

THE

VOL 17 No 11 JULY 45p

GYMNAST

THE MONTHLY MAGAZINE FOR ALL GYMNASTS



Thames Junior Gymnast of the Year: Finals



DAILY
MIRROR

 **Olympic
preview**

The first range of medical products designed to help you maintain team fitness.



With today's emphasis on match fitness every team should have the back up of a comprehensive primary medical care kit.

Medisport under the guidance of leading specialists in sports medicine have developed a range of products especially for the prevention and primary treatment of sports injuries.



Products like MediICE instant ice cold sachets; MediCOOL Aerosol cooling spray; MediTAPE special support strapping; conforming elastic adhesive bandage and many more all available direct from Medisport at very competitive prices.

And as a result of the success of the Procace, now used by many

of the leading trainers and team physios in the country, Medisport has introduced the Clubcase. Comprehensively equipped with the essentials for providing primary medical care and produced in distinctive orange, durable ABS plastic, the Clubcase has non-rusting fasteners, unique dust seal and see-through, hinged, retaining dividers with magnetic catches. It is therefore ideal on the touch line or in the clubhouse, gym or sports hall where it can be conveniently fixed on the wall with the 'snap-on' wall bracket supplied.

The fully equipped Clubcase also has a pre-match content check-list which with our postal or 24 hour telephone reorder service ensures that it is properly maintained.

We can even arrange for a member of your club to be trained in first aid in sports injuries. Take advantage of this pre-season special offer of £46.00 (inclusive of VAT and P & P) and help your players maintain winning fitness this season.

To: Medisport, FREEPOST, Ottershaw, Chertsey, Surrey KT16 0BR.

Please send _____ fully equipped Clubcase/s at £46.00 each.

(inclusive of VAT and P & P).

Please also send details and price list on Medisport product range

I enclose cheque/ or debit my Access account

postal order for £ _____ with the amount of £ _____



Signature _____

Name _____

Block letters _____

Club _____

Position _____

Address _____

Tel: _____

Medisport

01-948 1651/2

N.B No stamp required on orders addressed to our Freepost Code. Allow 21 days for delivery.

Specialists in

healthcare for sport



THE GYMNAST



The official
journal of the
British Amateur
Gymnastics Association

JULY 1980
VOLUME 17 NUMBER 11

Editor: Peter Aykroyd.
Published by: Goodhead Publications
Limited, 59 Murdock Road, Bicester, Oxon,
England. Tel: Bicester 44517.
Typesetting by: Goodhead Press, Bicester.
Printing by: Wiltshires Limited, Bristol.
Distributed by: Wells Gardner Darton,
Faygate, Horsham, West Sussex.
(Telephone: 029-383 444).
Advertisement Representatives: Percy Moon
and Son Limited, 80 Fleet Street, London,
EC4Y 1PN. Telephone: 01-353
5555/3913/0530.

Whilst every effort is made to ensure the
correct reproduction of advertisements,
neither the Publishers nor their advertisement
contractors accept any responsibility for
errors in, or non-appearance of the final
reproduction of advertisements.

Advertisements are accepted and reproduced
on the understanding that the Publishers'
"Conditions of Acceptance" apply in all
cases. Copies of these conditions are also
available from the Advertisement Offices. ©

All material printed in this magazine is the
copyright of the Publishers and must not be
reproduced in any form or affixed to any part
of any publication whatsoever without the
written permission of the Publishers.

The Gymnast regrets the late arrival last
month of the June issue to subscribers
and BAGA members. This was due to an
administrative error by the Post Office
department handling the mailing.

WITH so many countries with-
drawing from the Olympic Games
this month, the feeling of everybody
interested in gymnastics must be
one of disappointment.

The men's competition in par-
ticular will miss the challenge of
the USA and that country's out-
standing talent.

The women's competition,
dominated as it is by nations of the
Eastern block, is not so much af-
fected.

One point must be made and that
is the Olympic Games always
provides a needed boost to gym-
nastics by the media. We can only
hope that the coverage of the sport
in Moscow will be enough to
stimulate world-wide interest
again.

As is realised the world over, we
need to add to household names
such as Olga and Nadia.

With our own British gymnasts
go our best wishes for maximum
effort, good luck and success.

Peter Aykroyd, Editor

4 MARCH ON

The important gymnastics news
of the moment.

7 JACK BROUGHTON

The man who has his eye on and
his ear to everything vital.

8 NOTICEBOARD

All the latest news concerning the
progress of the sport in Britain.

11 GYMBO JIM

Where younger readers can say
or ask what they want.

12 THAMES TELEVISION'S JUNIOR GYMNAST OF THE YEAR

Peter Tatlow reports on the Grand
Finals.

16 COACH IN

Advice from all over on the
subject of coaching and training.

18 STRAIGHT BACK SOMERSAULT

Ieuan Parry instructs on this key
tumbling movement.

21 OLYMPICS 80

A miscellany for this month's
Moscow Games.

25 WILL-POWER — BY TOURISCHEVA

The great Soviet star debates this
aspect of the sport with her
husband.

29 BRITISH WOMEN'S CHAMPIONSHIPS

Eileen Langsley describes this
major event.

33 LEOTARDS

Essential information on essential
garments for gymnasts.



The winning South Zone team on the rostrum at Wembley Arena. The event: Thames Junior
Gymnast of the Year (see page 12).

Cover: The mixed pair from the
Daily Mirror People's Republic of
China Sports Acrobatics team
show their skills to the Wembley
Arena crowd in May. Picture by
Eileen Langsley.

Daily Mirror USSR Scholarships 1980: Wins for Bartlett and Davies

Terry Bartlett of Southampton AGC and Natalie Davies of Ladywell GC won the sixth annual *Daily Mirror* USSR Scholarships finals at Crystal Palace last month.

Under the scholarship scheme, Terry and Natalie will go to the Vladimir School of Gymnastics near Moscow for training later on this year. They will be accompanied by their respective coaches Keith Richardson and Joyce Macaulay.

At the finals, Terry, aged 16, represented the Southern Region and Natalie, 13, was the representative of the London and South East Region. In May, both gymnasts took part in the Grand Finals of the Thames Television's Junior Gymnast of the Year competition at which Terry became Boy Champion.

A report of the *Daily Mirror* USSR Scholarship finals appears in the next issue of *The Gymnast*.

Lilia-White promotion earns BAGA £4,500

Lilia-White limited, one of the major sponsors of British gymnastics, has presented the BAGA with £4,500 from their recent on-pack promotion, the first in which the BAGA was involved.

The promotion took the form of a competition entitled *Superstars of Gymnastics* which was featured on over five million packs of the company's leading sanitary protection products. The five lucky winners are offered a trip each for two to the Olympic Games or to the place of their choice.

At a lunch last month, Mr Jack Laming, General Sales and Marketing Director of Lilia-White presented a cheque for £4,500 to Mr Franklyn Edmonds OBE, President of the BAGA.

BAGA postpone AGM to September

As a result of the special general meeting on June 7 in Birmingham, the annual general meeting of the BAGA has been postponed to September. The place and the time will be specified later.

The special general meeting proposed a referendum among members to approve a "regional hierarchy" system of governing the Association. The meeting also proposed a drafting committee consisting of one member from each region to draw up an acceptable constitution for the Association.

Joyce Macaulay resigns from Ladywell

Joyce Macaulay, chief coach at Ladywell GC, Lewisham, has resigned her position after a year. It is expected that she will take up a similar post with another club in the London and South East Region. Before joining Ladywell, one of Britain's best-known clubs, Mrs Macaulay was senior coach at Cray Valley GC, Kent, for over ten years.



Eileen Langsley

"We are the junior champions." The Huddersfield winning team line up after the 1980 British Women's Team Championships.

Cosgrave leaves Southampton

Bill Cosgrave, Southampton's gymnastics coach for 12 years, has retired to take up a Sabbatical year's teaching in Oman.

Keith Richardson writes: In 1968, Viv Davies, PE Adviser to Southampton, had the foresight to employ Bill Cosgrave as a Southampton schools gymnastics coach. Having given up a secure job in the Army, Bill launched himself into the unknown. He was given a map of Southampton, with schools marked on it, and simply told to start gymnastics in the city.

This was the start of Southampton Amateur GC. The first thing he did was to get parents interested, for in those parents were his future coaches. The idea was not to restrict gymnastics to a school time activity but to provide it as an activity for youngsters in the evenings and at weekends, as an extension of school activities. After teaching six million forward rolls and many hours of talking (which he was good at anyway!), gymnastics clubs began to spring up within schools as an evening activity.

This, for Bill, was still not good enough and from his discontent and many more hours of fund raising and talking (at which he was getting even better), Southampton Gymnastics Centre was built and SAGC had its own headquarters. Once in the building, he then embarked upon other schemes such as the Southampton Tumble Tots pre-school gymnastic classes. The total membership of SAGC is now 700 boys, girls, men and women gymnasts with approximately 70 coaches and helpers to look after them.

As well as his contribution to gymnastics in the south, Bill has also been a well-known (and at times controversial!) figure on the national scene.

I have condensed into a few lines 12 years of SAGC history, which have taken their toll on



Eileen Langsley

Bill Cosgrave.

Bill's health. It was because of his health that, at the beginning of May, Bill was forced into the decision that he and his wife Jennie would be leaving Southampton. We at SAGC are saddened by this news but realise that it was inevitable. On behalf of the many gymnasts and coaches in the south that Bill has helped, the many gymnasts and coaches in the south that Bill has helped, the many gymnasts, Mums and Dads and coaches of SAGC that Bill and Jennie have helped and encouraged, I would like to thank them both for all that they have done and to wish them every success and happiness in the future.

Edmonds: "1979-80 controversial and bitter"

In his foreword to the 1980 annual report of the BAGA, Franklyn Edmonds OBE DMA, President of the BAGA writes:

THE foreword to last year's annual report was written shortly after the regional conference on the proposals for re-organisation of the Association. It had been hoped that, by this time, the new constitution would have been approved but any hope of this achievement had to be abandoned because of the burden of a number of crises which occurred during the year and because of the need to ensure — in consultation with the Association's solicitors and counsel — that the proposed constitution was drafted so as not to impair the prospect of securing charitable status and of establishing the Association as a company limited by guarantee.

The new constitution will be decided at the Special General Meeting on June 7 and it is "devoutly to be wished" that the future welfare and development of the Association rather than that personal interest and aspiration which has so adversely influenced our activities of late, will be paramount in the deliberations of those present.

Particularly, the year which is now drawing to a close has been the most controversial and bitter in the 25 years I have served as an officer of the Association. It is inevitable that the phenomenal expansion of the activities of the Association which has come about in the last decade should be accompanied by a considerable increase in problems and difficulties, it is not inevitable that members who feel aggrieved, or frustrated in their ambitions, should have recourse to actions which are inimical to the best interests of the Association.

One is strongly reminded of the saying in the North of England, "From clogs to clogs in three generations." Gymnastics was preserved in this country by the dedication and sacrifice of a devoted few; circumstance, opportunism and enthusiasm has brought our sport out of obscurity to the position it now holds; dissension, fanaticism and intrigue could, if we are not vigilant, return us to our former state.



Eileen Langsley

Tameside GC "A" and "B" teams on parade at the 1980 British Women's Team Championships, Copley Leisure centre. The "A" team (back row) won the senior title.

Midland Bank to sponsor Sports Acrobats

The President of the BAGA, Mr Franklyn Edmonds OBE, announced at a press conference in London last month, that the Midland Bank Limited was to become a major sponsor in Sports Acrobatics. The initial sponsorship would last for five years and be worth £40,000.

The money will be used by the BAGA to run a new awards scheme to be named The Midland Bank Sports Acrobatics Awards, which is a scheme based on three awards, marked by badges and certificates.

Children at schools and clubs will be eligible to enrol for the scheme. They will progress through the three different levels of awards and they will be awarded woven badges and certificates at each level. Each award level consists of four individual agility tests and ten balances. By the time the top Midland Bank award, Award 1, is obtained, the gymnast will

have obtained a high standard of excellence.

Over the next few weeks 25,000 schools and 10,000 clubs, sports halls, leisure centres and dance schools will receive a free starting pack which will contain wall charts, group achievement cards, personal performance cards and a booklet. All the material is designed in three colours, using a different colour sequence for each of the Awards numbers.

The exercises depicted on the charts are for pairs, and can be performed either by boys, girls or mixed pairs.

Sports Acrobatics is performed on the 12 metre floor area, and all exercises are performed to music. This section of the sport of gymnastics has been growing rapidly over the past few years, but its growth has been hampered by lack of coaching material. The Midland Bank scheme will open up the sport to millions of would-be sports acrobats.



Jack Flaherty 1909-1980

FRANKLYN Edmonds, OBE DMA, President of the BAGA, writes: Jack Flaherty, who died on May 8 last at the age of 71, was one of the most colourful figures in the history of gymnastics in Britain.

Jack was not only one of the leading gymnasts of his day — he won the British championship in 1938 and captained the Olympic team in 1948 — but he was also for some years a representative of the Manchester & District AGA on the Executive Committee of the former Amateur Gymnastic Association. In the last-named capacity, at one time, he and another member of the Association donated a sum of money to keep the Association solvent. He was also most generous in the North West area where he frequently provided trophies and prizes for competitions and helped gymnasts in other ways. During the time he acted as voluntary coach to the Ardwick Lads Club, Eddie Arnold and the late George Whiteley commenced their gymnastics careers there.

The stories about Jack's unorthodoxy are legion, but, perhaps, one that best illustrates his capacity for the unexpected is that concerned with his visit to Buckingham Palace, during the 1948 Olympics, in company with the captains of the other British teams. When he emerged from the reception he had a carnation in his buttonhole and an astute reporter from the *Daily Mirror* scented a story with the result that, next day, the front page of the *Mirror* displayed a photo of Jack with the caption: "You could have knocked me down with a feather," says Mr Flaherty."

The circumstances leading to this publicity,

in a day when gymnastics was practically unknown to the general public, were that, while talking to King George VI, Jack expressed a wish to speak to the Queen. One can only assume that His Majesty was entertained by Jack's native wit and vernacular because he personally conducted Jack to Queen Elizabeth and introduced him.

In the subsequent conversation, the Queen asked him if he had any family and (quoting from Jack's subsequent account), "I told Her Majesty that I had a young son named Roger and that, every time I go to London, Roger asks me whether I have seen the Queen and when I say 'No' he plays merry Hell." The Queen thereupon went to a side table, broke off a carnation from a bowl of flowers, put it in Jack's buttonhole and said, "Tell Roger this is for him from the Queen."

The interment, which took place in Manchester's Southern Cemetery was attended by the President and by Arthur Whitford, the President of the Welsh AGA, both of whom had competed with Jack in the past and both of whom were members of the 1948 Olympic squad, Arthur in the capacity of coach. The North West Region was represented by Norman Gough, and Derek Boon was among Jack's former colleagues at Manchester. Among the principal mourners were his son, Roger, and his sister.



Official Supplier to the 1980
Olympic Games in Moscow

NIAGARA GETS YOU FIT - KEEPS YOU FIT!

For over 30 years Niagara has played an important role in the well-being and fitness of sports people of all ages. The unique Niagara cycloid action produces a 3-way motion which creates a penetrating massage action that helps:

- *INCREASE CIRCULATION
- *EASE SORE, ACHING MUSCLES
- *RELIEVE PAIN ASSOCIATED WITH COMMON MUSCLE SPASM
- *INCREASE JOINT FLEXIBILITY AND, THEREBY, MOBILITY
- *REDUCE SWELLING DUE TO EXCESS TISSUE FLUID

Top sports people praise Niagara:



Hiddy Jahan of Pakistan, the World No. 4 Squash professional, says "Niagara Therapy equipment helps keep me match fit and eases aches and stiffness. It helps treat injuries and speeds up recovery time."



Nora Perry, currently No 1 in the world rankings for Badminton mixed doubles, uses Niagara. She says "I get a 'whole body' warm up without getting tired. I don't get many injuries. Maybe it's because I use Niagara."



Barry Wood, England and Lancashire all-round cricketer, says: "You owe it to yourself, your team and your spectators to take good care of yourself. Niagara helps me and plays an important role in my fitness programme."

Medical Research Pinpoints Success

A major University specialising in physical education produced a paper showing that 15 minutes use of Niagara Therapy was equally as effective as a 15 minute programme of violent flexibility exercises, and thus improved mobility. The official physiotherapist to the Squash Rackets Association, who is also involved in other sports and treats injuries of all types, says: "No club or player should be without some item of the Niagara range." *The world-famous Wembley Arena has installed Niagara equipment, which is situated in the Health Treatment Unit.*

Write now for Free Brochure to: Niagara Therapy (UK) Ltd.,
Dept G80, 251 Vauxhall Bridge Road, London SW1V 1HX

Post Coupon for Free Brochure

Please send me the Niagara Sports Brochure

G80

NAME _____

ADDRESS _____

Niagara

Tiger Balm rubs
Britain's Olympic athletes
the right way.



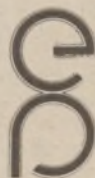
**TIGER BALM – THE GREAT SPORTING RUB –
OFFICIAL SUPPLIERS TO BRITISH OLYMPIC TEAM**

Britain's Olympic athletes use Tiger Balm. And what's good enough for them is certainly good enough for the rest of us. All sportsmen get those occasional minor muscular aches and pains and that's when you should have Tiger Balm handy. Just rub it on and – bingo – it's a marvellous feeling! Buy a tub at your health store or chemist. And keep it by you so that you can use it when you need it. On the spot!

**ALWAYS CARRY A TUB
IN YOUR SPORTS BAG –
YOU NEVER KNOW
WHEN YOU'LL NEED IT!**

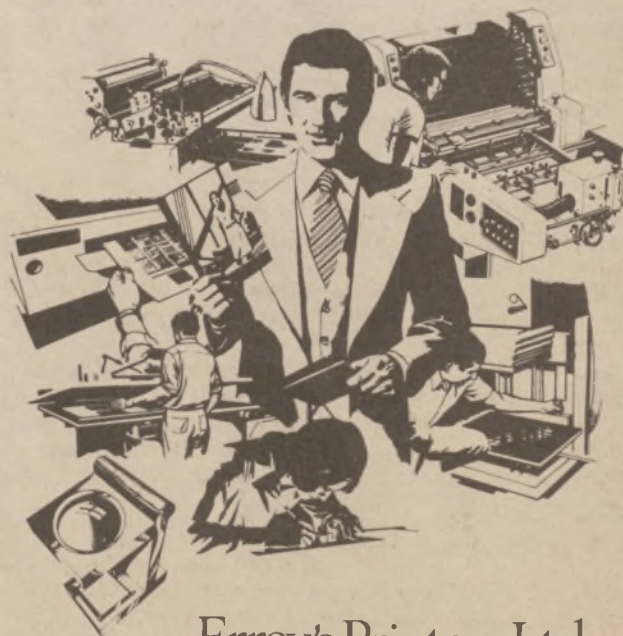


Made in Singapore. Distributed by New Era
Laboratories, 39 Wales Farm Road, London W3



Print + Design

For high class printing and design
at competitive prices contact our
Sales Director Deric Etherington



Errey's Printers Ltd

62 HIGH STREET • HEATHFIELD • EAST SUSSEX • TN21 8HX
TELEPHONE HEATHFIELD (STD 043 92) 4293

JACK BROUGHTON

Most people I've talked to agree that the British Women's Championships in May were a big success — for the gymnasts, their coaches and their judges.

Let's hope that this augurs well for the women's side of the sport and that when the appointment of the new BAGA Director of National Training for Women and Girls is finalised we shall see even better happenings.

Once again someone has denigrated our sport by running to a newspaper with a string of innuendos. I refer to the piece in the *Sunday Times* on May 25th which may have been dismissed as rubbish by those close to the centre of gymnastics but was likely to have been taken seriously by the general public.

Any form of mature thinking will realise that no cause can be served by inaccurate and untimely publicity.

An apology from *The Gymnast* must go to Jill Harrison of Marsden GC, Coventry, whose picture appeared in last month's issue wrongly captioned, and to Amanda Ziff of Leeds AI, the other young lady concerned.

I am perhaps the last person to hear about the advantages of using a British Rail Family Railcard. But if you have to do a bit of travelling to competitions and if you, like me, haven't heard of Railcards, here's how they work.

When you buy a One Adult Railcard for £8, this enables you to take up to four children aged under 14 anywhere in the country and back on British Rail for 50p each provided you pay one second class fare for yourself. There is also a Two adult Railcard for £16 which allows a second adult (he or she must be aged over 14) to travel for 50p return as well.

What is advantageous for coaches and gymnasts is that members of a Family Railcard group need not be related to one another. Ask at your nearest BR station for the Railcard leaflet.

It was a shame that Andrew Morris of Wales was just a month too old to qualify for the *Daily Mirror* USSR Scholarships finals last month. However, I am glad that he was allowed to "guest". With a tighter performance on the pommels he might have beaten the winner, Terry Bartlett of the Southern Region.

It is ironic that once Terry has completed his month at the Vladimir School of Gymnastics through the *Daily Mirror* scholarship, he and his family are off to live in the USA — for good.

I was delighted to see a spirited performance at the *Daily Mirror* USSR Scholarships finals last month by Mandy Bailie of St Agnes GC, Belfast. As you can imagine, gymnastics in Northern Ireland has had its problems. Congratulations to Mandy and her coach Tony Byrne.

AN item of news which you may find interesting: The sales of gymnastics equipment of a well-known firm of suppliers have been dropping off since 1978.

Does this mean that the sport has reached its peak of popularity in this country?

Sandie North, who is one of the best gymnasts in the South West (she is coached at Millfield GC by Chris Davies) has produced a winning essay in a Barclays Bank competition which meant a trip to London. Sandie, who is 17, describes her essay as "gruesome". It portrays the country after a nuclear war. With her A levels behind her, Sandie will concentrate more fully on gymnastics and then try for a place at Loughborough University.

Reminder: Because of the time required to produce, print and distribute *The Gymnast*, the deadline for small items of news is the end of the first week of the month previous to the month of publication. In other words, and as an example, material for the September issue must reach *The Gymnast* offices by August 7 at the latest.

Black and white glossy photos and colour transparencies (not prints) of clubs are always welcome.

I hear that former British champion Avril Lennox has taken up golf. Knowing her determination to make the best of everything she tackles, I shouldn't be surprised if she emerges with distinction in this sport, too.

Muscle with a message: A five-strong group of Californian gymnasts were in Britain this spring touring local schools in Sussex. What was different about these visitors? They combined their displays with — religion.

The gymnasts were over here at the invitation of Campus Crusade for Christ, a group of Brighton teachers of religion and they performed a wide series of exercises interspersed with religious interludes.

I am sure that I am not the only one to think that this is carrying the healthy-mind-in-a-healthy-body concept too far.

Down in the Southern Region, a Four Cities Gymnastics Competition was held recently. Winchester was one of the cities involved but, believe it or not, Winchester gymnasts were not. The organisers called upon gymnasts from Southampton AGC and a club in Aldershot to make up the "Winchester" team. No wonder members of Winchester clubs have been a trifle upset. John Neal, Winchester AGC chairman, has been expressing their feelings in letters to the *Hampshire Chronicle*.

