

# The London Open Event Series 2022

## Men's London Open & London Challenge Open

[www.menslondonopen.co.uk](http://www.menslondonopen.co.uk) | [info@menslondonopen.co.uk](mailto:info@menslondonopen.co.uk)



## WORKPLAN

**Dates:**  
**Venue:**

Friday 13<sup>th</sup>- Sunday 15<sup>th</sup> May  
The Jean Brown Arena,  
Redbridge Sports Centre,  
Forest Rd, Barkingside,  
Essex, IG6 3HD

**The London Open Event Series 2022**  
**Including: Men's London Open & London Challenge Open**  
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Dear Friends,

It's been over two years since the MLO Team got together to run an event and we can't wait to welcome you all back to Redbridge Leisure Centre in what will be the 112<sup>th</sup> year of the MLO.

After the discussion that Andy Tombs began in his former role as MTC chair, we have moved the MLO to May so it can be a voluntary event for all gymnasts, leaving the Autumn for Set routines.

The new MLO Challenge is designed to be an intermediate step between the Setwork grades routines and voluntary routines, to aid the development of younger gymnasts and help their progression towards FIG level routines. The competition is structured with a 'set routine' base, with the opportunity for gymnasts to add in voluntary skills to build difficulty. With thanks to Will Banthorpe at Pipers' Vale for allowing us to use his competition rules.

We will continue with our Elite voluntary competition as in previous years.

Entries for International gymnasts are welcome and coaches should complete the form here <https://bit.ly/MLOInternational2022>

All rules can be found on the competition page

<https://www.british-gymnastics.org/event/10738/mens-london-open-and-challenge-open-2022>

Please do not hesitate to contact me at [info@menslondonopen.co.uk](mailto:info@menslondonopen.co.uk) if you have any questions.

