

South east regional champs

9 sussex clubs represented across 2 weekends at regional champs with 120 gymnasts competing.

5 regional championships with a further 16 silver/bronze medals and a further 20 gymnasts placing 4th - 6th.

2 South East team members for national finals and one individual representative

Sussex champs

102 gymnasts competed from 9 different sussex clubs.

Only modified 2 was not represented with a competitor on the day.

Sussex were then represented by a team, honesty and Scarlett (hor) and Jessica, jess and Daisy (tag), at the Rushmoor Rosebowl invitational placing 7th.

Horsham gymnasts travelled to Wiltshire for the quatro cup. Level 5 team placed 1st with Georgia stables 2nd, arabella Aston 4th and Poppy Finn 12th out of 37 gymnasts.

Judging courses were held in September with 22 judges from across the south east passing the club course and a further 3 passing the Regional course

New grades skills are being put together at the moment. Keep checking the British Gymnastics academy for any updates on this. There is a symposium at Lilleshall early December which will be discussing these changes and I will report back anything after that.