



2015  
**BRITISH  
GYMNASTICS  
CHAMPIONSHIPS**

27-29 MARCH 2015  
ECHO ARENA, LIVERPOOL

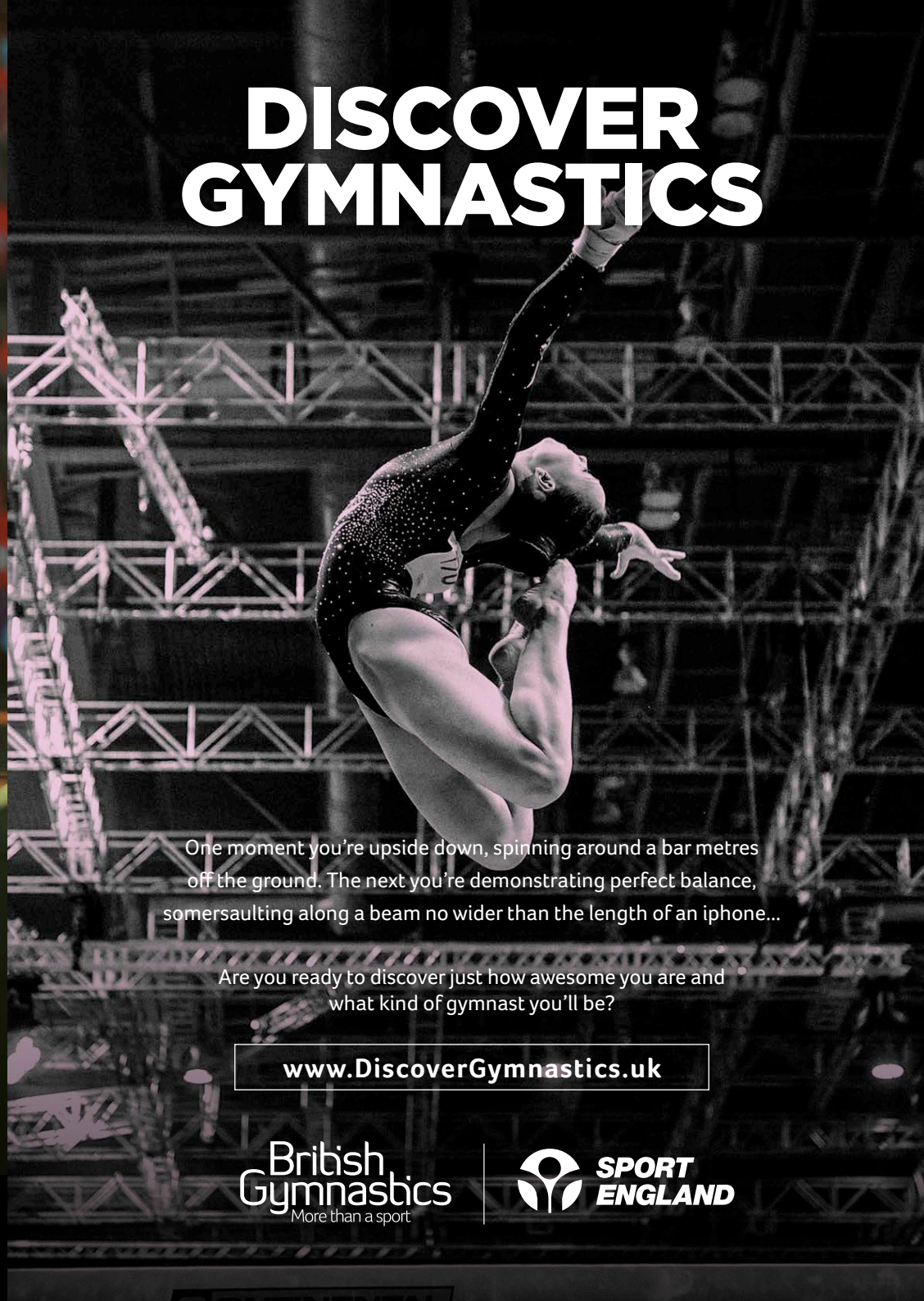
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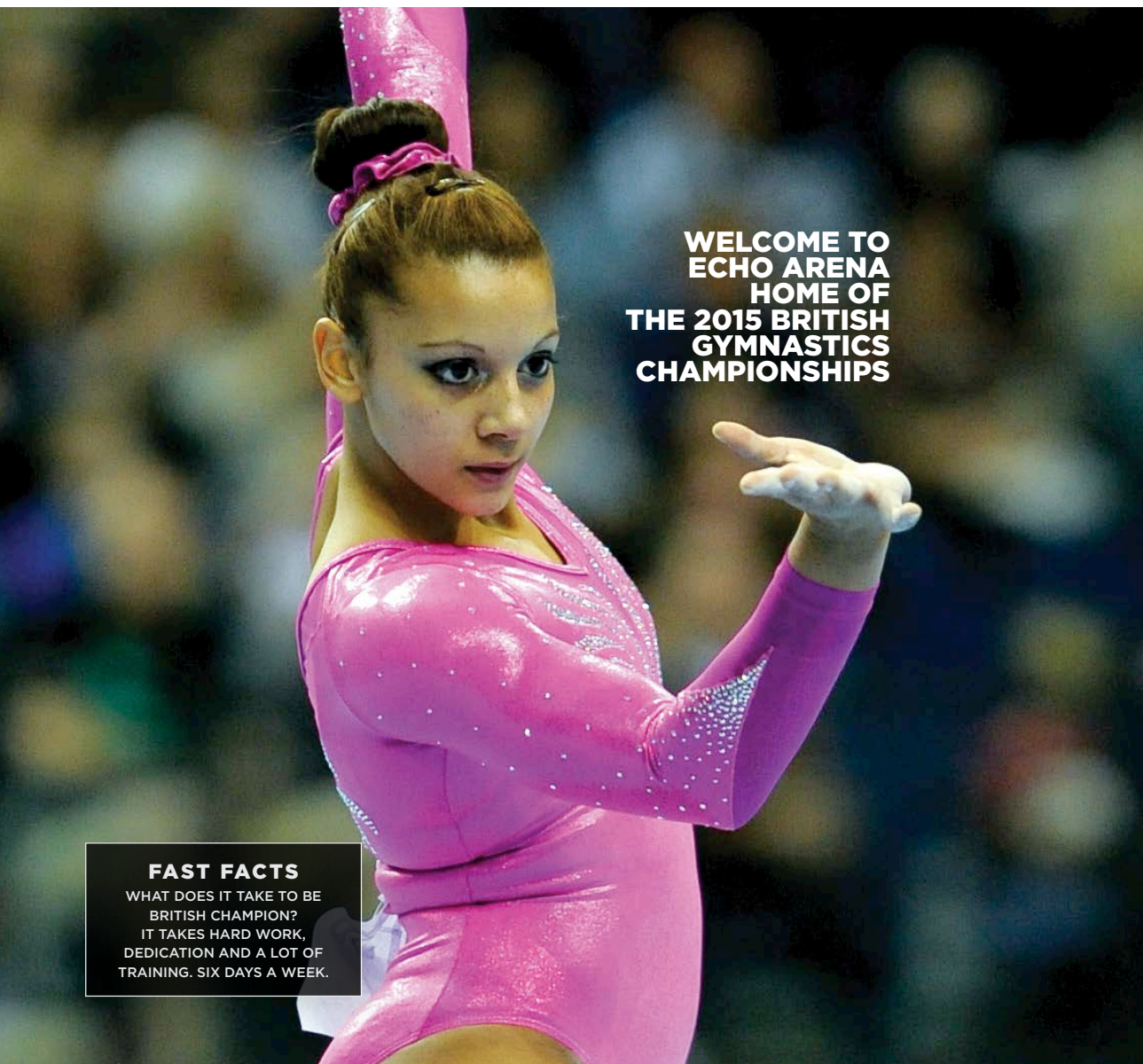
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GYMNASTICS  
CHAMPIONSHIPS

**FAST FACTS**

WHAT DOES IT TAKE TO BE  
BRITISH CHAMPION?  
IT TAKES HARD WORK,  
DEDICATION AND A LOT OF  
TRAINING. SIX DAYS A WEEK.



# WELCOME...

**O**n behalf of British Gymnastics, I would like to welcome you to the 2015 British Championships – one of the showpiece events of the British Gymnastics calendar held once again at the magnificent Echo Arena.

