

# GYMNAST

British Gymnastics Official Magazine  
July/August 2012



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# Good luck...

Olympic Performance Director, **Tim Jones (left)**, standing proud with Great Britain's gymnastics Olympians



# to all our Olympians

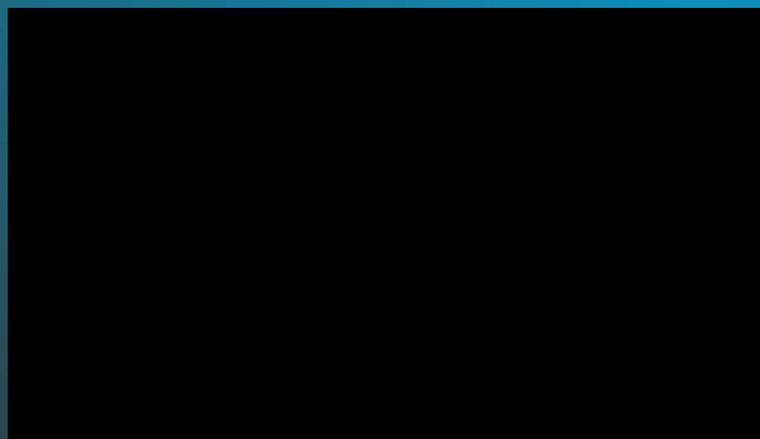


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Mike Lockett - Director of Coaching - Focus Institute of Gymnastics



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# Warm-Up



**Paul Garber**

President, British Gymnastics  
Vice President, UEG

The waiting is over and the selections made for London 2012. The qualifications through three World championships has resulted in an outstanding team of gymnasts who will now compete at The North Greenwich Arena and Wembley with the very best in the world of gymnastics - and yes, we are in that category. What is more we have set our marker for Rio 2016 with two of the men's team still in their teens, and the youngest of all competitors in the whole of Team GB in Rebecca Tunney at 15 our senior women's artistic champion.

For the first time the occasion was celebrated with a 'special farewell dinner when not only were the selected gymnasts recognised but of great importance the selected back up team, the gymnasts' individual coaches and their parents. Congratulations to you all and enjoy what will be a memorable two weeks of sport.

The final selections I know brought disappointment to some who worked so hard to gain a place on the team. You must also be congratulated not only for the great effort you individually put into seek selection but also for being part of an outstanding group of sportsmen and women who made the final selection so difficult.

The combined British championships at Liverpool made a statement of how we must honour the quality of our gymnasts in the future with an event of excellence bringing great credit to our sport.

The new image of British Gymnastics has now been launched and yes we are "More than a Sport". We have often said that the ethos of gymnastics touches everywhere - health, education, fitness, welfare, the community and so much more. As we have said this unique logo incorporates beauty and passion reflecting the very essence of movement and finesse.

As many of you will now know your democratic decision at the special general meeting was that your President will be nominated and elected by the membership. The election will take place at The AGM with nominations soon to be requested.

If you were lucky enough to get a ticket for the Olympics have a great and unforgettable time-no matter what the sport.



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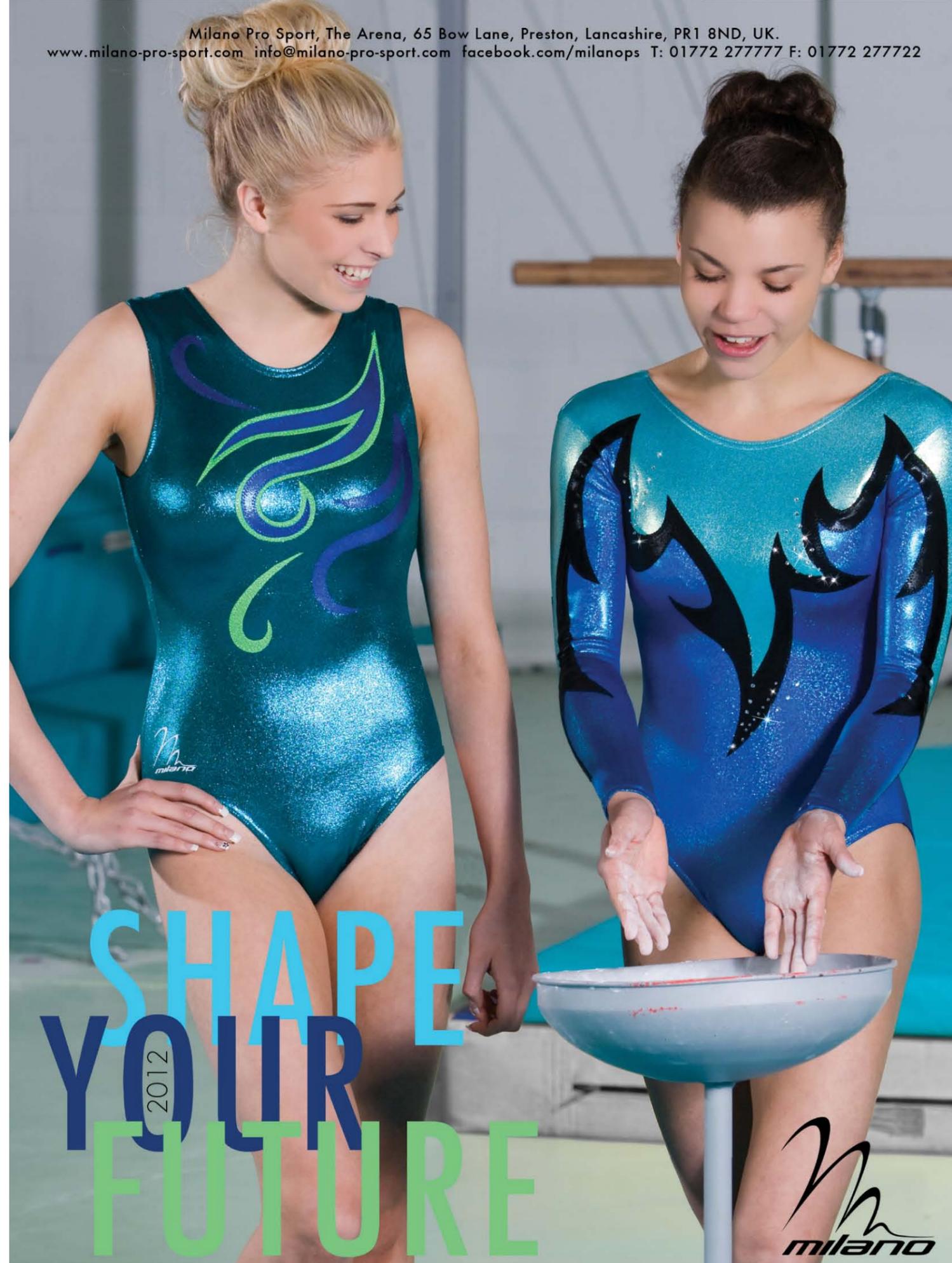
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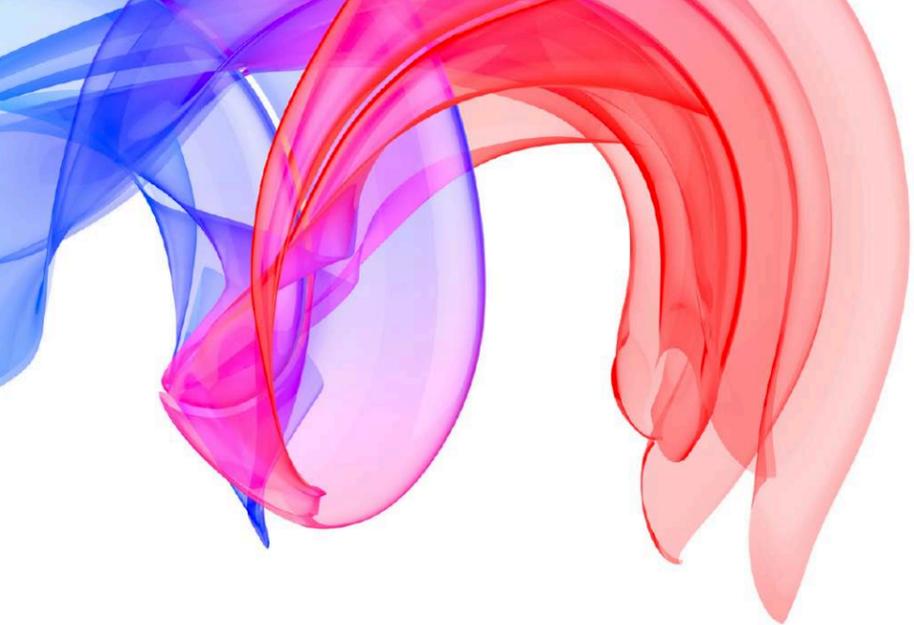
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# Editorial

