



**GYMNASTICS AND
ACTIVITY CENTRE**



Competition Handbook 2024



Bury Spectrum Gymnastics Club holds four competitions per year for both boys and girls of all ages and abilities.

We welcome any British Gymnastic member clubs to take part.

CLUB OF THE YEAR AWARD - Points will be accumulated via the number of entries at each competition. The award will be presented at the last competition of the year. A £100 discount will be given to the winning club to be used against their 2025 competition entries.

**Awards will be given to individuals for 6th place and upwards,
3rd place and upwards to pairs and teams.
All competitors will receive a small token gift.**



Competition Dates 2024

DATE OF COMPETITION	NAME OF COMPETITION	CLOSING DATE	COST OF ENTRY
03/03/2024	Spectrum Recreational Skills Competition	03/02/2024	£15 per gymnast
1 & 2/06/2024	Spectrum Novice Competition	4/05/2024	£25 per gymnast
7 & 8/09/2023	Spectrum Levels Team Competition	10/08/2024	Individuals £25 Pairs £50 Teams £100
30/11 & 1/12/2023	Spectrum Trampoline and Tumbling Competition	2/11/2024	£15 per gymnast per piece or £25 if doing both

Email for entries or enquiries - Jayne Heath, Competition Organiser
events@buryspectrumgymnastics.co.uk

SPECTRUM RECREATIONAL SKILLS COMPETITION

- This is a competition open to any recreational gymnast training for 2 hours or less per week who has not competed in any two or four piece competition County level or above
- It is open to boys and girls
- Gymnasts may be prompted but must not be coached when being judged

Requirements

- All 8 moves at each level to be completed
- Beam height as follows: approximately 60cm's with a 30cm mat underneath

Scoring

- Each move will be marked out of 10

Age

- Minimum age 6 years during the year of competition

Awards

- Medals will be given for 1st, 2nd and 3rd
- A soft toy will also be given to the winner
- Awards will be given for 4th, 5th and 6th
- A token gift for all competitors

LEVEL A

1. 3 x Tuck rocks to stand
2. 5 Second arch hold
3. 5 Second front support hold
4. 2 x Bunny hop weight on hands over platform (30-40 cm)
5. 3 Second balance on one foot
6. Straight jump
7. Walk on beam flat footed, jump to land
8. Star jump of platform

LEVEL C

1. Backward roll down a slope
2. Bridge
3. Pike handstand feet on platform (60cm)
4. Mini cartwheel
5. 3 second arabesque leg at 45 degrees
6. Cat leap
7. Jump along beam, jump off to land
8. Squat on platform, star jump off (60cm block)

LEVEL E

1. Backward roll to straddle stand
2. Bridge kick over off low platform
3. Handstand against matt
4. One arm cartwheel
5. 3 Second tuck hold on paralettes
6. Straight jump full turn
7. On beam, caterpillar x 2, jump to land
8. Squat on step round-off off platform (60cm block)

Level G

1. Handstand forward roll
2. Drop to bridge kick over
3. Handstand ½ turn
4. Hurdle step round-off into rebound straight jump
5. 3 Second straddle press on paralettes
6. W-jump
7. On beam, forward roll to stand (mat maybe used on the beam)
8. Run springboard jump handstand flatback (60cm block)

LEVEL B

1. Forward roll to stand
2. 3 Second back support
3. Bunny hop
4. Mini cartwheel over platform (30-40cm)
5. 3 Second balance on one foot knee raised (attitude balance)
6. Straight jump ½ turn
7. Walk on toes along beam, jump to land
8. Run straight jump from a springboard

LEVEL D

1. Backward roll
2. Bridge with one leg lifted
3. Pike handstand one foot on platform one leg lifted to vertical (60cm)
4. Cartwheel
5. 3 Second arabesque leg at horizontal
6. Tuck jump
7. On beam walk on toes, ½ turn on toes, walk backwards ½ turn, jump to land
8. Straddle on to platform, tuck jump off (60cm block)

LEVEL F

1. Forward roll to straddle stand
2. Bridge kick over
3. Handstand
4. Step round-off
5. 3 Second Y-stand
6. Split jump
7. On beam, forward roll to straddle sit (mat may be used on beam)
8. Straddle onto platform, handstand flat back off (60cm block)

LEVEL H

This level will have a Set Floor and Beam routine, The floor routine in be performed in a straight line with a start and finish position and minimal dance to include the following skills Handstand forward roll, Backward walkover, ½ Spin roundoff tuck jump
Beam routine – Squat or Straddle on, Cartwheel, Arabesque, star jump of end small amount of dance between each skill
Vault- Handstand flatback from springboard at 80cm
Videos for Floor and Beam are available to be emailed on request.

