



TRAMPOLINE AND DMT

LEAGUE



2026 TRIPLE CROWN WINNER

“FREDERICK FREEMAN”

THE FIRST LEAGUE TRIPLE CROWN

WINNER - Frederick Freeman of Propulsion

- In 2025 the League introduced a great new initiative to honour any gymnast to win three different major British events in one discipline. This would involve winning a title at the highest level of competition in a Home Nations Finals, a League 1 or Super League title and a British Championship title, all in 2025.

Several gymnasts came very close with some outstanding performances. Edgbarrow's Eleanor Edwards claimed both the English and League titles but narrowly missed out at the British Championships. Alfie Lynch also impressed, securing the British and League titles but just missed out on the English title. Finally, Jake Westgarth delivered an excellent season, winning the English and British titles but missed out on adding a League title to his achievements.

Unsure whether this was realistically achievable, as it is such a feat, we were thrilled when Frederick Freeman of Propulsion completed a hattrick and won the first ever League Triple Crown with a cash prize. Frederick won the English Gold title, the League 1 age group title and the British Youth title, all in DMT. Frederick also nearly achieved it in Trampoline as well, proving he is a fantastically versatile gymnast. CONGRATULATIONS Frederick!

