



COMMONWEALTH GAMES (GLASGOW) 2014

English Gymnastics Team Report

MEN	Team Final (Comp 1)	All Around	Floor	Pommel	Rings	Vault	P Bar	H Bar	Medals
Max Whitlock	Gold	Gold	Gold	Silver	5th		Bronze		5
Sam Oldham	Gold								1
Nile Wilson	Gold	Bronze			7th		Silver	Gold	4
Kristian Thomas	Gold		8th			Silver		Silver	3
Louis Smith	Gold			Bronze					2

WOMEN	Team Final (Comp 1)	All Around	Vault	A Bars	Beam	Floor	Medals
Hannah Whelan	Gold	Bronze					2
Ruby Harrold	Gold	Silver		Bronze			3
Claudia Fragapane	Gold	Gold	Gold		5 th	Gold	4
Becky Downie	Gold			Gold	8 th		2
Kelly Simm	Gold		5 th				1

RHYTHMIC	Team Final (Comp 1)	All Around	Hoop	Ball	Clubs	Ribbon
Lynne Hutchison	4th	12th				5th
Mimi Cesar	4th					
Stephanie Sherlock	4th	11th	7th	7th		

MEDALS

Gold 9
 Silver 5
 Bronze 5

TOTAL 19

THE TEAM

MEN

Max Whitlock
Sam Oldham
Nile Wilson
Kristian Thomas
Louis Smith

Coaches:

Andre Popov
Scott Hann

WOMEN

Hannah Whelan
Ruby Harrold
Claudia Fragapane
Becky Downie
Kelly Simm

Coaches:

Claire Starkey
Liz Kincaid

RHYTHMIC

Lynne Hutchison
Mimi-Isabella Cesar
Stephanie Sherlock

Coach:

Debra How

Physio:

Lindy Laszig

Manager:

Mike Weinstock

TRAVEL

The Rhythmic Team all travelled together by train to Glasgow on the first day of the Village opening (13th July). This early arrival into the Village was to give the Team the maximum amount of training time in the Games environment.

The Women and Men's Teams had a Commonwealth Games and World Championships Training Camp at Lilleshall prior to traveling up to Glasgow. The girls travelled by plane from their respective parts of the country and the boys travelled as a group by coach from Lilleshall. The Men and Women arrived on 25th July, just two days before their podium training.

THE ATHLETE VILLAGE

The Village is a brand new development, built in the shadow of Celtic Park Football Club on the banks of the River Clyde, in a part of Glasgow called Park Head. The whole development will be a great legacy for this very run-down area of East Glasgow, much in need of regeneration. The Village had all the necessary amenities, including dining areas, polyclinic, transport mall, shopping and entertainment areas.



ACCOMMODATION

The Gymnastics Team was accommodated in one large house at the edge of the English section, adjacent to Wales. Rhythmic and Women were on the top floor, Staff on the middle floor and Men on the ground floor. The house was basic, but comfortable - if a little crowded. 20 people – 1 living room, 10 bedrooms, 5 toilets, 3 showers and 2 baths.



THE VILLAGE FACILITIES

There were over 640 athletes and officials in the England Team. The Team England Headquarters staff had been pulling out all the stops to get the facilities ready for the first arrivals. All the rooms were nicely laid out, ready for athletes to move into when they had been through a 'We are England' induction process.

DINING

Dining took place in a massive tent structure with counters serving food from all the different Continents that make up the Commonwealth. Considering the number of people the organisers were catering for, there was a great choice and the quality was very good.

THE INTERNATIONAL ZONE

The International Zone was a large square with shops, café, bar, hairdressers, post office and other facilities on three sides, with a Ceremonial welcoming stage on the other for Ceremonies and other entertainments.

PRE-COMPETITION TRAINING

The Men's and Women's Teams had a three week Training Camp, mainly based at Lilleshall National Sports Centre prior to travelling to Glasgow on the 25th July. The Camp was a combined Camp, to prepare Teams for the Commonwealth Games and The World Championships and was run under the auspices of the British Gymnastics' National Coaching Team.

The Rhythmic Team were together for about three weeks, mainly at Esprit Gymnastics Club, prior to travelling to Glasgow.

TRAINING IN GLASGOW

All Rhythmic training took place at the Scottish Exhibition & Conference Centre (SECC). This is a very impressive collection of massive exhibition halls, on a large site on the banks of the Clyde, in the middle of Glasgow. The Rhythmic Floor areas were provided by Gymnova. Training was very structured and well organised by the Event Team.