Her success in winning the title of Thames Television's Junior Gymnast of the Year proves that Susan Crombie is a girl to watch on the future British scene. Although only 13 years of age, this Scots girl has won a string of national titles including that of Scottish junior champion. I am told that were it not for her age, Susan would be in the British national senior team. Susan was born in Edinburgh but now lives in Huddersfield where she is coached by Janet Mitchell, inspiration of so many good gymnasts in Yorkshire.

I am delighted that many clubs are sending me their club badges which show an infinite variety of interesting design. This month's badge, which is ingenious, belongs to North Manchester GC.



NOTICEBOARD

Lilia-White Regional Finals for July

The following Regional Finals for the Lilia-White National Gymnastics Championships for Girls will take place during July.

North West

July 20
Copley Sports Centre, Stalybridge

Yorkshire

July 12/13
College of Ripon and York, York

Inner London

July 12
Lewisham Leisure Centre

East

July 6
Stevenage Leisure Centre

London and South East

July 13
Thong Lane Sports Centre, Gravesend

South West

July 19
Hawksyde Motel, Seaton, Devon

The National Finals take place at Wembley Arena on Saturday, September 13, at 2pm.

Sports Council (Southern Region) to hold regional conference

The Sports Council (Southern Region) is to hold a regional conference on coaching support services embracing some ideas on how to improve athletic performance. The conference is scheduled for Sunday, November 30, 1980 at Bulmershe College of Higher Education, Reading, from 10am to 5.30pm.

The topics will include:—

- Prevention and treatment of sports injuries;
- Relationships between athletic potential, training programmes and performance in competition;
- Sport and personality;

The conference is open to coaches, administrators, athletes, the medical profession, physiotherapists, remedial gymnasts and local sports councils. Fee: £6.

Further information and application forms from the Sports Council (Southern Region), Watlington House, Watlington Street, Reading RG1 4RJ. Tel: Reading (0734) 57740/52342.



Olympic badges and USSR souvenirs for club fund raising are available from The Russian Shop Ltd, Chequer House, Chequer Street, London EC1Y 8PJ.

Vacancies on Women's Advanced Course

There are still a few vacancies on the Women's Advanced Coaching Course at the National Sports Centre, Lilleshall, on 24/29th August. Coaches interested are advised to apply immediately to the BAGA office at 95 High Street, Slough SL1 1DH. Fees for residents and non-residents are £75.00 and £40.00 respectively.

The new (5th Cycle) Code of Points for Men: Part IV (Floor)

THE previous two articles covered the general principles of difficulty ratings (either A, B, C, or 2C) and risk bonus points ("R"). We can now discuss specific apparatus starting with the floor.

Firstly, the rules regarding stepping outside the floor area limits have been simplified and the penalties reduced to 0.1 deduction each time regardless of the nature of the offence.

Concerning the new floor difficulty tables, there are reclassifications but not too many changes. A few moves have been upgraded in difficulty.

eg: Hecht forward roll is rated now as B (previously A); Back dive with 1/2 turn to front roll is B (no momentary handstand required); Sideways lift to one arm handstand is 2C (previously C+B)

However there are, not surprisingly, a greater number of downgradings:

eg: Handspring and front somersault is A+B (previously C); Double leg circles and full turn and more circles is C (previously only 1/2 turn needed); Front somersaults and 1/2 turn twist is B (previously C)

Newer moves not listed previously have been rated for the first time:

eg: Handspring or forward flip to immediate front support = B; Thomas flair (circling shears) = B; 2 Thomas flairs (in succession) = C

In particular, the more risky moves have been also classified:

eg: Arabian 1 1/2 front somersault to front roll = CR; Arabian or ordinary double front somersault = 2CR; 1 1/4 front somersault to front support = CR

A previous article (Part II) pointed out that C ratings could no longer as a general rule be achieved by combining two more moves ("combination Cs"). However, the Code does make the odd exception

eg: 1 somersault followed immediately by another like somersault (the somersaults may be both front, backward, or sideways) = C

In the next article, we discuss the vaulting changes.

FORTHCOMING EVENTS: JULY 1980

5/6th	Wales AGA: Women's squad training, <i>National Sports Centre, Cardiff.</i>
6th	Sports Acrobatics National Team Tumbling Championships, <i>West Bromwich.</i>
6th	Wales AGA: Men's squad training, <i>National Sports Centre, Cardiff.</i>
12/13th	Eastern Counties AGA: Boys training assessment, <i>Harlow.</i>
12/13th	Sports Council/South West AGA Assistant Club/Club Coach Award preliminary course, <i>Cambourne.</i>
13th	Eastern Counties AGA: Girls squad training, <i>Luton.</i>
13th	Southern Region: Women's squad training,

21/25th

1980

13th September

5/9th November

23rd November

6/7th December

12/13th December

Crowthorne.

Gymnastics events, Olympic Games, *Moscow.*

Lilia-White National Championships for Girls, *Wembley Arena.*

Daily Mirror USSR Gymnastics Display, *Wembley Arena.*

Speedo Gymnastics Championships for Girls, *Crystal Palace NSC.*

British Women's National Individual Apparatus Championships, *North Midlands Region.*

Bottlers of Coca-Cola International Gymnastics, *Wembley Arena.*



Pictures by Eileen Langsley

Two members of Leeds AI, Eileen Ward (top) and Estelle Clayman, perform at the recent British MRG Championships sponsored by Kunert Hosiery Mills (GB) Ltd.

1980 MRG Team Championships: Work and format

The Modern Rhythmic Gymnastics Committee has decided that the work and format of the British Team Championships this year will be as follows:

1. There will be *no* set work.
2. All teams will do *one* voluntary exercise and perform it twice, the scores to be totalled.
3. *Juniors*. Group exercise with six ribbons. Time limit to be 1½-2 minutes. Exchanges to be made but throws are not essential.
4. *Seniors*. Group exercise with six balls as per FIG Code.
5. Piano or orchestral music may be used but not vocal.

MRG Committee to register clubs

A register of all clubs in Britain participating in Modern Rhythmic Gymnastics is to be set up by the MRG Committee. The register will help to answer the increasing number of inquiries about the sport. Clubs are invited to send details (name, size, meeting place, number of weekly training sessions, contact for information) to the MRG Technical Administrator, 20 Keswick Drive, Booth Lane, Northampton NN3 1NZ.

BAGA appoint Technical Administrator for MRG

Mrs Jenny Warren has been appointed by the BAGA as Technical Administrator for Modern Rhythmic Gymnastics. Her appointment is as a part-time paid official and she will be responsible for all the administration of courses, competitions and events for the MRG Committee.

Mrs Warren's address is: 20 Keswick Drive, Booth Lane, Northampton NN3 1NZ (Tel: Northampton 44545) and any queries and correspondence may be sent to her there.

Leeds MRG coaching course

A course open to all interested in learning more about Modern Rhythmic Gymnastics with a view to coaching or judging. An examination for Junior, Assistant or Club Coach will be held at the end of the course but this is *not* obligatory.

Application

Dates: Tuesday, July 22 to Saturday, July 26, 1980

Venue: Leeds Athletic Institute, Jack Lane, Leeds 10

Times: Daily 10am-1pm
2pm-5pm
First session Tuesday, July 22 at 2pm

Staff: Miss A. C. Talintyre, National Coach

Course Fee: £15 (payable to Leeds City Council)

Application: Leeds Athletic Institute, Jack Lane, Leeds LS10 1AN

New Scottish sports study published

THE Scottish Sports Council has recently published the results of its major study of 21 sports centres and swimming pools in Scotland. Subtitled "A Question of Balance", it is one of the most comprehensive of its kind ever undertaken in Britain.

Announcing the publication of the report Mr Peter Heatly, Chairman of the Council, said in Edinburgh: "Sports centres and swimming pools are playing an increasingly important part in providing opportunities for participation in sport and physical recreation. These facilities are valuable assets which have to be fully understood if they are to be managed in such a way as to derive maximum benefit from them and from future similar provision."

Mr Heatly went on to say that he regarded the report as marking the start of a continuing examination of the way in which major sports facilities are planned, provided and operated. He continued: "The implementation of the findings of this study will be of benefit to the whole community and the Scottish Sports Council is greatly indebted to the local authorities which participate in it."

The study's key findings suggest rules-of-thumb for local authorities to consider in planning new facilities.

By providing large complexes containing both sports halls and swimming pools best value for money will be obtained. These complexes:

- Attract all age groups.
- Have a relatively high level of use from women and those in the lower occupational groups.
- Show the lowest level of subsidy per visit.
- By building well, capital and revenue costs can be reduced. This entails:
- The co-ordination of planning and design.

The provision of a balanced mix of facilities. The adoption of more realistic charges to the public in return for high standards of construction and finish.

The implementation of positive marketing techniques.

By providing for and promoting a wide range of activities the greatest community benefit will be derived. This involves:

- Accommodating both recreational and competitive activities.
- Attracting a wider range of age groups.
- Increasing participation among women and those in the lower occupational groups.

The Main Report is published in two volumes and is available price £10 from the Scottish Sports Council 1 St Colme Street, Edinburgh, EH3 6AA. The individual centre reports are published separately and are available price £4 each. They are:

- Bucksburn Sports Centre (Aberdeen)
- Bell's Sports Centre (Perth)
- Forfar Leisure Centre
- North Berwick Sports Centre
- Bellahouston Sports Centre (Glasgow)
- Greenock Sports Centre
- Danderhall Sports Centre (near Edinburgh)
- Jedburgh Sports Centre
- Tryst Sports Centre (Cumbernauld)
- Bishopsbriggs Sports Centre (near Glasgow)
- Dingwall Sports Centre
- Grangemouth Sports Centre

Sports Council arrange November courses for SWAGA

THE following courses are being arranged by the Sports Council (South West) on behalf of the South West AGA in November. Application forms are obtainable from the Sports Council (South West), Ashlands House, Crewkerne, Somerset TA18 7LQ.

SEATON, DEVON

Residential/non-residential weekend courses at: Hawkeshyde Motel & Leisure Centre, Harepath Hill, Seaton. **Times:** Saturdays 10.30am-9pm, Sundays 9.30am-4pm.

COURSE 1: Sponsored by Continental Sports Products. Open to coaches of men's gymnastics who wish to prepare for and be examined on BAGA Grade 5 or Grade 4 Coaching Awards. (The examination will be optional — fee Grade 5 £3.25, Grade 4 £4.25. Successful candidates will need to be BAGA members).

Date: Saturday/Sunday November 8/9, 1980.

Fees: Residential £18 (including full board throughout weekend). Semi-residential £13 (including lunch and dinner on Saturday and lunch on Sunday). Non-residential £5 (tuition only).

Staff: Barry Benn, BAGA National Coach and Robin Baskerville, SW Regional Coach for Boys. **Application by October 13, 1980.**

COURSE 2: For potential Assistant Club, Club and Advanced Club Coaches of women's gymnastics.

Date: Saturday/Sunday November 15/16, 1980.

Fees: Residential £21 (including full board throughout weekend). Semi-resident £17 (including lunch and dinner on Saturday and lunch on Sunday). Non-residential £10 (tuition only).

Staff: Chief Coach, Mrs Daphne Leeworthy, BAGA Area Coach. Assisted by Mrs Elaine May and Miss Lynne Rowe, BAGA Advanced Coaches. **Application by October 20, 1980.**

LETTERS As you see it...

Since we do not have any all-gymnastics magazines in our country, I was overjoyed when I discovered *The Gymnast*. Thank you for this superb magazine which keeps both gymnasts and fans posted with the latest in news and events, and offers a wealth of information.

My real reason for writing is to thank you for the anxiously awaited article "Nadia is alive and well" in the April issue. Bravo! for straightening out the ill-informed rumour and speculation we've all had more than an overdose of. The words are well-chosen: "Those of us close to Nadia and Romanian gymnasts know how much credence to give to such stories and pet theories — none at all". A totally devoted gymnast, Nadia deserves to have her image restored. You have done that to the full. Thank you.

I would like to know how I should go about obtaining a pen-friend in Romania. I have a fairly good knowledge of the Romanian language, and would like to improve on it by corresponding with a Romanian boy or girl. I am 21 years old.

Dion van der Gryp
6.4 Penryn Place
265 Scheiding Street
Pretoria 0002
South Africa

Editor: Thank you for all the kind words. Pen friend: See if the Romanian Gymnastics Federation, Str Vasile Conta 16, 70139 Bucuresti, Romania, can help.

I WOULD appreciate it if you could publish this letter in your letters column. The committee of the Moray Amateur Gymnastics Club are at present in the initial stages of expanding the club by building their own purpose built premises. We would greatly appreciate any advice or comment from members of clubs who have built their own premises for both boys and girls. If you can help, please contact:

Geoff Russell
Chairman Moray AGC
57 Meadow Crescent
Elgin, Moray
Scotland.

I'M VERY keen on gymnastics and I enjoy reading *The Gymnast*. I especially liked the part about the Soviet and Romanian teams in the March and April issues. They are the only two issues I have. Nevertheless, I am anxious to obtain the January and February 1980 issues. I would be grateful if you could inform me of how to obtain them.

Nicola Gutteridge
Gravesend
Kent.

Back numbers of *The Gymnast* from September 1979 cost 60p each including postage. Send your order with your money to: Back Numbers, *The Gymnast*, 59 Murdock Road, Bicester, Oxford OX6 7QZ.

I WAS interested to read David Joy's letter (April issue) about the bias shown by most of the male writers in *The Gymnast* towards certain women gymnasts. I totally agree, but how did Elena Davydova manager to be included in a list which David Joy presumably considers to be women gymnasts possessing "sex-appeal"? She has far more in common with the hard-done-by Vera Cerna and about as much maturity.

I feel that some of the writers for *The Gymnast* seem to think that attractiveness, sex-appeal and looks are as important to a female gymnast as her gymnastic ability. All your 'portraits' of famous female gymnasts include unnecessary descriptions of their looks or attractiveness; Natalia Shaposhnikova; "whose large eyes and turned up nose give a delicious expression of innocence", Nelli Kim; "Nine out of ten men, if asked which of today's gymnasts had the most sex-appeal, would unhesitatingly reply — Nelli Kim," and "positively voluptuous compared with some of the others". How would it sound if a female writer were to comment on a male gymnast in the same way? Looks don't score points in competitions so why dwell so long on this aspect? Gymnastics is a sport after all. Less charismatic girls just don't seem to get the publicity; Emilia Eberle and Maxi Gnauk, for instance.

Returning to the subject of 'little girl' gymnasts; Elena Davydova, Vera Cerna, Maria Filatova and Company. I would be interested in discussion, in *The Gymnast*, considering the possibility that some of these gymnasts and others may have been administered drugs to halt or slow down their natural physical development.

Kathryn Ford
Barnes
London SW13

END THE PAIN OF TENNIS ELBOW

...OR
YOUR
MONEY
BACK

Medi
SPLINT

Guaranteed to relieve the pain and discomfort of Tennis Elbow.

Medisport

Tested and proven over four years with spectacular results, the patented MediSPLINT has provided wearers with immediate relief of the pain of Tennis Elbow.

Biomechanically designed, this simple device will allow sufferers to resume their sport or occupation, with a reduced risk of re-injury.

Players have reported that MediSPLINT strengthens their game, adds power to their service and return and relieves arm fatigue.

Available direct from Medisport Developments, specialists in healthcare for sport, in four sizes at a cost £9.75 (incl. VAT and P&P). Send for details (no stamp required) to Medisport, FREEPOST, Ottershaw, Chertsey, Surrey KT16 0BR.

Please send full literature on the MediSPLINT by return.

Name

Address

Tel: (block letters) (G)

Medisport

Medisport launches unique Tennis Elbow Splint for tennis elbow sufferers

Whether you play tennis or not everyone whose job or sport involves repetitive extension and applied force to the forearm is susceptible to the pain and discomfort of tennis elbow.

Recently, spectacular results have been achieved with a new invention introduced by Medisport Developments called the Medisplint. This new patented device consists of two cuffs separated by a specially contoured alloy bar or splint which is strapped to the inside of the forearm. The Medisplint is recommended to be worn whenever any specific activity is undertaken which is known to aggravate the condition, such as lifting or gripping. This simple, yet effective device has been tested for four years with nearly all wearers reporting immediate relief from pain and discomfort. Furthermore, even when the condition has subsided, continued wearing during activity has greatly reduced reoccurrence and the chance of reinjury.

Medisport claims that the Medisplint allows people with persistent plain to resume their sport or occupation with virtually no pain and that anyone susceptible to the condition would benefit from wearing it as a preventative.

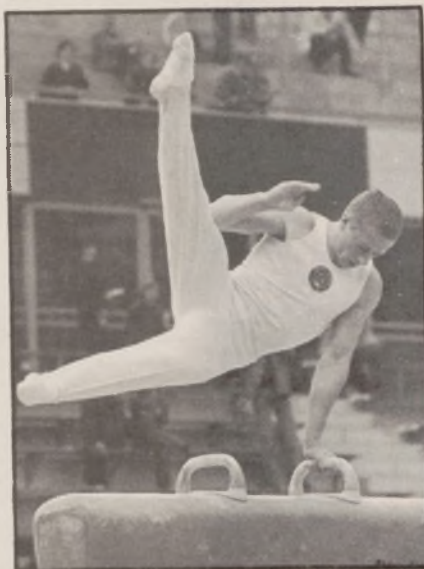
Medisport also back their confidence in the product with a money-back guarantee. Available from Medisport Developments, Unit 5, Haslemere, Heathrow Estate, Hounslow, Middlesex.

All your letters, poems, requests for pen-pals are very welcome as well as any questions about gymnastics that you might have. Send your letters to **Gymbo Jim**, *The Gymnast*, 59 Murdock Road, Bicester, Oxford OX6 7OZ.

Soviet gym quiz

HOW well do you know who are famous names in Soviet gymnastics? Test yourself with these questions, compiled by Fiona Gale of Bembridge, Isle of Wight.

1. The current women's world champion.
2. The darling of the Munich Olympic Games.
3. The first World Cup winner (women).
4. The first World Cup winner (men).
5. The women's European champion in 1957 and 1961.
6. Who of today's top Soviet gymnasts was told once that he was too tall for gymnastics?
7. In the 1976 Montreal Olympics, this "Siberian sparrow" slept with a team gold medal under her pillow.
8. Her famous position is a one-handed handstand on the beam.
9. He was a former Olympic medalist who became president of the FIG (the sport's international governing body) in 1977).
10. She was runner-up to Nadia Comaneci in the 1977 European Championships.



Alan Burrows

The first World Cup winner (men).

I HAVE *The Gymnast* sent to me every month and I enjoy reading it very much. I would like to ask you if you could get a pen-pal for me, preferably in another country (maybe France). My hobbies are gymnastics, reading and cooking. I am 13 years old. I would be very glad if you could arrange this for me.

Alison Sweet
47 Ritcroft Street
Hemel Hempstead
Hertfordshire.

I AM 11 years old and would like a pen-pal from anywhere. My hobbies are gymnastics and reading. I attend a gym club every week and I have been doing gymnastics for about 18 months. I would like a pen-pal who is aged 11 or 12.

I would also like to know where posters of gymnasts can be obtained.

Rebecca Scott
The Old Deanery
Deanery Hill
Bocking
Braintree
Essex.

The BAGA has interesting items for sale including posters. Write to them at 95 High Street, Slough, Berkshire SL1 1DH.

I THINK your magazine is very good and I buy it every month. I would like a pen-pal around my own age (I am 12 years old). My hobbies are gymnastics, swimming and trampolining. A photo would be appreciated.

Emma Jennings
3 The Hawthornes
Riccall
Nr. York
Yorkshire.

I RECEIVE *The Gymnast* every month and I think it is a very good magazine.

I have been doing gymnastics for about two and a half years now. I am almost 11 years old and I am very eager to have a pen-pal.

Claire Schmieden
6 Hamilton Road
Bexleyheath
Kent.

I WOULD like a pen pal. I like gymnastics also. I am a disco fan. I really love Michael Jackson. I am 15 years old.

Vicky Cottreu
24 Toronto Road,
Buckland,
Portsmouth, Hants.

I JUST love reading *The Gymnast* magazine. It is a great help to me in reading it because it helps me to do better at gymnastics. I am a great fan of Nadia Comaneci and many others. I love the sport very much and I enjoy it a great deal. I am in the Killarney Gymnastics Club and have been in this club for six months — I am determined to be a star at gymnastics some day. I am 12 years old.

Sinead Kehoe
Killarney
Co Kerry.

I AM a regular reader of *The Gymnast* and I am very interested in your new coaching feature showing the standing back-flip and would like to suggest an improvement in its layout. If this could be printed on a single page, this would allow them to be collected and placed in a folder.

Christina Head
Wimborne
Dorset.

I AM nine years old and I would like a pen pal aged 9-13. My hobbies include gymnastics and I also like maths. If possible, I would like an Italian pen friend as my Dad is Italian and I would like to learn about his country.

Lisa Garbelotto
21 Eden Road
London E17.

I AM 12 years old and I would like to join a gym club in my area. I already go to a gymnastics dance class and that is very good. Also my friend would like to join and we are both on our double Gold Top Award for gym at school.

Jane Norman
Brixham
South Devon.

For advice about joining a club in your area, write to Mr R. Dowding, 3 Wellington Park, Clifton, Bristol BS8 2UR. He is BAGA Regional Secretary for the South West.

I GET *The Gymnast* every month and I think it is fantastic. I especially like the poster in the centre pages. I went to see the *Daily Mirror* Champions All tournament and I liked Olga Mostepanova best.

Tracy Schofield
Chingford
London E4.

I AM from the United States and aged 18, and I would very much like some English pen pals or any others who read your magazine to write to me, especially anyone willing to exchange articles on gymnastics or picture of gymnasts. My hobbies include gymnastics and animals, especially horses. I will welcome any replies. I would like to collect pictures of the young Soviet gymnasts such as Filatova and Shaposhnikova.

