

Isle of Man Junior International Competition

7th May 2011

Competition Report

The England Junior team travelled to the IOM to take part in a 4-way friendly International competition held at the Manx Gymnastics Centre of Excellence in Douglas.

The English Delegation was:

Gymnasts

Claudia Fragapane [Bristol Hawks]

Bethan Evans [Woking]

Millie Kennard [Tolworth]

Ellis O'Reilly [Europa]

Judges

Sam James & Carla Gale

Coaches

Paul Gibbons & Helen Potter

Friday 6th May

The Delegation met at Liverpool Airport & flew to IOM. On arrival we had the chance to go directly to the gym for a training session. We trained 6.30-8pm. The gymnasts trained well with a group warm-up then the chance to get used to the apparatus.

Vault was onto a hard surface on top of a pit then covered with mats. The girls coped well the only issue was Bethan's foot that was somewhat sore and the decision was made to compete her straight Yurchenko rather than her Full Twisting Yurchenko. The girls adapted well to the apparatus and worked well together. Our judges added some valuable input and the coaches were happy with the training session. The Manx club were very helpful & it was a short drive to our hotel situated on the seafront.

Saturday 7th May

In the coaches meeting we were informed that in addition to team & overall medals there would be apparatus medals and if the girls would like they could perform two vaults which for this competition just had to be different [no restrictions]. As Claudia & Ellis had prepared two vaults we decided they should take the opportunity to compete two.

Vault

Millie Kennard: Piked Yurchenko - Millie's Vaults gradually improved as she got used to the apparatus & she performed her best for the all-important competition Vault.

Bethan Evans: Straight Yurchenko - Bethan coped well with her sore foot & pulled out a very good Vault for the team when it mattered.

Ellis O'Reilly: 1st Vault: Handspring Front Tucked - very good high flighted Vault for the team.

2nd Vault: Piked Tsukahara - Equally well flighted & tidy Vault that gave her the Silver medal on this apparatus.

Claudia Fragapane: 1st Vault: Full Twisting Yurchenko - Dynamic strong vault for the top score of the day

2nd Vault Straight Yurchenko - Good shape & high to give Claudia the Gold medal on this apparatus.

Bars

It was a case of less is more on bars with our lowest start value routine scoring the highest & with this trend continuing through out with our highest SV routine scoring the lowest. Having said that there were obvious errors & the judges looked to be taking the maximum deductions where applicable. The lesson to be learnt here was that execution is king and a clean routine is paramount.

Beam

This was where Bethan suffered most from her sore foot. A slightly short and off centre landing on her tuck back aggravated it and although she picked herself up a further fall on the flick layout meant it was best to forgo her usual double back dismount. Ellis produced a good beam with well lifted leaps just marred by a fall on the flick layout. Millie also looked good on beam showing a well-executed sheep jump & finishing with 1 ½ twist dismount. securing her the Silver medal on this apparatus. Claudia attacked beam well including both free walkover & free cartwheel & finishing with double twist dismount for the top score of the day on this piece. This gave us 3 good scores to count for the team total.

Floor

Bethan put her disappointment of beam behind her and produced a lovely floor with double back start and really good choreography her SV was a little down as she just missed her triple spin [which had been great in warm up]. Millie's floor was delightful & her score will jump up as she improves her SV. Ellis also had good dramatic dance and was including 2 ½ twist as her second tumble for the first time. Having landed this she relaxed a little too much and just under rotated her doubleback dismount tumble [unfortunate as this had been great in training]. Claudia sparkled through her floor routine to jazzy music and finished a great all around performance with aplomb.



It was a highly successful competition for our young England team. England won convincingly scoring 143.035 with Scotland 2nd 136.619, IOM [Red Team] 3rd 118.967 and Malta in 4th with 118.868 & IOM [Black Team] in 5th with 116.852.

The hosts were using the competition as a preparation event in the lead up to the 2011 Commonwealth Youth Games which will be held on the island in September. The competition was an ideal introduction to international competition for our young gymnasts. They did themselves and their country proud by pulling together as a team and each producing some great work that demonstrated considerable potential for the future.



In the individual standings Claudia Fragapane won scoring 49.667, with Scotland's Shannon Archer 2nd 47.501 & Millie Kennard 3rd 46.534.



Apparatus medals were also awarded with Claudia taking Gold on the Vault, Bars and Beam plus Silver on floor. Millie took Silver on Beam & Bronze on Bars & Ellis took the Silver medal on Vault.

The Isle of Man were fantastic hosts, friendly and helpful throughout. They hit the note right with a reception in the evening that allowed the coaches & gymnasts to relax. In the friendly atmosphere. For England Juniors this would be a good competition to participate in on a regular basis.

