



2014
**BRITISH
GYMNASTICS
CHAMPIONSHIPS**

28 - 30 MARCH 2014
ECHO ARENA, LIVERPOOL

OFFICIAL PROGRAMME

**British
Gymnastics**
More than a sport

Milano
MILANO

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International Hotel Group

CONTINENTAL



WELCOME TO
ECHO ARENA
HOME OF
THE 2014 BRITISH
GYMNASTICS
CHAMPIONSHIPS

FAST FACTS

IN JUNE 2012 THE ECHO ARENA LIVERPOOL HOSTED A COMBINED BRITISH CHAMPIONSHIPS FOR MEN AND FOR WOMEN FOR THE FIRST TIME SINCE 1987 WHEN THEY COMPETED TOGETHER AT THE ALEXANDRA PALACE IN LONDON



WELCOME MESSAGE

On behalf of British Gymnastics, I would like to welcome you to the 2014 British Championships – one of the showpiece events of the British Gymnastics calendar held once again at the magnificent Echo arena.

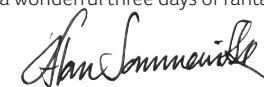
During these championships you will be treated to a feast of world-class gymnastics. If this is your first time at a gymnastics event I'm sure you will be amazed at the strength, speed and skill of our incredible British gymnasts.

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 and Alto Digital.

I hope everyone enjoy's a wonderful three days of fantastic gymnastics action.


ALAN SOMMERVILLE OBE
PRESIDENT, BRITISH GYMNASTICS

HI EVERYONE! WELCOME TO LIVERPOOL AND THE BRITISH CHAMPIONSHIPS

This weekend you will see some unbelievable gymnastics by our amazing British gymnasts. If you haven't seen the sport before I know you will be blown away by the performances and the skills that the top gymnasts will be producing as they fight for the British titles. The Echo Arena is the perfect venue to bring the most out of the gymnasts and I'm sure the atmosphere will be electric.

I remember my first British Championships back in 1997 and I'm sure many of the gymnasts will have the same feeling as I did as they put all the weeks of preparation into competition aiming to produce the perfect routine. The British Championships really is a special event and means so much to every gymnast competing so please get behind them all - a loud supportive crowd really can make all the difference!

I am so excited about the future of British Gymnastics. We have Olympic, World and European medal winners and the next generation of talent coming through look fantastic.

It will be strange for me to follow the championships having now officially retired but I love the sport so will be as eager as anyone to keep up with the action. The messages of support following my retirement and the support the gymnastics community have shown for me recently on Dancing On Ice have meant the world to me, it's amazing to know that so many of you are behind me and shows again how great the gymnastics world is!

Have a brilliant time watching the championships, make sure you cheer everyone on and good luck to all the gymnasts, coaches and clubs involved!



BETH TWEDDLE
7 TIME BRITISH
CHAMPION
LONDON
2012 BRONZE
MEDALLIST



01. Dancing On Ice / 02. 2012 Beth's last British Championships Competition / 03. 2008 One year on from winning her first British Championships / 04 & 05. 2012 Beth competing at the Olympics / 06. Beth won bronze on high bar at the 2012 Olympic Games



GYMNASTICS

POISE. STRENGTH. GRACE.
SUPPLENESS.



