

North West Excel & Performance Grades - Saturday 23rd & Sunday 24th March 2024

SATURDAY 23RD March 2024									
	Doors open @ 08:30	Registration closes @	Coaches briefing	10 min General warm-up (after coaches briefing)	Judges (meeting, lunch or refreshments)	Line up/march on	Warm-up and compete format	End of round	Presentations (approx)
Judges					09:00				
Round 1		08:50	08:55	09:00		09:10	Vault -3 each Beam - 1.5 min each UB, Floor & R&C - 7 mins each panel	12:50	Presentation 12:55 for Performance Grades 3 & 4 Only
Judges					12.50-13.20				
Round 2		12:15	13:00	13:05		13:20	Vault -3 each Beam - 1 min each UB, Floor & R&C - 7 mins each panel	17:10	17:15

Please note that these timings are approximate and may be subject to change should the competitions run early or late and the warm-up may begin any time after the registration for that round closes. The Competition Organiser reserves the right to change a gymnast's group to maintain a more efficient running order.

SUNDAY 24TH MARCH 2024									
	Doors open @ 08:30	Registration closes @	Coaches briefing	10 min General warm-up (after coaches briefing)	Judges (meeting, lunch or refreshments)	Line up/march on	Warm-up and compete format	End of round	Presentations (approx)
Judges					09:00				
Round 3		08:50	08:55	09:00		09:10	Vault -3 each Beam - 1.5 min each UB, Floor & R&C - 7 mins each panel	12:00	12:00
Judges					12:00-12:30				
Round 4		11:15	12:10	12:15		12:30	Vault -3 each Beam - 1 min each UB, Floor & R&C - 4 mins each panel	14:40	17:15
Judges					14:40				
Round 5		14:00	14:45	14:45		15:00	Vault -3 each Beam - 1 min each UB, Floor & R&C - 4 mins each panel	17:15	

