



# Glasgow World Cup Gymnastics 2014



**Saturday  
6th December 2014**

**Emirates Arena**

**Official Programme**



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## CONTENTS

- 4 WELCOME MESSAGES
- 6 GYMNASTICS IN GLASGOW
- 8 2014 GLASGOW WORLD CUP PREVIEW
- 11 COMPETITION SCHEDULE
- 13 SCOTS IN GLASGOW
- 15 MEN'S APPARATUS
- 20 WOMEN'S APPARATUS
- 22 THE ONES TO WATCH...
- 26 AUTOGRAPHS

LARISA IORDACHE  
Romania



# WELCOME...



again and after selling out in record time this one looks set to be the best yet.

For the third year in a row this fantastic event is being staged in this world class arena. It's funny how things can change, when the World Cup was held here for the first time in 2012 it was the biggest gymnastics competition Glasgow had ever seen and now we are looking ahead to next October when our fantastic city will host one of the world's biggest single

**O**n behalf of the city of Glasgow welcome to the fantastic Emirates Arena for what promises to be another exciting Glasgow World Cup Gymnastics. We are proud to be hosting such a prestigious international competition once

sporting events in the SSE Hydro. The 2015 World Gymnastics Championships will see more than 500 artistic gymnasts from 80 nations compete to become world champion and secure their place among the legends of the sport. As an added incentive, the Championships will serve as a team qualification event for the Rio 2016 Olympic Games.

But today is all about the World Cup, medals, and the 5,500 spectators being treated to the very best in competitive action. I have no doubt the event will be brilliant and I would like to thank our partners at British Gymnastics, EventScotland, UK Sport and Scottish Gymnastics for helping make this world class event possible.

All the very best of luck to all the gymnasts taking part!

**Councillor Archie Graham**  
Depute Leader of Glasgow City Council  
and Chair of Glasgow Life



It has been an exciting year for gymnastics, with spectacular historic performances at the Commonwealth Games and a record breaking number of gymnasts taking part in the 45th World Championships in Nanning, gymnastics remains at the very top of world sport.

With the 2015 World Gymnastics Championships in Glasgow around the corner and gymnasts thoughts turning to Rio 2016 Olympics, we can look forward to some sensational competitions during this World Cup, showcasing the greatest talents in our sport.

**A** very warm welcome to the 2014 Glasgow World Cup. A showcase for artistic gymnastics, this prestigious event attracts world-class gymnasts with only the best invited to compete.

We look forward to seeing the familiar faces of Britain's rising stars competing against World and Olympic medal winners. The competition will be fierce and I'm sure the crowd will be treated to some awe-inspiring performances.

As the President of British Gymnastics it gives me great pleasure to once again welcome you to the spectacular Emirates Arena. We are grateful as always to our event partners EventScotland, UK Sport, Scottish Gymnastics and Glasgow Life, and our suppliers Continental and Alto Digital who make this event possible, and also for the support they continue to give world-class gymnastics.

Finally I hope that each of you enjoy what promises to be an exciting and entertaining day at this wonderful event.

**Alan Sommerville, OBE CDir FloD**  
President, British Gymnastics



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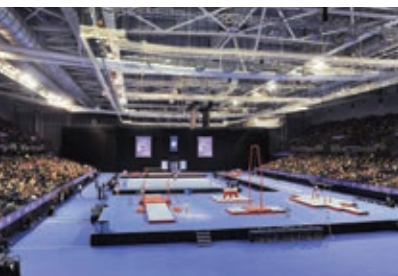
# GYMNASTICS IN GLASGOW



Kanukai Jackson



Kelvin Hall



Emirates Arena

Seventeen years ago, the city of Glasgow set the objective to bring many of the world's best gymnasts to Scotland as part of the 1997-1998 Grand Prix series of competitions, held also in Stuttgart, Zurich and Cottbus.

