



Edition 133 July 2019
North of England
Gymnastics Association



NEGA NEWS

Many Congratulations to...

All our **Tumbling Clubs and gymnasts** who took part in the Regional Team finals & NDP Semi-Finals on June 8th and 9th.

There was some fantastic tumbling across both days and gymnasts placed 1st to 8th have qualified to compete at the NDP British Tumbling National Finals on July 13th & 14th 2019 at the Ricoh Arena Coventry.

The North Tumblers had an excellent weekend with 36 gymnasts qualifying across all the levels including 19 medal winners and 8 champions.

To top the weekend off the North of England Tumbling team were successful in becoming the Regional Team Champions 2019.

Well done to all the tumble gymnasts, coaches, judges & chaperone volunteers and thanks to Team Manager Chris Gatenby for the report.

And to....

South Durham Gymnasts who have been selected for England & GB Squads...



Leah Greenland - GB Junior Squad;

Mercedes Moore named in reserve for GB Junior Squad

Mercedes Moore & Mia Scott - England Squad

Keria Pedelty - GB Performance Pathway Squad – seen here with her selection letter!!

Thanks to Melissa for her report and congratulations to everyone at South Durham Gymnastics Club.

Also to.....

All the teams from the Region who competed so well at the recent English TeamGym Tournament. This competition was held at Walker Activity Dome in Newcastle and was supported by a team of brilliant volunteers from North East Gymnastics Academy. Thank you to everyone who took part, to all the volunteers and to all the judges who were excellent throughout the day.



With teams from Yorkshire and Milton Keynes taking part as well as North clubs the event was well supported by a large and enthusiastic audience. The Level 3 competition was won by City of Newcastle, with NE Gymnastics in second place. North East Gymnastics Academy took the Level 2 gold medal with City of Newcastle winning the Open section. At Level 4 Northern Hope won the Junior competition and Gateshead TG's very young team performed well to win silver behind a strong team from Milton Keynes in the Open age group. Tyneside Green tied for first place with Leeds Esprit in a very competitive Youth section, with Tyneside Silver team in silver medal position. In the Disability section, Leeds Esprit Men were the winners and they put on a real display for the audience with some excellent tumbling and trampette work. The competition of the day was the Primary Challenge – another tie for first place between North East Gymnastics Academy and Richmondshire. Tyneside put on a strong challenge to finish second. The Open winners at Primary level were City of Newcastle.

Thanks to English Gymnastics for all their support to the event and to Dave Portas, Regional EGA Committee member who presented the medals. Good luck to City of Newcastle at the British Championships in Liverpool!

Club News

Stainsby Gymnastic

Could we just say a big well done to Eva Connelly & Rebecca Lowe for a great performance at Acro Finals and Aryana Clay & Eleanor Lowe for a fantastic Silver Medal in National 1 Disability Acro women's pairs.

Also we have all 8 of our tumbling Semi Finalists qualified for Finals in July and all contributing to the North of England Tumble Team. Well done to

Bubba Confinas Silver Medal National 2; Ruby Robertson 4th National 2; Neve Walters Gold Medal National 2; Alesha Reed Bronze Medal National 3; Kaitlin Major 8th National 4; Lois Walters Gold Medal National 4; Nieve McManus Silver Medal National 4; Beth Ayre Bronze Medal National 5

Stainsby Sparkling Brightly And we are very proud. Thank you to Charlotte.

Robert Atkinson Gymnastics Club



Denis and all the coaches at Robert Atkinson would like to say a huge well done to all the Club's tumblers who competed at Hartlepool on the 30th June in the competition aimed specifically at the Club Grades. Lots of the children were competing for the first time but the club still managed a good haul of medals to round off the event. Many thanks to Shelly and her team for the excellent organisation. Here they are with their medals! Thank you, Denis.



Redcar Gymnastic Club

Also had Tumble gymnast success at British Regional Team finals. Chris Gatenby reports that following on from qualification success at the Regional National Development Plan Tumbling competition earlier in the year at Durham City Gym club, Redcar Gymnastics Club had 3 gymnasts qualify to represent the North of England in the British Team finals.

Jake Kelly, NDP level 2 Men age 13-14yrs - 10th

Sam King, NDP level 5 Men age 13+ - 5th

Jacob Parkes, NDP level 5 Men age 13+ - 3rd position

Sam and Jacob Parkes have qualified for the finals this coming weekend!