Sunday May 8th

We had time to do a little shopping & the weather cleared enough for us to take a stroll along the seafront before flying back to Gatwick & saying our goodbye's. It was a great trip and everyone worked very well together. The gymnasts behaviour through- out was exemplary and I'd like to thank Paul, Sam & Carla who made my job as HOD very easy. Thanks also to Isle of Man Gymnastics, Barry, Karen, Coral & Len for fantastic help with the arrangements.

Report by Helen Potter, May 2011

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		VAULT			BARS			BEAM			FLOOR			TOTAL	POS
England		D	E	SCORE	D	E	SCORE	D	E	SCORE	D	E	SCORE		
1	Claudia Fragapane	5.000	8.600	13.600	2.500	8.067	10.567	4.700	8.000	12.700	4.800	8.000	12.800	49.667	
2	Bethan Evans	4.400	8.600	13.000	3.700	5.234	8.934	4.000	6.267	10.267	4.500	7.150	11.650	43.851	
3	Amelia Kennard	4.000	8.500	12.500	2.900	7.234	10.134	4.600	7.900	12.500	3.700	7.700	11.400	46.534	
4	Ellis O'Reilly	4.400	8.950	13.350	3.200	6.400	9.600	4.600	7.134	11.734	4.600	6.800	11.400	46.084	
TEAM SCORE				39.950			30.301			36.934			35.850	143.035	

	Vault 1	Vault 2	Total
1	13.6	13.25	13.425
2	13		
3	12.5		
4	13.35	13.3	13.325



		VAULT			BARS			BEAM			FLOOR			TOTAL	POS
Scotland		D	E	SCORE	D	E	SCORE	D	E	SCORE	D	E	SCORE		
5	Shannon Archer	4.200	8.400	12.600	3.000	6.634	9.634	4.900	7.367	12.267	4.600	8.400	13.000	47.501	
6	Eilidh Craigh	4.200	7.850	12.050	3.400	6.100	9.500	3.700	8.267	11.967	3.300	7.750	11.050	44.567	
7	Carly Smith	4.400	7.500	11.900	2.800	7.634	10.434	3.600	6.667	10.267	4.600	7.350	11.950	44.551	
TEAM SCORE				36.550			29.568			34.501			36.000	136.619	

	Vault 1	Vault 2	Total
5			
6			
7			



		VAULT			BARS			BEAM			FLOOR			TOTAL	POS
IOM		D	E	SCORE	D	E	SCORE	D	E	SCORE	D	E	SCORE		
8	Rebecca Johnson	4.200	8.500	12.700	1.9800	5.800	7.700	3.000	6.667	9.667	4.200	7.050	11.250	41.317	
9	Kaitlin Kneen	4.200	8.650	12.850	1.400	7.700	9.100	4.000	7.000	11.000	3.400	6.900	10.300	43.250	
10	Nicole Burns	4.000	7.500	11.500	1.100	1.700	2.800	2.200	7.600	9.800	3.100	7.200	10.300	34.400	
11	Grace Harrison	4.000	7.950	11.950	2.200	5.600	7.800	3.300	6.900	10.200	3.700	7.500	11.200	41.150	
TEAM SCORE				37.050			19.600			30.467			31.850	118.967	

	Vault 1	Vault 2	Total
8	12.7	12.55	12.625
9	12.85		
10	11.5	11.3	11.4
11	11.5	11	11.25



		VAULT			BARS			BEAM			FLOOR			TOTAL	POS
IOM		D	E	SCORE	D	E	SCORE	D	E	SCORE	D	E	SCORE		
12	Emily Dale-Beeton	4.200	8.850	13.050	1.400	6.700	8.100	3.600	6.300	9.900	3.800	7.300	11.100	42.150	
14	Ciara Goddard	3.000	8.150	11.150	1.400	4.634	6.034	3.200	6.600	9.800	3.300	7.200	10.500	37.484	
15	Aoife Donnelly	4.200	8.050	12.250	1.100	3.534	4.634	3.200	6.634	9.834	3.700	6.800	10.500	37.218	
16															
TEAM SCORE				36.450			18.768			29.534			32.100	116.852	

	Vault 1	Vault 2	Total
12	13.05		
14	11.15		
15	12.25		



		VAULT			BARS			BEAM			FLOOR			TOTAL	POS
Malta		D	E	SCORE	D	E	SCORE	D	E	SCORE	D	E	SCORE		
17	Kirsty Caruana	4.200	8.650	12.850	1.700	8.000	9.700	2.700	6.300	9.000	3.800	7.300	11.100	42.650	
18	Tara Dalli	2.400	8.450	10.850	0.900	5.634	6.534	2.600	6.534	9.134	3.200	6.900	10.100	36.618	
19	Andreanna Zammit	4.200	7.500	11.700	2.100	6.200	8.300	2.800	6.600	9.400	3.400	6.800	10.200	39.600	
TEAM SCORE				35.400			24.534			27.534			31.400	118.868	

	Vault 1	Vault 2	Total
17	12.85	10.9	11.875
18	10.85	8.95	9.9
19	11.7		