Competition Review 2025

carmarthenshire school of gymnastics









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Another Successful Year for our Gymnasts



Carmarthenshire school of gymnastics

2025 WELSH TUMBLING LEAGUE Part 1 - CHAMPIONSHIP

Saturday 8th March and Sunday 9th March 2025

CSoG hosted the first Tumbling League Championship of this Competition year with gymnasts from all over Wales coming to the Community. All our CSoG gymnast eager to get on the track and very excited about winning medals and first time for some competing in a Championship and first time for some competing in a more advanced Tumbling Level

Saturday Round 1 Results

Cartwheel Category - Individual Girls Age 6yrs old
5th Ribbon. Harley
4th Ribbon. Sioned
Gold Medal. Dolli - **Welsh Champion**

Individual Boys Age 6yrs old
Gold Medal. Arrow - **Welsh Champion**
Team Age 6yrs old
Gold Medal. Arrow
Dolli, Mabli Gwen & Sioned
Welsh Champions

Individual Girls Aged 8/9 yrs old
6th Ribbon. Thea
Team Age 8/9yrs old
Gold Medal. Alexia
Amelia, Antonia, Harley, Mila & Thea
Welsh Champions

Saturday Round 2 Results
Cartwheel Category
Individual Girls Age 8/9yrs
Silver Medal. Rebecca
Individual Boys Age 8/9yrs
4th Ribbon. Nathan
Bronze Medal. Llion
Silver Medal. Owen
Team Age 8/9 yrs old
Silver Medal. Ava
Betsi, Madi, Rebecca & Scarlett
Individual Inclusive 8/9 yrs old
Gold Medal. Sophia
Sunday Round 1 Results
Cartwheel Category
Individual Girls Age 7yrs
5th Ribbon. Poppy-May
4th Ribbon. Emelia
Silver Medal. Nina

Individual Boys Age 7yrs
Bronze Medal. Elis
Team Age 7yrs old
Bronze Medal. Emily, Leia & Nina
Gold Medal. Emelia, Erin, Gwenni & Poppy-May

Welsh Champions
Sunday Round 2 Results
Cartwheel Category
Individual Girls Age 10/11yrs
Bronze Medal. Nancy
Individual Boys Age 10/11yrs
Silver Medal. Harley
Team Age 10/11yrs old
Bronze Medal. Evie, Heti, Hannah, Harley & Nancy

Sunday Round 3 Results
Our three CSoG gymnasts competing in Round 3 were very excited about competing in a personal best Flick Category. Although no medals as Individuals and no team to qualify for Team position. The girls have trained so hard to perfect their flic routine, they can be super proud of themselves just as all are at CSoG.
Sunday Round 4 Results
Flic Category - Individual Girls Age 8/9 yrs old
5th Ribbon. Lily
Bronze Medal. Lyra
Flic Team 8/9 yrs old
Bronze Medal. Ela Ray, Isla, Lacey, Lyra & Sofia
Silver Medal. Gracie, Mila, Lily, Lydia & Nellie
Whip Category
Individual Girls Age 8/9 yrs old
4th Ribbon. Emily
Silver Medal. Anni
Gold Medal. Lowri - **Welsh Champion**

Flic Team 8/9 yrs old
Gold Medal. Anni, Emily & Lowri

Welsh Champions
Individual Boys Age 10/11 yrs old
Silver Medal. Corey
Gold Medal. Chase

Flic Team 8/9 yrs old
Silver Medal. Carys, Chase, Corey & Somi
Category Individual Girls Age 10/11yrs old
Silver Medal. Ella-May
Gold Medal. Alis

Welsh Champion
Sunday Round 5 Results
Whip Category - Individual Girls Age 12/13 Yrs
Gold Medal. Millie

Welsh Champion
Somi Category - Individual Girls Age 12/13 Yrs
6th Ribbon. Ella

Individual Boys Age 12/13 Yrs
Gold Medal. Zyiah

Welsh Champion
Individual Girls Age 14yrs plus
4th Ribbon. Lois
Bronze Medal. Elisa
Silver Medal. Nel
Team 14yrs plus
Gold Medal. Elisa, Lois, Nel & Rose

Welsh Champions
Sunday Round 6 Results
F.I.G Elite Pathway Category
Individual Boys Age10yrs old
Silver Medal. Griff

Individual Girls Age11/12yrs old
Bronze Medal. Mared

Individual Girls Age15/16 yrs
Bronze Medal. Tia
Gold Medal. Tianna

Welsh Champion
Individual Boys Age 15/16 yrs
Gold Medal. Luca

Welsh Champion
Team 15/16 yrs old
Gold Medal. Luca, Tia & Tianna

Welsh Champions
Thank you to Shelley Pace , our Tumbling Head Coach and all the other members of the Coaching Team who have tirelessly worked with the gymnasts to perfect their Tumbling routines.

Thank you to Coach Katie, Coach Jamie and Sport Leaders Caitlin and Luca for being on Competition Floor looking after the gymnasts.

Thank you to the gymnasts and parents for sharing their wonderful photographs and videos for this little memento

Thank you to the parent volunteers for helping out in order to be able to host this Championship.

Thank you to Welsh Gymnastics and Maria Gaynor and James Thomas for organising this Welsh Tumbling League Tumble Championship giving our gymnasts the opportunity to perform against other Gymnastics Clubs from Wales and to have a fantastic day, a real success story.

The excitement of this 2025 Welsh Tumbling League just like all previous years is to Tumble our way to win the Overall Tumbling Club of the Year Title from the results from all Tumbling League Championships hosted around Wales - **Well Done CSoG**

LLONGYFARCHIADAU TÎM CSoG 2025 TYMBLO CYMREIG CYNGHRAIR Rhan 1 PENCAMPWRIAETH

Dydd Sadwrn Mawrth 8fed a Dydd Sul 9fed o Fawrth 2025

Pythefnos yn ôl i heddiw……
Cynhaliodd CSoG Bencampwriaeth Cynghrair Tymbl gyntaf y flwyddyn gystadleuaeth hon gyda gymnastwyr o bob rhan o Gymru yn dod i'r Gymuned. Mae ein holl gymnastwyr CSoG yn awyddus i fynd ar y trac ac yn gyffrous iawn am ennill medalau a'r tro cyntaf i rai gystadlu mewn Pencampwriaeth a'r tro cyntaf i rai sy'n cystadlu mewn Lefel Tymblo uwch

Canlyniadau Rownd 1 Dydd Sadwrn
Categori olwyn cart
Merched Unigol 6 oed
5ed Rhuban. Harley
4ydd Rhuban. Sioned
Medal Aur. Doli