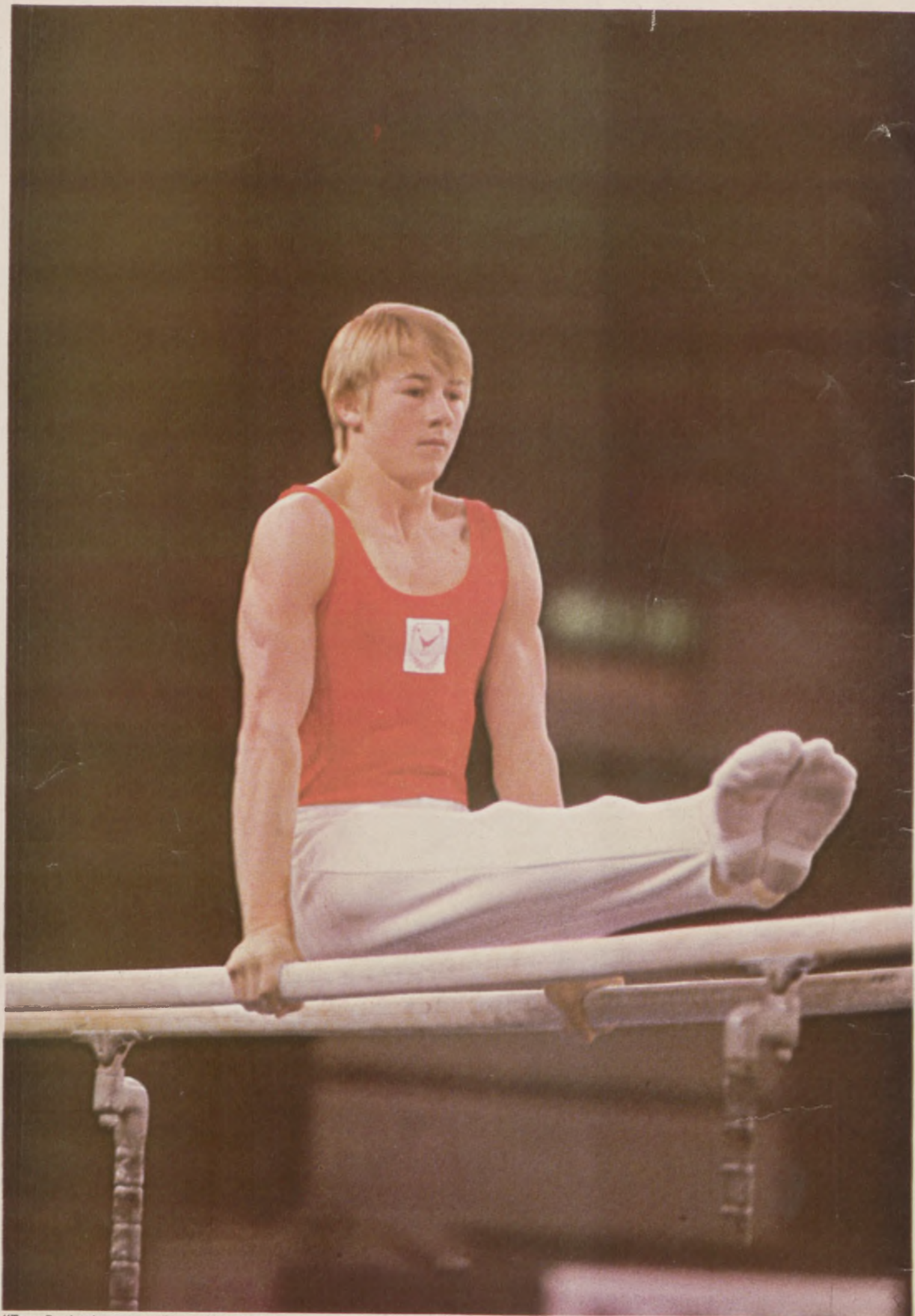
Judy Fitch
RR 2 Pine Point Road
St. Cloud
MN 56301
USA.

SORROWS OF A GYMNAST

I'm tired and I'm puffed,
Oh I've had enough
Of somersaults, back flips and all,
Please give me a rest
Or delay my badge test,
I'm so tired that I'll probably fall.

But I must go on
To perfect all I've done,
Otherwise I'll never improve,
But there you see me
With a bandaged-up knee
From attempting a difficult move.

Susan Ivanoff (age 13)



Eileen Langsley

"Terry Bartlett became undisputed boy Junior Gymnast of the Year by a clear 2 ½ marks. . ."

Thames Television's Junior Gymnast of the Year **Crombie, Bartlett take top Thames titles**

THE first Grand Finals of an imaginative competition for young gymnasts took place at Wembley Arena on May 4 when the Thames Television's Junior Gymnast of the Year competition reached its climax. Peter Tatlow reports on a new "show case", as he calls it, for future stars of British Gymnastics.

Britain now has two junior national champions and this big step forward — thanks to sponsorship by Thames Television — brings us close to the full complement of national events needed for the broadest possible base to British gymnastics.

Susan Crombie of Huddersfield GC became the first British girl junior champion winning by .045 of a mark over Nicola Meek of Loughton Hall GC.

Terry Bartlett from Southampton AGC became undisputed Junior Gymnast of the Year by a clear 2½ marks lead over Carl Benyon of Swansea YMCA. Although there is already a British junior champion for the Over 18's, the new title provides for the Under 16's.

Successful coaches were Janet Mitchell who trains Susan at Huddersfield and Bill Cosgrave who coaches Terry at Southampton.

The Thames Television Grand Finals at Wembley Arena were a show case for young gymnasts under top competition pressures and, looking at the final as a whole, we saw most of the double and twisting elements by which the rising generation are to be judged in future. British gymnastics were at the crossroads on the afternoon of Sunday, May 4, 1980, for it was the last time our gymnasts were to be judged under the old Code of Points at a major event.

The new Code now in operation means more difficulty and the gymnast who cannot show the required number of twisting B and C movements is not going to be in the national running. Whether this proves to be a lasting boon to gymnastics remains to be seen but the point was reached at the Montreal Olympics when tens had to be given to reward routines so full of advanced difficulty that any other mark would have been an unfair comparison. It was given in the face of minor flaws in execution.

Looking at the Thames Television Junior Gymnast of the Year finals on the eve of a new era, one could see evolution in British gymnastics in the twisting and tumbling elements presented. Clearly every gymnast now knows that precise execution of a set number of relatively-easy superiors no longer cuts any ice because it makes the tariff too low for a reasonable score.

So how far will execution and technique give way to difficulty? In Modern Rhythmic Gymnastics, there are two sets of points out of ten for the two conditions and the coach and gymnast strike a balance between the two — sometimes risking extra difficulty for the marks it brings, sometimes consolidating on an average mix. At present, artistic gymnasts are pushing themselves to the limit but gradually



Susan Crombie: "... The first British girl junior champion."

Eileen Langsley

technique will make it seem less obvious. If not, we are just going to feel the movements of difficulty coming like cues for a song.

At Wembley I thought the girls seemed to be somewhere near the right mix within the standards of British gymnastics. All right, there were some bent legs and arms and losses of height when gymnasts were striving for maximum rotation and linear movement.

The boys, I thought, were not looking quite so advanced in technique but allowance must be made for physical development which favours the Over-16's. Men must develop muscle and women elegance, all gymnasts have much work to do to achieve this.

Terry Bartlett led with 9.30 right from the start on floor with side somis, well-controlled handstands, 1 1/2 somi and a straight back to finish. He had over half a mark lead and, short of bad breaks, looked pretty safe for the title. Bartlett was consistent throughout — rings; Honma, back planche, double back off: high bar; a little close to the apparatus but a safe double back off: controlled parallels with a double off. Consistency is the hall mark of a champion and that day Bartlett had it all.

Nicola Meek notched 9.50 with an open Tsukahara and held her lead through the bars to be .30 up on Susan Crombie after two pieces. Most of the vaulting by the girls consisted of Tsukaharas.

Pommels went the usual disastrous way although Bartlett's sheers and Thomas flairs 8.40 showed it could be approached. Carl Beynon had 8.05 but the rest were a long way off. After rings, Bartlett could afford three falls and still make it but he preferred to stay on.

Nicola Meek went confidently on with her lead and threw the front somi on to the end of the beam but fell. It shook her badly and the rest of the exercise so full of content, looked wobbly and insecure. The title was blown but she was under enormous pressure — she rose at 5.00 that morning in a hotel in Lyons and flew to Wembley in time for the competition.

So did Susan Crombie fly from France, but she survived a handstand start, three backward walkovers and aerial cartwheels for a nine to take a half a mark lead. With only floor to go, she was home and dry.

Meanwhile Terry Bartlett was consolidating — 8.60 for vault, 9.05 on parallels and 8.65 for high bar. He conceded twice — to Chris Austin (Southampton) who scored nine for vaulting and to Carl Beynon for 8.80 on high bar.

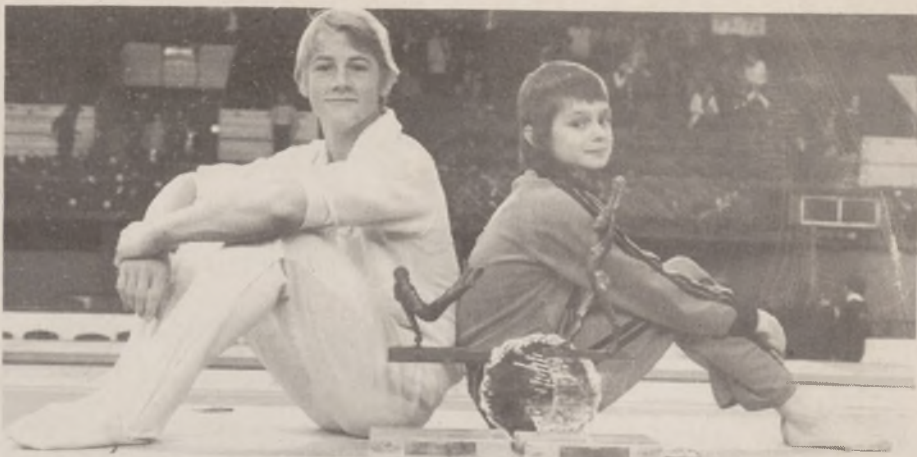
Terry's ambition is to be the "best British scorer ever". He goes with his family to live in the USA shortly where he will train under Larry Moyer but he retains British nationality and will always wish to appear for Britain.

Lisa Young (Park GC, Telford) landed her Tsukahara confidently (9.20), did a back somi and twisting dismount from the beam for 9.10 and did a front somi and twists on the floor for a rather undermarked 8.95, I thought. Susan Crombie won the Paul Lang Memorial Plate for a lively routine on the floor to the Charleston, double backing (tucked) and double twisting for 9.20.

Lorna Morrison (Gazelles GC, Dunfermline) was most popular with the crowd for her floor routine to Bart's *Oliver*. The judges gave her 8.80 and her vault won 9.05 for half on, half off.

Stuart White (Eston GC) was highest North scorer with 46.45, Carl Beynon with 50.30 topped the West, Chris Austin (Southampton AGC) was second with 47.45 for South and Gary Martin (Calderdale GC) headed East with 43.75. For the girls, Lorna Morrison led North (34.60), Lisa Young the West (35.75), Michelle Robb (Huddersfield) was second for East (35.55), and Nancy Cresdee (Loughton) was second for South with 35.95.

Zone champions were: North, Lorna



BRITISH AMATEUR GYMNASTICS ASSOCIATION Thames Television's Junior Gymnast of the Year

The winners relax for the cameras after the presentation.

Morrison and Stuart White; South, Natalie Davies and Terry Bartlett; East, Susan Crombie and Simon Dransfield; and West, Lisa Young and Carl Beynon.

The team results were South 173.30, West 164.85. East 160.30 and North 155.80. It was first thought East had won because the Zones were listed East and South for girls and South and East for boys. Reading straight across, East seemed to have scored 172.90. The error was discovered after the presentations which meant a change over of medals already given.

The idea of the Thames Television's Junior Gymnast of the Year competition was conceived by Mr Howard Thomas, a former chairman of Thames Television and pursued with characteristic encouragement and enthusiasm by Mr Bryan Cowgill, the managing director.

The presentations at the Wembley finals were made by Lord Barneston, Chairman, Thames Television, accompanied by Mr Franklyn Edmonds OBE, President of the BAGA.

Thames Television's Junior Gymnast of the Year competition goes right down to the grass roots with 12 regional finals and four zone finals before Wembley. Four boys and four girls go forward from every region to the zone finals and three of each go from the zones to Wembley.

Susan Crombie and Terry Bartlett have been awarded £500 each to be spent on their further gymnastics training. They must decide with their coaches the best way to spend the grant. Every member of the final winning team received a grant of £100, every member of a zone winning team a £100 grant and members of regional winning teams were given a grant of £50 each. On top of that, every BAGA region is presented with £100 for running a final and the region running a zone final gets £250. These are very generous incentives to all concerned and Thames Television have announced they will continue with it next year.

Results

Boys

1 Terry Bartlett	South	52.85
2 Carl Beynon	West	50.30
3 Chris Austin	South	47.45

Girls

1 Susan Crombie	East	36.40
2 Nicola Meek	South	35.95
3 Lisa Young	West	34.75

Team

1 South	173.30
2 West	164.85
3 East	160.30



Ecstasy is a floor exercise ... by Susan Crombie.



Carl Beynon flew in from the Junior European Championships to win the overall silver medal.

Thames Television

Paul Fender

Eileen Langsley

Junior European Championships

Wrio Russell reports on the Junior European Championships held at Lyon, France, on May 2nd/4th.

I must begin with a *cri de coeur* because I am dismayed by our national lack of interest in this event. To my mind, it ranks behind the World/Olympic championships and senior European championships as the third most important competition in world gymnastics (and certainly as the most important junior event in the world), yet virtually no one in our great sporting nation knew that it was taking place.

Apart from our gymnasts and officials there were precisely 10 British spectators, including three coaches and two gymnasts, who had taken the trouble to attend this most marvellous event which reflects the future of our sport.

This event should have been monitored as the West Germans were monitoring it, with a number of video units covering all the pieces of apparatus. They can now go back and analyse in detail the wealth of technique, artistry, composition and general trends in exercises based on the new Codes of Points, in which the winning girl, little Ecaterina Szabo of Romania, totalled 38.75, and the tie-winning boys, Sayfoulin and Korolev of the Soviet Union, came away with 57.45.

For us, though, it is just another competition been and gone. Or, rather, for those with gymnastics truly at heart, it has been an opportunity missed, because the gymnastics were beautiful, dynamic and immensely complex, and of a standard which I never anticipated.

With normal courtesy I must start with the girls and particularly with the Soviet girls who showed such beauty and elegance on beam and floor. They were beaten out by the Romanians because of mistakes; for example, the most artistic of the three, Iliencko, muffed a handstand turn on bars and had hands down on a double back on floor. There was a difference in build, too, between the Soviets and the Romanians; the Soviets slim and of normal height, and the Romanians short, chunky and dynamic. Bela Karoly's girls were so sure and strong, happy and smiling, but without the artistry of the Soviets. They made no mistakes, though, and that counts when the scores are added up.

The East Germans and Czechs showed up well team-wise, the East Germans having two tall girls, Jacobs and Senff, who came seventh and ninth, matched off with the tiny Meilberg (eighth) whose round-off half flip to handstand mount on beam was one of the moves of the championship. On vault, we saw a whole variety of piked, straight and full-twisting Tsukaharas, with one Cuervo (longarm half turn back out) from Senff who won the silver. The dynamic sprinting speed and attack off the board were notable features with all the top gymnasts, with Szabo and Agache of Roumania being exceptional. Of our girls, Nicola Meek came highest with 9.2 for sixteenth place.

The judges on bars seemed to have the greatest trouble with the new code, with endless conferences and the lowest set of marks of all the four pieces. Ponomarenko and Ionas of the Soviet Union were in a class of their own, coming first and second in the finals with totals of 19.5 and 19.35. Longswings are obviously "in" and dismounts showed a number of double backs and one wrap hecht back. Our girls got their lowest set of positions

on the bars, with Meek and Crabtree 28th (8.3) and Crombie 44th (7.8) including a fall.

On beam, Natalia Iliencko performed one of the most beautiful exercises I have ever seen, scoring 9.8 on the opening day but unfortunately having two falls in the final so denying herself a medal. The outstanding combination of her exercise was a splits leap immediate tuck back, but it was the overall construction of the exercise and its performance that made it remarkable. In fact, all three Soviet girls had very artistic routines, but due to only two girls from each country being allowed to work each final we were denied a second chance of seeing Ponomarenko work.

Dismounts from the top girls were predominantly double twists and double backs out of cartwheels, and various flip back combinations and free moves were common. Standing backs also remain popular, blighting the flow and rhythm of the exercises. Szabo, steady as a rock, and thanks to Iliencko's nerves on finals day, took the gold with 19.5, with Ionas taking the silver and Rulfova of Czechoslovakia the bronze. Nicola Meek, with her front on mount, was our top scorer with 8.8 and 23rd place.

Floor once again demonstrated the artistry of the Soviets, particularly Iliencko, but both she and Ponomarenko had major breaks in their tumbles and were in fact beaten out by our own Susan Crombie who scored a 9.2 for 14th place, including a tucked double back. Such is the nature of the game, but there were a number of pleasantly choreographed exercises, mostly to orchestrated music, with less of the gimmicky sequences than we might have expected.

Szabo got herself another gold medal on floor with 9.9 in the final, and when I tell you she included full in back out, double back, two flips and an enormously high straddle jump, and a 1½ twist step out . . . double twist, you will understand why.

In fact, there were two more 9.9 scores in the final, one from Labakova who took the silver, and the other from Ionas who came third. All the finalists included double backs as did many of the other gymnasts. Most of the music was orchestral, although the West German girls had their marvellous pianist Gussy playing for them, and their music lost nothing for being single instrument. However, you have got to have a dramatic pianist to carry it off as the interpretation of the orchestral music is getting better all the time.

Susan Crombie merits a word of praise for her floor, as does her coach Janet Mitchell, as they have seen the need to include the double back and Susan really nailed it on the day. After all, the floor exercise is all about the perfect blending of tumbling and dance, and both aspects need to be demonstrated to the full.

With the boys, it was a story of Soviet dominance and French courage under pressure, although there were many fine young gymnasts on show. The British team, for all their effort, were a sorry sight.

However, a particular word of praise must go out to 15-year-old Carl Benyon who kept a steady head and did some clean work for a total score of 50.1. He then flew back early on Sunday morning to take second place in the Thames TV championship at Wembley.

The slim young Soviets Sayfoulin and



Nicola Meek (Loughton Hall GC and Great Britain).

Korolev tied for the overall gold with scores of 57.45, with their even younger Tuminlovitch taking the bronze with 56.9. There were two French boys, Def and Carion, fourth and fifth with the third French boy, Vatuore, in 11th place. Next of the West Europeans was Zonzini from the tiny state of San Marino, who was 14th, with the Italian, Columbo 16th and the Swiss, Zellwegger, 20th. Our top gymnast was Alan Hay in 31st with Carl Benyon 32nd, out of 40 gymnasts. The thought that strikes me particularly is, if as a nation we wish to move up the world rankings, our individuals have got to be able to beat out Swiss, Italians and Spaniards, and to work with confidence in this sort of company.

The three Soviet boys showed us beautiful gymnastics throughout, winning 14 medals between them. Their floor exercises were not just made up of difficult tumbles (full back out, double back tucked and piked, variations on the twisting theme) but of elegant and artistic linking combinations that demonstrated an inevitable influence of ballet training.

On sidehorse, rings, vault and parallel bars, all their moves were of that quality of technique that makes for free flowing gymnastics, the prime objective for every performer. On high bar, the beauty of their exercises was tinged with the overwhelming excitement of Tkachevs into immediate longswings, one arm longswings, a double in back out, a full in back out done straight, and a double hollow. Sayfoulin had two 9.8's on high bar.

There was a mass of other good gymnastics, too, particularly notable being Georguiev's (Romania) flair sequence right round the side horse and Zeig's (East Germany) Healy twirl on parallel bars. It is interesting to note that the combined winning score on each piece of apparatus gave an average of well over 9.5 per piece on each day; such is the quality of Europe's juniors.

The French are very enthusiastic about their gymnastics, and well aware of when they are witnessing quality work. The atmosphere was exciting, the march-round music ghastly, but all in all it was run as a competition by gymnasts for gymnasts. Arthur Magakian, one of the great technicians of the French Federation was on the microphone, so the commentary on the gymnasts and their exercises was expert and authoritative. All in all, it was a very great competition.

The straight back somersault

Ieuan Parry, who is a senior gymnastics coach as well as a Sports Acrobatics coach and international judge, suggests ways to tackle the straight back somersault. This move, of course, should be learned under strict coaching supervision.

Some suggestions for preparation

THE performance of this element almost invariably produces difficulties, especially in relation to correct technique.

Main problems:

- (a) lack of body tension
- (b) incorrect body shape
- (c) incorrect use of head
- (d) incorrect use of arms and shoulders

Some exercises aiming at the achievement of the muscular tension required to maintain correct body shape in the straight back somersault:

1: Performer lies on the back, arms raised above the head, with backs of the hands or inside edge of the hands (thumbs) in contact with the mat. Full body tension is absolutely essential.

Coach or partner lifts the performer (hands under the heels), through a 90-degree arc to the vertical. The performer's arms are brought forward to meet the body by the time the vertical position has been attained. It is important for the performer to tense the neck muscles so that he/she rolls onto shoulders clear of the mat. Coaches take special care with younger children — use a soft or resilient surface such as a crash mat or foam block, in order to avoid injury to muscles, tendons or ligaments.

In the diagram (1) the line A-B represents the take-off in the true somersault and the line B-C represents the body at the half way stage of the somersault = 180 degrees of rotation. The letter "S" indicates the support points.

The correct body shape is of prime importance when this exercise is being performed. This shape must be maintained throughout the entire 180 degrees of rotation. At the commencement of the exercise, the feet are raised very slightly from the mat to give the body a shallow "dished" shape i.e. a very slight break at the hips as in Figure 1 of diagram 2. Take care that the performer does not raise the hips when the lift is being made as this will result in a hyper-extended position being adopted as in Figure 2. Conversely we must also avoid an over dished or piked position as in Fig. 3. When the performer can do the exercise correctly, both the muscular and the body awareness effects can be increased by:

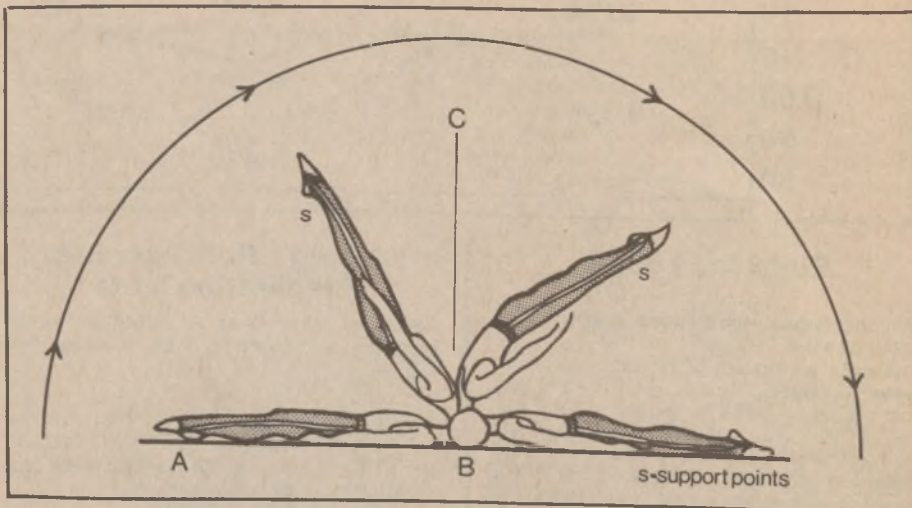
- (a) increasing the number of repetitions
- (b) increasing the speed of rotation.

A crash mat is essential for this.

