



North Devon Schools Gymnastics Competition '16

On Sunday 20th March, 15 pupils from Southmead took part in the ND Schools Gymnastics competition, held at the Falcons Gymnastics Academy. It was our first time at this event, with 24 Primary schools taking part in total.

In the run-up to the competition the planning has taken months of preparation with a team of dedicated parents and highly enthusiastic children. For many of the children this was their first gymnastics competition, it was an extremely busy event and a very long day but everyone rose to the challenge, banished their nerves and enjoyed themselves immensely. The children really did themselves proud and Southmead's professional attitude and behaviour was commented on by a number of judges and organisers.

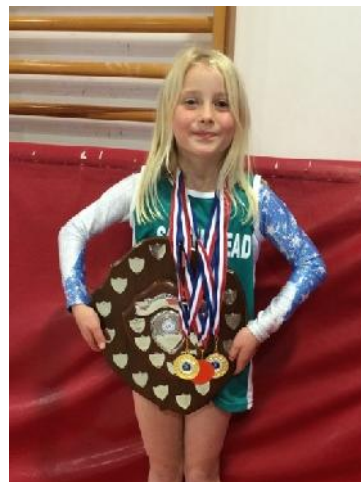
The competition proved to be an extremely rewarding and successful day for Southmead Primary school who won Gold for the U7 Mixed Intermediate team and Silver for the U7 Boys Novice team. In the individual placing's Sawyer Dent won Silver for the U7 Intermediate Boys whilst Robin Reed won Gold for the U7 Intermediate Girls, fantastic! Every child that took part was awarded with a participation medal on the day and a certificate that was presented by Mrs Gillett during school assembly.

Winning GOLD for the U7 Mixed Intermediate Team - Casey Stephens, Sawyer Dent, Jessica Sheppard and Robin Reed. The U7 Mixed Intermediate Teams 1st place trophy was collected by Robin Reed. All produced high quality and individual routines that enabled them to score so highly.



Robin Reed

for the U7 Intermediate Girls, a fantastic achievement! Her routine was beautiful to watch.



also won GOLD



In the U7 Intermediate category Sawyer Dent was awarded **SILVER** place overall. The judges made special comment regarding Sawyers excellent attitude on the vault.



Winning **SILVER** for the U7 Novice Boys team - Tommy Ashton, Quentin Sturley, James Salberg and Sidney Sapford. All first time competitors who delivered great strength and balance.



U9 Intermediate Individual Entries – Felix Mepsted and Hamish Reed. Felix delivered a challenging routine with controlled moves such as this headstand. Hamish produced a well rehearsed routine with the added challenge of performing to music.



The U9 Mixed Novice Team – Ricky Sturley, Hamish Reed, Ocean Dent and Eva Salberg. A fab team that performed well and delivered great performances on both the floor and vault.



U11 Intermediate Mixed Team – Harry Hebard and Zara Mepsted.

Both Zara and Harry produced very accomplished routines. Zara's technical capability particularly stood out along with her composition/ chorographical elements that were to work beautifully with her music. Zara's CD however would not play on the day but Zara was not fazed and still delivered a superb routine. A special thanks also goes Felix Mepsted and Hamish Reed who allowed their U9 Intermediate Individual scores to be counted as part of the U11 team enabling enough participants for entry.



A big thank-you goes to Dr Wayne Sturley who rewarded the children with Easter Eggs after all their performances. They were very much appreciated by both children and adults! Once again thank-you to all those who came and supported on the day, a fantastic Southmead team effort!

Best wishes, Sarah Nicholls & Megan Sturley.