

Weston Sports Aerobic members warmed up for the British Championship with good results at the Welsh Open Sports Aerobic Championships. Held at the Welsh Institute of Sport, the standard was very high and the Weston club won medals in the following categories:

- * Under 12's trio (Kirsty Harvey, Katrina Rose and Charlotte White) Gold,
- * Under 16's pairs (Emma Berry and Rebecca Rose) Bronze,
- * Under 18's pairs (Faye and Amy Cheeseborough) Silver,
- * Senior trio (Sarah Nash, Carol Hartley and Claire Denham) Gold,
- * Junior Dance (Claire Lacey, Sam Fisher, Victoria Johnson, Abbi Higgins, Sadie Berry, Emma Berry, Rebecca Rose and Sarah Leatherby) Gold,
- * Level one senior dance - Gold,

In the level two senior dance the Weston team of Mandy Merrit, Faye Cheeseborough, Adam Ludwell, Emma Tilsley, Sarah Nash and Debbie Saunders collected Gold with a routine that gained the highest artistic score of the day.

In the higher level of FIG, Adam Ludwell got an excellent technical score for the Gold medal in the men's individual event.

Head coach, Debbie Saunders was thrilled with their results, with the club members holding their own against clubs with better facilities.