**Round 1 Saturday 23rd March 2024 - NW Excel & Performance Grades**

No.	Gymnasts Name		Club	Grade	Starting On
001	Sophie	Kaloumenos	Bebington Gymnastics Club	Performance Grade 4	VT
002	Lucie	Waters	Bury Gymnastics Club	Performance Grade 4	VT
003	Isabelle	Kay	City of Preston Gymnastics Club	Performance Grade 4	VT
004	Jasmine	Manser	Warrington Gymnastics Club	Performance Grade 4	VT
005	Isabelle	Khan	Urban School of Gymnastics	Performance Grade 4	VT
006	Charlotte	Mines	Warrington Gymnastics Club	Performance Grade 3	VT
007	Freya	Smethurst	Bury Gymnastics Club	Performance Grade 3	VT
008	Florence	Smith	Bury Gymnastics Club	Performance Grade 3	VT
009	Isobel	Tierney	Bury Gymnastics Club	Performance Grade 3	VT
010	Ella	Charlton	Bebington Gymnastics Club	Performance Grade 3	VT
011	Crystal Michelle	Bate	Urban School of Gymnastics	Performance Grade 3	VT
012	Grace	Hansbury-Ellis	Urban School of Gymnastics	Performance Grade 3	VT
013	Amelia	Maynard	Heywood Sparks Gymnastics Academy	Performance Grade 4	UB
014	Ava	Leong	Heywood Sparks Gymnastics Academy	Performance Grade 4	UB
015	Amelia	Grumbridge	Heywood Sparks Gymnastics Academy	Performance Grade 4	UB
016	Ruby	Gowers	Heywood Sparks Gymnastics Academy	Performance Grade 4	UB
017	Danila	Tavares Desiderio	Heywood Sparks Gymnastics Academy	Performance Grade 4	UB
018	Elodie	Hope	Heywood Sparks Gymnastics Academy	Performance Grade 4	UB
019	Ava	Hodson	Heywood Sparks Gymnastics Academy	Performance Grade 3	UB
020	Nell	Naylor	Heywood Sparks Gymnastics Academy	Performance Grade 3	UB
021	Lilly-Mae	Chalice-Pritchard	Heywood Sparks Gymnastics Academy	Performance Grade 3	UB
022	Olivia	Southworth	Heywood Sparks Gymnastics Academy	Performance Grade 3	UB
023	Freya	Sutton	Heywood Sparks Gymnastics Academy	Performance Grade 3	UB
024	Emily	Malpas	Heywood Sparks Gymnastics Academy	Performance Grade 3	UB
025	Temilade	Adeyemi	Manchester Academy of Gymnastics	Preparation Grade 3	BB
026	Ivy	Berry	Manchester Academy of Gymnastics	Preparation Grade 3	BB
027	Ava	Blackburn	Manchester Academy of Gymnastics	Preparation Grade 3	BB
028	Rosa	Howard	Manchester Academy of Gymnastics	Preparation Grade 3	BB
029	Grace	Musgrove	Manchester Academy of Gymnastics	Preparation Grade 3	BB
030	Khairat	Sheriff-Fakunle	Manchester Academy of Gymnastics	Preparation Grade 3	BB
031	Emily	Yu	City of Preston Gymnastics Club	Performance Grade 3	BB
032	Harriet	Vernon	Southport Gymnastics Club	Performance Grade 3	BB
033	Isabel	Turner	Southport Gymnastics Club	Performance Grade 3	BB
034	Orla	Frodsham	Stockport School Of Gymnastics Ltd	Performance Grade 3	BB
035	Orlaith	Odudu	Tameside School Of Gymnastics	Performance Grade 3	BB
036	Lucy	Doyle	Tameside School Of Gymnastics	Performance Grade 3	BB
037	Megan	Powell	Vernon Park Gymnastics	Performance Grade 3	BB
038	Beau	Shone	Cheshire Gymnastics	Preparation Grade 3	FX
039	Erin	Dingley	Tumbles Academy of Gymnastics	Preparation Grade 3	FX
040	Hope	Lawton	City Of Liverpool Gym Club	Preparation Grade 3	FX
041	Nancy	Sheerin	City Of Liverpool Gym Club	Preparation Grade 3	FX
042	Nancy	Cooke	City Of Liverpool Gym Club	Preparation Grade 3	FX
043	Gabriella	Adefajo	City Of Manchester Institute Of Gymnastics	Preparation Grade 3	FX
044	Freya-Lily	Keown	City Of Liverpool Gym Club	Performance Grade 3	FX
045	Isla	Rietdyk	City Of Liverpool Gym Club	Performance Grade 3	FX
046	Valentina	Santos Rigo Silveira	City Of Liverpool Gym Club	Performance Grade 3	FX
047	Isobel	Kwong-Sadler	City Of Liverpool Gym Club	Performance Grade 3	FX
048	Libby	Cope	City Of Liverpool Gym Club	Performance Grade 3	FX
049	Holly	Reid	Longridge Gymnastics Club	Performance Grade 3	FX
050	Ella	Wall	The Wire Gymnastic Club	Performance Grade 4	RC
051	Millie	Welsh	The Wire Gymnastic Club	Performance Grade 4	RC
052	Sophia	Caunce	The Wire Gymnastic Club	Preparation Grade 3	RC
053	Sophie	Rigby	The Wire Gymnastic Club	Preparation Grade 3	RC
054	Charlotte	Bate	The Wire Gymnastic Club	Preparation Grade 3	RC
055	Zuzanna	Herba	The Wire Gymnastic Club	Preparation Grade 3	RC
056	Billie-Anne	Varley	The Wire Gymnastic Club	Performance Grade 3	RC
057	Caris	Peter-Thomas	The Wire Gymnastic Club	Performance Grade 3	RC
058	Emma	Conroy	The Wire Gymnastic Club	Performance Grade 3	RC
059	Eva	Whittaker	The Wire Gymnastic Club	Performance Grade 3	RC
060	Jayla	Stocks	The Wire Gymnastic Club	Performance Grade 3	RC
061	Lily Heather	Maskill	The Wire Gymnastic Club	Performance Grade 3	RC
062	Mia	Koll	The Wire Gymnastic Club	Performance Grade 3	RC