Kind regards,

*Cat*

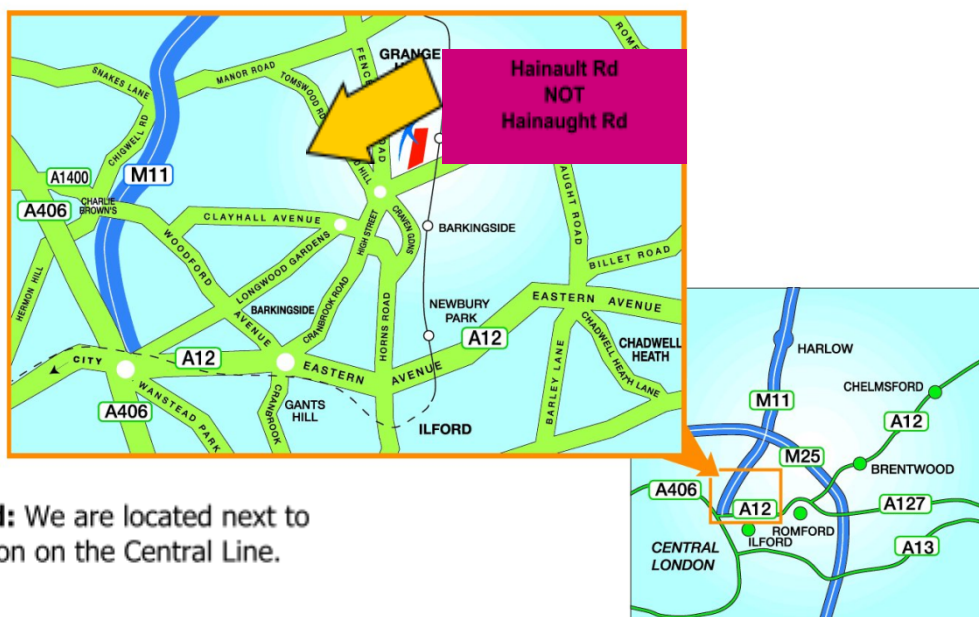
Cat Bates  
MLO Director 2022

## Event Personnel

<b>Event Director:</b>	Cat Bates
<b>Event Manager(s) FOP:</b>	Mark Walsh
<b>Financial Officer:</b>	Faye Walsh
<b>Front of House:</b>	Anne McNeill & Faye Walsh
<b>Social Media:</b>	Helen Bates
<b>Judging Convenor:</b>	Simon Moore (London Open), Andrew Crawford (Challenge)
<b>Medical provision:</b>	<p>There will be a first aider present during the event, including British Gymnastics appointed Physiotherapists.</p> <p>The first aider/Physio may be contacted through the competition control desk.</p>
<b>Welfare Officer:</b>	<p>There will be a welfare officer on duty during the event. The welfare officer may be contacted through the competition control desk.</p>
<b>Volunteers:</b>	<p>The Men's London Open is entirely staffed by volunteers who give up their time to allow the event to run. London Gymnastics &amp; Redbridge Leisure Centre takes a zero-tolerance approach to abuse of our volunteers. You will be required to leave the premises if deemed to have contravened this rule.</p>

## Venue Information

**Venue:** The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD  
**Directions:**



**By Underground:** We are located next to Fairlop Tube Station on the Central Line.

**From the M11:** At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road. At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

**From the North Circular Eastbound:** Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2<sup>nd</sup> exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



**Parking  
charges apply  
PLEASE  
REGISTER  
YOUR CAR  
AT THE VENUE**



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff will be able to direct you.

## Event Information

### Tickets:

The London Open Championships is often a sell-out event. Tickets will **ONLY** be available online and we suggest you book early to avoid disappointment.

You can also receive a discount when you purchase a ticket for the senior competition and one other session. You can do so via phone or over the web - just follow our link below.

### Ticket Prices:

**Tickets available online at:** <https://bit.ly/MLOTickets2022>

Comp	ONLINE PRICES
Challenge Voluntary	£15.00
U12 Competition	£15.00
U14 Competition	£15.00
U16 Competition	£15.00
U18 Competition	£15.00
Senior Competition	£25.00
Senior Competition PLUS one from above	£35.00 (£5 saved)

Wristbands will be issued instead of tickets, these will be posted to you in advance. These should always be worn to help our stewards easily identify that you have paid. You will receive a separate wristband for each competition. It may be necessary to clear the hall between rounds on the grounds of health and safety.

### On the Door Tickets:

**Subject to availability and at additional cost for spectators**

### Exceptions:

Gymnasts & Coaches must purchase a ticket to watch any competitions in which they are not competing. An adult **MUST** supervise gymnasts spectating during the competition. If a competition is over 2 sessions gymnasts and coaches may sit in the spectator seating for free on the session in which they are not competing but will need to ensure spectators take priority in the tiered seating.

### Result sheets:

All scores can be viewed online via [www.gymdata.co.uk](http://www.gymdata.co.uk) during the competition and will be available to view after the event.

Screens will be available in the ticketing area where you can type in your mobile number to have the scores sent to your phone via SMS.

### Venue Rules:

1. Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or claxons are only used between the march around of the gymnasts.
2. Please follow the direction of stewards at all times
3. Please only leave your seat between rotations.
4. No Flash Photography, please also ensure bright lights on your mobile device are turned off.
5. London Gymnastics & Redbridge Leisure Centre uses a zero-tolerance approach to abuse of our volunteers. You will be required to leave the premises if deemed to have contravened this rule.
6. It may be necessary to carry out a bag search upon entering the building

### Arena Floor Surface:

A brand new floor has been laid at Redbridge. High heels are NOT allowed anywhere within the arena and you will not be allowed to enter the building while wearing them. Please either wear trainers or other soft shoes. Slippers will be on sale for those who require them.

**COVID Protocols:**

COVID-19 and the associated restrictions have had a huge impact on all our lives and our community. The implications have been clear in relation to the British Gymnastics 2020 and 2021 National Event calendars, where the majority of planned activities in both years have been cancelled. However, with the vaccine rollout continuing at pace, it is with greater hope that we look forward to resuming a normal programme of Events in 2022. We continue to work very closely throughout the pandemic with the Technical Committees and Performance teams to review how best to deliver their respective event programmes. Whilst our planning is progressing on the basis that social distancing has come to an end, we will be taking all reasonable steps to create a COVID-19 secure environment at Events in alignment with current government guidance.

