

Chill Out Champs 2024

Booking Instructions

Book online @ www.ceroc.com

Text/Whatsapp Richard on 07590 594823 with any enquiries.

1) You first need to decide which Entry Ticket you will purchase. Everyone needs an entry ticket to gain entry to the venue, regardless of whether you are a competitor or spectator. If you originally choose to spectate, then find a partner to compete with, you can simply go on to book just the required categories at a later date.

The competition runs from 10am-6.30pm. There is then a dinner break between 6.30pm and 8pm. Chill Out freestyle will commence at 8pm with results and prize giving from 8.30pm-9pm followed by Chill Out freestyle until midnight.

From 5pm-6.30pm it's the "Pro Show", where the Pro's will be having the floor to themselves in the Top Cat Pro and Open Spotlight Finals.

There are 4 entry ticket options to choose from at the Chill Out Champs 2024:

All Inclusive - £42 – Best Value!

Entry for the full competition and freestyle on Sunday plus entry to Monday's tea dance taking place at the Neeld Hall (Bank Holiday afternoon from Midday – 4pm) including refreshments and Dot's infamous cakes! Spectators and Competitors all require an entry ticket with competition categories sold separately.

Simply Sunday - All Day - £30

This is an all-day ticket for Sunday from 9.30am until midnight including spotlights from the Open and Top Cat Finalists, 3.5 hours of chill out freestyle and refreshments at 22.30. Spectators and Competitors all require an entry ticket with competition categories sold separately.

Sunday Results Party and Evening Freestyle - £15

The evening kicks off with chill out freestyle at 8pm, shortly followed by the award ceremony at 8.30pm-9pm, before enjoying the chill out freestyle all the way through until midnight.

Spectating Only - £15.00

Strictly for non-dancers who just want to come and spectate, such as parents or non-dancers, we are offering a spectating only ticket. Entitles entry until post results at 9pm. People are not permitted to dance during the day or evening on this ticket type.

If you would like to compete you then add on your categories. You can compete in the following:

- Lucky Dip - £6 per person
- Newcomers - £25 per couple
- Intermediate - £25 per couple
- Advanced - £25 per couple
- Open - £25 per couple
- Over 50's - £25 per couple
- Funkified - £25 per couple
- ProAm Lead and Follow - £25 per couple.
- Top Cats Am and Pro - £12.50 per person.

Please make sure you read the specific terms for each category before booking.

You will receive a confirmation from Ceroc Events Ltd. You just need to quote your name on arrival to pick up your entry pack.

Any issues, please contact us on 07590 594823.

Important information for all competitors

These standard rules apply to all competition categories.

- Competitors are encouraged to warm up sufficiently prior to your heat.
- Competitors will dance to music chosen by the organisers. This could include all types of chill out music from 80bpm – 110bpm approx.
- Each heat will consist of two, two minute tracks.
- All judging will be done on a points system.
- Competitors are encouraged to dance to the end of their heat.
- Qualifying dancers will be asked back to the next round.
- Judges decisions are final.
- There are no age restrictions at this event, except in:
 - Over 50's (specified in category rules as aged 50 or over)
 - Top Cats & Lucky Dip (minimum age is 16)
 - Anyone under the age of 18 will need to be supervised by a parent or guardian.
- A couple can consist of any gender balance, male/female, female/female, male/male or any other combination.
- Competitor numbers in each category are strictly limited so places are allocated on a first come first served basis.
- Competitors will be issued with a dance number on the day of the event. It is the competitors' responsibility to ensure that their dance number is securely fixed to their person during the competition categories.

- Competitors are advised to otherwise strengthen the fixing points on their dance numbers to avoid tearing, especially if dancing in multiple categories.
- If the competitors dance number drops off or is illegible during the competition heat then the competitor may not be judged.
- Ceroc Events Ltd reserves the right to change the programme and competition if necessary without consultation.
- The event will be recorded by film, video and photograph; these may be used for Ceroc promotional purposes without any obligation.
- The organisers accept no responsibility for loss or injury to persons or possessions in relation to this event.
- There will be no refund for competitors who withdraw or are unable to compete in a category either before or during the event.
- If you have previously won an intermediate or advanced trophy at a previous ceroc champs, you must enter the next category up. For instance, if you have won a trophy in the advanced category, you must next compete at open level.

