

****Tolworth Girls' School & Sixth Form - PRESS RELEASE****

Year 10 Tolworth Girls' School & Sixth Form student Rianna Hodgson is on her way to becoming our very own GB Gymnast and we couldn't be more proud of her!

She has been selected to represent Great Britain in the U18s Junior Women's Team at the 2018 European Gymnastics Championships in Portugal, from 15-21 October 2018: an amazing achievement! Here she will perform in the TeamGym competition, where athletes are required to demonstrate a host of skills (flexibility, balances, jumps and acrobatics) in three disciplines (Floor, Tumbling and Trampoline/Vault). The GB team is made up of the very best TeamGym gymnasts from across the country.

Rianna started her journey at Tolworth Gymnastics Club at the age of 6, moving to Leatherhead & Dorking Gym Club at the age of 12. Since then she has trained 4 times a week, for 13.5 hours per week.

Rianna was chosen by her gym club to participate in the GB selection process, alongside only 3 other gymnasts. The year-long training programme consisted of monthly training clinics for between 14 and 21 hours; this was in addition to her usual club team training! In order to reach the selection trials for British Gymnastics she competed in various competitions to prove her eligibility, most recently achieving success at the British Gymnastics Championships in Newcastle last month, where her team, Leatherhead & Dorking Gym Club, placed in the Gold medal position.

It is undeniable that Rianna has achieved something amazing, particularly in balancing her time between training, GCSE studies and normal teenage life: her parents, friends, and gym club have provided an invaluable and unwavering support network for her along the way.

For Rianna there is still plenty of pre-competition preparation to do before the final verification event in August, where they will need to prove they have reached the required performance standard to represent British Gymnastics at the European Championships. We wish her and the team all the luck in the world!