SPECTRUM NOVICE COMPETITION

- This is a four-piece competition
- It is open to boys and girls. Girls compete vault, bars, beam and floor. Boys compete vault, p-bars, a conditioning set and floor
- It is open to girls that have not previously competed in a four-piece County level or above and will not be entering a four-piece County level or above competition in the same year
- Girls competing in friendly competitions or Suffolk Grades remain eligible
- It is open to boys who have not previously competed in a six piece competition or Regional grades.
- Boys competing in friendly competitions remain eligible
- There are two levels, gymnasts can enter either level and will be split into those who train under 6 hours and 6 hours plus within each level . Gymnasts that have competed Prep grade 1 may compete in the 6 hour plus level.

Age

- Minimum age 6 during the year of competition
- Gymnasts will compete in the following age groups: U8, U10, U12, U14 & O14
- Age groups may be split depending on numbers

Awards

- Medals will be given for 1st, 2nd and 3rd
- A trophy will also be given to the winner
- Awards will be given for 4th, 5th and 6th
- A small token gift for all competitors

SPECTRUM NOVICE COMPETITION

COMPETITION RULES - There are 2 levels of competition.

Level 1

Vault SV 1.4

Handspring to flat back
Choice of height of mats - 60, 90 or 110cm
Only 1 springboard allowed

Beam SV 3.0 plus bonus for amplitude up to 0.5 2 lengths of beam

Mount - 1 springboard may be used (2, if required, for U8)

Content - 6 'A' moves or moves from list below

Composition - 1 acro move to be included in the 6 moves
- 2 of the 6 moves must be joined
- Elements should be linked with dance steps
- Elements will only count once

Mounts:

Squat on, straddle on, straddle lever, feet through to sit or jump to front support leg over.

Moves on beam:

Forward roll, cartwheel, Back walkover, kick towards handstand (legs in split with first leg to reach vertical) , tuck jump, cat leap, sissone, W jump, 1/2 or 1/1 spin on 1-foot, straight jump, split jump, arabesque/ Y balance hold for 2 secs

Dismounts:

Round off, handspring, straddle jump,

Boys P Bars SV 3.0 plus bonus for amplitude up to 0.5

- Jump to support with help of coach if necessary
- One dip
- Three swings to front straddle bars
- Three swings to layaway dismount

Bars SV 3.0 plus bonus for amplitude up to 0.5

Upward circle
Backhip circle

Dismount Cast straddle on undershoot
Cast squat on jump off
Cast push back to stand

Floor SV 3.0 plus bonus for performance up to 0.5 plus bonus for performing back flic 0.5

Music - girls choice of music no vocals, boys no music

Time - 60-90 seconds

Content - 6 'A' moves or moves from the list below

Composition - 2 elements from list 1 (Dance elements)
- 2 elements from list 2 (gymnastic elements)
- Any 2 other elements (either list)
- 2 elements must be joined.

List 1 Dance Elements

Split or stag leap/jump, cat leap/cat leap 1/2, stretch jump 1/2, tucked /tucked jump 1/2, W jump, sissone, straddle jump, 1/2 spin on 1 foot, arabesque/ Y balance hold for 2 secs, straddle lever or 1/2 level hold for 2 secs

List 2 Gymnastics Elements

Handstand or 1/2 or 1/1, Handstand forward roll, forward roll to stand, backward roll to feet (squat, straddle or pike), backward roll through handstand step out, tic toc, cartwheel (any kind), back walkover, forward walkover, round off, back flic, handspring, splits, bridge

Boys Conditioning Set SV 3.0 plus bonus for presentation 0.5

From standing with stick shoulder width apart

- Stretch up arms above head
- Arch, dish, arms behind shoulders bend at hip bring arms over to floor release stick
- Leg lift into handstand forward roll straddle sit, reach forward chest to floor bring legs around
- Arch rock three times turn over to dish, rock three times
- Push to bridge lay down
- Tuck, turn over to knees, arch body holding ankles
- Rock forward, push to press up position, squat in stand up

