

Press Release – Falcons Magnificent Medal Return

Falcons Gymnastics Academy attended the annual Exeter Challenge and A-Star open competition this weekend and the gymnasts returned with an unprecedented 137 podium finishes. 67 more than last year's haul.

Exeter Challenge is the largest recreational gymnastics competition in the south west and with almost 300 gymnasts competing over two days there is no getting away from the level of success everyone involved with Falcons has achieved.

The medal tally consisting of 52 Gold's, 36 Silver's and 49 Bronzes was the highest total of any of the seven gymnastics club from Devon competing

Boys and Girls aged between five and 16 were categorised according to their age and the number of session they attend each week and for Falcons younger members it was certainly an event to remember. For many of the youthful competitors this was their first taste of competition and the scale of the event can be daunting to even the most experienced gymnasts.

Day one, on the Saturday afternoon, saw the Under 8's compete across 5 pieces of apparatus; Floor, Vault, Trampoline, Physical Preparation and Beam for the Girls, or Parallel Bars for the Boys.

In Under 8 – Category 1 Girls, which is for gymnasts that attend one session per week, **Amelia Andrews** top scored for the Falcons with an overall score of 43.80 earning her third place and the bronze medal. Amelia also secured top three placements on the Trampoline (third), Floor (second) and a fabulous Gold medal for Physical Preparation.

Channon Wilton put together an excellent Floor routine to collect the Gold medal and also claimed third in Physical Preparation. **Poppy Samson** came second on the Vault and **Molly Jones** earned third on floor.

In Under 8 – Category 2 Girls, which is for gymnasts that attend two sessions per week, **Paige Colville** took the honours with a fantastic overall Gold with a score of 45.20. Paige had further Gold medals as she won both the Floor and Trampoline and added another podium finish as she claimed second place in Physical Preparation.

Flynn Rostock was just 0.10 points from an overall Bronze medal but was able to secure second place finishes in Physical Preparation and on the Trampoline. **Hannah Elliot** took a brilliant Bronze on the Beam and also picked up silver on the Floor. **Indya Dunn** and **Jessica Smith** each claimed a third place on the Trampoline and Beam respectively.

Also competing at Under 8 level for the girls, but unfortunately just missing out on the medals were **Kirsty Kingdom**, **Erin Stockley** and **Sophie Hide**.

Falcons only Boy competing in the Under 8's didn't disappoint as **Jack Robinson** secured second place finishes on both the Floor and Vault on his way to an overall fifth position (42.30).

Day Two was somewhat more packed with competitions taking place throughout the entire day. The less-than-lucky competitors, whose competition started at 8.30, were those representing the Under6's and Under 10's.

In the Under 6 – Category 1 Girls competition **Lily Howes** top scored for the Falcons with an overall score of 43.80 earning her second place and the silver medal. Lily also secured top three placements on the Vault (third), Trampoline (second) and a fantastic Gold medal on the Beam.

Emily Malek collected an excellent Gold on the Vault. **Tanisha Allen** finished just missed on a medal with her overall fourth place whilst **Bevin-Mae White** and **Harriet Jones** also finished just short of the podium placements.

The Under 6 – Category 2 Girls competition saw **Kate Elliot** win the overall Gold with a total score 43.95. First Place finishes on Vault, Beam and Floor, as well as a third in physical Preparation completed a fantastic day for Kate and all contributed greatly to her impressive total.

Emily Elder visited all three steps of the podium as she claimed second overall to secure the Silver medal with a total score of 43.40. Thirds on Vault, Floor and Trampoline were accompanied by a second place on the Beam and a brilliant Gold in Physical Preparation.

Alice Sumners finished fifth overall but did earn the Bronze with her Beam Routine.

Harrison Johnson dominated the Boys Under 6 – Category 1 competition as he won Gold medals on Floor, Vault, Trampoline and Physical Preparation. Combining those with a second on the Parallel Bars and Harrison was the runaway victor and deserved Gold medal winner of the overall competition with a score of 43.45.

Also well amongst the medals were the Boys Under 6 – Category 2 pairing of **Alex Elder** and **Daniel Mock**. The overall Gold medal was won by Daniel with a final score of 43.55 and he also reached the top step after winning the Vault, Parallel Bars and Trampoline, as well as a second place finish on both the Floor and in Physical Preparation.

Alex meanwhile was seemingly tied to the third step of the podium as he claimed Bronze on all five apparatus and, with a score of 41.90, he also won the overall Bronze medal.

Also competing in the morning session, **Rhianna Johnson** won the Girls Under 10 – Category 1 competition with a score of 44.00. Rhianna's Gold medal was aided, largely, due a fantastic Beam routine, in which she also claimed first as well as a third place in Physical Preparation.

