



FIG A & FIG B TRI COMPETITIONS FOR 2010

	Sunday 7 th February	Saturday 6 th March	Sunday 28 th March	Saturday 1 st May	Sunday 23 rd May	Saturday 12 th June
Comp Date	Sunday 7 th February	Saturday 6 th March	Sunday 28 th March	Saturday 1 st May	Sunday 23 rd May	Saturday 12 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	Greenbank Sports Academy Greenbank Lane Liverpool, L17 1AG
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbre Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





FIG A & FIG B BRITISH NATIONAL TRAMPOLINE CHAMPIONSHIPS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

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NATIONAL C TRI COMPETITIONS FOR 2010

	Saturday 6 th February	Sunday 7 th March	Saturday 27 th March	Sunday 2 nd May	Saturday 22 nd May	Sunday 13 th June
Comp Date	Saturday 6 th February	Sunday 7 th March	Saturday 27 th March	Sunday 2 nd May	Saturday 22 nd May	Sunday 13 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	Greenbank Sports Academy Greenbank Lane Liverpool, L17 1AG
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbre Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

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NATIONAL C NATIONAL TRAMPOLINE FINALS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





FIG A & FIG B DOUBLE MINI TRAMPOLINE (DMT) COMPETITIONS FOR 2010

Comp Date	Saturday 6 th February	Sunday 7 th March	Saturday 27 th March	Sunday 2 nd May	Saturday 22 nd May	Sunday 13 th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	Greenbank Sports Academy Greenbank Lane Liverpool, L17 1AG
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbre Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

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Tel: 0845 1297129 Fax: 01952 822422





FIG A & FIG B DMT BRITISH CHAMPIONSHIPS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





NATIONAL C DOUBLE MINI TRAMPOLINE (DMT) COMPETITIONS FOR 2010

Comp Date	Sunday 7th February	Saturday 6th March	Sunday 28th March	Saturday 1st May	Sunday 23rd May	Saturday 12th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	Greenbank Sports Academy Greenbank Lane Liverpool, L17 1AG
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbre Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





NATIONAL C DMT BRITISH FINALS 2010

Competition date	Saturday & Sunday 24 th – 25 th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£17.50
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





SYNCHRONISED TRAMPOLINE COMPETITIONS FOR 2010

	Sunday 7th February	Saturday 6th March	Sunday 28th March	Saturday 1st May	Sunday 23rd May	Saturday 12th June
Comp Date	Sunday 7th February	Saturday 6th March	Sunday 28th March	Saturday 1st May	Sunday 23rd May	Saturday 12th June
Closing date	Monday 18 th January	Monday 15 th February	Monday 8 th March	Monday 12 th April	Monday 3 rd May	Monday 24 th May
Event	South West Gala	Yorkshire Gala	Northern Irish Gala	Welsh Gala	Midlands Gala	Northern Gala
Venue	GL1 Leisure Centre Bruton Way Gloucester, GL1 1DT	GEMTEC Arena Walton Street HULL, HU3 6JP	Ards LC, 64-70 William St Newtownards Northern Ireland, BT23 4EJ	Welsh Institute of Sport Sophia Gardens Cardiff, CF11 9SW	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	Greenbank Sports Academy Greenbank Lane Liverpool, L17 1AG
Phone no	0845 643 4203	01482 304800	028 91812837	029 20 300 500	0121 464 1996	0161 7492555
Entry Fee	£10.00 per person	£10.00 per person	£10.00 per person	£10.00 per person	£10.00 per person	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Nicky Allen	Julie Williams	Stuart Harper	Welsh Gymnastics	Pam Smith	Hilbre Hockenhull
Email	allennicky@hotmail.com	julietramp@hotmail.com	stu.springboy77@hotmail.co.uk	office@welshgymnastics.org	pam@cobtc.co.uk	hockenhulla@aol.com

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BRITISH SYNCHRONISED TRAMPOLINE CHAMPIONSHIPS 2010

Competition date	Sunday 25th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	£15.00 per person
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





BRITISH TUMBLING CHAMPIONSHIPS 2010

Competition date	Saturday & Sunday 24th & 25th July
Closing date	Monday 14 th June
Venue	National Indoor Arena King Edwards Road Birmingham West Midlands B1 2AA
Phone no	0121 200 2202
Entry Fee	TBC
Cheques payable to	British Gymnastics
Entry to	British Gymnastics
Organiser	Pam Smith
Phone	01527 517024
Email	pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





