



## 2006 Alex Strachan Cup - NAC Running Order

**Saturday , 24th June, 2006: First Competitor 9.30 a.m.**

No.	Age Cat.	Name	Club	Squash Court: 15 mins.	Multi purpose room: 38 mins.	Back Stage: 7 mins.	Perform
1	Foundation-IM	Matthew Saunders	Weston Aerobic Gymnastics Club	8:30:00	8:45:00	9:23:00	9:30:00
2	Foundation-IF	Carys Martin	Bulmershe Gymnastics Club	8:33:30	8:48:30	9:26:30	9:33:30
3	Foundation-IF	Laura Shuttleworth	Bulmershe Gymnastics Club	8:37:00	8:52:00	9:30:00	9:37:00
4	Foundation-IF	Abigail Morton	Waterside Gymnastics Club	8:40:30	8:55:30	9:33:30	9:40:30
5	Foundation-IF	Sophie Goves	Bulmershe Gymnastics Club	8:44:00	8:59:00	9:37:00	9:44:00
6	Foundation-IF	Jessica Squire	Bulmershe Gymnastics Club	8:47:30	9:02:30	9:40:30	9:47:30
7	Foundation-IF	Jessica Kirkpatrick	Bulmershe Gymnastics Club	8:51:00	9:06:00	9:44:00	9:51:00
8	Foundation-IF	Christie Pomford	Southport Aerobic Gymnastics	8:54:30	9:09:30	9:47:30	9:54:30
9	Foundation-IF	Kate Wilson	Bulmershe Gymnastics Club	8:58:00	9:13:00	9:51:00	9:58:00
10	Foundation-IF	Kay-Lynn Brant	Pinewood Gymnastics Club	9:01:30	9:16:30	9:54:30	10:01:30
11	Foundation-IF	Hayley Keattch	Flyin' Scotts Sports Aerobics Club	9:05:00	9:20:00	9:58:00	10:05:00
12	Foundation-IF	Amber Lovett	Flyin' Scotts Sports Aerobics Club	9:08:30	9:23:30	10:01:30	10:08:30
13	Foundation-IF	Rebekah Galpin	Bulmershe Gymnastics Club	9:12:00	9:27:00	10:05:00	10:12:00
14	Foundation-IF	Maisie Packer	Gillingham Gymnastics Club	9:15:30	9:30:30	10:08:30	10:15:30
15	Foundation-IF	Tara McLeman	Pinewood Gymnastics Club	9:19:00	9:34:00	10:12:00	10:19:00
16	Foundation-Pair	Matthew Saunders, Dani Lintern	Weston Aerobic Gymnastics Club	9:22:30	9:37:30	10:15:30	10:22:30
17	Nat Dev-Pair	Olivia Maynard, Sophie Burt	Waterside Gymnastics Club	9:26:00	9:41:00	10:19:00	10:26:00
18	Nat Dev-Pair	Rebecca Wakerley, Rhiannon Masterton	Bulmershe Gymnastics Club	9:29:30	9:44:30	10:22:30	10:29:30
19	Nat Dev-Pair	Morgan Ware, Amy Lowe	Waterside Gymnastics Club	9:33:00	9:48:00	10:26:00	10:33:00
20	Nat Dev-Trio	Jessica Taylor, Rosie Hitchins, Ellen Owen	Weston Aerobic Gymnastics Club	9:36:30	9:51:30	10:29:30	10:36:30
21	Nat Dev-Trio	Natalie Cawthorne, Natalie Hawkins, Daisy Walters	Bulmershe Gymnastics Club	9:40:00	9:55:00	10:33:00	10:40:00
22	Nat Dev-Trio	Darcy Tyler, Charlotte Payne, Sophie Fallon	Bulmershe Gymnastics Club	9:43:30	9:58:30	10:36:30	10:43:30