Artistic and Rhythmic

8 Amazing days

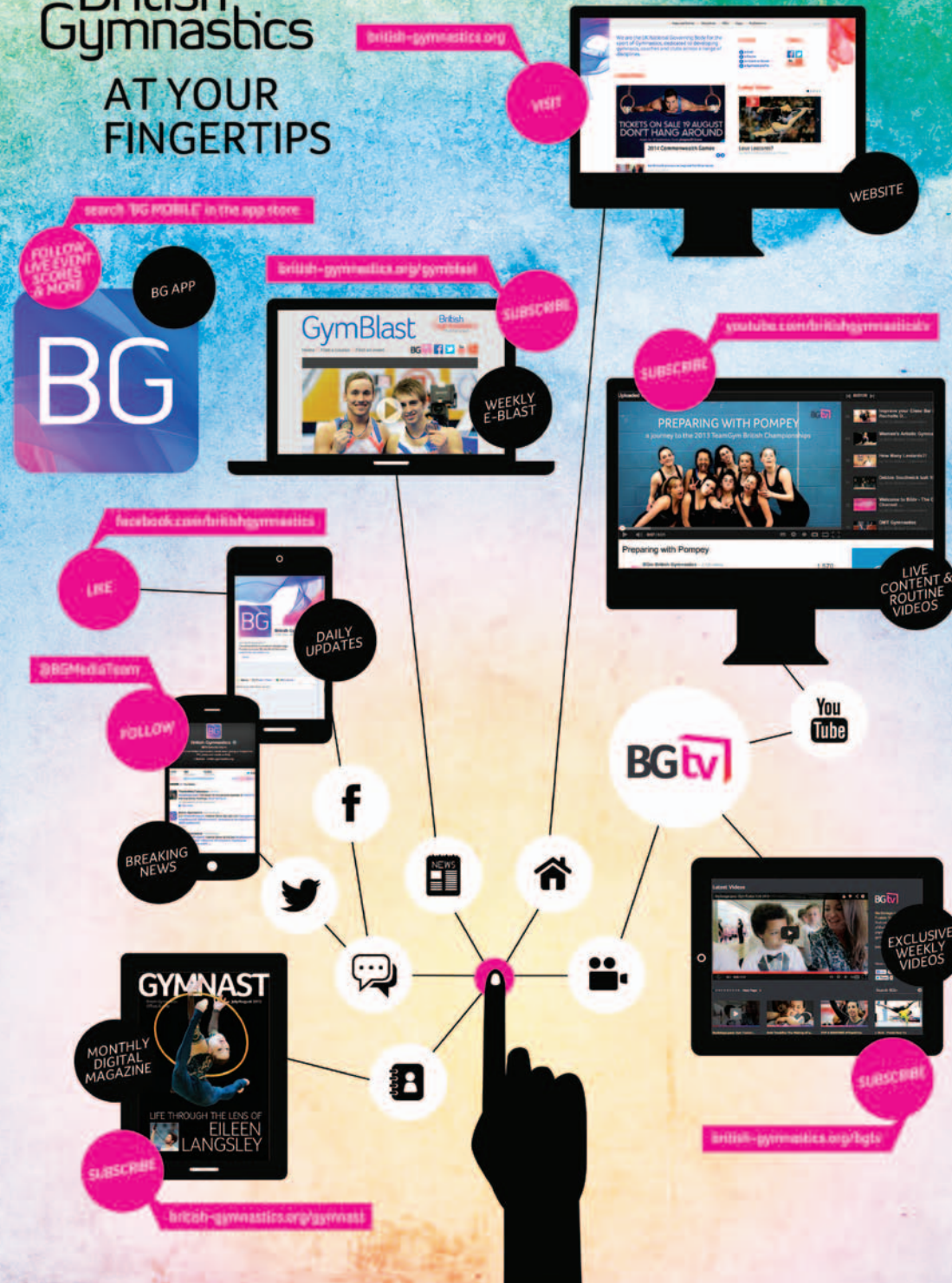
20 Golds

Venue: The SSE Hydro



To find out more
about our 17 sports
Glasgow2014.com

British Gymnastics AT YOUR FINGERTIPS



DAN PURVIS BECOMING A BRITISH CHAMPION

Southport's Daniel Purvis, the 2010 and 2011 British all-around champion knows what it takes to be Britain's best, here's Dan's guide to reaching the top...



FAST FACTS

MEN'S ALL TIME ALL-AROUND CHAMPIONS

- 1. ARTHUR J WHITFORD**
SWANSEA YMCA & SKETTY OL. GC
10 TITLES (1928-1936 & 1939)
- 2. 'NIK' WRAY STUART**
ASPT (ARMY SCHOOL OF P.T.)
9 TITLES (1956-1964)
- 3. ANDREW MORRIS**
SWANSEA YMCA
5 TITLES (1983-1984 & 1986-1988)

What does it take to be British champion?

It takes hard work, dedication and a lot of training. Six days a week, 20 or 30 hours of work, fine tuning every routine to make sure you are ready to compete on the big stage and to go one better than everyone else.

How tough it is to win this year?

It's really difficult this year; we have an amazing group of senior men all fighting for that one prize. We all know each other really well, see each other in training and push each other to improve. At the British it's going to be all about who can excel on the day, it will be a great fight.

What would it mean to be British champion?

It would mean a huge amount to win back my title. Not only to get the trophy and the medal around my neck but also because within such a competitive squad everyone is always looking to gain the advantage ahead of a massive season. There are lots of us aiming for similar goals and whoever wins the British will be hugely proud.

How important is it to do well at the British Championships?

Its massively important, a benchmark for the year ahead. To do well in the British puts you in a good position looking ahead to the European Championships, Commonwealth Games and then the World Championships - the big competitions just keep on coming!

What will it take to win this year's title?

You need to be perfect; every routine needs to be performed cleanly. The pressure will be on going to the final apparatus and whoever can handle the pressure and produce the most difficult but well executed routines will take the glory.

MEN'S ARTISTIC GYMNASTICS

WHAT'S IT ALL ABOUT?

You 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.



MAX WHITLOCK
HIGH BAR

FAST FACTS

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



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?

Women'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.



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.

BRITISH
CHAMPIONSHIPS
PHOTOSHOOT

MAX & GABBY

Max Whitlock and **Gabby Jupp** took the top senior titles 2013 and are the poster gymnasts for this year's championships - here's some exclusive behind the scenes photos from our dramatic photo shoot!



YOUR GUIDE TO THE BRITISH CHAMPIONSHIPS

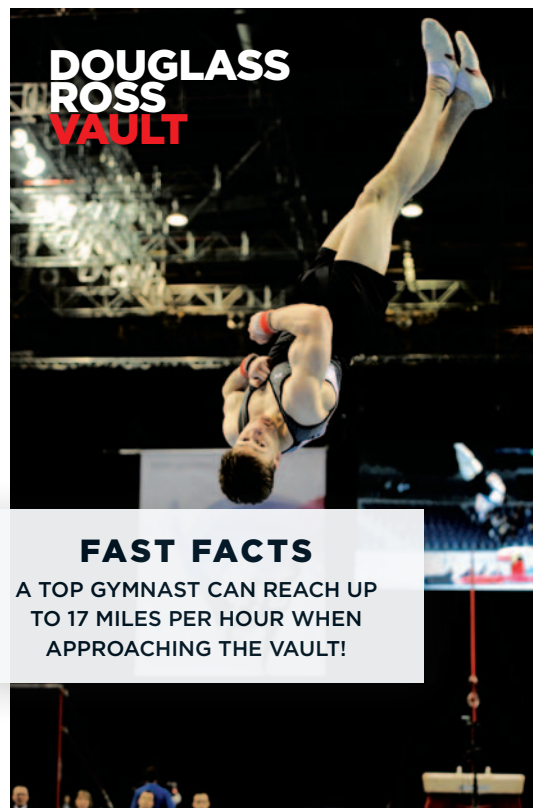
Our 2014 British Championships promise to be a spectacle of jaw dropping gymnastics with our Olympic, World and European stars fighting for the prestigious titles. With the Commonwealth Games around the corner and sold out, this is the hottest ticket in town!