Volume 50 Issue 6

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# Young gun

*The youngest member of Team GB and current women's artistic British champion, 15-year-old **Rebecca Tunney**, is set to show the world her incredible talent on the greatest stage of all*



# Meet our Olympians...

YouTube

# Beth Tweddle

By Tim Peake



**“It is of course a massive honour to be selected to Team GB for the Olympic Games. This is my third Olympics and with it being on home soil it’s definitely the most special.**

The build-up has been totally different and you really feel

the support of the whole country. Everyone knows everything about the Games this year and people are really interested in all the events and all the team members.

From Beijing to here has been a long journey. After 2008 I wasn’t even sure I would carry on but the huge support for London and the enthusiasm of the public has really motivated me and inspired me to carry on training hard. The aim for the Games is to do the routines I have practiced day in day out in training, if I can do that, then I will be happy.

A lot of people have played a huge part in getting me to the

GBR  
artistic team,  
women's



Games, my coach and parents have shared the journey with me, British Gymnastics, the funding partners and the amazing medical team have supported me and the backing of the gymnastics community has inspired me. Everything about competing in the Olympic Games is exciting, the moment you get the official letter, the kitting out, the multi-sport atmosphere, it’s all a huge honour to be a part of and I can’t wait.”

**Date of Birth:** 1 April 1985  
**Place of Birth:** South Africa  
**Club:** City of Liverpool  
**Coach:** Amanda Reddin  
**Profile:** Beth is Britain’s greatest ever gymnast, three time World champion, six time European champion and seven time British champion. Beth has competed at the Olympic Games in Athens and Beijing and was given the MBE for services to gymnastics in 2010.

# women's artistic team

# GBR

You  
Tube

## Hannah Whelan

**Date of Birth:** 1 July 1992

**Place of Birth:** Singapore

**Club:** City of Liverpool

**Coach:** Amanda Reddin

**Profile:** Hannah was the 2011 British all-around champion and won bronze on floor and beam at the 2012 European Championships. She was the youngest member of the British team at the 2008 Beijing Olympics.



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You  
Tube

## Imogen Cairns

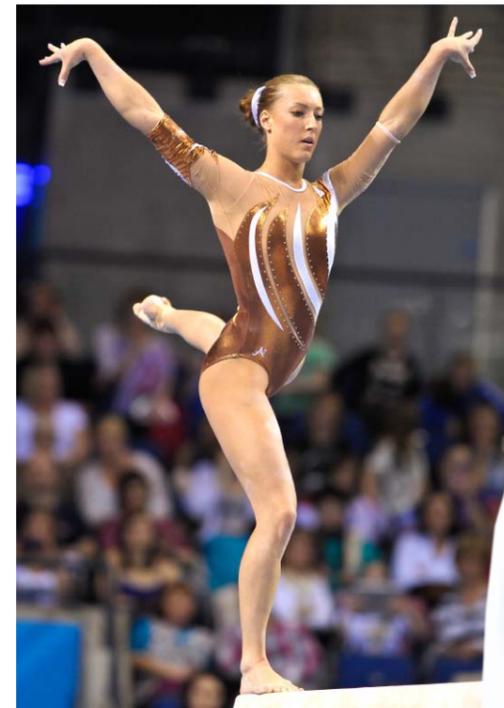
**Date of Birth:** 26 January 1989

**Place of Birth:** Bristol

**Club:** The Academy

**Coach:** Liz Kincaid

**Profile:** Imogen is regarded as one of Britain's best vaulters. After her rise to fame at the 2006 Commonwealth Games, Imogen went on to compete at the Beijing Olympics. She has won three gold and two silver Commonwealth medals in her career.