The following exercises can be used as a progression of and in addition to 1.

2. Simulation of the straight somersault with full (360 degrees) rotation.

Two reliable spotters are essential for this exercise. The spotters stand on either side of the performer who should be prepared in stretched standing position, with arms fully extended above the head. They take a firm hold over the top of the performer's shoulder with one hand, and the back of the knee with the other. The performer is lifted and rotated through a 180 degree angle to the inverted position. Immediately the second 180 degrees



of rotation begins, the spotters transfer the hands which have been supporting the backs of the knees, to shoulder blade area so that all four hands serve as a firm support about which the performer can rotate to complete the somersault. The spotters maintain contact until the landing has been made safely. It is wise for the spotters to stand close to the performer to make the task of lifting and rotating easier.

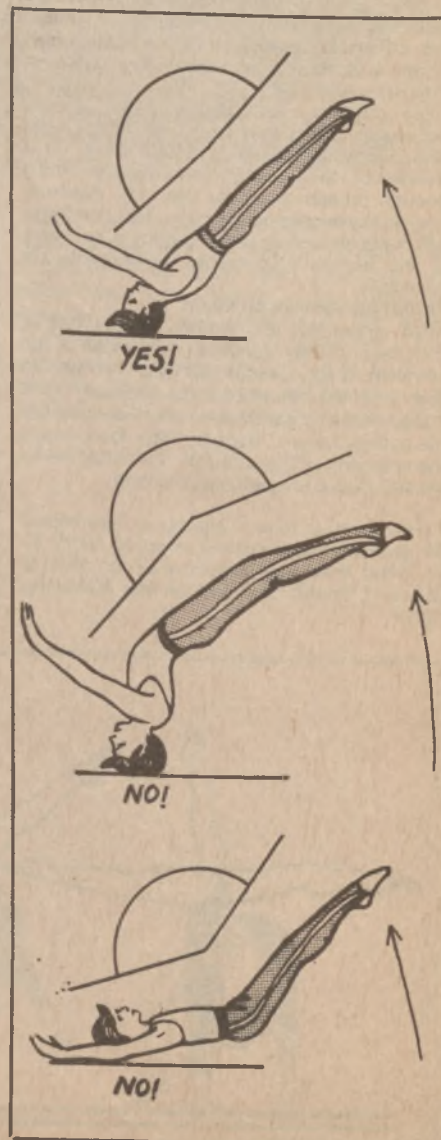
As in exercise (1), the performer's arms remain vertical until the body has rotated the first 180 degrees of the flight. It must be stressed to the performer that the trunk moves towards the arms and not the arms to the trunk.

The head should be kept in its normal position and not thrown back at the beginning of the flight — this is a serious fault and prevents the development of full somersault elevation, i.e. at least shoulder height. It is often useful at this stage to provide a definite visual spot for the performer to see during the first 45 degrees of rotation — perhaps a circle chalked or painted on a suitable wall at a height of about two metres.

The performer must maintain the correct body shape during the second 180 degrees of rotation. There is almost invariably a tendency to pike and/or lose body tension in anticipation of the landing. This must be avoided — the coach and spotter must give sufficient lift in this phase so that the performer has plenty of space for full extension.

As before, when the performer becomes proficient, we can progress by increasing the speed of rotation nearer to that of a free flight somersault. Also, (but taking special care over spotting the landing) the spotters can, by applying a little extra power at stage D in the diagram 3, launch the performer into a free flight phase for the final 150 degrees or so of rotation. When this "tempo" method is used, the spotters must move quickly to be in a suitable position for covering the landing. They must be alongside the performer ready to deal with under or over-rotation.

3: Where a set of Olympic rings is available, an



Drawings by Moira Shippard

alternative or additional method is as follows:

Spotters support and assist at the back of the knee and the top of the shoulders with the performer hanging from the rings with a firm grip. They rotate the performer through 180 degrees to inverted hang (A-B-C in diagram 4). The spotters both change the supporting hands over, i.e. the hand which has been supporting the shoulder moves to the front of the thigh, and the hand supporting the back of the knee moves to the shoulder. The performer releases the rings and either (a) places the palms on the thighs with the arms straight and in contact with the body or (b) places the palms high on the chest (over the sternum), with elbows bent and the arms in full contact with the body.

The remainder of the flight D-E-F is fully supported, in the early learning stage, right up to and including the landing. At a later stage (but only when the performer has achieved complete muscular tension and correct body shape), the assistants can dispense with the spotting point at the front of the thigh and allow the performer to rotate about the shoulder support.

As a further progression the performer can be pitched into free flight from the release point, through D-E-F i.e. the final 180 degrees of rotation.

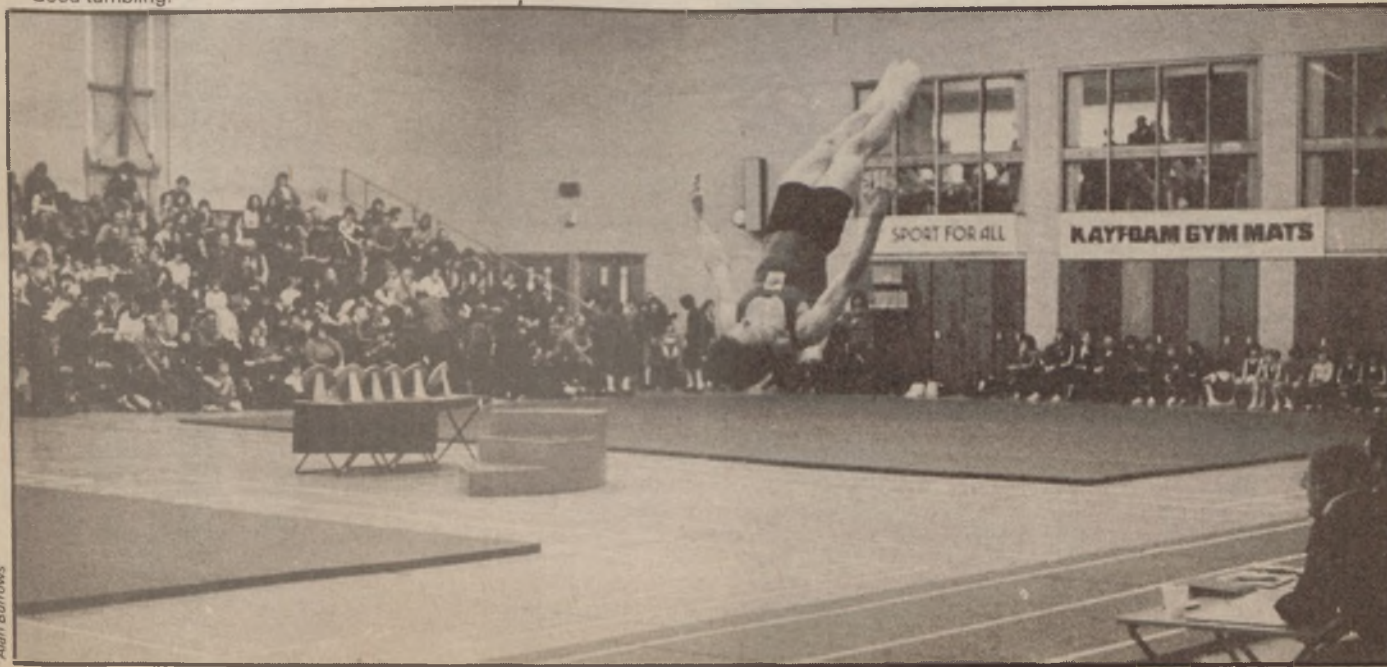
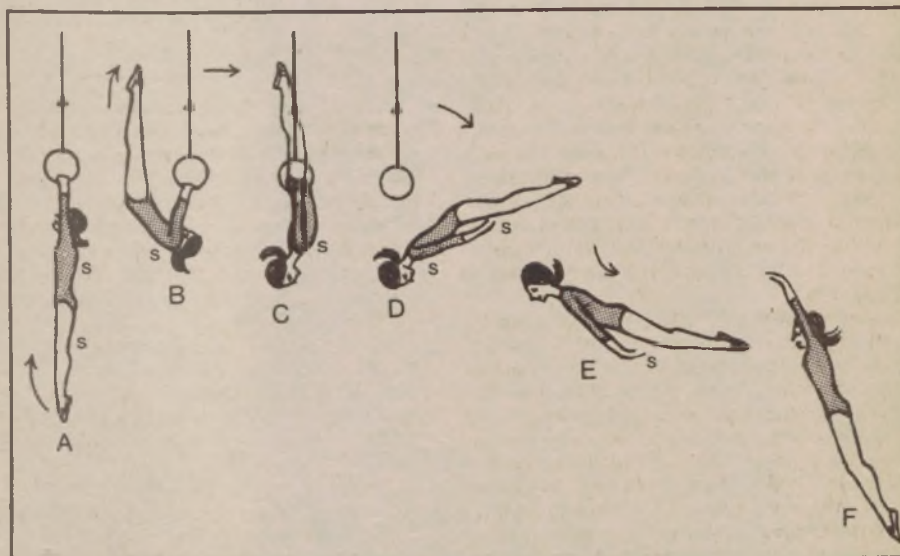
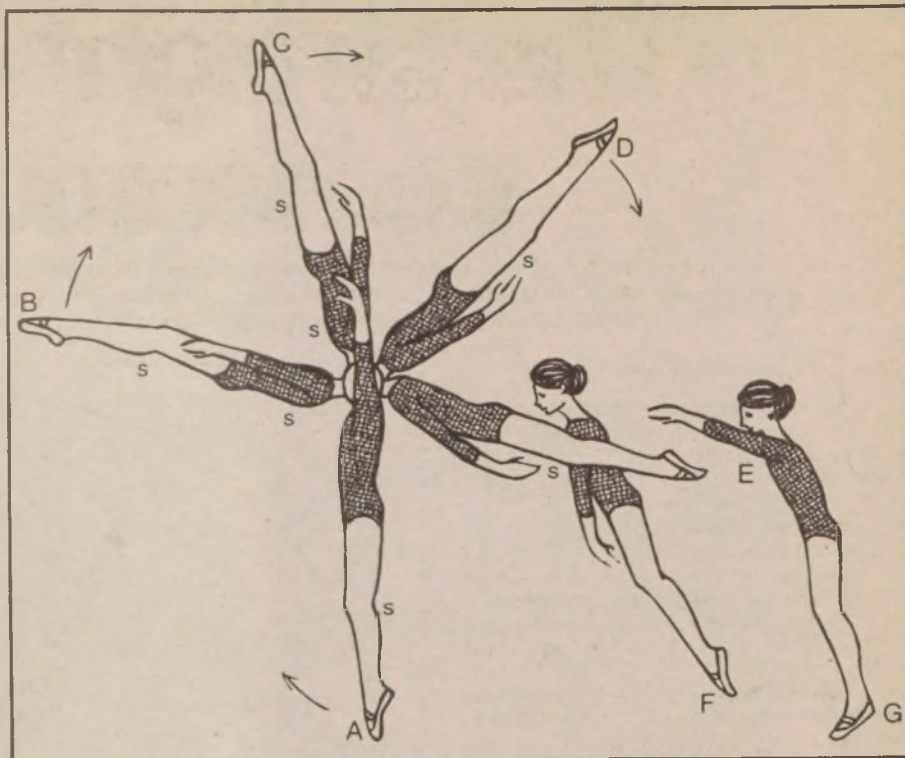
Note that there is a possibility of over-rotation at this stage due to loss of body tension or piking. The spotters must therefore immediately after pitching, move with the flight to ensure a safe landing, by positioning themselves alongside the landing spot and with an arm behind the performer's back. The arm is not necessarily in contact but rather in readiness to block any excess momentum or rotation. The performer should extend the arms above and in front of the head just prior to landing (stage F), as this lengthens the rotating body and therefore achieves two very essential things for the future competitive tumbling:

(a) a stable, sure landing with no deductions

(b) a controlled body position when it is desired to work out of the somersault into additional elements.

The exercises described will assist the performer in achieving a technically correct straight somersault. This turn will make the path to single twisting and multiple twisting somersaults much easier for both performer and coach. But that's another story!

Good tumbling!



Alan Burrows

RESULTS

Women's National Development Plan Finals

Farnborough Recreation Centre
March 8, 1980

Grade 3

Name	Set Vault	Vol Vault	Set Bars	Vol Bars	Bm	F	Tot	Pos
A. Hughes	WA 7.95	6.875	6.65	6.95	7.45	7.90	43.775	
J. Walters	NM 0.00	7.300	5.65	7.40	7.50	7.65	35.500	
J. Boardman	NM 6.50	7.625	5.00	6.00	6.05	7.80	38.975	
M. Burke	IR 7.50	7.825	7.65	5.00	7.65	8.35	43.975	
J. Eustace	IR 8.25	8.325	6.00	7.20	6.70	8.55	45.025	
P. Williamson	WA 8.25	8.525	7.15	6.60	8.05	8.05	46.625	
A. Jones	WA 7.75	8.825	7.35	6.40	8.05	8.60	46.975	
A. Harrison	YO 8.35	8.550	8.35	8.20	8.65	8.40	50.500	3
S. Crombie	YO 8.50	9.000	8.90	8.95	8.90	9.25	53.500	1
V. Gibbs	EA 7.75	8.175	7.65	7.40	8.00	7.80	46.775	
J. Guest	EA 7.60	8.050	7.75	7.80	7.20	8.00	46.400	
C. Latham	SO 6.80	7.550	5.50	6.05	7.75	7.25	40.900	
M. Samuel	SW 8.30	8.225	7.35	7.75	7.00	8.10	46.725	
T. Lonergan	SW -	-	7.70	7.10	-	-	14.80	
K. Ratcliffe	NW 7.75	7.750	7.80	6.90	8.30	8.15	46.650	
C. Williams	NW 8.00	8.750	4.10	8.00	7.20	8.30	44.350	
F. Goff	WM 7.70	8.600	7.80	8.45	8.70	8.25	49.500	
L. Young	WM 7.85	9.100	8.60	8.80	8.95	9.00	52.300	
G. Davey	SO 7.15	7.725	4.65	4.60	7.20	7.85	39.175	
D. Bynon	WM 7.50	8.000	7.05	6.80	7.15	8.10	44.600	
H. Price	WM 8.70	8.900	7.15	7.85	8.25	9.00	49.750	
L. Walton	NM 7.45	8.200	6.45	6.50	7.75	7.95	44.300	
S. Simms	NM 8.25	8.050	6.60	8.35	8.05	8.40	47.700	
J. Butterworth	YO 8.10	7.725	7.20	7.10	7.60	8.05	45.775	
A. Whiteley	YO 7.85	8.675	7.45	7.30	7.45	8.25	46.975	
F. Stenhouse	SC 7.55	8.275	6.65	7.25	8.00	8.40	46.125	
J. Bell	SC 7.55	8.375	6.25	7.15	7.95	7.90	45.175	
C. Hitchens	LS 8.25	7.975	7.75	7.05	7.60	8.20	46.825	
T. Watts	LS 8.10	8.475	8.00	8.00	8.35	8.55	49.475	
V. Turton	EA 7.95	8.000	7.05	7.50	7.10	7.35	44.950	
J. Beagley	EA 8.00	7.900	8.05	7.15	6.80	8.15	46.050	
D. Mooney	NE 7.90	7.550	6.85	7.75	7.70	7.60	45.375	
J. Smith	NW 7.80	8.000	7.75	8.20	8.20	8.20	48.150	
K. Kirth	NW 8.00	8.050	6.30	7.15	7.80	8.00	45.300	
A. Cameron	SC 7.75	7.550	4.75	5.65	7.20	7.45	40.350	
J. Brady	SC 7.50	7.850	7.70	6.55	6.70	7.40	43.700	
S. Ogilby	NE 8.00	8.150	7.10	6.75	8.00	8.20	46.200	
L. Walls	NE 7.55	8.400	-	-	-	8.10	24.050	
S. Venner	SW 7.75	8.325	6.95	7.10	8.30	8.25	46.675	
S. Milnes	SW 5.00	8.225	7.40	7.65	7.50	8.35	44.125	
J. Moffatt	LS 7.90	4.650	8.65	8.10	7.85	8.40	45.550	
A. Lockton	LS 7.50	8.250	8.20	8.40	7.60	8.20	48.150	

Grade 5

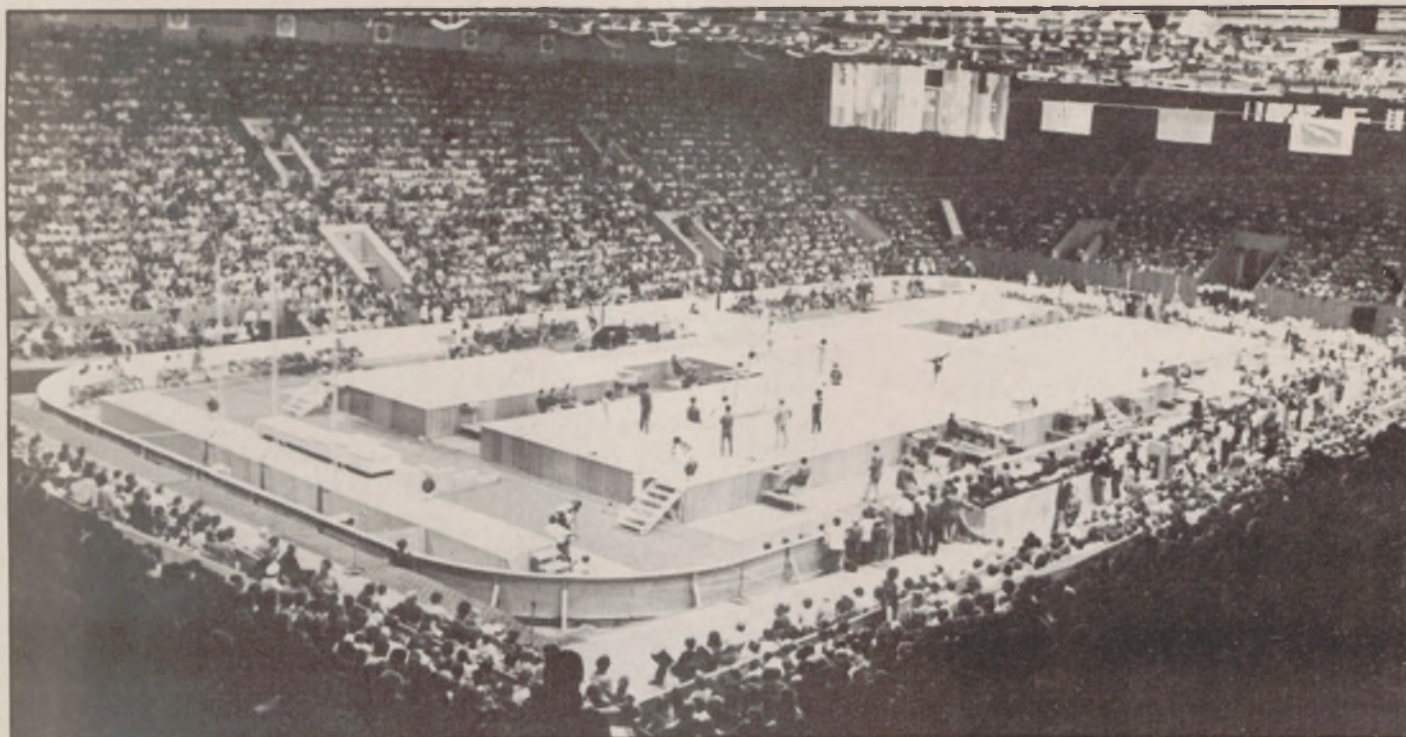
Name	V	Br	Bm	F	Tot	Pos
T. Jinks	WM 8.10	7.25	6.65	7.30	29.30	
C. Shrimpton	WM 8.35	7.80	6.50	7.60	30.25	
P. Little	NW 7.75	7.40	7.30	7.40	29.85	
D. Gregory	NW 7.85	7.60	6.30	7.65	29.40	
P. Muscant	LS 8.70	8.15	8.20	8.25	33.30	6
S. Winch	LS 8.60	9.20	7.40	8.60	33.80	2
M. Liddle	LS 8.85	7.80	8.85	8.20	33.70	3
S. Cooke	LS 8.75	8.70	7.55	8.35	33.35	5
D. Hinson	NM 8.85	7.70	7.60	7.30	31.45	
S. Coleman	IR 8.55	7.80	6.10	7.05	29.30	
H. King	SO 7.80	7.50	5.60	6.70	27.60	
E. Shean	SO 8.25	7.95	7.35	7.50	31.05	
K. Goddard	NW 8.20	7.65	6.50	6.95	29.30	
V. Jennings	NW 8.80	8.30	8.15	6.95	32.20	
A. M. Wojak	NE 8.35	7.30	8.20	6.70	30.55	
C. Storey	NE 8.30	7.80	7.35	6.85	30.30	
P. Weeks	SO 8.25	7.20	6.30	7.95	29.70	
L. Thomas	SO 8.35	7.90	6.90	8.20	31.35	
F. Strachan	SC 8.60	7.80	6.20	7.50	30.10	
L. Tuckerman	SC 8.40	7.85	6.25	7.10	29.60	
C. Mays	WA 8.85	7.00	7.20	7.75	30.80	
A. Male	WA 8.40	7.50	7.55	7.55	31.00	
C. McIntyre	IR 7.80	6.95	5.95	6.25	26.90	
J. Devenney	IR 7.55	6.65	5.80	6.30	26.35	
D. Campbell	SC 7.90	6.25	7.10	5.00	26.25	
L. Broomfield	SW 8.75	8.80	8.55	7.30	33.40	4
J. Channon	SW 8.40	8.50	7.70	8.50	33.10	
J. Prescott	NM 7.75	7.50	7.50	7.10	29.85	
J. Hudspeth	NM 8.35	6.60	7.65	8.15	30.75	
A. Williams	WA 8.00	8.00	5.60	7.15	28.75	
K. Dowling	WA 8.50	7.25	5.25	7.05	28.05	
D. Lawford	YO 8.20	7.70	6.70	6.75	29.35	
R. Jewitt	YO 8.25	7.80	6.20	8.00	30.25	
S. Warmwell	SW 7.95	6.60	5.50	7.20	27.25	
A. Thoyts	SW 8.25	7.10	7.30	7.60	30.25	
M. Rodrigues	EA 9.05	8.95	6.95	8.25	33.20	
A. Ede	EA 8.65	9.00	8.25	8.60	34.50	1
S. Meaney	NE 7.85	7.25	6.30	7.60	29.00	
C. Steel	NE 7.80	7.00	6.15	7.55	28.50	
M. Dancy	NE 7.85	8.00	6.15	6.50	28.50	
J. Shipway	WM 8.50	7.60	6.50	7.00	29.60	
P. Hanson	WM 8.15	7.40	7.50	7.35	30.70	
S. Reynolds	EA 7.95	7.95	7.55	7.35	30.80	
E. Bruce	EA 7.95	8.00	7.00	7.65	30.60	
C. Howe	YO 7.75	7.55	7.40	7.90	30.60	
H. White	YO 7.70	7.80	7.95	7.75	31.20	

