

## Rhythmic Technical Committee

Dear all,  
Please find attached Rhythmic updates for December.

If you no longer wish to receive this information, just email "Rhythmic News Opt Out" to [RG TC Contact](#)  
If you would like to join the mailing list, please send a request to [RG TC Contact](#).

Kind regards  
Ruth Wilson (RG TC Information Officer)

7<sup>th</sup> December 2018

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### Competition Requirements

Please find attached a revision of the 2019 Competition Requirements for Individual, with the full information included. Latest versions of these documents can always be found on the BG website [here](#).

### Zonal Grades

Please find below dates for 2019 Grades.

For more information or entry details, please contact your Zonal or Regional competition organizer.

- Zone A - 13<sup>th</sup> / 14<sup>th</sup> April - Canterbury
- Zone B - 31<sup>st</sup> March - Cardiff
- Zone C - 14<sup>th</sup> April - Birmingham (pending venue confirmation)
- Zone D - 16<sup>th</sup> March - Aberdeen

### Coach Education Update

British Gymnastics is looking to recruit, train and deploy Rhythmic tutors and assessors. This is an opportunity to impact the development of coaches at Levels 1 and 2 as a member of the British Gymnastics educator workforce. For more information and application forms, please see [here](#). Note the deadline for applications is 17<sup>th</sup> December 2019.

### 2019 Competition

Please find attached 2019 calendar.

## Rhythmic Technical Committee

### Open Individual Apparatus & Group League Round 3 - Results

Please find below results from the competitions. Full results can be found on BG website [here](#).

#### Group League Round 3

##### Esplor National

- 1<sup>st</sup> - Oxford Stars
- 2<sup>nd</sup> - City of Manchester
- 3<sup>rd</sup> - Llanelli Stars

##### Esplor Elite

- 1<sup>st</sup> - Llanelli Diamonds
- 2<sup>nd</sup> - Worcester Red
- 3<sup>rd</sup> - Elena

##### Junior National

- 1<sup>st</sup> - Deeside
- 2<sup>nd</sup> - South Essex Starlings
- 3<sup>rd</sup> - I-Star Hurricane

##### Junior Elite

- 1<sup>st</sup> - Team Bath White
- 2<sup>nd</sup> - City of Birmingham Stars
- 3<sup>rd</sup> - Ribby Hall

##### Senior

- 1<sup>st</sup> - City of Birmingham Thorns
- 2<sup>nd</sup> - Esprit Rhythmic
- 3<sup>rd</sup> - Team Bath

#### Group League - Overall

##### Esplor National

- 1<sup>st</sup> - Oxford Stars
- 2<sup>nd</sup> - Esprit Rhythmic
- 3<sup>rd</sup> - Llanelli Stars

##### Esplor Elite

- 1<sup>st</sup> - Llanelli Diamonds
- 2<sup>nd</sup> - Worcester Red
- 3<sup>rd</sup> - Elena

##### Junior National

- 1<sup>st</sup> - South Essex Starlings
- 2<sup>nd</sup> - I-Star Hurricane
- 3<sup>rd</sup> - Deeside

##### Junior Elite

- 1<sup>st</sup> - City of Birmingham Stars
- 2<sup>nd</sup> - Ribby Hall
- 3<sup>rd</sup> - i-Star Eclipse

##### Senior

- 1<sup>st</sup> - I-Star Academy Storm
- 2<sup>nd</sup> - City of Birmingham Thorns
- 3<sup>rd</sup> - South Essex Eagles

### Open Apparatus Championships - Espoir

#### Free

- 1<sup>st</sup> - Melissa Toma, Devotion
- 2<sup>nd</sup> - Nicole Kalnina, Elite
- 3<sup>rd</sup> - Jersey Aylward, Finesse

#### Hoop

- 1<sup>st</sup> - Nicole Kalnina, Elite
- 2<sup>nd</sup> - Alya Hanci, Devotion
- 3<sup>rd</sup> - Viktorjia Antonova, LSA

#### Clubs

- 1<sup>st</sup> - Grace Owen, Llanelli
- 2<sup>nd</sup> - Karolina Averlingyte, Elite
- 3<sup>rd</sup> - Anastasjia Zavaruhina, LSA

#### Rope

- 1<sup>st</sup> - Melissa Toma, Devotion
- 2<sup>nd</sup> - Viktorjia Antonova, LSA
- 3<sup>rd</sup> - Elizaveta Andreeva, Elite

#### Ball

- 1<sup>st</sup> - Dinburgh AI, City of Manchester
- 2<sup>nd</sup> - Phoebe Billingham, City of Manchester
- 3<sup>rd</sup> - Elena Gjoni, LAGAD

#### Ribbon

- 1<sup>st</sup> - Alisa Wefair, Esprit
- 2<sup>nd</sup> - Cara Mackay, Esprit
- 3<sup>rd</sup> - Emma Anderson, West Lothian

### Open Apparatus Championships – Pre-Junior

#### Rope

- 1<sup>st</sup> - Velizara Bakardzhieva, Devotion

#### Clubs

- 1<sup>st</sup> - Elizabeth Popova, Llanelli
- 2<sup>nd</sup> - Georgia Smith, Worcester
- 3<sup>rd</sup> - Erin McIntosh, Finesse

#### Ball

- 1<sup>st</sup> - Elizabeth Popova, Llanelli
- 2<sup>nd</sup> - Julija Cepulyte, Elite
- 3<sup>rd</sup> - Velizara Bakardzhieva, Devotion

#### Ribbon

- 1<sup>st</sup> - Elizabeth Popova, Llanelli
- 2<sup>nd</sup> - Erin McIntosh, Finesse
- 3<sup>rd</sup> - Prisha Rai, City of Birmingham