

## Women's Report July 2023

National finals were a success with many gymnasts coming away with National medals from the National and Compulsory Grades.

Since May there has been one county squad held at Uckfield GC with 7 different clubs involved.

In July the Sussex Invitational was held. This was the first time since 2019 that we have run this competition. It held a range of levels from Zinc through to some guest FIG gymnasts preparing for upcoming internationals. 140 gymnasts took part from Sussex and Surrey based clubs.

The Sussex Championships are in the planning phase and information will be put on the Sussex website as soon as possible. The dates will be the 1<sup>st</sup> October and 8<sup>th</sup> October with levels and venues for each day confirmed as soon as I can.

Georgia Stables attended a GB Junior squad from the 6<sup>th</sup>-8<sup>th</sup> July. She is also trialling for upcoming England International competitions.

Nationally the Compulsory and National grades books are being updated, as yet I don't know when these will be available.