



**VTCT Skills**

***Regional Heats: Leading to National finals Monday 12<sup>th</sup> May Norcalympia Festival Hall Norbreck Castle Hotel, Queens Promenade Blackpool***

**Scotland: Thursday 23<sup>rd</sup> January 2025**

*New College Lanarkshire, Motherwell campus, 1 Enterprise Way, Motherwell, ML1 2TX*

**Wales: Monday 17<sup>th</sup> February 2025**

*Coleg Gwent Nash Campus Bishton, NP19 4TS*

**North West: Monday 24<sup>th</sup> February 2025**

*Norcalympia Festival Hall Norbreck Castle Hotel, Queens Promenade Blackpool FY2 9AA*

**South West: Tuesday 25<sup>th</sup> February 2025**

*Weston College, Weston-Super-Mare BS23 2AL*

**Jersey and Guernsey: Wednesday 26<sup>th</sup> March 2025**

*Highlands College, Highlands Lane, St. Saviour, Jersey JE1 1HL*

**Midlands: Monday 31<sup>st</sup> March 2025**

*Sport's Hall, Sandwell College, Central Campus, 1 Spon Lane, West Bromwich, B70 6AW*

**North East: Tuesday 1<sup>st</sup> April 2025**

*Federation Brewery, Lancaster Road, Dunston, Gateshead NE11 9JR*

***See page 13 for entry details for all areas.***

*Open to students enrolled on core programmes for Hairdressing, Barbering, Beauty Therapy or Media Hair & Make-up, Nail services at an accredited centre.*

***Three*** competitors per full current individual member or ***unlimited*** competitors from any one centre with a corporate membership may be entered in only one ***Area Competition*** for each category.

Any member submitting entries for Area Competitions must be a current full paid up AHT member on the ***2<sup>nd</sup> February 2025*** a full current member of the AHT.

***Email: [DenisejohnsonAHTcompetitions@outlook.com](mailto:DenisejohnsonAHTcompetitions@outlook.com)***

***Website-[WWW.aht-uk.co](http://WWW.aht-uk.co)***

## **General rules that apply to all competitions:**

1. All models and competitors must be aged 16+. Except regional 14-16 competitions.
2. Hairdressing and barbering competitions are **suitable for all hair classification types.**
3. Make-up, body, and face painting are **suitable for all skin types/skin tone.**
4. **Models can be all genders;** however, competition outcomes may identify look required masculine/feminine.
5. **Competitors in all competitions must have no more than three years' experience.**
6. Please be aware that competition times will not be held up for competitors or models in other competitions that are still being judged (**except in unusual circumstances**)
7. Small back mirrors **are** allowed.
8. **All styling tools and styling products are allowed.**
9. Models are not allowed to assist with the dressing of hair, passing of pins, hair spray etc. is acceptable.
10. All models can sit or stand for judging but could be asked to sit by a jury foreperson if needed.
11. Competitors and models must not wear clothing that contains any description of their college or training centre while they are on the competition floor.
12. Mobile phones, smart phones or I Pads are not to be brought onto the competition floor **by competitors or models.** (Failure to follow this rule will result in exclusion from the competition)
13. Any infringement of any rule may result in the competitor or team being asked to leave the competition floor.
14. Colleges/training centres that are found to be breaking the rules may be disqualified and not allowed to enter the competitions for the forthcoming year.
15. Competitors cannot use additional items of furniture unless with prior agreement with the national competition director as risk assessments are required. Adaptations for disabilities if required will be considered.

### **HEALTH AND SAFETY RULES**

#### **All electrical equipment must display the BSI kite mark.**

It is the responsibility of all colleges, training providers, competitors, and models to follow Occupational Health and Safety Regulations, Legislation, and manufacturers protocols during their competitions. Failure to do so, may result in entrants being removed from the competition floor, this includes **skin testing i.e., allergy alert, glue testing, also equipment.** Please note that competitors and models with respiratory disorders will be exposed to airborne chemical irritants – e.g., aerosols. Themed /coloured contact lenses may be added before any competition starts. By entering the competitions, you are agreeing to comply with all associated Health and Safety rules and regulations.

