

Climbing To The Top- The biography on Beth Tweddle

Introduction

Elizabeth Kimberly Tweddle is a former artistic gymnast, who is best known for winning a bronze medal on the uneven bars in the 2012 summer olympic games. For 11 years, she represented Britain in a wide variety of difficult competitions and successfully gained a staggering total of 36 medals! During her career, this much loved woman has been an idol to many gymnasts and has inspired people all around the globe. In the future, she hopes to help children achieve their sporting goals. Read on to find out more about the interesting life of this incredible gymnast.

Childhood

On April 1st 1985, Beth was born in Johannesburg (South Africa). A tough decision was made by her parents - Anne and James Tweddle- and the family moved to Burbury, England when beth was just 18 months of age. Growing up, Beth enjoyed school. However, she was mainly intrigued by more lively activities and she soon developed a very competitive nature. After attending several sports clubs, she discovered a strong desire for gymnastics at the early age of seven and was determined to practise long hours ever since. Due to this, she moved to Liverpool gymnastics club in 1997 where she was coached by Amanda Reddin (The British Olympic Team trainor) At this time her favourite gymnast (Lilia Podkopayeva) retired - an unfortunate event for Beth.

Early Career

As Beth quickly grew into the gymnastics world, her ability to perform dangerous skills increased everyday. Furthermore, she was building in confidence and was entered in her first World Championships in 2001. This was a huge leap for Beth; she had only ever competed in smaller, local competitions. The British Girls Team finished in an amazing ninth place. Beth, who was also entered in the individual category, was ecstatic with this result. When the competition in Belgium had ended, the whole team travelled back to their training centre and began practising hard once again. After listening to advice from Amanda , Beth decided to concentrate on bars and floor. Luckily, in 2002, her scores on bars increased drastically ; she had gained her first bronze medal in the individual category! That day she was interviewed by many media companies and proudly quoted “ When i saw my name on the scoreboard in 3rd place, I started to cry and couldn't stop. I was just so happy !” From this outstanding performance, Beth started to gain attention from the public. She achieved her first Gold medal 3 years later in 2006 and her first team silver at the European championships.

Injuries

Unfortunately, in late 2006, Beth was advised to withdraw from an important competition due to an ankle injury caused by a fall in training- she was very upset by

this news. Beth decided to rest her ankle and take some much needed time of gymnastics. As soon as her ankle recovered, which it did very quickly, she went back to practise until she was sadly injured once again, but this was a more intense injury. Beth had to face surgery in early 2007. It was a painful experience for the gymnast but completely successful. Amazingly, she was back competing later that year.

Recent Events and Retirement

Until 2013, Beth enjoyed gymnastics greatly. She had her breakthrough in 2012 at the Olympic Games and was utterly overjoyed with the length of her career. Feeling as if her scores would not increase, she retired in 2013. Many citizens of the audience were confused and upset about this news. However Beth had made her mind up and quoted

“It's been a hard decision; gymnastics has always been a huge part of my life, but I feel that this is the right to do.”

To keep herself busy and active, Beth entered the 2013 and 2014 series of *Dancing on Ice*. It was a great opportunity for Beth and she loved the experience nearly as much as her fans did!

Legacy

Today, Beth Tweddle, who keeps her audience updated on many social medias, has been visiting schools to promote the curriculum gymnastics classes. She teaches young children in P.E lessons, shows the pupils her own skills and tells some teachers how to coach small gymnastics safely and efficiently. Surprisingly, she is still involved in the setup of many competitions, even though she hasn't competed for many years. She is a respected guest on a variety of shows and commentates all around the world. Beth Tweddle will always be remembered as one of the most successful British gymnasts and a famous, fantastic sports-woman.