What the famous old Kelvin Hall witnessed on 24-26 October 1997 served as an important stepping-stone to the city's new sporting image. A number of fresh (or soon to be) Olympic and World Champions made their successful debut in the Kelvin Hall: Svetlana Khorkina, Alexei Nemov, Alexei Bondarenko and Nikolay Kriukov RUS; Simona Amanar, Gina Godgean and Marius Urzica ROU; Ioanis Melissanidis GRE; Ajaz Pegan SLO; Yeo Hong Chul KOR; Paul O'Neill USA, to name but a few, competed in this first edition of the event. They raised the decibels in the Kelvin Hall to a deafening level, as did the British gymnasts Craig Heap, Kevin and Andrew Atherton, Kanukai Jackson, Paula Thomas, Sonia Lawrence, Janine Mortimer and Annika Reeder.

Seventeen years on, there are hardly any gymnastics stars in the world who have not competed in Glasgow. The name of the city is now associated with performance excellence, organisational skills and unique hospitality.

Glasgow was a magnificent host of the Commonwealth Games in July/August 2014 and is currently preparing to welcome the best gymnasts from around the globe for the next FIG Artistic World Gymnastics Championships in October 2015 at the SSE Hydro. It will also serve as the most important Olympic Qualification round for the 2016 Olympic Games in Rio.

And so, Glasgow's gymnastics story rolls on. In 1999 the annual Grand Prix competition was recognised by the FIG as a World Cup event. Since 2011 the city achieved further recognition becoming one of four cities in the world to host the most prestigious category A format of the World Cup, based on the all-around for men and for women. For the World Cup Series 2014/2015 there are only three host cities - Stuttgart, Glasgow and Dallas.

Follow us for more on the 2015 World Gymnastics Championships in Glasgow...

 @2015WGC  /2015WGC

Svetlana Khorkina

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# GLASGOW 2014 WORLD CUP PREVIEW

The 2014 Glasgow World Cup brings to a close a sensational year of gymnastics. From the European Championships held in Bulgaria in May to the Commonwealth Games here in Glasgow this summer and World Championships in China in October, the sport of gymnastics has toured the globe with outstanding displays from the awe-inspiring top gymnasts.

The 2014 Glasgow World Cup will see many of these world class gymnasts in action...

Left - Frank Baines (GBR)  
Opposite - Oleg Verniaiev (UKR), Vanessa Ferrari (ITA) and Larisa Iordache (ROU)



Leading the way on the men's side will be Ukrainian parallel bars World Champion and reigning Glasgow World Cup winner **Oleg Verniaiev** along with American World medallist **John Orozco** and 2014 World Championship all-around bronze medal winner **Yusuke Tanaka** of Japan. Britain's charge will be led by Scottish Commonwealth Games team silver medal winner **Frank Baines**.

In the women's event, reigning World Cup champion **Larisa Iordache** of Romania is back to defend her crown. The Olympic bronze medallist has an incredible three World and eleven European medals to her name. Chasing Larisa will be Italian veteran **Vanessa Ferrari** whose career has seen her win the all-around World title back in 2006 and take her fourth European gold this year on the floor with Canada's Commonwealth Games beam champion **Elisabeth Black** also a likely contender for the title.





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- European Judo Championships, Glasgow; 9-12 April
- UCI BMX Supercross World Cup Series, Manchester; 18-19 April
- ISAF Sailing World Cup, Weymouth; 10-14 June
- IPC World Swimming Championships, Glasgow; 13-19 July
- Modern Pentathlon European Championships, Bath; 16-22 August
- EHF European Hockey Championships, London; 21-30 August
- European Wheelchair Basketball Championships, Worcester; 28 August - 7 September
- European Eventing Championships, Perth; 10-13 September
- World Canoe Slalom Championships, London; 15-20 September
- World Artistic Gymnastics Championships, Glasgow; 23 October - 1 November

More information at [www.uk sport.gov.uk/events](http://www.uk sport.gov.uk/events)

These events are only possible thanks to people buying National Lottery tickets. If you've bought a ticket, you're part of the team. Thank you.