From the powerhouses on the rings to the grace and beauty of the floor routines, the explosive power of vault to the nerve-wracking 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 junior and 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 May in Sofia, Bulgaria. To add to the excitement, the event also serves as a trial for the senior home nation gymnasts for the Commonwealth Games this summer in Glasgow – the pressure is well and truly on.

On Sunday for the very first time the top seven male and four female disability gymnasts in the country will also compete for their all-around titles!

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 in this guide.



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

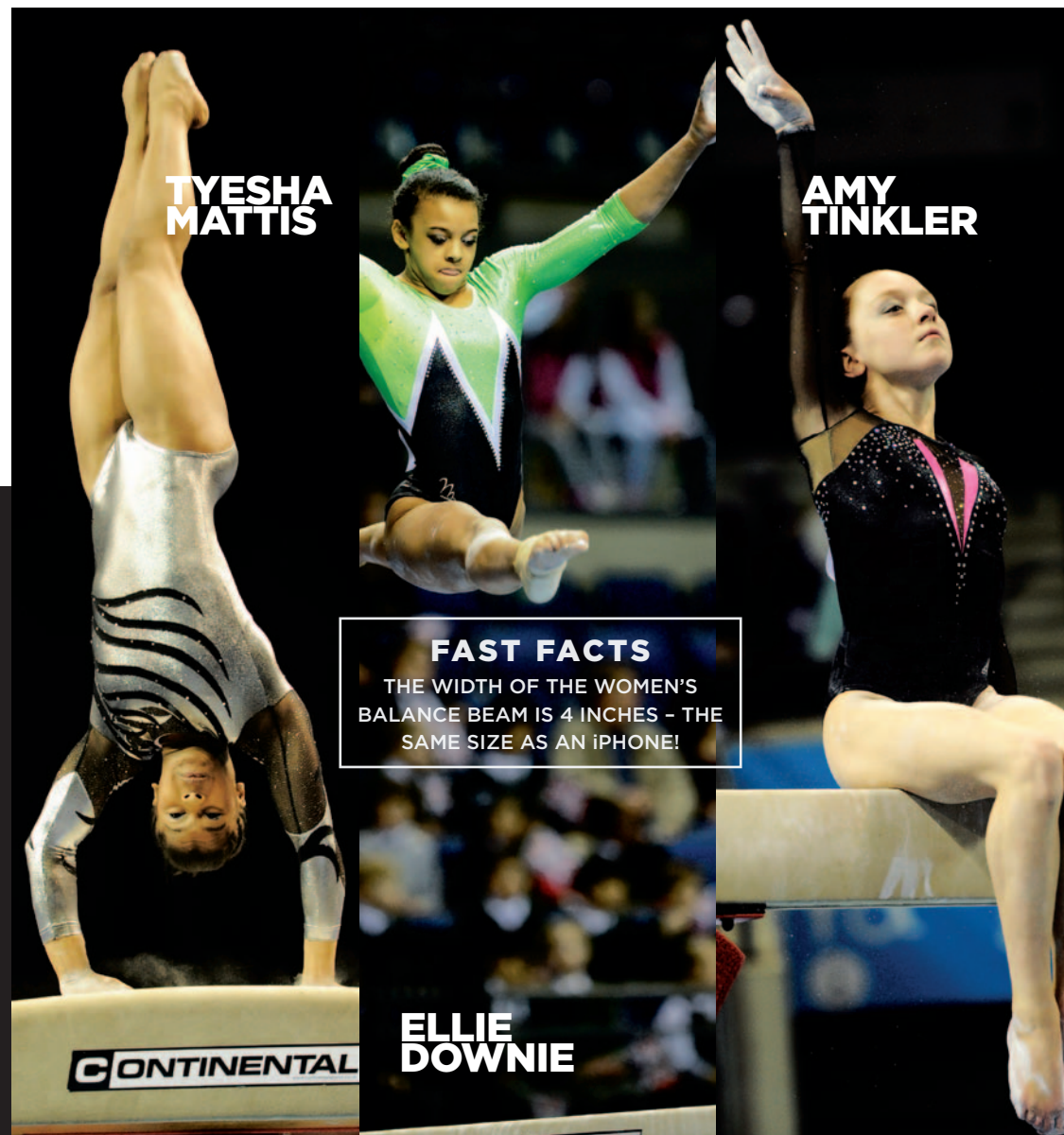
On Friday's agenda it's the country's top junior gymnasts who will be fighting it out to take British titles.

First 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.

Last year's champion, 15 year old **Tyesha Mattis** from East London will be looking to regain her crown with some extremely difficult skills, including some powerful tumblers on the floor exercise. However, 2013 silver medallist **Amy Tinkler** of South Durham will be looking to put forward a strong challenge. Amy is a very talented all-around gymnast who is particularly impressive on the floor and vault. Another contender is **Ellie Downie** of Notts. The younger sister of Olympian Becky Downie will be looking to improve upon her bronze medal she claimed in 2013.

Fighting to knock the second year juniors off the podium are some of Britain's talented first year junior gymnasts. These include the beautifully artistic **Catherine Lyons** (Europa) who swept all British titles at the 2013 Espoir (12/13 years) Championships back in December. Be sure to catch her on the balance beam and floor exercise. You also won't want to miss Catherine's teammate, **Georgia-Mae Fenton** who was crowned Espoir British and English Champion in March 2013. Georgia-Mae is a reliable gymnast who is also a talented uneven bars worker. Another gymnast to keep an eye on is Sapphire's **Teal Grindle**. Teal throws huge skills on the balance beam and has a very modern floor exercise that will be sure to keep you captivated.

