

## 2006 Commonwealth Games – Melbourne, Australia

Team Manager - Mike Weinstock

Team Physio - Jean Denton

	<b>Men</b>	<b>Women</b>	<b>Rhythmic</b>
<b>Team Coach/es</b>	Paul Hall / Simon Moore	Amanda Kirby / Liz Kincaid	Marion Sands
<b>Gymnasts</b>	Ross Brewer	Imogen Cairns	Hannah Chappell
	Ryan Bradley	Beth Tweddle	Heather Mann
	Louis Smith	Shavahn Church	Rachel Ennis
	Kristian Thomas	Rebecca Downie	
	Luke Folwell	Hannah Clowes	
<b>Invited Judges</b>	Andrew Tombs	Lyn Fairbrother	Tracy Hurwood
	Keith Brewer	Christine Bowker	Amanda Scriven
	Colin Leigh	Debbie Fitzgerald	
	James May		

# RESULTS

## MEN'S ARTISTIC RESULTS

### MEN'S FLOOR

### MENS POMMEL HORSE

### MENS RINGS

### MENS VAULT

### MENS PARALLEL BARS

### MENS HORIZONTAL BARS

<b>GOLD</b>	Adam Alexander Wong	Score 14.975	Louis Smith	Score 15.775	Joshua Jefferis	Score 15.825	Kyle Keith Shewfelt	Score 16.337	Grant Golding	Score 15.45	Damian Istria	Score 15.6
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<b>SILVER</b>	Shu Wag Ng	Score 14.85	Prashanth Sellathurai	Score 15.6	Damian Istria	Score 15.7	Nathan Gafuik	Score 16.112	Philippe Rizzo	Score 15.275	David Eaton	Score 15
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<b>BRONZE</b>	Kyle Keith Shewfelt	Score 14.7	Grant Golding	Score 14.875	Irodotos Georgallas	Score 15.3	Samuel Offord	Score 15.862	Joshua Jeffries	Score 14.8	Adam Cox	Score 14.95
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<b>EGA COMPETITORS</b>	Ross Brewer 4th	Score 14.475	Ross Brewer 5th	Score 13.675	Ross Brewer 7th	Score 14.525	Luke Folwell 4th	Score 15.712	Ross Brewer 4th	Score 14.725	Ross Brewer 8th	Score 14.425
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Ryan Bradley 6th	Score 14.3
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Ryan Bradley 8th	Score 14.025
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## WOMEN'S ARTISTIC RESULTS

WOMEN'S VAULT			WOMENS UNEVEN BARS		WOMENS BEAM		WOMENS FLOOR		
<b>GOLD</b>	Imogen Cairns	Score 14.325	Elyse Hopfner-Hibbs	Score 15.1	Elyse Hopfner-Hibbs	Score 14.95	Hollie Dykes	Score 14.65	
	<b>SILVER</b>	Alyssa Brown	Score 14.275	Shvahn Church	Score 14.875	Hollie Dykes	Score 14.925	Ashleigh Brennan	Score 13.925
<b>BRONZE</b>	Naomi Russell	Score 14.137	Monette Russo	Score 14.85	Becky Downie	Score 14.075	Francki Van Rooyen	Score 13.9	
<b>EGA COMPETITORS</b>			Becky Downie 5th	Score 14				Hannah Clowes 5th	Score 13.65

## TEAM RESULTS (Men's, Women's & Rhythmic)

### Men's Team Results

<b>GOLD</b>	Canada	Score 269.75
<b>SILVER</b>	Australia	Score 268.850
<b>BRONZE</b>	England	Score 260.000

### Women's Team Results

<b>GOLD</b>	Australia	Score 172.60
<b>SILVER</b>	England	Score 164.35
<b>BRONZE</b>	Canada	Score 162.55

### Rhythmic Team Results

<b>GOLD</b>	Canada	Score 128.775
<b>SILVER</b>	Malaysia	Score 124.175
<b>BRONZE</b>	Australia	Score 117.175
<b>England</b>	4th Place	Score 108.400

# TEAM MANAGER'S REPORT

2006 Melbourne Commonwealth Games

March 15<sup>th</sup> - 25<sup>th</sup>

## Commonwealth Medals Won

### Gold

Imogen Cairns - Gold on Vault

Louis Smith – Gold on Pommels

### Silver

Womens Team – Silver

Shavahn Church – Silver on Bars

### Bronze

Mens Team – Bronze

Beckie Downie – Bronze on Beam

### Games Preparation

In the 18 months prior to the Commonwealth Games the CGCE organised 5 Team Manager Training Weekends at Bisham Abbey.