Pencampwr Cymru
Bechgyn Unigol 6 oed
Medal Aur. Saeth

Pencampwr Cymru - Tîm 6 oed
Medal Aur. Saeth, Doli, Mabli Gwen & Sioned

Pencampwyr Cymru
Merched Unigol 8/9 oed
6ed Rhuban. Thea
Tîm 8/9 oed
Medal Aur. Alexia, Amelia, Antonia Harley, Mila & Thea

Pencampwyr Cymru
Canlyniadau Rownd 2 Dydd Sadwrn
Categori olwyn cart
Merched Unigol 8/9 oed
Medal Arian. Rebeca

Bechgyn Unigol 8/9 oed
4ydd Rhuban. Nathan
Medal Efydd. Llion
Medal Arian. Owen
Tîm 8/9 oed
Medal Arian. Ava, Betsi, Madi Rebeca & Scarlett

Unigol Cynhwysol 8/9 oed
Medal Aur. Sophia

Canlyniadau Rownd 1 Dydd Sul
Categori olwyn cart
Merched Unigol 7 oed
5ed Rhuban. Pabi-Mai
4ydd Rhuban. Emelia
Medal Arian. Nina

Bechgyn Unigol 7 oed
Medal Efydd. Elis
Tîm 7 oed
Medal Efydd. Emily, Leia & Nina
Medal Aur. Emelia, Erin, Gwenni & Pabi-Mai

Pencampwyr Cymru
Canlyniadau Rownd 2 Dydd Sul
Categori olwyn cart
Merched Unigol 10/11 oed
Medal Efydd. Nancy

Bechgyn Unigol 10/11 oed
Medal Arian. Harley
Tîm 10/11 oed
Medal Efydd. Evie, Heti, Hannah Harley & Nancy

Canlyniadau Rownd 3 Dydd Sul
Roedd ein tri gymnastwr CSoG a oedd yn cystadlu yn Rownd 3 yn gyffrous iawn am gystadlu mewn Categori Flick gorau personol. Er dim medalau fel Unigolion a dim tîm i gymhwyso ar gyfer safle Tîm
Mae'r merched wedi hyfforddi mor galed i berffeithio eu trefn fflic, gallant fod yn hynod falch ohonynt eu hunain yn union fel y mae pawb yn CSoG.

Canlyniadau Rownd 4 Dydd Sul
Categori Flic
Merched Unigol 8/9 oed
5ed Rhuban. Lili
Medal Efydd. Lyra
Tîm Flic 8/9 oed
Medal Efydd. Ela Ray, Isla, Lacey, Lyra, Sofia & Gracie
Medal Arian. Mila, Lili, Lydia & Nellie

Categori Chwip
Merched Unigol 8/9 oed
4ydd Rhuban. Emily
Medal Arian. Anni
Medal Aur. Lowri

Pencampwr Cymru
Tîm Flic 8/9 oed
Medal Aur. Anni, Emily & Lowri

Pencampwyr Cymru
Bechgyn Unigol 10/11 oed
Medal Arian. Corey
Medal Aur. Chase
Tîm Flic 8/9 oed
Medal Arian. Carys, Chase & Corey

Categori Somi Indivi oed
deuol Merched 10/11 oed
doubles Girls aged 10/11
Merched deuol 10/11 oed
Twin girls aged 10/11
Medal Arian. Ella-May
Medal Aur. Alis

Pencampwr Cymru
Canlyniadau Rownd 5 Dydd Sul
Categori Chwip
Merched Unigol 12/13 oed Bl
Medal Aur. Millie

Pencampwr Cymru
Categori Somi
Merched Unigol 12/13 oed BI
6ed Rhuban. Ella

Bechgyn Unigol 12/13 oed BI
Medal Aur. Zyiah

Pencampwr Cymru
Merched Unigol 14 oed a throsodd
4ydd Rhuban. Lois
Medal Efydd. Elisa
Medal Arian Nel

Tîm 14 oed a throsodd
Medal Aur. Elisa, Lois, Nel &Rhosyn

Pencampwyr Cymru
Canlyniadau Rownd 6 Dydd Sul
Categori Llwybr Elite F.I.G
Bechgyn Unigol 10 oed
Medal Arian. Griff

Merched Unigol 11/12 oed
Medal Efydd. Mared

Merched Unigol 15/16 oed
Medal Efydd. Tia
Medal Aur. Tianna

Pencampwr Cymru
Bechgyn Unigol 15/16 oed
Medal Aur. Luca

Pencampwr Cymru
Tîm 15/16 oed
Medal Aur. Luca, Tia & Tianna

Pencampwyr Cymru
Diolch i Shelley Pace , ein Prif Hyfforddwr Tymblo a holl aelodau eraill y Tîm Hyfforddi sydd wedi gweithio'n ddiflino gyda'r gymnastwyr i berffeithio eu harferion Tymblo.

Diolch i Hyfforddwr Katie, Hyfforddwr Jamie a'r Arweinwyr Chwaraeon Caitlin a Luca am fod ar Lawr y Gystadleuaeth yn gofalu am y gymnastwyr.

Diolch i'r gymnastwyr a'r rhieni am rannu eu lluniau a fideos gwych ar gyfer y cofiant bach hwn. Diolch i'r rhieni sy'n gwirfoddoli am helpu er mwyn gallu cynnal y Bencampwriaeth hon. Diolch i Gymnasteg Cymru a Maria Gaynor a James Thomas am drefnu'r Bencampwriaeth Tymbl Cynghrair Tymbl Cymru gan roi cyfle i'n gymnastwyr berfformio yn erbyn Clybiau Gymnasteg eraill o Gymru ac i gael diwrnod gwych, stori lwyddiant go iawn.

Cyffro Cynghrair Tymbl Cymru 2025 yn union fel pob blwyddyn flaenorol yw'r Tymbl ein ffordd i ennill Teitl Cyffredinol Clwb Tymbl y Flwyddyn o ganlyniadau holl Bencampwriaethau Cynghrair Tymbl a gynhaliwyd ledled Cymru - POB LWC CSoG.

Welsh Regional
Challenge Cup
Medals and Trophy winners



CSoG Competition Review 2025

27th April

Longyfarchiadau Team - CSoG

Wales Ranbarthol Women's Cup Tumble Championship

What an incredible weekend for our gymnasts at the **Welsh Athletics Championship 2025.**
Our athletes presented outstanding performances, with 12 gymnasts committing to represent Team Wales in the next leg. Not only did we present a large number of podium finishings, but our gymnasts also appeared in brand new tumble races - showing courage, perseverance and incredible entertainment. Giving each individual gymnast their blue best, with a lot of pushing forward to difficult skills and higher levels than ever before.