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# women's artistic team GBR

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## Rebecca Tunney

**Date of Birth:** 26 October 1996

**Place of Birth:** Ashton-under-Lyne

**Club:** City of Liverpool

**Coach:** Claire Duffy

**Profile:** Rebecca is a first year senior and the youngest member of the team at just 15 years old. She first made an appearance at the London Prepares Olympic test event in January 2012. At the 2012 European Championships she made the floor final and followed up by becoming the senior all-around British Champion.



## Jennifer Pinches

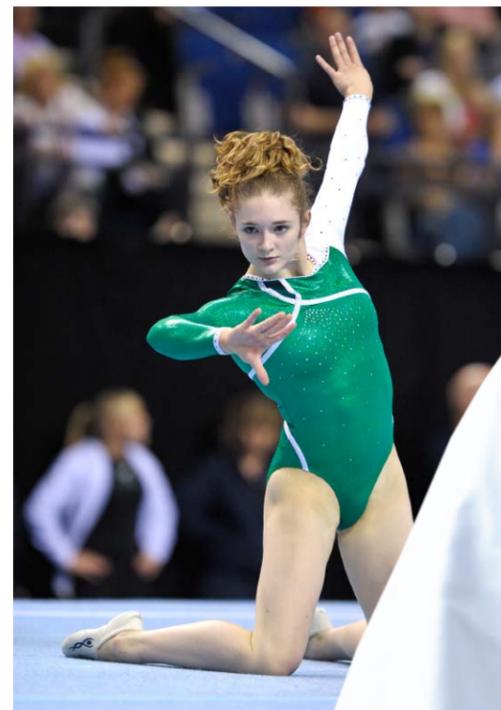
**Date of Birth:** 25 May 1994

**Place of Birth:** Tunbridge Wells

**Club:** City of Liverpool

**Coach:** Amanda Reddin

**Profile:** Jenni is a talented gymnast with many achievements in the age groups and has been a consistent member of the GB team. She took bronze in the all-around at the 2011 British Championships going one better with silver in 2012.



You  
Tube





**Date of Birth:** 9 November 1990  
**Place of Birth:** Kettering  
**Club:** City of Birmingham  
**Coach:** Lisa Higgins  
**Profile:** Six time British champion, Frankie is the most experienced gymnast in the British team; she has taken part in three World Championships, four European Championships, two Commonwealth Games and in numerous other major international events.

# Francesca Jones

By Tim Peake



“To be able to call myself a member of TeamGB is amazing.”

“It was back in September that I began to really focus on the Games having placed the top ranked gymnast at the World Championships and although this meant I was the front runner to be picked, I have never stopped working hard to ensure that this was confirmed and will continue my hard work to ensure my best performance at the Games.

When I think of competing in London I have a strange range of emotions because I have a lot excitement mixed with nerves as I have been building up to this moment all my life. It has been a long road and such a battle but it has all been worthwhile

because it is the highest honour any athlete could have, to compete at an Olympics.

I can't even imagine what it is going to be like at the Games, the whole atmosphere is going to be crazy for the Team GB athletes and the whole of Britain is going to be so excited

I just want to do as nice a routine as I can and make everybody who has helped me along the way, like coaches, parents and my family, proud. I also hope the Olympics helps rhythmic gymnastics get more coverage which can inspire gymnasts to take it

up in this country as it is such a beautiful sport.

Hopefully, many new people will get hooked on the sport, whether they are watching it in London or on TV in their homes.

To leave a lasting legacy from these Games that inspires people to take up rhythmic gymnastics would be my dream come true.”





# Kat Driscoll

trampoline gymnastics individual

**“It has been a long selection process for trampoline so to be able to come out on top and be named part of Team GB is an incredible feeling and a huge honour.**

I’ve dreamt of competing at an Olympic Games since I was a child and continually told my dad I would be there one day as part of Team GB.

I am always so proud to compete for my country and feel it is such an honour that my only goal at these Games is to be able to walk away from the trampoline happy that I have done the best I can do.

I’m very excited to compete in front of the home crowd and use their support to help build on my performance. I’m sure there will be plenty of nerves to go with this excitement and can

**Date of Birth:** 13 March 1986  
**Place of Birth:** Houghton Le Spring, Tyne and Wear  
**Club:** Apollo  
**Coach:** William Leach  
**Profile:** Competing both individual and in the non-Olympic synchronised trampoline discipline with partner Amanda Parker, Kat has reached top ranking in the world. In 2011 she took the world cup scene by storm with four individual medals.

only guess what it will feel like as this is all a new experience for me but one I’m sure will never leave me. I can’t wait to be around the other members of Team GB and share this experience.

The journey I have been on has involved so many people and I have them all to thank and my way of doing this is to perform to my best on 4th August.

Performing as part of Team GB this summer will help showcase to everybody

what a fantastic sport trampoline gymnastics is and will hopefully help inspire a future generation of trampoline gymnasts.”



# Rachel Smith

## GBR rhythmic group captain

**“It’s been a long road for us to get to the Games but now we’re finally at that point where we are officially selected and being part of Team GB feels amazing.**

As a group we have worked so hard to make it to the Olympics and have been through all the emotions along the way. I think in the end this has only made us all appreciate it even more.

Since the Test Event we have been focussed on trying to perfect our routines. We train pretty much every day with conditioning, weight training and plenty of routines.

To be the team captain is a great honour. I see my role as trying to motivate people, to make sure everyone’s happy and focussed and to support both the girls and the coach to ensure we all keep together as a unit, which is of course pretty vital in our sport.

The journey we have been on has changed my life often in ways I didn’t expect. I’ve suddenly found myself doing interviews which I’m getting used to and also we have found ourselves getting lots of attention through media, fans and sponsors which

ultimately brings focus to rhythmic gymnastics which can only be a good thing.

We can’t wait to represent our country and do ourselves proud. Wearing the GB kit and meeting other famous athletes will be amazing. We are realistic in our aims, we’re not going there to win medals, we are going to showcase our amazing sport, to make all our fantastic supporters, friends and family proud and to enjoy a once in a lifetime experience together. I am so excited for the Olympic Games and I find myself counting down the days until we compete.