#### **Covid-19**

**The situation is continuously evolving as we monitor and respond to Covid-19 national and regional infection levels, and how these affect our normal activities. Different requirements may need to be tightened or relaxed in response to data and it is important to keep abreast of any legal requirement or amendment in this respect.**

#### **For the attention of all learners, parents, carers, and guardians: -**

**Please be aware that all competitors, models, and the audience may be filmed or photographed, as the venue is a public area, and these images may be reproduced for publicity and marketing purposes. However, the AHT will not permit the publication of any personal information relating to any competitor other than their name and place of training.**

#### **EQUALITY & DIVERSITY**

**AHT is committed to promoting equality of opportunity regardless of race, gender, religion or belief, marital status, sexual orientation, disability, age, size, social background, or any other criteria which is relevant.**

**Competition No. 1 – 10.00am prompt.**

**1st year commercial Blow Dry on a professional feminine ABOVE SHOULDER mannequin head.**

Competitors will need to provide their own mannequin head and **floor stand.**

Time allowed: 30 minutes. **1 Electric socket per competitor allowed.**

Refer to general rules also on page 2.

1. The technique is traditional blow styling only.
2. The mannequin's hair must be wet with water on the competition floor prior to scrutineering.
3. **No** straighteners or curling tongs can be used to finish the style.
4. The use of scissors to trim any stray hair is **NOT** allowed.

Focus for judging will be on the modern commercial every day style, good finish.



**Competition No. 2 – 10.00am prompt.**

**Half Body Painting: on a live model, competitors must have had no more than 3 years' experience.**

Theme: **ANIMATED FILMS** **No electrical equipment can be used.**

Time allowed: 2.5 Hours to complete full upper torso from the waist, full front, back and face. All skin to be painted.

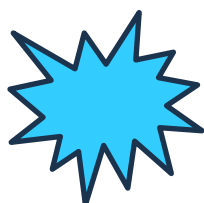
Refer to general rules also on page 2.

1. No preparation on the body or the hair before the start of the competition hair can be loosely tied up.
2. Any false nails/nail varnish etc will be expected to be painted over during the competition times.
3. Headdresses, hair pieces and bald caps may be worn & must be added during the allocated time.
4. No pre prepared skin additions are allowed.
5. No direct modelling applications and no latex.
6. Glitters, gems, jewels, feathers, and adornments can be used to enhance the body paint and must be applied within the competition time.
7. Spray colour should not be used on the skin.
8. No airbrushing allowed.
9. For health and safety reasons coloured contact lenses can be applied prior to the competition.

Hand-held and other props may be used to enhance but must not affect movement of the model.

**All models must wear any of the following: a plain coloured bra without straps or Plain coloured bandeau top or skin toned nipple shields.  
They must be applied before the start of the competition.  
No pre colouring allowed all chosen coverage must be painted  
within the 2.5 hours**

Focus for judging will be on the design which represents the theme, Good even coverage, degree of difficulty, creativity, overall look.



**Competition No. 3 – 10.00am prompt.**

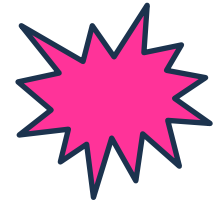
**Air brush body painting on a live model, BACK ONLY.**

**1 Electric socket per competitor allowed.**

Theme: **BIRDS OF PARADISE**- Time allowed: 1 Hour to complete full back.

This competition is to show artistic skill of Airbrushing techniques on a model.

1. Airbrushing must cover 100% of the back.
2. Floor, chair, and table covering must be provided by competitor.
3. Acetates and stencils may be used.
4. Masking technique may be used.
5. Glitters and gems may be used to enhance the look.
6. Free hand brush technique can only be used to clean up and finish off the design.
7. No skin additions (i.e. liquid latex or prosthetics allowed)



Focus for judging will be on the design which represents the theme, Good even coverage, degree of difficulty, creativity, overall look.