During these championships you will be treated to a feast of world-class gymnastics. If this is your first time at a gymnastics event I'm sure you will be amazed at the strength, speed and skill of our incredible British gymnasts.

The performances at these championships will be at the very highest level. I am delighted to say that our gymnasts continue to shine on the world stage and many Olympic, World and European medal winners will be battling for the titles here in Liverpool.

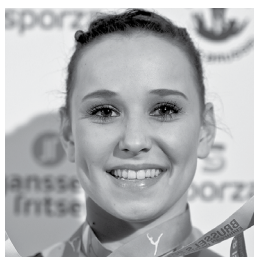
Please be sure to show your enthusiastic support for all our competitors who have worked so hard to get to this prestigious event. To every gymnast, coach and club involved – congratulations for making it to the very top of our sport and best of luck for the championships.

We would like to take this opportunity to thank UK Sport for supporting our World Class Programme and Sport England for aiding our grassroots development. We would also like to thank our sponsor Milano and our preferred suppliers Continental, IHG, Alto Digital and JT Hughes Group.

I hope everyone enjoys a wonderful three days of fantastic gymnastics action.

ALAN SOMMERVILLE OBE  
PRESIDENT, BRITISH GYMNASTICS

# HI EVERYONE! WELCOME TO LIVERPOOL AND THE BRITISH CHAMPIONSHIPS



**W**ith the World Championships later this year in Glasgow and the Olympic Games just over a year away, there's no doubt this year's British Championships is going to be a spectacular event!

My first British Championships at the Echo Arena was one to remember - the support from the crowd was fantastic. The British Championships is one of the most important competitions in a gymnast's calendar and the hard work and dedication that goes into preparing is sure to make for a sensational competition.

With appearances from Olympic, World, European and Commonwealth medallists and a great deal of up and coming talent, I have no doubt the crowd will be loud and supportive!

The future of British Gymnastics is looking extremely powerful and I am excited for upcoming events including the British Championships and the World Championships later this year in Glasgow.

Although I am now officially retired and I won't be competing at the British Championships for the first time since 2004, I can't wait to support all the gymnasts and watch an exciting competition. I can't thank everyone enough for their kind messages of support since my announcement, I have loved every second of being involved in the sport and I am grateful for all of the opportunities.

I hope everyone has a fantastic weekend watching the championships and I'm certain everyone will be cheering loud and supporting all of the gymnasts competing! A huge good luck to all the coaches, gymnasts and clubs taking part!

2 x British champion

#2015WGC

# ONE CHANCE.

# DON'T MISS OUT.

2015 WORLD GYMNASTICS  
CHAMPIONSHIPS

GLASGOW 23 OCT-01 NOV



“ ”

I was lucky enough to win a World Championship in front of a British crowd in 2009, so I know what a difference home support can make, and its up to us to get behind the home team and cheer them on!

I'm going to be in Glasgow this October supporting the team and I want to see all of you there too!

**Beth Tweddle, three-time World Champion**

[2015worldgymnastics.com](http://2015worldgymnastics.com)

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Your muscles burn, your heart pounds, there's nothing but air beneath you as you tuck into a spin and go for the perfect dismount. You close your eyes and think 'this is how it feels to be alive...'

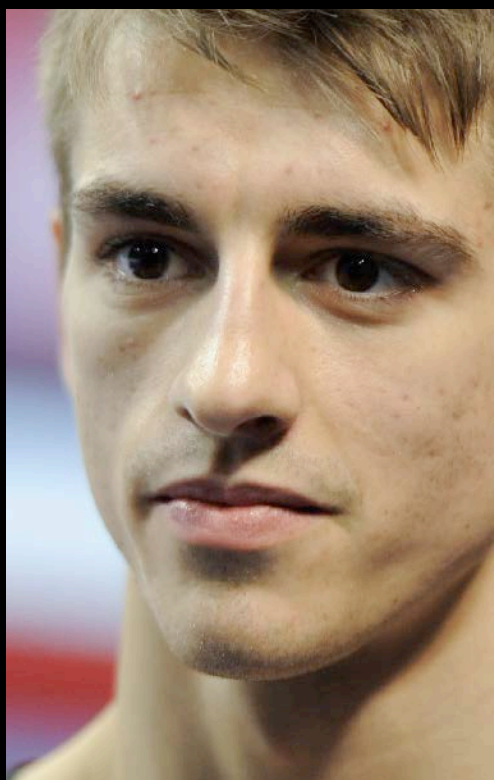
Are you ready to discover just how awesome you are and what kind of gymnast you'll be?

[www.DiscoverGymnastics.uk](http://www.DiscoverGymnastics.uk)

British  
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# WORLD CLASS WHITLOCK OUT TO DEFEND TITLE!



**M**en's senior British champion Max Whitlock is determined to retain his title this weekend, we spoke exclusively to Max to find out why the British Championships are so special to him and how this year's event is just the start of a massive year of gymnastics!

Max is rapidly racking up top results.

2014 saw him take the British title, European pommel horse gold, three Commonwealth Games gold's and the World Championship all-around silver medal.

In 2015 he is aiming even higher with the first target to defend the prestigious British title, Max said:

"The British Championships is hugely important to me and a competition I take very seriously. It's vital to start the season off with a good performance and set a marker for the year. Winning the title in 2014 was very special for me, the event is always a lot of fun, the crowd are fantastic and all of the gymnasts are determined to fight for the titles."

Since his historic performance at the World Championships in China last October where

he could only be beaten by the legendary Japanese great Kōhei Uchimura, Max has been back in his home gym in South Essex training hard to be even better this year, he said:

"Last year's World Championships was a bit of a roller coaster for me but ultimately a huge learning experience. It was an opportunity to really see where I stood in the world and assess what I need to do to be better than the rest. Since then I've worked to improve my skills across the board but particularly on rings, parallel bars and high bar where I know I can make up ground. I'm looking forward to showing everyone what I've been working on in Liverpool."

And while Max's thoughts will also be on repeating his World Championships heroics in Glasgow later this year, he knows the first priority is British glory saying:

"2015 is going to be massive year ending we hope with a British team medal at the World Championships in Glasgow and sealing our place in Rio. The British Championships is the first aim though and there isn't much tougher competition than my own teammates and friends! The British team is massively strong and the competition at the British will be fantastic."



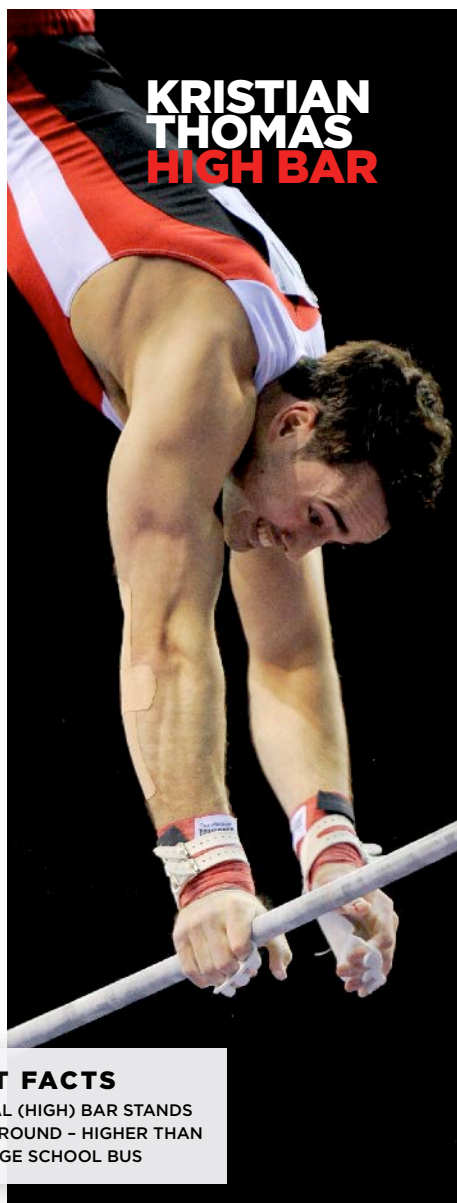
# MEN'S ARTISTIC GYMNASTICS

## WHAT'S IT ALL ABOUT?

**Y**ou think other sports are tough? Try being the master of six pieces of apparatus, each different to the other and requiring a combination of strength, mobility, endurance, flexibility, body control and co-ordination. The physique of an elite male gymnast says it all – years of hard work and dedication.

Role models like our 2012 medal winner Louis Smith began the sport at a young age, drawn to the thrill of learning new 'tricks', and being with his friends.