**Round 2 Saturday 23rd March 2024 - NW Excel & Performance Grades**

No.	Gymnasts Name		Club	Grade	Starting
063	Elspeth	Anson	Warrington Gymnastics Club	Preparation Grade 3	VT
064	Florence	Dunn	Warrington Gymnastics Club	Preparation Grade 3	VT
065	Ellie	Williamson	Silk Gymnastics	Preparation Grade 3	VT
066	Sienna	Gould	Silk Gymnastics	Preparation Grade 3	VT
067	Anya	Goddard	Silk Gymnastics	Preparation Grade 3	VT
068	Elouise	Butler	Silk Gymnastics	Preparation Grade 3	VT
069	Poppy	Clarke	Warrington Gymnastics Club	Preparation grade 1 plus	VT
070	Marilyn	Oakes	Warrington Gymnastics Club	Preparation grade 1 plus	VT
071	Stephanie	Abe	Warrington Gymnastics Club	Preparation grade 1 plus	VT
072	Violet	Jackson	Warrington Gymnastics Club	Preparation grade 1 plus	VT
073	Julia Grace	Mones	Bebington Gymnastics Club	Preparation grade 1 plus	VT
074	Evie-Grace	Davies	Bebington Gymnastics Club	Preparation grade 1 plus	VT
075	Elizabeth	Booth	Heywood Sparks Gymnastics Academy	Preparation Grade 3	UB
076	Lyla	Myers	Heywood Sparks Gymnastics Academy	Preparation Grade 3	UB
077	Lexi Mae	Carter	Heywood Sparks Gymnastics Academy	Preparation Grade 3	UB
078	Lily	Vranjkovic	Heywood Sparks Gymnastics Academy	Preparation Grade 3	UB
079	Charlie	Kelly	Heywood Sparks Gymnastics Academy	Preparation Grade 3	UB
080	Carmen	Adcock-Kirsh	Bury Gymnastics Club	Preparation Grade 3	UB
081	Taleah	Hood	Heywood Sparks Gymnastics Academy	Preparation grade 1 plus	UB
082	Daisy	Doolin	Heywood Sparks Gymnastics Academy	Preparation grade 1 plus	UB
083	Andie	Lord	Bury Gymnastics Club	Preparation grade 1 plus	UB
084	Saffron	Scott	City Of Liverpool Gym Club	Preparation grade 1 plus	UB
085	India-Skye	Williams	City Of Liverpool Gym Club	Preparation grade 1 plus	UB
086	Cara	Roberts	City Of Liverpool Gym Club	Preparation grade 1 plus	UB
087	Darcie	Jones	City Of Liverpool Gym Club	Preparation grade 1 plus	UB
088	Jessica	Mckenna	Penketh Gymnastics Club	Preparation Grade 3	BB
089	Violet	Fuller	Penketh Gymnastics Club	Preparation Grade 3	BB
090	Scarlett	Bailey	Penketh Gymnastics Club	Preparation Grade 3	BB
091	Sophie	Beard	Penketh Gymnastics Club	Preparation Grade 3	BB
092	Paige	Talbot	Stockport School Of Gymnastics Ltd	Preparation Grade 3	BB
093	Fleur	Simpson	Stockport School Of Gymnastics Ltd	Preparation Grade 3	BB
094	Connie	Pollard	The Wire Gymnastic Club	Preparation grade 1 plus	BB
095	Dolly-Rose	Wharton	The Wire Gymnastic Club	Preparation grade 1 plus	BB
096	Eleanor	Kenyon	The Wire Gymnastic Club	Preparation grade 1 plus	BB
097	Evie	Caicedo	The Wire Gymnastic Club	Preparation grade 1 plus	BB
098	Genevieve	Greer	The Wire Gymnastic Club	Preparation grade 1 plus	BB
099	Francine	Akech	Stockport School Of Gymnastics Ltd	Preparation grade 1 plus	BB
100	Mila	Woodhead-Robinson	Stockport School Of Gymnastics Ltd	Preparation grade 1 plus	BB
101	Ellie	Bradley	Sandbach Gymnastics Club	Preparation Grade 3	FX
102	Ellie	Holland	Sandbach Gymnastics Club	Preparation Grade 3	FX
103	Naimah	Fox	Sandbach Gymnastics Club	Preparation Grade 3	FX
104	Evie	Gray	Embrace Gymnastics Performance Academy	Preparation Grade 3	FX
105	Honey	Howarth	Embrace Gymnastics Performance Academy	Preparation Grade 3	FX
106	Laila	Tilling	City of Preston Gymnastics Club	Preparation Grade 3	FX
107	Piper	Lee	City of Preston Gymnastics Club	Preparation Grade 3	FX
108	Daisy	Pilling	City of Preston Gymnastics Club	Preparation grade 1 plus	FX
109	Isabelle	Kinghorn	Manchester Academy of Gymnastics	Preparation grade 1 plus	FX
110	Emily	Parry	Manchester Academy of Gymnastics	Preparation grade 1 plus	FX
111	Malaiya	Osbourne	Manchester Academy of Gymnastics	Preparation grade 1 plus	FX
112	Milika	Katema	Manchester Academy of Gymnastics	Preparation grade 1 plus	FX
113	Orla	Jerman	Sandbach Gymnastics Club	Preparation grade 1 plus	FX
114	Simona	Gerasimovaite	Sandbach Gymnastics Club	Preparation grade 1 plus	FX
115	Anya	Drinkwater	The Wire Gymnastic Club	Preparation Grade 3	RC
116	Izzy	Hannibal	The Wire Gymnastic Club	Preparation Grade 3	RC
117	Lilly	Kelly	The Wire Gymnastic Club	Preparation Grade 3	RC
118	Millicent	Favour	The Wire Gymnastic Club	Preparation Grade 3	RC
119	Neve	Stephan	The Wire Gymnastic Club	Preparation Grade 3	RC
120	Annabelle	Dyer	Southport Gymnastics Club	Preparation Grade 3	RC
121	Eva	Illingworth	Southport Gymnastics Club	Preparation Grade 3	RC
122	Isla	Dow	The Wire Gymnastic Club	Preparation grade 1 plus	RC
123	Marnie	Holden	The Wire Gymnastic Club	Preparation grade 1 plus	RC
124	Poppy	Williams	The Wire Gymnastic Club	Preparation grade 1 plus	RC
125	Sofia	Nuttall	The Wire Gymnastic Club	Preparation grade 1 plus	RC
126	Emily	Weaver	Southport Gymnastics Club	Preparation grade 1 plus	RC
127	Grace	Dobbin	Southport Gymnastics Club	Preparation grade 1 plus	RC