SPECTRUM NOVICE COMPETITION

Level 2

Vault SV 2.0

Handspring over table
Choice of height -105, 110cm or 120cm
Only 1 springboard allowed

Beam SV 3.0 plus bonus for amplitude up to 0.5 2 or 3 lengths of beam

Mount - 1 springboard may be used (2, if required, for U8)

Content - 6 'A' moves or moves from list below

Composition - 1 acro move to be included in the 6 moves
- 2 of the 6 moves must be joined
- 1/1 spin on one foot
- Elements should be linked with dance steps
- Elements will only count once

Beam Moves

Mounts:

Squat on, straddle on, straddle lever, feet through to sit or jump to front support leg over.

Moves on beam:

Free forward roll, cartwheel, Back walkover, handstand hold 2 secs, tuck jump, cat leap, sissone, W jump, 1/2 or 1/1 spin on 1 foot, split leap, arabesque/Y balance hold for 2 secs, split jump

Dismounts:

Round off, Handspring, straddle jump, forward or backward salto

Boys P Bars SV 3.0 plus bonus for amplitude up to 0.5

- Jump to support with help of coach if necessary
- One dip
- Lift legs to pike hold 2 secs
- Three swings to front straddle bars
- Three swings to layaway dismount
- Min 45 degree 0.30 bonus for handstand dismount

Bars SV 3.0 plus bonus for amplitude up to 0.5

plus bonus for upstart counted once 0.3

Upward circle or upstart

Cast backhip circle

Squat on catch the high bar

Baby giant or long upstart

Dismount Cast straddle on undershoot

Cast pike on undershoot

Floor SV 3.0 plus bonus for performance up to 0.5

Music - girls choice of music no vocals, boys no music

Time - 60-90 seconds

Content - 8 'A' moves or moves from the list below

Composition – dance passage of 2 elements one with 135 degrees split for girls and 2 leaps, jumps linked for boys

- An acro line consisting of 2 flighted acro elements joined
- Spin on one foot for girls and jump 1/1 turn for boys
- 0.3 bonus for a salto forward or backward performed without a fall in the acro line
- Elements should be linked with dance steps
- Elements will only count once in chronological order
- If less than 8 elements performed (Non attempt) = 1.00 penalty each move missing

List 1 Dance Elements

Split or stag leap/jump, Change leg split leap, Cat leap, Cat leap ½ or 1/1 turn, tucked jump ½ or 1/1 turn, W jump, sissone, straddle jump, any FIG spin in the code of points, straddle lever or 1/2 level hold for 2 secs

List 2 Gymnastic Elements

Handstand or 1/2 or 1/1,

Handstand forward roll,

Backward roll through handstand step out, tic toc, cartwheel

(any kind), back walkover, forward walkover, round off, back flic, handspring, any A Value saltos from the Code of points

Plus, any other A value moves from the code of points

Boys Conditioning Set SV 3.0 plus bonus for presentation 0.5

From standing with stick shoulder width apart

- Stretch up arms above head
- Arch, dish, arms behind shoulders bend at hip bring arms over to floor release stick
- Leg lift into handstand forward roll straddle sit, Place hands on floor and lift to straddle lever, hold 2 secs, lower and reach forward chest to floor bring legs around
- Arch rock three times turn over to dish, rock three times
- Push to bridge lay down, sit up to pike sit and lift to pike lever hold 2 secs.
- Tuck, turn over to knees, arch body holding ankles
- Rock forward, push to press up position, squat in stand up

SPECTRUM LEVELS TEAM COMPETITION

- This is a four piece competition for girls

There will be competitions in the following levels

- FIG Pairs Judged on FIG, both scores to count.
- Level 2 Pairs Judged on BG rules, both scores to count.
- Level 3 Pairs Judged on BG Rules, both scores to count.
- Level 4 Pairs Judged on BG Rules or younger vault at 110cm, both scores to count
- Level 5 Pairs Judged on East Region Level 5 rules, both scores to count
- Gold Level Pairs Judged on BG Gold rules, both scores to count
- Silver Level Pairs Judged on BG Silver rules, both scores to count
- Bronze Level Team Judged on BG Bronze rules
- Copper Level Team Judged on BG Copper rules
- Zinc Level Team Judged on BG Zinc Rules
- Tin level Team Judged on BG Tin Rules

