

## Press Release – Boys Begin with NDP Test

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Four boys from Falcons Gymnastics Academy took part in their first county level competition in Exeter recently as they competed in the Level 1 NDP Sets Competition and returned with mixed fortunes.

Alex Matthews, Archie Voss-Bark, Benn Todd and Duncan Rendall all showed promise across each of the apparatus but will all be aware that they need work hard with their coaches to continue their improving development and realise their undoubted potential.

The stand out performance of the day was on the parallel bars as Duncan Rendall pulled off an excellent routine to earn third place.

Overall the four boys, all taking part in the under 9 years category, will be pleased with certain aspects but will know what needs to be improved on to reach the levels they are capable of.



Also competing on the day was the more experienced George Feltham.

George claimed overall bronze in the level 4 NDP's which was for Boy's under 12 years old. As well as the overall third, George also collected five placings on the individual apparatus which included a joint silver and four further bronze medals.

The Falcons coaches would like to congratulate each of the boys for their efforts and look forward to future successes.

For more information and details of how to join Falcons please visit our website [www.falconsgymnastics.co.uk](http://www.falconsgymnastics.co.uk) or ring 01271859191.