Other strong competitors include the girls from the Academy, **April Maslen**, **Abi Solari** and **Phoebe Turner**, Heathrow's **Aasha-Ellyce Kimpton**, South Durham's **Claudia Barkes** and Park Wrekin's **Georgina Clements** and **Rhyannon Jones**.



**TYESHA
MATTIS**

**AMY
TINKLER**

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

**ELLIE
DOWNIE**

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 as possible to qualify as one of the top eight gymnasts on each piece of apparatus across all age groups (including seniors) to make Sunday's Masters finals.

In the Under 16 age group, **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. Taking bronze in the Masters final in 2013 against several Olympians, Giarnni is already ahead of the game and is going from strength to strength. The City of Birmingham also 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? Teammates **Hamish Carter**, a very impressive high bar worker and **Joshua Nathan**, a stylish gymnast with plenty of potential, are also ones to keep an eye out for.

Other gymnasts not to miss are the City of Birmingham's **Harry Caulwell**, Europa's **Tom Nicolaou** City of Leeds' **Loukas Jones**, **Mohammed Surray** from Tolworth and **Joe Jones** from Falcons.

In the Under 18 category, 2013 all-around champion, **Nile Wilson** (City of Leeds) will be looking to reclaim his title. Look out for his unique skills on the parallel bars and the horizontal bar. Hot on his heels however, will be South Essex's **Brinn Bevan** who took the 2013 U16 British and European Youth Olympics titles. Make sure you catch his creative links and artistry on floor and his difficult releases on the high bar. Brinn's teammate, 2013 U18 bronze medallist, **Jay Thompson** will also be looking to make his mark, performing impressive twists on the floor and unique moves across the apparatus.



**NILE
WILSON**

FAST FACTS

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

**HAMISH
CARTER**

**JOE
FRASER**

SATURDAY SENIOR WOMEN

The coveted senior all-around titles are up for grabs on Saturday. As with the juniors, this event crowns the top three 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 the 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.



Fighting to qualify for Sunday's event finals will be 2013 all-around champion, **Gabrielle Jupp** from Sapphire, who unfortunately sustained an injury at the 2013 European Championships. Although she may be out of the all-around event, Gabby is looking to make a strong comeback on individual apparatus. 2013 Silver medallist **Charlie Fellows** from the City of Liverpool will therefore be looking to go one better this year. She will be joined by her teammates **Rebecca Tunney**, Britain's youngest 2012 Olympian, a strong all-around gymnast and impressive bar worker and double Olympian, **Hannah Whelan** who never fails to impress with her beautiful choreography on the beam and floor.

Another gymnast to watch is the Academy's **Ruby Harrold** who's intricate and unique bar routine is one not to be missed. She will be challenged though by 2008 Olympian **Rebecca Downie** from Notts will be looking to defend her 2013 bars title by making the top eight to qualify for Sunday's finals.

Wales' finest will also be represented, including 2013 Glasgow World Cup competitor, **Raer Theaker** from Cardiff Central, who excels on the floor in particular. She will be joined by teammate **Angel Romaeo** and **Georgina Hockenull** from Park Wrekin who has nerves of steel on the beam.

Other gymnasts to look out for include first year seniors **Jade Armstrong** from South Durham, **Emily Crowe** from the Norfolk Academy of Gymnastics, Bristol Hawks' **Claudia Fragapane** and experienced Dynamo girls **Laura Edwards** and **Kelly Simm**.

SATURDAY SENIOR MEN

**LOUIS SMITH
WILL BE BACK IN
ACTION ON THE
SATURDAY**

The men's senior field is incredibly strong and there will be lots going on for you to watch. South Essex's **Max Whitlock** will be looking to win his second title in a row and prove he is still the country's top all-around male gymnast. He is also a strong pommel contender as an Olympic bronze medallist and a European floor medallist. 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 after taking silver all-around in 2013. Dan is strong on all apparatus but is particularly powerful on the floor.

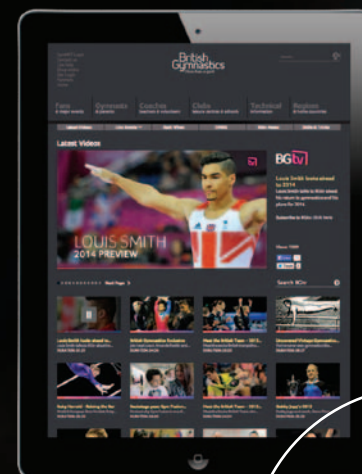
FAST FACTS
THE BRITISH CHAMPIONSHIPS FOR MEN IS ONE OF THE OLDEST NATIONAL GYMNASTICS CHAMPIONSHIPS IN THE WORLD. IT WAS FIRST HELD ON 13 FEBRUARY 1896 AT THE NORTHAMPTON CORN EXCHANGE.

