

Press Release – Falcons Gymnastics Academy Club Competition 2009

Falcons Gymnastics Academy's annual Club Competition proved to be a great success this year with almost 180 gymnasts, of all ages and abilities, competing. The competition is organised to introduce the younger recreational gymnasts to competition and for many in was their first.

The Saturday was split into three sessions to accommodate the 130 girls taking part. Recreational gymnasts occupied the first two sessions and were grouped by their age with four categories covering competitors aged between five and 12 years old. Squad and pre-squad girls were separated into five teams of eight, in the day's final session, to compete against each other. Each team had a great variety of ability with pre-squad girls, some competing for the first time, being helped and encouraged by some of Falcons elite girls.

Sunday's session saw 36 boys, teamed in a similar way to squad girls on the previous day, compete for and against each other. Teams were captained by Falcons elite boys and had gymnasts as young as four years old taking part.

Also on the Sunday was the chance for our older recreational teenage girls, most of which are new to gymnastics share the limelight with the club's less youthful competitors. The adult's competition was a great opportunity for those that are new to the sport and those returning for the first time, for many, since school age to get a taste of competitive gymnastics.

Although nerves inevitably played its part amongst our youngest girls, there was certainly no disappointment. Flynn Rostock produced a tremendous all round performance to win both the vault (9.20) and floor (9.30) disciplines and with a combined score of 18.50, secured the gold medal in the 2003/2004 girls category. Silver medallist, Hannah Elliot was hot the heels of Flynn with only 0.35 separating the two youngsters. Kirsty Kingdom achieved an impressive combined 17.25 to collect the bronze.

Just 0.45 separated the medallist in the 2001/2002 category and it was Isabella Cross' floor routine that made the difference when deciding the medals. Isabella (19.95) edged Fionn Harvey (19.80), who recorded second on the vault with 11.00, to the gold medal. An excellent vault (11.30) helped Kaycee Wright earn a deserved third place.

Not to be outdone by their slightly younger club mates, the 199/2000 category saw the top 3 gymnasts separated by just 0.40 points. Millie Wordley recorded a fantastic 11.40 on the vault to claim gold with a collective total of 20.30. Bailey Tonkins' (19.90), who ended the day with bronze, top scored on the floor with 9.00 but was out vaulted by Amy Rudd and her total of 20.00 saw her win the silver.

The 1997/1998 girls category was dominated by Shauna Rendall. She produced the day's best vault (11.50) and also earned first place on the floor for a combined total of 20.50. Silver medallist, Evie Moorfield and bronze winner, Helena Standen were separated by 0.20 as they scored 19.30 and 19.10 respectively.

The potential with all the recreational girls is nothing short of apparent and there is no doubt that many will go on to become very established and accomplished gymnast.

With the squad and pre-squad girls being divided into teams, emphasis was based on consistency and support within each of the teams competitors and Katie Beagley captained a team with contained just that. The teams were rotated through the four disciplines consisting of Floor, Beam, Vault and conditioning. The top 6 scores from the gymnasts in each were totalled together and Katie's team reached a winning score of 196.33 to

collect team gold. Zoe Townsend achieved the highest individual score within the team with 33.30 and there other notable performances from Jamie Plummer and Katie, herself who gained individual bronze for on the floor and vault, respectively.

The team silver went to Hannah Francis' team after they achieved a combined team total of 195.22. Hannah led her team by example and claimed 2 individual silvers for the floor and conditioning. The second of which, conditioning, saw teammate Saskia Woollam-Rees (9.00) display incredible levels of control to secure individual gold.

The team bronze went to Holly Jago's team. Their combined total of 194.40 was largely contributed to by the stand out captain. Holly (36.50) took overall individual honours after edging elite teammate, Megan Dunn (36.33) by the smallest of margins. Holly's team was extremely consistent with only a few points difference between each of her gymnasts. Team member Holly Rostock earned joint silver on the vault with a score of 9.60.

