

**Press Release – Falcons Gymnastics Academy Club  
Competition 2010**

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Falcons Gymnastics Academy's highly successful annual Club Competition took centre stage again last week as over 170 gymnasts, starting as young as three years old, 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 four sessions to accommodate the 130 girls that took part. Recreational gymnasts occupied the first three 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 four teams of nine, 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 first opportunity for the club's Pre-School gymnasts to compete for what was definitely a new experience for them. The pre-school competition was a great opportunity for the children to perform in front of an audience for the first time and provide that little bit of experience for when many of them will go on to bigger and better things.

The competition kicked off at 9am on the Saturday Morning with two age groups taking to the apparatus. Lauren Stephenson produced a tremendous all round performance to win both the Vault (9.55) and Beam (9.40) disciplines and with a combined score of 27.95, secured the gold medal in the 2001/2002 girls category. Emma Sharpe also showed all-round consistency and with only 0.05 her from the two next best placed gymnast she secured Silver. Poppy Samson and Sophie Hide, on the other hand, could not be separated. A combined score across the Floor, Vault and Beam of 27.10 saw the pair claim joint third place and Bronze Medals.

Also competing in the early morning slot were the recreational girls born before 1998. Abbie Brock put in a fine display as she picked up top spot on both the Floor (9.20) and Beam (8.85) as her combined total of 27.10 beat the rest of the field by a massive 1.40 points and earned her the Gold medal. Kirsty Burge's outstanding Vault (9.45) helped her claim joint Second overall with Marta Nowak and hot on their heels was Bronze medal winner Sophie Furseman.

That late morning session saw the 2003/2004 girls competing and for many this was the first time. Emily Elder claimed first on the Beam (9.00) and second on the Floor (9.25) as she collected a well deserved overall Gold medal with 27.40 points. This was closely followed by Emma Thompson who picked up consistent third places

across the three apparatus and secure Silver overall. Joint third was won by Katie Shapland and Hope Unstead as their score of 26.70 could not be separated.

Not to be outdone by their slightly younger club mates, the 1999/2000 category saw the top 3 gymnasts separated by just 0.25 points in the early afternoon. Madeline Moulton recorded a fantastic 9.30 on the floor to claim gold with a collective total of 26.50. Rachel Coles (26.25), who ended the day with Bronze, top scored on the Beam with 9.00, but was just pushed out of the Silver medal position by Lauren Robinson. Lauren's total of 26.45 was aided by an excellent second best floor routine of 8.90.

Also competing in the early afternoon was the youngest of the club's recreational gymnasts. The 2005/2006 category was won convincingly by Alice Sumners (27.70) with the help of first place finishes on the Floor (9.35) and Beam (9.10). The Silver medal went the way of Lily Howes as she picked up a first, second and third on each of the three pieces for a combined 26.65. Emily Malek also showed great promise with two third places and the overall Bronze medal with a total of 26.25 points.

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 Megan Dunn captained a team with contained just that. The teams were rotated through the three disciplines consisting of Floor, Beam and Vault. The top 6 scores from the gymnasts in each were totalled together and Megan's team reached a winning score of 199.40 to collect team gold. Notable performances came from Bea Isaac and Jamie Plummer who scored second places on the Beam (11.65) and Vault (11.25), respectively and Megan, herself, who gained individual bronze and top scored on the Floor and Beam.

The team silver went to Katie Beagley's team after they achieved a combined team total of 189.45. Katie led her team by example and claimed individual Gold for the day with an excellent 35.20. Also contributing to the teams overall total was a tremendous third place Floor Routine from Millie Puckey with 11.60 and Kaycee Wright also claimed a third on the Vault with 11.55.

The team bronze went to Hannah Francis' team. Their combined total of 183.45 was largely contributed to by the captain and the outstanding Olivia Sayer. Hannah's team was extremely consistent with only a few points difference between each of her gymnasts. Team member Olivia Sayer scored over 11.00 points on each of the apparatus and claimed overall fourth.

