



ABST NATIONAL COMPETITIONS 2023 RESULTS



ALLIANCE FOR BAKERY STUDENTS & TRAINEES

THE ABST NATIONAL COMPETITIONS 2023 RESULTS

The official Alliance for Bakery Students and Trainees National Competitions Results held at Alton Towers Hotel on Saturday 17th June 2023. Also included within this document are the winners of the Alliance for Bakery Students and Trainees February Competitions held at University College Birmingham on Saturday 25th February 2023.

Page 3	The Bakery Trainee Challenge Trophy
Page 4	The Horton Trophy
Page 5	The Founders Cup
Page 6	The Junior Cup Challenge
Page 7	The Presidents Cup
Page 8	The Novices Award
Page 9	The Bakery Students Bakery and Confectionery Trophy
Page 10	The Blandy Cup
Page 11	The Celebration Cupcake Challenge
Page 12	Slattery Trophy
Page 13	The Renshaw Cup
Page 14	The Lorna Jones Memorial Trophy Carved Novelty Cake
Page 15	The Frank Webster Trophy The Goldex Award
Page 16	The Devon Rose Bowl
Page 17	Callebaut Chocolate Academy Trophy
Page 18	The Dibble / Ducan Shortbread Shield Shortbread Class
Page 19	The Bakers and Confectioners Association Award
Page 20	The Harvester Cup
Page 21	The Masters Cup
Page 22	The British Society of Baking Trophy
Page 23	The Sourdough Challenge Trophy
Page 24	The Fruit Loaf Warburtons Trophy
Page 25	Mandy Wansell Trophy Danish Pastry Trophy
Page 26	The Masters Award
Page 27	The Healthy Eating Innovation Award
Page 28	The Innovation Trophy
Page 29	The Robert John Blackwell Trophy 3-D Dough Art Display LIVE
Page 30	The Victory Challenge Trophy LIVE
Page 31	IBB Piping Cup LIVE
Page 32	JF Renshaw Trophy LIVE
Page 33	Wrights Trophy LIVE
Page 34	Lob the Cob
Page 36	The Innovation Award February 2023
Page 37	The Lamination Innovation Award February 2023
Page 38	The Chocolate Truffle Cup February 2023



The Bakery Trainee Challenge Trophy

Sponsored by Food and Drink Qualifications

This competition is open to any trainee member i.e. on a recognised bakery training course and working in a bakery for at least 8 hours per week.

1st Place **Zain Arthur** University College Birmingham
Trainee Challenge Trophy to be held for one year, £100, ABST Medal and Diploma

2nd Place **Tom Moorhouse** National Bakery School
£50, ABST Medal and Diploma.

3rd Place **Joseph Allen** University College Birmingham
£25, ABST Medal and Diploma.

Competition Details;

Bread | 2 x Traditional Artisan French Baguettes.

Morning Goods | 2 x Plain all butter Croissant.

Recipe/Method sheet also provided for both elements.



The Horton Trophy

Sponsored by Alliance for Bakery Students and Trainees

This is an Open Competition Class and can be entered by Professional Bakers, Amateur Bakers, Tutors, Students and those training in industry.

1st Place **Abbie Childs** University College Birmingham
Horton Trophy to be held for one year, ABST Medal and Diploma

2nd Place **Karen Gordon** Blackpool College
ABST Medal and Diploma.

3rd Place **Ellie Thomasson** Tameside College
ABST Medal and Diploma.

Competition Details;

Bread | Produce one Competition Quality 800g White Oven Bottom Loaf of any shape.



The Founders Cup

Sponsored by Wildfarmed.co.uk

Team Competition consisting of four student and/or trainee members.
Products include Macaron, Scones, Palmiers and Multigrain Loaf.

1st Place University College Birmingham

Holly Jenkinson, Emily Alltree, Hannah Grace Edwards, David Grey
Founders Cup to be held for one year, £50 per Team Member, ABST Medal and Diploma

Individual Product Winners

Macaron Charlotte Hopkinson National Bakery School
£25, ABST Medal and Diploma.

Scones Kateland Milton Blackpool College
£25, ABST Medal and Diploma.

Palmiers Hannah Grace Edwards UCB
£25, ABST Medal and Diploma.

Multigrain Loaf Karlyen Darch Tameside College
£25, ABST Medal and Diploma.



The Junior Cup Challenge

Sponsored by Bakery Business

Team Competition open to three students and/or trainees who are 16 or 17 years of age on the day of the competition.