Dance Professional Definition:

- Anyone who has taught a partner dance more than 6 times in the previous 6 months for payment.
- Anyone who is intending to teach a partner dance more than 6 times in the next 6 months for payment.
- Any Open level category participant in the Chill Out Champs.
- Any Open Category competition medallist (bronze, silver or gold) in any other competition in the three years prior to this competition date.

Definition of a Major Airstep:

- A major airstep is defined by both of the follow's feet travelling above the lead's waist level.
- Baby aerals are not considered to be major airsteps, providing at least one of the follow's feet is below the lead's waist level. Any number of baby aerals are permitted in categories that allow aerals.

Extra notes

Ceroc Events Ltd reserves the right to change the programme and competition, if necessary, without consultation.

The event will be recorded in full and photographed, these may be used by Ceroc for promotional purposes.

The organisers accept no responsibility for injury to person or possession in relation to this event.

There will be no refund for entrants who pull out of this category beforehand.

Lucky Dip

Cost - £6 per person

Available Spaces - 120 (60 lead, 60 follow)

PLEASE NOTE – LUCKY DIP WILL NO LONGER BE MALE AND FEMALE PLACES - WE ARE USING LEAD AND FOLLOW PLACES MEANING ANYONE CAN BOOK IN ANY SPACE REGARDLESS OF GENDER.

It's the luck of the draw that could see you end up with a teacher, your regular dance partner or some random person who turns out to be your dancing soulmate. You just never know with this category so dip in and see what you get.

Competition Rules

- 1) This category is open to all, amateurs and professionals.
- 2) Only the leads dance with numbers. Follows will be given a pink slip on arrival, which when partnered will be taken from them and filled in with their partners number. This is then the couple for the entirety of the category, including heats, semi-finals and finals.
- 3) Partners will be allocated at random on the day.
- 4) Judges will award points based on the four pillars – move content, musicality, connection and dance quality.
- 5) Judges will NOT award points for dress and presentation.
- 6) Airsteps, (lifts, jumps and acrobatic moves), will not be permitted. Disqualification from the competition will be automatic should a couple attempt these moves.
- 7) Competitors must be at least 16 years old to compete in this category.

Newcomers

Cost - £25 per couple

Spaces available - 12 couples

The perfect introduction to competition - couples in Newcomers are either both complete Newcomers, or can comprise of 1 newcomer, and 1 intermediate dancer.

A 'newcomer' must not have competed in any major dancing competition before, local and weekender competitions are okay.

Competition Rules

1) This category is open to amateurs ONLY, no open level dancers/partnerships and no advanced dancers - you can also be entered into the Intermediate category.

2) Both you and your partner must be amateurs.

3) Judges will award points based on the four pillars – move content, musicality, connection and dance quality

4) Judges will not be awarding points for dress and presentation.

5) Airsteps, (lifts, jumps and acrobatic moves), will not be permitted. Disqualification from the competition will be automatic should a couple attempt these moves.

6) At least 1 person entering must not have competed in any category at any of the major competitions, including but not limited to Welsh champs, London champs, Midland Champs, Northern Champs, Scottish Champs, Pan Asia Champs, Crystal Blues, World Modern Jive Champs, Indie Champs etc. Small local class night or freestyle competitions for fun DO NOT count.

7) Partners must not break contact/handhold for more than 8 beats.

Over 50's

Cost - £25 per couple

Number of places available - 24 fixed couples

This category is for couples where **BOTH** participants in the partnership are 50 years of age or older (if you are within days of turning 50 before the event, we maybe able to make an exception, please contact us).

Proof of age may be required.

Competition Rules

- 1) Only Amateurs may participate in Over 50's, no professionals.
- 2) Couples will dance to music chosen by the organisers.
- 3) All judging will be by a points system. Dancers are encouraged to dance to all tracks in their round. Qualifying dancers will be asked back to the next heat/round. All judges' decisions are final.
- 4) Judges will award points based on the four pillars – move content, musicality, connection and dance quality.
- 5) No Aerials or airsteps of any kind are permitted in the category. Attempting these moves will mean instant disqualification.
- 6) Couples are permitted to perform dips, leans and drops so long as one of the follows feet stays in contact with the floor at all times, otherwise it will be counted as an airstep.
- 7) Partners must not break contact/handhold for more than 8 beats.

