

English Rhythmic Gymnastics Championships 2014

On Sunday 11th May 2014 41 gymnasts took part on the 5th English Championships at the GMAC Centre in Birmingham.

The first part of the day was the turn of the U10, U11 and U12 gymnasts. With 20 gymnasts passing the criteria to compete in this year's competition, the expectations were high. The standard of the gymnasts were good. The gymnasts demonstrated great performance skills to gain good artistic scores and with the recommended body skills being introduced nationally, the standard of the gymnasts' technical scores had made a significant improvement.

The Under 12 category, in particular, looked very strong, which was promising as they move into the Junior section next year.

The afternoon was the turn of the Juniors and Seniors. With many of the Seniors taking part in the 3rd trial for the Commonwealth Games, it was going to be an exciting and promising competition.

Abbie Wyver from City of Canterbury Club took a clean sweep in the medals in the Junior section, showing clean and strong difficulties and excellent artistic flair with her choreography and musical interpretation.

Some improvements with risk and handling needs to be made with apparatus, but overall there was a promising group of Junior gymnasts.

In the Senior section, the medals were spread across 5 gymnasts. The level of the Seniors was fantastic and it was clear improvements from the 1st Commonwealth trial to the 3rd had been made. It was great to see the Senior section growing in size and the gymnasts' commitment and focus was clearly demonstrated.

We wish the nine gymnasts who are seeking Commonwealth Games representation for England the best of luck for this weekend's British Championships, which is the final Selection Event.

Laura Hogg
English Rhythmics