**Competition No. 4 – 10.00am prompt.**

**Authentic RENAISSANCE Make-up on a live model.**

Time allowed: 45 Minutes. **No electrical equipment can be used.**

Refer to general rules also on page 2.

1. Models must be devoid of make-up at the start of the competition.
2. Create an authentic look.
3. No airbrushing or spray paint allowed.
4. Hair, costume, and any small props may be used to enhance the overall look and must be completed on the model before entering the competition floor.

Focus for judging will be on the skill of make-up application, Creativity, Neatness of application, Total effect.

**Competition No.5 -10.00am prompt.**

**Theatrical ageing make-up on a live model, to include face, neck, and hands.**

**A CLEAR COLOUR PRINTED PHOTOGRAPH OF MODELS FACE devoid of make-up must be provided at the start of the competition.**

Time allowed 60 minutes. **No electrical equipment can be used.**

Refer to general rules also on page 2.

1. All types of suitable theatre make-up can be used including facial postiche, but this must be applied during the allocated time.
2. Hair, wigs, and costume may be used to enhance the overall look and can be completed on the model before entering the competition floor.

Focus for judging will be on the degree of transformation to photograph. The Skill of make-up application, Creativity, Neatness

**Competition 6 -10.00am prompt.**

**Creative Nail competition brought to the competition floor on a pre-prepared presentation Flat Mood Board for judging NO bigger than A4.**

Theme: **ART DECO** Refer to general rules also on page 2.

1. Designs must feature at least three different mediums/techniques over 10 artificial nails to demonstrate your skills and talent, 2D, 3D & 4D techniques can be used.
2. Embedding cut outs, alternative tip shapes and lengths, coloured powders, UV gels, air brushing, hand painted techniques, coloured polishes, base, and topcoats, polish secures transfers and tapes, embellishments, glitters, pigments and foils, fabrics, can be used.

Focus for judging will be on the Ten decorated nails presented on a flat mood board, over which the theme is demonstrated.

**Competition No. 7 – 11.00 am approx.**

**Barbering, Cut & Finish on a live model can be any gender.**

Time allowed: 45 minutes. **1 Electric socket per competitor allowed.**

Refer to general rules also on page 2.

1. Competitors to produce a **masculine** commercial style using traditional Barbering Tapering skills.
2. No clipper art allowed.
3. Competitors **must cut hair from all sections of the head, including the hairline**, (Breaking of this rule will result in penalty points preventing placement).
4. Use of a small mobile battery-operated flashlight may be used for fading.
5. **Competitors and Models are not allowed mobile phones or Ipads.**
6. The use of a colouring product to enhance the hairline is **NOT** allowed.



Judges will observe at frequent intervals.

Focus for judging will be on the cutting skills used, the style's suitability to model's features, Creativity, well balanced, good finish.

**Competition No. 8. –11.00am approx. Regional only**

**Evening Style with Ornamentation on a professional feminine UNIFORMED COLOUR mannequin head**

**Competitors must be at school and aged between 14-16 years of age.**

Time allowed 30 minutes. **No electrical equipment can be used.**

**Competitors will need to provide their own mannequin and floor stand.**

Refer to general rules also on page 2.

1. Hair can be pre-set, curled, crimped, or blown straight at the start of the competition, but no pre-plaiting or pony tails allowed.

Focus for judging will be on the creativity, a degree of difficulty, a high standard of finish.

**Competition No. 9 –11.00am approx.**

**Fantasy Hairdressing total look on a live model (FREE CHOICE)**

Time allowed 30minutes. **No electrical equipment can be used.**

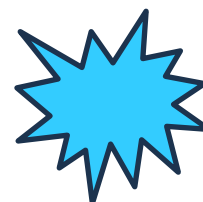
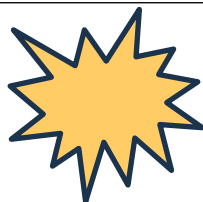
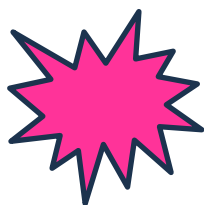
Refer to general rules also on page 2.

