

**WELSH CHAMPIONSHIPS & OPEN
RHYTHMIC GYMNASTICS
Sunday 5th June 2022
Sport Wales National Centre, Cardiff**

LEVEL 1 - 3 COMPETITION

TIMETABLE

8.15am	General Warm-up	All Level 1 and Level 2 Gymnasts			
9.15am	Orientation	Under 10 L1	Free	Numbers 37 - 45	2 mins
			Free	Numbers 46 - 52	2 mins
		Under 12 L1	Hoop	Numbers 53 - 58	2 mins
		Junior L1	Hoop	Number 59 - 63	2 mins
		Under 10 L2	Free or Rope	Numbers 64 - 72	2 mins
		Under 12 L2	Ribbon	Numbers 73 - 77	2 mins
			Ribbon	Numbers 78 - 82	2 mins
		Junior L2	Ribbon	Numbers 83 - 86	2 mins
		Junior & Senior L2	Ribbon / Clubs	Numbers 87 - 89	2 mins
11.30am	General Warm-up	Level 3 Gymnasts			
12.35pm	Orientation	U10 L3	Both pieces	Numbers 90 - 91	4 mins
		U12 L3	Both pieces	Numbers 92 - 96	4 mins
		Junior L3	Both pieces	Numbers 97 - 102	4 mins
		Senior L3	Both pieces	Numbers 103 - 104	4 mins
9.15am	<i>Orientation for All level 1 and 2</i>				
9.40am	March in	All age groups			
9.45am	Rotation 1	Level 1 Competition all age groups			
11.05am	<i>Interval</i>				
11.15am	Rotation 2	Level 2 Competition all age groups			
12.35pm	<i>Lunch & orientation for L3</i>				
1.05pm	Rotation 3	Level 3 Competition all age groups			
5.05pm	<i>Presentations</i>				

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No	Name	Club	Apparatus	Age Group	
ROTATION 1: L1 Competition					
37	Porsche	Hemus	ELENA RGC	Free	L1 U10
38	Isla	Bradbourn	Llanelli RA	Free	L1 U10
39	Ela Fflur	Evans	Planet S&C	Free	L1 U10
40	Aila	Shingler	Llanelli RA	Free	L1 U10
41	Katherine	Denning	Centrum GL	Free	L1 U10
42	Amelia	Majdanska	Deeside RGC	Free	L1 U10
43	Gabrielle	Rowley	Llanelli RA	Free	L1 U10
44	Ivy-Mae	Walton	Evoke Gymnastics	Free	L1 U10
45	Kamyah	Penny	ELENA-RGC	Free	L1 U10
46	Annabella	Burston	Planet S&C	Free	L1 U10
47	Layla	James	Olivia's SoRG	Free	L1 U10
48	Poppy	Wilsey	Llanelli RA	Free	L1 U10
49	Michelle	Ziabkina	Centrum GL	Free	L1 U10
50	Teodora	Zadgorska	Deeside RGC	Free	L1 U10
51	Leah	Prideaux-Collins	Llanelli RA	Free	L1 U10
52	Ariana	Dinopoulos	Centrum GL	Free	L1 U10
53	Hanna	Szworaska	ELENA RGC	Hoop	L1 U12
54	Zaya-Seren	Niscoveanu	Planet S&C	Hoop	L1 U12
55	Gabriele	Bjeviciute	ELENA RGC	Hoop	L1 U12
56	Macey	Forde	Llanelli RA	Hoop	L1 U12
57	Maya	Pancheva	Centrum GL	Hoop	L1 U12
58	Nikola	Gardynik	ELENA RGC	Hoop	L1 U12
59	Faith	Edwards	Olivia's SoRG	Hoop	L1 Junior
60	Maria	Antonova	Centrum GL	Hoop	L1 Junior
61	Anna	Zubritovska	Planet S&C	Hoop	L1 Junior
62	Zofia	Wojciechowska	Planet S&C	Hoop	L1 Junior
63	Natalia	Branston	ELENA RGC	Hoop	L1 Junior

