

Girls' ISGA 5 Piece Gymnastics Nationals

On Saturday 5th and Sunday 6th March the Girl's ISGA 5 Piece Gymnastics Nationals were held at Haberdasher's Aske's Boys' School in Elstree. The event involved set and voluntary floor, set and voluntary vault, but also a group routine is added to the scores, hence the '5 piece' mentioned above.

Saturday was the turn of the U13 and U11 girls and this was a tremendous day of gymnastics at the premier event in the country and our girls rose to new levels with their performances. The U11 girls started us off in the morning and worked incredibly hard in all of their events, against very strong opposition from 13 different schools. We could not have asked for more from the girls and they really raised their performances. The team finished in 10th place taking us straight through to next year's Nationals (as the top 10 go through automatically). Our team of 6 meant that we could have some of them specialising in their favoured pieces and they scored as follows:



Aggy F	21.90	(no set floor)	56 th
Teresa V	25.00	(No vol floor)	50 th
Arabella M	29.65	(all four)	41 st
Arabella W	30.60	(all four)	36 th
Chloe P	30.40	(all four)	37 th
Group sequence	29.00	(Teresa, Arabella x 2, Chloe)	
Team total	152.05		
Final position	10th		

The U13 girls went next in the afternoon and they had an amazing day in a hotly contested event. The standard was very high and again 13 teams were involved. Despite the intensity of competition, the girls produced some of the best gymnastics they have ever done and fully deserved their medals in 6th place behind some schools who practice for many more hours than ours can do. They were of course delighted and realised the enormity of their achievements. Then the afternoon was to get even better as Hannah W, our captain scored an incredible 38.20 (over 9.0 in every piece) and came 3rd in the whole country. It is testament to her work ethic and desire to push her skills to the limit that she can compete at this level against girls who



are training upwards of 12 hours per week (indeed the girl who finished 2nd is in the England squad). As ever, the team result was the most important and then Hannah's individual success was the icing on the cake. The results were as follows:

Evie W	34.25	29 th
Lilia A	34.30	26 th =
Phoebe B	34.40	26 th =
Isobel B	35.00	18 th
Hannah W	38.20	3 rd in country
Group sequence	32.30	10 th
Team total	174.95	
Final position	6th and Medalled	

On Sunday 6th March, it was the turn of the U10 girls and they again had an incredibly competitive event and they rose to the new challenges superbly. Some of these girls were competing for the first time and it was a real test of character and determination. The results were as follows:

Hollie J	27.50	46 th
Matilde L	29.40	44 th =
Katya D	29.40	44 th =
Leila CG	31.90	30 th
Bethia R	33.60	14 th
Group sequence	27.35	
Team Total	152.35	
Final position	11th	

These weekends cannot happen without the hard work and commitment of the staff there at the event and for coaching the girls throughout term time so thanks first of must go to Mrs Birkby, Mrs Hutton and Mr Bond for their help on Tuesdays. As ever, Mrs North for all of her coaching of the girls routines, organising the event and all the extra hours she puts in. Secondly, to Miss Butler for her encouragement, assistance and coaching at the events with Mr North- it all makes a great team effort. Lastly for the delightful parents who travel to and from these events, pick up late from school and support their daughters so avidly so they can enjoy this sport so much. The girls were a delight to be with all weekend and they found out how good they can be and how hard they have to work to compete at this level.

Onwards and upwards everyone.

T North
Head of PE