Other notable achievements include two individual gongs each for Captain, Grace Barker, and teammate Katie Harris. Grace earned individual awards for conditioning (joint silver) and on the vault (joint gold) whilst Katie was presented with individual bronze medals for the floor and Beam. Grace also finished the day as the overall individual bronze medallist with a combined score of 35.86. Taylor Langmead earned individual silver for the vault and Lilly Dunkley really shone to earn individual bronze on the floor.

Sunday's boys event was nothing short of competitive. With no individual awards the importance really was on how well the boys combined as a team to post the highest collective score and this could not have been better illustrated by Adam Tobin's team. With six gymnasts occupying the top 10 individual rankings, their total of 200.49 eclipsed that of Ryan Owen's second placed team who totalled 194.04. Byron Day-Rogers led his team, who between them amassed 191.75, to edge a plucky performance from George Feltham's team by just 0.94 point to earn bronze medal.

Becky Shortt performed outstandingly well in the Teenage recreational category despite competing for the first time. Becky, like most of the gymnasts that attend this weekly recreational session at Falcons, is relatively new to gymnastics and is certainly unfamiliar to competition. She, however, topped her group on both the floor (8.30) and vault (9.30) to earn a combined total of 17.60. Becky's best mate Jess Hobbs (17.30), was also competing for the first time, was awarded a deserved silver medal. Completing the medal line up was Becki Warner. Becki's great vault just meant she was able to pip Kirsty Burge and Ariel Barrow.

The final competition of the weekend saw the adults competing against each other. The field was made up of a mixture of former squad gymnasts and novices alike. There was certainly no shortage of entertainment and a special mention must go to Mark Dorman with a floor routine that can only be described as original and different. He earned a perfect 10.00 and with it claimed gold with a total of 19.40 after reaching recording 9.40 on the vault. Kayleigh masters produced a vaulting master class with a 9.80 to help earn silver (17.4) and Kate Harvey was consistent across in both disciplines to claim the bronze medal with a combined 16.80.

The weekend has been well received by everyone that attended over the two days and the Falcons would like to thank all of the volunteers that put in so many hours to make the competition as successful as possible. The club would also like to place special thanks on the fantastic way all the gymnasts conducted themselves. It was a daunting experience for many of them but one that will have proved very rewarding.

Club Competition 2009 Results

Recreational Age Group 1997/1998

- 1 - Shauna Rendall (20.50)
- 2 - Evie Moorfield (19.30)
- 3 - Helena Standen (19.10)

Recreational Age Group 2001/2002

- 1 - Isabella Cross (19.95)
- 2 - Fionn Harvey (19.80)
- 3 - Kaycee Wright (19.50)

Girls Squad Team

- 1 - Katie Beagley's Team (196.06)
- 2 - Hannah Francis's Team (195.22)
- 3 - Holly Jago's Team (194.40)

Boys Team

- 1 - Adam Tobin's Team (200.49)
- 2 - Ryan Owen's Team (194.04)
- 3 - Byron Day Roger's Team (191.75)

Recreational Teenage Girls

- 1 - Rebecca Short (17.60)
- 2 - Jess Hobbs (17.30)
- 3 - Becki Warner (16.80)

Recreational Age Group 1999/2000

- 1 - Millie Wordley (20.30)
- 2 - Amy Rudd (20.00)
- 3 - Bailey Tonkins (19.90)

Recreational Age Group 2003/2004

- 1 - Flynn Rostock (18.50)
- 2 - Hannah Elliot (18.15)
- 3 - Kirsty Kingdom (17.25)

Girls Squad individual Ranking

- 1 - Holly Jago (36.50)
- 2 - Megan Dunn (36.33)
- 3 - Grace Barker (35.86)

Boys Individual Ranking

- 1 - Ryan Owen (37.40)
- 2 - Joe Taylor-Richards (34.50)
- 3 - Alex Matthews (34.00)

Adults

- 1 - Mark Dorman (19.40)
- 2 - Kayleigh Masters (17.40)
- 3 - Kate Harvey (16.80)