23	Nat Dev-Trio	Isabel Bradley, Dani Chattenton, Rebecca Norton	Gillingham Gymnastics Club	9:47:00	10:02:00	10:40:00	10:47:00
<b>10.50 a.m. Break: 10 mins.</b>							
24	Nat Dev-IF	Ella Augier	Pinewood Gymnastics Club	10:00:00	10:15:00	10:53:00	11:00:00
25	Nat Dev-IF	Tyler Ansel	Heathrow Aerobic Gymnastics	10:03:30	10:18:30	10:56:30	11:03:30
26	Nat Dev-IF	Rhiannon Welch-Huws	Flyin' Scotts Sports Aerobics Club	10:07:00	10:22:00	11:00:00	11:07:00
27	Nat Dev-IF	Hannah Branwood	Southport Aerobic Gymnastics	10:10:30	10:25:30	11:03:30	11:10:30
28	Nat Dev-IF	Natasha Pearce	Goshawks Gymnastics Club	10:14:00	10:29:00	11:07:00	11:14:00
29	Nat Dev-IF	Ashleigh Fraser	Flyin' Scotts Sports Aerobics Club	10:17:30	10:32:30	11:10:30	11:17:30
30	Nat Dev-IF	Amy Lowe	Waterside Gymnastics Club	10:21:00	10:36:00	11:14:00	11:21:00
31	Nat Dev-IF	Olivia Maynard	Waterside Gymnastics Club	10:24:30	10:39:30	11:17:30	11:24:30
32	Nat Dev-IF	Shana Williams	Heathrow Aerobic Gymnastics	10:28:00	10:43:00	11:21:00	11:28:00
33	Nat Dev-IF	Dani Chattenton	Gillingham Gymnastics Club	10:31:30	10:46:30	11:24:30	11:31:30
34	Nat Dev-IF	Sophie Burt	Waterside Gymnastics Club	10:35:00	10:50:00	11:28:00	11:35:00
35	Nat Dev-IF	Keimoy St Hill	Southport Aerobic Gymnastics	10:38:30	10:53:30	11:31:30	11:38:30
36	Nat Dev-IF	Rebecca Norton	Gillingham Gymnastics Club	10:42:00	10:57:00	11:35:00	11:42:00
37	Nat Dev-IF	Isabel Bradley	Gillingham Gymnastics Club	10:45:30	11:00:30	11:38:30	11:45:30
38	Nat Dev-IF	Morgan Ware	Waterside Gymnastics Club	10:49:00	11:04:00	11:42:00	11:49:00
39	Nat Dev-IF	Jessica Rogers	Flyin' Scotts Sports Aerobics Club	10:52:30	11:07:30	11:45:30	11:52:30
40	Nat Dev-IF	Ellie Stokes	Baskerville's Gymnastics Club	10:56:00	11:11:00	11:49:00	11:56:00
41	Nat Dev-IF	Kay-Jean Smith	Goshawks Gymnastics Club	10:59:30	11:14:30	11:52:30	11:59:30
42	Nat Dev-IF	Lauren Bowden	Flyin' Scotts Sports Aerobics Club	11:03:00	11:18:00	11:56:00	12:03:00
43	Nat Dev-IF	Stella Vinet	Bulmershe Gymnastics Club	11:06:30	11:21:30	11:59:30	12:06:30
44	Nat Dev-IF	Hannah Robinson	Goshawks Gymnastics Club	11:10:00	11:25:00	12:03:00	12:10:00
45	Nat Dev-IF	Lauren King	Pinewood Gymnastics Club	11:13:30	11:28:30	12:06:30	12:13:30
46	Group 1-Pair	Jourdan Walker, Philippa Hazell	Waterside Gymnastics Club	11:17:00	11:32:00	12:10:00	12:17:00