LOUIS SMITH



BGtv

Watch BGtv **LIVE**



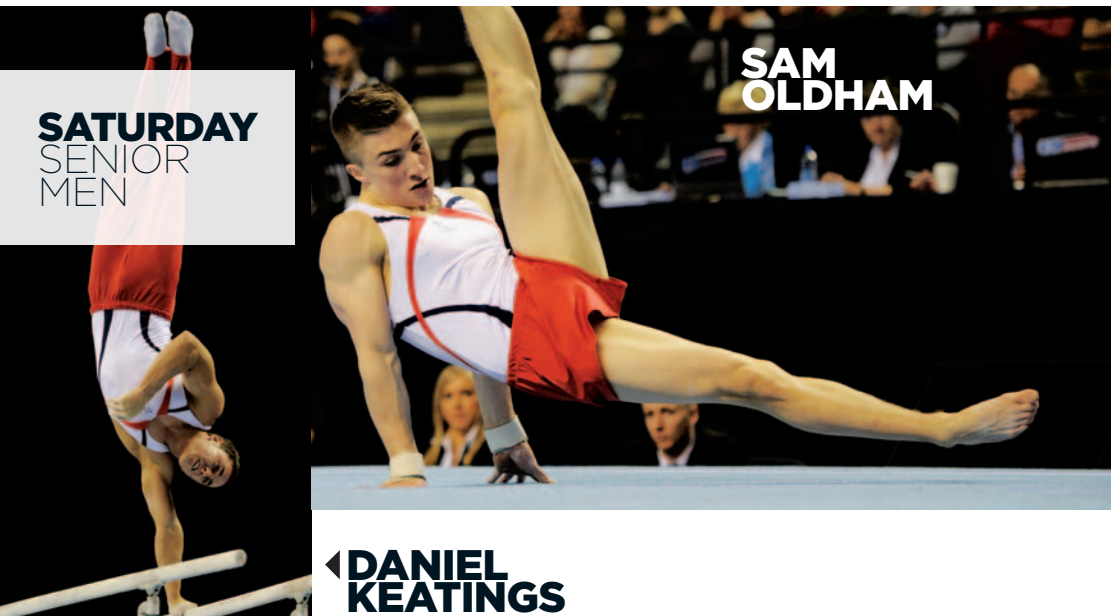
DON'T FORGET TO SEND IN YOUR TWEETS OF SUPPORT TO **@BGMEDIATEAM** AND WE'LL GET THEM READ OUT ON AIR

KNOW SOMEONE WHO CAN'T MAKE IT THIS WEEKEND?

Tell them to head to **BGtv** to watch both days of the competition **LIVE**. All they need to do is go to www.british-gymnastics.org/2014british to see the LIVE video or click on the video tab for individual routine clips

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**



**SAM
OLDHAM**

**DANIEL
KEATINGS**

Huntingdon GC sends an extremely strong trio of men looking to battle their way to the top. Olympic bronze medallist and bronze all-around in 2013, **Sam Oldham** will be looking to prove himself as a reliable all-around gymnast. Sam has exciting floor and high bar routines. The comeback king **Dan Keatings** has fought back from injury over the past few years and will be looking to prove he is here to stay. As the 2013 pommel horse European champion, he will be looking to excel here but he also works very well on parallel and high bar. There is no doubt that Dan's teammate and triple Olympic medallist, **Louis Smith** will also be a challenge and one to watch on the pommel horse. It will be his main event, so the pressure will be on but if anyone can handle it, he can.

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.

Apparatus specialists to look out for include, **Theo Seager** from Bury. Theo is one of Britain's most powerful male gymnasts and is known to perform some extremely difficulty vaults. He is also shows incredible strength on the rings. **Ashley Watson** from City of Leeds burst back onto the senior international scene in 2013 after a string of injuries. After making the 2013 European high bar final he is one to watch here but is also a strong parallel bars worker.

Don't miss up and coming gymnasts, **Frank Baines** form Southport YMCA, **Courtney Tulloch** and **James Hall** of Pegasus and South Essex's **Anthony Wise** and **Reiss Beckford**.

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 Let your talent shine

SUNDAY FINALS

KRISTIAN
THOMAS

Sunday'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 from across all age groups (under 16/under 18 and seniors).

The first apparatus finals 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.

For the very first time the top seven male and three female disability gymnasts in the country will also compete at these championships for their all-around 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 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.





uk sport
Gold Event
Series



A Stage to Inspire

The UK Sport **Gold Event Series** aims to bring the world's most prestigious sporting events to the UK. This ambitious programme provides the opportunity for you to see Great Britain's top athletes compete here on home soil in the world's most exciting sporting competitions.

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- Pru-Health World Triathlon, London; 31 May - 1 June
- Canoe Slalom World Cup, London; 6 - 8 June
- Tour de France Grande Depart 2014, Yorkshire, Cambridgeshire, Essex and London; 5 - 7 July
- ITF Wheelchair Tennis Masters, London; 24 - 30 November

Future events in 2015:

- European Judo Championships 2015, Glasgow
- IPC World Swimming Championships 2015, Glasgow
- European Hockey Championships 2015, London
- European Wheelchair Basketball Championships 2015, Worcester
- World Canoe Slalom World Championships 2015, London
- World Gymnastics Championships 2015, Glasgow

More information at 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.



LIKE WHAT YOU SEE? WANT TO DO GYMNASTICS?

Whether you want to fly and tumble like the pros today or just have some fun and keep fit, with gymnastics anyone can give it a go - any age, any ability gymnastic has something to offer you!

BEGINNER?

New to gymnastics? No problem! To find clubs near to you check out the club finder on the BG website and give them a call. Tell the club you're looking to get started and ask about the options and whether you can go along for a taster session. You might like artistic gymnastics which you're watching today or why not try out your local trampolining club for a big bounce experience or maybe if you like watching Spelbound, acrobatic gymnastics is how they got started. Clubs can tell you more about what type of club they are, as well as any specialisms they have. Give it a go and discover gymnastics!

SOME EXPERIENCE?

If you've some gymnastics experience and are still attending sessions or maybe you haven't done gymnastics for a while but would like to return, we've new forms of gymnastics you might like to try - like freestyle gymnastics called FreeG, or GymFusion where you can show off and perform with your mates or how about Gymfit, a new fitness class based on gymnastics. Your local club and the British Gymnastics website can tell you what's on offer.