The future looks incredibly bright, and we couldn't be more proud. Congratulations to everyone who competed and well done to everyone who will now be going on to represent Wales in the British Athletics Championship which is coming to Utilita Arena, Birmingham in July 2025 We can't wait to see you shine on the stage more - your hard work is paying off!

Results of the Championship
RCC 1 - Unigol Girls
Then 13 years old
Medal Arian. Ella-May
Ella-May involved to represent Team Wales in the IRCC Final Round Twmblo Championship Britain 2025.

RCC 1 - Unigol Girls - Over 13 years old
Efydd medal. Alice
Medal Au. Maia

Champions of RCC Wales
Maia was involved to represent Team Wales in the IRCC Final Round Twmblo Championship Britain 2025.
RCC 2 - Unigol Merchants - Agedran 10-12 years old
Medal Aria
Medal. Alis and All of you Champions of RCC Wales

Ella and Ali involved to represent **Team Wales** in the **IRCC** Final Twumblo Championship Britain 2025
RCC 2 - Single Bechgyn
Agedran 10-12 years old
Medal. Aria, Corey, Aur, Zyiah

Champions of RCC Wales
Zyiah and Corey involved to represent Team Wales in the
IRCC Final Twmblo Championship Britain 2025
RCC 2 - Girls Unigol - Ages 13-14 years old
Medal Efydd. Millie
Medal Aur. Lois



Champions of RCC Wales
Lois involved to represent Team Wales in the IRCC Final Twumblo Championship Britain 2025
RCC - Unigol Merchandise - Oedran 15+ oed
Medal Aur. Gwen

Champions of RCC Wales
Gwen included to represent Team Wales in the IRCC Final Twumblo Championship Britain 2025
RCC 3 - Girls Unigol - Then 15 years old
Rhuban's 4th. Nel
RCC 3 - Girls Unigol - Over 15 oed
Medal Aria. Elisa
Medal Aur. Millie

Champions of RCC Wales
Millie and Elisa joined to represent Team Wales in the **IRCC Final Twumblo Championship Britain 2025**
RCC 4 - Unigol Merchandise - Age 9-10oed
Medal Aria. Anni
Anni was involved to represent **Team Wales** in the **IRCC Final Twumblo Championship Britain 2025**
RCC 4 - Unigol Merchandise - Ages 13-14 years old
Efydd meda. Elin
RCC 4 - Unigol Merchandise - Oedran 15+ oed
Efydd meda. Tia
Medal Arian. Tianna
Tianna was involved to represent **Team Wales** in the **IRCC Final Tumbling Championship Britain 2025**
FIG - Unigol Merchandise - Ages 11-12 years old
Arian medal. Mared

Thank you to our Trainers and **CSoG** Judges for giving up their enthusiasm this weekend. Thank you to Tymblo Head Coach **Shelley Pace** and the **CSoG** Training Team for their introduction and attention from the front row to details back in the gym, making sure the gymnasts are financially and effectively prepared for the event.
Thank you to **Gymnasts Wales** and **Maria Gaynor** for the behind the scenes arrangements for the event and for providing such great opportunities for our gymnasts.

CSoG Competition Review 2025

27th April

Representing Wales with pride



A massive CONGRATULATIONS to our incredible gymnasts from Carmarthenshire School of Gymnastics (CSoG) who qualified to represent Team Wales following an amazing performance at the 2025 Welsh Regional Challenge Cup Tumbling Championship on Sunday 27th April.

What a phenomenal weekend it was!
Our athletes truly shone — with 12 gymnasts earning spots on the national team, plus a wave of podium finishes and brand-new tumble runs debuted on the floor. The dedication, bravery, and determination shown was nothing short of inspirational. So many gymnasts stepped up to higher difficulty levels and absolutely delivered!

Special appreciation goes to Head Tumbling Coach Shelley Pace and the entire CSoG Coaching Team — your commitment, skill, and preparation behind the scenes make all the difference! Let's get behind these amazing athletes as they take on the next challenge — we are so proud of each and every one of you. Time to show the rest of the UK what you're made of!

Cynrychioli Cymru gyda balchder



Llongyfarchiadau mawr i'n gymnastwyr anhygoel o Ysgol Gymnasteg Sir Gaerfyrddin (CSoG) a gymhwysodd i gynrychioli Tîm Cymru yn dilyn perfformiad anhygoel ym Mhencampwriaeth Cwpan Her Ranbarthol Cymru 2025 ddydd Sul 27 Ebrill.

Am benwythnos anhygoel oedd hi!
Mae ein hathletwyr wir yn disgleirio - gyda 12 gymnast yn ennill lleoedd ar y tîm cenedlaethol, ynghyd â ton o orffeniadau podiwm a rhediadau tumble newydd sbon debuted ar y llawr. Roedd yr ymroddiad, y dewrder a'r penderfyniad a ddangoswyd yn ddim llai na ysbrydoledig. Mae cymaint o gymnastwyr wedi camu i fyny i lefelau anhawster uwch ac wedi cyflawni'n llwyr!

Mae gwerthfawrogiad arbennig yn mynd i'r Prif Hyfforddwr Tumbling Shelley Pace a'r Tîm Hyfforddi CSoG cyfan - mae eich ymrwymiad, eich sgil a'ch paratoi y tu ôl i'r llenni yn gwneud yr holl wahaniaeth! Gadewch i ni fynd y tu ôl i'r athletwyr anhygoel hyn wrth iddyn nhw ymgymryd â'r her nesaf - rydyn ni mor falch o bob un ohonoch chi. Amser i ddangos i weddill y DU beth rydych chi'n ei wneud ohono!

LLONGYFARCHIADAU TÎM CSoG Pencampwriaeth Tymblo Cwpan Her Ranbarthol Cymru

Dydd Sul 27ain Ebrill 2025

Am benwythnos anhygoel i'n gymnastwyr ym Mhencampwriaeth Tymblo Cwpan Her Ranbarthol Cymru 2025. Cyflwynodd ein hathletwyr berfformiadau rhagorol, gyda 12 o gymnastwyr yn cymhwyso i gynrychioli Tîm Cymru yn y cam nesaf. Nid yn unig y gwnaethom gyflawni nifer fawr o orffeniadau podiwm, ond gwnaeth ein gymnastwyr hefyd ymddangos mewn rhediadau tymblo newydd sbon - gan ddangos dewrder, ymrwymiad ac angerdd anhygoel.