Levels Tin, Zinc, Copper, Bronze

Teams of 4 gymnasts to compete, the best 3 scores on each apparatus to count (teams of 3 gymnasts may compete, all 3 scores will count)

Levels Silver, Gold 5,4 3, 2 and FIG

- A pair of gymnasts compete both scores count
- Gymnasts may move up one level from their level, for the year, to make a team but not down.
- Injured or withdrawn gymnasts may be replaced before the start of the competition but only with agreement of the competition organiser
- We will not know the day the gymnasts will compete on until all entries are received

Awards teams and pairs

- Medals will be given for 1st, 2nd and 3rd placed teams/pairs
- A trophy will also be given to the winning team/pairs

Awards individuals

- Medals will be given for 1st, 2nd and 3rd placed individual gymnasts
- Awards will be given for 4th, 5th and 6th
- A small token gift for all competitors

SPECTRUM TRAMPETTE & TUMBLING COMPETITION

TRAMPETTE

- This competition is an individual apparatus competition open to both male and female gymnasts
- There will be five levels of difficulty, Level 1 being the easiest and Level 6 being the hardest
- At each level, three jumps or somersaults are performed. The scores for all three jumps or somersaults will be added together to determine ranking. The jumps or somersaults are set in each level

Apparatus

- The trampette will be a standard sized trampette with safety padding and will be inclined at a shallow angle
- The length of the run up will be approximately 6 meters, four benches, 2 side by side and may be raised above floor level but not above the level of the front of the trampette
- The landing area will consist of 2 safety mattresses of 30cm in depth, 2m wide by 3m long making the entire length 6m. These will be covered by a roll mat

Deductions

- Deductions for execution per run will be made from 10.00
- The scores for each jump are added together to determine the final score out of 30.00
- For twisting somersaults, more than $\frac{1}{4}$ of a twist missing will be classed as a non-attempt
- Less than $\frac{1}{4}$ of a twist missing will be classed as an attempt but penalised

Age

- Minimum age 5 during the year of competition
- Gymnasts will compete in the following age groups: 5, 6-7, 8-9, 10-11, 12-13 & 14+ in the year of the competition

LEVEL 1 - gymnasts each perform the following 3 consecutive jumps

1. Stretch Jump
2. Tuck Jump
3. Star Jump

LEVEL 3 - gymnasts each perform the following 3 consecutive jumps

1. Straight Jump 1/1 turn (360°)
2. Front Salto in Tucked position
3. Front Salto in Piked position

LEVEL 5- gymnasts each perform the following 3 consecutive jumps

1. Front Salto in Straight position with $\frac{1}{2}$ turn mid phase (180°) (Barani)
2. Front Salto tucked position with 1/1 turn
3. Front Salto Straight position with 1/1 turn

LEVEL 2 - gymnasts each perform the following 3 consecutive jumps

1. Straddle Jump
2. Pike Jump
3. Straight Jump $\frac{1}{2}$ turn (180°)

LEVEL 4 - gymnasts each perform the following 3 consecutive jumps

1. Front Salto in Straight position
2. Front Salto tucked position with $\frac{1}{2}$ turn mid phase (180°) (Barani)
3. Front Salto in Piked position with $\frac{1}{2}$ turn after vertical (180°)

LEVEL 6 - gymnasts each perform the following 3 consecutive jumps

1. Front Salto Straight position with 1/1 $\frac{1}{2}$ turn
2. Front Salto Straight position with 2/1 turn
3. Double front salto tucked

SPECTRUM TRAMPETTE & TUMBLING COMPETITION

TUMBLING

- This competition is an individual apparatus competition open to both boys and girls gymnasts
- There will be ten levels of difficulty, Level 1 being the easiest and Level 10 being the hardest
- At each level, all runs are compulsory
- The rules may be amended and resent if BG amend the Classic Challenge Club and Regional Tumbling Rules during the year

Apparatus

- The run will comprise of a sprung carbon fibre tumbling track 18m in length plus 4.5 metres run up and 6m landing area