LOTS OF EXPERIENCE AND STILL TRAINING REGULARLY?

How about trying My Club where you take part, having fun with all your mates and help design your own training programme. Many of our gymnasts also Volunteer and we've some cool programmes to kick start your leadership skills into action.

Find your nearest club now at www.british-gymnastics.org/find-a-club



British
Gymnastics

COMPETITION SCHEDULE

FRIDAY 28 MARCH

WOMEN' JUNIOR & MEN' U16 & U18

- 12:30 - 14:30 Women's artistic junior
All-around competition
- 14:40 - 14:50 Women's artistic junior
All-around victory ceremony
- 18:40 - 21:55 Men's artistic under 16 and under 18
All-around and apparatus finals competition
- 22:05 - 22:35 Men's artistic under 16 and under 18
All-around and apparatus finals victory ceremony

SATURDAY 29 MARCH

MEN'S & WOMEN'S SENIOR

- 11:30 - 15:00 Men's artistic & women's artistic (sub division 1)
All-around and men's apparatus finals competition
- 14:35 - 14:50 Break - Why not try GymChallenge? (see corner of page)
- 16:40 - 20:00 Men's artistic & women's artistic (sub division 2)
All-around and men's apparatus finals competition
- 20:10 - 20:25 Men's artistic & women's artistic senior
All-around and men's apparatus finals victory ceremony

SUNDAY 30 MARCH

THE FINALS

- 10:30 - 12:20 Men's artistic masters, women's artistic apparatus finals & disabilities all-around
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)
- 12:25 - 12:55 Men's artistic masters, women's artistic apparatus finals & disabilities all-around
Victory ceremony for session 1
- 12:55 - 13:15 Break - Why not try GymChallenge? (see corner of page)
- 14:00 - 16:00 Men's artistic masters, women's artistic apparatus finals & disabilities all-around
Session 2 (men's - vault, parallel bars, high bar / women's junior - floor, vault / women's senior - beam, floor / disability women - uneven bars, vault / disability men - parallel bars, high bar)
- 16:10 - 16:25 Men's artistic masters, women's artistic apparatus finals & disabilities all-around
Victory ceremony for session 2

DONT MISS!



CHECK OUT FREEG!

At **7.55pm on Saturday** and **12.15pm on Sunday**, some of Britain's top freestyle gymnasts will be putting on an awesome display of tricks on the arena floor. Gymnasts from South Essex Gymnastics Club will be showing off FreeG, one of British Gymnastics latest club-based activities, which embraces the dynamic, exciting and creative world of freestyle sport.



TEAM UP. TURN UP. GAME ON.

TRY OUT GYMCHALLENGE!

GymChallenge is a new gymnastics competition with a twist - focused on fun and fitness. During the breaks in competition on Saturday and Sunday you can try it out for yourself on the concourse.

2013 GOLD 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...



2013 SENIOR WOMEN'S CHAMPION GABBY JUPP

WOMEN

JUNIORS

All-around	Tyesha Mattis (East London)
Vault	Ellie Downie (Notts)
Uneven bars	Amy Tinkler (South Durham)
Beam	Tyesha Mattis (East London)
Floor	Amy Tinkler (South Durham)

SENIORS

All-around	Gabrielle Jupp (Sapphire)
Vault	Niamh Rippin (Notts)
Uneven bars	Rebecca Downie (Notts)
Beam	Gabrielle Jupp (Sapphire)
Floor	Gabrielle Jupp (Sapphire)

FAST FACTS

LADIES ALL TIME ALL-AROUND CHAMPIONS!

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

MEN

UNDER 16

All-around	Brinn Bevan (South Essex)
Floor	Giarnni Regini-Moran (Europa)
Pommel horse	Joe Fraser (City of Birmingham)
Rings	Brinn Bevan (South Essex)
Vault	Giarnni Regini Moran (Europa)
Parallel bars	Joe Fraser (City of Birmingham)
Horizontal bar	Brinn Bevan (South Essex)

UNDER 18

All-around	Nile Wilson (City of Leeds)
Floor	Nile Wilson (City of Leeds)
Pommel horse	Anthony Wise (South Essex)
Rings	Nile Wilson (City of Leeds)
Vault	Anthony Wise (South Essex)
Parallel bars	Dominick Cunningham (Earls)
Horizontal bar	Nile Wilson (City of Leeds)

SENIOR

All-around	Max Whitlock (South Essex)
Floor	Max Whitlock (South Essex)
Pommel horse	Daniel Keatings (Huntingdon)
Rings	Theo Seager (Bury)
Vault	Theo Seager (Bury)
Parallel bars	Daniel Keatings (Huntingdon)
Horizontal bar	Daniel Keatings (Huntingdon)

THE MASTERS

Floor	Sam Oldham (Huntingdon)
Pommel horse	Daniel Keatings (Huntingdon)
Rings	Theo Seager (Bury)
Vault	Theo Seager (Bury)
Parallel bars	Daniel Keatings (Huntingdon)
Horizontal bar	Max Whitlock (South Essex)

INTRODUCING THE LIVERPOOL LADIES

While the British Championships attract the very best gymnasts from across all of the home nations, for some gymnasts the journey to Liverpool's Echo Arena on the banks of the river Mersey will be a familiar one. The City of Liverpool gymnastics club is located less than a mile from the arena and is home to some of our greatest gymnasts.

The club, where Beth Tweddle MBE trained for Olympic glory, proudly proclaims to be the "Home of Champions" and four of its top gymnasts will be amongst the more high profile names competing in the senior women's events this weekend, we introduce the Liverpool ladies.