*This event allows the competitor to exercise creativity and imagination for a total look.*

1. Full freedom of techniques in hair creation.
2. No restriction on theme model **MUST** be dressed and make-up applied prior to the competition 3.
3. Prosthetics are allowed.
4. Any hair additions/ornamentation must be displayed at the start of the competition.
5. The use of scissors to trim any stray hair **is** allowed.

*Judges will observe at frequent intervals.*

*Focus for judging will be based on Inspiration, creativity and the range of hairdressing skills and techniques used, including integration of models own hair.*



**Competition No. 10-11.00am approx.**

**Full Face Painting on a live model competitor to produce a full facial face paint.**

Theme: **CARNIVAL** Time allowed: 45 Minutes. **No electrical equipment can be used.**

Refer to general rules also on page 2.

1. Models hair to be off the face and tied back.
2. Models must be devoid of make-up at the start of the competition
3. Models should wear a plain White or black tee shirt or own clothes, covered by a gown.
4. Only cream/water based/oil-based face painting products can be used.
5. No prosthetics, transfers, or spray paint allowed.
6. The finished face paint must finish at the jaw line.
7. Applied glitters and gems can be used to enhance the face paint and must be applied within the competition time. (Only the face will be judged).
8. No additional adornments or strip lashes allowed.

*Focus for judging will be on good even coverage, degree of difficulty, creativity, overall look.*

**Face painting is predominantly achieved for children; the rules are written to suit this industry.**



**Competition No.11 – 11.00am approx.**

**Commercial Nail Art Gel polish on a live model. Theme: *TORTOISESHELL***

Time allowed 60 minutes. **1 Electric socket per competitor.**

Refer to general rules also on page 2.

1. Competitors to produce a gel polish finish on a model with natural nails, no props can be used, and both hands must be placed on the table for judging.
2. The models natural nails must be devoid of any polish, base coat, or any nail enhancement products.
3. The nails will be scrutinised prior to the start of the competition to check that the model's nails are natural and free from any products.
4. All work must be **free hand**. No transfers, or stencils to be used.
5. LED/UV lamps must be used to cure the nails. **You must provide your own lamps that are compatible with the photo initiator in the gel polish.**  
(Breaking of this Industry requirement health & safety rule will result in penalty points preventing placement).

Focus for judging will be on the Symmetry, neatness, choice of colour, shine & finish, one hand mirroring the other.

**Competition No. 12 – 12.00pm approx.**

**Commercial Feminine Cut and Blow on a professional mannequin head.**

Competitors will need to provide their own **feminine** mannequin and **floor stand**.

Time allowed 45 minutes. **1 Electric socket per competitor** Refer to general rules also on page 2.

1. **Competitors must cut hair from all sections of the head** to produce a commercial look. (Breaking this rule results in penalty points preventing placement)

Cutting will be witnessed on the competition floor by scrutineers and Judges.

Focus for judging will be on the cutting skills used, creativity, degree of difficulty, good finish.

**Competition No. 13 –12.00pm approx.**

***Bridal Feminine hair styling on a live model or professional female mannequin head.***

*(Competitors will need to provide their own mannequin and floor stand)*

*Time allowed 45 minutes. No electrical equipment can be used.*

*Refer to general rules also on page 2.*

- 1. Competitors are required to create their chosen style; the hair may be up or down or a combination of both.*
- 2. The head can be pre-set but not dressed.*
- 3. Ornamentation **MUST** be used but must not cover more than 25% of the head.*
- 4. Artificial padding and added hair are allowed but are not mandatory.*
- 5. The use of scissors to trim any stray hair is **NOT** allowed.*

