

**WELSH CHAMPIONSHIPS & OPEN
RHYTHMIC GYMNASTICS
Saturday 4th June 2022
Sport Wales National Centre, Cardiff**

LEVEL 4 & 5 COMPETITION

TIMETABLE

8.30am	General Warm-up	U10 & U12 L4 & L5			
9.35am	Orientation	U0 L4	Both pieces	Numbers 1 - 3	<i>4 mins</i>
		U12 L4	Both pieces	Number 4 - 9	<i>4 mins</i>
		U10 & U12 L5	All pieces	Number 20 - 24	<i>8 mins</i>
			All pieces	Numbers 25 - 28	<i>8 mins</i>
12.00pm	General Warm-up	Junior & Senior L4 & L5			
1.05pm	Orientation	Junior L4 & L5	All pieces	Numbers 10 - 15	<i>10 mins</i>
				Numbers 16 - 18, 29 & 30	<i>10 mins</i>
1.25pm	Orientation	Senior L4 & L5	All pieces	Numbers 19, 31 - 36	<i>10 mins</i>
10.10am	March in	Level 4 & 5 U10 & U12 Age Groups			
10.15am	Rotation 1	L4 and 5 U10 & U12 Free & Hoop			
11.40am	<i>Interval</i>				
11.50am	Rotation 2	L4 U10 Rope; L5 U10 Ball; L5 U12 Clubs; L4 & 5 U10 & U12 Ribbon			
1.00pm	<i>Lunch</i>				
1.40pm	March in	Level 4 & 5 Junior & Senior Age Groups			
1.45pm	Rotation 3	Junior L4 & L5 Hoop, Ball, Clubs & Ribbon			
3.00pm	<i>Interval</i>				
3.10pm	Rotation 4	Senior L4 & L5 Hoop, Ball, Clubs & Ribbon			
5.15pm	<i>Presentations</i>				

**WELSH CHAMPIONSHIPS & OPEN
RHYTHMIC GYMNASTICS
Saturday 4th June 2022
Sport Wales National Centre, Cardiff**

LEVEL 4 & 5 COMPETITION

No Name Club Apparatus Age Group

ROTATION 1: L4 and 5 U10 & U12 Free & Hoop

20	Charlotta-Emil Kozadaeva	Centrum GL	Free	L5 U10
21	Grace Woods	Llanelli RA	Free	L5 U10
22	Bonnie-Lee Williams	Llanelli RA	Free	L5 U10
1	Isabella Dougall	Llanelli RA	Free	L4 U10
2	Ella-Rose Thomas	Llanelli RA	Free	L4 U10
3	Harper Davies	Llanelli RA	Free	L4 U10
23	Rosie Deighton	Evoke Gymnastics	Free	L5 U12
24	Evelina Sirota	Centrum GL	Free	L5 U12
25	Imogen Coslett	Llanelli RA	Free	L5 U12
26	Adriana Nikollaj	Centrum GL	Free	L5 U12
27	Eleni Spear	Llanelli RA	Free	L5 U12
28	Emma Collister	Evoke Gymnastics	Free	L5 U12
20	Charlotta-Emil Kozadaeva	Centrum GL	Rope	L5 U10
21	Grace Woods	Llanelli RA	Hoop	L5 U10
22	Bonnie-Lee Williams	Llanelli RA	Hoop	L5 U10
1	Isabella Dougall	Llanelli RA	Hoop	L4 U10
4	Bella Watson	Evoke Gymnastics	Hoop	L4 U12
5	Anna Tyshchenko	RG Academy Chan	Hoop	L4 U12
6	Arina Fedulova	RG Academy Chan	Hoop	L4 U12
7	Jaida Aldridge	Evoke Gymnastics	Hoop	L4 U12
8	Chloé Gienal	RG Academy Chan	Hoop	L4 U12
9	Poppy Driver	Evoke Gymnastics	Hoop	L4 U12
23	Rosie Deighton	Evoke Gymnastics	Hoop	L5 U12
24	Evelina Sirota	Centrum GL	Hoop	L5 U12
25	Imogen Coslett	Llanelli RA	Hoop	L5 U12
26	Adriana Nikollaj	Centrum GL	Hoop	L5 U12
27	Eleni Spear	Llanelli RA	Hoop	L5 U12
28	Emma Collister	Evoke Gymnastics	Hoop	L5 U12