## 2006 Alex Strachan Cup - NAC Running Order

**Saturday , 24th June, 2006: First Competitor 9.30 a.m.**

No.	Age Cat.	Name	Club	Squash Court: 15 mins.	Multi purpose room: 38 mins.	Back Stage: 7 mins.	Perform
47	Group 1-Pair	Olivia Owen, Flora Lacy	Weston Aerobic Gymnastics Club	11:20:45	11:35:45	12:13:45	12:20:45
48	Group 1-Pair	Sabrina Harvey, Safron Joseph	Flyin' Scotts Sports Aerobics Club	11:24:30	11:39:30	12:17:30	12:24:30
49	Group 1-Pair	Sade Hayes, Lucy Bladon	Weston Aerobic Gymnastics Club	11:28:15	11:43:15	12:21:15	12:28:15
50	Group 1-Pair	Natasha Biss, Natasha Weston	Weston Aerobic Gymnastics Club	11:32:00	11:47:00	12:25:00	12:32:00
51	Group 1-Pair	Natasha Pearce, Nicky Fox	Goshawks Gymnastics Club	11:35:45	11:50:45	12:28:45	12:35:45
52	Group 1-Pair	Sophie Bartlett, Jemma Williams	Bulmershe Gymnastics Club	11:39:30	11:54:30	12:32:30	12:39:30
53	Group 1-Pair	Tilly Ellis, Sian Iles	Baskerville's Gymnastics Club	11:43:15	11:58:15	12:36:15	12:43:15
54	Group 1-Pair	Elizabeth Kempton, Leah Fox	Goshawks Gymnastics Club	11:47:00	12:02:00	12:40:00	12:47:00
55	Group 1-Trio	Hannah Branwood, Chloe Molyneux, Danielle Hellawell	Southport Aerobic Gymnastics	11:50:45	12:05:45	12:43:45	12:50:45
56	Group 1-Trio	Daniel Wakerley, Andrew Galpin, Sebastian Shields	Bulmershe Gymnastics Club	11:54:30	12:09:30	12:47:30	12:54:30
57	Group 1-Trio	Eva Newton, Samantha Mitchell, Monica Morton	Waterside Gymnastics Club	11:58:15	12:13:15	12:51:15	12:58:15
58	Group 1-Trio	Ellie Stokes, Katie Ball, Tessa Judge	Baskerville's Gymnastics Club	12:02:00	12:17:00	12:55:00	13:02:00
<b>1.05 p.m. Lunch: 55 mins.</b>							
59	Group 1-IF	Alice Hicks	Pinewood Gymnastics Club	13:00:00	13:15:00	13:53:00	14:00:00
60	Group 1-IF	Katie Ball	Baskerville's Gymnastics Club	13:03:45	13:18:45	13:56:45	14:03:45
61	Group 1-IF	Sabrina Harvey	Flyin' Scotts Sports Aerobics Club	13:07:30	13:22:30	14:00:30	14:07:30
62	Group 1-IF	Holly Sweet	Baskerville's Gymnastics Club	13:11:15	13:26:15	14:04:15	14:11:15
63	Group 1-IF	Rachel Cook	Gillingham Gymnastics Club	13:15:00	13:30:00	14:08:00	14:15:00
64	Group 1-IF	Giselle Wright	KLAS Sports Aerobics	13:18:45	13:33:45	14:11:45	14:18:45
65	Group 1-IF	Samantha Mitchell	Waterside Gymnastics Club	13:22:30	13:37:30	14:15:30	14:22:30
66	Group 1-IF	Eva Newton	Waterside Gymnastics Club	13:26:15	13:41:15	14:19:15	14:26:15
67	Group 1-IF	Chloe Molyneux	Southport Aerobic Gymnastics	13:30:00	13:45:00	14:23:00	14:30:00
68	Group 1-IF	Emily Keane	Heathrow Aerobic Gymnastics	13:33:45	13:48:45	14:26:45	14:33:45
69	Group 1-IF	Rosie Breed	KLAS Sports Aerobics	13:37:30	13:52:30	14:30:30	14:37:30
70	Group 1-IF	Colette Hayes	Waterside Gymnastics Club	13:41:15	13:56:15	14:34:15	14:41:15
71	Group 1-IF	Erin Hughes	Southport Aerobic Gymnastics	13:45:00	14:00:00	14:38:00	14:45:00
72	Group 1-IF	Ellen Baines	KLAS Sports Aerobics	13:48:45	14:03:45	14:41:45	14:48:45
73	Group 1-IF	Becky Kirby	KLAS Sports Aerobics	13:52:30	14:07:30	14:45:30	14:52:30
74	Group 1-IF	Francesca Sargood	Heathrow Aerobic Gymnastics	13:56:15	14:11:15	14:49:15	14:56:15
75	Group 1-IF	Safron Joseph	Flyin' Scotts Sports Aerobics Club	14:00:00	14:15:00	14:53:00	15:00:00
76	Group 1-IF	Danielle Hellawell	Southport Aerobic Gymnastics	14:03:45	14:18:45	14:56:45	15:03:45
77	Group 1-IF	Rebecca Mackarell	Southport Aerobic Gymnastics	14:07:30	14:22:30	15:00:30	15:07:30
78	Group 1-IF	Jourdan Walker	Waterside Gymnastics Club	14:11:15	14:26:15	15:04:15	15:11:15
79	Group 1-IF	Nicky Fox	Goshawks Gymnastics Club	14:15:00	14:30:00	15:08:00	15:15:00
80	Group 1-IF	Evelyn De Caro	Heathrow Aerobic Gymnastics	14:18:45	14:33:45	15:11:45	15:18:45
81	Group 1-IF	Lydia Batt	Baskerville's Gymnastics Club	14:22:30	14:37:30	15:15:30	15:22:30
82	Group 1-IF	Eden Rigg	Heathrow Aerobic Gymnastics	14:26:15	14:41:15	15:19:15	15:26:15
83	Group 1-IF	Danielle Farrell	Goshawks Gymnastics Club	14:30:00	14:45:00	15:23:00	15:30:00
84	Group 1-IF	Philippa Hazell	Waterside Gymnastics Club	14:33:45	14:48:45	15:26:45	15:33:45
85	Group 1-IF	Tessa Judge	Baskerville's Gymnastics Club	14:37:30	14:52:30	15:30:30	15:37:30
86	Group 1-IF	Elizabeth Kempton	Goshawks Gymnastics Club	14:41:15	14:56:15	15:34:15	15:41:15
87	Group 1-IF	Sian Iles	Baskerville's Gymnastics Club	14:45:00	15:00:00	15:38:00	15:45:00
88	Group 1-IF	Jessica Walters	Bulmershe Gymnastics Club	14:48:45	15:03:45	15:41:45	15:48:45
89	Group 1-IF	Monica Morton	Waterside Gymnastics Club	14:52:30	15:07:30	15:45:30	15:52:30
90	Group 1-IF	Ella Rigg	Heathrow Aerobic Gymnastics	14:56:15	15:11:15	15:49:15	15:56:15
91	Group 1-IF	Leah Fox	Goshawks Gymnastics Club	15:00:00	15:15:00	15:53:00	16:00:00
92	Group 1-IF	Tilly Ellis	Baskerville's Gymnastics Club	15:03:45	15:18:45	15:56:45	16:03:45