*Focus for judging will be on the hairstyle that complements a bride on their wedding day, creativity, finish.*

**Competition 14- 12.00pm approx. *Regional only***

***Prom themed make-up. Competitors can complete on themselves or on a live model.***

*Time allowed 45 minutes **Competitors must be at school and aged between 14-16 years of age.***

*Refer to general rules also on page 2. No electrical equipment can be used.*

- 1. Models must be devoid of make-up at the start of the competition, Create a look suitable for a prom.*
- 2. No airbrushing or spray paint allowed.*
- 3. Hair, costume may be used to enhance the overall look and must be completed on the model before entering the competition floor.*

*Focus for judging will be on the skill of make-up application, Creativity, Neatness of application.*

**Competition 15 – 12.00pm approx.**

***Glamorous Drag Make-Up Style on a live model A CLEAR COLOUR PRINTED PHOTOGRAPH OF MODELS FACE devoid of make-up must be provided at the start of the competition.***

*Time allowed 90 minutes. No electrical equipment can be used.*

*Refer to general rules also on page 2.*

- 1. Full freedom of techniques to create total look.*
  - 2. Full face and neck to be completed on the competition floor. Any other body work below this can be completed before as part of 'costume.'*
  - 3. Tapes and face lift tape is allowed.*
  - 4. Headdresses and or wigs may be worn & must be added during the allocated time. Models' hair can be prepared in advance for wig or headdress.*
- If using models own hair this can be pre-set- but dressed out on the floor.*
- 5. Model must be dressed prior to the competition to reflect the total look.*
  - 6. No airbrushing allowed.*

*Costume and props are encouraged to be used to enhance the overall look.*

*Focus for judging will be on the overall total look of the model, and the skills used.*



**Competition 16 – 12.00pm approx.**

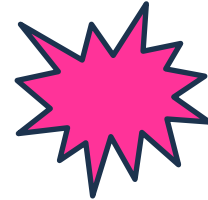
**Masculine Beard only cutting.**

Competitors are required to cut and shape a full beard on a live model.

Time allowed 20 mins. **1 Electric socket per competitor**

Refer to general rules also on page 2.

1. Competitors are required to cut and shape a beard.
2. All cutting tools allowed.
3. A minimum of 1cm must be removed.
4. There must be a clear difference from start to finish.



Judges will observe throughout

Focus on judging will be on finished result, clean facial line.

**Competition 17 – 12.00pm approx.**

**Design a front cover that is suitable for a fashion magazine using the AHT logo as the theme over 10 artificial nails.**

Your magazine cover needs to **be brought to the competition floor completed and presented on a pre-prepared flat mood board NO bigger than A4 for judging.**

Refer to general rules also on page 2.

1. Designs must feature at least three different mediums/techniques over 10 artificial nails to demonstrate your skills and talent, 2D, 3D & 4D techniques can be used.
2. Embedding cut outs, alternative tip shapes and lengths, coloured powders, UV gels, air brushing, hand painted techniques, coloured polishes, base, and topcoats, polish secures transfers and tapes, embellishments, glitters, pigments and foils, fabrics, can be used.
3. Candidates must include, Heading, Text, Information and Images which should show your Inspiration and creativity.

Focus for judging will be on the Ten decorated nails presented on a flat mood board, over which the AHT theme is the focus.

**Competition 18 – 1.00pm approx.**

**Feminine Fashion Blow dry on a pre-prepared cut & coloured professional mannequin head.**

Competitors are required to create their **feminine style** on a pre-cut and coloured mannequin.

Time allowed 30 minutes. **1 Electric socket per competitor.**

Competitors will need to provide their own mannequin and **floor stand.**

1. The mannequin's hair must be wet with water on the competition floor prior to scrutineering
2. Ornamentation is **NOT** allowed.
3. Curling tongs and straighteners **are** allowed.
4. The use of scissors to trim any stray hair is **NOT** allowed.