Hot on Rhianna's heels was club mate **India Dunkley**. India's total of 43.95 was just 0.05 short of top spot but with a Silver overall to accompany third in Physical Preparation, seconds on the Beam and Trampoline and a terrific Gold on the Floor, she had plenty of reason to be pleased.

Rebecca Gibbs and **Lauren Robinson** earned Bronzes on the Trampoline and Floor, respectively, whilst **Daisy O'Leary**, **Molly Hill**, **Emma Sharpe**, **Madeline Moulton** and **Dion Sheppard** also featured in the category that was represented by no less than 33 gymnasts.

Finally, in the Girls Under 10 – Category 2 competition, **Lauren Stephenson** earned herself Silver on the Trampoline on her way to securing overall Silver with a total of 42.35.



Sunday afternoon saw the older of the recreational gymnast take the stage as it was the turn of the Under 12's, 14's, 16's and Under 18's.

Firstly in Girls Under 12 – Category 1 competition, **Danni White** didn't feature in the presentations but can be proud of her achievements nevertheless.

In Girls Under 12 – Category 2 competition **Kimberley Leson** claimed a brilliant Bronze on the Vault.

Courtney Short was pick of the Girls Under 14 – Category 1 gymnasts as she headed a Falcons 3-4-5 with an overall Bronze medal thanks to a total of 41.95 and podium finishes on all five apparatus. A third on the Vault and seconds on Beam, Floor and Trampoline were topped off by an excellent Gold medal in Physical Preparation.

Fourth Place was secured by **Marta Nowark** as she claimed Silver in Physical Preparation and the Gold on Trampoline.

Sophie Furseman collected third place finishes for Physical Preparation and Trampoline as well as a Silver on the floor on her way to finishing fifth overall.

Lauren Gregory won the overall Silver medal in the Girls Under 16 – Category 1 competition as she top scored on Vault and Trampoline. Second place on the Beam and third on the Floor all lead to Lauren's total of 43.95 and just 0.20 agonising points away from the overall Gold.

Jess Hobbs picked up the Silver for the Trampoline and Bronze in Physical Preparation as **Milena Nowark** complete the category with a Bronze on the Vault.

Finally, completing the afternoon's gymnastics, **Becky Shortt** completed a top step lock out as she claimed 6 Gold medals out of 6 in the Girls Under 18 – Category 1 competition. Becky won the overall competition with a score of 40.75 as she also picked up firsts on Vault, Floor, Beam, Trampoline and in Physical Preparation.



To round off the weekend's competition the Sunday evening saw the running of the A-Star open. Seven of Falcons elite Girls and three Boys took part in this event and between them won an impressive 45 medals.

In the Girls Level 4 competition, for gymnasts born in 2000, **Taylor Langmead** won an excellent overall Bronze with a total of 42.70 and also bagged Gold medals on the Vault and Floor.

Olivia Sayer also climbed to the top step of the podium as she won Gold on the Asymmetric Bars to accompany her silver on the Floor.

Sophie Johns, competing at Girls Level 3 (1999), collected Bronze medals on Vault, Asymmetric Bars and Floor on her way to the overall Bronze with a score of 44.35

In the Level 2 (1998) competition **Holly Jago** claimed an impressive overall Silver medal with a score of 42. In addition to her overall honours, Holly also took silver on the Asymmetric Bars and Floor and claimed Gold for her Vault.

Hannah Francis joined Holly on the podium for the Asymmetric Bars as she picked up Bronze.

In the Full FIG competition (1997 and older), **Katie Beagley's** Vault saw her take home gold and her Asymmetric Bars and Floor routine secured the Silver medal as she claimed an excellent overall Silver with a score of 38.70

Megan Dunn took the overall Bronze with a score of 38.50 thanks to individual first places on the Beam and Floor. She also picked up Bronzes on the Vault and Asymmetric Bars.



Adam Tobin picked up the Gold medal for each of the apparatus he competed on as his total of 69.30 saw him top the Boys Under 10 A-Star competition

Ryan Owen, competing in the Boys Under 12 competition, with a score of 72.10 picked up Silver overall which consisted of Gold medals on the Floor, Rings, Vault and Horizontal Bar, as well as silver on the Parallel Bars and Bronze on the Pommel.

Byron Day Rogers, also competing at Under 12, claimed the overall Bronze with a score of 68.70. Byron also had plenty to be pleased with as he also picked up the Silver for his Pommel routine as well as Bronze on Floor, Rings, Vault, Parallel Bars and Horizontal Bar.

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.

The extraordinary haul of medals and podium finishes is nothing short of staggering and everyone that took part should be incredibly proud of what they achieved. Everyone involved in the club is incredibly proud of the gymnasts and remain upbeat about the future potential of so many of the clubs members.

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