Rhoddodd pob gymnastwr unigol ei orau glas, gyda llawer yn camu ymlaen i sgiliau anoddach a lefelau uwch nag erioed o'r blaen. Mae'r dyfodol yn edrych yn anhygoel o ddisglair, ac ni allem fod yn fwy balch. Llongyfarchiadau i bawb a gystadlodd a da iawn i bawb a fydd nawr yn mynd ymlaen i gynrychioli Cymru yng Nghwpan Her Rhyng-Ranbarthol Prydain sydd ar ddod yn Utilita Arena, Birmingham ym mis Gorffennaf 2025. Allwn ni ddim aros i'ch gweld chi'n disgleirio ar y llwyfan mwy - mae eich gwaith caled yn talu ar ei ganfed!

Canlyniadau'r Bencampwriaeth
RCC 1 – Merched Unigol Dan 13 oed
Medal Arian. Ella-May

Cymhwysodd Ella-May i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Rownd Derfynol IRCC Prydain 2025
RCC 1 – Merched Unigol - Dros 13 oed
Medal Efydd. Alice
Medal Au. Maia

Pencampwr RCC Cymru
Cymhwysodd Maia i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Rownd Derfynol IRCC Prydain 2025
RCC 2 – Merched Unigol
Oedran 10-12 oed
Medal Aria. Alis
Medal Aur. Ella

Pencampwr RCC Cymru
Cymhwysodd Ella ac Ali i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Terfynol IRCC Prydain 2025. RCC 2 - Bechgyn Unigol - Oedran 10-12 oed
Medal Aria Corey
Medal Aur Zyiah

Pencampwr RCC Cymru
Cymhwysodd Zyiah a Corey i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Terfynol IRCC Prydain 2025. RCC 2 - Merched Unigol - Oedran 13-14 oed
Medal Efydd. Millie
Medal Aur. Lois

Pencampwr RCC Cymru
Cymhwysodd Lois i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Terfynol IRCC Prydain 2025
RCC - Merched Unigol - Oedran 15+ oed
Medal Aur. Gwen

Pencampwr RCC Cymru
Cymhwysodd Gwen i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Terfynol IRCC Prydain 2025 - RCC 3 – Merched Unigol - Dan 15 oed
4ydd Rhuban. Nel

RCC 3 – Merched Unigol - Dros 15 oed
Medal Aria. Elisa
Medal Aur. Millie

Pencampwr RCC Cymru
Cymhwysodd Millie ac Elisa i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Terfynol IRCC Prydain 2025. RCC 4 – Merched Unigol - Oedran 9-10oed
Medal Aria. Anni

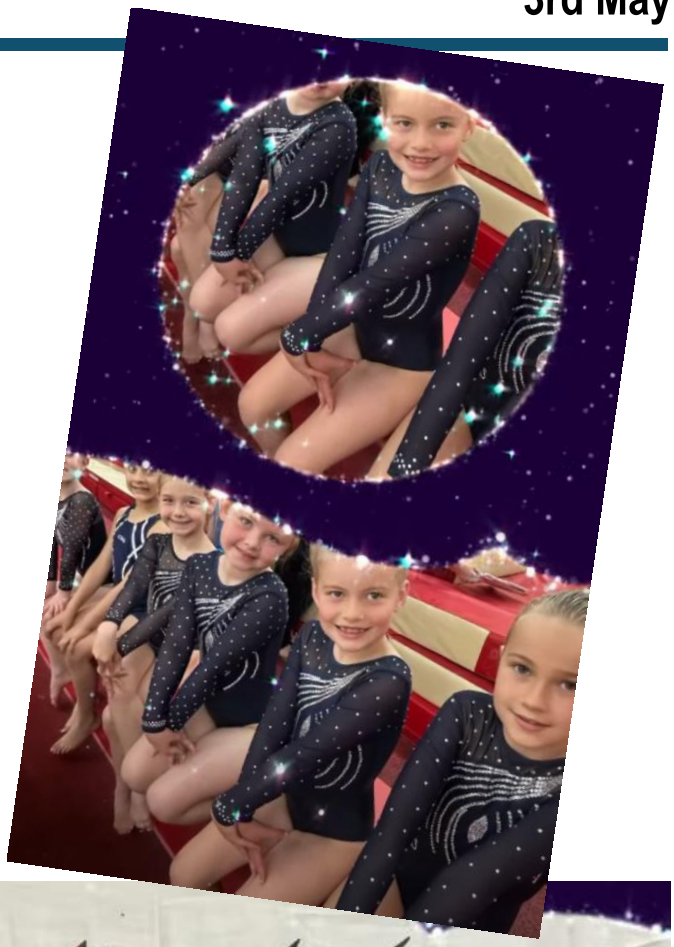
Cymhwysodd Anni i gynrychioli Tîm Cymru ym Mhencampwriaeth Twmblo Terfynol IRCC Prydain 2025. RCC 4 – Merched Unigol - Oedran 13-14 oed
Medal Efyd. Elin

RCC 4 – Merched Unigol - Oedran 15+ oed
Medal Efyd. Tia
Medal Arian. Tianna

Cymhwysodd Tianna i gynrychioli Tîm Cymru ym Mhencampwriaeth Tymblo Terfynol IRCC Prydain 2025
FIG – Merched Unigol - Oedran 11-12 oed
Medal Arian. Mared

Diolch i'n Hyfforddwyr a'n Beirniaid CSoG am roi o'u hamser y penwythnos hwn. Diolch i'r Prif Hyfforddwr Tymblo Shelley Pace a Thîm Hyfforddi CSoG am eu hymroddiad a'u sylw o'r radd flaenaf i fanylion yn ôl yn y gampfa, gan sicrhau bod y gymnastwyr wedi'u paratoi'n feddyliol ac yn gorfforol ar gyfer y digwyddiad. Diolch i Gymnasteg Cymru a Maria Gaynor am y trefniadau y tu ôl i'r llenni ar gyfer y digwyddiad ac am ddarparu cyfleoedd mor wych i'n gymnastwyr.

