

Press Release – Falcons Girls Make the Grade

Falcons Gymnastics Academy's Squad Girls took part in the South West Regional Grades in Melksham, Wiltshire, aiming to qualify for Nationals and all six of the girls competing performed admirably.

Hannah Francis, competing in the Grades level 8 put in an inspired all round performance but fell just short of automatic qualification. Her sixth place finish will, however, mean she has earned the right to be among the non-travelling reserves for the upcoming National Grades. Hannah's highlight of the day was her Asymmetric Bars routine as she scored an impressive 11.85 to seal third place on that apparatus.

Also competing in Grade 8, Sophie John's – competing in her third gymnastics competition of the weekend - and Sophie Johns both scored highly in Range and Conditioning to contribute to their respectable overall scores and Taylor Langmead's Vault the fifth highest in the category.

Holly Jago, competing at Grade 7, claimed joint second on the Vault and third in Range and Conditioning. It was a case of so near, yet so far for Holly as an excellent overall performance wasn't quite enough to seal qualifications.

Finally, in Grade 7, Megan Dunn scored consistently well across each of the apparatus in what was a very hotly contested category.

Although the competition was a national qualifications event the initial objective was to pass the respective grades and this was achieved with honours for the six girls competing. The competition was extremely tough and the standards very high.

Coach, Helen Feltham, said of the girls' performances: "All of the girls performed really well and I was so proud of them! The competition was very tough and it should be noted that as this was a national qualifying event any achievements should be praised. The fact that they all passed was fantastic."

For more information and details of how to join Falcons please visit our website www.falconsgymnastics.co.uk or ring 01271859191.