GMPD TRAMPOLINE COMPETITIONS FOR 2009/2010

	Sunday 13 th September	Sunday 22 nd November	Saturday 5 th December	Saturday 9 th January	Sunday 21 st March	Saturday 15 th May
Comp Date	Sunday 13 th September	Sunday 22 nd November	Saturday 5 th December	Saturday 9 th January	Sunday 21 st March	Saturday 15 th May
Closing date	Monday 3 rd September	Monday 19 th October	Monday 2 nd November	Monday 14 th December	Monday 22 nd February	Monday 26 th April
Event	GMPD South	GMPD South East	GMPD London	GMPD Midlands	GMPD South West	GMPD East
Venue	Chamberlayne Leisure Centre 150 Weston Lane Southampton, SO19 9SJ	Jumpers Centre Mill Road Gillingham, ME7 1HN	Harlington Sports Centre Pinkwell Lane Harlington, UB3 1PB	Cocks Moors Woods Alcester Road South Birmingham, B14 6ER	AspireSports & Culture Trust Bruton Way Gloucester, GL1 1DT	TBD
Phone no	023 80 437668	01634 855507	020 8569 3211	0121 464 1996	08456434201	
Entry Fee	£12.00	£12.00	£12.00	£12.00	£12.00	£12.00
Cheques Payee	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Entry to	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics	British Gymnastics
Organiser	Justine Abraham	Liz Laws	Linda Lawrie	Pam Smith	Dawn Laeson	
Email	justine@teamlgihntning.org.uk	info@trampoline.co.uk	lindajlawrie@sky.com	pam@cobtc.co.uk		

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





BRITISH GMPD TRAMPOLINE CHAMPIONSHIPS 2010

Competition date Sunday 25th July
Closing date Monday 14th June
Venue National Indoor Arena
King Edwards Road
Birmingham
West Midlands
B1 2AA
Phone no 0121 200 2202
Entry Fee £17.50
Cheques payable to British Gymnastics
Entry to British Gymnastics
Organiser Pam Smith
Phone 01527 517024
Email pam@cobtc.co.uk

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





ENGLISH CHAMPIONSHIPS 2010

Entry by Regional Nomination (See regional selection policy for further details)

Competition date	Saturday 23 rd October
Closing Date	Monday 4 th October
Venue	GL1 Leisure Centre Bruton Way Gloucester GL1 1DT
Phone no	01225 386339
Entry Fee	£15.00 (£30 per synchronised pair)
Cheques payable to	English Gymnastics
Entry to	English Gymnastics
Organiser	Nicky Allen
Phone	
Email	allennicky@hotmail.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





HOME NATIONS 2010

Entry by Home Nation Nomination (See home nation selection policy for further details)

Competition date	Sunday 24 ^h October
Closing Date/Publication of Policy	Monday 4 th October
Venue	GL1 Leisure Centre Bruton Way Gloucester GL1 1DT
Phone no	01225 386339
Entry Fee	£15.00 (£30 per synchronised pair)
Cheques payable to	English Gymnastics
Entry to	English Gymnastics
Organiser	Nicky Allen
Phone	
Email	allennicky@hotmail.com

Registered Office: Ford Hall, Lilleshall National Sport Centre, Newport, Shropshire. TF10 9NB.

Tel: 0845 1297129 Fax: 01952 822422





IMPORTANT INFORMATION FOR THE 2010 COMPETITION SEASON

Please enter on-line if possible at <http://www.british-gymnastics.org> and log on to the member's portal.
Postal entries, online entries not paid online and all cheques must be sent to British Gymnastics on or before the closing date.

Trampoline Competition Entries
British Gymnastics
Ford Hall
Lilleshall National Sports Centre
Newport, Shropshire
TF10 9NB

You may enter the Individual Trampoline, Synchronised Trampoline and Double Mini Trampoline events at the same Gala weekend.
BG membership number for the Club and all Competitors, Coaches and Officials (where applicable) must accompany all competition entries.
Failure to provide the BG number prior to the closing date will invalidate the entry.

In Individual Trampoline, you may enter either FIG A, FIG B or NAT C at any one Gala weekend.
All GMPD A entries must be sent to British Gymnastics for processing.

Provisional entries will no longer be accepted. You must be qualified for the level of competition by the day of the closing date.

Please note entries received after the closing date will not be accepted unless proof of postage is provided illustrating the validity of an entry.
For further information on Trampoline Competitions, please refer to the Trampoline Competition Handbook or email... information@british-gymnastics.org

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