Grade 4

Name	V	Br	Bm	F	Tot	Pos
A. Dawson	NE 8.25	7.40	7.75	7.45	30.85	
L. Wilson	NE 8.55	7.70	7.45	8.40	32.10	
C. Greenaway	EA 8.55	8.20	8.50	8.15	33.40	
M. Beacher	EA 8.45	8.30	7.20	7.85	31.80	
J. Garner	YO 8.90	7.80	7.50	8.55	32.75	
M. Robb	YO 9.20	8.65	8.75	8.90	35.50	
J. Roberts	SW 7.75	6.10	6.55	6.35	26.75	
S. Matthews	SW 8.05	6.40	7.40	7.50	28.35	
S. Warburton	NW 7.10	7.25	6.35	7.70	29.40	
A. Rice	NM 8.20	5.50	6.10	6.30	26.10	
L. Ashley	NM 7.55	0.00	4.95	6.90	19.40	
C. Schins	LS 8.45	8.75	7.95	8.90	34.05	5
A. Isles	LS 9.10	9.00	7.55	8.85	34.50	2
M. Francis	WM 9.20	8.65	7.30	8.60	33.75	6
M. Schofield	WM 8.80	7.85	8.30	8.60	33.55	
P. McNamee	IR 8.25	7.30	5.85	6.25	27.65	
A. Egan	IR 7.50	6.45	5.50	6.20	25.65	
M. Williams	LS 7.15	7.90	8.10	7.75	30.90	
T. O'Brien	LS 8.40	8.05	6.90	6.90	30.25	
A. Dutton	LS 8.45	7.95	7.20	8.45	32.05	
S. Sakway	NE 8.40	7.85	6.55	6.45	29.25	
F. Colbeck	NE 8.90	7.80	7.10	7.15	30.95	
A. Bradbury	SC 7.85	6.15	7.40	6.95	28.35	
K. Dawson	SC 8.25	7.50	6.90	8.55	31.20	
J. Messenger	WA 8.75	7.40	6.70	7.60	30.45	
G. Beavan	WA 9.15	7.30	6.40	8.40	31.25	
M. R. Heatherington	IR 8.20	7.30	5.20	6.70	27.40	
R. Travill	NM 8.20	7.50	7.00	8.00	30.70	
N. Callaghan	WA 7.40	6.70	7.35	7.50	28.95	
D. Buckley	WA 8.30	7.00	8.00	7.35	30.65	
T. Male	SO 8.40	8.40	6.85	8.45	32.10	
L. Owen	YO 8.30	8.15	8.05	8.55	33.05	
S. Pearce	YO 9.40	8.05	8.35	8.65	34.45	
F. Townsin	EA 7.75	6.25	6.85	7.65	28.50	3
K. Whitehead	EA 8.45	8.40	7.40	8.05	32.30	
N. Tavony	NW 8.25	7.70	0.00	7.05	23.65	
T. Breakall	NW 8.95	9.00	8.35	7.85	34.25	
S. Spence	SW 8.90	7.65	7.10	7.55	31.20	4
D. Broom	SW 8.15	8.00	8.30	8.40	32.85	
C. Graham	WM 8.35	8.30	6.95	8.05	31.65	
H. Evans	WM 8.40	8.10	7.95	8.20	32.65	
R. Griffiths	SO 6.45	7.35	7.15	7.80	28.75	
L. Gould	SO 8.40	7.20	7.20	7.95	30.75	
J. Durkin	SC 8.20	6.90	7.10	6.85	29.05	
G. Henderson	SC 7.75	7.40	6.35	7.60	29.10	

Grade 6

Name	V	Br	Bm	F	Tot	Pos
S. Mitchell	YO 8.40	8.25	7.25	8.75	32.65	
W. Davis	YO 8.95	9.25	8.90	9.30	36.40	1
C. Wilkenson	SW 8.05	7.30	8.65	8.55	31.50	
H. Pridham	SW 8.40	8.80	8.25	8.50	33.95	6
S. A. Hudson	WM 8.30	7.55	7.60	9.20	32.65	
S. Lamer	WM 9.25	8.85	8.30	9.05	35.50	=2
L. Fricker	SO 8.05	7.40	7.00	8.40	30.85	
A. Tapley	SO 8.20	7.00	7.65	9.00	31.85	
A. Battle	WA 8.40	7.00	7.35	7.90	30.65	
J. Evans	WA 8.05	6.70	6.85	8.55	30.15	
J. Magill	IR 7.45	6.10	5.70	6.80	26.05	
A. Boucher	NW 8.90	8.30	6.50	8.50	32.60	
L. Hill	NW 8.00	7.30	7.55	8.95	31.80	
T. Cooper	NM 7.95	7.65	7.70	8.20	31.50	
L. Bonham	NM 7.90	7.75	7.40	8.35	31.40	
K. Jackson	SC 6.15	4.90	6.95	7.85	25.85	
C. McMillan	SC 7.45	5.70	7.50	8.40	29.05	
M. Phillips	NW 7.15	6.65	7.25	7.00	28.05	
J. Stockwell	NW 8.00	7.95	6.25	7.35	29.55	
E. Lediard	WM 8.55	8.25	7.85	8.10	32.75	
S. Reeves	WM 7.55	8.50	8.15	8.45	32.65	
L. Dickman	NM 7.75	7.90	7.40	6.70	29.75	
S. Bird	NM 8.55	7.35	8.50	8.00	32.40	
J. Comber	EA 8.10	6.70	7.90	7.80	30.50	
D. Anderson	EA 9.05	9.50	8.35	8.60	35.50	
L. Angus	NE 6.60	5.80	8.10	7.50	28.00	
A. Keane	NE 7.20	7.25	8.25	8.15	30.85	
J. Sanderson	IR 8.30	7.55	8.15	8.05	31.05	
D. Young	NE 8.35	6.65	6.80	8.15	29.95	
L. Morris	NE 7.30	5.70	6.00	7.80	26.80	
K. Ogilvie	SC 8.60	7.55	7.95	8.90	33.00	
R. Booth	SC 8.10	7.55	7.15	8.95	31.75	
L. Bowes	YO 8.50	7.95	7.80	9.05	33.30	
D. McCormack	YO 8.85	8.40	7.70	8.00		



Novosti Press Agency

The Lenin Central Stadium, Moscow, where the gymnastic events in the Olympic Games will take place.

OLYMPIC PREVIEW

THIS month, the focus of the world of gymnastics will be Moscow, venue of the 1980 Olympic Games. The gymnastics events will take place from July 1 to 25, with countries entering gymnasts according to how they qualified at the 1979 World Championships at Fort Worth. The total entry is limited to 12 teams of six gymnasts and 24 individuals for men and women respectively. The top 12 teams (men's and women's) from the World Championships will compete as such in the Olympic Games. The next three team positions (13-14-15) will be entitled to enter three individual competitors each and the next three (16-17-18) countries to two individuals each. Owing to the world political situation, the final order of competing countries is not yet known, but even so, the battle for the medals will present a dazzling array of talent and many, many tense and exciting moments.

Because several leading gymnastics countries are not going to this month's Olympic Games, the BAGA have submitted the names of three men and three women gymnasts to the British Olympic Association for inclusion in the British contingent going to Moscow. Previously, the qualification was two men and two women, following the 1979 World Championships at Fort Worth. The gymnasts are:

Men: Keith Langley (City of Coventry OGC), Barry Winch (Bush Harlow GC) and Tommy Wilson (Hendon GC).

Women: Suzanne Dando (Ladywell GC), Susan Cheesebrough (Tameside GC) and Denise Jones (Huddersfield GC).

Here are brief portraits of the six gymnasts.

BARRY WINCH

Age: 21
 Club: Bush Harlow GC
 Coach: Mitch Fenner
 Home town: Sutton, Surrey
 Occupation: College student

National titles

British Pommel Horse Champion
 Overall Champion, Speedo Championship for Men 1978 and 1979
 Silver medallist (floor, rings), bronze medallist — British Overall Men's Championships 1979.

National events

British Men's Championships 1979: Finalist (floor, pommel, rings, vault).
Daily Mirror Champions Cup 1980 (bronze medallist).

International events

Member of Great Britain team at 1979 World Championships, Fort Worth (awarded FIG Gold Insignia for scoring more than nine marks in all set and voluntary exercises)
 Represented GB 1979: v Hungary, v Spain, at 1979 World Student Games
 1980: at America Cup

KEITH LANGLEY

Age: 18
 Club: City of Coventry OGC
 Coach: John Atkinson
 Home town: Coventry
 Occupation: University student

National titles

1979 Winner of *Daily Mirror* USSR Scholarship
 English Schools Open Champion 1979
 All England Schools Champion 1979

National events

Competed British Men's Championships 1979: Finalist (pommel, parallel bars, high bar).

Competed *Daily Mirror* Champions Cup 1980.

International events

Member of Great Britain team at 1979 World Championships, Fort Worth.

Represented GB 1979: v Hungary, at Revolution Cup in Czechoslovakia (silver medallist — floor)
 1980: v USA (Gold Top Milk International)

TOMMY WILSON

Age: 25
 Club: Hendon GC
 Coach: Bill Wills
 Home town: Watford
 Occupation: Travel Evaluations Clerk

National titles

British Rings Champion
 Silver Medallist (pommel, parallel bars, high bar)
 Bronze medallist (floor)
 1979 *Daily Mirror* Champions Cup Champion
 1980 *Daily Mirror* Champions Cup silver medallist

National events

British Men's Championships 1979 (overall silver medallist)

International events

Member of Great Britain team at 1979 World Championships, Fort Worth (awarded FIG Gold Insignia for scoring more than nine marks in all set and voluntary exercises)
 Represented GB 1979: At *Daily Mirror* Champions All (6th place), v Hungary
 1980: v USA (Gold Top Milk International)

SUZANNE DANDO

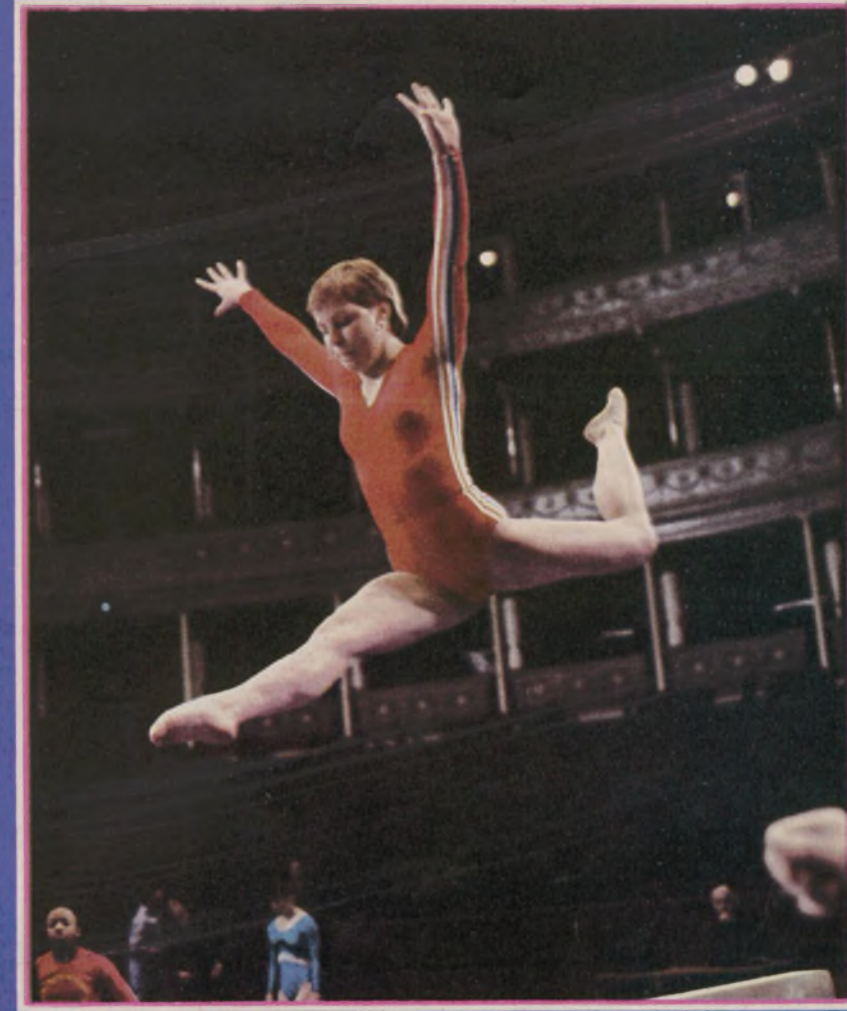
Age: 18
 Club: Ladywell GC
 Coaches: Brian Dewhurst, Yvonne Arnold, Joyce Macaulay



Suzanne Dando (Ladywell GC)



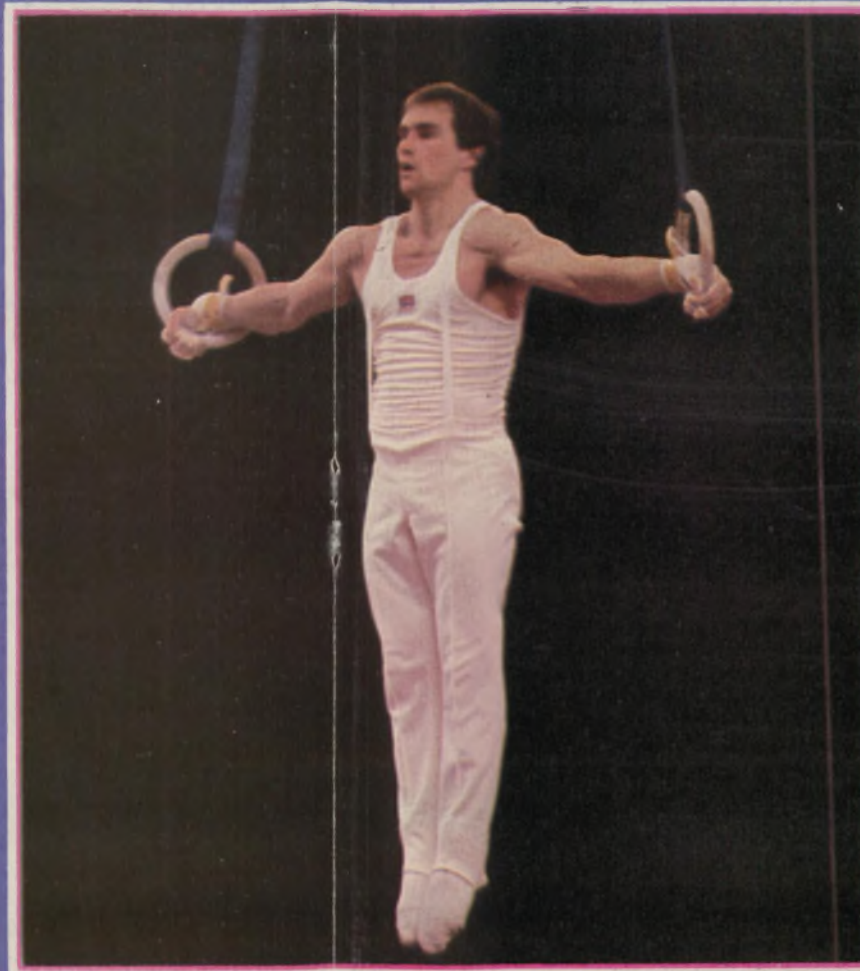
Susan Cheesebrough (Tameside GC)



Denise Jones (Huddersfield GC)



Keith Langley (City of Coventry OGC)



Barry Winch (Bush Harlow GC)



Tommy Wilson (Hendon GC)

BRITAIN'S SIX AT MOSCOW 1980

THE
GYMNAST
MAGAZINE

Pictures by Alan Burrows and Mark Shearman (Susan Cheesebrough)

Home town: Uckfield, Sussex
Occupation: Playgroup supervisor

National titles

Overall British Champion 1980
British Floor Exercise Champion
Champion, *Daily Mirror* Champions Cup 1980

National events

British Women's Championships 1980
British Women's Apparatus Championships 1979

International events

Member of Great Britain team at 1979 World Championships, Fort Worth (awarded FIG Gold Insignia for scoring more than nine marks in all set and voluntary exercises)

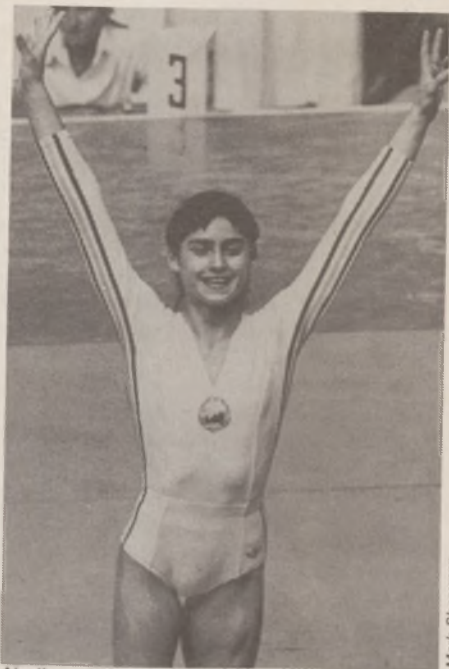
Bottlers of Coca-Cola Championships 1979 (individual placing 7th)

Represented GB 1979: v Canada, v Czechoslovakia, at Antibes/Orleans Tournament
1980: v Hungary (Gold Top Milk International), at *Daily Mirror* Champions All (6th place)



Novosti Press Agency

Olga: Sensation Munich 72.



Mark Shearman

Nadia: winner Montreal 76.

SUSAN CHEESEBROUGH

Age: 20
Club: Tameside OGC
Coach: Bill McLoughlin
Home town: Southport
Occupation: College student

National titles

Overall British Champion 1978/79

National events

British Women's Championships 1980 (4th place)

International events

Member of Great Britain team at 1979 World Championships, Fort Worth

Represented GB 1979: At European Championships (Copenhagen), At *Daily Mirror* Champions All (6th place), at Bottlers of Coca-Cola Championships (9th place)
1980: At *Daily Mirror* Champions All (8th place), at Dial America Cup (New York)



Gold, silver, bronze: The treasure desired by all Olympic competitors.

DENISE JONES

Age: 17
Club: Huddersfield GC
Coach: Janet Mitchell
Home town: Manchester
Occupation: Student, Stretford Grammar School

National titles

Overall British Silver Medallist 1980
British Beam Champion
British Vault Silver Medallist
Silver Medallist, 1979 *Daily Mirror* Champions Cup

Bronze Medallist, 1980 *Daily Mirror* Champions Cup

Overall Champion, 1979 Speedo Championships for Girls

National events

1977 Winner, *Daily Mirror* USSR Gymnastics Scholarship

Competed, 1980 British Women's Championships

International events

Member of Great Britain team at 1979 World Championships, Fort Worth (awarded FIG Gold Insignia for scoring more than nine marks in all set and voluntary exercises)

Represented GB 1979: v Hungary, v Romania, v Canada
1980: v Hungary (Gold Top Milk International)

1976 Olympic Games

Team			
1 Japan	576.85	3 E. Gienger (GER)	19.475
2 USSR	576.45	3 H. Boerio (FRA)	19.475
3 GDR (East Germany)	564.65		
Combined exercises		Women Team	
1 N. Andrianov (URS)	116.65	1 USSR	390.35
2 S. Kato (JAP)	115.65	2 Romania	387.15
3 M. Tsukahara (JAP)	115.575	3 GDR (East Germany)	385.10
Floor		Combined exercises	
1 N. Andrianov (URS)	19.45	1 M. Comaneci (ROM)	79.275
2 V. Marchenko (URS)	19.425	2 N. Kim (URS)	78.675
3 P. Kormann (USA)	19.30	3 L. Tourischeva (URS)	78.625
Pommel horse		Vault	
1 Z. Magyar (HUN)	19.70	1 N. Kim (URS)	19.80
2 E. Kenmotsu (JAP)	19.575	2 L. Tourischeva (URS)	19.65
3 N. Andrianov (URS)	19.525	3 C. Dombek (GDR)	19.65
Rings		Asymmetric bars	
1 N. Andrianov (URS)	19.65	1 N. Comaneci (ROM)	20.00
2 A. Detiatin (URS)	19.55	2 T. Ungureanu (ROM)	19.80
3 D. Grecu (ROM)	19.50	3 M. Egervari (HUN)	19.775
Vault		Beam	
1 N. Andrianov (URS)	19.65	1 N. Comaneci (ROM)	19.95
2 M. Tsukahara (JAP)	19.375	2 O. Korbut (URS)	19.725
3 H. Kayjiyama (JAP)	19.275	3 T. Ungureanu (ROM)	19.70
High bar		Floor	
1 M. Tsukahara (JAP)	19.675	1 N. Kim (URS)	19.85
2 E. Kenmotsu (JAP)	19.50	2 L. Tourischeva (URS)	19.65
		3 N. Comaneci (ROM)	19.75

A star debates WILL POWER-BY TOURISCHEVA

As her admirers know, the great Ludmila Tourischeva, the former world, Olympic and European champion, is married to Olympic sprinting star Valeri Borzov. Recently these two well-known Soviet personalities debated the subject of will-power as it applied to their sports. Here is their conversation as recorded by Novosti Press Agency.

Valeri: An ordinary athlete needs only ordinary will-power to get accustomed to regular training and special loads. Champions need something more; the will to make the final effort and not be afraid to attempt more than they know is possible. Because a champion is always expected to win.

The second problem is how to face your first defeat. That forces you to exert yourself more and more and find new ways to staving it off. When it finally happens, the third problem arises; how do you retain your poise and remain true to yourself? It hurts terribly to be blamed for lack of will-power.

Ludmila: Yes. An athlete must be prepared to admit he or she has made a mistake, but never admit any lack of will-power. That would sound like a death sentence. Will-power needs developing.

Valeri: It gets developed all right . . . in the course of training. First, you learn to overcome the greatest strain; then to keep on till you're dead beat; and then to exert your greatest effort more often.

Greater will-power is developed, too, by learning to sustain great loads regularly, regardless of your physical condition and anything that might upset you — earlier defeats, rows at work, family troubles, and so on.

Ludmila: It's the little things that reveal the high-class athlete. Everybody expects him to train arduously, and he does. What's far harder is to keep to a strict regime, to go to bed at the right time and get up early. That's easy in summer, but it's so tempting to lie in for another five minutes in winter.

An ordinary athlete will indulge himself. The champion can't afford to — but it takes courage not to.

Valeri: You mean, if he's serious, he must be a fanatic and force himself to do things he had no liking for. For instance, sprinters don't like cross-country races a bit, but take part in them, knowing they're useful.

Ludmila: That's true of us gymnasts, too. A gymnast will always willingly work on her favourite apparatus but it takes real will-power to work on apparatus you don't like, especially if you're tired. You must put your heart into it and not merely put up a perfunctory show.

I remember Olga Korbut during the trial entries before the 1973 European Championships in London. She'd had a minor injury, but instead of trying to overcome it, she switched to another apparatus. You can't afford such indulgence. Retribution came soon enough.