CONGRATULATIONS CSoG 2025 Welsh Preliminary Championship



Our younger gymnasts competed in the 2025 Welsh National Preliminary Championship against gymnasts from all over Wales

Round 1 Results
Phase 2 Boys Individual Vault - Age 8yrs old
Bronze Medal. Nathan
Phase 2 Boys Individual Tumble - Age 8yrs
Silver Medal. Nathan
Phase 2 Boys Individual Overall - Age 8yrs old
Bronze Medal. Nathan
Phase 2 Boys Team Overall - Age 8yrs old
6th Ribbon. Ela-Ray
Emmie
Gracie
5th Ribbon. Lydia
Nathan
Nellie

Round 2 Results
Phase 1 Boys Individual Vault - Age 9yrs old
Silver Medal. Llion
Phase 1 Boys Individual Tumble - Age 9yrs
Bronze Medal. Llion
Phase 1 Boys Individual Overall - Age 9yrs old
Silver Medal. Llion

2025 Welsh Preliminary Championship
Sunday 4th May 2025
Round 1 Results - Phase 1 Boys Individual Vault
Age 10yrs old
Gold Medal. Harley
Phase 1 Boys Individual Tumble
Age 10yrs old
Gold Medal. Harley
Phase 1 Boys Individual Overall - Age 10yrs old
Gold Medal. Harley **2025 Welsh Preliminary Champion**

All our gymnasts performed extremely well in such a prestigious Championship



CELEBRATING OUR CSoG STARS

What a phenomenal weekend it's been for Carmarthenshire School of Gymnastics!
We are incredibly proud to congratulate all four of our squad gymnasts for their outstanding performances at the second qualifying round of the 2025 British Qualification Tumbling Championship

BRITISH BRONZE FOR GRIFF
A huge round of applause for Griff, who clinched an incredible British Bronze Medal in the fiercely competitive Male 10 Years Age Category.
With a performance packed full of power, passion and precision, Griff proved exactly what he's capable of on the national stage.
His result ticks all the boxes:

- ✓ A top-tier performance
- ✓ A podium finish
- ✓ Qualification for the 2025 British Tumbling Final Championship
- One giant step closer to selection for the 2025 World Age Group Championships. Griff, your dedication and determination shine through and your CSoG family couldn't be more proud!

MARED – Grace Under Pressure
A huge congratulations to Mared in the 11–12 category, who opened her campaign with a stunning first tumble run, brimming with energy, style and commitment. A small stumble in the second run may have held back her qualification this time, but Mared's composure, presence and technical beauty stood out. We know she'll come back stronger than ever. Keep rising, Mared!

LUCA – The Balancing Act
A massive well done to Luca, who returned to the floor with purpose and poise—securing another qualification score, even while juggling intense GCSE revision. This comeback showed true strength, focus and dedication and we couldn't be prouder of his ability to push through both mentally and physically.
Amazing job, Luca!

FLORENCE – Strength in Recovery
Kudos to Florence, who showed what it means to perform under pressure. She hit her D score and came back from a minor fall with remarkable courage and spirit. Her resilience, determination and grace are what champions are made of. Well done, Florence—we can't wait to see what's next for you!

Penwythnos i'w Gofio
YN DATHLU EIN SÊR CSoG

Am benwythnos rhyfeddol y mae wedi bod i Ysgol Gymnasteg Sir Gaerfyrddin!
Rydym yn hynod falch o longyfarch ein pedwar gymnast sgwad am eu perfformiadau rhagorol yn ail rownd ragbrofol Pencampwriaeth Tymblo Cymhwyso Prydain 2025

EFYDD PRYDEINIG I GRIFF
Cymeradwyaeth enfawr i Griff, a gipiodd Fedal Efydd Prydain anhygoel yng Nghategori Oedran Dynion 10 Mlynedd cystadleuol iawn. Gyda pherfformiad llawn pŵer, angerdd a chywirdeb, profodd Griff yn union yr hyn y mae'n gallu ei wneud ar y llwyfan cenedlaethol.
Mae ei ganlyniad yn ticio'r holl flychau:
• Perfformiad o'r radd flaenaf •
Gorffeniad ar y podiwm
• Cymhwyso ar gyfer Pencampwriaeth Rownd Derfynol Tymblo Prydain 2025
• Un cam enfawr yn nes at gael eich dewis ar gyfer Pencampwriaethau Grŵp Oedran y Byd 2025
Griff, mae eich ymroddiad a'ch penderfyniad yn disgleirio ac ni allai eich teulu CSoG fod yn fwy balch!

MARED – Gras Dan Bwysau
Llongyfarchiadau enfawr i Mared yn y categori 11–12, a agorodd ei hymgyrch gyda rhediad tymblo cyntaf syfrdanol, yn llawn egni, steil ac ymrwymiad. Efallai bod baglu bach yn yr ail rediad wedi atal ei chymhwyso y tro hwn, ond roedd tawelwch meddwl, presenoldeb a harddwch technegol Mared yn sefyll allan. Rydyn ni'n gwybod y bydd hi'n dod yn ôl yn gryfach nag erioed. Daliwch ati i godi, Mared!

LUCA – Y Weithred Gydbwyso
Da iawn i Luca, a ddychwelodd i'r llawr gyda phwrpas a chydbwysedd—gan sicrhau sgôr cymhwyster arall, hyd yn oed wrth jyglo adolygu TGAU dwys. Dangosodd y dychweliad hwn gryfder, ffocws ac ymroddiad gwirioneddol ac ni allem fod yn fwy balch o'i allu i wthio drwodd yn feddyliol ac yn gorfforol. Gwaith anhygoel, Luca!

FLORENCE – Cryfder mewn Adferiad
Llongyfarchiadau i Florence, a ddangosodd beth mae'n ei olygu i berfformio dan bwysau. Tarodd ei sgôr D a daeth yn ôl o gwymp bach gyda dewrder ac ysbryd rhyfeddol.
Ei gwydnwch, ei phenderfyniad a'i gras yw'r hyn y mae pencampwyr wedi'u gwneud ohono.
Da iawn, Florence—allwn ni ddim aros i weld beth sydd nesaf i chi!

CSoG Competition Review 2025 **24h June**

This event also stands as a heartfelt tribute to Shelley Pace, whose tireless dedication behind the scenes continues to elevate our gymnasts. We honour her role in the Centre of Tumbling Excellence – the proud home of CSoG, founded 46 years ago by Sharon Evans, who began it all with a one-hour-a-week class and a vision.
To all our gymnasts: You inspire us with your perseverance, passion and pursuit of excellence.
Let's carry this momentum forward to October and beyond!