Other notable achievements include individual Silver each for the fourth Captain, Holly Jago. Her total of 35.05 was aided by top scoring on the Vault with a massive 12.60.

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 Ryan Owen's team. Ryan secured individual first, second and third on the Parallel Bars, Vault and

Floor respectively to earn a combined total of 35.95, which was the highest score of the day. Benn Todd's third place P. Bars also contributed well to the teams total.

The team Silver medal went to Byron Day Rogers' group. Byron put in a joint first place winning display on the Parallel Bars (11.60) and this was followed closely by Alex Matthews who scored 11.50 and silver on the same piece. The team's combined total was 186.05.

The Bronze Medal was closely contested by Teams captained by George Feltham and Adam Tobin. George's team overcame their rivals by just two points despite Adam top scoring on both the Floor (12.40) and Vault (12.40). George put in a third place Vault (11.80) and second place Floor routine (12.30) as his team amassed a total of 184.55 and claimed the Bronze medal.

The final competition of the weekend saw the youngest, and arguably cutest, pre-school gymnasts competing against each other. Ella Critchley claimed overall Gold medal with a first place on Beam (9.20), joint second on Floor (8.80) and third on Vault (9.30) to score an excellent total of 27.30. Alisya Dorman shared the Silver medal with Josie Bulled with combined scores of 26.80. Alisya claimed top honours on the Vault with an excellent 9.50 and second places for the Beam (8.80) and Floor (8.50). Josie's score was contributed thanks to a first place floor routine (9.40) and second place Vault (9.40). Jersey Ledger collected the overall Bronze with 25.90 thanks to a third place worthy Beam routine (8.40).

The weekend has been well received by everyone that attended over the two days with specially choreographed displays being performed by the elite gymnasts, cheerleaders and even the coaches providing the entertainment during each of the intervals. 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 2010 Results**

### **Pre-School**

- 1 – Ella Critchley (27.30)
- 2 – Alisya Dorman (26.80)
- 2 – Josie Bulled (26.80)
- 3 – Jersey Ledger (25.90)

### **Recreational Age Group 2003/2004**

- 1 – Emily Elder (27.40)
- 2 – Emma Thompson (27.25)
- 3 – Katie Shapland (26.70)
- 3 – Hope Unstead (26.70)

### **Recreational Age Group 1999/2000**

- 1 – Madeline Moulton (26.50)
- 2 – Lauren Robinson (26.45)
- 3 – Rachel Coles (26.25)

### **Girls Squad Team**

- 1 – Megan Dunn's Team (193.40)
- 2 – Katie Beagley's Team (189.45)
- 3 – Hannah Francis' Team (183.45)

### **Boys Team**

- 1 – Ryan Owen's Team (192.20)
- 2 – Byron Day Roger's Team (186.05)
- 3 – George Feltham's Team (184.55)

### **Recreational Age Group 2005/2006**

- 1 – Alice Sumners (27.70)
- 2 – Lily Howes (26.65)
- 3 – Emily Malek (26.25)

### **Recreational Age Group 2001/2002**

- 1 – Lauren Stephenson (27.95)
- 2 – Emma Sharpe (27.15)
- 3 – Poppy Sampson (27.10)
- 3 – Sophie Hide (27.10)

### **Recreational Age Group 1998+**

- 1 – Abbie Brock (27.10)
- 2 – Kirsty Burge (25.70)
- 2 – Marta Nowak (25.70)
- 3 – Sophie Furseman (25.70)

### **Girls Squad individual Ranking**

- 1 – Katie Beagley (35.20)
- 2 – Holly Jago (35.05)
- 3 – Megan Dunn (34.60)

### **Boys Individual Ranking**

- 1 - Ryan Owen (35.95)
- 2 – Adam Tobin (35.30)
- 3 – George Feltham (35.10)