1st Place Tameside College

Lara Wilkinson, Connor Gamble and Georgie Fisher

Junior Challenge Cup to be held for one year, £50 per Team Member, ABST Medal and Diploma

Competition Details;

Confectionery | 2 x Victoria Sandwich using the creamed method.

Bread | 1 x Bulk Fermented Cottage Loaf

Cake Decoration | 1 x 8 inch Decorated Birthday Cake



The Presidents Cup

Sponsored by British Bakels

This is an Open Competition Class to all student and trainee members.

1st Place **Sara Haythorne** Sheffield College
Presidents Cup to be held for one year, £100, ABST Medal and Diploma

2nd Place **Mobin Rahman** Sheffield College
£50, ABST Medal and Diploma.

3rd Place **Jessica Tennant** UCB
£25, ABST Medal and Diploma.

Competition Details;

Bread | Produce one Ciabatta Loaf weighing at least 300g.

Confectionery | Produce one decorated Caterpillar Cake

Pastry | Produce one 6 inch Bakewell Tart.

Recipe/Method sheet also provided for all elements.



The Novices Award

Sponsored by IREKS

This competition is only open to student and trainee members who have not entered any previous ABST product competitions.

1st Place **Sophie Tse** Sheffield College
Chairmans Cup to be held for one year, £100, ABST Medal and Diploma

2nd Place **Ruby Harrison** Tameside College
£50, ABST Medal and Diploma.

3rd Place **Abigail Keenan** Sheffield College
£25, ABST Medal and Diploma.

Competition Details;

Bread | Produce one 400g Tin Bread

Confectionery | Produce one Angel Slab Cake 25cm x 15cm

Speciality Bread | Produce one 400g Spelt and Honey Bread Tin Loaf.



The Bakery Students Bakery and Confectionery Trophy

Sponsored by Craft Bakers Association

This competition is open to all student and trainee members.

1st Place **Abigail Keenan** Sheffield College
Bakery Students Bakery and Confectionery Trophy to be held for one year, £100, ABST Medal and Diploma

2nd Place **Charlotte Hughes** Tameside College
£50, ABST Medal and Diploma.

3rd Place **Katherine McGuinness** Blackpool College
£25, ABST Medal and Diploma.

Competition Details;

Bread | Produce one 800g Bulk Fermented London Bloomer
Confectionery | Produce six individually Decorated Fondants



The Blandy Cup

Sponsored by Jane Hatton

This competition is open to any member.

1st Place **Nick Woods** National Bakery School
Bakery Students Bakery and Confectionery Trophy to be held for one year, £100, ABST Medal and Diploma

2nd Place **Hannah Morris** National Bakery School
£50, ABST Medal and Diploma.

3rd Place **Chloe Sutton** National Bakery School
£25, ABST Medal and Diploma.

Competition Details;

Cake Decoration | Produce a decorated Cake suitable for Wedding Anniversary.

Confectionery | Produce a Heavy fruit wedding cake 15.5cm in diameter



The Celebration Cupcake Challenge

Sponsored by Kudos Blends

This competition is open to all student and trainee members.

1st Place **Zuzka Petraskova** National Bakery School
Cupcake Challenge Trophy to be held for one year, £100, ABST Medal and Diploma

2nd Place **Abbie Jones** National Bakery School
£50, ABST Medal and Diploma.

3rd Place **Elise Norton** Blackpool College
£25, ABST Medal and Diploma.

Competition Details;

Cake Decoration | Produce 8 x Cupcakes, (4 x Designs | 2 x cakes of each design in the theme of Eurovision Song Contest)
Recipe/Method sheet also provided for all elements.



Slattery

Chocolate Wedding Cake

Sponsored by Slattery

This competition is open to any ABST member.

1st Place Ophelia Tilly

Sheffield College

Slattery Trophy to be held for one year, £100, ABST Medal and Diploma & optional work experience

2nd Place Sophia Squires

National Bakery School

£50, ABST Medal and Diploma.

3rd Place Taj Sarker

Blackpool College

£30, ABST Medal and Diploma.

Competition Details;

Cake Decoration | Produce a one tier Chocolate Cake suitable for a wedding using 20cm base.



The Renshaw Cup

Sponsored by Renshaw

This competition is open to any student or trainee member.

1st Place **Eleri Jones** Cardiff & Vale College
The Renshaw Cup to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Lisa Strudwick** Tameside College
£75, ABST Medal and Diploma.

