

Beci Dale

Team UK
Jump Rope UK
Been Rope Skipping for : 16years



Experience/Achievements:

I have coached within the National Team for 9 years. Staffed at Germany Camps for many years, staffed at European Championships and was invited to America where I was staff at their camps. I have been helping to run the coaching courses in the UK for the past 7years now.

I have represented the UK in many competitions, including:
British Championships, European Championships,
World Championships (Winning gold in 2002)
Most recently placed as:

1st place team speed European Championships Hungary 2011
2nd place team double dutch speed European Championships 2011
2nd place for 30seconds speed Europeans 2010 Belgium
5th Place Individual European Championships 2010 Belgium
8th Place World Championships individual 2010, United Kingdom
British Champion last 3years
Silver for Single Rope Team 2009 Sweden
3rd place Overall Double Dutch, World Championships 2008 South Africa
Also World Record Holders for Double Under Relay 2007
Team Bronze medallists for Double Dutch at Worlds 2006
5th in Europe Individually 2007
European Team Single Rope Champions 2007



TV/Commercial work:

This includes:

Olly Murs music video "heart skips a beat"
James Morrison Music Video " You Give Me Something"
Adez-juice drink advert
Strathmore Water advert
CD:UK with Girls Aloud
Brian Connelly's "Let Me Entertain You"
Generation Fame
Sky Sports
A league of their own
P for Productions NY Block Party
Guinness World records twice, UK and Italy
Worked with Madonna and Ian Brown
Feel Good Factor – taught Myleene Klass how to skip
Blue Peter
Britain's Got Talent