In March 2005 all team managers attended a five day recce visit to Melbourne in order to look at facilities etc:

- Training facilities
- Accommodation
- Transport
- Medical

### Team Selection

#### Coaches

Because coaching decisions had to be made many months prior to the Games it was necessary to select coaches for the teams very early.

The following coaches were selected to prepare and accompany the teams to the Games

Men's Team – Paul Hall, Simon Moore

Women's Team – Amanda Kirby, Liz Kincaid

Rhythmic Team – Marion Sands

(Physiotherapist – Jean Denton)

## Competitors

The MA & WA Team

2 Selection trials were identified for all disciplines and details published on the English Gymnastics Website.

Due to the fact that the Commonwealth Games was going to be run according to the new FIG code of points and the code was not going to be published until the new year (well after the two MA & WA trials) a third and final trial had to be arranged.

The following teams were selected:

### **Men's Team**

#### Gymnasts

Ross Brewer

Ryan Bradley

Louis Smith

Kristian Thomas

Luke Folwell

### **Women's Team**

#### Gymnasts

Beth Tweddle

Imogen Cairns

Shavahn Church

Rebecca Downie

Hanna Clowes

### **Rhythmic Team**

#### Coach

Marion Sands

#### Gymnasts

Hannah Chappell

Rachel Innes

Heather Mann

## **Reserves**

Danny Lawrence

Robert Payne

David Massam

## **Pre departure training**

All three teams had training camps in the UK prior to departing for Australia - for dates please see calendar.

Men - Huntingdon Olympic Gymnastics Club

Women – City of Liverpool Gymnastics Centre

Rhythmic team – Coventry Rhythmic Gymnastics Club & Lilleshall National Sports Centre

The training camps were very successful in terms of team building, checking on routine construction and improving competition fitness levels.

## **The journey out**

The team travelled to Melbourne on three different dates.

Team Manager 25<sup>th</sup> Feb

Artistic teams and support staff 28<sup>th</sup> Feb

Rhythmic team 5<sup>th</sup> March

All flights were uneventful but long and boring.

All flights arrived at 6.30 in the morning. Teams were transferred by coach to the Novotel some 45 minutes away and after a quick breakfast went to bed for a couple of hours sleep.

The rest of the day was spent getting familiar with the hotel and the surrounding area and visiting the holding camp training venues.

The gymnasts had a stretch and a gentle work out for a couple of hours.

### **The Holding Camp**

The holding camp was based at the Novotel Hotel in Waverley which is about a 30 minute drive from the centre of Melbourne. The food and accommodation at the Novotel were excellent.

Don, Claire and all the Team England HQ staff at the Novotel were brilliant. Although I am sure they were under pressure they were always enthusiastic and helpful and managed to provide what ever we needed to make our training successful.

### **Holding Camp Training Venues**

The men and womens team trained at a couple of local Gymnastics centres. (We had our own vehicles supplied by CGCE to get to training as and when we wanted to.)

The Waverley Gymnastics Club The Waverly Gym Centre was some 10 minutes drive from the Novotel. The facility at Waverly was excellent and the staff and gymnasts made us feel so welcome. We could not have found a more suitable training gym for our girls team.

The boys training gym was 30 minutes away at the Don Vale Gymnastics Centre. Don Vale was well equipped and provided everything that our boys team needed.

Our Rhythmic team arrived after the official training facilities at the Rod Laver Stadium facilities were open.

All the teams started training at the official training gym on March 5<sup>th</sup>.

There were three separate training areas, one for each discipline, in the enormous tennis hall. The areas were all spacious with 2 sets of Acromat equipment for most pieces of apparatus. The volunteer staff in the arena were very friendly and could not do enough to help us.

### **The Village**

The team moved into the Commonwealth Village on March 10<sup>th</sup>.

The village, as one might expect, was fantastic with a lot of facilities including an internal bus service, a huge dining hall, shops, a bank, a weight training gym, medical services and entertainment.

The artistic girls and the rhythmic team shared a large house with the female table tennis team. The boys lived in what will one day become a garage.

The English accommodation area was well situated away from the noise of the international zone but not too far from where the buses depart and the dining hall.