ROTATION 2: L4 U10 Rope; L5 U10 Ball; L5 U12 Clubs; L4 & 5 U10 & U12 Ribbon;

2	Ella-Rose Thomas	Llanelli RA	Rope	L4 U10
3	Harper Davies	Llanelli RA	Rope	L4 U10
20	Charlotta-Emil Kozadaeva	Centrum GL	Ball	L5 U10
21	Grace Woods	Llanelli RA	Ball	L5 U10
22	Bonnie-Lee Williams	Llanelli RA	Ball	L5 U10
23	Rosie Deighton	Evoke Gymnastics	Clubs	L5 U12
24	Evelina Sirota	Centrum GL	Clubs	L5 U12
25	Imogen Coslett	Llanelli RA	Clubs	L5 U12
26	Adriana Nikollaj	Centrum GL	Clubs	L5 U12
27	Eleni Spear	Llanelli RA	Clubs	L5 U12
28	Emma Collister	Evoke Gymnastics	Clubs	L5 U12
4	Bella Watson	Evoke Gymnastics	Ribbon	L4 U12
5	Anna Tyshchenko	RG Academy Chan	Ribbon	L4 U12
6	Arina Fedulova	RG Academy Chan	Ribbon	L4 U12
7	Jaida Aldridge	Evoke Gymnastics	Ribbon	L4 U12
8	Chloé Gienal	RG Academy Chan	Ribbon	L4 U12

9	Poppy	Driver	Evoke Gymnastics	Ribbon	L4 U12
23	Rosie	Deighton	Evoke Gymnastics	Ribbon	L5 U12
24	Evelina	Sirota	Centrum GL	Ribbon	L5 U12
25	Imogen	Coslett	Llanelli RA	Ribbon	L5 U12
26	Adriana	Nikollaj	Centrum GL	Ribbon	L5 U12
27	Eleni	Spear	Llanelli RA	Ribbon	L5 U12
28	Emma	Collister	Evoke Gymnastics	Ribbon	L5 U12

ROTATION 3:L4 Junior Hoop, Clubs, Ribbon

10	Mali-Fflur	Lane	Llanelli RA	Hoop	L4 Junior
11	Amber	Whitaker	RG Club Worcest	Hoop	L4 Junior
12	Ffion	Colwill	Llanelli RA	Hoop	L4 Junior
13	Amelie	Haines	Evoke Gymnastics	Hoop	L4 Junior
14	Gabriele	Dzejyte	Llanelli RA	Hoop	L4 Junior
15	Lucy	Jackman	RG Club Worcest	Hoop	L4 Junior
16	Wiktoria	Barczewska	Llanelli RA	Hoop	L4 Junior
17	Isabel	Hirons	RG Club Worcest	Hoop	L4 Junior
18	Imogen	Payne	Llanelli RA	Hoop	L4 Junior
10	Mali-Fflur	Lane	Llanelli RA	Clubs	L4 Junior
11	Amber	Whitaker	RG Club Worcest	Clubs	L4 Junior
12	Ffion	Colwill	Llanelli RA	Clubs	L4 Junior
13	Amelie	Haines	Evoke Gymnastics	Clubs	L4 Junior
14	Gabriele	Dzejyte	Llanelli RA	Clubs	L4 Junior
15	Lucy	Jackman	RG Club Worcest	Clubs	L4 Junior
16	Wiktoria	Barczewska	Llanelli RA	Clubs	L4 Junior
17	Isabel	Hirons	RG Club Worcest	Clubs	L4 Junior
18	Imogen	Payne	Llanelli RA	Clubs	L4 Junior
10	Mali-Fflur	Lane	Llanelli RA	Ribbon	L4 Junior
11	Amber	Whitaker	RG Club Worcest	Ribbon	L4 Junior
12	Ffion	Colwill	Llanelli RA	Ribbon	L4 Junior
13	Amelie	Haines	Evoke Gymnastics	Ribbon	L4 Junior
14	Gabriele	Dzejyte	Llanelli RA	Ribbon	L4 Junior
15	Lucy	Jackman	RG Club Worcest	Ribbon	L4 Junior
16	Wiktoria	Barczewska	Llanelli RA	Ribbon	L4 Junior
17	Isabel	Hirons	RG Club Worcest	Ribbon	L4 Junior
18	Imogen	Payne	Llanelli RA	Ribbon	L4 Junior