**Date of Birth:** 3 January 1993

**Place of Birth:** Coventry

**Hometown:** Bath

**Club:** Bath

**Coach:** Sarah Moon

**Profile:** Team captain and an experienced international competitor, Rachel has competed individually at junior and senior European level and in all the group’s international events.



“We can’t wait to represent our country and do ourselves proud.”



# rhythmic GBR group team

## Francesca Fox

**Date of Birth:** 13 June 1992  
**Place of Birth:** Trowbridge  
**Club:** Bath  
**Coach:** Sarah Moon  
**Profile:** A former senior British champion, Frankie has competed in every major rhythmic competition - except the Olympics. She is a Commonwealth Games bronze medallist.



## Jade Faulkner

**Date of Birth:** 21 December 1993  
**Place of Birth:** Coventry  
**Club:** Bath  
**Coach:** Sarah Moon  
**Profile:** Another very experienced international gymnast, Jade has represented Britain at World and European Championships and as far afield as Japan, Russia and Australia.



# rhythmic GBR group team



## Louisa Pouli

**Date of Birth:** 29 January 1993

**Place of Birth:** Greece

**Club:** Bath

**Coach:** Sarah Moon

**Profile:** Raised in Greece, Louisa has lived in Britain for several years now, following her dream of gymnastic success, and recently relocated to Bath for the group's full time training programme.



## Lynne Hutchison

**Date of Birth:** 10 November 1994

**Place of Birth:** Tokyo

**Club:** Bath

**Coach:** Sarah Moon

**Profile:** Commonwealth Games bronze medallist and former Junior British champion, Lynne was England's top ranked rhythmic gymnast in 2010 and has competed in more than 12 countries.



## Georgina Cassar

**Date of Birth:** 9 September 1993

**Place of Birth:** Gibraltar

**Club:** Bath

**Coach:** Sarah Moon

**Profile:** An experienced international competitor who represented Gibraltar at the Delhi Commonwealth Games and who has now relocated to Bath to train full time with the group.

London Prepares Test Event  
L-R; Georgina Cassar, Rachel Smith,  
Lynne Hutchison, Francesca Fox,  
Jade Faulkner & Louisa Pouli

rhythmic<sup>GBR</sup>  
group team



# Louis Smith

**Date of Birth:** 22 April 1989  
**Place of Birth:** Peterborough  
**Club:** Huntingdon  
**Coach:** Paul Hall  
**Profile:** Louis's strongest event is the pommel horse, at which he has been European silver medallist three times (2009, 2010 and 2012) and Commonwealth Games Champion. He won a bronze medal at the 2007 World Championships and repeated this at the 2008 Olympics in Beijing and at the 2011 World Championships.

“I know what I'm capable of...”

**“It's unbelievable to be named as part of the team for London. It's been such an intense time in the lead up to the announcement with such a strong squad to pick from. Now we've got to do the business at the Games, which we're all capable of.”**

I got a taste of what it will be like competing in front of a home crowd of that scale at the Test Event in January and if that's

anything to go by it's just going to be immense and there's no doubt we can use it in our favour.

It's just been a crazy four years since Beijing, for me and especially for gymnastics in this country. I'm not sure anyone ever expected such rapid development and it's such a positive thing for everyone involved in the sport. Now we have a chance to really show how far we've come.

It's almost impossible to do justice to all the support I've received, from my coach and everyone at British Gymnastics to my teammates, my sponsors and of course my friends and family. But the support from the general public across the country has just been unreal. From the tweets to the letters of support, it's what keeps me motivated at such an important time.

My aim for the Games is to do my routines clean.

I know what I'm capable of so beyond anything I intend to go there and do myself justice. That's the best I can ask for and whatever that results in is then out of my hands.

The thing I'm looking forward to the most is the atmosphere. A sell-out arena for gymnastics in this country is something we couldn't have even dreamt of a few years ago. It's just going to be unbelievable.”

# men's artistic team GBR

You  
Tube

## Daniel Purvis

**Date of Birth:** 13 November 1990  
**Place of Birth:** Liverpool  
**Club:** Southport YMCA  
**Coach:** Jeff Brookes and Andrei Popov  
**Profile:** Dan was the 2010 World and European floor bronze medallist and three time all-around British champion. He won the 2011 Glasgow World Cup and finished the year as the number one ranked male gymnast in the world.



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## Kristian Thomas

**Date of Birth:** 14 February 1989  
**Place of Birth:** Wolverhampton  
**Club:** Earls  
**Coach:** Michelle Bradley and Andrei Popov  
**Profile:** Kristian rose to prominence in 2008 when he was crowned senior British champion. He followed this up with a superb performance at the 2009 World Championships in London where he came 6th in the all-around.



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You  
Tube



# men's artistic team GBR

You  
Tube

## Sam Oldham

**Date of Birth:** 17 February 1993  
**Place of Birth:** Nottingham  
**Club:** n/a  
**Coach:** Sergei Sizhanov  
**Profile:** Sam holds the Youth Olympic high bar title and was the junior European all-around champion in 2010 as well as high bar champion. At senior level he took 4th place in the high bar final at the 2011 European Championships. Returning from injury he won high bar and all-around silver at the 2012 British Championships.

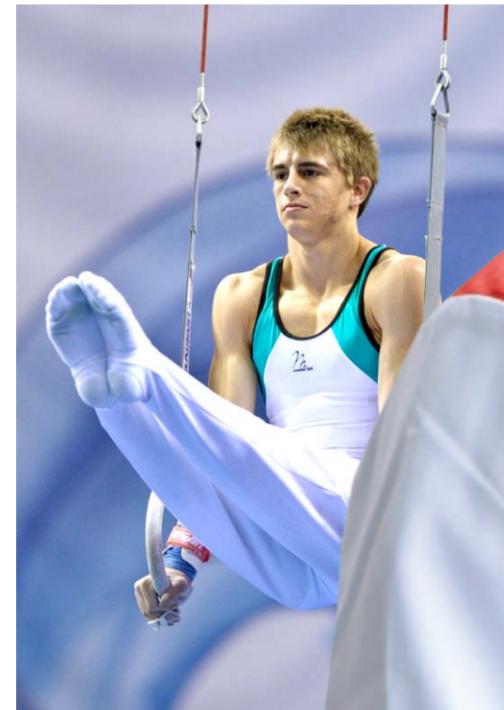


GYMNAST 36

You  
Tube

## Max Whitlock

**Date of Birth:** 13 January 1993  
**Place of Birth:** Hemel Hempstead  
**Club:** South Essex  
**Coach:** Scott Hann  
**Profile:** Max was first selected for the men's senior team as travelling reserve for the 2011 World Championships in Tokyo having taken three medals at the 2010 Commonwealth Games in Delhi (India).