3rd Place **Holly Buttner** Tameside College
£50, ABST Medal and Diploma.

Competition Details;

Cake Decoration | Produce a decorated Celebration Cake any shape themed for 125 years Years of Renshaw.



Carved Novelty Cake

Sponsored by BAKO North Western

This competition is open to any student or trainee member.

1st Place **Salima Shriha**

City of Liverpool College

Lorna Jones Memorial Trophy to be held for one year, £100, ABST Medal and Diploma

2nd Place **Ellie Griffiths**

Cardiff & Vale College

£50, ABST Medal and Diploma.

3rd Place **Lisa Strudwick**

Tameside College

£25, ABST Medal and Diploma.

Competition Details;

Cake Decoration | Produce one hand carved novelty cake of any shape and height suitable for a celebration.



The Goldex Award

Sponsored by the Alliance for Bakery Students and Trainees

This competition is open to any member.

1st Place **Sam Copeland** Reaseheath College
Frank Webster Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Gracie Miller** UCB
£50, ABST Medal and Diploma.

3rd Place **Courtney Bravington** UCB
£25, ABST Medal and Diploma.

Competition Details;

Cake Decoration | Produce a floral sugar craft arrangement, display or bouquet.



The Devon Rose Bowl

Sponsored by Cooplands Bakery

This competition is open to any member.

1st Place **Charlotte Hopkinson** National Bakery School
The Devon Rose Bowl to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Kat Scott** Sheffield College
£50, ABST Medal and Diploma.

3rd Place **Tara Pawils** National Bakery School
£25, ABST Medal and Diploma.

Competition Details;

Confectionery | Produce one traditional cake no larger than 15cm and one reinvented version of the same traditional cake.

Recipe/Method sheet also provided for all elements.



Callebaut Chocolate Academy Trophy

Sponsored by Barry Callebaut

This competition is open to any student or trainee member.

1st Place **Janne Bundesen** National Bakery School
Callebaut Chocolate Trophy to be held for one year, Voucher for a two day chocolate course of their choice at the UK Chocolate Academy, ABST Medal and Diploma.

2nd Place **Tom Moorhouse** National Bakery School
£50, Chocolate Book, ABST Medal and Diploma.

3rd Place **Emma Pearson** National Bakery School
£30, Chocolate Book, ABST Medal and Diploma.

Competition Details;

Chocolate | Produce an innovative Chocolate Easter Egg & 3 x Identical Chocolate snacking bars.

Recipe/Method sheet also provided for all elements.



Shortbread Class

Sponsored by Scottish Bakers

This competition is open to any student or trainee member.

1st Place **Nick Woods** National Bakery School
Dibble / Duncan Shortbread Shield to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Olivia Melbourne** City of Liverpool College
£50, ABST Medal and Diploma.

3rd Place **Ellie Loftus** Tameside College
£25, ABST Medal and Diploma.

Competition Details;

Biscuit | Produce one pre-moulded baked Traditional Shortbread Round.



The Bakers and Confectioners Association Award

Sponsored by the Bakers and Confectioners Association

Best Overall Confectionery Item | £100 Prize Money

Lucy Thomas
Maisy Fry

Cardiff & Vale College
Cardiff & Vale College

Competition Details;

This award will be given to the entry considered by the judges to be the best overall item of confectionery. The recipient of the award must be a student or apprentice who is currently working in a bakery and participating / attending a bakery course.



The Harvester Cup

Sponsored by AB Mauri UK & Ireland

This competition is open to all students enrolled on a Bakery Course at College and/or University.

Overall Combined Winner

Maryann Thurgood University College Birmingham
The Harvester Cup to be held for one year, £100, ABST Medal and Diploma.

1st Place Harvester Bread

Zoe Mooney Tameside College
£50, ABST Medal and Diploma.

1st Place Harvester Rolls

Maryann Thurgood University College Birmingham
£50, ABST Medal and Diploma.

Competition Details;

Bread | Produce one Harvester 400g Tin Loaf & 400g Oven Bottom Cob.
Rolls | Produce six Harvester Rolls any shape and dressing.



The Masters Cup

Sponsored by The Worshipful Company of Bakers

This competition is open to any student or trainee member.

1st Place **Abigail Keenan** Sheffield College
The Masters Cup to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Sophie Tse** Sheffield College
£50, ABST Medal and Diploma.

