

Out of Age Levels Regional Final

On the 21st and 22nd of October the Out of Age Levels Regional Finals were held at Pipers Vale, and a number of gymnasts from the club competed having qualified through the Suffolk Championships.



Olivia competed in Level 6 11+ final, she performed beautifully and successfully completed all her routines without falls. It was a very tough competition but Olivia still managed to place 9th overall. In the age 8 category Sophia Ella Penny and Miley competed. Miley had a great competition, completing all her routine successfully and went clean on every piece. Miley finished 7th overall and placed 4th on beam. Penny also had a great competition she won 2 bronze medals on bars and floor. Overall Penny placed 8th overall. Ella had a wobbly start to the competition with a few errors on vault and floor but managed to regain her nerves and successfully complete her bars and beam beautifully. Ella won a silver medal on

beam and placed an amazing 5th overall. Sophia had a very successful competition, showing off beautiful routines which won her a gold medal on beam, silver on floor and bronze medal overall.



In the Level 5 competition, Raquel, Nyah and Ruby competed in the 10/11 age group and Nula competed in age 9. Raquel performed some beautiful routines at this competition, her new floor routine was particularly noteworthy as she was awarded the silver medal on this piece. Ruby also performed a lovely floor routine, claiming the bronze medal. Raquel also stepped up on to the podium with teammate Nyah to be awarded the gold medal on bars. An unfortunate fall on beam meant Raquel missed out on an all around medal and placed 5th. Ruby also had a fall on beam but overall had a great competition. Nyah went on to continue to impress the judges, with her clean confident routines, gaining her the silver medal on vault and bronze medal on beam, and was crowned the Level 5 regional champion. Against tough competition, Nula performed beautifully and was awarded the silver medal on vault and placed 8th all around.

In the Level 4 competition Chloe showed off clean routines to claim silver medals on floor and beam, and finished in 2nd place overall.

In the Level 3 11/12 competition we had Maia and Sofia. A clean and neat competition meant Maia gained the bronze medal in both vault and beam, and the silver on bars which led Maia to place 2nd all around. Sofia had a consistent competition but unfortunately nerves got the better of her on bars and she suffered a fall, leading her to place 6th overall. Melita and Sophie competed in the 13+ age group. Sophie wasn't a full fitness due to a knee injury but managed to show some strong routines regardless, receiving the bronze medal on bars. Melita performed a fantastic bar routine and received the gold medal, and also gained bronze on vault, but a couple of falls on beam kept her overall score down.



In the Level 2 competition we had Emily and Abigail (12/13) and Millie and Chiara (14+). Millie showed a fantastic, confident beam routine which scored very well, and her floor and vault and bars were also clean. Her clean and consistent routines meant she walked away with the gold medal in her age group. Chiara performed a fantastic



vault, claiming the gold medal. She had a couple of unfortunate falls on beam but still managed to claim the silver medal overall, a fantastic achievement for the last competition of her career. Emily and Abigail also started on beam, Abigail went clean but Emily had an unfortunate fall. Both girls competed fantastic floor routines, with Emily performing a high and well executed double back somersault. On vault Abigail competed a great piked tsuk for the first time. Emily took the all around silver medal and Abigail the bronze, a great achievement. Well done gymnasts and coaches!