Regional News

General Gymnastics TC

Congratulations to all who took part in the recent Apparatus competitions at Hartlepool. There was some quality work and gymnasts were rewarded with medals which were shared over most of the 17 clubs who entered. We need more offers of judges to make it less pressured on the few who usually offer. Although we regularly offer and runs L1 and L2 F&V judging courses, people qualify and there are still only the same few who come forward to judge at events. Thanks to everyone at Hartlepool and to all the judges and officials who supported the event.

The next General Competitions are the Partner and Group Challenge and the GfA Team Gym. Details have been sent to Clubs – if you would like information and have not received the details please contact Enid.

Safeguarding: Emma has two **TTL** courses on offer at the moment – August 5th at Deerness and September 17th at Pennywell. Apply through the BG website.

Safeguarding for Young People 13+ **Very well** done to all the Young Leaders from Northern Hope who took part in this new course recently. They dealt with all the issues really well.

Safeguarding and Protecting Children – I have had a request from Redcar and also High Voltage TC for a course. I will look for a venue to accommodate these requests in September. If there are any more learners needing a course, please let me know as soon as possible.

BG News:

- The WAG dates for 2020 are in the find an event section of the BG web site.
- The WAG disability rules for 2019, are available at the below link. <https://www.british-gymnastics.org/technical-information/discipline-updates/womens-artistic/10528-disability-rules-2019/file>
- The WAG Compulsory Levels Q&A document, is available on the website. <https://www.british-gymnastics.org/technical-information/discipline-updates/womens-artistic/10333-q-and-a-for-comp-levels-2019/file>
- As part of your British Gymnastics club membership, all clubs have access to Health & Safety partners Agility. Please find their contact details attached. eilish.ward@british-gymnastics.org or 07934299549.

Late News: Congratulations to Penrith GC!

Gymnasts who train at Penrith Gymnastics Club travelled to Aberdeen to take part in the Open Scottish Championships-2019. The events took place on 25th May and our gymnasts competed with the Scottish gymnasts for the open awards. It was a fantastic success. Rhythmic gymnastics is an elegant sport requiring flexibility, strength and skill. The specific difficulties and dance moves must flow together with the movement of the hand-held apparatus. Leaps, pivots, balances and dance moves are scored, as are throws and other apparatus skills. Accuracy, musical expression and apparatus control must be shown. Rhythmic gymnastics is a perfect combination of sport and art, linking difficult body skills and expressive dance steps with skilful manipulation of the ball, rope, ribbon, hoop or clubs. Some younger gymnasts performed free (ie with no apparatus). In the Open Scottish Championships, the gymnasts competed as two



Teams (with four or five gymnasts in each) and also as individuals in their appropriate age groups. Our Team, Level 4 (ball) Espoir, comprising Alexandra Brook, Elsie Attwood, Ashleigh Clarke and Sadie Walkingshaw, won Gold and became overall open Scottish champions at this level. More success followed for our Level 3 team (balls), comprising Izzie Bellwood, Millie Macqueen, Isabella Fowles, Rosa Ware and Chloe Stephenson, who also won Gold, to become overall open Scottish Level 3 champions. More medals followed in Individual groups. At Level 3 Under 10, Sadie Walkingshaw came 1st Hoop routine, 2nd Free routine and won Gold overall to become overall champion. In the Under 12 group, Elsie Attwood came 2nd Clubs, 3rd Ribbon and won Silver overall. Alexandra Brook came 3rd in Clubs.

Penrith rhythmic gymnasts was qualified for the 2019 National Group League following their fantastic performance at The Fenton Manor in the British Group Seeding Championships in March. The Group Seeding event determines the competition pathway for Groups for the remainder of 2019 with Groups being classified as Level 5 (Elite), Level 4 (National) or Level 3 (Regional), based on their performances at the event. The Penrith Espoir (12 and Under) Group competed and achieved a respected 10th place at the Round 1 of 2019 National Group League. The Espoir group – Alexandra Brook, Elsie Attwood, Ashleigh Clarke, Sadie Walkingshaw and Izzie Bellwood (reserved) performed great routines. Thanks to Ina for this information. If you would like to know more about Rhythmic Gymnastics please contact Ina Ina.Wightman@GLL.ORG

*Thank you to everyone who has contributed to this News.
The next issue is due in October! Have a lovely Summer!*