For the Men and the Women, pre-competition training took place at Ravenscraig, a 30-minute drive from the Athletes Village in a large open hall. Training took place on new Gymnova apparatus in two huge halls, with two sets of everything. All facilities were air conditioned and felt comfortable to work in.

RHYTHMIC COMPETITION

Thursday 24th July

Rhythmic Team Competition

This was an incredibly long competition lasting about 10 hours. The England Team worked very well and finished in 4th place.

Canada	141.450
Wales	136.625
Malasia	135.825
England	132.100

The girls were disappointed not to finish in the medals, but I feel 4th was about right given the strength of the competition. This was borne out by the results in Competition 2 and Competition 3. The England girls did make some mistakes, but they looked elegant and classy throughout and certainly did not look out of place in this level of Competition. They just need to have a bit more consistency to move into a medal position.

Stephanie Sherlock, Lynne Hutchison & Mimi Cesar qualified in 11th (53.425) and 12th (51.10) and 14th (49.825) place respectively.

Friday 25th July

Rhythmic All-Around Competition

The Rules state that only two girls per Federation were allowed to compete in the All-Around Competition. Stephanie Sherlock and Lynne Hutchison finished in 11th (51.175) and 12th (51.025). Mimi Cesar was very disappointed to not be in the top 16, having been consistently one of the top performers in the trials.

Saturday 26th July

Rhythmic Apparatus Finals

Two gymnasts qualified to take part in the Apparatus Finals:

Stephanie Sherlock		
Hoop	13.875	7 th
Ball	12.950	7 th
Lynne Hutchison		
Ribbon	13.550	5 th

ARTISTIC COMPETITION

Sunday 27th July

Men's & Women's Podium Training

Monday 28th & Tuesday 29th July

Men's Team Competition and Qualifying Competition

England	266.804	1 st
Scotland	257.603	2 nd
Canada	252.078	3 rd
Australia	246.941	4 th

Women's Team Competition and Qualifying Competition

England	167.555	1 st
Australia	161.646	2 nd
Wales	160.095	3 rd
Canada	159.563	4 th

Wednesday 30th July

Men's All-Around Competition

Max Whitlock	90.631	1 st
Nile Wilson	87.965	3 rd

Women's All-Around Competition

Claudia Fragapane	56.132	1 st
Ruby Harrold	55.232	2 nd
Hannah Whelan	54.699	3 rd

Thursday 31st July & Friday 1st August

Men's Apparatus Finals

Floor

Max Whitlock	15.533	1 st
Kristian Thomas	13.366	8 th

Pommel

Max Whitlock	15.966	2 nd
Louis Smith	14.966	3 rd

Rings

Max Whitlock	14.566	5 th
Nile Wilson	14.466	7 th

Vault

Kristian Thomas	14.499	2 nd
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Parallel Bars