Focus for judging will be on the Individual Creativity, a degree of difficulty, a high standard of finish.

**Competition No. 19 – 1.00pm approx.**

**Editorial Style Make-up** suitable for a fashion magazine front cover **on a live model**. Theme: **VOGUE**

Time allowed in total 45 minutes.

Refer to general rules also on page 2. **No electrical equipment can be used.**

1. Models must be devoid of make-up at the start of the competition.
2. Competitors are to create a make-up look that has been inspired by a **HIGH FASHION MAGAZINE** the look must be suitable for an editorial shoot or runway.
3. Candidates must have a planned look created on an A4 sheet of paper which shows the Magazine name which should include, Heading, Text, Information and Images which should show your Inspiration.
4. No spray paint allowed, or airbrushing allowed.
5. Hair, costume, and any small props may be used to enhance the overall look and must be completed on the model before entering the competition floor. Only the makeup will be judged.

Focus for judging will be on the application, use of products, finish, and suitability for a High Fashion magazine front cover.

**Competition No. 20 – 1.00pm approx.**

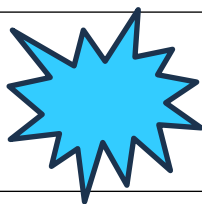
**Barbering creative masculine cut & finish on a pre-coloured live model** can be any gender.

Time allowed 45 minutes. **1 Electric socket allowed per competitor.**

Refer to general rules also on page 2.

1. Competitors to produce a **masculine** creative cut and finish on pre-coloured hair.
2. Competitors **must cut hair from all sections of the head, including the hairline**, (Breaking of this rule results in penalty points preventing placement)
3. Use of a small mobile battery-operated flashlight may be used for fading.
4. **Competitors and Models are not allowed mobile phones or Ipads.**
5. The use of a colouring product to enhance the hairline is **NOT** allowed.

Focus for judging will be on the cutting skills used, creative cut and finish that shows off the colour.



**Competition No. 21 – 1.00pm approx.**

**Create an injury: on either face/neck/arm, or a combination of areas on a live model.**

Time allowed 45 mins. **No electrical equipment allowed.**

Refer to general rules also on page 2.

1. Competitors to produce an injury that looks authentic.
2. No prosthetics allowed.
3. Direct modelling is allowed.

Focus for judging will be on the skills used and authenticity of the injury.

**Competition No. 22 –2.00pm approx.**

***Feminine Bridal Make-up on a live model.***

*Time allowed 45 minutes. **No electrical equipment can be used.***

*Refer to general rules also on page 2.*

- 1. Competitors to produce a **feminine** wedding make-up.*
- 2. Models must be devoid of make-up at the start of the competition.*
- 3. No airbrushing allowed.*
- 4. Hair and bridal outfit may be used to enhance the overall look and must be completed on the model before entering the competition floor.*

*Focus for judging will be on the application and technique of the makeup and overall look.*

**Competition No. 23 -2.00pm approx.**

***Feminine Evening Style can be on a live model or a professional mannequin head.***

*Competitors are required to produce an overall **feminine** hairstyle to be created on the competition floor, Hair can be up or down or a combination of both.*

*(Competitors will need to provide their own mannequin and **floor stand**)*

*Time allowed 45 minutes. **No electrical equipment allowed.***

*Refer to general rules also on page 2.*

- 1. Hair can be in its natural state or set from wet or dry.*
- 2. NO PRE-STYLING, if twists or plaits are used as part of the set, these must be removed prior to dressing.*
- 3. Added hair, padding or ornamentation can be used but must not cover more than 25% of the head.*
- 4. The use of scissors to trim any stray hair is **NOT** allowed.*

*Focus for judging will be on the creativity, a degree of difficulty, a high standard of finish.*

**Competition No. 24 – 2.00pm approx.**

**Create an Image Based on a Theme. A team event created on a live model.**

**Team will consist of two competitors (1hair and 1make-up) and will work together at the same time on the competition floor.**

**Theme: MOULIN ROUGE**

Time allowed 90 minutes. **No electrical equipment allowed.**

The overall result will be judged equally on hairdressing, make up skills and the suitability to the theme.