Mae'r digwyddiad hwn hefyd yn deyrnged galonnog i Shelley Pace, y mae ei hymroddiad diflino y tu ôl i'r llenni yn parhau i ddyrchafu ein gymnastwyr. Rydym yn anrhydeddu ei rôl yng Nghanolfan Rhagoriaeth Tymblo – cartref balch CSoG, a sefydlwyd 46 mlynedd yn ôl gan Sharon Evans, a ddechreuodd y cyfan gyda dosbarth awr yr wythnos a gweledigaeth.
I'n holl gymnastwyr: Rydych chi'n ein hysbrydoli gyda'ch dyfalbarhad, angerdd ac ymgais i ragoriaeth.
Gadewch i ni gario'r momentwm hwn ymlaen i fis Hydref a thu hwnt!



2025 SUMMER CUP CHAMPIONSHIP A Sizzling Success!

The 2025 Summer Cup Championship, hosted by CSoG, was a spectacular celebration of talent, teamwork and summer spirit. Held on Sunday, 20th July, this showcase welcomed not only our own enthusiastic gymnasts but also special guest participants from Haverfordwest and Swansea Acrotricks, creating an atmosphere of unity and friendly competition.

PENCAMPWRIAETH CWPAN YR HAF 2025 Llwyddiant ysgubol!

Roedd Pencampwriaeth Cwpan yr Haf 2025, a gynhaliwyd gan CSoG, yn ddathliad ysblennydd o dalent, gwaith tîm ac ysbryd yr haf. Cynhaliwyd yr arddangosfa hon ddydd Sul, 20 Gorffennaf, ac croesawodd nid yn unig ein gymnastwyr brwdfrydig ein hunain ond hefyd cyfranogwyr gwadd arbennig o Acrotricks Hwlffordd ac Abertawe, gan greu awyrgylch o undod a chystadleuaeth gyfeillgar.





The Results...

Club Level

Girls Age 5yrs
Gold Medal. Olive

Girls Age 6yrs
Gold Medal. Sioned

Boys Age 6yrs
Gold Medal. Arrow

Girls Age 7yrs
6th Medal. Gwenllian-Lili
5th Ribbon. Mia Gwen
4th Ribbon. Emelia
Bronze Medal. Erin
Silver Medal. Gwenni
Gold Medal. Poppy-May

Boys Age 7yrs
Gold Medal. Elis

Girls Age 8yrs
6th Ribbon. Harley
Gold Medal. Emmie

Girls Age 9yrs
6th Ribbon. Ava
Silver Medal. Scarlett
Gold Medal. Alexia

Girls Age 10yrs
Bronze Medal. Maddie
Gold Medal. Hannah

2025 Summer Cup
Overall Winner Poppy-May

Intermediate Level

Girls Age 8yrs
6th Ribbon. Betsi
Bronze Medal. Nellie

Boys Age 8yrs
Gold Medal. Owen

Girls Age 9-10yrs
6th Ribbon. Ivy
4th Ribbon. Isla
Bronze Medal. Sofia
Gold Medal. Lola
Mia

Girls Age 11-12yrs
Bronze Medal. Glain
Silver Medal. Libby

Regional Level

Girls Age 8yrs
Bronze Medal. Lydia
Silver Medal. Lily
Gold Medal. Emily

Boys Age 9-10yrs
Gold Medal. Chase

2025 British Tumbling Final Championship
Pencampwriaeth Rownd Derfynol Tymblo Prydain 2025

Arena Ryngwladol Telford
Telford International Arena

Luca shone in the 2025 British Tumbling Final Championship today, delivering an outstanding routine that showcased his hard work and precision.
He improved on his score from the previous day, achieving an impressively high execution score and demonstrating great confidence and control throughout his performance.

A fantastic result and a well-deserved reward for his dedication and commitment to training finishing as one of the British Top 16 Tumblers in the Junior Men Category.

Disgleiriodd Luca ym Mhencampwriaeth Rownd Derfynol Tymblo Prydain 2025 heddiw, gan gyflwyno perfformiad rhagorol a ddangosodd ei waith caled a'i gywirdeb. Gwellodd ar ei sgôr o'r diwrnod blaenorol, gan gyflawni sgôr gweithredu trawiadol o uchel a dangos hyder a rheolaeth wych drwy gydol ei berfformiad.

Canlyniad gwych a gwobr haeddiannol am ei ymroddiad a'i ymrwymiad i hyfforddi gan orffen fel un o'r 16 Tymblo Gorau ym Mhrydain yng Nghategori Dynion Iau



2025 British Tumbling Final Championship

Telford International Arena

Griff has just competed in the 2025 British Tumbling Final Championship, facing an exceptionally strong field of 16 top gymnasts from across the country in a mixed-age category. As the youngest competitor in his group, Griff showed incredible composure, determination and focus on the big stage, delivering a brilliant performance to earn an impressive 12th place finish, securing his spot as one of the Top 12 British Tumblers in the Youth Men's category.

This achievement follows an already incredible weekend where Griff won a British Bronze Medal in the Male Age 10 category at the 2025 British Age Group Tumbling Championship yesterday. That outstanding performance qualified him to compete among the top 16 in today's prestigious final.

CSoG is incredibly proud of Griff , what an experience and accomplishment for such a young athlete. A heartfelt thank you to Coach Shelley Pace for all the dedication, support and meticulous preparation behind the scenes. Your guidance plays a huge role in moments like these.



Pencampwriaeth Rownd Derfynol Twmblo Prydain 2025

Arena Ryngwladol Telford

Mae Griff newydd gystadlu ym Mhencampwriaeth Rownd Derfynol Twmblo Prydain 2025, gan wynebu maes eithriadol o gryf o 16 o gymnastwyr gorau o bob cwr o'r wlad mewn categori oedran cymysg. Fel y cystadleuydd ieuengaf yn ei grŵp, dangosodd Griff dawelwch meddwl, penderfyniad a ffocws anhygoel ar y llwyfan mawr, gan gyflwyno perfformiad gwych i ennill gorffeniad trawiadol yn y 12fed safle, gan sicrhau ei le fel un o'r 12 Twmblo Prydeinig Gorau yng nghategori Dynion Ieuenctid.

Mae'r cyflawniad hwn yn dilyn penwythnos anhygoel eisoes lle enillodd Griff Fedal Efydd Prydain yng nghategori Gwryw Oedran 10 ym Mhencampwriaeth Twmblo Grŵp Oedran Prydain 2025 ddoe. Gwnaeth y perfformiad rhagorol hwnnw ei gymhwyso i gystadlu ymhlith y 16 uchaf yn rownd derfynol fawreddog heddiw.