**Round 3 Sunday 24th March 2024 - NW Excel & Performance Grades**

No.	Gymnasts Name		Club	Grade	Starting On
128	Hettie Iris	Mcmahon	City Of Liverpool Gym Club	Excel Grade 2	VT
129	Eedi	Wood	The Wire Gymnastic Club	Excel Grade 2	VT
130	Elora Jo	Partington	The Wire Gymnastic Club	Excel Grade 2	VT
131	Martha	Quainoo	The Wire Gymnastic Club	Excel Grade 2	VT
132	London	Broad	Vernon Park Gymnastics	Excel Grade 2	VT
133	Millie	Casey	Vernon Park Gymnastics	Excel Grade 2	VT
134	Esme	Malley	Appley Bridge School of Gymnastics	Excel Grade 1	UB
135	Lily	Mottram	Appley Bridge School of Gymnastics	Excel Grade 1	UB
136	Georgia	Smith	Appley Bridge School of Gymnastics	Excel Grade 1	UB
137	Mojisola	Coker	The Wire Gymnastic Club	Excel Grade 1	UB
138	Annabelle	Wilson	The Wire Gymnastic Club	Excel Grade 1	UB
139	Ellie	Hopper	The Wire Gymnastic Club	Excel Grade 1	UB
140	Evie	Mackie	The Wire Gymnastic Club	Excel Grade 1	BB
141	Imogen-Rose	Wrench	The Wire Gymnastic Club	Excel Grade 1	BB
142	Matilda	Berry	The Wire Gymnastic Club	Excel Grade 1	BB
143	Rose	Woodvine	The Wire Gymnastic Club	Excel Grade 1	BB
144	Orla	Fox	Manchester Academy of Gymnastics	Excel Grade 1	BB
145	Freya	Walker	Urban School of Gymnastics	Excel Grade 1	FX
146	Georgia	Andrew	Urban School of Gymnastics	Excel Grade 1	FX
147	Dixie-Lou	Mcquillan	Urban School of Gymnastics	Excel Grade 1	FX
148	Layla	Al-Jahrani	City Of Liverpool Gym Club	Excel Grade 1	FX
149	Elsie	O'Donnell	City Of Liverpool Gym Club	Excel Grade 1	FX
150	Anna	Rochford-Haq	Heywood Sparks Gymnastics Academy	Excel Grade 3	RC
151	Jemima	Langman	The Wire Gymnastic Club	Excel Grade 3	RC
152	Lucie Huiting	Lui	The Wire Gymnastic Club	Excel Grade 3	RC
153	Matilda	St. Romaine	The Wire Gymnastic Club	Excel Grade 3	RC
154	Niamh	Stephens	The Wire Gymnastic Club	Excel Grade 3	RC
155	Darcie	Laurie	Urban School of Gymnastics	Excel Grade 3	RC