Nile Wilson	15.433	2 nd
Max Whitlock	15.066	3 rd

High Bar

Nile Wilson	14.966	1 st
Kristian Thomas	14.966	2 nd

Women's Apparatus Finals

Vault

Claudia Fragapane	14.633	1 st
Kelly Simm	14.199	5 th

Asymmetric Bars

Becky Downie	14.666	1 st
Ruby Harrold	14.366	3 rd

Beam

Claudia Fragapane	13.133	5 th
Becky Downie	9.833	8 th

Floor

Claudia Fragapane	14.541	1 st
Hannah Whelan	13.133	6 th

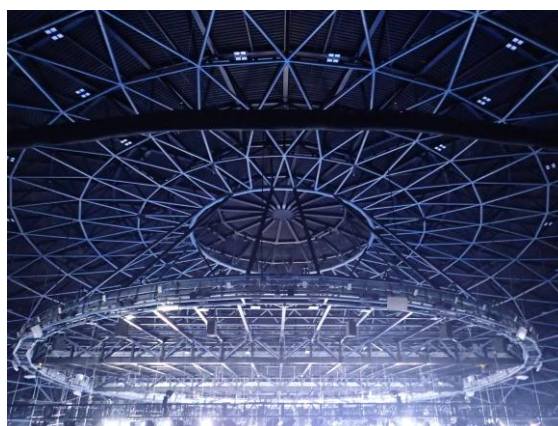
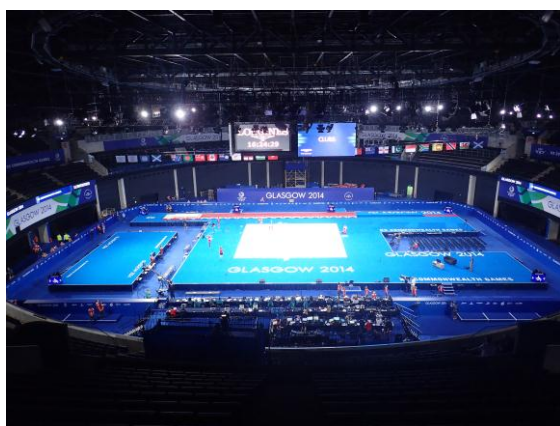
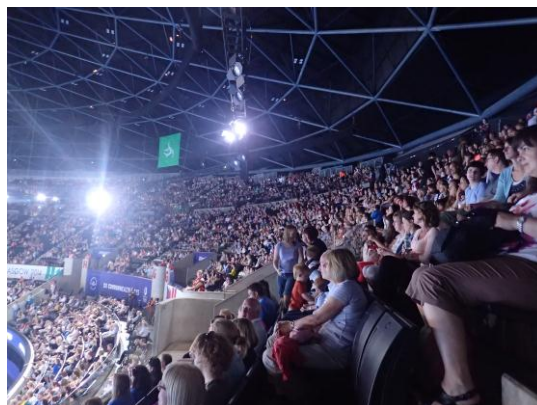
SAM OLDHAM

It was very tough to lose Sam Oldham, due injury, from the Team in the Team Competition. Thanks Sam for doing such a great job. Even after he was unable to perform, he was still at the venue supporting the rest of the Team – both Men and Women. Sitting in the audience watching the preceding Competitions, must have been heartbreaking. Best wishes from us all for a speedy recovery.

I believe the Team Results are not just based on the days of the Competition, but on the months leading up to the competition – so thanks also to the Reserves who so nearly made it to Glasgow.

COMPETITION OVERVIEW

The event itself was brilliant, in a wonderful Arena (The Hydro), with an extraordinarily warm and receptive audience. 13,000 people cheering for everyone, regardless of the colour of the leotard. The presentation was excellent, if a little slow.



ARTISTIC GYMNASTICS

I don't believe the configuration of the Competition, where the Team Competition is split over two days, is a good idea for the gymnasts, judges or spectators. It may, however, be the only way to make the event financially viable. Also, the Medal Ceremonies in the Apparatus Finals slowed the whole competition down, to a point where, in spite of Acro and Tumbling in-fills, there seemed to be long periods when nothing was happening.

This Commonwealth Games has been a fantastic success, both for English Gymnasts and indeed all the Home Countries. Great Britain PLC. The Men and Women, on the back of London 2012, have again shown their quality and consistency on the podium when it matters.

The Rhythmic Competitions were incredibly long. The Team event lasted about ten hours. Can this really be good for gymnasts and judges?

Congratulations to everyone involved in the event. To maintain that degree of concentration for such a long time is impressive.

THANK YOU

Thank you to everyone in the Team. It was quite a long and intense experience with fantastic Results and you were a joy to work with – not making dramas out of mole hills. I should like to take this opportunity to congratulate and thank all the BG staff who were involved in the support and preparation of the Teams that took part in the Games. The excellent performances were as a result of their planning, administration and coaching over the past many months/years. Congratulations also to all the personal coaches who have been involved in the development of the gymnasts. Thanks also to the 'We are England' Team, for providing such a comprehensive and professional support programme whilst at the Games and in the run up to the event. You are the foundations and safety net that no one sees.

RECOMMENDATIONS FOR THE FUTURE

I feel that the Commonwealth Games has to continue to be considered as part of our British Gymnastics' long-term Strategy. It is an opportunity for gymnasts from all the Home Countries to promote gymnastics in our country and also give our gymnasts the opportunity to experience International success in a multi-sport and podium situation. I believe this Games has provided a unique opportunity to perform on an extraordinary podium, in a wonderful venue. It has been great preparation for the World Championships and indeed for Rio 2016.

In preparation for the Gold Coast in 4 years' time, I hope that the top gymnasts from all the Home Countries will be given the opportunity to train together under the direction of the British Gymnastics' National Coaching Team. I would recommend that all the Home Countries and British Gymnastics have a combined approach to the Games in Australia in 2018.

Mike Weinstock
Team Manager
5th August 2014