



## East Midlands Members at the KFA NATIONAL CHAMPIONSHIPS

IN

EXERCISE, MOVEMENT & DANCE  
19 / 20 FEBRUARY 2011

### NEWSFLASH

A total of 24 KFA members from the East Midlands region took part in The KFA National Championships which took place at the Southport Convention Centre, Southport over the week-end of the 19<sup>th</sup> -20<sup>th</sup> February. Called 'The Friendly Competitions', a total of approximately 300 competitors, comprising 12 Duos, 6 trios, 14 soloists and 31 teams competed for places in ten categories across the range of disciplines of the Keep Fit Association.

All together East Midlands members scooped **EIGHT** placings – including **THREE First Places**, **THREE Second places** and **TWO Third places**.

The event opened with Chameleon leading – and ultimately winning - the skipping teams section with an unusual take on street dance-offs.



**Skipping Teams - The Ann Bayley Trophy, presented by Ann Bayley**

**Winners: Chameleon**  
Produced by Lisa Terry.  
*Music: I Gotta Feeling*



#### **Chameleon Skipping team:**

Left to Right Back Row: Sue Bennett; Linda Waddilove; Lynne Davis; Lisa Terry: (Ann Bayley) Lisa Bigley, Pat Thompson, Ruth Andrews; Gaynor Collins,  
Kneeling: Michelle Bishop, Lyn Browett, Sandra Dunn, Marina Coles,

### Movement and Dance Duos

In a very stiff competition of thirteen duos, two teams from the East Midlands equipped themselves well.



**Ruth Denholm/Amy Smith**  
**Denholm's Duo**  
*Music: Beat It*



**Emily Clarke / Cheryl Maloney**  
**Snap Dance** Produced by Alison Clarke  
*Music: Howl*



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#### Movement and Dance Teams

Defending their title from 2009, Chameleon pulled out all the stops and triumphed again with a moving and dynamic interpretation of 'Children',



**Carita House Trophy  
presented by Grace Beckett**

**First Place: Chameleon**

Produced by Lisa Terry

Music: Children

#### Chameleon Movement Team:

Left to Right Back Row: Gaynor Collins, Marina Coles, Sandra Dunn, Lisa Bigley, Lisa Terry (Grace Beckett) Lynne Davis, Sharon Franklin, Sue Bennett; Pat Heed  
Kneeling: Jackie Stocchino, Lyn Browett, Michelle Bishop, Linda Waddilove, Pat Thompson



#### Apparatus Teams – Ribbons / Materials

Many of the Chameleon team also performed later that day in the Apparatus Teams category – again defending the title they won in 2009. Raising the stakes even higher, they came joint second with a fast and exhausting 'Riverdance'

#### Joint Second Place



#### Riverdance - Chameleon

*Riverdance* – Produced by Lisa Terry



#### Life Through a Masque – City Dance

*Bring me to Life* – Produced by Lynne Casey

Although in competition, in the true spirit of Keep Fit, both teams rose to applaud and congratulate the other when the announcement of Joint Second Place was made.

**NEWSFLASH**

**Skipping Solos**



**First Place: Lisa Terry**

*Music: Jai-Ho!*

**Eileen Brookes Trophy  
presented by Eileen Brookes**



**Third Place:**

**Fusion 2 Fitness  
Sue Bennett**

*Music: February Song*

**Movement and Dance Solos**

Lisa and Sue also competed in the Movement and Dance Solos. Lisa opened this category of ten incredible performances with an emotion interpretation of *Speechless*, and later Sue beautifully captured the mood of *Bring Him Home*.



**Lisa Terry**  
*Music: Speechless*



**Sue Bennett**  
*Music: Bring Him Home*

The quality and exceptionally high standard of the choreography and movement from all contestants in this very tough category left most of the audience unable to determine the winner with many having no less than a 'top five' of possible winners.

**NEWSFLASH**

In addition to those of exercise, movement, dance, apparatus and skipping, this year a new category – and a new trophy was added, Fitness Freestyle which combines exercise with street/jazz dance styles. This attracted five teams and looks to be a popular section in future.

**Fitness Freestyle Teams**



**Second Place: Denholm's Dancers**

Produced by Ruth Denholm  
Music: *The Club is Alive* –



**Third Place: Fusion 2 Fitness**

Produced by Sue Bennett  
Music: *Quien Baila Quien Goza*

**Movement and Dance Trios**



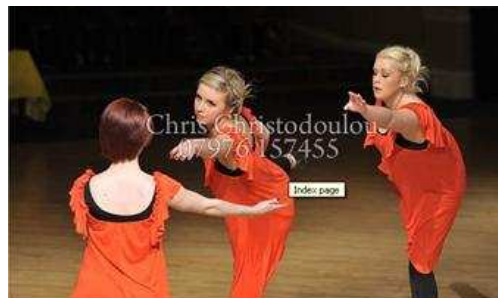
Defending their title from 2009, **In Harmony** came a worthy second place .

**Second Place: In Harmony**

**Lisa Terry / Lynne Davis / Jackie Stocchino**  
Music: *Scorchio*

also taking part in the Trios section with *Chasing Cars* and showing promise for the future were Emily Clarke / Cheryl Maloney and Katie Munson

**Snap Dance**



Details of all winners and placings can be found on the News Page of our National KFA website: [www.keepfit.org.uk](http://www.keepfit.org.uk), Photographs of all items can be obtained from Chris Christodoulou and can be viewed on his websites [www.photochris.co.uk](http://www.photochris.co.uk) in the CLIENT AREA until 31st May 2011. Details of prices are given on the website along with order form.