# COMPETITION SCHEDULE

Saturday 6th December 2014



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- 11:00** World Cup: Warm Up
- 12:30** Sports presentation starts
- 12:50** World Cup: Competition
  - Rotation 1 - Men's Floor
  - Rotation 2 - Pommel Horse
  - Rotation 3 - Rings & Women's Vault
  - Rotation 4 - Men's Vault & Uneven Bars
  - Rotation 5 - Parallel Bars & Beam
  - Rotation 6 - Horizontal Bar & Women's Floor
- 17:00** Medal Ceremony



## FIG World Cup Series

For the 2014/2015 FIG World Cup Series, the number event hosts was reduced to three:

**29-30 November 2014**  
ENBW DTB Cup in Stuttgart, Germany

**6 December 2014**  
Glasgow World Cup in Glasgow, Great Britain

**7 March 2015**  
AT&T American Cup in Dallas, Texas, USA

Event will be live streamed on the BBC website. A two-hour highlights programme will be shown on December 13 on BBC 1 from 1 - 3pm

## 2013 Competition Results

### ALL-AROUND MEN

- |    |                       |            |               |
|----|-----------------------|------------|---------------|
| 1. | Oleg Verniaiev        | UKR        | 89.798        |
| 2. | <b>Daniel Purvis</b>  | <b>GBR</b> | <b>89.131</b> |
| 3. | Andrey Likhovitskiy   | BLR        | 88.597        |
| 4. | John Orozco           | USA        | 87.031        |
| 5. | Fabian Gonzalez Vidal | ESP        | 86.797        |
| 6. | Masayoshi Yamamoto    | JPN        | 86.565        |
| 7. | <b>Sam Oldham</b>     | <b>GBR</b> | <b>86.331</b> |
| 8. | Andreas Toba          | GER        | 83.731        |

### ALL-AROUND WOMEN

- |    |                     |            |               |
|----|---------------------|------------|---------------|
| 1. | Larisa Iordache     | ROU        | 57.932        |
| 2. | Elizabeth Price     | USA        | 57.365        |
| 3. | Vanessa Ferrari     | ITA        | 56.633        |
| 4. | Asuka Teramoto      | JPN        | 54.866        |
| 5. | Roxana Popa Nedelcu | ESP        | 54.532        |
| 6. | Carlotta Ferlito    | ITA        | 51.866        |
| 7. | <b>Ruby Harrold</b> | <b>GBR</b> | <b>51.432</b> |
| 8. | <b>Raer Theaker</b> | <b>GBR</b> | <b>50.632</b> |



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# SCOTS IN GLASGOW

Many Scottish gymnasts who have represented Great Britain have appeared in Glasgow over the years...



**STEVE FREW**  
2002 Commonwealth Games champion on rings; the first Scottish gymnast to win the coveted gold medal in this most prestigious event, he inspired the next generation of competitors to dream and achieve big!



**BARRY COLLIE**  
2002 Commonwealth Games bronze medallist on vault who is already considered to be one of the best men's artistic gymnastics coaches in the UK. He is a national coach with British Gymnastics.



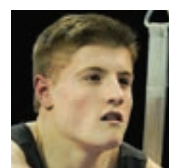
**ADAM COX**  
2006 Commonwealth Games bronze medallist on high bar, known for his exquisite elegance. A member of the 'best ever' Scottish Commonwealth Games team who won silver in front of the rapturous home crowd at the Hydro Arena in July 2014.



**DANIEL PURVIS**  
2010 World and European bronze medallist on floor; winner of the 2011 World Cup, 2012 European team gold and Olympic team bronze medallist. Having led until the very last rotation in last year's Glasgow World Cup, Dan unfortunately committed mistakes on high bar and dropped to the silver position. Competing for Scotland last summer he became Commonwealth Games champion on parallel bars and silver medallist in the team.



**DANIEL KEATINGS**  
2009 senior world silver all-around medallist; 2008 Olympic all-around finalist in Beijing, and double European champion on pommel horse (2010 and 2013); Commonwealth Games Champion on pommel horse and silver medallist in the individual all-around and with the Scottish team in Glasgow 2014. He was also a strong contributor to the historic 4th place which the GBR men's team achieved at the World Championships in Nanning, China in October 2014.