We will continue to review this and react accordingly should the government make any changes to their guidance. This may require returning to limiting the capacity of both entries and spectators within event venues to ensure social distancing can be maintained, increased cleaning and hand hygiene provision and the implementation of personal protective equipment (where necessary). It's important that everyone planning to attend an Event understands that although measures will be put in place to decrease the likelihood of transmission or contraction of COVID-19, the risk cannot be eliminated. As such, there is an increased risk associated with attendance at an Event and everyone must consider their own circumstances which include but is not limited to personal underlying health conditions (of themselves or someone within their household) when making an assessment about attending events. It is also important that each individual understands the responsibilities they have to keep not only themselves safe but to work together to make sure we can create a safe environment for all – we really do need everyone's help!

As a result of the restrictions being different for each part of the UK in late 2020 and continued interruptions to training throughout 2021 the impact restrictions have had on every club have varied widely, it is acknowledged that it will be more difficult than normal to create a completely level playing field for all. As always, we ask coaches to make the appropriate assessment of a gymnast's ability level and their readiness both physically and mentally to take part in future events, based on their own particular circumstances. It is fully acknowledged that some flexibility and changes to the normal way Events are staged may be necessary for the foreseeable future. We are therefore extremely grateful for everyone's patience, understanding and co-operation in trying to regain some much-needed normality in these incredibly challenging times.

**Merchandising:**

There will be a range of merchandising stalls, which will be available throughout the Championships (though some stalls may not be open for each round of competition).

**The Zone Stall** – Major sponsor to London Gymnastics will be selling a range of boys and girls gymnastics attire

**Elite International** – selling a range of garments online, the link will be sent to clubs when it is open

**Café:**

The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments.

**Gymnast Registration:**

Registration of gymnasts will take place in the main arena (follow signs). Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens).

**Anti-Doping:**

London Gymnastics follows the BG anti-doping statement.

*"The anti-doping rules of British Gymnastics are the UK Anti-Doping Rules published by the Drug-Free Sports Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of British*



*Gymnastics."*

**BG/LG Photo Policy:**

By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy. <https://bit.ly/BGPhotographyPolicy>  
Photos may only be taken for personal use. You may not take photos for sale, other commercial use, or publications in printed or electronic form, such as on websites. Clubs may publish some photos of their own gymnasts, but this may only be done in accordance with BG Child Protection Policy  
Flash may not be used at any time whilst gymnasts are warming up or competing. Any concerns about any photographer or the suitability of any photos being taken should be reported to the Welfare Officer at the event.  
Nominated coaches must not take photos or videos, whilst in the arena, with the exception of during presentations. Coaches who are spectators are covered by the same rulings as parents/guardians.

**Gymnast attire:**

Gymnasts must march on in competition attire/ club tracksuits.  
Gymnasts must wear long gymnastics pants and socks on pommel horse, rings, parallel bars and horizontal bar. Long gymnastics pants, socks and/or slippers that are black or the darker shades of blue, brown or green are not permitted.  
They have the option to wear short pants with or without socks or long gymnastics pants with socks on floor exercises and vault.  
The wearing of a gymnastics singlet on all apparatus is compulsory.  
The wearing of GBR or Home Nations attire at BG Events is strictly forbidden. However, where individuals or partnerships have been selected for GBR and awarded their colours (GBR flag), this may be worn on the gymnast's leotard at domestic events provided it conforms with FIG attire regulations.  
Gymnasts have the option of wearing gymnastic slippers and socks.  
The removal of leotards on the field of play and in public view is not allowed.  
Handguards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin colour.  
Advertising on attire must adhere to FIG rules.

**Awards & Ceremonies:**

**London Challenge Open Ceremony Protocol**

Gymnasts will be presented with their medals and stand behind the winner's rostrum for each presentation. Due to time constraints, we will not stop for photos, and instead, a separate photo area will be provided. Our official photographers and parents will be welcome to take photos of the medal-winning gymnasts immediately following the competition.

