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### NAC Cup and British Championship - Photos



## NAC Cup and British Championships

This year we returned to the spectacular Echo Arena in Liverpool for the NAC Cup and British Championships. The gymnasts competed over 26th-28th July 2017. Once again it was a brilliant couple of days so I would like to say a huge thank you to all of those that attended and supported this competition.



There was a lot of interest from Clubs. We had a total of 11 clubs competing, these included: Basingstoke, Bulmershe, Champion, Gillingham Heathrow, LK, New Forest, Phoenix, Splits, Suki and Weston. It was great to see so many gymnasts compete from a variety of clubs!

This competition would not have been possible without the support from our volunteers, coaches and judges too. So, I would like to thank all the volunteers, coaches and judges that came from across the country for giving up their time and enabling this competition to go ahead.



The standard of this year's competition was high so it'll be exciting to see what the new year will bring. Next year the NAC Cup and British Championships will be held at the Telford International Centre 22nd-24th June 2018.



(Colette Hayes, 2017)



## BG National Awards 2017

We are pleased to announce that this year Su Killeen was shortlisted for Volunteer of Year! I'm sure you will agree that this is a great achievement for Su as well as our discipline. We have numerous amazing people within our discipline so I would like to take this opportunity to recognise and congratulate Su for all her hard work!



A few members from the Aerobics community also attended the evening to support Su. It was a great evening had by all. We were lucky as the evening also involved listening to some inspirational speakers so I would just like to share their words of wisdom with you:

Sir John Major..."Gymnastics must be the only sport that is as exhilarating to watch as it is to perform."

"Sport is a central part to most people's lives. Sport is unique, it touches our deepest instincts."

"We've still got a lot more to give as a sport, tonight we need to celebrate and tomorrow we need to start giving!"

Kristian Thomas..."Dream big, work hard and always listen to your coach!"

## Suki Competition



Suki Aerobic Gymnastics Club hosted their annual Club competition for the first time at Fareham Leisure Centre on Saturday 14th and Sunday 15th October.

The competition was originally on one day in the previous year, but due to a huge development within our sport two days were needed. It was an action packed weekend with over 160 routines listed on the running order. We had nine clubs from the UK competing travelling from Weston Super Mare, Plymouth, Basingstoke and London. Suki performed 30 routines over the two days.

Saturday saw our Regional Aerobic Team perform, alongside our National Team. It was a very close and tough competition Saturday but this did not put any of the gymnasts off. Sunday morning was an early start for all the clubs competing. We started with our NAC partnership routines first before moving onto our international gymnasts who compete in the FIG Category. As the age of the gymnasts increased so did their routines, scores and creativity.



Suki would like to take this opportunity to thank everyone who supported this event and ensuring our sport continues to develop onto bigger and better things. We would also like to congratulate all the gymnasts who competed, you all did fantastic. Competitions like this would not happen without the drive and passion from the club coaches, judges and army of volunteers, thank you to Suki for hosting it and we hope to see you again in the future.



(Natalie Porter, 2017)

Please contact Natalie on [natalie@sukiagc.co.uk](mailto:natalie@sukiagc.co.uk) if you have any feedback you wish to share, as this is one way we can develop Aerobic Gymnastics.



## Congratulations

Molly Brown has been awarded the Welsh non Olympic gymnast of the year for the second year in a row!



To achieve this award twice is a huge accolade. Weston are so proud of Molly and all the hard work she does in the gym. Part of the reason for her award was the work Molly does with the mini development squad. To train at this level and still find time to help others achieve is remarkable.

## New Clubs

I would like to welcome Ocean Gymnastics Club (Plymouth) and Sparkles Gymnastics Club (Bracknell) to our Aerobic Gymnastics community. We hope you feel welcomed and will enjoy your experience as part of our Aerobic discipline.



## European Championships

Aerobic gymnastics qualified allowing them to take a team to the European Championships in Ancona, Italy in September 2017.

We had 3 gymnasts representing Great Britain; Renee Augier, Kate Donnelly and Anya Donnelly. All three girls are from Bulmershe Gymnastics club in Reading. As part of the team, their personal coach Kerry Scotts also attended alongside Natalia Illienko-Jarvis (Judge) and Jackie Murphy (Head of Delegation).



Renee was selected to compete an individual routine as well as performing with her team mates Kate and Anya in a trio.

Renee performed a dynamic routine scoring all of her difficulty elements resulting in her placing 15th. It was a very competitive individual category.

The trio performed an energetic crowd pleasing performance narrowly missing qualification and finishing 12th.

This event was a self-funded competition, the Southern Region Aerobic Committee supported the girls to help them attend the European Championships. Therefore, we would like to say a massive thank you to the Southern Region Aerobic Committee! We are very grateful for your support!



