

Women's Report October 2023

Georgia Stables was selected to represent England in Norway at the Unni and Harald International. She had an amazing competition and experience walking away with team silver, individual silver as well as gold vault, silver bars, bronze beam and 4th floor in the apparatus finals. She was the only junior of the competition to achieve all 4 finals.

The Sussex Championships had the first competition held on the 1st October at Chichester GC with 94 gymnasts entered. The second competition was held on the 8th October at Horsham with 55 gymnasts entered. The 2 competitions catered for all voluntary levels and included the newly introduced Tin level.

This is a strong number of gymnasts with 9 different clubs entering gymnasts. I feel this is really positive for our county to see so many clubs and gymnasts competing.

Nationally the Compulsory and National grades books are being updated. I attended a day at Lilleshall to learn some more about the new grades that are being introduced. The books and corresponding videos should be published by BG by the middle of November. I can send a message around to clubs once this has been done to keep all informed.