**Social Media:**

London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us prior, during and after the event using #MLO2022 or #LondonGymnastics



<https://twitter.com/menslondonopen>



<https://www.facebook.com/MensLondonOpen>



<https://www.instagram.com/menslondonopen/>

## Technical information

<b>General Rules:</b>	<p>All entry fees are non-returnable irrespective of the reason.</p> <p>Please check through the start list of names, check that gymnasts have been entered in the correct level and that the spelling of their name is correct.</p> <p>Please ensure that your gymnasts arrive at least 30 minutes before the stated registration time, except for the first round.</p>
<b>Gymnast Registration:</b>	<p>Registration of gymnasts will take place in the main arena (follow signs). Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens).</p> <p>Please ensure you inform us of any withdrawals at registration (or to the Competition Director if known prior to the event).</p>
<b>Coach Registration:</b>	<p>Coaches must register at the computer in the main hall.</p>
<b>Judge Registration:</b>	<p>Judges must register at the computer in the main hall.</p>
<b>Draw &amp; Start List:</b>	<p>The information will be emailed to clubs and published on <a href="http://www.gymdata.co.uk">www.gymdata.co.uk</a> and <a href="http://www.menslondonopen.co.uk">www.menslondonopen.co.uk</a></p> <p>If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day (up until the start of apparatus warm-up) to facilitate continuity of the competition.</p>
<b>Judges Meeting:</b>	<p>These are published within the Competition Draw. All judges should register on arrival and will be informed of the location for the judge's meeting.</p>
<b>Coaches Meeting:</b>	<p>There will be a coach meeting with the Competition/Technical Director at the Control Table shortly before warm-up commences</p>
<b>Equipment Specs:</b>	<p>Gymnova is the official equipment supplier. No other equipment may be used without 24hrs notice to the Competition Director.</p> <p>Equipment Heights and Matting as National MTC Handbook and FIG Code of Points.</p>
<b>Supervising Coaches:</b>	<p>Must have a current paid BG membership, Current BG DBS &amp; SPCA, &amp; minimum level 2 qualification.</p>
<b>Assisting Coaches:</b>	<p>Must have current BG membership, DBS, SPCA &amp; minimum level 1 qualification. Level 1 assisting coaches must be coaching within their coaching qualification and be supervised by a Level 2 coach.</p> <p><b>Note:</b> If you wish to use any coaches who were not nominated on your original entry, please contact the Competition Organiser <a href="mailto:info@menslondonopen.co.uk">info@menslondonopen.co.uk</a> providing the full name (as on BG Gymnet) DOB and BG Membership number.</p>
<b>Gymnasts:</b>	<p>Must have current BG Competitive gymnast membership.</p>
<b>Judges:</b>	<p>Judges require a current NGB membership &amp; relevant judging qualification.</p>
<b>Warm-Up Times:</b>	<p>These times can be found within the competition draw <a href="http://www.menslondonopen.co.uk">www.menslondonopen.co.uk</a></p>
<b>Warm-Up Rules:</b>	<p>Finish Apparatus warm-up when announced. Have the first gymnast and subsequent gymnasts ready to compete straight away.</p>



## London Challenge Open Specific

### Event 1 – London Challenge Open

**Dates:** Friday 13<sup>th</sup>- Sunday 15<sup>th</sup> May (No podium training)

**Venue:** The Jean Brown Arena, Redbridge Sports Centre, Forest Rd, Barkingside, Essex IG6 3HD

#### Age Groups & Codes (Age as at 1st January 2022):

Competition	Age Group	Year Born	Code
Over 6 and Under 8	Under 8	2014 & 2015	<b>Pipers Vale Challenge Rules, please see separate rules booklet</b>
Under 9	Under 9	2013	
Under 10	Under 10	2012	
Under 12	Under 12	2010 & 2011	
Under 16	Under 16	2006-2009	

#### Awards:

Competition	1 <sup>st</sup> AA	2 <sup>nd</sup> AA	3 <sup>rd</sup> AA	Apparatus Medals
All Club & Levels	Gold Medal, Trophy	Silver Medal	Bronze Medal	Bronze, Silver & Gold medals will be awarded on all apparatus

#### Warm-Up:

All challenge gymnasts have 15 minutes general stretching warm-up in the main arena. Once the end of warm-up is called gymnasts should place their bags in the seating area for their panel. They will not line up in front of the judges. The marshalls will direct their warm-up as it is announced. Warm-up times must be adhered to, please follow the instructions of the marshalls.

Panel A will be Pink

Panel B will be Blue

**Set timings for apparatus warm-up, per panel will be published with the competition draw.**

#### Competition:

Once their warm-up is complete the gymnasts should return to the seated area for their apparatus. Please ensure the first gymnast is ready to compete.  
 On Rings or High Bar; when using gloves gymnasts do not need to present before putting their loops on. They should have both hands in their loops and nod to the judge that they are ready. Once the rotation is complete gymnasts should line up behind their marshall to march to the next piece of apparatus. Coaches should remain behind the gymnasts.  
 We may move gymnasts early from Pommel Horse to Rings to allow the Rings warm-up to start early. After marching round gymnasts will begin their warm-up when instructed, they will not line up in front of the judges.