With loads of physical activity, balanced with fun and excitement to test the craziest thrill seeker, men's artistic gymnastics has something to keep everyone challenged.



### FAST FACTS

THE HORIZONTAL (HIGH) BAR STANDS 2.80M OFF THE GROUND - HIGHER THAN AN AVERAGE SCHOOL BUS



Scan to find out more about Men's Artistic Gymnastics



### FLOOR EXERCISE

The 12 x 12 metre sprung floor area allows the gymnast to reach incredible heights following a series of explosive and power acrobatic and tumbling skills. Coming back down to earth is only half the fun!

A floor routine can include movements that demonstrate strength, flexibility and balance. Routines combine moves such as somersaults, twists and hold elements. The whole floor area is used throughout the routine and often shows touches of personal expression and execution. An elite gymnast's routine will typically last between 50 sec. and 1'10 min.



### POMMEL HORSE

Standing 1.15 metres from the floor the pommel horse is one of the hardest pieces of men's apparatus to master. It is unforgiving and has been known to buck many a gymnast. Great Britain has a proud tradition of fine pommel horse workers.

A good pommel horse routine will demonstrate smooth continuous circular and pendulum type swings, double leg circles and scissor movements. It is quite common to see gymnasts move up and down the length of the pommel horse and finish their routine by swinging through handstand after a series of spindles and quick hand placements.



### PARALLEL BARS

If you thought swinging and balancing on one bar was hard enough, try negotiating two. The Parallel Bars stand 2.00 metres from floor and 'bend' under the gymnasts weight to provide for some complex combinations of skills seen both above and below the bars.

Like the rings, the parallel bars require a combination of swinging movements with strength or hold elements. Gymnasts often travel along the bars and typically bring the routine to a close with a daring dismount from the end or side of the bars involving multiple somersaults and twists.



### VAULT

Imagine charging 25 metres towards a 1.35 metre vaulting table, springing from the top and landing within a set of parallel lines on the other side. This is the task facing the gymnast wishing to master the vault.

The combination of a fast run and approach to the spring board, quick transition to the vaulting table and explosive take-off should see the gymnast catapult themselves sky high in preparation for a controlled landing. Multiple twists and rotations are seen in the air with gymnasts often approaching the vault in either a forward or backward direction.



### RINGS

Often described as like 'watching a bird swing in a cage', to master the rings a gymnast needs incredible strength, balance and body tension. Suspended 2.80 metres from the floor, there is little room for error.

Ring routines include a variety of movements demonstrating pure strength, support and balance. Gymnasts often perform a series of swings and holds with both forward and backward elements. The routine culminates in a wound up swing followed by an acrobatic dismount containing multiple somersaults and twists.



### HORIZONTAL (HIGH) BAR

Perhaps the most spectacular of the men's apparatus, the horizontal bar stands 2.80 metres from floor and sees the gymnast turn multiple swinging circles, daring release and catch elements and tightly wound up dismounts.

Gymnasts perform continuous clean swinging movements and must not touch the bar with their body. Complex grip changes add variety and risk to routines. Dismounts provide the most 'heart in mouth' moments of the horizontal bar routine as the gymnast catapults themselves well above and beyond the bar before safely negotiating a safe and controlled landing.

# WOMEN'S ARTISTIC GYMNASTICS

## WHAT'S IT ALL ABOUT?

**W**omen's Artistic Gymnastics remains one of the biggest crowd pleasers and most watched sports at the Olympic Games.

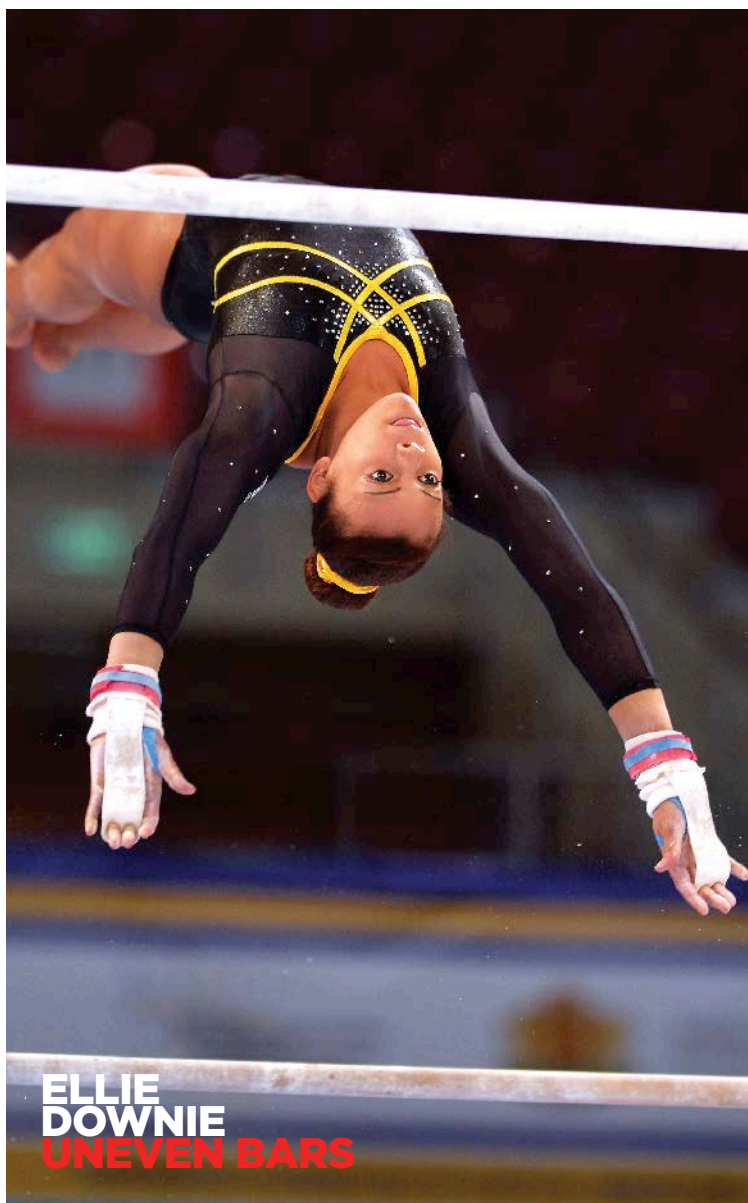
It's fascination and popularity amongst girls of all ages lies in its ability to provide constant challenge and teach body control, coordination and courage.

### FAST FACTS

CLARICE BELL (NEE HANSON) WON HER FIRST BRITISH TITLE IN 1933 AND HER LAST IN 1948 - THAT'S FIFTEEN YEARS AT THE TOP!



Scan to find out more about Women's Artistic Gymnastics



ELLIE DOWNIE  
UNEVEN BARS



### UNEVEN BARS

The low bar is set around 170cm in height and the high bar often around 250cm. The distance between the two bars is set at a maximum of 180cm.

Swinging and continuous movements are required on this apparatus. Routines typically include movements in both directions as well as above and below the bars. Elements with twists and somersaults with multiple grip changes and high flight often are awarded with the highest scores. Like the men's horizontal bar, the wind up and dismount is often the most exciting part of the routine.



### VAULT

Gymnasts approach the vault from a 25 metre run, transferring their speed to the springboard and seeking a quick hand placement to the vaulting table (which is 10 cms lower than the men's height). The gymnast then uses internal spring to launch themselves vertically for a combination of somersaults and twists. A good landing should be with no steps, at least 2 metres from the vaulting table and between the white lines to avoid deduction.



### BEAM

Perhaps the most precarious piece of apparatus for girls, the beam stands 1.25 metres from the floor, is five metres long and if that was not posing enough of a challenge, is only 10cm wide.

A beam routine is an exercise in precision with no room for error. The gymnast performs a combination of acrobatic elements, leaps, jumps, turns, steps, waves and balance elements. These can be done standing, sitting or lying on the beam. It is a requirement that the gymnast uses the entire length of the beam, with routines ending with a dramatic dismount.



### FLOOR EXERCISE

The floor exercise allows the gymnast their moment in the spotlight and is considered by many to be the most expressive piece of women's apparatus.

A floor routine, always accompanied by music, lasts between 1 minute 20 seconds to 1 minute 30 seconds. The gymnast includes a combination of dance movements and sequences interspersed with a variety of tumbling and acrobatic elements. The whole floor area must be used in the routine with clear variances in mood, tempo and direction. Individuality, originality, and artistry of presentation are the key ingredients of a great routine.