Valeri: An injury is always a test of will-power, because it always introduces an unknown factor. For instance, ought I to have gone to the Prague European Championships? Judging by my Achilles tendons, no. In the interests of my team, yes. To crown all, Prague was bitterly cold, which meant you needed at least six runs to warm up.

The pain was so bad I couldn't rest on my foot. They bandaged my ankle so tight it would hardly bend. I tried to be a bit careful, but went all out in the final. The bandages gave way,

and my poor tendons were worse than ever.

Ludmila: The champion is one who will do his utmost to surmount the most unfavourable circumstances. Only a weak one will pull out of a major competition through injury.

Some years ago I injured my spine and stopped training, on doctors' orders, for three months. By the time they permitted me to resume training, the 1975 European Championships were only three months ahead. I was a stone overweight, and had only a month to regain my form. On the asymmetric bars, my foot slipped. Few spectators could have noticed it but I realised I'd lost — my first defeat in an international competition.

It was such a blow I could have walked out, but I gritted my teeth and carried on. It took a bit of pluck to stand there smiling after taking only fourth place.

Valeri: That's what will-power is; a struggle against yourself.

Ludmila: Yes, keeping on working, in spite of everything.

In 1974 I was preparing for the world championship in Varna, defending my title, which is more difficult than winning it. We were preparing in Leselidze, on the Black Sea coast. It was cold and rained all the time, but I got up at half past five every morning, had a good cross-country run, did my morning exercises and bathed in the sea, whatever the weather. My friends and coaches were astonished. They trained twice a day, while I trained three times. It was hard going, but I stuck it.

Finally, we went to Varna. Olga Korbut and I went from one apparatus to another, with only a tenth of a point between us. Olga's next performance was on our favourite parallel bars, whereas I was to work on the beam. I was to appear after her. She scored 9.8 and could I

beat that? Then I thought of all I'd gone through in Leselidze. Was all that to be wasted effort? So I carried on and scored 9.9, and after that I knew I wouldn't be beaten.

Valeri: You could call it "poise through stress". But how do you keep your poise after a defeat? What happened after you came fourth in the European Championships in Skein?

Ludmila: It was dreadful. I thought I'd come to the end of the line and perhaps it was time to retire. But the USSR People's Games were to take place soon. I wasn't really fit after my injuries, but I couldn't abandon my team.

I secured third place, and everybody was saying, "That's the end of Tourischeva she's slipping." But I said to myself, "I'll show them. I'll carry on and show what I can do in the worst situation I've ever been in." I looked over my programme again, discovered what had caused my setbacks, worked out a fresh programme, taking my age into account, and started training again. Very soon I found myself in the same frame of mind as in my best days, and went forward to the World Cup fully poised and full of confidence. And there I won all five medals. But I tell you, I had to pluck up my courage every time, as if I were making my last appearance.

Valeri: I haven't retired yet, but I still have to retain my poise. At the 1975 People's Games, when your preparations were so gruelling, I was in splendid condition, and I hoped to keep that form till Montreal. I suppose objectively my Montreal medals after an injury were an achievement, but subjectively I think they were a defeat. It was a victory over myself, but a defeat by my rivals. The Achilles tendon trouble has got worse, and for the past two years I haven't been able to carry out my plans. I'm not doing what I should do, only what I can.

But I've had an operation and resumed training, not only for the 1980 Olympics but also for my own sake.

Ludmila won all five events at the first Daily Mirror World Cup, London 1975.



▶▶ BE NOTICED ◀◀
 with 'YOUR OWN DESIGN' printed
 on our T-SHIRTS, SWEATSHIRTS
 & CLASSIC PRINTS

MIN. ONLY 10 PER DESIGN

**DIRECT PRINTING
NOT TRANSFERS**

STAND OUT FROM OTHERS WITH YOUR OWN MOTIF PROUDLY DISPLAYED ON OUR QUALITY T-SHIRTS, SWEATSHIRTS AND BEAUTIFUL FRAMED PRINTS

We Offer:
 1st Class fast service with inexpensive prices and substantial quantity discounts.

Up to 8 colour printing with the bonus of special effect inks and photographic reproduction a speciality.

Trade and promotional enquiries welcome, contract printing undertaken. Don't miss out... send for our free colour brochure TODAY!

**IDEAL FOR:
 Pubs, Clubs, Teams,
 Companies, Societies,
 Group, Societies,
 Fund Raising,
 YOU NAME IT!**

**DEE GEE T-SHIRTS LTD, FREEPOST,
 27 YARMOUTH ROAD, NORWICH NR7 0BR
 TEL: NORWICH (0603) 37734
 TELEX: 97467 DEE GEE G**

deegee

GYM
 FREEPOST NO STAMP NEEDED

POST, WRITE OR PHONE TODAY, WITH OUT OBLIGATION, FOR A FREE

DEE GEE COLOUR BROCHURE, PRICE LIST & A COMPREHENSIVE GUIDE ON HOW TO GET NOTICED. --- YOU'LL BE GLAD YOU DID!!

Name (Mr/Mrs/Miss) _____
 Address _____
 Tel No _____
 (CAPITAL LETTERS PLEASE)

MONEY BACK GUARANTEE PRICES EVERYONE CAN AFFORD!

MAKING MONEY FOR YOUR CLUB

Frances Pratt comes up with ideas for fund-raising.

STUCK for ideas about raising funds? Or don't now where to begin?

From selling small items to organising a full-scale summer fair, all fund-raising activities are valuable and may result in new equipment for your club.

Everyone can sell ball-point pens with their own slogan, or act as agent for a fund-raising catalogue. An order for £100-worth of greetings cards and gifts from Webb Ivory earns £25 profit for the club. This could be suitable for Christmas time.

Stickers and key fobs

ADB Ltd sell sets of Pontoon tickets, which are popular with many voluntary bodies. You make a gross profit of between £34 and £50 per set of 1,000 tickets. Each individual ticket costs 5p or 10p. They can be sold at work or at social events. For a new fund-raising item, try a key fob printed with the club name. If you order thousands, the unit cost may be as low as 12p. Key Fobs and Stickers can provide personalised items in a few days. They also offer pens, diaries and button badges.

If you are a small club, try getting together with others in your area to discuss events you can hold to raise cash. There may be a local charity "wizard" who will lend his or her expertise to your cause. Organising ability is needed for fetes and open days, so gather a committee together and extract all possible help from members and their contacts.

Your image on the Move 'Get Fobbed'



- Key Fobs
- Key Cases
- Key Clips
- Clear View Ad Fob
- Window Stickers
- Tax Disc Holders
- Label Printing
- Badges



KEY FOBS & STICKERS

Telephone Brighton 0273 418001
 317 Mile Oak Road Portslade Sussex BN4 2RB



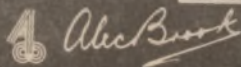
To help raise funds for a three-week club trip to Czechoslovakia, Whitburn GC girls made and sold a wide variety of needlework products some of which they show here.

Newcastle Chronicle and Journal

**TIES
 BADGES
 TROPHIES
 T-SHIRTS AND
 SWEAT SHIRTS
 ALL CLUB INSIGNIA**



Telephone Or Write
 For Your Edition
 Of The Alec Brook
 Catalogue
 Illustrated In
 Full Colour



ADB (London) Ltd (Dept. Gym)
 31 Ebury Street, Victoria, London SW1W 0NZ
 Telephone 01-730 0394 (5 lines) Telex 21120



Members of Derby College GC collected and sold old newspapers and magazines to raise money for a new floor area.

Use every acquaintance, however remote. Does somebody know a celebrity who will attract visitors to your event? It may cost hundreds or thousands of pounds to book a celebrity through an agency. Far better to telephone them (some are even in the directory) and ask directly, however audacious it may seem. They may well agree to come along for nothing if they are interested in the cause or live locally. Offer them more than one date at an early stage and you have a better chance. Remember that if they are professional entertainers they may be summoned at short notice to a television studio or to take part in a show. If you are not offering a fee, they are able to back out at any stage. If you use their name in your publicity, say that so-and-so hopes to attend, then your visitors will not be disappointed. Line up some other notables such as the Mayor.

Programmes

For a fete or fair you will need a programme. Is there a printer connected with the club who will produce it for a nominal charge? Programmes can be sold from house to house by club members and helps a few weeks before the event. Check with the council and the local police in case bye-laws require you to obtain permission to do this.

Displays

If opportunities at local events arise, give gymnastic displays at regular intervals. They can be a tremendous draw, and could be interspersed with demonstrations of first aid from the St John's Ambulance Brigade. Bring a trampoline and let people use it — for a small fee and under strict supervision.

Use your imagination and copy other people's ideas mercilessly. If it works, use it! If it makes money for them, it can do the same for you.



Sponsors backed bank manager Mike Perkins to run a traditional marathon. Result — a big boost in funds for the HT GC, Doncaster.



Appledore GC, Southampton, gained £500 when local hairdresser Brian Stovold was sponsored to cut hair for 24 hours.



Your own design on top quality Sweatshirts T Shirts, Hooded Sweatshirts, Track Suits, Sports Shirts and Lambswool Sweaters. Ideal for club, college, regiment, pub, team etc.

FREE BROCHURE -

- ONLY 10 GARMENT MINIMUM ORDER.
- NO CHARGE FOR ARTWORK OR SCREENS.
- DIRECT SCREEN PRINTING-NOT TRANSFERS.
- UP TO 6 COLOUR PRINTING.
- ALL SHIRT SIZES & COLOURS AVAILABLE.
- FAST SERVICE - APPROX 2 WEEKS.
- MONEY BACK GUARANTEE.

Say Shirts Ltd
 DEPT GYM
 130 HEATHPARK
 INDUSTRIAL ESTATE.
 HONITON, DEVON.
 Tel: HONITON (0404) 41148.

T-SHIRTS AND SWEATSHIRTS PRINTED TO YOUR OWN DESIGN BY PROFESSIONAL SILK SCREEN PRINTERS

Premier T-Shirts

- ★ Minimum Quantity only 12 Shirts per design
- ★ Free Art service
- ★ Unbeatable Value
- ★ World Wide service

★ Send for your FREE Information Brochure and Price List

PREMIER T-SHIRTS Dept. GNS Freepost
 Bowthorpe, Norwich, NR5 9BR Tel: (0603) 745018

MR/MRS/MISS ADDRESS _____ GNS

CLUB etc. _____

(CAPITAL LETTERS PLEASE)

NO POSTAGE STAMP NECESSARY - WE PAY THE POSTAGE

The 1980 British Women's Gymnastics Championships promised to be a very interesting event at the Rhydyar Sport and Leisure Centre, Merthyr Tydfil, in May. How would our senior gymnasts cope with the new Code of Points? Would defending champion Cheesebrough make it a hat trick? Eileen Langsley relates what happened.

THE 1980 Championships were the first major national event to be scored under the new Code of Points in its entirety, giving both judges and gymnasts an opportunity to see how they would fare.

It was a rather mixed event in that many girls were entered to take their Grade 1 standard of the National Development plan and other, more experienced gymnasts were in contention for the British title. Obviously, this led to a wide disparity in the standard of work and the event attracted much discussion as to the possible outcome.

Entries for the Championships totalled some 113, promising some marathon sessions but well over 40 withdrawals before the competition brought the numbers down to more manageable proportions.

Saturday was taken up with the compulsory exercises and the gymnasts were divided into 12 groups. The warm up session for the four morning groups began at 8.50am and by 10am a small audience of expectant if somewhat subdued spectators had gathered.

What was lacking in atmosphere was more than made up for by the efforts of the gymnasts. Their work reflected the progress British girls have made on these set routines. There were few major errors and the quality of work was most encouraging.

At the end of the morning session, Denise Jones just edged ahead of Huddersfield clubmate Kathy Williams 36.90 to 36.80. Denise's bar score had dropped to 8.70 but she had produced excellent work on all the other pieces and her work on floor and beam showed great improvement in flow and extension. Her beam dismount was one of the day's best. Kathy, along with Mandy Gornall of Fylde Coast GC scored over 9 on all four pieces but neither reached Denise's 9.50 score on floor. Mandy (a gymnast who has made her mark on the British scene over the last year) worked a good compulsory competition to score 36.725 for third place at this stage.

Behind these three, several gymnasts scored 35 or over. Kirsten Harrison of Loughton scored 35.95 with a low of 8.50 for bars and a high of 9.30 for neat, competent work on the beam. Sally Crabtree was in 5th place with 35.85, just ahead of a much improved Debbie Milne (Tameside) with 35.25 and Joanna Sime with 35.20. Joanna worked her first three exercises well with characteristic expressiveness but suffered a major break on bars.

Nicola Meek (Loughton) also had a disaster on bars but otherwise worked well. The bars jinx hit Sally Dewhurst (Ladywell) too but she went on to score her other three pieces over 9. This was Sally's first major competition after a long lay-off following surgery for a back injury.



Champion Suzanne with her trophy.

British Women's Championship 1980

Her return to full-time training five weeks previous to the Championships had been further hampered by a fractured toe, making her efforts all the more commendable.

A slightly larger audience attended the afternoon session and the draw placed rivals Susan Cheesebrough (Tameside GC and current Champion) and Suzanne Dando (Ladywell GC and British floor and vault title holder) in separate groups. Both girls worked an excellent competition ending in Suzanne just easing ahead of Susan by 37.25 points to 37.15. They held their concentration well and did not hold back on their routines, working with precision, elegance and confidence. Their experience was obviously an asset in a tight situation such as this.

Jackie Bevan (Tameside) worked a pleasing competition scoring 9.50 for a vault which was well flighted and spotted. She too, has shown

improvement in her style and her set routines showed more flow than previously. Christine Gibson (Ladywell) worked steadily to score 35.40 and seemed more confident than she did at the *Daily Mirror* Champion's Cup.

Two young Loughton gymnasts, Helena Hollingsworth and Nancy Cresdee scored 34.90 and 34.15 but were rather inconsistent producing some work of quality and then making errors which must be put down to inexperience rather than lack of concentration. Helena showed good extension and amplitude, particularly on beam and floor. Debbie Ayres (Tameside) worked competently and showed the quality which had marked the work of all the Tameside girls in this section of the competition.

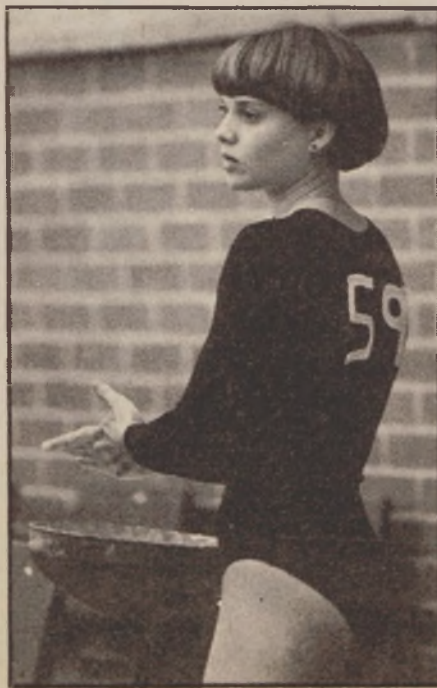
By the time the evening session came round the atmosphere was more relaxed and the best work here was produced by Beverley Stanton



Denise Jones (Huddersfield): Silver medal.



Jackie Bevan (Tameside): Bronze medal.



Susan Cheesebrough (Tameside): 4th place.

(Tameside) whose positive approach earned her a 36.75 moving her into 6th place. Not far behind with 36.60 was Amanda O'Neill of Loughton whose recent progress was reflected in four scores over 9.

After a quiet day for the set exercises, the atmosphere improved early on Sunday as the gymnasts warmed up an arsenal of new moves and routines in preparation for the voluntary competition. The girls were re-grouped and split into a morning and afternoon session. As expected, the competition was held up several times as the judges were called together to confer over problems arising from implementing the new Code. There were also technical hitches involving the sound system and some gymnasts were unfortunate enough to "lose" their music part way through a routine. The difference in standard of the gymnasts was more apparent in the voluntary work and it was also noticeable that our top girls are really trying to increase the level of difficulty in their work.

Special mention should be made of the showing of the young Loughton girls in this voluntary competition, particularly Nicola Meek who was the only gymnast to score over 36. Her 36.05 scored under the new Code reflects the level of difficulty in her work. She scored a justified 9.50 for a good layout Tsukahara. On bars she used her straddle jump mount (no hands) over the low bar and full twisting hecht dismount from the top bar which she stuck solidly (8.75). Her beam score was her lowest (8.60) marred by a few wobbles but she landed her front somersault mount well. She scored 9.20 on the floor and her tumbling was high, well controlled and landed. The first pass was a front somersault to round off double twist, the second an Arabian front to tuck back, she used a side somersault as a link move and finished with a double twist. She undoubtedly needs to work on her dance but looks set for a bright gymnastics future.

Kirsten Harrison (also Loughton) continued the good work she had done in the sets and finished in a very creditable 7th place with clubmate Amanda O'Neill close behind at 9th position. Amanda suffered some unpleasant falls but did not allow them to put her off. Her layout Tsukahara when consolidated will be well worth watching. Kirsten, too, displayed a good attempt at the vault landing her hand-spring one and a half front somersault vault with minor wobbles and she used similar tumbling passes to Nicola in her floor work. She has improved since last year's Championships and works with amplitude and extension.

Denise Jones maintained her challenge working without a major break on any piece for a total of 72.80. Looking trim and competition fit, she worked a lively new floor routine with a double back, Arabian front to piked back and full twist. Once again, it was evident that her dance and expressive qualities are much improved. Kathy Williams had more minor errors than she usually allows herself and did not achieve a score of 9 on any piece. On bars, she overarched her second short clear to handstand and needed to take an extra swing.

Mandy Gornall swung her bar routine well for 9.1, included her staldler circle and shoot front dismount but left out a pirouette she had warmed up. On beam she competed steadily

but suffered a fall on her back somersault; on floor she landed a high, well controlled double twist and performed with grace and expression.

Sally Crabree also performed with her usual elegance and awareness of line but lacked the difficulty to achieve higher scores. After a disastrous set bars exercise, Joanna Sime came back courageously to score 9.25 in her voluntary routine which she worked with good control and rhythm. Her new floor routine exhibited the expressive and dramatic qualities we have come to expect of her but a fall here and on the beam took her out of the running for a top placing.

Debbie Milne was unable to capitalise on the good start she had made in the compulsories and a fall in her first exercise seemed to unnerve her. Others from the morning group who deserve a special mention were: Sally Dewhurst for a beautifully performed floor exercise, Lynne Jackson for a brave attempt at a double back and layout Tsukahara, Nicola Eden for a well spotted double twist and Helena Hollingsworth who will have an excellent bars routine when it is consolidated.

The audience had grown to more respectable proportions by this time and they realised that the major battle of the afternoon would be between Susan Cheeseborough and Suzanne Dando who were again drawn in different groups.

During warm up, however, it became clear that Jackie Bevan would provide a strong challenge as she practised the new moves she has mastered. She was the only girl to attempt giant swings on the bars and was unlucky to break form on the second one; however, she recovered well and landed her shoot front dismount solidly.

She has increased the difficulty in all her routines — her beam work included two steady back somersaults, barani and flick; her second attempt at a layout Tsukahara earned her a 9.35 and she was unlucky to stumble out of her double back on floor having landed it successfully in warm up. Her second pass on floor was an interesting combination of handspring layout front somersault to round off full twist. Her dance has improved but she needs to work on fluency and expression.

Her clubmates Debbie Ayres and Beverley Stanton worked with commitment and determination, particularly Beverley, who had a nasty fall on her first piece but continued to work well in spite of a sore neck and finished 8th. Christine Gibson vaulted well but fell back on the other three pieces and Sarah Gahame (Worle) tended to be rather inconsistent but should score well when she consolidates her routines. Her floor exercise was lively and expressive and was well received by the audience.

Inevitably, eyes were drawn towards Susan and Suzanne and there was much scribbling of scores and adding up of points as the afternoon wore on. Susan began on bars and scored a 9.25 for a fluent routine which included a radochla, tucked front somersault between the bars, shoot back over the low bar and full twisting hecht dismount.

Meanwhile, Suzanne was performing her familiar floor routine with confidence and zest for 8.90; she moved to vault and scored a creditable 9.1 for a high piked Tsukahara.



Mandy Gornall (Fylde Coast GC).



Joanna Sime (Steel City GC).



Amanda O'Neill (Loughton Hall GC).



Beverley Stanton (Tameside GC).

Susan was on beam where she was as elegant as ever and proved her ability to concentrate well on this piece of apparatus when under pressure. She worked without a major wobble, including a back flip, back somersault and new dismount of back walkover, back flip piked back somersault for a score of 9.00. Obviously much would depend on the girls' last two routines.

Suzanne worked a new bar exercise in which she used her beat pirouette on low bar, Radochla and hecht full twist dismount from the top bar but she also used a short clear half turn to catch over the high bar which she had missed several times in warm up but caught when it mattered.

Lack of difficulty in her floor routine and a rather loose full twist brought Susan's score down to 8.65 which left her with rather a lot to do on her last piece. As fortune would have it, she was attempting her first vault as Suzanne was preparing to mount the beam and the atmosphere in the arena was electric as people tried to look in two directions at once. Suzanne had a bad wobble and a fall bringing her score down to 8.50 and Susan could only manage an 8.50 for her tucked Tsukahara.

As the gymnasts marched off, the audience buzzed with speculation about the final result. The announcement that Suzanne Dando was the new British Champion with a score of 72.95 was greeted with great enthusiasm by the audience and Suzanne was evidently very moved by her achievement. Denise Jones took the silver medal just 0.15 behind Suzanne and

Jackie Bevan took the bronze with 72.60. Susan was clearly upset to have lost her title but was one of the first to congratulate Suzanne on her win.

Taking the British title has rounded off an outstanding 12 months for Suzanne who has made such a good comeback after a long break through injury. She is a most popular gymnast and has the personality to strike up a rapport with her audience. It is good to see her achieve the success and recognition she deserves and she will undoubtedly continue in the tradition of all our champions of being a fine ambassador for British gymnastics and a model for our younger gymnasts.

Apparently moves are afoot to slim down next year's Championships and restrict entry to our best gymnasts. This can only be a good move and will bring to the event the prestige it should rightfully have.