Deductions

- Deductions for execution per run will be made from 10.00
- The scores for each run are added together to determine the final score out of 30.00
- For twisting somersaults, more than ¼ of a twist missing will be classed as a non-attempt
- Less than ¼ of a twist missing will be classed as an attempt but penalise

Age

- Minimum age 6 during the year of competition

Dress code

- Male – Leotard and shorts or shorts and tee shirt tucked in are allowed
- Female – Long or short sleeved leotard, shorts or leggings with tight fitting top or T shirt tucked in are allowed

		AGE	AGE	AGE	AGE	AGE	AGE
LEVEL 1	(CLUB 1)	From age 6 in the year of the competition, no upper age limit					
LEVEL 2	(CLUB 2)	From age 6 in the year of the competition, no upper age limit					
LEVEL 3	(CLUB 3)	From age 7 in the year of the competition, no upper age limit					
LEVEL 4	(CLUB 4)	From age 7 in the year of the competition, no upper age limit					
LEVEL 5	(CLUB 5)		9/10	11/12	13+		
LEVEL 6	(CLUB 6)		9/10	11/12	13/14	15+	
LEVEL 7	(REG 1)			U13	13+		
LEVEL 8	(REG 2)			10-12	13-14	15+	
LEVEL 9	(REG 3)				O15	15+	
LEVEL 10	(REG 4)		9/10	11/12	13/14	15+	

TUMBLING RULES

Level 1 (Club 1)

	1	2	3	4	5	6
RUN 1	Forward Roll	Stretch Jump	Forward Roll	Tuck Jump	Forward Roll	Jump 180 (arms chest)
RUN 2	Cartwheel (from standing start, facing sideways)	Cartwheel	Cartwheel (finish facing sideways)			
RUN 3	Straight jump (walk out)	Cartwheel ¼ turn in	Fall to Dish onto mat	Hold Dish (3 secs)		

(from a standing start on floor)

TUMBLING RULES continued

Level 2 (Club 2)

	1	2	3	4	5	6
RUN 1	Straight jump (walk out) (from a standing start on floor)	Cartwheel	Chasse	Cartwheel	Chasse	Cartwheel
RUN 2	Straight jump (walk out) (from a standing start on floor)	Cartwheel	Round Off	Stretch Jump	Backward Roll	
RUN 3	Straight jump (walk out) (from a standing start on floor)	Round Off	Jump to Dish onto mat	Hold Dish (3 secs)		

Level 3 (Club 3)

	1	2	3	4	5	6
RUN 1	Straight jump (walk out) (from a standing start on floor)	Cartwheel	Chasse	Round Off	Jump 180 (arms chest)	
RUN 2	Straight jump (walk out) (from a standing start on floor)	Round Off	Jump 180 (walk out)	Round Off	Straight Jump	
RUN 3	Straight jump (walk out) (from a standing start on floor)	Round off	Flic	Jump to Dish on mat	Hold Dish (3 secs)	

Level 4 (Club 4)

	1	2	3	4	5	6
RUN 1	Round Off	Flic	Jump 180 (arms to chest)			
RUN 2	Handspring	Straight jump (walk out)	Round Off	Straight Jump		
RUN 3	Straight jump (walk out) (from a standing start on floor)	Round Off	Flic	Flic	Jump to Dish onto mat (hold for 3 seconds)	

Level 5 (Club 5)

	1	2	3	4	5	6	7	8
RUN 1	Round Off	Flic	Jump ½ turn walk out	Round off	Flic	Straight jump		
RUN 2	Round Off	Flic	Flic	Flic	Flic	Straight jump		
RUN 3	Round Off	Flic	Tuck back	15m of track only				

Level 6 (Club 6)

	1	2	3	4	5	6
RUN 1	Round Off	Flic	Flic	Flic	Flic	Tuck somersault
RUN 2	Round Off	Flic	Whip	Flic	Flic	Straight jump
RUN 3	Round Off	Flic	Pike somersault	15m of track only		

TUMBLING RULES continued

Level 7 (Regional 1)

	1	2	3	4	5	6
RUN 1	Round Off	Flic	Flic	Flic	Flic	Pike somersault
RUN 2	Round Off	Flic	Whip	Flic	Flic	Tuck somersault
RUN 3	Round Off	Flic	straight somersault	15m of track only		