Intermediate

Cost: £25 per couple

Spaces available: 36 fixed couples

Competition Rules

1) This category is open to amateurs ONLY, no open level dancers/partnerships, you also cannot be competing in the Advanced category.

2) Both you and your partner must be amateurs.

3) All judging will be by a points system. Dancers are encouraged to dance to all tracks in their round. Qualifying dancers will be asked back to the next heat/round. All judges' decisions are final.

4) Judges will award points based on the four pillars – move content, musicality, connection and dance quality.

5) Judges will also be awarding points for dress and presentation.

6) Airsteps, (lifts, jumps and acrobatic moves), will not be permitted. Disqualification from the competition will be automatic should a couple attempt these moves.

7) Partners must not break contact/handhold for more than 8 beats.

Advanced

Cost: £25 per couple

Spaces available: 12 fixed couples

Designed for those who have won Intermediates at previous competitions or who have not yet won at an Advanced level.

Competition Rules

- 1) Both you and your partner must be amateurs in the role you choose (Lead/Follow)
- 2) All judging will be by points system. Dancers are encouraged to dance to all tracks in their round. Qualifying dancers will be asked back to the next heat/round. All judges' decisions are final.
- 3) Judges will award points based on the four pillars – move content, musicality, connection and dance quality.
- 4) Judges will also be awarding points for dress and presentation.
- 5) Airsteps, (lifts, jumps and acrobatic moves), will not be permitted. Disqualification from the competition will be automatic should a couple attempt these moves.
- 6) Partners must not break contact/handhold for more than 8 beats.

Open Trophy

Cost - £25 per couple

Number of places available - 24 fixed couples

The top level competition for those who want to compete against the best. The format will be 2 rounds of 12 couples on the floor. The rounds will be mixed up so you will compete against different dancers in rounds 1 & 2. The top 12 will make the semi-final where you will all compete against each other. The top 6 will make it through to the spotlight final, where you will get two, 2-minute tracks and the floor is yours to shine.

Competition Rules

- 1) Participants (couples or individuals) in the Chill Out Open Category cannot compete in the Over 50's or partner a Pro in the ProAm category.
- 2) Both professional and amateur dancers may participate for the Chill Out Open Trophy.
- 3) All judging will be by a points system. Dancers are encouraged to dance to all tracks in their round. Qualifying dancers will be asked back to the next heat/round. All judges' decisions are final.
- 4) Judges will award points based on the four pillars – move content, musicality, connection and dance quality.
- 5) Judges will also be awarding points for dress and presentation.
- 6) One major airstep or inverted move per track is permitted lasting a maximum of 7 seconds.
- 7) Partners must not break contact/handhold for more than 8 beats.
- 8) As many dips, drops, leans and baby aerals of any kind as you wish.
- 9) Once you've entered the Open you will be considered as a Professional for all other categories.

Top Cats Amateur & Top Cats Pro

Cost: £12.50 per person

Available Spaces: Top Cat Amateur has 36 lead and 36 follow spaces; Top Cat Pro has 24 lead and 24 follow spaces.

PLEASE NOTE - TOP CATS WILL NOT BE MALE AND FEMALE - WE WILL BE USING LEAD AND FOLLOW PLACES MEANING ANYONE CAN BOOK IN ANY SPACE REGARDLESS OF GENDER.

In this section no-one knows who their partner will be, and partners are changed during each round. With this category we aim to discover the best overall individual dancers.

You are judged as an individual until the final. In the final you will be judged as a couple so you will not swap over in the final.

Competition Rules

- 1) Individuals are randomly paired in each round and individually judged on their dancing. Your individual numbers must be visible to the judges on your back (or front for backless outfits).
- 2) It is the individuals who go through to the next round, where they are again randomly paired for the next heat. This means that each entrant may have a different partner for each round and may even be allocated different partners for each track during the round.
- 3) Entry into this category may be limited due to lead/follow balancing.
- 4) Partners will be randomly allocated on the day.
- 5) Open to amateurs and professionals (separate competitions)
- 6) Everyone will be judged individually (until the final). Judges will award points based on the four pillars – move content, musicality, connection and dance quality.
- 7) Must be at least 16 years old to compete in this category.
- 8) You cannot enter Top Cat Amateur if you are competing elsewhere as Pro, and vice versa.
- 9) Partners must not break contact/handhold for more than 8 beats.