#### Presentation:

Once the competition is complete gymnasts will be directed to the competition floor for the medal presentation.

Photographs will not be taken during the presentation. After the presentation is complete the gymnasts will be directed to the side of the seating, coaches must hand gymnasts back to their parents/guardians.

Photographs can then be taken by coaches or parents in our presentation area.

## London Open Specific

### Event 2 – Men's London Open Championships

**Dates:** Friday 13<sup>th</sup>- Sunday 15<sup>th</sup> May. Dates will be confirmed once the programme draw is published.

**Venue:** The Jean Brown Arena, Redbridge Sports Centre, Forest Rd, Barkingside, Essex IG6 3HD

**Podium Training for all **voluntary** competitions will be scheduled for the day before they compete, times can be seen on the competition draw, which will be available at [www.menslondonopen.co.uk](http://www.menslondonopen.co.uk)**

Under 12 - The Brewer Competition  
 Under 14 - Max Whitlock Competition  
 Under 16 - Trevor Low Competition  
 Under 18 - Peter Moore Competition  
 Over 18 - Westminster Cup

#### Age Groups & Codes:

Competition	Age Group	Year Born	Code
The Brewer Competition	Under 12	2010 or 2011	FIG Junior Code BG U12 amendments Supplementary list of 'A' value elements
Max Whitlock Competition	Under 14	2008 and 2009	FIG Junior Code with BG Under 14 amendments
Trevor Low Competition	Under 16	2006 and 2007	FIG Junior Code
Peter Moore Competition	Under 18	2004 and 2005	FIG Junior Code
Westminster Cup	Over 18	2003 and earlier	FIG Senior Code
Westminster Disability Cup	Under 18 Over 18	2004, 2005, 2006, 2007, 2003 or earlier	Disability Supplementary Code of Points

#### Awards:

Competition	1 <sup>st</sup> AA	2 <sup>nd</sup> AA	3 <sup>rd</sup> AA	Apparatus Medals
Brewer	Gold Medal & Trophy	Silver Medal	Bronze Medal	Bronze, Silver & Gold medals will be awarded on all apparatus.
Max Whitlock	Gold Medal & Trophy	Silver Medal	Bronze Medal	
Trevor Low Challenge	Gold Medal & Trophy	Silver Medal	Bronze Medal	
Peter Moore	Gold Medal & Trophy	Silver Medal	Bronze Medal	
Westminster	Gold Medal & Trophy	Silver Medal	Bronze Medal	

There will also be a separate set of Medals & trophy presented in the All-Around for International Gymnasts and Disability Gymnasts. The highest placed gymnast (competing All-Around) from a London Club will be the winner of the Westminster Shield. International Gymnasts are eligible for Apparatus Medals.

The criterion for an 'International' gymnast is for a gymnast that has been invited from overseas by the London Open Organising Committee. Those with BG Membership are not considered internationals for this purpose.

**Warm-Up:**

For all voluntary competitions there will be a stretching area adjacent to the tiered seating. This can be used by gymnasts supervised by coaches and during any rest rotations

Stretching and Apparatus Warm-Up will NOT be split. Gymnasts can choose to use the stretching area **prior** to the start of their warm-up time to allow more apparatus time if they wish.

After the apparatus warm-up (with the EXCEPTION of Seniors) Gymnasts will make their way to the seated area of their first piece and place down their bags. The competition announcers will introduce the competition and the warm-up will commence. Gymnasts will not line up in front of judges.

**Seniors** will place their bags by their first piece and then line up outside the arena in the corridors. The marshalls will place gymnasts in the correct order. Gymnasts will then be announced individually as they enter the arena. The competition announcers will introduce the competition and the warm-up will commence. Gymnasts will not line up in front of judges.

**Apparatus Warm-Up:** Once their warm-up is complete the gymnasts should return to the seated area for their apparatus. Please ensure the first gymnast is ready to compete. Warm-up will be 30 seconds per gymnast for all pieces except Parallel Bars where it will be 50 seconds. After marching round gymnasts will begin their warm-up when instructed, they will not line up in front of the judges.