3rd Place **Lucy Hemingway** Sheffield College
£25, ABST Medal and Diploma.

Best Oven Bottom Coburg	Abigail Keenan
Best Wholemeal Tin Loaf	Sophie Tse
Best Four Strand Plait	Abigail Keenan

Competition Details;

Bread | Produce one Oven Bottom Coburg, one Wholemeal Tin Loaf and one Four Strand Plait.



The British Society of Baking Trophy

Sponsored by The British Society of Baking

This competition is open to any student or trainee member.

1st Place Thomas Simpson UCB

The British Society of Baking Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place Niamh Burke-Tomlinson UCB

£50, ABST Medal and Diploma.

3rd Place Fred Morris Sheffield College

£25, ABST Medal and Diploma.

Competition Details;

Bread | Produce one 800g White Coburg loaf with no improvers or dough conditioners.



The Sourdough Challenge Trophy

Sponsored by Lesaffre UK and Ireland

This competition is open to any student or trainee member.

1st Place **Shauna Somerfield** Tameside College
The Sourdough Challenge Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Joel Chadwick** UCB
£50, ABST Medal and Diploma.

3rd Place **James Ord** Tameside College
£25, ABST Medal and Diploma.

Competition Details;

Bread | Produce two Bulk Fermented Sourdough loaves weighing 500g after bake.



The Fruit Loaf Challenge

Sponsored by the Alliance for Bakery Students and Trainees.

This competition is open to any student or trainee member.

1st Place Thomas Simpson UCB

The Fruit Loaf Warburtons Challenge Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place George Parkhouse Tameside College
£50, ABST Medal and Diploma.

3rd Place Jacob Ellis Neath Port Talbot College
£25, ABST Medal and Diploma.

Competition Details;

Bread | Produce two 400g Fruit Farmhouse Tin Loaves without improvers or conditioners.



The Mandy Wansell Trophy

Sponsored by CSM Bakery Solutions.

This competition is open to any student or trainee member.

1st Place **Joseph Allen** UCB

The Mandy Wansell Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Florentina Ispasoiu** National Bakery School

£50, ABST Medal and Diploma.

3rd Place **Katie McGuinness** Blackpool College

£25, ABST Medal and Diploma.

Competition Details;

Pastry | Produce four Danish Pastries of a minimum of two types laminated with Flex Laminating Fat.



The Masters Award

Sponsored by The Worshipful Company of Bakers

Best Overall Loaf | £100 Prize Money

Abbie Childs

University College Birmingham

Competition Details;

This award will be given to the entry considered by the judges to be the best overall loaf. Each winning loaf in all competitions will be judged to find the supreme loaf, irrespective of overall marks.



The Healthy Eating Innovation Award

Sponsored by British Bakels

This competition is open to any student or trainee member.

1st Place **Kieran Thomas-Jenkins** Neath Port Talbot College
The Healthy Eating Innovation Award to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Zeynep Kayan** Cardiff & Vale College
£50, ABST Medal and Diploma.

3rd Place **Katie Bryceson** National Bakery School
£25, ABST Medal and Diploma.

Competition Details;

Confectionery | Produce four innovative flavours Muffins, Cereal Bars suitable for a Lunchbox.

Recipe/Method sheet also provided for all elements.



The Innovation Trophy

Sponsored by AB Mauri UK & Ireland

This competition is open to any student or trainee member.

1st Place **Megan Davidson** Sheffield College
The Innovation Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Bethan Sanders** National Bakery School
£50, ABST Medal and Diploma.

3rd Place **Ruby Harrison** Tameside College
£25, ABST Medal and Diploma.

Competition Details;

Bread | Develop and present two 400g healthy bread concepts.
Recipe/Method sheet also provided for all elements.



The 3-D Art Display

Sponsored by UK Flour Millers

This competition is open to any student or trainee member.

1st Place **Sabrina George** Sheffield College
The Robert John Blackwell Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Florentina Ispasoiu** National Bakery School
£50, ABST Medal and Diploma.

3rd Place **Natasha Ahmed** National Bakery School
£25, ABST Medal and Diploma.

Competition Details;

Bread | Produce a baked finished decoration dough display piece suitable for a bakers seasonal shop window.



The Victory Challenge Trophy

Sponsored by the Alliance for Bakery Students and Trainees

This competition is open to any student or trainee member.

1st Place

Lucy Thomas	Cardiff & Vale College
Maisy Fry	Cardiff & Vale College

The Victory Trophy to be held for one year, Each team member £75, ABST Medal and Diploma.

