HARLEQUIN ACRO Gymnasts show their team spirit.

On Sunday 23rd June, 16 Acro gymnasts from Harlequin School of Gymnastics competed at the Woodland Friendly Championship. Their routines saw them perform dance, balance and acrobatic elements.

The competition started with Kirsty Spicer and Evie Bryson who were up against 22 pairs in the woman's prep B, they performed their routine well showing good skills. Scoring 24.25 putting them in 11 position, only point 65 away from 3rd position.

In the afternoon our second pair were able to show everybody what they could do Ambre Finley-Day and Gi Tung Kwok performed a very pretty routine scoring 23.90 positioning 5th.

The first of our trios in the Women's group grade 1, took to the floor Katie Burt, Jo Delaney and Emily Lee-Waller performed a beautiful routine scoring 25.35 putting them in 4th position. Freya Nelson, Connie Woolhead and Daisy Brandom also in the Women's group grade 1 performed their routine showing some strong lifts scoring 24.80 and putting them in 8th position.

In the Novice group Trio, Abi Tingey, Jayda Moyse and Freya Clawley produced a fantastic routine which gave them a score of 24.65 and coming in 2nd position receiving SILVER.

Our last Trio to compete for the afternoon was another Grade 1, Amy Thurgood, Simone Brodrick and Maddison Ferguson. With some upbeat music they had good timing as they synchronized their movements well, scoring 26.00 placing them 1st.

Their coaches Teresa and Sam were so proud of all their hard work and determination leading up to the competition; they presented all gymnasts with a trophy to congratulate them.

On behalf of all the gymnasts, they would like to say a big thank you to their coaches. They would not have been able to perform their routines to their best without the support and belief the coaches had in them.

Proud coaches Sam and Teresa, join the ACRO gymnasts from Harlequin School of gymnastics in their celebration.