## 2006 Alex Strachan Cup - NAC Running Order

**Saturday , 24th June, 2006: First Competitor 9.30 a.m.**

No.	Age Cat.	Name	Club	Squash Court: 15 mins.	Multi purpose room: 38 mins.	Back Stage: 7 mins.	Perform
93	Group 1-IF	Abbey Tweddle	Heathrow Aerobic Gymnastics	15:07:30	15:22:30	16:00:30	16:07:30
94	Group 1-IF	Lauren Stokes	Baskerville's Gymnastics Club	15:11:15	15:26:15	16:04:15	16:11:15
95	Group 1-IF	Ella De Cruz	Heathrow Aerobic Gymnastics	15:15:00	15:30:00	16:08:00	16:15:00
<b>4.20 p.m. Break: 10 mins.</b>							
96	Group 2-IF	Tara Verloop	Gillingham Gymnastics Club	15:30:00	15:45:00	16:23:00	16:30:00
97	Group 2-IF	Chloe Foot	Waterside Gymnastics Club	15:33:45	15:48:45	16:26:45	16:33:45
98	Group 2-IF	Maria Williams	Waterside Gymnastics Club	15:37:30	15:52:30	16:30:30	16:37:30
99	Group 2-IF	Rebecca Rose	Weston Aerobic Gymnastics Club	15:41:15	15:56:15	16:34:15	16:41:15
100	Group 2-IF	Abigail Moffatt	Waterside Gymnastics Club	15:45:00	16:00:00	16:38:00	16:45:00
101	Group 2-IF	Ellie Sinclair	Goshawks Gymnastics Club	15:48:45	16:03:45	16:41:45	16:48:45
102	Group 2-IF	Rachel Shepherd	Goshawks Gymnastics Club	15:52:30	16:07:30	16:45:30	16:52:30
103	Group 2-IF	Joanna Carrick	Bulmershe Gymnastics Club	15:56:15	16:11:15	16:49:15	16:56:15
104	Group 2-IF	Charlotte Bradley	KLAS Sports Aerobics	16:00:00	16:15:00	16:53:00	17:00:00
105	Group 2-IF	Sammy Billinghamurst	Goshawks Gymnastics Club	16:03:45	16:18:45	16:56:45	17:03:45
106	Group 2-IF	Charlotte Davies	Weston Aerobic Gymnastics Club	16:07:30	16:22:30	17:00:30	17:07:30
107	Group 2-IF	Kayleigh Silvester	Flyin' Scotts Sports Aerobics Club	16:11:15	16:26:15	17:04:15	17:11:15
108	Group 2-IF	Janine Harvey	Flyin' Scotts Sports Aerobics Club	16:15:00	16:30:00	17:08:00	17:15:00
109	Group 2-IM	Damien Davenport	Gillingham Gymnastics Club	16:18:45	16:33:45	17:11:45	17:18:45
110	Group 2-IM	Jaime Carter	Pinewood Gymnastics Club	16:22:30	16:37:30	17:15:30	17:22:30
111	Group 2-Pair	Keshia Santos, Emma Scott	Southport Aerobic Gymnastics	16:26:15	16:41:15	17:19:15	17:26:15
112	Group 2-Pair	Abigale Jones, Kelly Hughes	Martine's Action Pack	16:30:00	16:45:00	17:23:00	17:30:00
113	Group 2-Trio	Maria Williams, Chloe Foot, Sophie Marshall	Waterside Gymnastics Club	16:33:45	16:48:45	17:26:45	17:33:45
114	Group 2-Trio	Joanna Carrick, Sophie Hodgson, Eve Burns	Bulmershe Gymnastics Club	16:37:30	16:52:30	17:30:30	17:37:30
115	Group 2-Trio	Laura Brown, Hollie Pomford, Jenny Preston	Southport Aerobic Gymnastics	16:41:15	16:56:15	17:34:15	17:41:15
116	Snr-IF	Michelle Fox	Goshawks Gymnastics Club	16:45:00	17:00:00	17:38:00	17:45:00
117	Snr-IF	Rachel Killeen	Suki AGC	16:48:45	17:03:45	17:41:45	17:48:45
118	Snr-IF	Francesca Murphy	MLS	16:52:30	17:07:30	17:45:30	17:52:30
119	Snr-IF	Laila Ladak	Gillingham Gymnastics Club	16:56:15	17:11:15	17:49:15	17:56:15
120	Snr-Trio	Faye Cheeseborough, Emma Berry, Rebecca Rose	Weston Aerobic Gymnastics Club	17:00:00	17:15:00	17:53:00	18:00:00
<b>6.15 p.m. Medal Ceremony</b>							