**Round 4 Sunday 24th March 2024 - NW Excel & Performance Grades**

No.	Gymnasts Name		Club	Grade	Starting On
156	Lana	Krebs	Manchester Academy of Gymnastics	Performance Grade 2	VT
157	Clarice	Smith	Manchester Academy of Gymnastics	Performance Grade 2	VT
158	Sophie Emily	Young	Tumbles Academy of Gymnastics	Performance Grade 2	VT
159	Jasmine	Leigh	Manchester Academy of Gymnastics	Performance Grade 2	VT
160	Isla	Bamford	Manchester Academy of Gymnastics	Performance Grade 1	VT
161	Alexia	Scales	Tumbles Academy of Gymnastics	Performance Grade 1	VT
162	Lacey	Willington	Urban School of Gymnastics	Performance Grade 1	VT
163	Ruby	Hansbury-Ellis	Urban School of Gymnastics	Performance Grade 1	VT
164	Mollie	Hookes	City Of Liverpool Gym Club	Performance Grade 2	UB
165	Heidi	Starkey	City Of Liverpool Gym Club	Performance Grade 2	UB
166	Isla-Rose	Woods	City Of Liverpool Gym Club	Performance Grade 2	UB
167	Maria	Kudrjashova	The Wire Gymnastic Club	Performance Grade 1	UB
168	Maya	Murray	The Wire Gymnastic Club	Performance Grade 1	UB
169	Rebecca	Price	The Wire Gymnastic Club	Performance Grade 1	UB
170	Sienna	Collins	The Wire Gymnastic Club	Performance Grade 1	UB
171	Rose	Larking	Stockport School Of Gymnastics Ltd	Performance Grade 2	BB
172	Romi	Cartmill	Heywood Sparks Gymnastics Academy	Performance Grade 2	BB
173	Sofia	Hamilton	Heywood Sparks Gymnastics Academy	Performance Grade 2	BB
174	Ella	Gowers	Heywood Sparks Gymnastics Academy	Performance Grade 2	BB
175	Megan	Findlow	Heywood Sparks Gymnastics Academy	Performance Grade 1	BB
176	Willow	Nardiello	Heywood Sparks Gymnastics Academy	Performance Grade 1	BB
177	Halle	Pearson	Heywood Sparks Gymnastics Academy	Performance Grade 1	BB
178	Ighosa	Osagie-Okundolor	Stockport School Of Gymnastics Ltd	Performance Grade 1	BB
179	Devon	Cain	City of Preston Gymnastics Club	Performance Grade 2	FX
180	Mimi-Grace	Heaton-Bailey	City of Preston Gymnastics Club	Performance Grade 2	FX
181	Sophia	Bah	City of Preston Gymnastics Club	Performance Grade 2	FX
182	Amelia	Sugden	City of Preston Gymnastics Club	Performance Grade 2	FX
183	Chloe	Elliott	City of Preston Gymnastics Club	Performance Grade 1	FX
184	Millie	Dearnley	City of Preston Gymnastics Club	Performance Grade 1	FX
185	Chloe	Gildea	City of Preston Gymnastics Club	Performance Grade 1	FX
186	Leah	Farrell	Embrace Gymnastics Performance Academy	Performance Grade 1	FX
187	Grace	Lin	Garstang School Of Gymnastics	Performance Grade 2	RC
188	Natasha	Howarth	Garstang School Of Gymnastics	Performance Grade 2	RC
189	Daisy	Robinson	Garstang School Of Gymnastics	Performance Grade 2	RC
190	Lottie	Bartlett	GymForce	Performance Grade 2	RC
191	Ellie	Davies	Bury Gymnastics Club	Performance Grade 1	RC
192	Lucy	Williams	Bury Gymnastics Club	Performance Grade 1	RC
193	Aubree	Galloway	Bury Gymnastics Club	Performance Grade 1	RC
194	Maya	Ceesay	Bury Gymnastics Club	Performance Grade 1	RC