# HOMETOWN HEROES

Liverpool fans, here are the names of the gymnasts to cheer on in the senior events over the weekend! Let's get behind the hometown heroes...



  
**BATTLE # OF THE BRITS**

## ◀ JADE STEDFORD

**Age** 16  
**Date of Birth** 22 May 1998  
**Lives** Manchester  
**Club** City of Liverpool  
**Career Highlight** 5th all-around  
2015 English Championships

Jade moved to the City of Liverpool Club in August 2013 and has loved training with her high level teammates. She is a current member of the England gymnastics squad and is a solid gymnast with big skills and beautiful lines.

## DANIEL PURVIS ▶

**Age** 24  
**Date of Birth** 13 November 1990  
**Lives** Southport  
**Club** Southport YMCA  
Gymnastics Club  
**Career Highlight** 2012 Olympic Games  
team bronze medallist

Dan was the 2010 World and European floor bronze medallist and three time all-around British champion. He formed a key part of the 2012 European Championships gold medal and Olympic bronze medal winning teams. In 2014 Dan finished top of the FIG World Cup rankings and help Team Scotland to silver at the 2014 Commonwealth Games.



  
**BATTLE # OF THE BRITS**



  
**BATTLE # OF THE BRITS**

## ◀ CHARLIE FELLOWS

**Age** 18  
**Date of Birth** 1 January 1997  
**Lives** Crewe  
**Club** City of Liverpool  
**Career Highlight** 2013 British  
Championships  
all-around silver

Charlie is a strong all-around gymnast and is known for her difficult bar and floor work. She first competed internationally when she was chosen to represent Great Britain at the 2012 Junior European Championships, where she placed 4th with the team and made the floor final. 2013 was her first year as a senior where she took silver in the all-around at the British Championships.

## FRANK BAINES ▶

**Age** 19  
**Date of Birth** 16 July 1995  
**Lives** Liverpool  
**Club** Southport YMCA  
**Career Highlight** 2012 European  
Championships junior  
all-around champion

Frank had a distinguished junior career, being crowned 2012 European Championships junior all-around champion and has dominated British all-around rankings through the age-groups. At senior level, he represented Scotland at the 2014 Commonwealth Games where he helped the team to silver.



  
**BATTLE # OF THE BRITS**

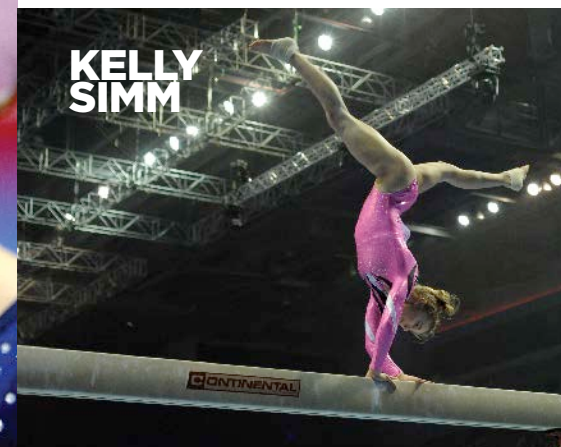
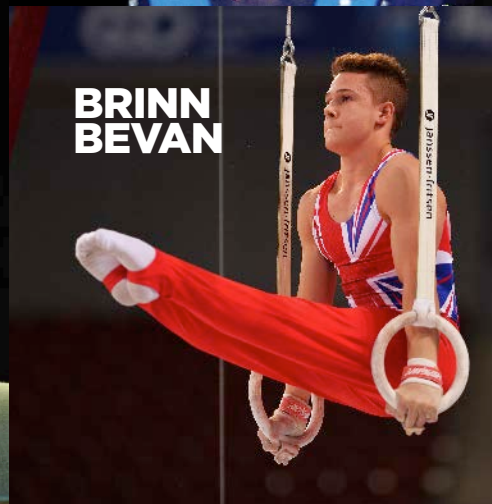
# YOUR GUIDE TO THE BRITISH CHAMPIONSHIPS

**O**ur 2015 British Championships promise to be a spectacle of jaw dropping gymnastics with our Olympic, World and European stars fighting for the prestigious tiles. With the World Championships taking place in Glasgow later this year and serving as qualification for Rio, the competition will be fiercer than ever to take gold and steal the spotlight. Gymnasts will pull out their biggest moves to impress and outdo each other.

From the powerhouses on the rings to the grace and beauty of the floor routines, the explosive power of a vault to the nerve-racking routines on the beam, you will be treated to a great exhibition of awe-inspiring performances from Britain's best.

So what's at stake? Both the senior men and women are battling not only to be crowned the best in Britain but fight to prove why they deserve to represent Great Britain at the European Championships in April in Montpellier, France.

So what's happening on each day of the championships and which gymnasts should you be keeping an eye on? You'll find everything you need on the following pages.



**FAST FACTS**  
THE WIDTH OF THE WOMEN'S BALANCE BEAM IS 4 INCHES - THE SAME SIZE AS AN IPHONE!

**SCORING**

Gone are the days of the 'perfect 10' in gymnastics scoring. With the ever increasing difficulty and demands on gymnasts there simply aren't enough points to award with a maximum of ten and therefore today's scoring system is...well slightly more complex! In simple terms, gymnasts have two different scores, the D score (difficulty of the routine) and the E score (execution of the routine aka how neat and tidy it is!). All gymnasts begin with a 10.0 execution score which then has points removed for faults such as bent legs, arms and falls. Their difficulty score is then created separately by adding up the hardest moves in their routine and marks are also given for specific requirements. Both of these scores are then added together to give a final score hence why we see scores ranging from 11 through to 16.

# FRIDAY JUNIOR WOMEN

On Friday's agenda it's the country's top junior gymnasts who will be fighting it out to take various British titles.

**F**irst up, the junior women's gymnasts (Britain's best 14 and 15 year olds) take the stage and compete for the coveted all-around title where they compete on four apparatus, the vault, uneven bars, balance beam and floor exercise and their scores are then combined for an overall ranking. The event also doubles up as qualification for individual event finals on Sunday, where only the top eight gymnasts can qualify on each piece of apparatus - so there's a lot to play for!

With 2014 Junior Champion, Amy Tinkler moving up to the senior level in 2015, the junior crown is well and truly up for grabs. 2014 silver medallist **Teal Grindle** (Sapphire) will be looking to go one better in 2015 and take the top spot. Teal throws huge skills on the balance beam and has a very modern floor exercise that will be sure to keep you captivated. She will face tough competition however from **Catherine Lyons** (Europa) who will be looking to make her mark. The beautifully artistic gymnast is the current Junior European floor champion and ranked 4th in the all-around

so will certainly put up a big fight for the title. New competition will come from 2014 Espoir (12/13 years) champion **Maisie Methuen** from Wales and 2014 Espoir silver and bronze medallists Park Wrekin's **Alice Kinsella** and the City of Liverpool's **Lucy Stanhope**.

Other strong competitors include the girls from the Academy, **Abi Solari** and **Phoebe Turner**, **Megan Parker** from the City of Birmingham, **Amelia Montague** from Tolworth and East London's **Georgia Mae Fenton**.

## FAST FACTS

WHEN A GYMNAST HITS THE VAULT THEY WILL COMPRESS THEIR ARMS AND HANDS TO SPRING THEMSELVES INTO THE AIR - SOME GYMNASTS REACH AS HIGH AS 13 FEET IN THE AIR ON THE VAULT



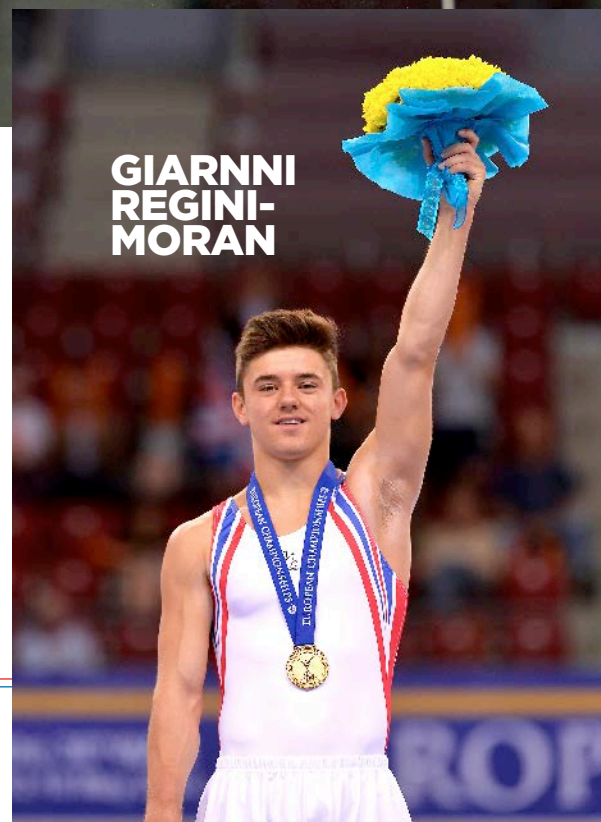
# FRIDAY JUNIOR MEN

In the men's junior categories (Under 16 and Under 18 years), gymnasts battle for not only all-around titles with total scores across the floor exercise, pommel, rings, vault, parallel bars and horizontal bar but also for individual apparatus medals. They also go one step further in which they aim to get as high a score possible to qualify as one of the top eight gymnasts across all age groups (including seniors) to make Sunday's masters finals.