HANNAH WHELAN, AGE 21

Two-time Olympian, 2011 British Champion and 2012 European beam and floor bronze medallist

"My preparations have been going really well for the British Championship and I'm really excited to back at the Echo a fantastic arena with brilliant local support! This year's event is really important with it being one of the events taken into consideration for the European Championship and Commonwealth Games teams so it's going to be massive. The British Championships has always been one of the biggest competitions of our year and with it being in Liverpool it's so much more special. I won the title back in 2011 and it's definitely one of my career highlights. Everyone knows that Liverpool is a huge gymnastics city and that our club has had some amazing gymnasts over the years. It's great for the city that people can come and see us represent them and we really appreciate everyone's support!"

HANNAH ON REBECCA

"Very talented and dedicated whilst being extremely laid back and lots of fun out of the gym."

HANNAH ON CHARLIE

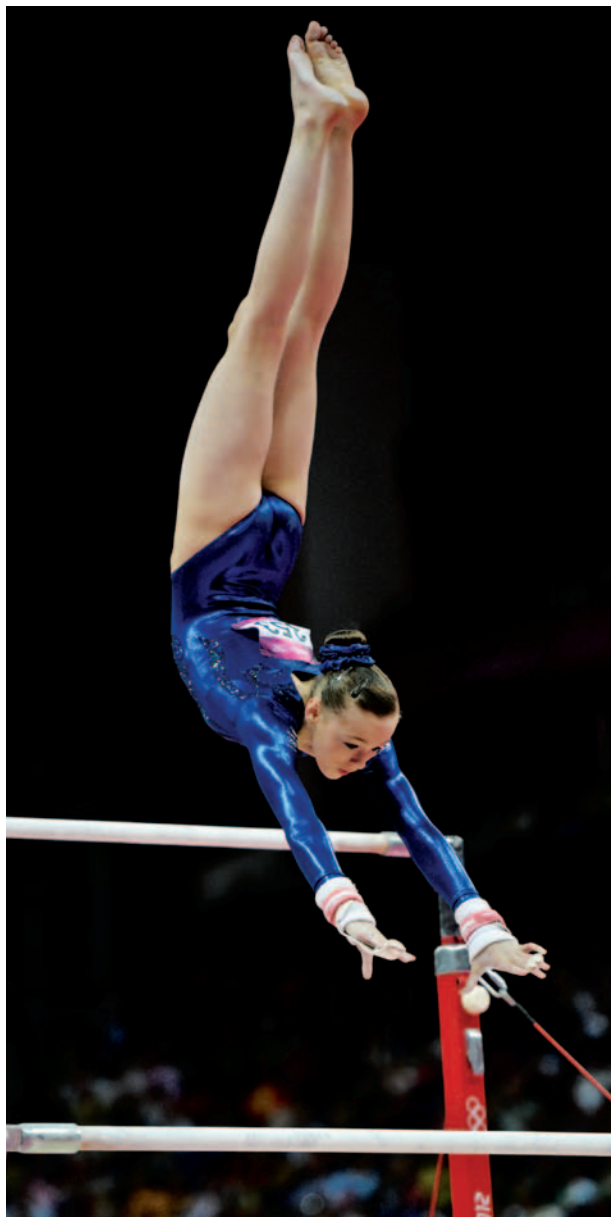
"Amazing talent and has a great gymnastic physique, can be a little bit crazy in and out of the gym but is so lovely and great member of the team."

HANNAH ON JADE

"Really hard working and focussed, very bubbly and smiling and great to train alongside – always puts a smile on your face!"

HANNAH ON HERSELF

"I think I'm the old one! I try to help everyone out and try and pass on advice, I had Beth Tweddle to turn to when I was young and I guess I've taken on her role."



REBECCA TUNNEY, AGE 17

Team GB's youngest competitor at the London Olympics, 2012 British Champion

"I was unfortunate to miss out on competing at the British Championships last year so it's amazing to be back! This year is packed with huge events and the British Championships is definitely one of the biggest, it's a great experience to be out there competing in Liverpool as all our friends and family – and fans – can come and support us which means so much to us. Since competing at the Olympics in 2012 I've grown up a lot and developed my gymnastics and I'm really looking forward to performing for the home crowd again."

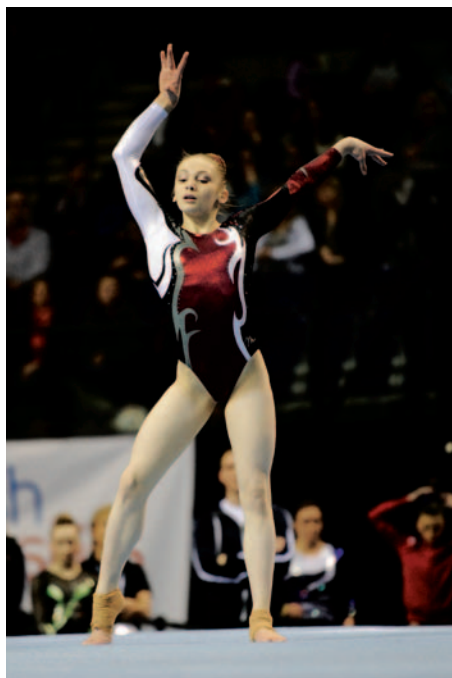
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2015worldgymnastics.com



CHARLIE FELLOWS, AGE 17

2013 British Championship all-around silver medallist

"My routines have been good in training and I've made some improvements from last year I'm really looking forward to showing them to everyone. Last year I had a great competition and I would love to do that again in front of the Liverpool crowd. As a team we are very united both in and out of the gym and are all very proud to be representing Liverpool. I hope that I can produce my best at the British Championships which will give me a great boost in a really important year for all the British gymnasts."