**FRANK BAINES**  
This is the Scottish newcomer for the FIG World Cup in Glasgow who, along with Dan Keatings, Dan Purvis, Adam Cox and Liam Davie celebrated the historic men's team silver medal in the Commonwealth Games last July. A magnificent start in the senior ranks for the athletic 2012 Junior European all-around champion. More is to come from him!



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# APPARATUS...

## Men's Artistic Gymnastics

The sport requires all round fitness through: strength, mobility, endurance, flexibility, body control and co-ordination. Routines are performed on six pieces of apparatus: floor, pommel horse, rings, vault, parallel bars and horizontal bar. At this competition the gymnasts compete on all 6 apparatus with the scores added to give their final total - the ultimate all-around test!



### FLOOR EXERCISE (FX)

The floor measures 12 x 12 metres, with an additional safety border of 1 metre. The performance area must have a surface elasticity to allow for power during take-offs and softness for landing.

The gymnast's floor exercise should include movements that demonstrate strength, flexibility and balance. Each routine must combine moves such as somersaults, twists and leaps. The whole floor area should be used and the routine should show a personal touch of expression and execution. The minimum time is 50 sec. and a maximum of 1'10.



### POMMEL HORSE (PH)

Height: 1.05 metres from top of mat (1.15 metres from floor). Length at the top: 1.60 metres. Distance between pommels: 40 to 45 cm. The pommel horse routine should be a smooth continuous chain of circular and pendulum type swings, double leg circles, scissor movements and undercuts using all parts of the horse.

The gymnast should perform a series of swings and holds with both forward and backward elements and the routine should finish with an acrobatic dismount.



### RINGS (RG)

Height: 2.60 metres from top of mat (2.80 metres from floor). Ring routines should include a variety of movements demonstrating strength, support and balance. The gymnast should perform a series of swings and holds with both forward and backward elements and the routine should finish with an acrobatic dismount.

The gymnast should perform continuous clean swinging movements and must not touch the bar with his body. He is required to demonstrate changes of grip, swinging movements both forward and backward, plus release and re-grasp of the bar. Dismounts are an important part of the total routine and are usually acrobatic and spectacular.



### HORIZONTAL (HIGH) BAR (HB)

Height: 2.60 metres from top of mat (2.80 metres from floor).

The gymnast should perform continuous clean swinging movements and must not touch the bar with his body. He is required to demonstrate changes of grip, swinging movements both forward and backward, plus release and re-grasp of the bar. Dismounts are an important part of the total routine and are usually acrobatic and spectacular.



### PARALLEL BARS (PB)

Height: 1.80 metres from top of mat (2.00 metres from floor). Like the rings, the parallel bars require a combination of swinging movements with strength or hold parts. The gymnasts should travel along and work both above and below the bars. The exercise should consist predominantly of swinging elements.



### VAULT (VT)

Height: 1.35 metres from floor. The vaulting table is situated length-wise to the approach run of 25 metres.

Each vault is awarded a value according to its difficulty. The vault should demonstrate clean and powerful movements combining height and length with one or more rotations and finish with a controlled landing. Marks are also awarded for the control of the body and the landing position.

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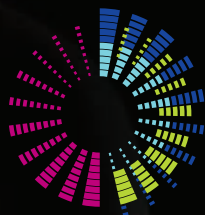
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2015 WORLD GYMNASTICS  
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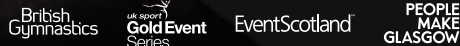
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## 2014 World Championships

The Chinese city of Nanning hosted this year's World Championships and delivered a spectacular event full of Asian colour, culture and vibrancy. Performances from many of the world's top gymnasts gave a taster of the excitement to come in Glasgow as the main Olympic Games qualifier.

From 'King' Kohei Uchimura's unprecedented 5th AA title in a row to Simone Biles back-to-back golds, and Max Whitlock's recovery to win silver, the scene is set for the world's biggest gymnastics event coming to Glasgow.