In the under 16 category, 2014 bronze medallist and Junior European Team Champion **Joshua Nathan** will be looking to take the gold medal. Josh who trains at the City of Birmingham is a stylish gymnast with plenty of potential. Hot on his heels however will be 2014 uUnder 14 Champion **Jamie Lewis** from Woking who already has a world class pommel routine under his belt. Other strong gymnasts to look out for include **Donnell Osbourne** from Earls and **Hayden Skinner** from South Essex.

In the under 18 age group, The City of Birmingham brings a strong squad of gymnasts. Young **Joe Fraser** is fantastic on the pommel and the parallel bars. Can he make the masters final against

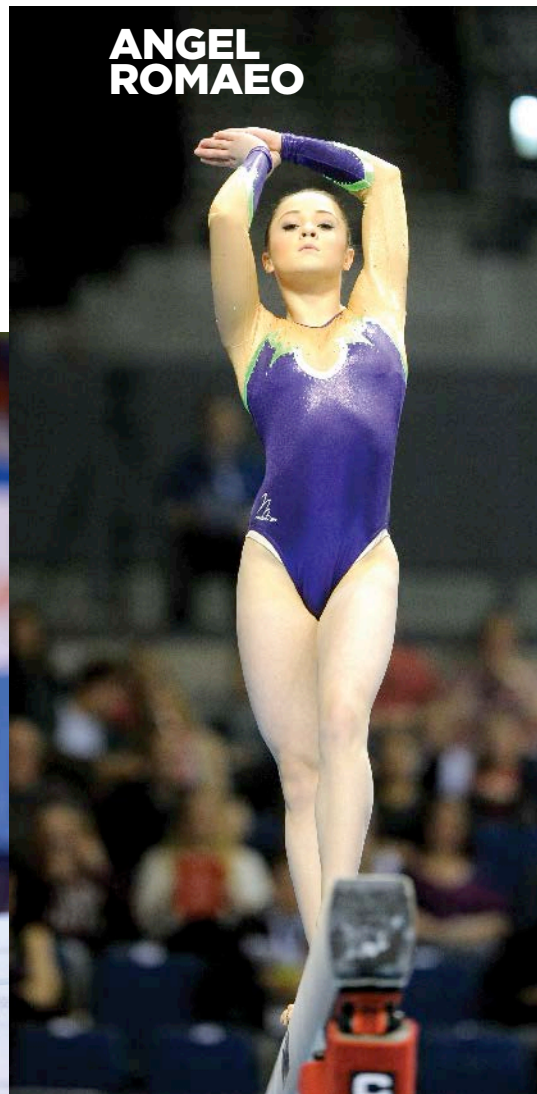
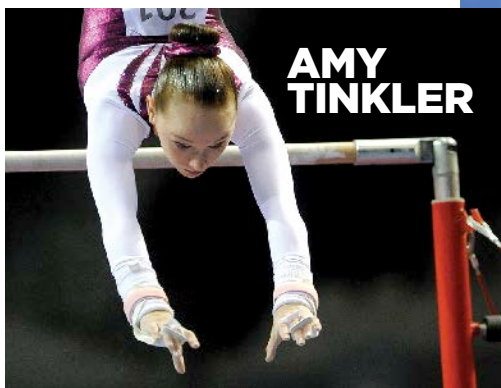
gymnasts nearly ten years his senior and take the under 18 title? Teammate **Hamish Carter** is a very impressive high bar worker and is also one to keep an eye out for, as is **Harry Caulwell**. **Giarnni Regini-Moran** from Europa is certainly one to watch on the floor exercise with a routine that includes difficulty to match some of the more experienced senior gymnasts. As 2014 Junior European floor champion and all-around Youth Olympic champion he will put up a very strong challenge. Other gymnasts not to miss are Europa's **Tom Nicolaou** and **Joe Cemlyn-Jones** from Falcons.



**FAST FACTS**  
SOME MALE GYMNASTS USE HONEY/SYRUP AS WELL AS CHALK ON THEIR HANDS ON THE BARS FOR EXTRA GRIP!

# SATURDAY SENIOR WOMEN

**T**he coveted senior all-around titles are up for grabs on Saturday. As with the juniors, this event crowns the top three male and female gymnasts who have the highest overall score when all pieces of apparatus are added together. The competition also serves as a qualifier for the women for Sunday's individual finals (top eight gymnasts on each piece of apparatus) and for the men the top three highest scorers on each piece will be awarded medals and they will also look to qualify in the top eight across all age groups for Sunday's master's finals.



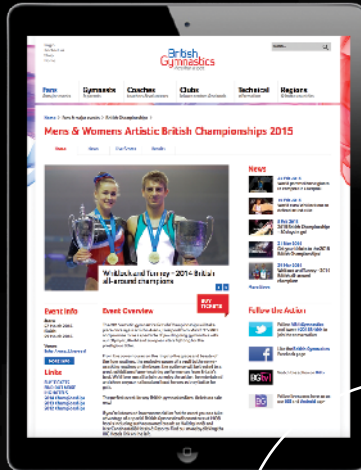
With 2014 all-around champion Rebecca Tunney from the City of Liverpool unfortunately out of the championships with injury, we will see a new champion crowned in 2015. **Claudia Fragapane** will be looking to try and win the 2015 British title after her four Commonwealth gold's in 2014. She is particularly strong on the floor and the vault and finished in the bronze medal position at the 2014 Championships. 2014 all-around silver medallist **Rebecca Downie** from Notts will be looking to defend her 2014 beam title as well as take the bars crown after winning the European title last year.

Wales finest will also be represented, with three members of the 2014 bronze medal winning Commonwealth team **Raer Theaker** and **Angel Romaeo** from Cardiff Central and **Georgina Hockenhill** from Park Wrekin.

There will also be lots of competition this year from our new seniors. 2014 Junior Champion, **Amy Tinkler** of South Durham will be looking to step up her game and put forward a strong challenge. Amy is a very talented all-around gymnast who is particularly impressive on the floor and vault. Australian Youth Olympic Champion **Tyasha Mattis** from East London will be looking to make an impressive comeback after being out with injury and European Vault Champion and all-around bronze medallist **Ellie Downie** is sure to make an impact.

Other gymnasts to look out for include experienced Dynamo gymnast and 2014 Commonwealth Gold medallist with Team England **Kelly Simm**, local star **Charlie Fellows** from the City of Liverpool and Park Wrekin's **Georgina Clements**.

Watch the event 'Live' at [british-gymnastics.org](http://british-gymnastics.org)



DON'T FORGET TO SEND IN YOUR TWEETS OF SUPPORT TO **@BRITGYMNASTS** AND WE'LL GET THEM READ OUT

British Gymnastics will broadcast from the arena and uploading selected routines to YouTube. Visit the British Gymnastics website to see the action!  
[british-gymnastics.org](http://british-gymnastics.org)

We'll also be uploading HD routines to our YouTube channel over the weekend so you can relive the action again and again.

# SATURDAY SENIOR MEN



**FRANK BAINES**

**FAST FACTS**  
THE BRITISH CHAMPIONSHIPS FOR MEN IS ONE OF THE OLDEST NATIONAL GYMNASTICS CHAMPIONSHIPS IN THE WORLD. IT WAS FIRST HELD ON 13 FEBRUARY 1896 AT THE NORTHAMPTON CORN EXCHANGE.