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Let your talent shine

## CONGRATULATIONS

TO ALL THE ATHLETES AND COACHES PARTICIPATING  
IN THE LONDON 2012 OLYMPIC GAMES.

THE CASTING TEAM WISHES YOU THE VERY BEST!

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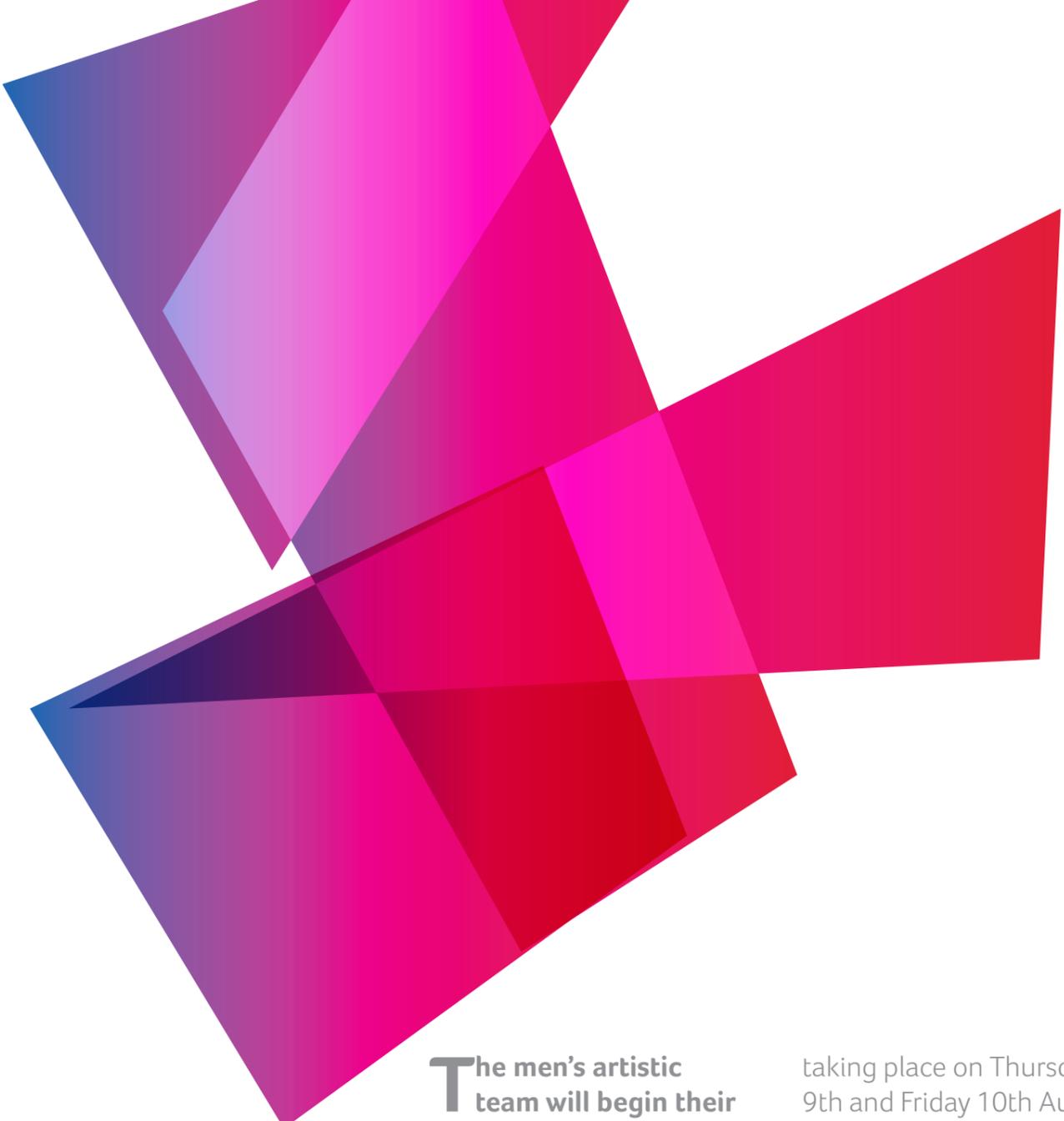
Photo: Richard Terminié Costumes: Dominique Lemieux © 2007 Cirque du Soleil

# LONDON 2012 OLYMPIC GAMES PREVIEW

Britain's **Daniel Purvis**, ranked world number one in 2011



The 2012 Olympic Games will take place in London from the 27th July - 12th August with eighteen British gymnasts selected to represent Team GB



**The men's artistic team will begin their campaign in subdivision 1 of the qualification competition (Saturday 28th July) and the women in subdivision 3 (Sunday 29th July).**

Our GB female trampoline gymnast Kat Driscoll will start competition on Saturday 4th August in the first flight with the rhythmic qualifications for our group and individual Frankie Jones,

taking place on Thursday 9th and Friday 10th August. The journey from 2008 to the London Games has seen unparalleled success for British gymnasts on the international stage.

Medals have been secured at every major artistic gymnastics event in the cycle with the total medal haul across all Olympic disciplines over double that of the four years prior to Beijing.

