine.
- ★ This event adopts a strict health & safety policy thus, if the judges in charge of each apparatus in consultation with the organisers deem an element or vault to be unsafe then, we will request that the gymnast not perform it.
- ★ If a gymnast fails to compete an apparatus, please inform the judges in order that they can submit a zero slip to the Scorers
- ★ **Gymnasts are to provide their own Numbers and Chalk.**
- ★ T-shirts will be handed out to Coaches to distribute to gymnasts throughout the Competition.
- ★ The BGA jewellery policy will be enforced for both gymnasts & coaches.
- ★ Apparatus will be clearly signposted thus, please ensure that your gymnasts warm-up & compete on the correct piece and be prepared to adapt and assist on Vault where the equipment may need to be raised, lowered or changed.
- ★ The emphasis of this event is on Fun & Enjoyment! Please bear in mind that this is a very large competition and delays may occur
Under no circumstances should either you or, your parents approach the judges or scoretable.
If, you have a query, please approach either Sarah Calvert or Andy Wood. We will endeavour to deal with any problems as quickly as possible but would appreciate your patience whilst doing so.
- ★ Where possible, gymnasts have been grouped in Clubs. Gymnasts to drop down x 1 within each Rotation (& grade where applicable)
If you have any withdrawals please can you let me know in advance by email: alphafactorentries@gmail.com
Please note that Entry Fees are non-refundable.
- ★ **ALL** Gymnasts, Coaches & Judges have been issued with entry passes in advance. The Registration Point will be clearly signposted and will also act as the Entry & Exit for participants throughout the event.
Please avoid using the Spectator entrance, as this will only cause congestion and unnecessary confusion.
- ★ Spectator Tickets can be pre-purchased by using the Order Form enclosed with the original Information Pack or, via the Website: www.alphafactorcompetitions.com
- ★ Video & Photography Registration will be available on the relevant day of competition. **NO** Charge will be made to Spectators registering but, **ANY** Spectator wishing to register **MUST** provide Official I.D. upon Registration as well as state whom they are videoing / photographing.
- ★ Alpha Factor Apparel & Hot/Cold Refreshments will be available to purchase over the Weekend. Alpha Factor £5.00 Vouchers for competing gymnasts have been sent out in advance with the Programme; please can you ensure they receive these.