Results

1	S. Dando (Ladywell GC)	72.95
2	D. Jones (Huddersfield GC)	72.80
3	J. Bevan (Tameside GC)	72.60
4	S. Cheeseborough (Tameside GC)	72.55
5	K. Williams (Huddersfield GC)	71.65
6	M. Gornall (Fylde Coast GC)	71.575
7	K. Harrison (Loughton Hall GC)	70.90
8	B. Stanton (Tameside GC)	70.70
9	A O'Neill (Loughton Hall GC)	70.65
10	N. Meek (Loughton Hall GC)	70.225
11 =	D. Ayres (Tameside GC)	69.90
11 =	J. Sime (Steel City)	69.90

1980 British Women's Gymnastics Championships

Rhydycar Sports and Leisure Centre, Merthyr Tydfil, May 10/11, 1980

Name	Vault	Bars	Beam	Floor	Totals	Overall	
						Totals	Pos.
L. PEARSON	8.80	8.15	8.35	8.55	35.85	60.85	
S. DAVIES	7.20	6.90	6.20	6.70	27.00	51.70	
S. CRABTREE	8.00	4.60	7.75	7.35	27.70	69.30	
S. MILNES	7.10	5.05	6.40	5.45	24.00	59.00	
T. PRITCHARD	8.85	8.70	9.10	9.20	33.85	63.85	
M. GORNALL	8.25	8.50	8.60	8.10	33.45	71.575	6
T. LONERGAN	8.55	6.95	7.15	8.35	31.00	50.50	
C. SAUNDERS	7.25	6.85	6.70	7.20	28.00	61.40	
N. MEEK	8.95	7.50	8.10	8.60	33.15	70.225	10
S. DEWHURST	9.40	7.45	6.70	8.20	30.70	67.35	
N. CRESDEE	8.50	9.10	9.05	9.175	36.725	68.10	
H. HOLLINGSWORTH	8.60	7.70	7.20	7.75	31.25	65.30	
J. EUSTACE	8.40	7.35	6.15	5.75	19.25	59.80	
A. O'NEILL	8.05	6.95	8.20	7.85	31.40	70.65	9
K. HARRISON	9.05	7.25	6.80	7.90	30.00	70.90	7
M. SIME	9.50	7.50	8.70	8.925	34.175	69.90	11 =
L. JACKSON	9.15	8.75	8.60	9.20	36.05	69.50	
H. LATHAM	8.15	6.70	9.10	9.15	34.10	56.10	
D. MILNE	8.00	8.00	8.25	8.85	34.15	66.60	
H. WAINWRIGHT	8.65	8.20	7.90	8.80	34.15	58.70	
A. ADDY	8.00	7.25	5.20	7.45	27.90	65.00	
M. MAY	9.30	9.00	9.00	9.30	36.60	62.475	
M. MASON	8.95	8.10	8.20	8.80	34.05	55.40	
B. CARTER	9.25	7.85	9.00	9.10	35.20	33.05	
J. CRABTREE	8.50	9.25	8.40	8.55	34.70	56.55	
D. ROBERTS	9.55	8.30	8.50	8.45	34.80	13.20	
S. POOLE	8.80	8.65	8.95	8.30	34.70	66.25	
K. WILLIAMS	8.50	4.15	7.30	8.30	28.25	71.65	5
L. JENKINSON	8.00	6.35	6.10	7.40	27.85	61.65	
D. JONES	8.90	8.55	8.90	8.90	35.25	72.80	2
L. STOCKS	8.10	8.65	8.00	6.60	31.35	32.00	
N. EDEN	8.15	5.85	7.25	7.80	29.05	66.20	
G. HOOKINGS	7.65	6.60	7.60	7.80	29.65	60.85	
S. LATHAM	9.00	8.20	8.40	8.75	34.35	60.05	
S. PICKLES	8.15	6.75	7.50	8.25	30.65	66.20	
C. FOOTE	8.50	7.75	8.25	8.15	32.825	64.65	
S. NORTH	8.40	7.30	7.05	6.90	29.65	60.40	
J. MITCHELL	7.15	7.85	6.95	7.70	29.65	54.00	
B. MOORHOUSE	8.40	7.05	8.05	8.00	31.45	61.50	
D. FIELD	8.25	7.40	8.25	8.25	32.15	56.80	
D. AYRES	7.85	7.85	6.65	7.00	29.35	69.90	11 =
B. STANTON	8.25	7.20	7.85	7.90	31.20	70.70	8
J. BEVAN	6.90	5.25	6.00	7.45	25.60	72.60	3
S. TOVEY	9.10	8.10	8.95	8.85	35.00	54.65	
S. CHEESEBROUGH	8.70	8.75	8.70	8.75	34.90	72.55	4
K. MERRIWEATHER	9.45	8.90	9.10	9.25	36.75	52.55	
N. DONOVAN	8.90	7.90	8.50	8.65	33.95	31.40	
V. COOMBS	9.50	9.05	9.20	9.10	36.85	62.25	
M. PATTON	9.35	8.45	9.00	8.95	35.75	33.20	
C. HITCHINS	7.85	4.70	7.85	8.10	28.50	62.50	
M. WILLIAMS	7.15	5.50	5.90	7.60	26.15	50.90	
A. LOCKTON	9.40	9.20	9.30	9.25	37.15	64.00	
	8.50	9.25	9.00	8.65	35.40		
	8.20	4.00	6.95	8.20	27.35		
	7.85	5.05	5.35	6.95	25.20		
	9.00	6.55	7.40	8.45	31.40		
	8.70	7.75	7.55	8.05	32.05		
	8.05	8.10	7.05	7.00	30.20		
	8.40	8.10	8.30	8.40	33.20		
	8.50	7.50	7.85	8.60	32.45		
	7.70	7.70	7.20	7.45	30.05		
	7.15	7.40	7.25	8.30	22.95		
	8.75	7.35	6.00	7.45	27.95		
	8.25	8.05	8.05	8.35	33.20		
	8.25	7.65	6.80	8.10	30.80		

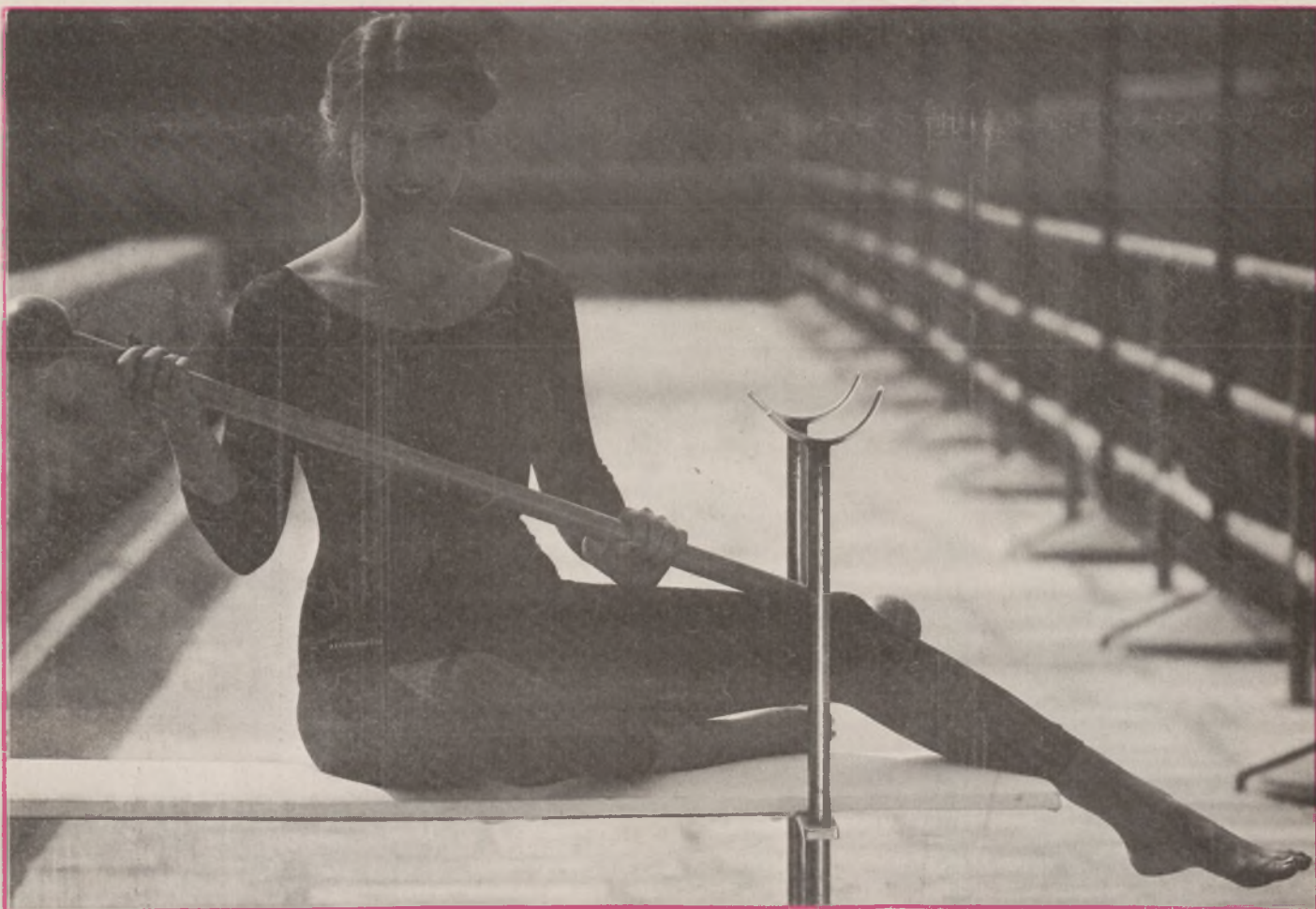
S. GAHAME	8.80	8.20	8.65	8.35	34.00	67.95
	8.50	8.05	8.60	8.80	33.95	
	8.85	6.20	7.15	7.80	30.00	
M. DYER	7.15	6.15	5.90	6.15	25.35	55.35
	8.55	7.80	8.35	8.35	33.05	
C. SAWYER	7.90	6.30	8.10	6.70	29.00	62.05
	8.80	7.70	8.55	8.70	33.75	
G. SMITH	7.75	8.00	5.80	7.85	29.40	63.15
	8.60	7.75	8.25	8.60	33.20	
D. WELLS	7.90	8.25	7.70	7.40	31.25	64.45
	8.50	6.25	7.75	8.05	30.55	
K. HILLS	7.65	6.50	6.25	7.30	27.70	58.25
	9.40	9.10	9.20	9.55	37.25	
S. DANDO	9.10	9.20	8.50	8.90	35.70	72.95
	8.75	7.70	8.65	8.75	33.85	
K. HETHERINGTON	7.55	8.40	7.85	8.55	32.35	66.20
	9.10	8.55	8.90	8.85	35.40	
C. GIBSON	8.70	8.00	8.10	8.00	32.80	68.20
	8.50	5.80	8.50	8.15	30.95	
J. NAYLOR						30.95

British women champions since 1947

1947	P. Hirst	Leeds
1948	C. M. Bell	Saltaire GC
1949-50	P. Hirst	Leeds
1951	C. Davies	Swansea YMCA
1952-53-54-55-56	P. Hirst	Leeds
1957-58	M. Neale	Wales
1959	G. Lingard	Grange Ladies GC, Cardiff
1960	P. Perks	Grange Ladies GC, Cardiff
1961-62-63-64	M. Rutherford	Fulwell OGC
1965	D. Goddard	Cardiff
1966-67-68-69-70	M. Bell	Ladywell GC
1971	P. Hopkins	Penarth GC
1972	B. Alred	Leeds
1973	A. Parkinson	Saltaire GC
1974-75-76-77	A. Lennox	Charles Keene College
1978-79	S. Cheesebrough	Tameside GC
1980	S. Dando	Ladywell GC



Suzanne Dando, 1980 British Women's Champion, in action.



The Silhouette leotard (special offer at Debenhams).

LEOTARDS

The latest

Up-to-the-minute news on leotards — by Frances Pratt

SHOP around for some of the value-for-money offers being made this summer. There are some very reasonably-priced garments available.

Wrio Russell is having a sale of V-neck leotards in a range of colours by post. Clubs or groups may apply for a minimum order of ten at £2.50 each. Write to Wrio Russell Sports, 88 Cambridge Street, London W1.

Alexander Sportsgear have leotards in sizes 34in and 36in for only £4.40 by post from 30 Cleveland Road, Edgerton, Huddersfield HO1 4PW. Seagrove Sportswear's range starts at £1.70. Details from 7A Welford Road, Blaby, Leicester.

During July, look in your local Debenhams store for a special purchase of the Silhouette leotard illustrated on this page. It is made of 100 per cent stretch nylon in black or royal blue. Sizes 26in to 32in are £3.99 and 34in to 42in are £4.99. The branches of Debenhams stocking the offer are: London (Oxford Street, W1), Oxford, Nottingham, Chester, Bournemouth, Folkestone, Southsea, Hastings, Guildford,

Croydon, Harrow, Staines, Gloucester, Southampton, Plymouth, Bristol, Blackburn, Nuneaton, Swansea, Ipswich, Romford, Norwich, Chelmsford, Manchester, Sheffield and Stirling. Later on you will be able to buy a Fred Perry basic leotard with the Fred Perry motif priced at about £5.50 in Debenhams. They also sell a lace-edged leotard by Kunert in 100 per cent nylon for £5.75, illustrated on page 34.

British Home Stores have a classic black leotard and foot-free tights at their major shops throughout the UK. The leotard (style No 4500) has a round neckline, wrist-length sleeves and costs £3.50. Matching tights (style No 4560) are £1.49. Both are in 100 per cent stretch nylon and come in sizes small, medium and large.

Speedo are famous for their quality garments and among these is a cotton/nylon towelling leotard in cool blue and white in sizes 32in to 36in, costing about £8. You may

Carita House

Feel like a champion. Look like a champion.

Get the team* spirit. Choose your sportswear from Carita House whose superb leotards and tacksuits are the choice of champions throughout the world.

Send today for our illustrated catalogue and see the wide range of styles and dazzling colours that are available for men, women and children. Our return-of-post service applies to individuals and teams alike.

Carita House

Dept P5, Stapeley, Nantwich
Cheshire CW5 7LJ
Tel: Nantwich (0270) 63082



Leotards : Tracksuits
Trousers : Tights : Skirts
Tunics : Plast-sok
Accessories
Leisurewear

*Teams supplied:
BRITISH LADIES
GYMNASTIC TEAM
OLYMPIC GAMES
MEXICO '68;
MUNICH '72;
MONTREAL '76;
WORLD
CHAMPIONSHIPS —
YUGOSLAVIA '70;
BULGARIA '74;
STRASBOURG '78
EUROPEAN
CHAMPIONSHIPS —
LONDON '73; NORWAY '75;
PRAGUE '77;
BRITISH TEAMS —
GYMNASTRADA BASLE '69;
BERLIN '75;
MRG TEAM — BASLE '77;
MADRID '75 AND '78;
ENGLISH SCHOOLS GYMNASTIC
TEAM AND MANY OTHERS



From a selection of leotards available from Speedo.



Two attractive leotards from Grattan.

SPEEDO®

LEOTARDS AND TIGHTS

COULD BE EXCLUSIVELY YOURS

CLUB BADGES ON SPEEDO LEOTARDS

By a special Dansons' process, college and club badges or emblems can be embossed directly on to Speedo leotards and the badge becomes an integral part of your Speedo garment. It is permanent and will not wash out - ever!

IF YOU WANT YOUR OWN EXCLUSIVE LEOTARDS

Simply take the plain or panel garments shown on the left and for a small extra cost have your college or club badge embossed on to them.

EASY AND INEXPENSIVE

Contact the specialists and ask for details and prices

DANSONS SPORTS LIMITED
 215 SQUIRES LANE, FINCHLEY, LONDON N3 2QS
 Telephone 01-346 1063

not realise it is possible to buy a Speedo leotard through a mail order company. Gratton Warehouses Ltd, of 27 East Parade, Bradford, Yorks, have a number of styles in their catalogue. These include the Speedo classic black leotard at £6.70 for sizes 26in to 32in and £9.02 for 34in to 38in. The Grattan junior leotard illustrated on page 33 is ordered by the gymnast's height in inches. The leotard for a girl 45in or 50in tall costs £2.50, height 55in and 60in costs £3.08 and height 64in costs £4.11.

It is possible to arrange for Speedo to make up sets of club leotards starting with a minimum order of 15 in one design. M. C. Sports Ltd, of 6 Belgrave Gate, Leicester, will provide this service. They can also have all the Speedo Lycra designs made up in nylon, with the same minimum order of 15. These include the different colourways in the sash, spray and swirl designs.

A special club leotard can be produced to your own specification. Trika Sports Ltd do not require a minimum quantity to be ordered and will make up an individual garment if required. They deliver in 2-3 weeks and are happy to send fabric samples.

There are many firms making and retailing leotards, and new ones frequently enter the market, for instance Diana with their Italian styles. Keep your eyes open for special offers and let *The Gymnast*



Leotard available from Speedo in four colours.

know if you see a particular new bargain.

Catalogues can be obtained from firms like Carita House (address: Stapeley, Nantwich, Cheshire CW5 7LJ) and Ballet School Supplies (3-5 Nelson Street, Newcastle upon Tyne NE1 5AN). Kunert Hosiery Mills, of Halifax Road, Cressex Industrial Estate, High Wycombe, Bucks, issue a price list. For Gandolfi designs, contact your local retailers or school outfitters, as they supply only through trade outlets.



Black leotard available from Kunert.

DIANA 

- definitely different!

Specially imported Leotards from Italy.
Incorporating all the exciting features that Italian fashion is famous for - flair, style and colour.

A full range for: competition, dancing, sport and leisure etc.

We also specialise in SWIMWEAR for sport and leisure.

Whenever style counts - Diana is first!
Please send me a free colour brochure of the complete Diana Sportswear range.

Name

Address

.....

Caran Sports Ltd., Holly Cottage,
(Dept. G), Halls Lane, Waltham-St.-Lawrence,
Reading, Berks RG10 0JB.
Tel: 073 581 370

Leotards



- ★ 21 colours available ★
- in 100 per cent nylon
- ★ 12 colours available ★
- in silkskin (nylon/lycra)

We can offer tracksuits and leotards, made to any size and design for clubs and individuals alike.

No minimum quantities when ordering.

Samples made to order.

Gymnastic slippers - white and colours.

Shoulder bags and holdalls - printed and plain.

T-shirts and sweatshirts - printed and plain.

Men's and boy's leotards, shorts and competition trousers.


ALL AT ATTRACTIVE PRICES

Send for free swatch and brochure. No stamp required.

FREEPOST

TRIKA SPORTS LTD.
(DEPT P.M.)

ST. PAUL'S ROAD, CLIFTONVILLE, MARGATE,
KENT CT9 2BB. TEL: THANET (0843) 253129/4



For the girl who wants to be in first place everytime – it's got to be **Lycra***, the miracle stretch fibre that makes you a winner all the way!

Why? – because **Lycra*** allows your leotard to fit your shape all the time – clinging to every streamlined move you make!

Trust **Lycra*** to be faithful to you! – the fitting choice for every winner.



*Du Pont's registered trademark for its elastane fibre

THE WINNING LOOK OF LYCRA*

JOIN THE BAGGA

THE advantages of joining the British Amateur Gymnastics Association are many, if you are interested in gymnastics. This page tells how to go about it and provides an application form. The completed form should be sent with your fee to the BAGGA, 95 High Street, Slough, Berks, SL1 1DH.

Category	ENTITLEMENT		Lapel Badge	Gymnast	Voting Power at the A.G.M.	Priority Booking Special Events	M'ship Card	* Entitled to wear B.A.G.A. Tie and Blazer Badge	A.G.M. Rep	May take part in B.A.G.A. Competitions
	Type of Membership	Fee								
01	Life and Honorary Life	£80	YES	YES	YES	YES	YES	YES	YES	YES
02	Joint (Husband and Wife)	£12	YES	YES	YES	YES	YES	YES	YES	YES
03	Full (Over 18)	£8	YES	YES	YES	YES	YES	YES	YES	YES
04	Junior (15-20 years)	£6	YES	YES	NO	NO	YES	YES	NO	YES
05	Schoolchild (Under 16)	£1	YES	NO	NO	NO		NO	NO	YES
06	Overseas	£10	YES	YES	NO	NO	YES	YES	YES	NO
09	Schoolchild and Gymnast Subscriber (Under 16)	£5	YES	YES	NO	NO	YES	NO	NO	YES
10	Joint Life	£120	YES	YES	YES	YES	YES	YES	YES	YES

Note: * This permits the member to wear the Tie and Blazer Badge, but the member must purchase same.

If you are joining the Association or renewing your Membership, please complete the form below and in doing so follow the instructions given below carefully:

- 1 Fill in the form in BLOCK LETTERS or FIGURES ONLY, one letter per "box"/square. (Start first box on left).
- 2 Leave one "box"/square clear between separate words, house numbers, initials, etc.
- 3 Leave the group of boxes (C) blank.
- 4 The Membership category — group of boxes (E) — see details of membership above.
- 5 Enclose with the application form the appropriate fee in Postal Order/Cheque form — NOT CASH — made payable to the B.A.G.A.
- 6 If you are already a member and have a number — and if that number is a four figure number — your new Membership number will be: First three letters of your surname, followed by an "O", then the four figures of the number.
If it is a five figure number, it should read — First three letters of your surname followed by the five figure numbers of the number.
- 7 Renewal date. This should be the 28th day of the month, i.e. if you joined on 11th June, 1976, Renewal date will be 28x06x77, the year after joining. Remember to put *the zero* in front of the month if it is a single figure. If you are a new member do not insert renewal date.
- 8 Tick the appropriate box — right hand side, alongside membership number — New member or renewing.

Effective 16th July, 1979

MEMBERSHIP APPLICATION FORM

(A) FOR OFFICE USE ONLY

--	--	--	--	--	--	--	--	--	--

(B) CLIENT IDENTITY

1	B	G	N	
1	2		5	

LEAVE BLANK —
(C) GEOGRAPHICAL CODE

6		9		

(D) B.A.G.A. MEMBERSHIP NO.

10									17

TICK BOX
APPLICABLE:

NEW	<input type="checkbox"/>
RENEWAL	<input type="checkbox"/>

(E) MEMBERSHIP
CATEGORY.

18	19

(F) DATE OF EXPIRY OF MEMBERSHIP.

29		31		34	

(G) DATE OF BIRTH (JUNIORS AND SCHOOL

35		37		40	

(H) FULL NAME: SURNAME FIRST, THEN FIRST FORENAME — INITIALS OF SECOND FORENAME — AND MR/MRS/MISS

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

18

(J) FULL ADDRESS TO BE PRINTED STARTING AT LEFT HAND SIDE, ONE LINE FOR EACH LINE OF ADDRESS

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

INCLUDING THE TOWN AND COUNTY. (POSTAL CODE TO BE ON ITS OWN, IN THE LAST LINE OF ADDRESS)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

1

Midland Bank is proud to announce its sponsorship of the great new Sports Acrobatics Awards, since they offer the kind of challenge every young gymnast needs.

GREAT WAY TO HELP

2

Developed by the BAGA, they are perfectly balanced to offer gymnasts the unique opportunity to prove individual skills while working with a partner.

YOUNG GYMNASTS:

3

Divided into 3 Award levels, the gymnasts must be members of a formal group, club or school and their performance assessed by a qualified teacher. On reaching a required standard, the gymnasts will receive the Award badge and certificate.

OUR

ACROBATICS AWARDS

So, if you're a teacher or coach and willing to participate, complete this simple exercise. Write to BAGA for more information.