Mae CSoG yn hynod falch o Griff, am brofiad a chyflawniad i athletwr mor ifanc. Diolch o galon i'r Hyfforddwr Shelley Pace am yr holl ymroddiad, cefnogaeth a pharatoi manwl y tu ôl i'r llenni. Mae eich arweiniad yn chwarae rhan enfawr mewn eiliadau fel hyn.

TEAM WALES Third
HUGE CONGRATULATIONS TO...
Elisa, Millie, Tia & Tianna

This amazing group made up the Junior Girls' Welsh Team alongside Holly from Wye and together they achieved a fantastic Team 3rd place at the 18th International Loulé Cup in Portugal.

It was the first international competition for Elisa, Millie and Tianna and they all rose to the occasion brilliantly, showing focus, determination and great team spirit. For Tia, this was her second time representing Team Wales and she led by example with confidence and poise. We're so proud of how these girls represented CSoG and Wales and what an achievement and a special experience for all.



LLONGYFARCHIADAU ENFAWR...
Elisa, Millie, Tia a Tianna
TÎM CYMRU YN DRYDYDD

Roedd y grŵp anhygoel hwn yn ffurfio Tîm Merched Iau Cymru ochr yn ochr â Holly o Wye a gyda'i gilydd fe wnaethant ennill y 3ydd safle gwych yn y 18fed Cwpan Loulé Rhyngwladol ym Mhortiwgal.

Dyma'r gystadleuaeth ryngwladol gyntaf i Elisa, Millie a Tianna ac fe wnaethon nhw i gyd godi'r achlysur yn wych, gan ddangos ffocws, penderfyniad ac ysbryd tîm gwych.

I Tia, dyma'r ail dro iddi gynrychioli Tîm Cymru ac arweiniodd drwy esiampl gyda hyder a phwysig. Rydyn ni mor falch o'r ffordd y mae'r merched hyn yn cynrychioli CSoG a Chymru ac am gyflawniad a phrofiad arbennig i bawb.

HUGE CONGRATULATIONS
Nel and Elin - TEAM WALES SECOND

These two talented gymnasts represented one half of the 13–14 Girls' Welsh Team, who took an incredible 2nd place at the 18th International Loulé Cup in Portugal. This was Nel and Elin's very first international competition, and they rose to the challenge beautifully showing confidence, teamwork and true Welsh spirit from start to finish. We couldn't be prouder of how they performed and represented CSoG and Wales on the international stage. What an amazing experience and a fantastic achievement for both girl…



LLONGYFARCHIADAU ENFAWR Nel ac Elin
TÎM CYMRU YN AIL

Roedd y ddwy gymnastwr talentog hyn yn cynrychioli hanner Tîm Merched Cymru 13–14, a gymerodd yr 2il safle anhygoel yn y 18fed Cwpan Rhyngwladol Loulé ym

CONGRATULATIONS LUCA
TOP 6th GYMNAST
TEAM WALES SECOND

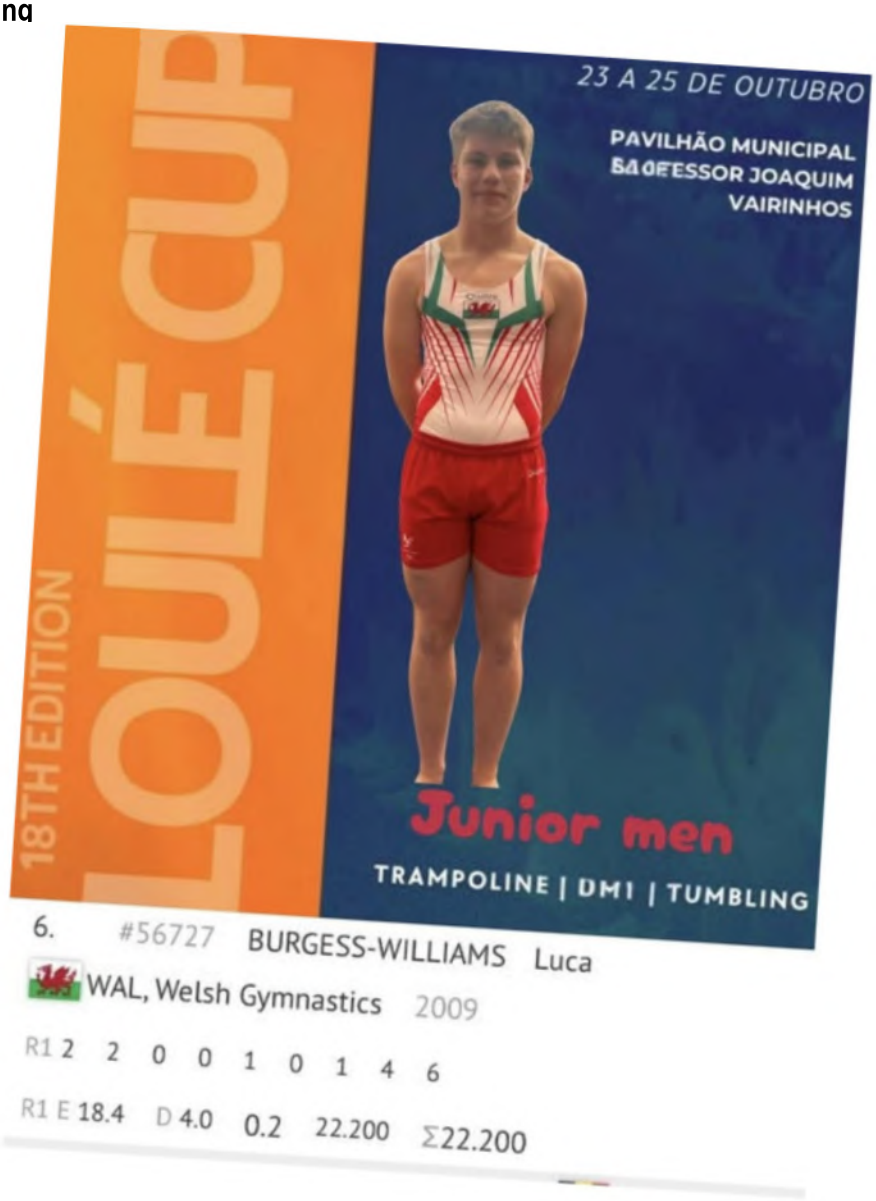
What a performance from Luca at the 18th International Loulé Cup Junior Men's Tumbling Championship.

After battling through a huge category in the Qualification Championship yesterday and successfully performing a brand-new straight pass, Luca secured a place in the top 8 and qualified for the finals today

Our goal going into the final was simple…… to improve on the qualification score and Luca did exactly that and more! We're incredibly proud of CSoG gymnast Luca, who earned the highest execution score among the boys.