(Kerry Scotts, 2017)



## Hungarian Open

Gymnasts from Weston and Champion A.G.C. travelled to Pecs in Hungary to represent their clubs at this event. The host club PSN is home to Daniel Bali who is the current Senior Men's European Champion. He also trains and competes with the famous Dora Hegyi, who we knew would be performing as an athlete here for the very last time! Our gymnasts and coaches were excited to see how well we could do as a team after a great deal of preparation over the course of 2017 - we were also looking forward to seeing some of the worlds best Seniors in action!

**Day 1: Friday 27th October 2017** - Our gymnasts had the chance to podium train together and get used to the floor and their surroundings. Shortly after this was the Opening Ceremony to present the nations and then we were straight into the National Development competition (10-11 years).

Overall our gymnasts in this age group looked very well prepared showing a lot of potential for the future. This reflected in the scores awarded with Jasmine Dight scooping the Silver medal in the Individual category with a score of 17.450. Jasmine showed very clean lines and lovely flexibility to be awarded a fantastic execution score of 8.600. Chloe Thornton followed closely behind winning the Bronze medal with a score of 17.400. Her dynamic and powerful routine was a joy to watch. Eric Deli also won the Bronze medal in the IM category with a clean and classy performance.

ND Trio: Seren Jones, Jasmine Dight and Katie Ferris - Silver medallists with a score of 17.300. These girls showed a beautiful routine with great synchronisation, giving the judges very little to take away.

ND MP: Lulu Sargeant and Eric Deli - Silver medallists with a score of 17.00. With some difficult work for their age they really gelled together as a partnership and performed well on stage.

Three Silver medal routines and two Bronze medal routines rounded up a fantastic first day of competition.



**Day 2: Saturday 28th October 2017** - The second day served as the qualification round for AG1, AG2 and Seniors. The quality of our AG1 gymnasts has seen a remarkable improvement in 2017. As an individual Lola Lawrence has really made her mark on the international stage with an outstanding level for a girl who is still only 11 years old. A complete package as a gymnast showing lots of determination to succeed! Nancy Law, another newcomer to AG1 has risen to the challenge scoring consistently high this year performing to a lovely version of 'Tomorrow' from the film Annie. Giulia Burcus who was an NAC gymnast two years ago, has also proven what hard work and dedication can achieve with increasing scores this year.

All three gymnasts did their job in the qualification round placing in the top 7 out of 41 girls:

3<sup>rd</sup> place Lola Lawrence: 19.100

5<sup>th</sup> place Nancy Law: 18.800

7<sup>th</sup> place Giulia Burcus: 18.400

There was a two gymnast per country rule meaning Lola and Nancy advanced to the finals!

In AG2 Xena Hewitt and Elena Hamblin competed well enough to earn them a place in the finals. Both girls are relatively inexperienced in AG2 with Xena moving up from AG1 and Elena as a first year FIG

gymnast.

The AG1 trio of Lola Lawrence, Molly Brown and Bella Styles performed very solidly to qualify in 2<sup>nd</sup> place for the finals. Their enchanting routine is sold with intricate interactions and special moments throughout. These girls have shown real consistency this year with this routine.

In the Senior IW category Isabel Worrall performed cleanly to also claim a place in Sundays final. To achieve finals across each age group was just excellent and the gymnasts were keen to improve on their scores/rankings on day 2.

### **Day 3: Sunday 29<sup>th</sup> October 2017 - Finals Day**

AG1 Individual:

Silver medal Lola Lawrence: 19.450 and PB score achieved!

5<sup>th</sup> place Nancy Law: 18.700

AG1 Trio of Lola, Molly and Bella - Silver medal with a score of 19.300 and another PB score achieved. Superb performances and results from these gymnasts on an international stage.



Lewis Harvey had a long wait before it was his turn to compete in the straight finals for AG1. Lewis performed confidently and did his job to win the Bronze medal with a score of 17.300.

AG2 Individual:

7<sup>th</sup> place Elena Hamblin: 19.05 showing a much more confident and powerful routine. A great way to finish the 2017 competitive season.

Xena Hewitt scored 18.300 and again another improvement score wise from Day 1. Congratulations girls.

After an exciting weekend of competition we were finally able to watch the seniors take to the floor and perform! Dora Hegyi has been an amazing role model to all of our athletes and we thoroughly enjoyed seeing her in action for the last time. Her farewell celebration at the end saw the whole arena on its feet applauding a true Champion of the sport

Weston and Champion as clubs achieved a great set of results for the nation at this event proving that our gymnasts are up there with the very best. As clubs we hope to keep building and working together to achieve even greater things for 2018 and beyond.

(Christina Fossheim, 2017)

## **Thank you!**

I just wanted to say a massive thank you to everyone that sent me something for this newsletter! If it wasn't for your help these newsletters would not be as exciting as they are.

If you have any news or information you would like included in the next newsletter then please email them to [colettehayes1993@googlemail.com](mailto:colettehayes1993@googlemail.com)