*"We are extremely proud to be able to name such a strong team to compete for Team GB in the Gymnastics disciplines in London. The competition for places has been intense and we had both the luxury and challenge of so many great gymnasts to select from. This Olympic cycle to date has been the most productive and successful ever for British Gymnastics at international level, and we go into the Games in great shape with more gymnasts capable of making their mark than ever before. The mood in the camp is positive and we are all looking forward to building our reputation ever further with a strong showing at the London Games."*



**Tim Jones**  
British Gymnastics Olympic Performance Director

# BEIJING 2008 RESULTS

## Women's Artistic All-Around

1. Nastia Liukin (USA)
2. Shawn Johnson (USA)
3. Yang Yilin (CHN)

## Women's Team

1. China
2. USA
3. Romania

## Men's Artistic All-Around

1. Wei Yang (CHN)
2. Kohei Uchimura (JPN)
3. Benoit Caranobe (FRA)

## Men's Artistic Team

1. China
2. Japan
3. USA

## Female Trampoline

1. He Wenna (CHN)
2. Karen Cockburn (CAN)
3. Ekaterina Khilko (UZB)

## Male Trampoline

1. Lu Chunlong (CHN)
2. Jason Burnett (CAN)
3. Dong Dong (CHN)

## Rhythmic Individual All-Around

1. Evgenia Kanaeva (RUS)
2. Inna Zhukova (BLR)
3. Ganna Bezsonova (UKR)

## Rhythmic Group All-Around

1. Russia
2. China
3. Belarus

By Olivia Howard

# ones to watch

Anything can happen at an Olympic Games, especially in gymnastics, so although no one's certain for a medal here are a few of the top contenders...

## women's artistic

America's golden girl, **Jordyn Wieber** is definitely one to watch at this year's Games. Jordyn was the 2011 World Champion and took the American Cup and the US Championship titles earlier in the year. She will be pushed all the way however by team mate **Gabby Douglas** who has been long known as the 'underdog' but who recently proved to be one of the top contenders when she took the top spot at the US Olympic trials. The girls

have said they are aiming for the top two spots in the all-around event in London. Jordyn's task will not be easy however, young **Larissa Iordache** from Romania has proved throughout the last year that she can post some huge scores and with the potential of an upgraded vault to the same standard as Weiber she could snatch the title from the young American. The Russians are also not ones to forget with the return of 2010 World Champion **Alinya Mustifina** and 2011 World silver medallist **Victoria Komova**. In the team event, USA will be looking to win their first team gold since the 1996 Atlanta Games but with the Romanian and Russian teams growing ever stronger and a three gymnasts compete, three scores count format in the team final, the title could be anybody's.

jordyn wieber

## men's artistic

The man of the moment in men's artistic gymnastics is **Kohei Uchimura** from Japan. Kohei will have strong competition from an outstanding American squad and one cannot forget Britain's **Daniel Purvis**, ranked world number one in 2011. In the team event, China will be looking to defend their title but will be challenged strongly by Japan and the USA as well as nations such as Germany, France and Great Britain.

kohei uchimura



# trampolining

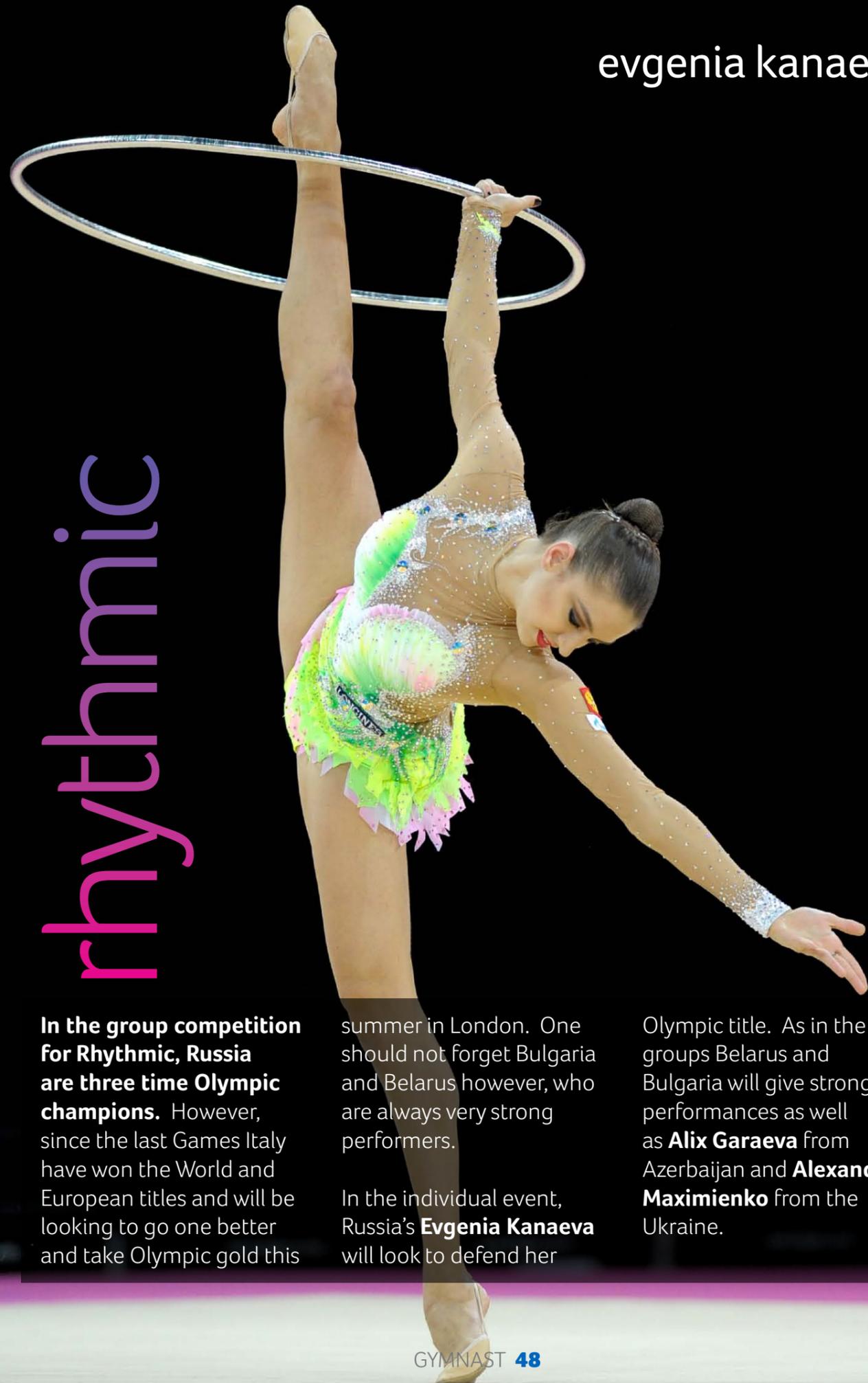
**In female trampolining, the Chinese and Canadian gymnasts are the ones to watch.**

