

Welsh Performance and Excel Grades 2026

EXCEL 1				VAULT					BARS					BEAM					FLOOR					RANGE					OVER ALL	OVER ALL						
GRP	NOS	CLUB	NAME	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	OVER ALL	OVER ALL	
GRP 6	126	Valleys GA	Lili Siwan Bryant	9.32	4			13.32	1	7.1	4			11.1	11	6.7	4	0.1		10.8	3	7.77	4	0.3	0.5	11.57	3	7.34	4		11.34	8	58.13	4		
	127	Wrexham Gymnastics Club	Lucy Wilkinson	9.24	4			13.24	2	7.27	4			11.27	10	5.4	4	0.1	0.5		9	12	7.8	4			11.8	2	8.1	4		12.1	2	57.41	6	
	128	Cardiff Olympic Gymnastics	Mayah Carrol	8.8	4			12.8	6	8.1	3	0.3		11.4	8	7.4	3.5		0.5	10.4	7	7.43	3.5	0.4		11.33	5	7.87	4		11.87	3	57.8	5		
	129	Swansea Gymnastics Centre	Georgie Sutton	8.72	4			12.72	8	7.34	4			11.34	9	7.4	4		0.8	10.6	4	7.4	4			11.4	4	8.2	4		12.2	1	58.26	2		
	130	Swansea Gymnastics Centre	Ada Brogan	9.02	4			13.02	3	7.14	4	0.4		11.54	6	6.5	4			10.5	5	6.93	3.5		2	8.43	13	7.54	4		11.54	5	55.03	11		
	131	Cardiff Central Youth Club	Isabella Uy	8.285	4			12.29	11	7.2	4	0.3		11.5	7	5.9	4			9.9	8	7.07	3.5			10.57	10	7.2	4		11.2	9	55.46	10		
	132	Cardiff Central Youth Club	Chloe Leighton	8.405	4			12.41	9	7.5	4	0.3		11.8	4	7.2	4			11.2	2	7.23	4			11.23	7	7.54	4		11.54	5	58.18	3		
GRP 7	133	Somersault GC	Isla Brown	8.82	3.5			12.32	10	7.37	4	0.6		11.97	3	6.4	4		0.8	9.6	10	7.03	4		1	10.03	12	8.07	4		0.3	11.77	4	55.69	9	
	134	Llanelli Gymnastics Club	Delsi Daniel	8.25	4		1	11.25	13	6.57	4			10.57	13	5.9	4		0.5	9.4	11	6.97	4			10.97	8	7.54	4		11.54	5	53.73	12		
	136	Llanelli Gymnastics Club	Ava Lewton					0	14					0	14					0	14					0	14				0	14	0	14		
	137	Capital Academy of Sport Ltd	Maisie Cochlin	8.755	4			12.76	7	7.1	4			11.1	11	7.4	4			11.4	1	7.3	4			11.3	6	6.74	4		10.74	12	57.3	7		
	138	Capital Academy of Sport Ltd	Marni Moss	8.97	4			12.97	5	7.7	4	0.4		12.1	2	6.5	4			10.5	5	7.8	4	0.3		12.1	1	7.3	4		0.3	11	10	58.67	1	
	139	Bangor Gymnastic Club	Zariyah Williams	8.02	4			12.02	12	8.1	4	0.3		12.4	1	6.2	4		0.3	9.9	9	6.83	4			10.83	9	6.87	4		10.87	11	56.02	8		
	140	Deeside	Fleur Mapps Jones	9.005	4			13.01	4	7.3	4	0.3		11.6	5	5.2	4		0.5	8.7	13	6.3	3.5	0.3		10.1	11	5.67	4		9.67	13	53.08	13		
EXCEL 2				VAULT					BARS					BEAM					FLOOR					RANGE					OVER ALL	OVER ALL						
GRP	NOS	CLUB	NAME	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	OVER ALL	OVER ALL	
	141	Valleys GA	Fran Dickens	8.37	4			12.37	5	8.37	4	0.1		12.47	2	5.6	4			9.6	5	6.07	4			10.07	3	6.4	4			10.4	4	54.91	4	
	142	Swansea Gymnastics Centre	Dottie Hellier	8.935	4			12.94	2	7.74	3			10.74	5	7.2	4		0.5	10.7	2	6.4	4		0.5	9.9	4	7.54	4			11.54	1	55.82	3	
	143	Swansea Gymnastics Centre	Millie Leahy	8.64	4			12.64	3	8.3	3			11.3	4	6.5	4			10.5	3	6.57	4			10.57	2	5.9	4		0.6	9.3	5	54.31	5	
	144	Somersault GC	Alisa Rudiuk	8.535	4			12.54	4	8.8	4	0.1		12.9	1	6.5	4		0.3	10.2	4	6.1	4		0.3	9.8	5	7.14	4			11.14	2	56.58	2	
	1450	Capital	Bethany Russell	8.955	4			12.96	1	8.34	4			12.34	3	7.4	4		0.5	10.9	1	7.63	4			11.63	1	6.57	4			10.57	3	58.4	1	
EXCEL 3				VAULT					BARS					BEAM					FLOOR					RANGE					OVER ALL	OVER ALL						