Level 8 (Regional 2)

	1	2	3	4	5	6
RUN 1	Round Off	Flic	Flic	Flic	Flic	Straight Somersault
RUN 2	Round Off	Flic	Whip	Flic	Flic	Tuck Somersault
RUN 3	Round Off	Flic	Full Twist	15m of track only		

Level 9 (Regional 3)

	1	2	3	4	5	6
RUN 1	Round Off	Whip	Flic	Whip	Flic	Straight somersault
RUN 2	Round Off	Whip	Whip	Flic	Flic	Full Twist
RUN 3	Round Off	Flic	Double Twist or 1 ½ twist (for .2 lower SV)	15m of track only		

Level 10 (Regional 4) Age 9-10 years **

	1	2	3	4	5	6
RUN 1	Round Off	Flic	Flic	Flic	Flic	Tuck somersault
RUN 2	6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 2.2					
RUN 3	6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 2.8					

Level 10 (Regional 4) Age 11-12 years **

	1	2	3	4	5	6
RUN 1	Round Off	Whip	Flic	Whip	Flic	Tuck somersault
RUN 2	6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 2.4					
RUN 3	6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 3.6					

Level 10 (Regional 4) Age 13-14 years **

	1	2	3	4	5	6
RUN 1	Round Off	Whip	Whip	Flic	Flic	Tuck Somersault
RUN 2	6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 2.9					
RUN 3	6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 5.0					

Level 10 (Regional 4) Age 15+ years **

	1	2	3	4	5	6
RUN 1	Round Off	Whip	Whip	Whip	Flic	Tuck Somersault
RUN 2	6 Skill Free Pass (difficulty to be added) Minimum Difficulty over two free passes – 3.2 women 3.6 men					
RUN 3	6 Skill Free Pass (difficulty to be added) Maximum Difficulty over two free passes – 6.6 women 7.1 men					

** For all age groups - No skill repetition across all 3 runs in accordance with FIG rules

SPECTATOR INFORMATION

Due to health and safety, plus fire safety regulations we are restricted to the number of spectators we are allowed to have upstairs in our viewing area at any one time. Due to this, it is necessary to limit tickets to all future competitions to 2 tickets per gymnast i.e. if you have 8 gymnasts in a round you will be allocated 16 tickets. It doesn't matter how you use the tickets, for example, if one gymnast only needs 1 ticket another gymnast can use 3 but the maximum number of seats per competition would only be the number allocated. You cannot move tickets between rounds.

Once entries have been received and programmes finalised, you will then be sent your ticket allocation. Parents will need to bring the tickets on the day so they can be paid for.

If a parent has gymnasts in more than one competition one of the 2 allocated tickets in each competition will need to be for the non-competing gymnast or we are happy for the gymnasts to help as runners during the siblings competition. Parents get their hand stamped once they've paid. Parents watching for more than one competition will not have to pay twice but will need two different tickets.

We will ask all spectators to leave the viewing area with all belongings at the end of each competition and re-queue to enter for the next one. This allows us to clear the seating area and set up the chairs in preparation for the next competition.

We would be grateful if you could feed this information to your parents.

Spectator tickets will cost £3.00 paid by cash on the door and children under 3 who can sit on a parent's lap will go free.

JUDGES

In order for competitions to run smoothly we need the support of the clubs attending to provide a judge for all the rounds of the competition entered.

Please can you name your judge on your entry form along with their email address. If you are unable to provide a judge, please contact us prior to sending your entry.

HOW TO ENTER

To enter please email events@buryspectrumgymnastics.co.uk and we will send you the entry forms

Email your entry to Jayne Heath, Competition Organiser at events@buryspectrumgymnastics.co.uk by the relevant closing date

An invoice will be raised and sent to you for payment.

Please pay by BACS using reference competition & club name i.e., Floor & Vault Sudbury

Account Number 48631191

Sort Code 60 21 03

Any questions don't hesitate to get in touch either by email, to the above address, or by contacting Bury Spectrum Gymnastic Club on 01284 700866



**UNIT 5, 1 NORTHERN WAY
BURY ST EDMUNDS
SUFFOLK
IP32 6NH**

01284 700866

