



## **NEWS RELEASE**

19th May, 2010

### **Honiton's Matt and Mylissa are Inter-Regional Champions**

MYLISSA Jones and Matt Simpson have become Honiton's first ever inter-regional gymnastic champions, after beating the best preparation grade partnerships from other regions around the country.

The talented pair, who train three times per week in the competition group at Honiton Gym Club, put in an excellent performance to take the top spot in the prep B mixed pair competition. They were competing in the inter-regional final in Southampton, after qualifying through from the south west preparation grades.

Hannah Dacre, who coaches the pair, said: 'This is the pair's first medal on the national scene. At this level it's all about preparing the gymnasts for the future, so it's essential that their moves are performed with flawless execution. And this is where Matt and Melissa excelled. They were smart, crisp, and had very few technical errors. That, added to their characterful performance, put them clearly in front of the competition.'

In all, Honiton gymnasts brought home quite a tally from the inter-regional finals, with four medals in total. Buster Tatcher and Charlotte Bevis put in a good performance, claiming the silver medal in the grade one mixed pair competition, and Matt Simpson claimed his second medal of the competition with prep B boys' pair partner Josh Cox, also finishing in second. Regional novice trio champions Kaisha Dessalines-Wright, Charlotte Drawer and Saffy Herbert took the bronze medal in their category.

Hannah added: 'The quality of Honiton Gym Club's performances was excellent, and it's rewarding to know that our gymnasts are starting out on the right foot, giving them the best possible chance of success in the future.'

All Honiton gymnasts that made it through to the finals put in good performances, with many others narrowly missing out on podium places.

Full results from the competition are:

**Prep B girls' pairs**

Emma Saunders and Sharna Curley – 5<sup>th</sup>

Emma Tipton and Jasmine Waterfield – 6<sup>th</sup>

**Prep B mixed pairs**

Matthew Simpson and Mylissa Jones – 1<sup>st</sup>

Ben Mason and Hollie Barkowski – 5<sup>th</sup>

**Grade 1 mixed pairs**

Buster Tutcher and Charlotte Bevis – 2<sup>nd</sup>

**Prep B men's pairs**

Josh Cox and Matthew Simpson – 2<sup>nd</sup>

**Novice trio**

Kaisha Dessalines-Wright, Charlotte Drawer and Saffy Herbert – 3<sup>rd</sup>

**Grade 1 girls' trio**

Rebecca Lawrence, Rebecca Fullard, and Sharna Curley – 5<sup>th</sup>

Honiton Gymnastics club train at the Honiton Sports Centre on School Lane. To find out how to get involved in acrobatic gymnastics – either just for fun or to train competitively – contact Helen Nayler on 07825 181693, email [hnayler@hotmail.com](mailto:hnayler@hotmail.com), or visit [www.honitongymclub.org](http://www.honitongymclub.org).

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