## 2006 Alex Strachan Cup - FIG Running Order

**Sunday , 25th June, 2006: First Competitor 10.00 a.m.**

No.	Age Cat.	Name	Club	Squash Court: 15 mins.	Multi purpose room: 38 mins.	Back Stage: 7 mins.	Perform
1	Nat Dev-Pair	Kayleigh Silva, Crystal Jones	Martine's Action Pack	9:00:00	9:15:00	9:53:00	10:00:00
2	Nat Dev-Trio	Olivia Farrance, Robyn Irvine, Hannah Owen	Bulmershe Gymnastics Club	9:03:30	9:18:30	9:56:30	10:03:30
3	Nat Dev-Trio	Summer Pidgley, Kezia Forzberg, Amber Matson	Waterside Gymnastics Club	9:07:00	9:22:00	10:00:00	10:07:00
4	Nat Dev-Trio	Emily Boyce, Katie Dziewulski, Stella Vinet	Bulmershe Gymnastics Club	9:10:30	9:25:30	10:03:30	10:10:30
5	Nat Dev-IM	Connor Glancy	Bulmershe Gymnastics Club	9:14:00	9:29:00	10:07:00	10:14:00
6	Nat Dev-IF	Olivia Smith	KLAS Sports Aerobics	9:17:30	9:32:30	10:10:30	10:17:30
7	Nat Dev-IF	Cydney Meade	Flyin' Scotts Sports Aerobics Club	9:21:00	9:36:00	10:14:00	10:21:00
8	Nat Dev-IF	Kayleigh Kilsby	KLAS Sports Aerobics	9:24:30	9:39:30	10:17:30	10:24:30
9	Nat Dev-IF	Shannon Rigby	Southport Aerobic Gymnastics	9:28:00	9:43:00	10:21:00	10:28:00
10	Nat Dev-IF	Melanie McCabe	KLAS Sports Aerobics	9:31:30	9:46:30	10:24:30	10:31:30
11	Nat Dev-IF	Robyn Irvine	Bulmershe Gymnastics Club	9:35:00	9:50:00	10:28:00	10:35:00
12	Nat Dev-IF	Summer Pidgley	Waterside Gymnastics Club	9:38:30	9:53:30	10:31:30	10:38:30
13	Nat Dev-IF	Hannah Owen	Bulmershe Gymnastics Club	9:42:00	9:57:00	10:35:00	10:42:00
14	Nat Dev-IF	Kayleigh Silva	Martine's Action Pack	9:45:30	10:00:30	10:38:30	10:45:30
15	Nat Dev-IF	Olivia Farrance	Bulmershe Gymnastics Club	9:49:00	10:04:00	10:42:00	10:49:00
16	Nat Dev-IF	Amber Matson	Waterside Gymnastics Club	9:52:30	10:07:30	10:45:30	10:52:30
17	Nat Dev-IF	Emily Boyce	Bulmershe Gymnastics Club	9:56:00	10:11:00	10:49:00	10:56:00
18	Nat Dev-IF	Leah Carroll	KLAS Sports Aerobics	9:59:30	10:14:30	10:52:30	10:59:30
19	Nat Dev-IF	Crystal Jones	Martine's Action Pack	10:03:00	10:18:00	10:56:00	11:03:00
20	Nat Dev-IF	Amber Symons	KLAS Sports Aerobics	10:06:30	10:21:30	10:59:30	11:06:30
21	Nat Dev-IF	Kezia Forzberg	Waterside Gymnastics Club	10:10:00	10:25:00	11:03:00	11:10:00
<b>11.15 a.m. Break: 10 mins.</b>							
22	Group 1-IF	Samantha Rowland	KLAS Sports Aerobics	10:25:00	10:40:00	11:18:00	11:25:00
23	Group 1-IF	Fay Manning	Pinewood Gymnastics Club	10:28:45	10:43:45	11:21:45	11:28:45
24	Group 1-IF	Grace Jabbari	Bulmershe Gymnastics Club	10:32:30	10:47:30	11:25:30	11:32:30
25	Group 1-IF	Kelsie Buck	Southport Aerobic Gymnastics	10:36:15	10:51:15	11:29:15	11:36:15
26	Group 1-IF	Sophie Lewis	Heathrow Aerobic Gymnastics	10:40:00	10:55:00	11:33:00	11:40:00
27	Group 1-IF	Heather Adams	Bulmershe Gymnastics Club	10:43:45	10:58:45	11:36:45	11:43:45
28	Group 1-IF	Katy Longden	Southport Aerobic Gymnastics	10:47:30	11:02:30	11:40:30	11:47:30
29	Group 1-IF	Katrina Rose	Weston Aerobic Gymnastics Club	10:51:15	11:06:15	11:44:15	11:51:15
30	Group 1-IF	Katie Calvert	KLAS Sports Aerobics	10:55:00	11:10:00	11:48:00	11:55:00
31	Group 1-IF	Ashley O'Reilly	Waterside Gymnastics Club	10:58:45	11:13:45	11:51:45	11:58:45
32	Group 1-IF	Natalie Green	Heathrow Aerobic Gymnastics	11:02:30	11:17:30	11:55:30	12:02:30
33	Group 1-IF	Katie Ward	Pinewood Gymnastics Club	11:06:15	11:21:15	11:59:15	12:06:15
34	Group 1-IF	Rosie Walsh	Bulmershe Gymnastics Club	11:10:00	11:25:00	12:03:00	12:10:00
35	Group 1-IF	Talia Katz	Bulmershe Gymnastics Club	11:13:45	11:28:45	12:06:45	12:13:45
36	Group 1-IF	Vicki Litherland	KLAS Sports Aerobics	11:17:30	11:32:30	12:10:30	12:17:30
37	Group 1-IF	Madeleine Gale	Bulmershe Gymnastics Club	11:21:15	11:36:15	12:14:15	12:21:15
38	Group 1-IF	Lauren Gillard	Bulmershe Gymnastics Club	11:25:00	11:40:00	12:18:00	12:25:00
39	Group 1-IF	Bethany Martin	Waterside Gymnastics Club	11:28:45	11:43:45	12:21:45	12:28:45
40	Group 1-IF	Harriet Bendall	Bulmershe Gymnastics Club	11:32:30	11:47:30	12:25:30	12:32:30
41	Group 1-IF	Ellie Spooner	Pinewood Gymnastics Club	11:36:15	11:51:15	12:29:15	12:36:15
42	Group 1-IF	Stacy Chance	Bulmershe Gymnastics Club	11:40:00	11:55:00	12:33:00	12:40:00
43	Group 1-IF	Chloe Farrance	Bulmershe Gymnastics Club	11:43:45	11:58:45	12:36:45	12:43:45
44	Group 1-IF	Bethany Waddington	Waterside Gymnastics Club	11:47:30	12:02:30	12:40:30	12:47:30
45	Group 1-IF	Jo Smith	Flyin' Scotts Sports Aerobics Club	11:51:15	12:06:15	12:44:15	12:51:15
46	Group 1-IF	Jenna Nola	Heathrow Aerobic Gymnastics	11:55:00	12:10:00	12:48:00	12:55:00



