

INTERNATIONAL - ENGLAND v BELGIUM

Lucien Mus Cup, Ypres, Belgium (18th April 2009)

Delegation Report

The English Gymnastics Association entered a Junior Team of three gymnasts to this International event. The gymnasts in the team were:

Amy Middleton (Horsham GC)
Danielle Wickham (Port Regis GC)
Antonia Bates (Wiltshire School of Gymnasts)

Team Coach - Coral King (Port Regis)
Judge – Betty Moss
Head of Delegation – Jim Moss



The Team travelled by Channel Ferry and mini bus and everyone was relieved to get to the competition especially as there had been disruption that week caused by the fishermen's dispute at Calais.

The gymnasts performed very well together as a Team, resulting in a well-deserved win in the International against Belgium. The Team scored 140.700 against the Belgium Team, who scored 126.000. Individual results were also excellent with Amy (49.300), Danielle (45.950) and Antonia (45.450) achieving 1st, 2nd and 3rd place respectively.

The delegation was generously hosted by the Leper Gymnastics Club in Ypres. On Sunday morning, everyone spent a great time exploring the historic town of Ypres and shopping for Belgian chocolates and gifts to take home. We also visited the WW1 war sites at Hill 62 and at Passendale, which were most interesting and moving experiences for all concerned.

I am very proud of our cheerful young England gymnasts, who supported each other in every way and who, together with Coral our Team Coach and Betty our Judge, were a real credit to England in what was a very enjoyable experience.

Jim Moss (Head of Delegation)

Wiltshire Times and Chippenham News

April 21st, 2009

Melksham gymnast makes England debut



On Saturday Antonia Bates, a 14-year-old Elite Artistic Gymnast from Rode near Frome, competed in her first international competition as a member of the England Gymnastic Team.

Antonia who has been a member of the England Junior (under 16) Squad for over a year was called up this month and given a place in the 3 girl team that defeated the Belgium national team in a bi-lateral international held in Ypres. She trains at the Wiltshire School of Gymnastics in Bowerhill Melksham.

18 months ago Antonia was selected to be a member of the 12 strong England Gymnastics squad (comprising of 6 x Seniors – over 16 yrs, plus 6 x Juniors -under 16 yrs).

At a recent England Training Camp Antonia must have caught the England Selectors eye as she heard this month that she had been selected as a member of the 3 girl team of Juniors that were to compete against Belgium in a bi-lateral international.

Not only was this a great honour but even more of an achievement as Antonia had been plighted by a string of devastating lower limb injuries that had kept her from achieving her full potential.

The team consisted of Amy Middleton (of Horsham Sussex), Danielle Wickham (of Gillingham, Dorset) and Antonia, Bates. They were accompanied by the Team Coach Coral King (Port Regis School, Near Shaftesbury). They all performed some outstanding routines (on all 4 pieces: Floor, Asymmetric Bars, Vault and Beam) to defeat the Belgium team. I

Although the trophy will be deposited in the silver cabinet at Lilleshall, Antonia came away with a medal as the England Trio secured the top 3 individual places! (Antonia was 3rd overall). Antonia was also awarded her England Colours by The Chairman of English Gymnastics Association – Mr Jim Moss.

The competition was held in the Flanders town of Ypres (Leper). On the same day there were club teams competing that had come from Belgium, France and England.

The England Team Delegation - lead by Jim Moss (The Chairman of the English Gymnastics Association) spent 3 days in Ypres (preparing, competing and chilling!) during which time they were able to do some sight-seeing and attended the "Last Post ceremony" at the Menin Gate.

Antonia's proud father (Peter) and elder sister (Stephanie) drove out to Ypres to be there on the day. Leaving poor old mother, Merete, to look after the brothers at home in Rode.

When asked about the event, Peter Bates (an Army Lieutenant Colonel currently working in Larkhill) said: "I would not have missed this for anything. It was such an amazing achievement. It has been a real emotional rollercoaster – hearing of the selection, seeing Antonia at the competition and then finally watching her standing on the podium with the National Anthem being played. Antonia has made all of us feel unbelievably proud!" Antonia attends St Augustine's Roman Catholic College in Trowbridge, which as a sports college is of course tremendously supportive of all her activities. She trains for over 20 hours a week at the renowned Wiltshire School of Gymnastics in Melksham and is a regular member of the Wiltshire and South West teams. In the autumn this year there are internationals being held in Germany and Russia and Antonia who loved the whole experience in Belgium, is keen to keep her place in the team. As well as hoping for a second England call up Antonia is focussing on preparing herself for the English Championships (held in Leicester in September) and the British Championships (held in Guildford in July). Rachel Levick of Bath, a High Performance Gymnastics Coach and head coach at Wiltshire School of Gymnastics, was delighted at what Antonia had achieved. (Of course credit must be given to the Coach for getting Antonia there).

Wiltshire School of Gymnastics (www.wiltsgym.co.uk) has a great reputation and is included in the 2012 Olympic Games Brochure as a potential venue for International teams to conduct their Pre Games Training Camps.

Final Individual Results

Rank	No	Club	Vault 1		Vault 2	Vault	ABars		Beam		Floor		Total
			A/P	Score	Score	Max	A/P	Score	A/P	Score	A/P	Score	
1	21	MIDDLETON Amy Great Britain	4.4	13.700	0.000	13.700	2.8 0.00	11.600	4.2 0.00	11.400	4.7 0.00	12.600	49.300
2	22	WICKHAM Danielle Great Britain	4.4	13.500	0.000	13.500	3.5 0.00	10.200	4.2 0.00	11.500	4.4 0.00	10.750	45.950
3	23	BATES Antonia Great Britain	4.2	13.300	0.000	13.300	3.2 0.00	9.300	4.5 0.00	10.700	4.3 0.00	12.150	45.450
4	14	MALFAIT Iris Belgium	4.2	13.200	0.000	13.200	1.2 0.00	9.700	4.6 0.00	10.700	3.1 0.00	10.450	44.050
5	11	DECAESTEKER Tatjana Belgium	4.4	13.400	0.000	13.400	1.1 0.00	9.300	3.2 0.00	8.900	3.6 0.00	12.150	43.750
6	13	LAFAUT Vinciane Belgium	4.0	12.800	0.000	12.800	- -	-	2.6 0.00	5.600	3.5 0.00	10.100	28.500
7	12	DEZWARTE Shana Belgium	4.2	13.200	0.000	13.200	1.3 0.00	9.300	- -	-	- -	-	22.500
8	15	VERBEKE Lize Belgium	-	-	-	-	- -	-	1.1 0.00	5.600	2.1 0.00	7.100	20.500

Final Team Results

Rank	No	Club	Ploeg	Totaal
1	2	Great Britain	A-Team Great Britain	140.700
2	1	Belgium	Belgium A-Team	126.000

