

## Sussex Report Tumble

In October 2022 we held the Annual Sussex Tumble Championships, the first since Covid. As always this was well attended by our Sussex clubs - Be Gymnastics, Bevendean, Dyson, Hollington & Sky High. The gymnasts were handed trophies instead of medals as feedback from previous comps had been that gymnasts found this to be nice and different than just getting medals. We included a team event for this year as something new, this was represented well by all clubs with lots of gymnasts taking home team medals.

We are hoping that as we move forward with this new season that Triangle and 1066 may join us with some tumblers although within the 5 Sussex clubs that attended we do have over 250 tumblers, which is fantastic.

The South East Regional Championships were held at Hollington Gym Club in December and again they were represented well by our Sussex Clubs with lots of gymnasts walking away with South East Regional Titles.

Hollington Gym club have got their annual invitational comp this weekend - Bevendean, Be Gymnastics, Dyson, Hollington & Triangle are all attending.

We are planning to hold the Club Cup series qualifier in Feb or March and this will be held at Hollington Gym again. We are only planning 1 qualifier this year for this event as we feel there is not the need for 2. The final's date for the Inter County Cup (ICC) is still being sorted as it was moved due to English Championships having to change their dates.

We have the first IRCC qualifier in March and hoping to have a good turnout from our Sussex Clubs.

Nikki Huggins & Mark Poore

Sussex Tumble Reps