2nd Place

Nick Woods	National Bakery School
Chloe Sutton	National Bakery School

Each Team Member £50, ABST Medal and Diploma.

3rd Place

Toby Catterall	Blackpool College
Isabella Swain	Blackpool College

Each Team Member £25, ABST Medal and Diploma.

Competition Details;

Confectionery | Team of two student and / or trainee members produce one decorated gingerbread house suitable for a Bakers Christmas display.



The IBB LIVE Piping Class

Sponsored by the Alliance for Bakery Students and Trainees

This competition is open to any student or trainee member.

1st Place **Caitlyn Virgin** Cardiff & Vale College
The IBB Cup to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Lauren Wallis** Cardiff & Vale College
£50, ABST Medal and Diploma.

Competition Details;

Cake Decoration | Produce four themed miniature cakes to be decorated LIVE within 2 hours 30 minutes.



LIVE Marzipan Modelling

Sponsored by Renshaw

This competition is open to all members.

1st Place **Sophie Youde** Cardiff & Vale College
The JF Renshaw Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Sophia Squires** National Bakery School
£50, ABST Medal and Diploma.

3rd Place **Ellise Bailey** UCB
£25, ABST Medal and Diploma.

Competition Details;

Confectionery | Team of two student and / or trainee members produce one decorated gingerbread house suitable for a Bakers Christmas display.



Dead Dough Modelling Plaque

Sponsored by GR Wright and Sons Ltd

This competition is open to any student or trainee member.

1st Place **Molly Wainwright** National Bakery School
The Wrights Trophy to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Mobin Rahman** Sheffield College
£50, ABST Medal and Diploma.

3rd Place **Lewis Menzies** Sheffield College
£25, ABST Medal and Diploma.

Competition Details;

Bread | Create a display piece suitable for display in a bakery shop window, showcasing bread skills in modelling, decorating, design, symmetry, detail and imagination.



Lob The Cob

Sponsored by the Arytza

This competition is open to any student or trainee member.

1st Place Female

Sophie Tse

Lob the Cob Trophy, £50

Sheffield College

1st Place Male

Bongani Donga

Lob the Cob Trophy, £50

Tameside

Competition Details;

Physical Activity | Competitors compete to “Lob” a 400g Cob using a peel as far as they can. The furthest throw for each male and female is declared the winner.

ABST



ALLIANCE FOR BAKERY STUDENTS & TRAINEES

**INNOVATION
COMPETITION
FEBRUARY 2023**



**AND THE
WINNERS
ARE...**



The Innovation Award

Sponsored by CH Guenther & Son Inc

This competition is open to any student or trainee member and was held on Saturday 25th February 2023 at University College Birmingham.

1st Place **Rachel Stonehouse** National Bakery School
The Innovation Award to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Mobin Rahman** Sheffield College
£50, ABST Medal and Diploma.

3rd Place **Megan Davidson** Sheffield College
£25, ABST Medal and Diploma.

Competition Details;

Bread | Develop an innovative Burger Bun and sweet morning good suitable to be sold in a Café Setting.



The Laminated Pastry Innovation Award

Sponsored by Rondo

This competition is open to any student or trainee member and was held on Saturday 25th February 2023 at University College Birmingham.

1st Place **Tom Moorhouse** National Bakery School

The Lamination Innovation Award to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Fraja Hartley** University College Birmingham

£50, ABST Medal and Diploma.

3rd Place **Fardeen Hayat** University College Birmingham

£25, ABST Medal and Diploma.

Competition Details;

Pastry | Create and Produce an innovative sweet filled ambient pastry suitable to be produced on the Rondo Star Line.



The Chocolate Truffle Cup

Sponsored by Rondo

This competition is open to any student or trainee member and was held on Saturday 25th February 2023 at University College Birmingham.

1st Place **Rachel Stonehouse** National Bakery School

The Chocolate Truffle Cup to be held for one year, £100, ABST Medal and Diploma.

2nd Place **Sophia Squires** National Bakery School

£50, ABST Medal and Diploma.

3rd Place **Ella Stewart** University College Birmingham

£25, ABST Medal and Diploma.

Competition Details;

Chocolate | Create six identical flavoured ganache truffles shelled or enrobed suitable for sale in a retail shop.

Intentionally Blank

**ABST NATIONAL
COMPETITIONS
2023
RESULTS**