For more of the latest 2015 news, visit  
[2015worldgymnastics.com](http://2015worldgymnastics.com)

SEE OVER FOR THE BIG 'ONE YEAR TO GO' COUNTDOWN PLUS OUR JAKE DALTON BLOG [➤](#)





## Less Than One Year To Go!

Thursday 23 October marked One Year To Go until the 2015 World Championships get underway. Claudia Fragapane and Dan Purvis joined us in Glasgow to celebrate the milestone and met local schoolchildren, representing countries from across the world who are expected to compete next year.

During the celebrations, Claudia shared her excitement ahead of next year: "It's going to be a really good competition because we will be pushing really hard to make the Olympics. It brings back such great memories to be back here in Glasgow, I can't wait for the Worlds next year."

Catch all the One Year To Go excitement with our behind-the-scenes film on YouTube: [youtube.com/2015WGC](http://youtube.com/2015WGC)



## Team USA's Jake Dalton exclusive 2015 blog

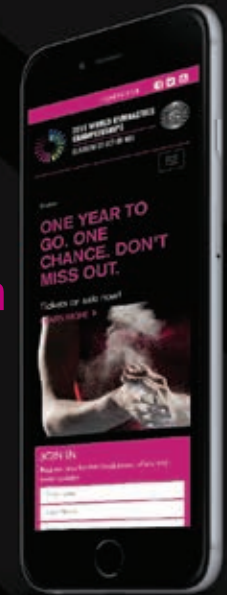
Fresh from guiding Team USA to bronze at the 2014 World Championships, Jake Dalton will be blogging for us about his road to 2015. The 4-time World medallist is going to share his build-up to the World Championships in Glasgow, giving fans a fantastic behind-the-scenes look at what it takes to get to the very top in artistic gymnastics.

Follow Jake's progress on the 2015 website at [2015worldgymnastics.com/blogs](http://2015worldgymnastics.com/blogs) or follow @2015WGC on twitter.



## Join us on the road to 2015

## #2015WGC STAY IN TOUCH



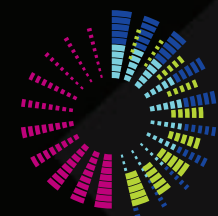
There are lots of ways to stay in touch as we move towards the 2015 World Championships in Glasgow...

For all the latest news on the Championships, visit our website [2015worldgymnastics.com](http://2015worldgymnastics.com)

We also want to hear from you! Join the conversation and share your journey to #2015WGC on Facebook and Twitter or tune in to the latest exclusive interviews and behind-the-scenes footage on our YouTube channel.

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2015 WORLD GYMNASTICS  
CHAMPIONSHIPS  
GLASGOW 23 OCT-01 NOV





# APPARATUS...

## Women's Artistic Gymnastics

This is the most popular discipline of gymnastics in the UK and one of the biggest crowd pleasers at Olympic Games. The sport demands body control, body awareness, suppleness, stamina, coordination, amplitude and courage. Routines are performed on four pieces of apparatus: vault, uneven bars, beam and floor. At this competition the gymnasts compete on all 4 apparatus with the scores added to give their final total - the ultimate all-around test!

### BALANCE BEAM (BB)

Height of the beam from the floor: 1.25 metres. The beam is 5 metres long and only 10cm wide.

A routine on the beam should be an artistic combination of a variety of acrobatic elements, gymnastic leaps, jumps, turns, steps and running combinations, waves and balance elements in standing, sitting and lying positions. The gymnast should use the entire length of the beam, demonstrating elegance, flexibility, rhythm, tempo, balance, confidence and control. Dismount series of acrobatic elements can be very spectacular. The maximum time allowed on the beam is 1'30".

### FLOOR EXERCISE (FX)

The floor measures 12 x 12 metres, with an additional safety border of 1 metre. The performance area must have a surface elasticity to allow for power during take-off and softness for landing.

The floor exercise, accompanied by music to enhance the performance, should combine dance movements and sequences with a variety of tumbling and acrobatic elements. The whole floor area should be used with the exercise being varied in mood, tempo and direction. Individuality, originality, maturity, mastery and artistry of presentation are key ingredients for a high score.

### VAULT (VT)

Height from the floor: 1.25 metres. The vaulting table is placed long ways, and is the same for both men and women.

Each vault is awarded a value according to its difficulty. The height and the length of the vault are of crucial importance together with the exactness of the turns before and after the somersault and the controlled landing.

