

Press Release – Falcons are A-Star

The Sunday evening saw the running of the A-Star open. Seven of Falcons elite boys and girls took part in this event and between them won an impressive 32 medals.

In the girls 11-12 years category Holly Jago claimed an impressive overall silver medal and her score of 44.900 was just 0.2 behind the eventual winner. In addition to her Overall honours, Holly also took silver on the Vault and Bars and claimed bronze for her floor routine. Katie Beagley's Bar routine saw her take home gold and her vault secured the bronze medal. Hannah Francis completed the category with a brilliant beam routine that saw her win a bronze medal.

In the 13 and over category, Megan Dunn claimed overall gold thanks to individual first places on the Bars and Beam. She also picked up silvers on the Vault and Floor exercises.

Byron Day-Rogers beat club mate Adam Tobin in the Boys under 10 category. Adam wasn't able to compete in all apparatus but did collect gold for his floor routine with an impressive score of 12.30. Byron won gold medal for four out of five apparatus and his rings and parallel bars routines were both extremely good.

The under 12 boys saw Ryan Owen compete in his first full voluntary FIG routines. In junior competitions, routines and difficulty are generally predetermined and judged using the same start value for each competitor. The under 12 boys category, however, invited gymnasts to participate in individually choreographed routines that are judged in the same way you may have seen at the recent world championships. The more difficult the routine, the higher the start value is.

Ryan picked up bronze overall which consisted of bronze medals on the Pommel Horse, Rings and Parallel Bars, as well as silvers on the Floor, Vault and High Bar. Ryan High Bar routine was by far the highlight of his competition. For the first time he completed a voluntary routine that included both a blind change and top change and saw him nail his straight backward somersault dismount.

The standard of the competition was used as a great preparation for the upcoming competition the gymnasts will be attending. Falcons would like to wish them all the very best of luck.

If you are interested in joining Falcons the sessions start from pre-school (Happy Hoppers) to adults. Please ring 01271 859191 or visit www.falcongymnastics.co.uk