**Round 5 Sunday 24th March 2024 - NW Excel & Performance Grades**

No.	Gymnasts Name		Club	Grade	Starting On
195	Evie	Barrow	City Of Manchester Institute Of Gymnastics	Performance Grade 2	VT
196	Sophia	Vance	Tameside School Of Gymnastics	Performance Grade 2	VT
197	Gracie	Burns	Heywood Sparks Gymnastics Academy	Performance Grade 2	VT
198	Heidi	Hodkinson	Heywood Sparks Gymnastics Academy	Performance Grade 2	VT
199	Amelie	O'Connor-Hibbert	Tameside School Of Gymnastics	Performance Grade 1	VT
200	Tilly	Needham	Tameside School Of Gymnastics	Performance Grade 1	VT
201	Mollie	Fish	Tameside School Of Gymnastics	Performance Grade 1	VT
202	Emalia	Lattie	City Of Manchester Institute Of Gymnastics	Performance Grade 1	VT
203	Annabelle	Shorrocks	City Of Liverpool Gym Club	Performance Grade 2	UB
204	Ella	Doherty	City Of Liverpool Gym Club	Performance Grade 2	UB
205	Sadie	Anderson	Southport Gymnastics Club	Performance Grade 2	UB
206	Maddy	Fletcher	Southport Gymnastics Club	Performance Grade 2	UB
207	Eva	Thomas	Southport Gymnastics Club	Performance Grade 1	UB
208	Olivia	Castineira	Southport Gymnastics Club	Performance Grade 1	UB
209	Autumn	Scheilling Holmes	City Of Liverpool Gym Club	Performance Grade 1	UB
210	Abbie	Price	City Of Liverpool Gym Club	Performance Grade 1	UB
211	Ava	Amer	Wirral Gymnastics	Performance Grade 2	BB
212	Amelia	Swaine	Wirral Gymnastics	Performance Grade 2	BB
213	Grace Charlotte	Dunne	Wirral Gymnastics	Performance Grade 2	BB
214	Nancy	Jones	Wirral Gymnastics	Performance Grade 1	BB
215	Lucy	Mcculloch	Silk Gymnastics	Performance Grade 1	BB
216	Lia	Mavrovitis	Silk Gymnastics	Performance Grade 1	BB
217	Phoebe	Wood	Silk Gymnastics	Performance Grade 1	BB
218	Katherine	Smithson	Warrington Gymnastics Club	Performance Grade 2	FX
219	Mollie	Matthews	Warrington Gymnastics Club	Performance Grade 2	FX
220	Elizabeth	Ren	Bebington Gymnastics Club	Performance Grade 2	FX
221	Phoebe	Mccluskey	Warrington Gymnastics Club	Performance Grade 1	FX
222	Lucy	Payton	Warrington Gymnastics Club	Performance Grade 1	FX
223	Scarlett	Allison	Warrington Gymnastics Club	Performance Grade 1	FX
224	Olivia	Wiggans	Warrington Gymnastics Club	Performance Grade 1	FX
225	Abi	Smith	The Wire Gymnastic Club	Performance Grade 2	RC
226	Emily	Wilson	The Wire Gymnastic Club	Performance Grade 2	RC
227	Maja	Gielniak	The Wire Gymnastic Club	Performance Grade 2	RC
228	Millie	Simpson	The Wire Gymnastic Club	Performance Grade 1	RC
229	Amelie	Wood	The Wire Gymnastic Club	Performance Grade 1	RC
230	Mia	Platt	Cheshire Gymnastics	Performance Grade 1	RC
231	Isla	Bradley	Middleton Gymnastics Club	Performance Grade 1	RC