ProAm Lead and Follow

Cost: £25 per couple

Available Spaces: 24 fixed couples (12 for ProAm Lead, and 12 for ProAm follow)

In this category couples will be made from one Pro and one Am. Pro's are professional dancers (see definitions in the FAQ). Am's are amateur dancers who have not received payment for teaching dance. Sparks can fly in this category as the best of the best and the best of the rest team up for some awesome partnerships that burn up the dance floor.

We are splitting the Pro Leads, and Pro Follows into separate categories. ProAm Lead where the lead is a Pro and ProAm Follow where the Pro is a follow.

Competition Rules

- 1) This competition is open to couplings comprising of a dance professional and a non-dance professional (an amateur) who compete together as a dance couple.
- 2) The Dance Professional and the Amateur will be judged as a couple.
- 3) Judges will award points based on the four pillars – move content, musicality, connection & conversation and dance quality.
- 4) Judges will also be awarding points for dress and presentation.
- 5) Any competitor taking part in the Open Competition cannot participate as an amateur in the ProAm category.
- 6) This category is only open to partnerships consisting of one dance professional and one amateur.
- 7) Partners must not break contact/handhold for more than 8 beats.

Funkified

Cost: £25 per couple

Available Spaces: 12 fixed couples

In this category it's all about the funk! Dancing to some eclectic music that will throw musicality at you, and we expect you to hit it! Bring shapes, moves, laughs, musicality and have a great time entertaining the crowd!

Competition Rules

- 1) This category is open to all, amateurs and professionals.
- 2) Couples will dance to music chosen for the Funkified category and it will be musically challenging.
- 3) The definition and timing of the music, plus your own musical style, may encourage all dance styles. Therefore, all styles are permitted.
- 4) All judging will be by a points system. Dancers are encouraged to dance to the end of their heat. Qualifying dancers will be asked back to the next round. Judges' decisions are final.
- 5) Points will mainly be awarded for musical interpretation rather than the number/difficulty of moves.
- 6) Judges will award points for dress and presentation. Time to get funky!
- 7) Airsteps, (lifts), will be permitted.
- 8) Partners must not release hand hold or break contact for more than twelve beats.
- 9) The lead and follow aspect of the dance must clearly be demonstrated.

What will the Judges look for?

We are looking for the "Four Pillars".

Each pillar is worth 25% of the overall marks given.

The four pillars are Musicality, Move Content, Connection & Conversation and Dance Quality.

All judges are briefed to score against these 4 principles in the main:

Musicality

Often in dance, we can mainly focus on technique and technique alone without any thought for musicality and expression. It is far easier to simply dance steps and movements, but what separates a good dancer from a great one is the ability to interpret a piece of music in movement. It takes an understanding of the music and how it makes you feel, the emotion it evokes, and how it can be interpreted through dance. Being able to listen to a track and interpret it with appropriate moves and style is key. Adding light and shade is an important ability. Adding in dynamism and altering the speed and type of movement by listening to the track will make a couple stand out. An example would be hitting a break when the beat stops, or sliding for a long note, etc.

Move Content

Any moves should first and foremost fit the style of the music that you are dancing to. Too many simple moves can be boring, but too many rehearsed or stylized moves can affect your musical interpretation. Getting the move content right is important. Get the judges attention with some exciting moves but keep their attention by further showing them what interesting moves or musicality you have whilst you've got them!

Dance Quality

Dance quality is quite simply the quality of your movement when you dance. Quality of dancing includes timing, posture and how you use your arms, feet, legs and body to move. For example, a well-executed single spin will look and score better than a badly performed triple spin. Is your footwork precise or messy? Do you use your spare arm to interpret the music?

Connection & Conversation

Do the members of the couple dance as individuals? Or is there chemistry between them? Do they have a dance conversation? Do they maintain eye contact? A couple that dances in sync with each other's timing, style and moves will impress the judges and therefore accrue more marks, rather than being technically fantastic solo dancers who do not gel together.

Other factors

The judges will also be looking for innovation, style, dress code (where applicable) and floor craft.

Scoring System

The scoring system is very simple. 1st place gets 10 points, 2nd 9 points and so on.

Aerials

Lifts, Aerials and Airsteps

These are moves which are weight supported where a dancer's feet leave the dance floor. Any unsafe moves in this category which cause danger or injury to themselves, or others will lead to penalties or disqualification... 'if in doubt then leave it out'.