GRP	NOS	CLUB	NAME	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	E Score	D Score	Bonus	PEN	TOTAL	RANK	OVER ALL	OVER ALL	
GRP 8	145	Torfaen Academy of Gymnastics	Alexa Williams	8.47	3.5			11.97	5					0	5	6	4		0.9	9.1	3	7.8	2.5		4	6.3	6	7.74	4			11.74	1	39.11	5	
	146	Swansea Gymnastics Centre	Renee Lewis	8.87	4			12.87	1	8.37	3.5		2	9.87	3	5.3	4		0.6	8.7	4	7.53	3		2	8.53	4	7.17	4		0.3	10.87	4	50.84	3	
	147	Swansea Gymnastics Centre	Alecia Henry	8.32	4			12.32	3	7.84	4			11.84	1	7.3	4		0.1	11.2	1	7.73	4			11.73	1	7.9	4		0.3	11.6	2	58.69	1	
	148	Cardiff Central Youth Club	Zakieera Wareth					0	6					0	5	6	3.5			2.3	7.2	5	7.17	2.5		2	7.67	5	6.27	4		0.9	9.37	6	24.24	6
	149	Capital Academy of Sport Ltd	Darcie Cochlin	8.17	4			12.17	4	5.87	4			9.87	2	4.1	4		0.9	7.2	6	7	4			11	2	6.6	3.5		0.3	9.8	5	50.04	4	
	150	Llanelli Gymnastics Club	Halle Davies	8.49	4			12.49	2	7.4	3.5		2	8.9	4	7	4		0.3	10.7	2	7.13	3.5	0.3		10.93	3	7.57	4		0.3	11.27	3	54.29	2	
PRE-EXCELL - 2017				VAULT					BARS					BEAM					FLOOR					RANGE					OVER ALL	OVER ALL						
GRP	NOS	CLUB	NAME	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	OVER ALL	OVER ALL	
GRP 9	151	Torfaen Academy of Gymnastics	Quinn Cook	8.94	4		12.94	10	8	4		12	5	6.3	4	0.3	10	8	7.13	4		0.3	10.83	11	7.57	4		11.57	6	57.34	8					
	154	Torfaen Academy of Gymnastics	Myla Gane	8.67	4		12.67	11	7.34	4.3		11.64	8	6.1	4	0.5	9.6	9	7.57	4			11.57	3	8.14	4	0.3	11.84	4	57.32	9					
	155	Swansea Gymnastics Centre	Skylar Fulford	9.74	4		13.74	1	8.64	4.3		12.94	1	6.5	4		10.5	5	7.83	4			11.83	2	7.77	4	0.3	11.47	8	60.48	1					
GRP 10	156	Swansea Gymnastics Centre	Eva Di Iulio	9.57	4		13.57	3	7.2	4		11.2	10	7.3	4		11.3	3	7.57	4			11.57	3	7.87	4	0.3	11.57	6	59.21	6					
	157	Swansea Gymnastics Centre	Eleanor Wall	9	4		13	8	8.34	4.3		12.64	2	6.4	4	0.3	10.1	7	7.57	4			11.57	3	8.2	4	0.3	11.9	3	59.21	6					
	158	Cardiff Central Youth Club	Bella Alderman	9	4		13	8	7.1	4		11.1	11	4.8	4	0.8	8	11	7.4	4			11.4	7	6.4	4		10.4	11	53.9	11					
	159	Capital Academy of Sport Ltd	Cerys Powell	9.04	4		13.04	7	7.8	4		11.8	7	7.6	4		11.6	1	7.73	3.5			11.23	8	8.77	4		12.77	1	60.44	2					
	160	Capital Academy of Sport Ltd	Belle Gilvear	9.24	4		13.24	6	8.1	4.3		12.4	3	6.3	4		10.3	6	7.47	4			11.47	6	8.1	4		12.1	2	59.51	4					
	162	Fusion	Ava Cashin	9.67	4		13.67	2	7.6	4.3		11.9	6	7.4	4		11.4	2	7.7	3.5			11.2	10	7.37	4	0.3	11.07	10	59.24	5					
	163	Fusion	Evie Morris	9.4	4		13.4	5	7.3	4		11.3	9	5.4	4.1		9.5	10	7.23	4			11.23	8	7.97	4	0.3	11.67	5	57.1	10					
135	Llanelli Gymnastics Club	Cesca Healey-Benson	9.54	4		13.54	4	8.04	4		12.04	4	7.2	4		11.2	4	8	4	0.1		12.1	1	7.34	4		11.34	9	60.22	3						
PRE-EXCELL - 2018				VAULT					BARS					BEAM					FLOOR					RANGE					OVER ALL	OVER ALL						
GRP	NOS	CLUB	NAME	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	E Score	D Score	PEN	TOTAL	Rank	OVER ALL	OVER ALL	
	152	Torfaen Academy of Gymnastics	Aria Hall	8.74	4		12.74	1	8.7	4		12.7	1	7.2	4	0.8	10.4	1	7.83	4			11.83	1	8	4	0.3	11.7	1	59.37	1					
	153	Torfaen Academy of Gymnastics	Halle Horne	8.37																																