The men's senior field is now incredibly strong and there will be lots going on for you to watch. South Essex's **Max Whitlock** will be looking to win his third title in a row and prove he is still the country's top all-around male gymnast. Max was second all-around in the world in 2014. Former British all-around champion, **Daniel Purvis** from Southport YMCA will not go down without a fight however and he will be looking to regain his crown from 2012 after taking silver all-around in 2013 and 2014. Dan is strong on all apparatus but is particularly powerful on the floor. Dan's teammate and fellow Commonwealth silver medallist **Frank Baines** will also put up a good fight for the title.



JAY THOMPSON



DANIEL KEATINGS

**Kristian Thomas** from Earls is known for his reliability and cool head in competition. A bronze medallist on vault at the 2013 World Championships, Kristian will certainly be looking to make the podium here but don't count him out of the all-around title; his experience and focus under pressure are second to none. Fellow Olympic bronze medallist and bronze all-around in 2014, **Sam Oldham** from Loughborough Students will be looking to prove himself as a reliable all-around gymnast. Sam has exciting floor and high bar routines.

**Ashley Watson** from City of Leeds is an incredible high bar worker and has improved immensely over the last few years so is certainly one to watch. Huntingdon GC sends a strong duo of men looking to battle their way to the top. As the 2014 Commonwealth pommel horse champion **Daniel Keatings** will be looking to excel here but he also

works very well on parallel bars and high bar and is a strong all-rounder. There is no doubt that Dan's teammate and triple Olympic medallist, **Louis Smith MBE** will be a challenge and one to watch on the pommel horse.

Other strong contenders include South Essex's **Brinn Bevan** who is a five time Junior European medallist and a former European Youth Olympic Champion. Teammate and former multiple Junior European Champion, **Jay Thompson** will also be looking to show what he is made of after fighting back from injury. Pegasus Gymnastics Clubs puts forward World rings finalist **Courtney Tulloch** and Glasgow World Cup competitor **James Hall**.

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 Let your talent shine



**SAM  
OLDHAM**

**GEORGIA  
CARSLAW**

# SUNDAY FINALS

**S**unday's competition sees the top eight apparatus specialists battle it out to take individual titles. For the women, the juniors and seniors compete separately and for the men we see the master's event which includes the top eight qualifiers across all age groups (Under 16/Under 18 and seniors).

The first session includes senior women's vault and uneven bars, the junior women's uneven bars and beam and men's masters floor, pommel horse and rings. With an array of world stars on the women's uneven bars this will surely be an exciting event and the men's pommel is always a closely fought battle between World and Olympic champions.

In the second session, we see the senior women's balance beam and floor exercise, the junior women's floor exercise and vault and the men's masters vault, parallel bars and horizontal bar. Things really start to step up a gear as the women must control their nerves for the balance beam and must pull out all the stops on the floor as they perform all out for titles. The men finish with the horizontal bar, always a spectacular and daring event it will be sure to have you on the edge of your seat.

Alongside the event finals, for only the second ever time the top male and female disability gymnasts in the country will compete for their disability masters apparatus titles. This is a great opportunity for the gymnasts to experience the thrill of competing on a world class artistic gymnastics podium in a fantastic venue in front of thousands of spectators. This will be a great experience for our gymnasts, who will look to help raise the profile of disability gymnastics in this country and inspire the next generation of budding disability gymnasts.

Please remember, due to the nature of the sport, competitors can't be guaranteed.



# COMPETITION SCHEDULE

## FRIDAY 27 MARCH

WOMEN'S JUNIOR & MEN'S U16 & U18

12:30 - 14:30 Women's artistic junior  
all-around competition

14:35 - 14:45 Women's artistic junior  
all-around victory ceremony

Your ticket covers both sessions -  
During the break, why not stay to explore what's happening on the arena concourse!

17:30 - 21:15 Men's artistic under 16 and under 18  
all-around and apparatus finals competition

21:20 - 21:30 Men's artistic under 16 and under 18  
all-around and apparatus finals victory ceremony

## SATURDAY 28 MARCH

MEN'S & WOMEN'S SENIOR

10:45 - 13:05 Men's artistic & women's artistic (sub division 1)  
all-around and men's apparatus finals competition

14:20 - 16:30 Men's artistic & women's artistic (sub division 2)  
all-around and men's apparatus finals competition

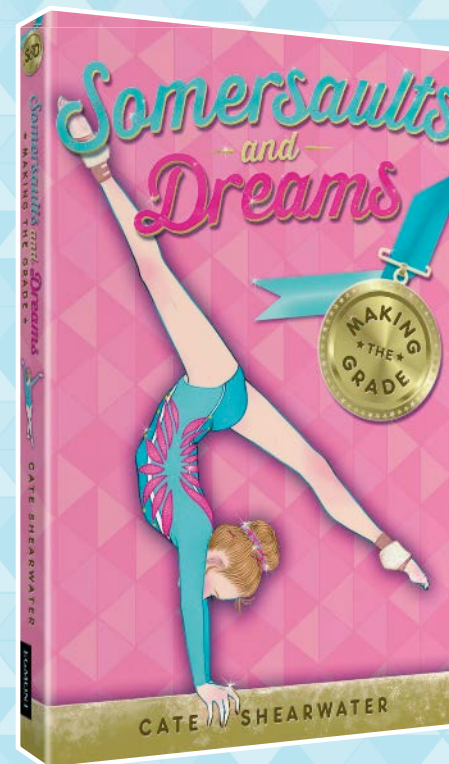
17:50 - 20:20 Men's artistic & women's artistic (sub division 3)  
all-around and men's apparatus finals competition

20:30 - 20:40 Men's artistic & women's artistic  
all-around and men's apparatus finals competition victory ceremony

## SUNDAY OVERLEAF...

**WIN** the chance to design your very own Milano leotard!

# Somersaults — and — Dreams



## A BRILLIANT NEW GYMNASTICS SERIES

Copies available to buy from the GB Merchandise Stall where you can also meet the author, Cate Shearwater, and get your book signed!

### SIGNING TIMES:

Friday 27<sup>th</sup> March: 16:00-18:00  
Saturday 28<sup>th</sup> March: 10:00-11:30,  
12:30-14:30 & 16:00-17:30  
Sunday 29<sup>th</sup> March: 12:30-14:00

### A UNIQUE PRIZE IS UP FOR GRABS!

We have teamed up with Milano Pro Sport to offer the chance for one lucky winner to see their very own design made into a leotard!

Pick up an entry form from the author or download it from [cateshearwater.com/competitions](http://cateshearwater.com/competitions). See the website for terms and conditions.



# COMPETITION SCHEDULE

## SUNDAY 29 MARCH THE FINALS

- 10:30 - 12:20 Men's artistic masters, women's artistic apparatus finals & disability masters  
Session 1 (men's - floor, pommel horse, rings / women's junior - uneven bars, beam / women's senior - vault, uneven bars / disability women - beam, floor / disability men - pommel horse, rings, vault)
- 12:30 - 12:40 Men's artistic masters, women's artistic apparatus finals & disability masters  
victory ceremony for session 1
- 14:00 - 15:50 Men's artistic masters, women's artistic apparatus finals & disability masters  
Session 2 (men's - vault, parallel bars, horizontal bar / women's junior - floor, vault / women's senior - beam, floor / disability women - uneven bars, vault / disability men - parallel bars, horizontal bar, floor)
- 16:00 - 16:10 Men's artistic masters, women's artistic apparatus finals & disability masters  
victory ceremony for session 2



# GYMNASTIC AWARDS CASES



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Discount Code only valid until 31st May 2015



# 2014 GOLD MEDAL WINNERS

The battle is on for the top gymnasts to take the titles and proudly stand on the top of the podium with the gold medal around their neck.

Here's a low down of who scooped the top trophies at last year's championships...

