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**Nando's**  
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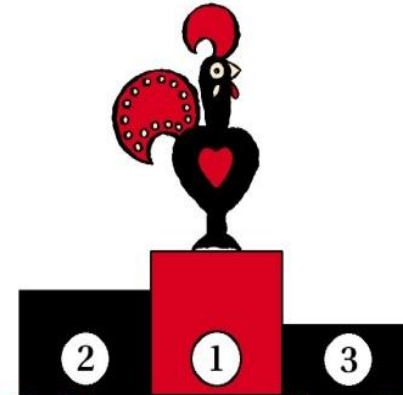


**sport and recreation**

Department:  
Sport and Recreation  
PROVINCE OF KWAZULU-NATAL



# The Nando's Gymnastics Invitational 2014



**Nando's**

**The Nando's Invitational**

**Event Location:**

**KZN Artistic Academy/Pinetown Gymnastics Club**



**sport and recreation**

Department:  
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PROVINCE OF KWAZULU-NATAL



**18 To 19 July**

18 July 2014

Gymnasts, Coaches, Judges, Sponsors, LOC team & spectators

A warm winter greeting from the KZN Gymnastics Union and the LOC to the first official 2014 Nando's invitational.

We have no doubt that this will be a memorable event for all involved and this can only be achieved by the great team work and cooperative spirit that has endured in the lead up to this event.

An event of this sort can only be special for the participants if we have assistance from all quarters and we must thank our sponsors and partners who have gone the extra mile to make this a great event for everyone. (listed on the back page)

In closing I must make note of the Department of Sport & Recreation KZN who have assisted KZN Gymnastics substantially over many years – we will see the result of this input in every facet of this weekends event – much appreciated.

Now all that is left is to do your best and enjoy the competition.

Allan Chadwick  
President – KZN Gymnastics Union







# Officials and Coaches







Gail Adamson	Comp Manager	
Allan Chadwick	Announcer	
Tamryn Fjellvik	Scoring	
Corne Moll	Scoring/Judge/Coach	
Mncandise Ngubane	Apparatus Manager	
Sthembiso Linda	Apparatus Manager	
Jennifer Khwela	Judges teas & meals	
Mbali Mkhanya	Scoring & participants	
Precious Mcambi	Scoring & participants	
Cynthia Mnchunu	Cleaning	
Glenn Moya	Security	
Nobuhle nene	Music	
Peter Olivier	First Aid	
Bobby Budai	Dir of Judging - MAG	Gauteng
Paddy Chadwick	Dir of Judging - WAG	KZN
Julie Adamson	Judge/Coach	KZN
Anonie Purchase	Judge	KZN
Angelique van Eeden	Judge	KZN
Kim Paul	Coach	KZN
Tracy Erikson	Coach	KZN
Louise Bamber	Coach	KZN
Nkululeko Ndlovu	Coach	KZN
Lindokuhle Sithole	Coach	KZN
Jesse Kitzen-Abelson	Judge/Coach	KZN
Andrew Ntuli	Judge	KZN
Immanuel Ramalapa	Judge	KZN
Arge Nienhuser	Judge/Coach	KZN
Alyssa Garrard	Coach	Gauteng
Lee Peckover	Judge/Coach	Gauteng
Jennifer Crawford	Judge	Gauteng
Chad Mclean	Coach	Gauteng
Mick Westwood	Judge	Gauteng

# Rotations

## WAG

Rotations				
1	A	B	C	D
2	D	A	B	C
3	C	D	A	B
4	B	C	D	A

## MAG

Rotation						
1	A	B				
2	B	A				
3			A	B		
4			B	A		
5					A	B
6					B	A

# Schedule

## Thursday 17<sup>th</sup> of July

1:00 p.m. Pre-Junior podium training  
 3:30 p.m. Junior podium training

## Friday 18<sup>th</sup> of July (Team event)

8:45 a.m. Pre-Junior body warm up/judges tea  
 9:00 a.m. App warm up  
 9:45 a.m. March in & competition  
 12:00 p.m. Team prize giving  
 12:30 p.m. Officials lunch/Judges meeting

1:00 p.m. Junior body warm up  
 1:15 p.m. App warm up  
 2:00 p.m. March in & competition  
 4:15 p.m. Team prize giving

## Saturday 19<sup>th</sup> of July (App finals)

8:45 a.m. Pre-Junior body warm up/judges tea  
 9:00 a.m. Line up before each app  
 12:00 p.m. App finals prize giving  
 12:30 p.m. Officials lunch/Judges meeting

1:00 p.m. Junior body warm up/Judges tea  
 1:15 a.m. Line up before each app  
 4:15 p.m. App finals prize giving