### UNEVEN BARS (UB)

Low bar is now measured from floor to top of low bar as 170cm and to high bar top at 250cm. The maximum width allowed between the bars is 180cm.

Swinging and continuous movements are required on this apparatus. The exercise should include movements in both directions, above and below the bars. Elements with twists and somersaults with multiple grip changes and high flight should be demonstrated to maximise scores. Often a spectacular dismount ends the routine.

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# ONES TO WATCH...



## FRANK BAINES 19, GREAT BRITAIN

2014 Commonwealth Games team silver for Scotland

**Home Town:** Liverpool  
**Club:** Southport YMCA  
**Coach:** Jeff Brookes/Andre Popov  
**Best Apparatus:** Floor

- 2014 British championships floor bronze
- 2014 Commonwealth Games (Team Scotland) team silver
- 2012 Junior European all-around and high bar champion
- 2012 Under-18 British all-around champion
- 2012 Stuttgart team cup bronze

Scotsman Frank makes his Glasgow World Cup debut back in the city in which he took Commonwealth team silver in the summer. He has won multiple Youth Olympic and junior European titles and is the 2014 British floor bronze medallist.



## LARISA ANDREEA IORDACHE

18, ROMANIA

2014 World all-around silver medallist

**Hometown:** Bucharest  
**Club:** CSS Dinamo  
**Coach:** Octavian Bellu  
**Best Apparatus:** Beam

- 2014 World all-around and floor silver medallist
- 2014 European Championships floor and team gold, beam silver, vault bronze
- 2014 Doha World Cup vault, beam and floor gold
- 2013 Glasgow World Cup all-around winner
- 2013 Doha World Cup beam gold
- 2013 European Championships beam gold, all-around, vault and floor silver
- 2013 World Championships floor bronze, all-around 4th
- 2012 London Olympic Games team bronze, all-around 9th, beam final 6th
- 2012 European Championships floor and team gold, beam silver

Larisa is the leading Romanian gymnast at the moment. She is a multiple European Champion; World medallist and Olympic bronze medallist with her team in London 2012. She returns to Glasgow to defend her 2013 World Cup title in the all-around. Very strong on beam and floor, Larisa is currently one of the best all-rounders in the world.



## OLEG VERNIAIEV

21, UKRAINE

2014 Parallel Bars World champion

**Home Town:** Donetsk  
**Club:** Armed Forces of Ukraine  
**Coach:** Yury Yermakov & Gennadi  
**Best Apparatus:** Parallel bars

- 2014 World Championships parallel bars champion and all-around 4th
- 2014 European Championships parallel bars champion
- 2013 Glasgow World Cup winner
- 2013 European Championships all-around bronze
- 2012 London Olympic Games team 4th; all-around 11th

Oleg is one of the most promising young gymnasts on the international stage. At the London 2012 Olympic Games he helped guide Ukraine to 4th place narrowly missing out on a medal in agonising fashion as a successful Japanese appeal forced them off the medal rostrum. Oleg has continued to progress with good performances at the 2013 and 2014 European and World Championships. He is known for his exquisite elegance and very high difficulty in his programme, particularly on parallel bars. Oleg returns to Glasgow to defend his World Cup all-around title from 2013.





 **JOHN OROZCO**  
20, USA  
2013 World Championship parallel bars bronze

**Home town:** Bronx, NY  
**Club:** U.S.O.T.C. Gymnastics  
**Coach:** Vitaly Marinitch  
**Best Apparatus:** Parallel bars

- 2014 World Championships team bronze
- 2013 Glasgow World Cup all-around 4th
- 2013 World Championships parallel bars bronze
- 2012 London Olympic Games all-around 8th, team 5th
- 2011 World Championships team bronze, all-around 5th

John has had international success both individually and alongside his American team-mates. Competing at the London 2012 Olympic Games he helped the team to qualify in top spot for the team final eventually placing 5th while he also finished 8th in the all-around final. At the recent World Championships, John took bronze for USA in the Men's team final.