Baby Airstep

This is the same as the above except one foot stays below the partner's standing knee height, or both feet stay below standing waist level.

Major Airstep

A Major Airstep is a lift, aerial or airstep when one foot is above the knee, and the other foot above the waist.

Inverted Moves

Any move where either dancer has their feet higher than their head will be classed as a Major Airstep.

Duration of an Airstep

A lift, aerial or airstep starts when both feet leave the ground. It finishes when at least one foot touches the ground again and supports the majority of the weight, without the intention of immediately doing another lift, aerial or airstep.

Airstep Notes

A solo jump is not a lift, aerial or airstep as they are not assisted by a partner.

Small unintentional jumps (e.g. from a drop-kick) should not be counted. (We will not disqualify someone for being enthusiastic!).

Specific limitations will be placed on certain moves. For example, the 'floor sweeper' is excluded for safety reasons. If you are in doubt, contact us or leave it out.

'Standing knee height' means the height of the knee when standing up straight. It does not change if you kneel down or lift the knee in the air.

Terms, Conditions & Cancellations

The organiser (Ceroc Events Ltd) accept no responsibility for any loss or injury to persons or possessions after you have entered the building. It is your own responsibility to make sure your possessions are kept safe.

The booking form and process is a contract between Ceroc Events Ltd and the lead name only, and they as group leader are responsible for advising their guests/partners on all issues relating to the booking.

Confirmation – You will receive an email confirmation of your booking and payment. Please keep this safe.

Changes to the content, format and rules - The organisers reserve the right to change or alter any information they have published or may publish from time to time, although these will be formalised and concrete several days before the event. Otherwise, the schedule for the event will be handed to you at the event when you arrive, and the heats listings will be displayed in the foyer area.

Category Entry - Entries to most categories will be closed a few days before the event. Entries received after this date may be refused. However where there is capacity in any category, entry to that will be accepted on the day of competition as long as entry is made and accepted BEFORE the start of any heat of that category. Any categories under subscribed at the week before the event point may be cancelled, in which case all entries for that category will be contacted and refunded.

Judging - The judges' decision is final. You can purchase your personalised score sheets after the event, these will be emailed to you after payment is received.

Competition Participation - It is the competitor's responsibility to check the competition category rules, the heats listings and schedule for the timings of your heats and be ready on the dance floor with your partner, dance numbers fixed securely in position, on time to partake in your heat. The organisers cannot be held responsible if you miss your heat. If you have any queries about the timings of the event, the schedule or the heats please clarify your queries at the information desk. Being late for a number call or missing a heat will mean automatic disqualification.

Disclaimer - Dancing is an aerobic activity and all attendees at this event participate at their own risk. The organisers cannot be held responsible for any loss or injury resulting from participation at this event.

Pets - Animals are not allowed at this event unless they are supporting a disability e.g. Dogs for the blind.

Age Limit - This event is open to anyone over the age of 16 for competitors, although different categories have ages limits. Anyone under the age of 18 years of age must be accompanied and supervised by an adult who, acting as their

chaperone, will be held responsible for the propriety of the minor. Competition entry ages are as per the individual competition category rules.

Filming and Photographs - Anyone attending this event agrees that they can be filmed or may appear in photographs which may be used for promotional purposes. There is a photographer at the event, you will be able to download photos for a very reasonable cost shortly after the event. Attendees are allowed to take photos, but any personal photographs taken are for your own use and cannot be sold or distributed for profit. No one is allowed on the competition dance floor apart from competitors during their heat, judges and officials with passes.

Cancellations Policy - There are no refunds. Places however can be sold; we just need the new name on the ticket. There are no exceptional arrangements for special circumstances such as illness, bereavement, emergencies or accidents etc. If the event has to be postponed or cancelled on our end, you will receive a transfer or a full refund.

Booking and Tickets

I want to watch my partner/family, but I do not dance, so which ticket do I buy?

You should buy a Spectators ticket for £15.00, which allows you entry to spectate only from 9.30am to 9pm.

How do I book tickets online?

Simply head to www.ceroc.com and click the appropriate button. It will open a new window where you will be taken through the booking process. You will need a debit or credit card to complete the purchase of tickets and competition spots.

Where do I get my tickets and dance numbers from?

Once booked, that's all you have to do until you arrive. On arrival you'll be given your entry wristband, dance numbers, safety pins and lucky dip slips, all under the surname you booked with. You will not be sent anything via post.