# WAG Competitors

Group	Level	Team Name	Name	Club/Province
A	Pre-Junior	Pinetown Pre-Junior	Isabella Bamber	Pinetown, KZN
A	Pre-Junior	Pinetown Pre-Junior	Demi Robertson	Pinetown, KZN
A	Pre-Junior	Pinetown Pre-Junior	Demi Lee Penny	Pinetown, KZN
A	Pre-Junior	Pinetown Pre-Junior	Alexandra Norcott	Pinetown, KZN
A	Pre-Junior	Pinetown Pre-Junior	Taija Olivier	Pinetown, KZN
B	Pre-Junior	Durban Pre-Junior 1	Erin Bell	Dbn Nth/Thekwini KZN
B	Pre-Junior	Durban Pre-Junior 1	Alexandra Francois	Dbn Nth/Thekwini KZN
B	Pre-Junior	Durban Pre-Junior 1	Aimee Dunn	Dbn Nth/Thekwini KZN
B	Pre-Junior	Durban Pre-Junior 1	Andrea Morris	Dbn Nth/Thekwini KZN
C	Pre-Junior	Durban Pre-Junior 2	Jaimee Coxwell	Dbn Nth/Thekwini KZN
C	Pre-Junior	Durban Pre-Junior 2	Thea Naidoo	Dbn Nth/Thekwini KZN
C	Pre-Junior	Durban Pre-Junior 2	Nozipho Zikhali	Dbn Nth/Thekwini KZN
C	Pre-Junior	Durban Pre-Junior 2	Trinity Dove	Dbn Nth/Thekwini KZN
C	Pre-Junior	Durban Pre-Junior 2	Ruby Dixon	Dbn Nth/Thekwini KZN
D	Pre-Junior	Paragon Pre-Junior	Georgie Dillon	Paragon, Gauteng
D	Pre-Junior	Paragon Pre-Junior	Tannah Proudfoot	Paragon, Gauteng
D	Pre-Junior	Paragon Pre-Junior	Alexandra Urban	Paragon, Gauteng
D	Pre-Junior	Paragon Pre-Junior	Amy Urmson	Paragon, Gauteng
D	Pre-Junior	Paragon Pre-Junior	Reagan Hooke	Paragon, Gauteng
A	Junior	Pinetown Junior	Taylor Stander	Pinetown, KZN
A	Junior	Pinetown Junior	Kyla Buys	Pinetown, KZN
A	Junior	Pinetown Junior	Jenna Blofield	Pinetown, KZN
A	Junior	Pinetown Junior	Jamie Meyer	Pinetown, KZN
A	Junior	Pinetown Junior	Kay Bailey	Pinetown, KZN
B	Junior	Paragon Junior	Gabriela Murray	Paragon, Gauteng
B	Junior	Paragon Junior	Tamsin Gallichan	Paragon, Gauteng
B	Junior	Paragon Junior	Kelly Du Toit	Paragon, Gauteng
B	Junior	PMB 1	Nomfundo Thusi	PMB Academy
B	Junior	PMB 1	Kiara Thejraj	PMB Academy
C	Junior	PMB 1	Heidi Oberholzer	PMB Academy
C	Junior	Durban Junior	Daisy Dixon	Dbn Nth/Thekwini KZN
C	Junior	Durban Junior	Phumelela Mthimkhulu	Dbn Nth/Thekwini KZN
C	Junior	Durban Junior	Quaid Purchase	Dbn Nth/Thekwini KZN
C	Junior	Durban Junior	Rachel Lofstrand	Dbn Nth/Thekwini KZN
C	Junior	Durban Junior	Isabelle Wokoma	Dbn Nth/Thekwini KZN
D	Junior	PMB 2	Christle Manuel	PMB Academy
D	Junior	PMB 2	Helen Kroukam	PMB Academy
D	Junior	PMB 2	Courtney Wyatt	PMB Academy
D	Junior	PMB 2	Abigail Larsen	PMB Academy

# MAG Competitors

Group	Level	Team Name	Name	Club/Province
A1	Pre-Junior	Pumas	Liam Tyler	Pinetown, KZN
A1	Pre-Junior	Pumas	Declan Tindale	Pinetown, KZN
A1	Pre-Junior	Pumas	Amaan Naadvi	Pinetown, KZN
A1	Pre-Junior	Pumas	Daniel Fleming	Pinetown, KZN
A1	Pre-Junior	Pumas	Ross Kew	Pinetown, KZN
A2	Pre-Junior	Jammers	Aaron Norton	Pinetown, KZN
A2	Pre-Junior	Jammers	James Spencer	Pinetown, KZN
A2	Pre-Junior	Jammers	Matthew Swan	Pinetown, KZN
A2	Pre-Junior	Jammers	Pasqualo Shields	Pinetown, KZN
A2	Pre-Junior	Jammers	Troye Swan	Pinetown, KZN
B3	Pre-Junior	Sneaky	Liam Randall	Durban North
B3	Pre-Junior	Sneaky	Andrew Flynn	Durban North
B3	Pre-Junior	Sneaky	Henco Ingram	Durban North
B3	Pre-Junior	Sneaky	Aldrich Tait	Durban North
B3	Pre-Junior	Wanderers Pre-Junior	Thomas Kruger	Wanderers
B3	Pre-Junior	Wanderers Pre-Junior	Zach Myer	Wanderers
B3	Pre-Junior	Wanderers Pre-Junior	Daniel Appleton	Wanderers
B3	Pre-Junior	Wanderers Pre-Junior	Julio Mordoh	Wanderers
B3	Pre-Junior	Wanderers Pre-Junior	Dale Van der Mewe	Wanderers
A	Junior	Hawkers	Luke James	Pinetown, KZN
A	Junior	Hawkers	Ryan Fredricks	Durban North, KZN
A	Junior	Hawkers	Philani Gazu	Pinetown, KZN
A	Junior	Hawkers	Tyler Osborn	Pinetown, KZN
A	Junior	Hawkers	Christopher Campos	Pinetown, KZN
B	Junior	Joburg North	Liam Curren	Gymnastics Unlimited
B	Junior	Joburg North	Allen Marais	Paragon
B	Junior	Joburg North	Joshua Van Wyk	Paragon
B	Junior	Joburg North	Gilad Urdang	Wanderers