(See Commonwealth Games Village map)

### **Training whilst staying in the village**

Training and transport were in the main very well organised. Shuttle buses went at regular intervals between the Games Village and the Rod Laver Stadium. It took between 30 and 45 minutes to travel to training and back depending on the time of day and the state of the traffic.

Coaches for all three teams were pleased with the pre-competition training.

It was a huge set back to all the team when Beth Tweddle hurt her ankle during the podium training and had to withdraw from the competition.

### **The Competition**

All competitions were held in front of pretty full 15000 seater stadium. The audiences whilst being very pro Australia were supportive off all gymnasts.

## ***Mens Competitions***

### **Team Competition**

The team competed well to finish 3<sup>rd</sup> behind a very strong Canadian and Australian team.

### **Individual All Around Competition**

The three lads gave it there all to finish Ross Brewer 6<sup>th</sup>, Ryan Braddley 7<sup>th</sup> & Kristian Thomas 12<sup>th</sup>

### **Individual Apparatus finals**

We had gymnasts in all apparatus finals with Louis Smith winning a gold on Pommels. It was a shame that Ross didn't get a medal he worked so hard and with such consistency but was denied anything more than 4<sup>th</sup> place.

Ross Brewer	Floor 4 <sup>th</sup> Poms 5 <sup>th</sup> Rings 7 <sup>th</sup> P Bars 4 <sup>th</sup> H Bar 8 <sup>th</sup>
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Ryan Bradley	Floor 6 <sup>th</sup> P Bars 8 <sup>th</sup>
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Louis Smith	Poms 1 <sup>st</sup>
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Luke Folwell	Vault 5 <sup>th</sup>
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Kristian Thomas	Vault 6 <sup>th</sup>
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As team captain Ross did a great job encouraging and advising what was a very young team.

## ***Womens Competitions***

### **Team Competition**

In spite of the disappointment of losing Beth Tweddle the team competed well to finish 2<sup>nd</sup> behind a well supported Australian team.

### **Individual All Around Competition**

The three girls applied themselves to the job and finished a very creditable Imogen Cairns 4<sup>th</sup> Shavahn Church 5<sup>th</sup> & Becky Downie 8<sup>th</sup>

### **Individual Apparatus finals**

All the girls took part in Apparatus finals with Imogen Cairns getting gold on Vault Shavahn Church getting a silver on Bars and Becky Downie Bronze on Beam.



Imogen Cairns	Vault 1 <sup>st</sup> Floor 8 <sup>th</sup>
Shavahn Church	Bars 2 <sup>nd</sup>
Becky Downie	Bars 5 <sup>th</sup> Beam 3 <sup>rd</sup>
Hannah Clowes	Floor 5 <sup>th</sup>

As Team Captain Beth Tweddle put her own personal disappointments behind her to do a great job inspiring and helping her team at every stage of the competition.

### ***Rhythmic Competition***

#### **Team Competition**

The girls worked well to finish 4<sup>th</sup> in what was a very strong field. Canada & Malaysia were tipped for the top spots as proved to be the case with Australia enjoying the advantage of a home crowd and a large percentage of the judges coming in third.

#### **Individual All Around Competition.**

Both gymnasts worked well to finish in 8<sup>th</sup> (Hannah Chappell) and 9<sup>th</sup> position (Heather Mann).

#### **Individual Apparatus Finals**

Hanna Chappell qualified for 2 apparatus finals and Heather Mann Qualified for the clubs final and was edged out of a bronze medal by an Australian Gymnast.

Hanna Chappell	Clubs 6 <sup>th</sup> Ribbon 7 <sup>th</sup>
Heather Mann	Clubs 4 <sup>th</sup>

All the gymnasts and coaches in all three disciplines were a great credit to England and showed good team spirit and dogged determination in the face of adversity and disappointment.

I should like to say thank you to all the coaches; Simon, Paul, Amanda, Liz and Marion and Jean our physiotherapist. All did an excellent job on what was a long and arduous pre-competition build up and demanding competition schedule.

I would like to compliment and say thank you to Ann Hogbin, Caroline Tyler, Don Parker and Claire Huddart for all their work and support over the last 18 months. I should would also like to thank the may support staff who worked with us both at home and in Melbourne including Holding Camp volunteers, CGV HQ Staff, Physio & medical staff, the media team and all the Melbourne 2006 volunteers.

I would like to thank Brian Lowe for his hard work and support up to and during the Games. Brian's experience and level head will greatly missed in the future.

Mike Weinstock  
Team Manager