Refer to general rules also on page 2.

**Hair Rules:**

1. Competitor to execute a hairstyle suitable for chosen theme.
2. Ornamentation, hat's, added hair, padding, can be used.
3. Hair can be pre-set, curled, crimped, or blown straight at the start of the competition, **but no pre-plaiting**, if twists, pony tails or plaits are used as part of the set, these must be removed prior to dressing.
4. Any hair additions or ornamentation or padding must be displayed at the start of the competition.
5. The use of scissors to trim any stray hair **is** allowed.

**Make-up Rules:**

1. Competitor to produce a **make-up** suitable for the theme.
2. Model must be devoid of make-up at the start of the competition.
3. Applied glitters, gems, jewels, feathers, and adornments can be used to enhance the make-up and must be applied within the competition time.
4. No spray paint or air brushing allowed.

Costume and props may be used to enhance the overall look of the theme and must be completed on the model before entering the competition floor. These must not hinder models' movement.

Focus for judging will be on the overall hairdressing and make-up skills, including the integration of models own hair, creativity, degree of difficulty and overall finish.

**Competition No. 25 – 2.00pm approx.**

**Creative Mixed media nails completed and brought to the competition floor in **an appropriate pre-prepared** box no bigger than A4 for judging.**

**Theme FANTASY.** Refer to general rules also on page 2.

- 1, Create your design using 10 alternative tip shapes and lengths of your choice.
2. All forms of nail art and media can be used over the 10 nail tips to demonstrate your skills and talent.
3. Materials that can be used to create your design can be acrylics powder, Gel, Acrylic Paints, Nail Enamel, Top Coat, Crystals, Glitters, UV gels, air brushing, hand painted techniques, coloured polishes, base, and topcoats, embellishments, pigments and foils, fabrics etc.
4. You can decorate your box but only the nail art will be judged.

Focus for judging will be on the Ten decorated nail tips presented in a box, over which the theme is demonstrated.

**Competition No. 26 2.00pm approx.**

***Feminine commercial cut and finish on TEXTURED HAIR***

*Time allowed: 45 minutes. 1 Electric socket per competitor only.*

*Refer to general rules also on page 2.*

*1. Competitors must cut hair from all sections of the head to produce a commercial Look on textured hair (Breaking this rule results in penalty points preventing placement)*

*Cutting will be witnessed on the competition floor by scrutineers and Judges.*

*Focus for judging will be on the cutting skills used, creativity, degree of difficulty, good finish.*

**ENTRY FEES FOR 2025:**

**£12.00 per competitor per competition.**

**Please complete the AHT entry form.**

*The first 3 places go to National Finals from all areas. Additional finalists are allowed if the number of competitors in the competition exceeds 29*

- **30-40 entries** = 4 places
- **41-50 entries** = 5 places
- **51-60 entries** = 6 places
- **61+entries** = 7 places

*Forward your entries on the **official AHT entry form** to the regional area competition director.*

- North West: [DenisejohnsonAHTcompetitions@outlook.com](mailto:DenisejohnsonAHTcompetitions@outlook.com)
- Midlands: [Dawn.Humphries@sandwell.ac.uk](mailto:Dawn.Humphries@sandwell.ac.uk)
- North East: [lindsay.gaskill@ncl-coll.ac.uk](mailto:lindsay.gaskill@ncl-coll.ac.uk)
- Scotland: [john.o'hara@nclan.ac.uk](mailto:john.o'hara@nclan.ac.uk)
- Southern: [mark.pawsey17@gmail.com](mailto:mark.pawsey17@gmail.com)
- Wales: [djbassett@hotmail.com](mailto:djbassett@hotmail.com)
- South West: [jenna.ratcliffe@weston.ac.uk](mailto:jenna.ratcliffe@weston.ac.uk)
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