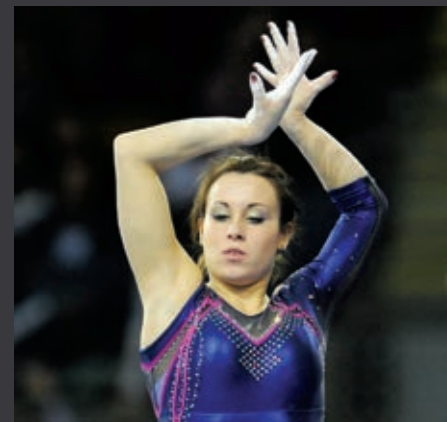
www.glasgowworldcup.com

 **ELSABETH BLACK**  
19, CANADA  
2012 Olympian and Commonwealth beam champion

**Hometown:** Halifax, Nova Scotia  
**Club:** Halifax Alta Gymnastics  
**Coach:** Keiji Yamanaka  
**Best Apparatus:** Floor

- 2014 Commonwealth Games beam champion
- 2014 World Championships all-around 9th
- 2013 World Championships all-around 13th
- 2012 London Olympic Games team 5th

Elsabeth, more commonly known as Ellie, is an extremely powerful gymnast who excels in particular on the vault. She competed in the London 2012 Olympics where she made the vault final, only to be unfortunately ruled out due to injury. In the 2014 World Championships all-around final, Ellie placed 9th.



 **YUSUKE TANAKA**  
24, JAPAN  
2014 World Championship all-around bronze & 2012 Olympic team silver

**Best Apparatus:** Parallel bars

- 2014 World Championships all-around bronze and team silver
- 2012 Olympic Games team silver
- 2011 World Championships team silver

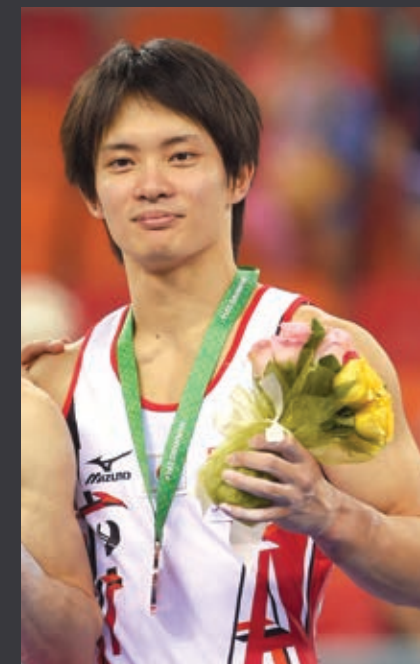
A brilliant technician, Yusuke was part of the Japanese team that took silver at the London 2012 Olympic Games. Along with his brother Kazuhito and his sister Rie he was the centre of media attention as one of a record three gymnastics Olympian siblings in London. Yusuke is two time World team silver medallist from Tokyo 2011 and Nanning 2014. This year he took the individual all-around bronze beating Ukrainian Oleg Verniaiev by a mere 0.151pts. Will he be able to repeat his success in Glasgow?

 **VANESSA FERRARI**  
24, ITALY  
2006 all-around World champion and two time Olympian

**Hometown:** Genivolta, Cremona  
**Club:** Brixia Brescia and CS Eser  
**Coach:** Enrico Casella  
**Best Apparatus:** Floor

- 2014 European Champion on floor
- 2013 World Championships floor silver medal
- 2012 Olympic Games all-around 8th
- 2007 European all-around and floor champion
- 2006 World all-around champion
- 2006 European team champion
- Multiple Mediterranean and Italian National Champion

Vanessa is an extremely powerful yet elegant gymnast who has been making waves on the international scene since 2006 when she became the World all-around champion in Aarhus, Denmark at just 15 years old – Italy's first female all-around winner. Her skill set includes a handful of unusual elements; she was the first gymnast to compete a split leap with a full turn to ring on the floor, a move which is now named after her. At the 2013 World Championships in Antwerp, Belgium she took silver on the floor and at the last Worlds, in Nanning, China was 5th in the final, a painful 0.067pts from the bronze.





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