I'm having trouble booking online?

Try shutting your browser, re-opening and try again. If the problem persists, give us a call on 07590 594823 and we will do our best to resolve it for you!

I don't trust the booking system.

Our online system is very safe, however, if you wish to pay in cash, you can do so on any Ceroc Live or Ceroc Dance door, by seeing the Door person and filling out an application. No cheques.

How do I cancel once I've booked? Do I get my money back?

Once booked and paid for there are no refunds for unfilled spaces. You can however sell your places and change the name on the booking...see below.

My friend now wants to compete in my space, what do I do?

If you have sold or given your place to someone else that is fine. All we need to know is the new name, any payments for places etc need to be sorted out privately. Ceroc Events Ltd will not be able to refund and then resell your place.

How do I pick up my dance numbers and wristbands?

On the morning of the Chill Out Champs you will need to come to the front desk and give the name of the person who booked for you. Under that name you will find your dance number and your wristband for the event.

On the day...

Are there spaces to change/get ready?

Yes, we have a male and female changing room available on the day. These are strictly for getting changed and doing make up etc.

Where can I keep my stuff? Is there a cloakroom?

You are responsible for your own items. We will have coat racks available for outside coats, but please bring the minimum equipment you need. Your bag will need to be stored under your chair.

Where is best to park?

There are lots of Pay and Display car parks within a 3-6 minute walk. Please note all charge a fixed fee of £1.40 on Sundays between 10am and 4pm - parking is free outside of these times.

We recommend: Borough Parade and Gladstone Road are just a 3-minute walk and Bath Road and Emery Gate car parks a 6-minute walk.

Details of all car parks at <https://www.wiltshire.gov.uk/parking-chippenham>

Details of venue including map at <https://neeld.co.uk/contact/>

Where can I get food and drink?

You are able to bring your own food and drink on site. The venue is right on the high street, there are several fast-food chains, a Tesco, restaurants and chip shops etc within a 2-minute walk.

Can I bring my own food and drink in?

Yes. All non-alcoholic drinks and food are permissible.

Can I come and go?

Yes! So long as you keep your wristband on, you will need to show the door person when you re-enter. If you lose your wristband, you may be denied entry, and you will have to purchase a new wristband at cost price.

Where do I pin my numbers?

On the back of your top with 4 safety pins. You may wish to reinforce your number with tape etc. If your top does not have a back, then you can pin to the front of your top.

I'm in Lucky Dip, how does it work?

Everyone in Lucky Dip needs to be on the floor on time in order to be allocated a partner. Leads will have a number pinned to their back, follows will need their coloured slip from their booking envelope. After being partnered follows slips will be collected and their partners corresponding number recorded. This is your partner for the entire Lucky Dip. Numbers will be called for the heats, so after allocation you need to stay nearby.

How do I get onto the Lucky Dip waiting list?

If too many leads or follows sign up, you will be asked if you would like to be placed on a waiting list. Once a spot becomes available you will be emailed with the chance to book a spot. You have 24 hours to reply, otherwise your place will be offered to the next person on the list. We do not guarantee that being on a waiting list will mean you get a place. Email cerocetentsltd@gmail.com

Can I enter different categories with different partners?

Yes.

I want to enter Over 50's, I'm 32 my partner is 51 is that ok?

No. For veterans both parties have to be 50 or over.

I'm entering the Open Category; can I compete as an amateur?

The open category is open to all.

If I enter the Open Category as a Follow, can I enter Advanced as a Lead?

As an open dancer lead or follow you cannot enter another category in that role. You can, however, enter an amateur level in the opposite role. For example, a female dancer may choose to enter Open as a Follow, but Advanced as a Lead, providing the dancer has not won in the Lead role at an Advanced level in a competition before.

What is a Dance Professional?

Anyone who has taught partner dancing 6 times or more in the last 6 months for payment. Anyone that is planning to teach partner dancing in the next 6 months, 6 or more times for payment.

What counts as an Amateur?

We count Amateurs as people who have not received payment to teach partner dancing, and anyone who is not competing at Open level.

Contact Us

If you need to get in touch about anything from how to book on, to how many safety pins you need please reach out:

Phone: Richard on 07590 594823.

Email: cerocetentsltd@gmail.com

Website: www.ceroc.com