INTERVAL

ROTATION 2: L2 Competition

64	Ruya Anastasi	Dibek	Llanelli RA	Rope	L2 U10
65	Lacie	Mann	Llanelli RA	Rope	L2 U10
66	Zoya	Shmatko	RG Academy Champions	Free	L2 U10
67	Vanessa	Stoyanova	Deeside RGC	Free	L2 U10
68	Fraya	White	Llanelli RA	Rope	L2 U10
69	Anna	Volfson	RG Academy Champions	Free	L2 U10
70	Esme	Jenkins	Llanelli RA	Free	L2 U10
71	Millie	Delbridge	Llanelli RA	Rope	L2 U10
72	Darina	Korotkova	RG Academy Champions	Free	L2 U10
73	Layla-Grace	Evans	Olivia's SoRG	Ribbon	L2 U12
74	Kiera	Davies	Llanelli RA	Ribbon	L2 U12
75	Laci	Antcliff	ELENA RGC	Ribbon	L2 U12

76	Lacie	Robinson-Godda	Planet S&C	Ribbon	L2 U12
77	Freya-Ella	Richards	Olivia's SoRG	Ribbon	L2 U12
78	Ellie	Thomas	Llanelli RA	Ribbon	L2 U12
79	Ebonnie	Pearce	Llanelli RA	Ribbon	L2 U12
80	Ava	Tennant	Olivia's SoRG	Ribbon	L2 U12
81	Macey	Darby	Llanelli RA	Ribbon	L2 U12
82	Ella-Rae	Davies	Olivia's SoRG	Ribbon	L2 U12
83	Olivia	Holdsworth	Planet S&C	Ribbon	L2 Junior
84	Eve	Payne	Planet S&C	Ribbon	L2 Junior
85	Lexi	Norman	Olivia's SoRG	Ribbon	L2 Junior
86	Mairwen	Thomas	Planet S&C	Ribbon	L2 Junior
87	Kirsten	Everett	ELENA RGC	Ribbon	L2 Junior
88	Emily	Evans	Planet S&C	Ribbon	L2 Junior
89	Erin	Goddard	Planet S&C	Clubs	L2 Senior

ROTATION 3:Level 3 Competition

90	Amelia	Nguyen	ELENA RGC	Free	L3 U10
91	Teleri	Williams	Llanelli RA	Free	L3 U10
92	Sophia	Tilley	Llanelli RA	Hoop	L3 U12
93	Kristiana	Sayno	RG Club Worcester	Hoop	L3 U12
94	Maya Louise	Cooper	ELENA RGC	Hoop	L3 U12
95	Lily May	Grice	ELENA RGC	Hoop	L3 U12
96	Lily	Toft	Llanelli RA	Hoop	L3 U12
90	Amelia	Nguyen	ELENA RGC	Rope	L3 U10
91	Teleri	Williams	Llanelli RA	Rope	L3 U10
92	Sophia	Tilley	Llanelli RA	Ribbon	L3 U12
93	Kristiana	Sayno	RG Club Worcester	Ribbon	L3 U12
94	Maya Louise	Cooper	ELENA RGC	Ribbon	L3 U12
95	Lily May	Grice	ELENA RGC	Ribbon	L3 U12
96	Lily	Toft	Llanelli RA	Ribbon	L3 U12
97	Elizaveta	Edmonds	RG Club Worcester	Hoop	L3 Junior
99	Kiah	Everett	ELENA RGC	Hoop	L3 Junior
98	Maisie-Rose	Kellett	ELENA RGC	Clubs	L3 Junior
100	Lowri	Hudson	Llanelli RA	Clubs	L3 Junior
101	Scarlett	Bunn	ELENA RGC	Clubs	L3 Junior
102	Asia	De Pompeis	Llanelli RA	Clubs	L3 Junior
103	Charlotte	Pearson	RG Club Worcester	Ball	L3 Senior
104	Victoria Lodi	Giardelli	Olivia's SoRG	Ball	L3 Senior
97	Elizaveta	Edmonds	RG Club Worcester	Clubs	L3 Junior
98	Maisie-Rose	Kellett	ELENA RGC	Ribbon	L3 Junior
99	Kiah	Everett	ELENA RGC	Ribbon	L3 Junior
100	Lowri	Hudson	Llanelli RA	Ribbon	L3 Junior
101	Scarlett	Bunn	ELENA RGC	Ribbon	L3 Junior
102	Asia	De Pompeis	Llanelli RA	Ribbon	L3 Junior
104	Victoria Lodi	Giardelli	Olivia's SoRG	Ribbon	L3 Senior

PRESENTATIONS