What an achievement - A huge thank-you to everyone who has supported Luca and the other CSoG gymnasts and to Team Wales for the fantastic encouragement throughout the Championship.

Thank you to CSoG Tumbling Coach Shelley Pace accompanying our CSoG gymnasts as a Team Welsh Coach for your support on this experience of a lifetime.



LLONGYFARCHIADAU
LUCA 6ed GYMNAST UCHAF
TÎM CYMRU YN AIL

Am berfformiad gan Luca yn y 18fed Pencampwriaeth Cwpan Iau Cwpan Loulé Iau.

Ar ôl brwydro trwy gategori enfawr yn y Bencampwriaeth Gymhwyso ddoe a pherfformio pas syth newydd sbon yn llwyddiannus, sicrhaodd Luca le yn yr 8 uchaf a chymhwyso ar gyfer y rowndiau terfynol heddiw... Roedd ein nod yn mynd i'r rownd derfynol yn syml.

i wella ar y sgôr cymhwyso a gwnaeth Luca yn union hynny a mwy! Rydyn ni'n hynod falch o'r gymnast CSoG Luca, a enillodd y sgôr gweithredu uchaf ymhlith y bechgyn.

Am gyflawniad - Diolch yn fawr iawn i bawb sydd wedi cefnogi Luca a'r gymnastwyr CSoG eraill ac i Dîm Cymru am yr anogaeth wych drwy gydol y Bencampwriaeth Diolch i CSoG Tumbling Coach Shelley Pace yn cyd-fynd â'n gymnastwyr CSoG fel Hyfforddwr Tîm Cymru am eich cefnogaeth ar y profiad hwn o oes.

WELSH TUMBLING LEAGUE 3 - THE FINAL
All Stars Gymnastics Academy, Treforest, Cardiff.

Our CSoG Tumblers travelled to All Stars Gymnastics Academy, Cardiff, some for their very first Welsh League Championship. Our gymnasts travelled to 'All Stars' Cardiff, to compete in the 2025 Welsh Tumbling League competition - They were absolutely amazing!

We came home with an… Individual Bronze Medalist, Team Silver and 1 Welsh Individual Tumbling League Champion. So proud of all our gymnasts taking to the floor this afternoon in Round 2 of the Championship.

Age 8/9yrs Male - Individual
Bronze Medal: Llion
Gold Medal: Nathan
Welsh Champion Age 8/9yrs Team:
Bronze Medal. Anneliese, Bella, Holly and Zara.

We also came home with an… Individual Silver Medalist, Team Silver and 3 Welsh Individual Tumbling League Champions.

So proud of all our gymnasts taking to the floor and commencing this Championship full of Weekend Rounds from Round 1 to Round 6 closing this Championship.

Age 6yrs Male Individual
Gold Medal: Arrow - Welsh Champion

Age 7yrs Male Individual
Silver Medal: Elis

Age 7yrs Team
Silver Medal: Briana, Erin, Lili Gwenllian, Mabli Celyn & Olivia

Age 10/11yrs Male Individual
Gold Medal: Harry - Welsh Champion

Age 10/11yrs Female Individual
Gold Medal: Hannah - Welsh Champion

So proud of all our gymnasts - fantastic results for Team **CSoG** in the 2025 Welsh Tumbling League. Thank you to **CSoG** Tumbling Head Coach Shelley Pace and the **CSoG** Coaching Team for the hard work behind the scenes back in the Gymnastics Centre with the preparation work.







WELSH TUMBLING LEAGUE 3 - The Final

All Stars Gymnastics Academy, Treforest, Cardiff

More CSoG Tumblers travelled to All Stars Gymnastics Academy, Cardiff today, some for their very first Welsh League Championship. Our CSoG Flic Category gymnasts travelled to All Stars Cardiff , to compete in the 2025 Welsh Tumbling League competition and to shine like the diamonds on their leotards - They were absolutely amazing! **We came home with an… Individual Bronze Medalist , 4th Ribbon, 5th Ribbon, 6th Ribbon, Team Gold and Welsh Champions.**

So proud of all our gymnasts taking to the floor in **Round 4** of this **2025 Welsh Tumbling League Final Championship**

Flic Catergory
Age 10/11yrs Female Individual
4th Ribbon. Beti
6th Ribbon. Lola

Age 10/11yrs Team
Gold Medal. Beti, Lola & Glain - **Welsh Champions**

Age 12/13yrs Female Individual
5 Ribbon. Stevie

Whip Category
Age 8/9 yrs Female Individual
Bronze Medal. Lydia

So proud of all our gymnasts……fantastic results for Team CSoG in Round 4 Flic Category and Whip Category of the 2025 Welsh Tumbling League. Thank you to **CSoG** Tumbling Head Coach **Shelley Pace** and the **CSoG** Coaching Team for the hard work behind the scenes back in the Gymnastics Centre with the preparation work.



2025 OVERALL WELSH TUMBLING LEAGUE CHAMPIONS

1st December 2025

What a fantastic weekend in All Stars Gymnastic Academy, Cardiff and all our CSoG gymnasts who have competed in Welsh Tumbling League. Part 1, Part 2 and Part 3 have all contributed to this success story of winning the 2025 Title of Overall Tumbling League Club Champions.

This weekend was the last Tumble League of 2025 -The Final and all our gymnasts performed their best routines tumbling down the Tumbling Track with elegance and grace, sparkling like the diamonds on their leotards.

Round 5 and Round 6 - Whip Category

Age 10/11yrs Male Individual
Gold Medal. Chase - **Welsh Champion**

Age 10/11yrs Female Individual

Bronze Medal. Evie
5th Ribbon. Josie

Age 10/11yrs Team

Gold Medal. Chase, Evie & Josie

Welsh Champions Somi Category

Age 8/9yrs Female Individual
Gold Medal. Lowri - **Welsh Champion**

Age 10/11yrs Female Individual

Gold Medal. Ella-May - **Welsh Champion**

Age 12/13yrs Female Individual

Silver Medal. Millie

Age 15yrs plus Female Individual
Silver Medal. Maia
Gold Medal. Elisa - **Welsh Champion**

FIG Category

Age 10 Male Individual
Gold Medal. Griff - **Welsh Champion**

Age 11/12yrs Female Individual

Silver Medal. Mared

Age 13/14yrs Female Individual

Silver Medal. Nel
4th Ribbon. Elin
5th Ribbon. Lois

Age 13/14yrs Team

Bronze Medal. Nel, Elin &Lois