## 2006 Alex Strachan Cup - FIG Running Order

**Sunday , 25th June, 2006: First Competitor 10.00 a.m.**

No.	Age Cat.	Name	Club	Squash Court: 15 mins.	Multi purpose room: 38 mins.	Back Stage: 7 mins.	Perform
47	Group 1-IM	Sebastian DeVerteuil	Pinewood Gymnastics Club	11:58:45	12:13:45	12:51:45	12:58:45
<b>1.00 p.m. Lunch: 60 mins.</b>							
48	Group 1-Trio	Katrina Rose, Kirsty Harvey, Gemma Barnfield	Weston Aerobic Gymnastics Club	13:00:00	13:15:00	13:53:00	14:00:00
49	Group 1-Trio	Sebastian DeVerteuil, Fay Manning, Ellie Spooner	Pinewood Gymnastics Club	13:03:45	13:18:45	13:56:45	14:03:45
50	Group 1-Trio	Erin Hughes, Kelsie Buck, Katy Longden	Southport Aerobic Gymnastics	13:07:30	13:22:30	14:00:30	14:07:30
51	Group 1-Trio	Madeleine Gale, Grace Jabbari, Rosie Walsh	Bulmershe Gymnastics Club	13:11:15	13:26:15	14:04:15	14:11:15
52	Group 1-Trio	Stacy Chance, Talia Katz, Chloe Farrance	Bulmershe Gymnastics Club	13:15:00	13:30:00	14:08:00	14:15:00
53	Group 1-Trio	Ashley O'Reilly, Bethany Waddington, Bethany Martin	Waterside Gymnastics Club	13:18:45	13:33:45	14:11:45	14:18:45
54	Group 1-Trio	Samantha Rowland, Katie Calvert, Rosie Breed	KLAS Sports Aerobics	13:22:30	13:37:30	14:15:30	14:22:30
55	Group 2-Group	Katie McDonnell, Chrystal Hayselden, Emily Gale, Jodie Gale, Leanne Crook, Lauren Baker	Bulmershe Gymnastics Club	13:26:15	13:41:15	14:19:15	14:26:15
56	Group 2-IF	Katie Fitz-Costa	Bulmershe Gymnastics Club	13:30:00	13:45:00	14:23:00	14:30:00
57	Group 2-IF	Sophie Morris	Southport Aerobic Gymnastics	13:33:45	13:48:45	14:26:45	14:33:45
58	Group 2-IF	Rosie Webster	Heathrow Aerobic Gymnastics	13:37:30	13:52:30	14:30:30	14:37:30
59	Group 2-IF	Lucy Ella	Pinewood Gymnastics Club	13:41:15	13:56:15	14:34:15	14:41:15
60	Group 2-IF	Vicki Chagger	MLS	13:45:00	14:00:00	14:38:00	14:45:00
61	Group 2-IF	Natalie Porter	Suki AGC	13:48:45	14:03:45	14:41:45	14:48:45
62	Group 2-IF	Kirsty Banfield	Heathrow Aerobic Gymnastics	13:52:30	14:07:30	14:45:30	14:52:30
63	Group 2-IF	AnnTherese Othzén	Sweden	13:56:15	14:11:15	14:49:15	14:56:15
64	Group 2-IF	Sian Hill	Heathrow Aerobic Gymnastics	14:00:00	14:15:00	14:53:00	15:00:00
65	Group 2-IF	Abi Camwell	KLAS Sports Aerobics	14:03:45	14:18:45	14:56:45	15:03:45
66	Group 2-IF	Vicky Crocker	Waterside Gymnastics Club	14:07:30	14:22:30	15:00:30	15:07:30
67	Group 2-IF	Emily Gale	Bulmershe Gymnastics Club	14:11:15	14:26:15	15:04:15	15:11:15
68	Group 2-IF	Stephanie Fois	Heathrow Aerobic Gymnastics	14:15:00	14:30:00	15:08:00	15:15:00
69	Group 2-IF	Jacqui Bamforth	Heathrow Aerobic Gymnastics	14:18:45	14:33:45	15:11:45	15:18:45
70	Group 2-IF	Katie McDonnell	Bulmershe Gymnastics Club	14:22:30	14:37:30	15:15:30	15:22:30
71	Group 2-IF	Rachel Murphy	Independent	14:26:15	14:41:15	15:19:15	15:26:15
72	Group 2-IF	Siana Shipley	Heathrow Aerobic Gymnastics	14:30:00	14:45:00	15:23:00	15:30:00
73	Group 2-IF	Katy Barley	Castell Alun Gymnastics Club	14:33:45	14:48:45	15:26:45	15:33:45
74	Group 2-IF	Chrystal Hayselden	Bulmershe Gymnastics Club	14:37:30	14:52:30	15:30:30	15:37:30
75	Group 2-IF	Sophie Springgay	Bulmershe Gymnastics Club	14:41:15	14:56:15	15:34:15	15:41:15
76	Group 2-IF	Louise Coffin	Waterside Gymnastics Club	14:45:00	15:00:00	15:38:00	15:45:00
<b>3.50 p.m. Break: 10 mins.</b>							
77	Group 2-Trio	Jodie Gale, Lauren Baker, Leanne Crook	Bulmershe Gymnastics Club	15:00:00	15:15:00	15:53:00	16:00:00
78	Group 2-Trio	Katherine Saunders, Rachel Harvey, Sadie Berry	Weston Aerobic Gymnastics Club	15:03:45	15:18:45	15:56:45	16:03:45
79	Snr-IF	Chelsey Dixon	Heathrow Aerobic Gymnastics	15:07:30	15:22:30	16:00:30	16:07:30
80	Snr-IF	Katie Price	Bulmershe Gymnastics Club	15:11:15	15:26:15	16:04:15	16:11:15
81	Snr-IF	Caryl Griffiths	Aero-Gym	15:15:00	15:30:00	16:08:00	16:15:00
82	Snr-IF	Katie Richards	Bulmershe Gymnastics Club	15:18:45	15:33:45	16:11:45	16:18:45
83	Snr-IF	Christina Fossheim	Heathrow Aerobic Gymnastics	15:22:30	15:37:30	16:15:30	16:22:30
<b>4.30 p.m. Demo Teams Competition</b>							
<b>5.00 p.m. Medal Ceremony</b>							