**Karen Cockburn** from Canada has medalled in every Olympic Games thus far and winning a silver medal in Beijing will be looking to go one better in London. However, hot on her heels will be her team mate **Rosie MacLennan** and not forgetting Great Britain's **Kat Driscoll** who was ranked world number one in the year of 2011. Although there will be no British representative in the men's competition, it's the Japanese and the Chinese trampoline gymnasts that will look to battle it out for the medals. The time of flight score will be used for the first time at this Olympic Games so this could be a deciding factor in the final results.

karen cockburn



evgenia kanaeva



# rhythmic

**In the group competition for Rhythmic, Russia are three time Olympic champions.** However, since the last Games Italy have won the World and European titles and will be looking to go one better and take Olympic gold this

summer in London. One should not forget Bulgaria and Belarus however, who are always very strong performers.

In the individual event, Russia's **Evgenia Kanaeva** will look to defend her

Olympic title. As in the groups Belarus and Bulgaria will give strong performances as well as **Alix Garaeva** from Azerbaijan and **Alexandra Maximienko** from the Ukraine.

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# 2012 London. Olympics

## Gymnastics competition schedule



# Women's Artistic



NORTH GREENWICH ARENA

## qualifications

29 July	Women's Qualification	09:30 - 12:45 14:45 - 18:00 20:00 - 21:30
---------	-----------------------	---

## finals

31 July	Women's Team	16:30 - 19:30
2 August	Women's Individual All-Around	16:30 - 18:30
5 August	Women's Vault	14:00 - 16:15
6 August	Women's Uneven Bars	14:00 - 16:20
7 August	Women's Balance Beam Women's Floor Exercise	14:00 - 17:05

# Men's Artistic



NORTH GREENWICH ARENA

## qualifications

28 July	Men's Qualification	11:00 - 13:10 15:30 - 17:40 20:00 - 22:10
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## finals

30 July	Men's Team	16:30 - 19:30
1 August	Men's Individual All-Around	16:30 - 19:35
5 August	Men's Floor Exercise Men's Pommel Horse	14:00 - 16:15
6 August	Men's Rings Men's Vault	14:00 - 16:20
7 August	Men's Parallel Bars Men's Horizontal Bar	14:00 - 17:05

# Trampoline



NORTH GREENWICH ARENA

## qualifications & finals

3 August	Men's	14:00 - 16:15
4 August	Women's	14:00 - 16:15

# Rhythmic



WEMBLEY ARENA

## qualifications

9 August	Individual: Rotations 1 & 2 Group: Rotation 1	12:00 - 16:10
10 August	Individual: Rotations 3 & 4 Group: Rotation 2	12:00 - 16:10

## finals

11 August	Individual	13:30 - 16:05
12 August	Group	13:30 - 15:10

# EXCEL

## coaching tips

**Our YouTube channel contains the latest event highlights and features.** You can now embed our YouTube videos into your own websites and social media accounts any time you like.

### Women's Artistic

Beam Landing Positions

By Carol-Angela Orchard



#### REMINDER

Coaches should only coach skills that are contained within their current BG qualifications and within a bg recognised environment.

### Trampoline Gymnastics

Arabian Take Offs

By Jay Scouler



### Gymnastics for All

Apparatus Skills and Partnership

By Lisa Higgins



All **Excel Tips of the Week** will be released every Thursday morning. Keep an eye on **GymBlast** to find out what each weekly tip will be.





rebecca tunney



daniel purvis

# Round-Up june

An action packed month in the lead up to the Olympic Games..

**The 2012 Men's & Women's Artistic Gymnastics British Championships were held together at Echo Arena in Liverpool with Britain's best gymnasts competing in front of an enthusiastic crowd to begin a three day gymnastics feast.**

Gabby Jupp was crowned the junior women's champion, Frank Baines the

men's under -18 champion and Jay Thompson the men's under-16 champion.

In the senior finals which also acted as the final Olympic trials, Daniel Purvis retained his British senior all-around title scoring a huge 91.550 points to be crowned champion for the third successive year.

Sam Oldham, returning to form following injury, took the silver with 90.050, his final high bar routine sealing his medal and Daniel

Keatings who has also suffered injury woes, took the bronze scoring 90.700 and impressing particularly on parallel bar (15.550) and pommel (15.450).

In the women's event 15 year old City of Liverpool gymnast Rebecca Tunney produced a sensational all-around performance to be crowned the all-around champion.

In her first year as senior Rebecca showed sublime composure to produce clean

routines on all four pieces of apparatus ending on beam where she showed extraordinary control under pressure to seal the title with 56.750 points.

Jennifer Pinches took the silver with strong performances on floor, vault and beam leading her to a score of 56.350. 2012 champion Hannah Whelan sealed the City of Liverpool podium domination scoring 55.800 despite a fall on beam.

The final day saw the gymnasts battle for apparatus titles.

The stand out routine came from Louis Smith who scored a huge 16.375 on pommel horse, even finding time on his dismount to tap his chest in celebration proving he is well on track and prepared to once again go for the medals at the Olympic Games.

Beth Tweddle on bars was in similarly impressive form scoring 15.850; deciding to

withdraw from the floor final in order to rest

Niamh Rippin took both the floor (14.25) and vault (14.150) titles with Jenni Pinches the beam champion (14.300). Daniel Keatings on parallel bars (15.700) again proved he is back to form along with Sam Oldham on high bar (15.300). Kristian Thomas took vault (16.200) and floor (15.525) and Daniel Purvis rings (15.200).