JADE STEDFORD, AGE 15

First year senior and first year competing for City of Liverpool

"I'm really excited to be part of the City of Liverpool – "home of champions" and to represent them at Echo Arena. I only moved to the club in August 2013 and have loved training here with such amazingly talented teammates. It's great to have Olympians to look up to and learn from. To train and get to know the other girls has been a privilege, it feels like being part of a family and I know I'll be very proud to walk out on to the floor alongside them."



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FUTURE EVENTS

12 - 18 MAY

30th European Women's Artistic Championships
Sofia, Bulgaria

19 - 25 MAY

31st European Men's Artistic Championships
Sofia, Bulgaria

23 JULY - 3 AUGUST

Commonwealth Games 2014
Hydro Arena, Glasgow

5 - 7 DECEMBER

Men's & Women's Artistic Boys & Espoir
Emirates Arena, Glasgow

6 DECEMBER

Men's & Women's Artistic FIG World Cup
Emirates Arena, Glasgow
For tickets visit glasgowworldcup.com
or telephone 0141 353 8000



**HANNAH
WHELAN**



DISABILITY
GYMNASTICS

The top disability gymnasts in the country will be competing and showcasing their talents this weekend. If you are INspired by the gymnasts and want to get INvolved in disability gymnastics then you can become part of the fantastic new disability programme from British Gymnastics 'I'M IN'.

'I'M IN' is a new and exciting programme which creates more participation opportunities for disabled people in our sport.

If you are a disabled person who wants to get INvolved in gymnastics you can:

Find a local club who runs disability gymnastics and participate at one of our exciting disability gymnastics events which are taking place all across England throughout 2014. Head to british-gymnastics.org/findaclub now to get started and to british-gymnastics.org/imevents to find a full events calendar.

If you are a club you can:

Sign up to the I'M IN Programme and be supported by one of 14 Disability Hub Clubs 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 and your local British Gymnastics Club 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.



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SCAN ME

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THANKS

MEN'S JUDGES

Amanda Boucher	Claire McAneny
Pam Bowie	Tommy McGill
Keith Brewer	Simon Moore
Ross Brewer	Colm Murray
Hazel Brooks	Aidan O'Reilly
Mel Browne	Graham O'Sullivan
Byron Clithero	Adam Paterson
Andrew Crawford	Anne Pearcey
Jan Davies	Aidan Poole
Alec Davis	Dave Rapley
Jeff Davis	Craig Richardson
Mitchell Edwards	Duncan Runcie
John Elgy	Danae Rupp
Hazel Fern	Kathi-Sue Rupp
Ian Greenhill	Dominic Siddall
Yevgen Gryshchenko	Lyn Smith
Nikki Hanley	Ross Soutar
Matt Jackson	Tom Sturman
Maurice Knight	Andrew Tombs
Trevor Low	Isabel Walton
David Massam	Andrew Webb
Karen Massjuk	Denis Zbickis
James May	

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 John Mason, Announcer
 Christine O'Hagan, Floor Manager
 Alan Price, Floor Manager
 Michelle Oaks, Ceremonies Manager
 BG Score Team, Official Score
 BGtv
 Novum, Event Presentation
 BG Medical Team

WOMEN'S JUDGES

Debbie Baker	Val Payne
Katherine Boden	Rhian Pugh
Chris Bowker MBE	Lisa Rose
Judith Brand	Kirsty Sime
Olivia Bryl	Pauline Smith
Andrea Cook	Vicky Speight
Siobhan Divers	Glynis Tovey
Joan Foulner	Sue Tredgold
Ruth Griffin	Sharon Welch
Helen Hall	Karen Whelan
Katrina Harper	Gemma Williams
Josie Hayes	Elaine Wood
Zoe Johnston	Denise Woolf
Maggie Kerr	Allison Wyatt
Catherine Lethbridge	Daniel York-Smith
Sinead Lyons	Mihaela Zdrali
Sadie Makinson	
Carol Malone	
Claire Maunder	
Chris McLaughlin	
Debbie Morgan	
Daren Norman	
Samantha Paddock	

SPECIAL THANKS

Echo Arena, Liverpool
 Liverpool City Council
 City of Liverpool Gymnastics Club
 British Gymnastics Young Leaders
 Free G, Display Team - South Essex Gymnastics Club
 Connor Stringer, Alex Tucker, Bradley Pearman,
 Matt Smith

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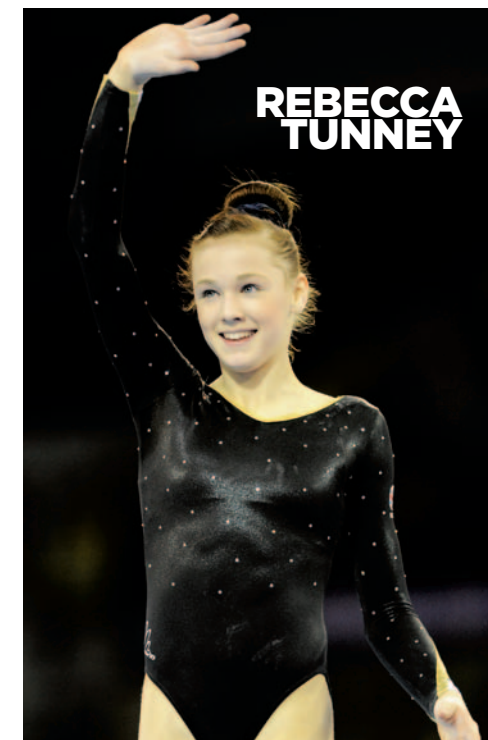
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HEALTH & SAFETY AT ECHO ARENA

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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