## 2006 Alex Strachan Cup - Demo Teams Running Order

Sunday, 25th June, 2006: First Competitors 4.30 p.m.

No.	Age Cat.	Name	Club	Squash Court: 15 mins.	Multi purpose room: 38 mins.	Back Stage: 7 mins.	Perform
84	U12	Christie Pomford, Shannon Rigby, Hannah Branwood, Danielle Hellawell, Chloe Molyneux, Keimoy St. Hill	Southport Aerobic Gymnastics	15:30:00	15:45:00	16:23:00	16:30:00
85	U12	Alice Bassett, Hayley Keattch, Amber Lovett, Heather Rogerson, Jessica Rogers, Rhiannon Welch-Huws, Lucy Bassett, Lauren Bowden, Ashleigh Fraser, Cydney Meade	Flyin' Scotts Sports Aerobics Club	15:34:00	15:49:00	16:27:00	16:34:00
86	U16	Daisy Johnson, Ellie Stokes, Tilly Ellis, Katie Ball, Sian Iles, Tessa Judge	Baskerville's Gymnastics Club	15:38:00	15:53:00	16:31:00	16:38:00
87	U16	Erin Hughes, Rebecca Mackarell, Rebecca Hewitt, Kelsie Buck, Emma Scott, Keshia Santos, Sophie Morris, Abi Mackenzie, Laura Brown, Kirsty Brown, Rachel Bromilow	Southport Aerobic Gymnastics	15:42:00	15:57:00	16:35:00	16:42:00
88	Snr	Sabrina Harvey, Safron Joseph, Jo Smith, Janine Harvey, Meghan Davies, Kayleigh Silvester, Heidi Lee, Nikhalar Sterling, Siobhan Hunte, Charlotte Walcott, Sarah McDonagh	Flyin' Scotts Sports Aerobics Club	15:46:00	16:01:00	16:39:00	16:46:00
<b>5.00 p.m. Medal Ceremony</b>							

# Aerobic Gymnastics Technical Committee



Competition Organiser: Debbie Porter  
10, Raven Close, Rowner, Gosport, Hampshire, PO13 8AU  
E-mail: Debbie Porter [debbie.porter@ntlworld.com]

2006 ALEX STRACHAN CUP  
24<sup>th</sup> 25<sup>th</sup> June, 2005  
Bracknell Sports Centre, Bracknell

## WORK PLAN (updated)

### Organising Committee

Debbie Porter  
Martine Griffiths  
Barbara Stephan

Competition Organiser  
Competition Committee Member  
BGA National Events Organiser BGA