**2014 SENIOR WOMEN'S CHAMPION**  
**REBECCA TUNNEY**



## WOMEN

### JUNIORS

All-around – Amy Tinkler  
Vault – Tyesha Mattis  
Uneven Bars – Tyesha Mattis  
Beam – Teal Grindle  
Floor – Catherine Lyons & Amy Tinkler

### SENIORS

All-around – Rebecca Tunney  
Vault – Kelly Simm  
Uneven Bars – Rebecca Tunney  
Beam – Rebecca Downie  
Floor – Elizabeth Beddoe

### DISABILITY

All-around – Georgia Carslaw  
Vault – Stacie Ridley  
Uneven Bars – Georgia Carslaw  
Beam – Stacie Ridley  
Floor – Stacie Ridley

### FAST FACTS

#### WOMEN'S ALL TIME ALL-AROUND CHAMPIONS!

- 1. PAT HIRST**  
WOODHOUSE SCH. P.E., LEEDS  
8 TITLES (1947, 1949-1950 AND 1952-1955)
- 2. BETH TWEDDLE**  
CITY OF LIVERPOOL  
7 TITLES (2001-2007)
- 3. CLARICE BELL (NEE HANSON)**  
SALTAIRE GC  
6 TITLES (1933-1935, 1938-1939, 1948)

## MEN

### UNDER 16

All-around – Giarnni Regini-Moran  
Floor – Giarnni Regini-Moran  
Pommel – Joshua Nathan  
Rings – Joe Fraser  
Vault – Giarnni Regini-Moran  
Parallel bars – Giarnni Regini-Moran & Joe Fraser  
Horizontal bar – Loukas Jones

### UNDER 18

All-around – Nile Wilson  
Floor – Nile Wilson  
Pommel – Nile Wilson  
Rings – Nile Wilson  
Vault – Jay Thompson  
Parallel bars – Nile Wilson  
Horizontal bar – Nile Wilson

### SENIORS

All-around – Max Whitlock  
Floor – Max Whitlock  
Pommel – Max Whitlock  
Rings – Daniel Purvis  
Vault – Kristian Thomas  
Parallel bars – Daniel Keatings  
Horizontal bar – Sam Oldham

### THE MASTERS (ALL AGE GROUPS)

Floor – Max Whitlock  
Pommel – Daniel Keatings  
Rings – Max Whitlock  
Vault – Sam Oldham  
Parallel bars – Daniel Keatings  
Horizontal bar – Kristian Thomas

### DISABILITY

All-around – Alexander Buesnel  
Floor – Alexander Buesnel  
Pommel – David Rae  
Rings – Alexander Buesnel  
Vault – David Rae  
Parallel bars – Alexander Buesnel  
Horizontal bar – Alexander Buesnel

# HOW TO FOLLOW

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LIVERPOOL 2015 FUTURE ARTISTIC GYMNASTICS EVENTS

# FUTURE ARTISTIC GYMNASTICS EVENTS

13 - 16 APRIL

6th UEG European Men's Artistic Championships  
Montpellier, France

16 - 19 APRIL

6th UEG European Women's Artistic Championships  
Montpellier, France

23 OCTOBER - 1 NOVEMBER

46th World Gymnastics Championships  
The SSE Hydro, Glasgow

5 - 6 DECEMBER

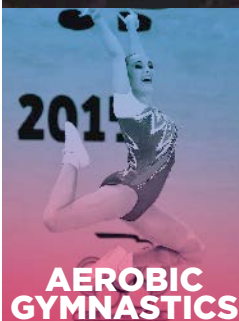
Men's & Women's Boys & Espoir British Championships  
Basildon, Essex

**LOUIS SMITH MBE**

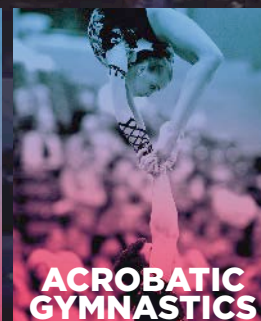
**CONTINENTAL**

# 2015 BRITISH GYMNASTICS CHAMPIONSHIP SERIES

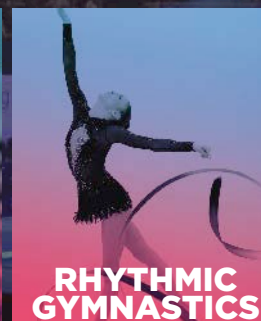
4 CHAMPIONSHIPS, 4 DAYS, 4 DISCIPLINES



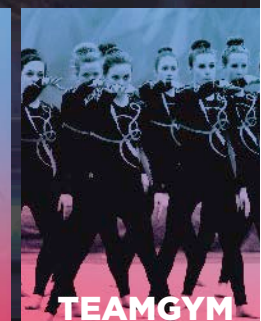
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CONTINENTAL



# DISCOVER DISABILITY GYMNASTICS

[www.DiscoverGymnastics.uk](http://www.DiscoverGymnastics.uk)

Gymnastics is an inclusive sport. That means our coaches adapt every activity around your physical, sensory and learning requirements. So whatever type of gymnastics you want to try, it really couldn't be easier to get involved - and find out what you're capable of.

Mainstream gymnastics sessions can be adapted to include people with a physical or learning disability, sensory impairments or health conditions. But if you'd prefer to start with dedicated classes, this one is for you. As you're starting out, you'll learn the fundamentals of gymnastics and how to build your strength, control and flexibility. As you begin

#### If you are a club you can:

Sign up to the I'M IN Programme and be supported by an experienced Disability Hub Club to develop more opportunities for disabled people in gymnastics. You can benefit from; taster sessions, festivals, competitions, coaching clinics, add-on modules and more. Simply register for the 'I'M IN' programme at [british-gymnastics.org/GymNet](http://british-gymnastics.org/GymNet) and your local British Gymnastics Club

to develop your physique and technique, there really is no limit to how far you can go. From local challenges to elite international competitions. Of course, you can also get involved just for the fun and fitness.

Ready to become a gymnast? All our clubs provide a safe, friendly environment with professional coaches to help you learn. Find your nearest venue by visiting [www.DiscoverGymnastics.uk](http://www.DiscoverGymnastics.uk) along with some helpful questions to ask the club. You can also find a full list of disability events at [british-gymnastics.org/iminevents](http://british-gymnastics.org/iminevents).

Development Coordinator will be in touch to answer your questions and help you take the next steps.

We look forward to welcoming you to the programme and seeing disability gymnastics thrive in our sport.

**British  
Gymnastics**  
More than a sport



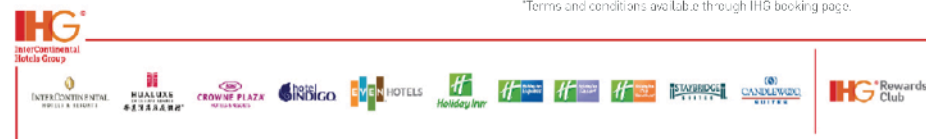
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## SPECIAL THANKS

Echo Arena, Liverpool  
Liverpool City Council  
City of Liverpool Gymnastics Club  
British Gymnastics Young Leaders

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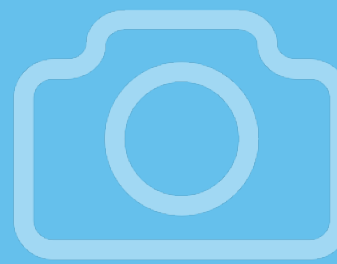
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# BATTLE OF THE BRITS



# SELFIE COMPETITION!

We're giving you the chance to win some fantastic prizes, including tickets to the 2015 World Gymnastics Championships in Glasgow in October and family passes to the 2015 British Gymnastics Championships Series.

Every time you hear the **#SELFIE song**, we want you to get your best game face on, take a selfie and tweet us your picture to [@BritGymnastics](https://twitter.com/BritGymnastics) with the hash tag **#BattleoftheBrits**. Then watch to see if you appear on the big screen for all to see!

You've got until the end of the song to tweet us, then our judges will decide which selfies are their top three favourites and dish out the prizes. You can send us as many of your selfies to **#BattleoftheBrits** as you'd like to every time the **#SELFIE** song plays.

So strike a pose either on your own or with your friends and family and get tweeting! Remember, only entries including the **#BattleoftheBrits** will be considered and we're afraid photobombing doesn't count!

## PLEASE READ THESE TERMS AND CONDITIONS CAREFULLY BEFORE ENTERING THE COMPETITION

The Competition (defined below) is to be hosted on Twitter at '@BritGymnastics' but shall be announced in the Echo Arena, Liverpool during the event. These Terms and Conditions may be subject to change at the sole discretion of British Gymnastics.

**1. The Competition:** You can participate in the competition via Twitter on the Website. It will require participants to upload their 'selfies' to British Gymnastics Twitter feed: '@BritGymnastics'. Please note the Competition is run independently of Twitter and is not in any way associated with the social media platform.

**2. Competition Period:** The competition will run throughout the 2015 British Gymnastics Championships event, beginning on 27th March and ending on the 29th March. Entrants have until the end of the #SELFIE song to send us their pictures via twitter. There will be six opportunities to enter throughout the duration of the 2015 British Gymnastics Championships event, known as entry periods.