# Rhythmic, Boys' & Intermediate Gymnastics British Championships 2012



francesca jones

**Francesca Jones** won her sixth British rhythmic gymnastics title in style at Fenton Manor in Stoke-on-Trent. Frankie scoring an impressive 99.125 points to take the gold from first year senior Laura Halford (89.200) with Frankie's Birmingham club-mate Mimi Cesar in bronze (87.875).

Frankie was also top scorer with every piece of apparatus, hoop (24.175), ball (25.275), clubs (24.375) and ribbon (25.300).

In the junior competition Helena Bailey took the gold with 81.275, Megan Balabay the silver with 81.125 and Lauren Brash, bronze with 80.800. Leah Munday took the under-12's (77.875) and Stephanie Antonova the

under-11 title. In the disability events Holly Hammill, Katie O'Connor and Rowena Francis were all crowned British champions. The men's artistic boys British Championships also ran along with the rhythmic event giving the audience non-stop action to admire. Donnell Osbourne was crowned the under-12 British champion with 77.800, with Jamie Lewis in silver (76.250) and Jack Chamberlain, bronze (73.400).

On the second day of competition **Joe Fraser** was crowned the under-14 men's artistic gymnastics British Champion with 81.700, Tom Nicolaou placed 2nd with 80.150 and Giarnni Regini-Moran 3rd with 79.250.



joe fraser



## 2012 European Rhythmic Gymnastics Championships for Senior Groups & Junior Individual

The 2012 European Rhythmic Gymnastics Championships for Senior Group & Junior Individual in Nizhny, Novgorod (RUS) were a good chance for our younger gymnasts to test themselves and for our group to get more major competition experience.

In the juniors, Megan Balabay competed ball (22nd) and hoop (30th), Lauren Brash clubs (31st) and Helena Bailey ribbon (34th) with the team finishing in 31st.

The group, without team member Francesca Fox, scored 22.325 with 5 balls and 21.825 with 3 ribbon and 2 hoops to finish in 16th.



megan balabay



## Later in the month... in Bucharest

Frankie Jones won the 11th Irina Deleanu Orange Trophy in Bucharest scoring 103,300. Teammates Mimi Cesar and Stephanie Sherlock took 10th (95.875) and 14th (92.850) respectively.

In the junior event, Jael Gore finished 8th in the all-around scoring 84.850 and went on to claim 6th in the ribbon and 7th in both the hoop and ball finals.

mimi cesar



# Trampoline & Tumbling Gymnastics British Championships

**The weekend 7th & 8th July saw a fantastic display of gymnastics at the NIA arena in Birmingham for the 2012 trampoline, tumbling and double mini trampoline British Championships.**

With only weeks to go before the start of the London Olympics, Team GB's Kat Driscoll got her last chance to perform in front of a home crowd and successfully defended her British title with a fantastic routine to score 54.105 ahead of Bryony Page in second (53.180) and Laura Gallagher in third (50.945).

In the senior mens trampoline competition, uncharacteristic errors from James Higgins put him out of the final and with last year's winner Luke Strong unable to compete due to injury; the top spot was left wide

open. Following a strong performance, Nathan Bailey took the title with 56.665 ahead of Daniel Greaves in silver (55.265) and Liam Abrahams in bronze (54.440).

In the senior mens tumbling there were only two gymnasts competing. Kristof Willerton regained his title over Abdullah Izzidien and across in the women's competition Rachel Letsche emerged victorious, ahead of Deborah Gathercole in silver and Sophie Parkin in bronze.

In the DMT senior women's event, a new champion was crowned as Georgia Downing kept her composure to win gold ahead of last year's winner Robyn Osborne and Lydia Yates in bronze. In the men's there was again another new title winner,

Tim Horgan, who took the gold over defending champion Peter Cracknell, who was then followed by Jason Plowman in bronze. Across all age groups and all disciplines there were some fantastic performances, proving the strength and depth of talent on show at the championships.

nathan bailey



amanda parker



## Also in trampoline gymnastics...

Kat Driscoll, Amanda Parker, Luke Strong and Nathan Bailey represented GBR at the trampoline World Cup in Albacete (ESP).

Kat finished in 12th in the women's category with 98.83, followed closely by team mate Amanda in 13th with 98.69.

Nathan Bailey finished in 12th in the men's category with 104.475 and Luke Strong in 46th with 45.385.

At the Arosa World Cup in Switzerland Amanda Parker finished in 6th place in the final having put in a superb personal best two-round total.

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# Key Steps & Next Steps

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## Next Step Gymnastics

- Next Step builds upon the basic skills learnt in Key Steps through discipline specific skills found in Proficiency Advanced
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- Includes trampoline, cheerleading and acrobatic disciplines containing 24 work cards with a selection of routines (discipline packs can be purchased separately)
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- Colourful A2 size posters depicting the skills and sequences in the work cards
- Guidelines on how to judge, organise and deliver the competitions including templates, letters, score sheets and apparatus layouts



## for further details please contact:

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# what's. Coming up

## July

15 July

**FESTIVAL**  
**GymFusion South East**  
Guildford Spectrum,  
Surrey

27 July - 12 August

**XXX OLYMPIC GAMES**  
**2012 Summer**  
**Olympic Games**  
London

## August

29 August - 9 September

**XIV PARALYMPIC GAMES**  
**2012 Summer**  
**Paralympic Games**  
London

## September

No British Gymnastics  
events

## October

5 - 7 October

**AEROBIC**  
**2012 British**  
**Championships**  
Rivermead Leisure  
Centre, Reading

13 - 14 October

**WOMEN'S ARTISTIC**  
**Bill Slater Club Team**  
**Championships**  
Europa Centre, Kent

13 - 14 October

**RHYTHMIC**  
**National Open**  
**Individual Apparatus**  
**Championships 2012**  
Richard Dunn Sports  
Centre, Bradford

13 - 14 October

**RHYTHMIC**  
**Round 1 National Group**  
**League 2012**  
Richard Dunn Sports  
Centre, Bradford

13 - 14 October

**DISABILITY**  
**13th Poole Open 2012**  
Poole Sports Centre,  
Dorset

19 - 21 October

**FESTIVAL**  
**Gymnastics for All -**  
**London Festival 2012**  
The Brentwood Centre,  
Essex



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