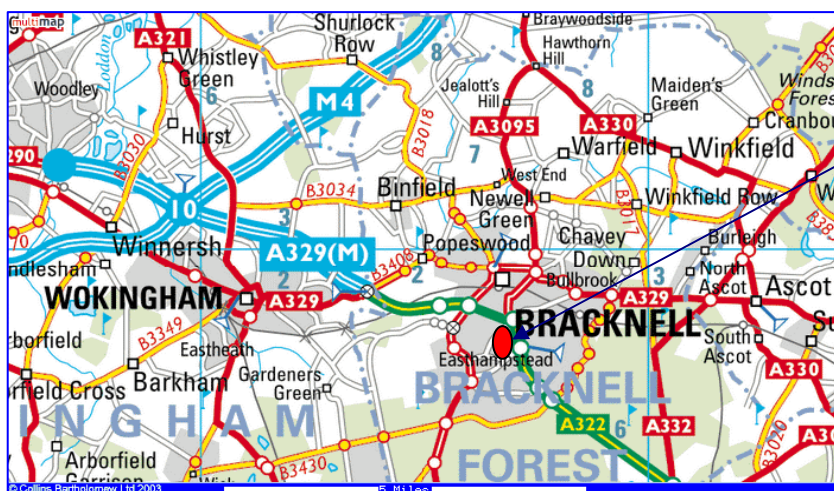
### Venue

Bracknell Sport & Leisure Centre  
Bagshott Road  
Bracknell  
Berkshire  
RG12 9SE  
Tel: 01344 861717 or 01344 454203

### Competition Hotel

Hilton Hotel

### Map of Programme



Bracknell Sport &  
Leisure Centre  
01344 861717  
01344 454203

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23 <sup>rd</sup> June	Set up of Competition Area
24 <sup>th</sup> June	Foundation & NAC
8.00 am – 8.45am	Register Gymnasts & Music <b><u>NAC &amp; Foundation ONLY</u></b>

**PLEASE NOTE: ALL CD's MUST HAVE ROUTINE NUMBER STICKERS ALREADY DISPLAYED ON THEM. (SEE RUNNING ORDER)**  
**YOU MUST PROVIDE A CD FOR EACH ROUTINE.**

General Warm Up

Floor available for General Warm Up for all competitors from approximately 8.15 – 9.00am.

No spectators will be allowed into arena at this time. Coaches and gymnasts with passes only.

**Please note there will be NO music rehearsal**

8.30 am	Judges / Coaches briefing
8.45 am	Doors Open to Public
9. 10 am	Judges seated
9.15 am	Opening Ceremony (Club Tracksuits, hair tied up) Run-On by Club 2x8 routine with 2x8 run on) Only gymnasts in NAC & FOUNDATION
9.30 am	First am competitor
1.05pm	Lunch
2.00 pm	First p.m. competitor
6.15 pm	Medal Ceremony

**N.B ALL MEDAL CEREMONIES ONLY 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> MEDALLISTS IN COMPETITION KIT**



# Aerobic Gymnastics Technical Committee

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25<sup>th</sup> June FIG & Demo Teams

8.00 am – 8.45am Register Gymnasts & Music **FIG & Demo Teams**

**PLEASE NOTE: ALL CD's MUST HAVE ROUTINE NUMBER STICKERS ALREADY DISPLAYED ON THEM.  
(SEE RUNNING ORDER)  
YOU MUST PROVIDE A CD FOR EACH ROUTINE.**

General Warm Up

Floor available for General Warm Up for all competitors from approximately 8.15 – 9.00am.

No spectators will be allowed into arena at this time. Coaches and gymnasts with passes only.

**Please note there will be NO music rehearsal**

8.30 am Judges / Coaches briefing

9.15 am Doors Open to Public

9.30 am Judges seated

9.45 am Opening Ceremony (Club Tracksuits, hair tied up)  
Run-On by Club 2x8 routine with 2x8 runs on)  
Only gymnasts in FIG and Dance only

10.00am First a.m. competitor

1.00pm Lunch

2.00pm First p.m. competitor

3.50 pm Demo Teams

5.00pm Medal Ceremony

Additional Information

Only straight finals in all categories

Only Medalists to present at Medal Ceremony

One Judging panel:-

Chair: Natalia Illienko - Jarvis

Difficulty: Jackie Murphy and Mark Flannigan



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# Aerobic Gymnastics Technical Committee

Competition Organiser: Debbie Porter  
10, Raven Close, Rowner, Gosport, Hampshire, PO13 8AU  
E-mail: Debbie Porter [debbie.porter@ntlworld.com]

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Artistic and Execution: Drawn on the day according to qualification

Please ensure gymnast/s are walking onto stage as previous competitor is walking off.

If there are to be any withdrawals PLEASE inform M.G. as early as possible.

Music must be on Cd. No CD can be used more than once.

Video Forms must be with M.G. by the deadline date June 12<sup>th</sup>. Forms will not be processed after this date.

**ALL TECHNICAL AREAS ARE OUT OF BOUNDS (JUDGING TABLE/SCORERS TABLE)**

The day is very busy and coaches some of your entries are very large. Please understand that you are responsible for their behaviour at all times. We cannot expect you to be in all places at all times, so please share the responsibility of control with other responsible adults from your club.

Ensure your gymnast is to the side of the stage ready to perform 3 routines prior. If they are not ready to perform when called the Chair of Judges will initiate FIG Code of Points – disqualification.

All additional information and running order will be forwarded in due course.

Debbie Porter (Competition Organiser)