**3. Specific Entry Requirements:** Entrants can enter the competition free of charge via Twitter. In order to enter this competition, entrants must comply with these Terms and Conditions and the Specific Entry Requirements specified below:

- Be at least 13 years old;
- Be resident in the UK;
- Be a Follower of @BritGymnastics on Twitter and send @BritGymnastics a 'selfie' of themselves, on Twitter during the competition period, which is the duration of the #SELFIE song. All entries must include '@BritGymnastics' and '#BattleoftheBrits' hashtag;
- Entrants may submit as many selfies as they like.
- The competition is only open to those who are not (and whose immediate family members or those living in the same household are not) employed by British Gymnastics
- Agree to our judging criteria. The following judging criteria shall be used for the competition: The Favourite three selfies will be selected by our judge(s) at their absolute discretion and uploaded to the big screen. Winners will then be chosen (see prize breakdown). This will happen for each of the six entry periods. The odds of winning depend in part on the number of eligible Entries received but ultimately depend on the judge's favourite choice of 'selfie'. The winners will be notified at the event they have won and need to collect their prize from the British Gymnastics shop stand at the event. If winners do not collect their prize by the end of the day, we reserve the right to use their prize in another competition.
- Entrants acknowledge that only entries which fulfil all of the requirements set out in these Terms and Conditions will be valid and entered into the competition.

**4. The Prizes:** There will be six opportunities to win prizes. Please see prize breakdown details opposite.

### Friday (1) MAG Senior - Podium Training

1 Family Event Pass to the 2015 British Gymnastics Championships Series\*

### Friday (2) MAG Under 16 and Under 18 - AA and Apparatus Finals Competition

1 pair of tickets to day one of apparatus finals, Saturday 31st October, 2015 World Gymnastics Championships\*

### Saturday (3) MAG & WAG Senior (Sub Division 1)

1 Family Event Pass to the 2015 British Gymnastics Championships Series\*

### Saturday (4) MAG & WAG Senior (Sub Division 2)

1 Family ticket to MAG qualifying afternoon session, Sunday 25th October, 2015 World Gymnastics Championships\*

### Saturday (5a) MAG & WAG Senior (Sub Division 3)

1 pair of tickets to MAG team final, Wednesday 28th October, 2015 World Gymnastics Championships\*

### Saturday (5b) MAG & WAG Senior (Sub Division 3)

1 family ticket to MAG qualifying morning session, Monday 26th October, 2015 World Gymnastics Championships\*

### Sunday (6a) MAG Masters, WAG Apparatus Finals & Disabilities

1 pair of tickets to MAG all around final, Friday 30th October, 2015 World Gymnastics Championships\*

### Sunday (6b) MAG Masters, WAG Apparatus Finals & Disabilities

1 family ticket to MAG qualifying afternoon session, Monday 26th October, 2015 World Gymnastics Championships\*

\*Tickets to the 2015 World Gymnastics Championships in Glasgow and the 2015 British Gymnastics Championship Series in Liverpool do not include transport, accommodation or sustenance for the events.

There is no cash alternative for any of the prizes. All prize-winners agree that their names may be made public in association with the competition if reasonably required.

**5. Copyright:** All copyright and all other intellectual property rights in and to any and all photographs submitted as entries to the competition shall be exclusively owned by or assigned to British Gymnastics for the whole term including any renewals or extensions. Entrants acknowledge that British Gymnastics has the right to edit, copy, alter and use in any way the submitted photograph as it may reasonably require. British Gymnastics shall have the express right to use any photographs in publicity materials online or otherwise during the competition and following the end of the Competition Period.

# HEALTH & SAFETY AT ECHO ARENA

British Gymnastics draws your attention to the following Health and Safety announcement.

- Please take a moment to locate the fire exit nearest to where you are sitting. In an emergency, listen to the evacuation announcement and follow the instructions of the stewards.
- It is important to ensure that gangways and stairwells remain clear at all times. Your personal belongings should be kept with you at all times. If baggage is found unattended it will be removed and may be destroyed.
- In the interests of child protection, photographs and video may only be taken during today's event in accordance with conditions set by British Gymnastics. Photos may only be taken for personal use.
- The use of flash or supplementary lighting is not permitted while gymnasts are warming up or competing. Please make sure that your flash is turned off each time you use your camera. Video cameras may only be used, if operating from battery. Also, the use of tripods in the seating and walkways is forbidden.
- Please note there maybe strobe lighting, fog effects and loud noises during these championships.
- Finally, please remember that the arena is strictly a no smoking zone and that all mobile phones should either be switched off or placed in silent mode.

We appreciate your co-operation in these matters and thank you for your attention.



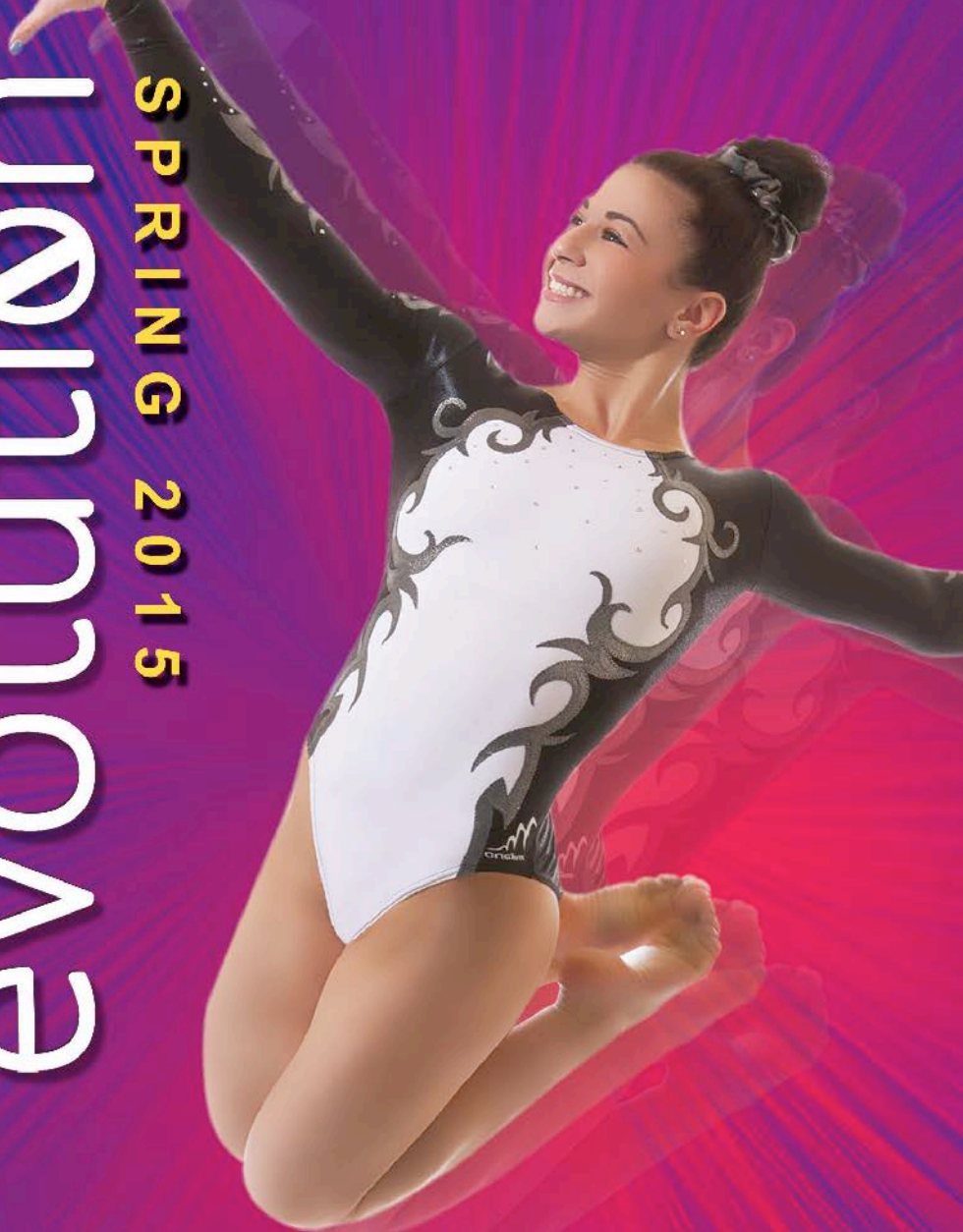
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