INTERVAL

ROTATION 4: L5 Junior, L4&5 Senior Hoop, Ball, Clubs Ribbon

29	Grace	Owen	Llanelli RA	Hoop	L5 Junior
30	Eirlys	Jones	Llanelli RA	Hoop	L5 Junior
31	Emily	Cullen	Llanelli RA	Hoop	L5 Senior
32	Anastasiia	Hladkykh	RG Academy Chan	Hoop	L5 Senior
33	Elizabeth	Popova	Llanelli RA	Hoop	L5 Senior
34	Anastasia	Kostiuk	RG Academy Chan	Hoop	L5 Senior
35	Gemma	Frizelle	Llanelli RA	Hoop	L5 Senior
36	Lauryn	Carpenter	Llanelli RA	Hoop	L5 Senior
29	Grace	Owen	Llanelli RA	Ball	L5 Junior
30	Eirlys	Jones	Llanelli RA	Ball	L5 Junior
19	Georgia	Smith	RG Club Worcest	Ball	L4 Senior
31	Emily	Cullen	Llanelli RA	Ball	L5 Senior
32	Anastasiia	Hladkykh	RG Academy Chan	Ball	L5 Senior
33	Elizabeth	Popova	Llanelli RA	Ball	L5 Senior
34	Anastasia	Kostiuk	RG Academy Chan	Ball	L5 Senior
35	Gemma	Frizelle	Llanelli RA	Ball	L5 Senior
36	Lauryn	Carpenter	Llanelli RA	Ball	L5 Senior
29	Grace	Owen	Llanelli RA	Clubs	L5 Junior

30 Eirlys	Jones	Llanelli RA	Clubs	L5 Junior
19 Georgia	Smith	RG Club Worceste	Clubs	L4 Senior
35 Gemma	Frizelle	Llanelli RA	Clubs (1)	L5 Senior
31 Emily	Cullen	Llanelli RA	Clubs	L5 Senior
32 Anastasiia	Hladkykh	RG Academy Chan	Clubs	L5 Senior
33 Elizabeth	Popova	Llanelli RA	Clubs	L5 Senior
34 Anastasia	Kostiuk	RG Academy Chan	Clubs	L5 Senior
36 Lauryn	Carpenter	Llanelli RA	Clubs	L5 Senior
35 Gemma	Frizelle	Llanelli RA	Clubs (2)	L5 Senior
29 Grace	Owen	Llanelli RA	Ribbon	L5 Junior
30 Eirlys	Jones	Llanelli RA	Ribbon	L5 Junior
19 Georgia	Smith	RG Club Worceste	Ribbon	L4 Senior
31 Emily	Cullen	Llanelli RA	Ribbon	L5 Senior
32 Anastasiia	Hladkykh	RG Academy Chan	Ribbon	L5 Senior
33 Elizabeth	Popova	Llanelli RA	Ribbon	L5 Senior
34 Anastasia	Kostiuk	RG Academy Chan	Ribbon	L5 Senior
35 Gemma	Frizelle	Llanelli RA	Ribbon	L5 Senior
36 Lauryn	Carpenter	Llanelli RA	Ribbon	L5 Senior

PRESENTATIONS