**Presentation:**

Once the competition is complete (with the exception of Seniors) gymnasts will be directed to the competition floor for the medal presentation.

Photographs will not be taken during the presentation. After the presentation is complete the gymnasts will be directed to the side of the seating, coaches must hand gymnasts back to their parents/guardians.

Photographs can then be taken by coaches or parents in our presentation area.

For **Seniors**, once the competition is complete, they will be taken to a seated area at the side. Those winning medals or awards will be taken to the floor for the presentation.

## Information for Both Events

### Judging

As a condition of entry each BG club must nominate at least one judge for all competitions entered. Your entry will not be valid without a nominated judge. International entries have the option of bringing a judge but it is not compulsory.

If after the draw is published your judge is unable to attend your club will be required to pay £150 (per competition in which a judge is no longer available) in order for your gymnasts to compete. The payment will be due before the competition starts.

Please refer to the British Gymnastics National MTC Competition Handbook for 2022. All judges' expenses are to be covered by the nominating Club.

Please ensure your club has completed the following form so that we have all contact details:

<http://bit.ly/MLOContact>

This form can be filled in by multiple coaches in the club that wish to be on the mailing list to receive competition updates. The MAIN COACH should fill in the judge (s) details. It includes contact details and judge qualifications.

Once published the Judge's draw will be available on [www.menslondonopen.co.uk](http://www.menslondonopen.co.uk)

### Late Entries & Refunds

London Gymnastics reserves the right not to accept late entries. Late entries (double entry fee) will be placed onto a reserve list and only considered if we have any withdrawals from the competition.

London Gymnastics will not return any monies received once payment has been submitted unless the competition is oversubscribed.

### Membership

All gymnasts, coaches and judges must be members of British Gymnastics (or their International equivalent) and in entering the competition declare that they are fully paid members of British Gymnastics with gymnasts holding competitive membership. Coaches should also hold the appropriate qualifications for the level of their gymnasts and a BG enhanced DBS and SPC at the time of entry through to competition. Please note Gymnet will not allow the entry to proceed if these criteria are not met. Please contact British Gymnastics Membership for any queries with DBS or SPC qualifications.

### Coach Attire:

Coaches must wear a tracksuit with full-length tracksuit bottoms or full-length tracksuit bottoms with a collared polo shirt or club/regional t-shirt and appropriate gym/training shoes.

The wearing of GBR or Home Nations attire at BG Events is strictly forbidden.

Long hair should be braided or tied back so as not to obscure vision.

Coaches will not be allowed on the competition floor if wearing ANY jewellery. If it is impossible to remove items of jewellery they should be taped. Exceptions are as per BG Body Piercing and Adornments policy.

Non-compliance may result in the removal of the coach and consequently, for Health and Safety reasons, their gymnast from the competition.

Chewing gum is not permitted at any time.

### Judge Attire:

Judges and officials must wear *black/blue* suits, skirts or trousers with jackets and white shirts with black smart shoes AND NO HEELS

### Competition Etiquette:

Please ensure that gymnasts and coaches use the seating provided whilst waiting to perform on the apparatus. Please keep all your belongings together and only march to the next piece of apparatus when instructed, ensuring that gymnasts march around the apparatus and not across it.

### March Around:

Please ensure the gymnasts quickly line up behind their marshall when instructed.

The gymnasts need to follow their marshall to get to their next piece. Please ensure all coaches remain back behind the lines until ALL the gymnasts have marched to the judges on their panel.

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**Electronic Communications:** Apart from as required for the running of the competition, gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices including tablets, to make calls, take photographs or be used for other forms of communication in the arena during the event.

**Inquiries & Protests:** Please refer to the BG MTC Competition Handbook. For the Challenge Open, there will be no inquiries.

**Tiebreaks:** In the event of a tied score, there will be no tie-break and tied gymnasts will have the same ranking.

**Scoring and results:** Scores will be shown after each performance on the big screens in the arena. A printed receipt with the score will be provided for coaches. Finalised score sheets will be sent to competing clubs. Scores will be published on the LG website. During the day please get live updates of scores via [www.gymdata.co.uk](http://www.gymdata.co.uk)