Midland Bank

Midland Bank Limited



RESULTS

Thames Television's Junior Gymnast of the Year

Wembley Arena, May 4, 1980

Boys

	Floor	Pom	Rings	Vault	P Bar	H Bar	Total Pos
Stuart White (North)	8.20	5.85	7.75	8.70	7.85	8.10	46.45 4
Keith Morgan (North)	7.25	5.70	5.65	8.10	5.90	7.40	40.00 10
Andrew Casey (North)	7.30	6.80	6.60	8.55	6.40	6.90	42.55 8
TOTAL	15.50	12.65	14.35	17.25	14.25	15.50	89.50
Russell Wadsworth (West)	8.55	7.10	5.40	8.40	7.10	7.30	43.85 5
Philip Blake (West)	6.80	4.75	5.55	8.25	6.70	7.30	39.35 12
Carl Benyon (West)	8.40	8.05	8.20	8.50	8.35	8.80	50.35 2
TOTAL	16.95	15.15	13.75	16.90	15.45	16.10	94.30
David Pumfrett (South)	8.20	5.25	7.35	7.95	6.15	7.60	42.50 9
Chris Austen (South)	8.65	6.90	6.70	9.00	8.05	8.15	47.45 3
Terry Bariett (South)	9.30	8.40	8.85	8.60	9.05	8.65	52.85 1
TOTAL	17.95	15.30	16.20	17.60	17.10	16.80	100.95
Graham Doodson (East)	6.35	4.55	7.30	8.40	5.75	7.15	39.50 11
Simon Dransfield (East)	6.95	7.00	7.00	8.15	6.95	7.50	43.55 7
Gary Martin (East)	7.50	7.00	6.50	8.15	7.10	7.50	43.75 6
TOTAL	14.45	14.00	14.30	16.55	14.05	15.00	88.35

Girls

	Vault	Bars	Beam	Floor	Total Pos
Lorna Morriam (North)	9.05	8.05	8.70	8.80	34.60 8
Deborah Roberts (North) Injured					
Lesley Wilson (North)	8.45	7.35	7.50	8.40	31.70 11
TOTAL	17.50	15.40	16.20	17.20	66.30
Angela Jones (West)	8.95	8.10	7.95	8.65	33.65 10
Hayley Price (West)	9.15	8.20	8.45	9.00	34.80 7
Lisa Young (West)	9.20	8.50	9.10	8.95	34.75 3
TOTAL	18.35	16.70	17.55	17.95	70.55
Tracey Breakell (East)	9.10	8.60	8.45	8.40	34.45 9
Susan Crombie (East)	9.05	9.15	9.00	9.20	36.40 1
Michelle Robb (East)	9.20	8.75	8.50	9.10	35.55 5
TOTAL	18.25	17.90	17.50	18.30	71.95
Nancy Cressdee (South)	9.05	8.80	8.90	9.00	35.75 4
Nicola Meek (South)	9.50	9.00	8.30	9.15	35.95 2
Natalie Davies (South)	8.75	8.85	8.90	9.00	35.50 6
TOTAL	18.55	17.85	17.80	18.15	72.35

Team

1 South 173.20, 2 West 164.85, 3 East 160.30, 4 North 155.80.

Junior European Championships

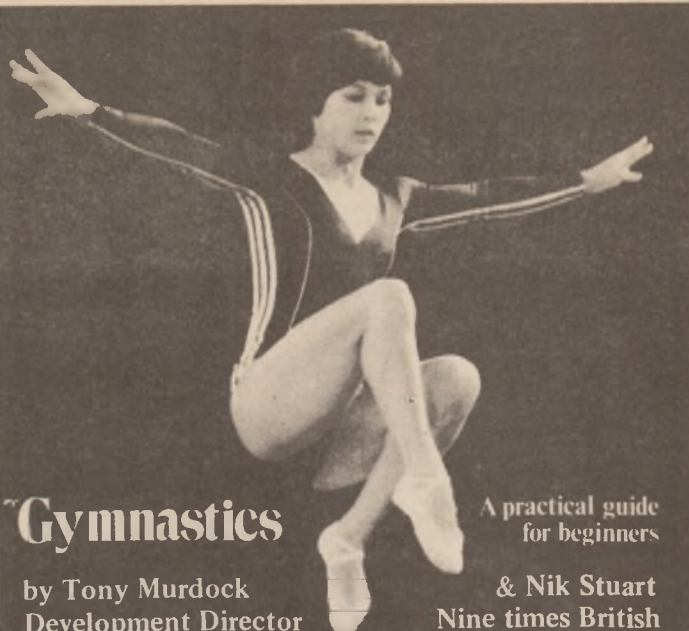
Lyon, May 1-4, 1980

Men: Individual classification

1 = Andrei Sayfoulin	URS	57.45	21 = Csaba Meszaros	HUN	52.45
1 = Juri Korolev	URS	57.45	21 = Moritz Gasser	SUI	52.45
3 Alexandre Tuminlovitch	URS	56.90	23 Jose Velasco	ESP	52.35
4 Jacques Def	FRA	55.50	24 Oliver Gesing	RFA	52.10
5 Jean-Luc Cairon	FRA	55.30	25 Atans Valkov	BUL	51.90
6 Thorsten Mettke	RDA	54.95	26 Petar Georguiev	BUL	51.75
7 Emilian Necula	ROM	54.85	27 Vittorio Allievi	ITA	51.70
8 Gyorgy Guczoghy	HUN	54.75	28 = Sergio Brambati	ITA	51.60
9 Holger Zeig	RDA	54.70	28 = Vladimir Mureso	TCH	51.60
10 Milos Muskovic	TCH	53.45	30 Adrian Cepatina	ROM	51.20
11 Philippe Vatoune	FRA	53.40	31 Alan Hay	GBR	50.55
11 = Daniel Winkler	RFA	53.40	32 = Jose Barrio	ESP	50.10
13 Zoltan Hegedus	HUN	53.30	32 = Carl Benyon	GBR	50.10
14 Maurizio Zonzini	SMR	53.10	34 Tapio Kestola	FIN	50.00
15 Dusan Hilbert	TCH	52.95	35 Udo Kalb	AUT	49.45
16 Dan Odorhean	ROM	52.90	36 Andreas Koch	AUT	47.95
16 = Corrado Colombo	ITA	52.90	37 Craig Burton	AUT	47.50
18 Albert Hascher	RFA	52.75	38 Bernd Hagen	AUT	47.40
19 Jens Fisher	RDA	52.65	39 Pekka Makela	FIN	46.70
20 Sepp Zellweger	SUI	52.55	40 Sean Norris	IRL	37.00

Women: Individual classification

1 Ecaterina Szabo	ROM	38.75	29 = Sally Crabtree	GBR	34.25
2 Galina Ionas	URS	38.60	31 = Virginia Navarro	ESP	34.20
3 Lavinia Agache	ROM	38.25	31 = Murielle Groux	FRA	34.20
4 Jana Labakova	TCH	38.20	33 Susan Crombie	GBR	34.15
5 Natalia Ponomarenko	URS	37.95	34 Gabi Krainer	SUI	34.00
6 Natalia Ilienko	URS	37.90	35 Olivia Matile	SUI	33.80
7 Kerstin Jacobs	RDA	37.70	36 = Heike Schwarem	RFA	33.70
8 Katrin Meilberg	RDA	37.30	36 = Vincianne Wertz	BEL	33.70
9 Birgit Senff	RDA	37.27	38 Barbara Gaggio	ITA	33.65
10 Mariana Radu	ROM	36.90	39 = Annie Eklund	SWE	33.50
11 Jana Ruffova	TCH	36.85	39 = Treesje Koolhof	HOL	33.50
12 Kamelia Trajanova	BUL	36.80	41 Daniela Willmann	SUI	33.45
13 Erika Flander	HUN	36.75	42 Carle Duplessis	HOL	33.40
13 Dimitrina Filipova	BUL	36.75	43 Incarnation Martin	ESP	33.30
15 Marzena Moczala	POL	36.25	44 Giampiera Gambaro	ITA	33.20
16 Anita Jokiel	POL	36.05	45 Louise Malmros	SWE	33.15
17 Irene Martinez	ESP	36.00	46 Heindrun Konig	AUT	33.05
18 Krassimira Toneva	BUL	35.85	47 Renate Moosman	AUT	32.95
19 Lenke Almási	HUN	35.80	48 Hilde Van De Vloet	BEL	32.75
20 Etika Csanyi	HUN	35.77	49 Raffaella Silva	ITA	32.50
21 Iva Pitlovicova	TCH	35.45	50 Jenny Schouterden	BEL	32.10
22 Bibi Vos	HOL	35.35	51 Terella Javen	FIN	31.70
23 = Nicola Meek	GBR	35.10	52 Claudia Baptista	POR	31.40
23 = Yvonne Hang	RFA	35.10	53 Gertrude Gratz	AUT	31.25
25 Brigitta Lehmann	RFA	34.85	54 Isabel Curado	POR	30.85
26 Annika Fritzen	SWE	34.50	55 Arja Koivunen	FIN	30.80
27 Katarzyna Snopko	POL	34.40	56 Marguerite Burke	IRL	30.40
28 Isabelle Sanquineti	FRA	34.30	57 Gabriela Hansen	NOR	25.00
29 Patricia Peccard	FRA	34.25			



Gymnastics

A practical guide for beginners


by Tony Murdock
Development Director
of the B.A.G.A.

& Nik Stuart
Nine times British
National Champion.


The ideal guide for beginners, teachers, parents and coaches.

- * Illustrated throughout – photographs and step-by-step diagrams
- * Techniques and exercises for boys and girls
- * Biographies and records of famous gymnasts

Now available
Franklin Watts £3.95 Hardcover



FLY WITH TIBBS LTD.



OFFICIAL TRAVEL
AGENTS TO THE BAGA

★
LOW-COST FLIGHTS
AND PACKAGES

★
24 SEYMOUR PLACE, LONDON W1
TEL: 01-402 4826/4627

THE GYMNAST

CLASSIFIED ADVERTISEMENTS

You can advertise here for moderate cost. Contact Frances Pratt, Percy Moon & Son, 80 Fleet Street, London EC4. Tel: 01-353 5555.

SITS VAC

REQUIRED SEPTEMBER

Full BAGA Club or Advanced Coach for Women's Olympic Gymnastics at St Anne's School, Fareham, Hampshire.

Telephone Mrs J. Chapman
Fareham 285778
for further details

EQUIPMENT

BEAMS, £24.95. Floor practice beams, carpet covered, ideal for home use. Strong and lightweight, swivel feet for easy storage. 8ft long complete with connections ready for extension to 16ft if required. £24.95 per 8ft. Carriage and packing £4 each England and Wales, elsewhere £5. Tony Waterer, address below.

TROLLEY TRAINER FOR STRENGTHENING widely used internationally. Designed to fit over any gym bench (no modification needed). Gymnast simply pulls own weight up inclined bench, hooked on wall bars or other support. The perfect strength builder for asymmetrics, rings, etc. Trolley with rope and full instructions, £27.95 plus £4 carriage and packing England and Wales, elsewhere £5. Send cheque/PO with order to: Tony Waterer, 19 Victoria Lane, Harlington, Hayes, Middx UB3 5EW. Tel: 01-897 8660. Money back guaranteed if returned within 10 days.

GYM. SLIPPERS

as supplied to Olympic Team

LADIES or GENTS

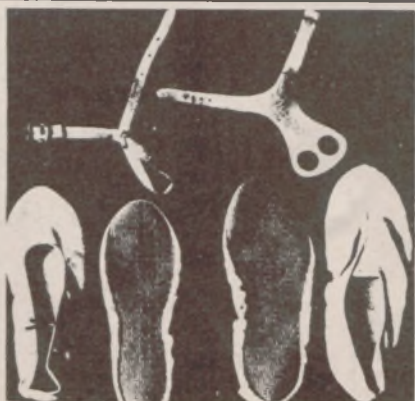
RUBBER or LEATHER SOLES

REAL LEATHER or CANVAS UPPERS

also Handguards

Write for details to:

Tele. 744158
(STD Code 0603)



R. G. BELL
1 KABIN RD., NEW COSTESSEY,
NORWICH, NR5 0LN

HAND CHALK

Pure Magnesium Carbonate in BLOCKS for cleanliness in handling and use. High quality proved for gymnasts, tennis and general athletics internationally. Eight blocks (91 x 91 x 45mm) £7.90. Cash with order. Trade enquiries invited. Gym Brand, 27 Clayton Park Square, Newcastle upon Tyne NE2 4DP

Bar box for sale. Adjustable, 3ft 4in to 5ft 4in, £40. Buyer collects (Lancs). Tel: David Akester (07062) 3243.

MUSIC

G.M.S.

VOLUNTARY FLOOR MUSIC
(16 Routines in each Volume)
Graduated for various age groups
still available.

LIMITED EDITION '80'

Modern popular melodies £6.00

- Also
Vol. 6 Young Enthusiasts (for 11 years and under).
5 Flower Arrangements.
4 Divertissements.
3 Music for Warm Ups.
2 Animal Cavalcade
1 Around the World

All routines conform to the new code's length requirements.

£4.00 each (inc. postage Gt Britain and Channel Islands only. Overseas readers please write for details.) We regret no discount after April 1 due to increased postal and production costs. Crossed cheques or postal orders made payable to Gymnastics Music Service.

GMS, 58 Downbank Avenue,
Barnehurst, Kent, DA7 6RR
England.

Chiswichord

Music for gymnastics by
SEAN KEOHANE
British Team Pianist



Our series of stereo cassettes of music for Women's Gymnastics now consists of:

- CHI 1 — STEPPING OUT
CHI 2 — ON THE MOVE
CHI 3 — FIRST FLOOR (under 11's)

Each cassette contains 20 routines in a wide variety of styles and together they form a library of floor music indispensable to every gym club and school. Available, price £4 each including P. and P., from:

CHISWICHORD
18 Grosvenor Road
Chiswick,
London, W4 4EH

Cheques payable to Chiswichord

WANTED

WANTED

Boys' Low Bar and Trampette — required urgently for gym club in Suffolk. Details to Secretary, 4 Head Lane, Great Cornard, Sudbury, Suffolk.

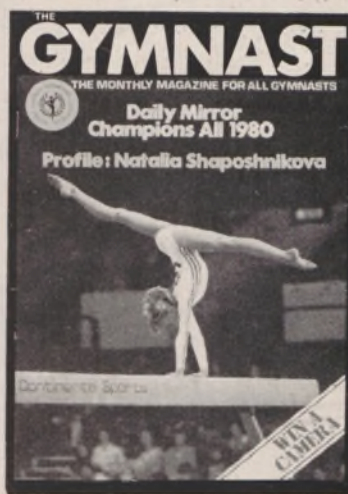
GENERAL

BE A HEALTH AND BEAUTY THERAPIST! Obtain a sound professionally recognised training for the Diplomas of the International Health and Beauty Council. For comprehensive career information call Du Barry International, 76 Wells Street, London W1P 3RE. Tel: 01-637 3169.

Back numbers of *The Gymnast* can be obtained by post for the cost of 60p each (to include postage). Make your cheque/postal order payable to *The Gymnast*, of 59 Murdock Road, Bicester, Oxon.

Answers to Gympo Jim quiz

- 1 Nelli Kim. 2 Olga Korbut. 3 Ludmila Tourischeva. 4 Nikolai Andrianov. 5 Larisa Latynina. 6 Alexandre Detiatin. 7 Maria Filatova. 8 Natalia Shaposhnikova. 9 Yuri Titov. 10 Elena Moukhina.



Order it direct or from your newsagent

Fill in the subscription form and get THE GYMNAST immediately on publication — straight to your address, once a month, every month.

Please register my subscription to THE GYMNAST starting with the June 1980 issue at the rate of £7.75 for twelve issues. I enclose a cheque / postal order for £7.75.

Name

Address

THE GYMNAST, 59 Murdock Road, Bicester, Oxford, OX6 7QZ. Telephone 08692 44517.

Welsh Schools Corona Inter-Counties Championships

THE Welsh Schools Corona Inter-Counties Gymnastics Championships, held at Deeside Leisure Centre on Saturday, May 31, proved to be one of the most entertaining and successful events held in recent years, and also marked a "first" in sponsored Welsh gymnastics. John Llewellyn-Evans, Chairman of the Welsh Schools Gymnastics Association, reports.

THE event had been scheduled to be held in the National Sports Centre, Cardiff, but, due to the flooding in January, repairs to the main hall were still unfinished and the event was moved to Deeside in North Wales, county of Clwyd, at the eleventh hour.

Much credit must go to the host county of Clwyd for the successful organisation in hosting over 120 gymnasts on short notice and also for their excellent organisation of the competition and reception. Financial support of Corona Soft Drinks was obviously a tremendous boost to the executive officers who saw to it that everybody was catered for and, within limits, no expense was spared.

Another first for the Welsh Schools Association was the foreword to the programme written by Prince Charles who expressed his greatest admiration for those who have mastered the art of gymnastics, and added that he found gymnastics fascinating

and superb to watch. Over 800 spectators saw the host county, Clwyd, win seven of the 12 individual titles and two team titles. Gwent took four individual titles and three team titles and South Glamorgan one individual and one team title.

Gail Beavan of Elfed High School, Buckley and Philip Crawford of St David's, Wrexham, were the most successful competitors, taking two individual golds each, and they were also members of the winning Clwyd Girls and Boys Under-13 vaulting and tumbling team.

Angela Jones of Alun High School, Mold, showed tremendous form when she beat Welsh champion, Tina Pocock of Gwent, to take the individual title for floor work and vault, scoring 91 for vault and 92 for floor work.

Kenneth Pollard of Elfed High School, Buckley, surprised the more established gymnasts from South Wales to take the Senior Boys vaulting and tumbling titles.

Kenneth, who is better known for his soccer

skills (having played for North Wales) showed a great deal of natural ability and flair to win the gold medal.

Julie Roberts of Borras Park, Wrexham, showed determination to win the gold medal for vaulting and tumbling in the Under-11 section. Karen Grindle of Gwent was an impressive winner in the Under-11 Girls floorwork and vault, and could well follow in the footsteps of Welsh international, Caroline Mogford of Gwent, who won the Senior Girls vaulting and tumbling and also took the Corona Cup for the most outstanding girl performer of the competition.

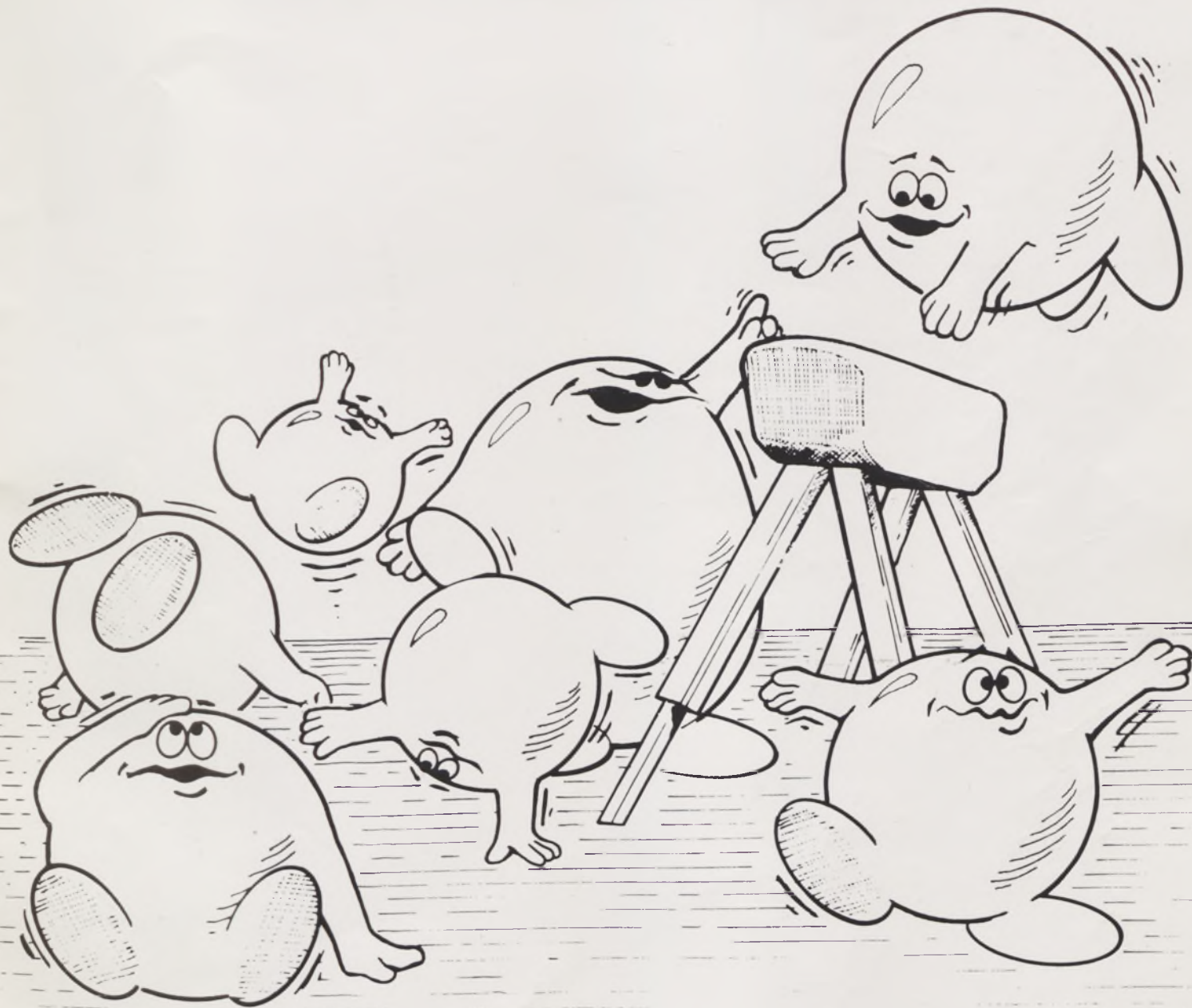
Robert Gardiner and Jonathan Rabbit, both of Gwent, took individual titles of the Boys Under-11 sections. Michael Buffin, the only individual gold medallist from South Glamorgan, also won the Corona Cup for the most outstanding boy performer of the competition.

One of the most pleasing aspects was to see Dyfed and Powys counties competing for the first time. Although they did not win any medals this year, they can look forward to improved performances in years to come. It was a pleasant conclusion to the competition to see all competing gymnasts receiving a special finalists certificate, provided by Corona.



Mr D. Kerly, Corona Sales Manager, awards Angela Jones her trophy for winning her floor and vault section.

EVERY CORONA BUBBLE'S PASSED ITS FIZZICAL.



LEMONADE, ORANGEADE, LIMEADE AND CHERRYADE.

"We choose Speedo...to look our best and beat the rest!"



Exclusive leotard suppliers to BAGA



SPEEDO[®]

Super sleek leotards and footless tights smooth and flatter every move you make, produced with all the skill and expertise that has made the name of Speedo world famous.



® Reg. Trademark of Speedo Knitting Mills Pty. Limited

*Du Pont's registered trademark for its elastane fibre

Speedo (Europe) Limited, Ascot Road, Nottingham. Phone: 0602 296131