

British
Gymnastics
More than a sport



2018 GYMNASTICS BRITISH CHAMPIONSHIPS

Quatro
FREEDOM TO PERFORM

gymnova

8 - 11 MARCH

ECHO ARENA, LIVERPOOL

uk sport
LOTTERY FUNDED

OFFICIAL PROGRAMME



DESIGNED TO MAKE
BRITISH CHAMPIONS
#SPARKLE

OFFICIAL SPONSOR

British
Gymnastics
More than a sport

SPARKLE WITH QUATRO



GB AMBASSADOR

POSTCARD ON ALL ORDERS!

FOR MORE INFO:

QUATROGYMNASTICS.COM/GAMEON



Welcome

I am delighted to welcome you to the 2018 Gymnastics British Championships.

This event gives Britain's best junior and senior artistic gymnasts a fantastic opportunity to compete at a Championship widely renowned as world-class.

We would like to congratulate all the gymnasts, their coaches and clubs across the UK for securing the right to compete at this prestigious event. This can only be achieved through significant dedication from the gymnasts as well as all those who coach and support them. I thank all those who make these Championship events possible and such a success including the volunteers, judges and officials – we simply couldn't stage this event without them.

This year marks British Gymnastics 130th anniversary. We're incredibly proud of our rich heritage and the many accomplishments that have been achieved here in the UK. Gymnastics is thriving, in both medal success and grassroots participation. We have much to celebrate and we extend a sincere thank you to all those who've contributed to the success of the sport and organisation over the past 130 years.

I sincerely hope you all enjoy this exciting Championship. Please feel free to clap and cheer - your support makes all the difference to the gymnasts.

Brian Everett MBE
President, British Gymnastics

COMPETITION

Design the next Quatro leotard!

Pick up an entry form from the Quatro stand on the concourse for your chance to win your design produced and featured in a future Quatro collection, plus a special prize pack!

You can also download the template at british-gymnastics.org/competitions

Quatro
FREEDOM TO PERFORM

We can't wait to see your creative designs!

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 videos 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 may be 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.

Notice of filming and photography

Filming and photography will take place at this event.

British Gymnastics will be taking photographs and filming for the purpose of promotional and educational purposes. Footage and images may appear on our website, social media channels, publications such as our newsletters, magazine and membership packs, marketing and education materials. Footage and images may also be circulated to media organisations for publication and broadcast, provided to our sponsors and suppliers to promote their association with British Gymnastics, and provided to our delivery and event partners for promotional purposes. A list of partners can be found at www.british-gymnastics.org/partners

Media and selected publishers may also be present to capture their own photography and footage for the purpose of sports journalism and programmes, this may also include broadcast on television or online.

Selected commercial photo providers are accredited at British Gymnastics events to take photographs of those performing or competing as a service to spectators wishing to buy images. Official photo providers can be found at www.british-gymnastics.org/partners

We respect your right to object, if you have any concerns, please contact the accreditation/event desk and speak to a member of British Gymnastics staff.

Competition schedule

Thursday 8 March

08:00	Doors open
09:35 - 12:15	Women's Espoir All-around & Men's Under 12 All-around - Sub Division 1
14:05 - 16:45	Women's Espoir All-around & Men's Under 12 All-around - Sub Division 2
16:55 - 17:10	Women's Espoir All-around & Men's Under 12 All-around - Medal Ceremony
18:50 - 21:15	Men's Under 18 All-around & Apparatus Finals
21:25 - 21:40	Men's Under 18 - Medal Ceremony

Friday 9 March

11:20	Doors open
12:20 - 15:05	Women's Junior All-around & Men's Under 14 All-around - Sub Division 1
16:50 - 19:35	Women's Junior All-around & Men's Under 14 All-around - Sub Division 2
19:45 - 20:00	Women's Junior All-around & Men's Under 14 All-around - Medal Ceremony

Saturday 10 March

08:40	Doors open
09:40 - 12:20	Men's Under 16 All-around & Apparatus Finals
09:35 - 11:55	Women's Senior All-around (Sub-Division 1)
12:30 - 12:45	Men's Under 16 - Medal Ceremony
14:25 - 15:05	Women's Senior All-around (Sub-Division 2)
14:25 - 18:20	Men's Senior All-around and Men's Apparatus Finals
18:30 - 18:55	Men's & Women's Senior All-around and Men's Apparatus Finals - Medal Ceremony

Sunday 11 March

08:00	Doors open
09:10 - 11:50	Women's Junior & Espoir and Men's U12 & U14 Apparatus Finals & Disability Masters
12:00 - 12:30	Women's Junior & Espoir and Men's U12 & U14 Apparatus Finals & Disability Masters - Medal Ceremony
13:40 - 16:10	Women's Senior Apparatus Finals
13:40 - 17:25	Men's Masters
17:35 - 17:55	Women's Senior Apparatus Finals & Men's Masters - Medal Ceremony

Gymnastics explained

All-around - Gymnasts competing for all-around titles compete on all apparatus (that's six apparatus for men and four for women). All gymnasts compete in the all-around competitions but they may not do all apparatus. These gymnasts are not competing for the title but are simply using the competition to win/qualify for masters/apparatus titles.

Men's Masters - The men's masters finals involve the top eight ranking gymnasts from the previous days competitions (of any age) competing for medals on each apparatus.

Disability Masters - The top disabled gymnasts who qualified from the Disability British Championships.



GLASGOW

11 DAYS 6 SPORTS 1 INCREDIBLE EVENT

2018

Be there when new EUROPEAN ARTISTIC GYMNASTICS CHAMPIONS are crowned - get your tickets from **£10**.

glasgow2018.com | 2-12 August

#THEMOMENT

 @Glasgow2018  /Glasgow2018  Glasgow_2018

PARTNERS

PEOPLE
MAKE
GLASGOW



Scottish Government
Riaghaidh na h-Alba
gov.scot



GYMSHOP

BRITISH GYMNASTICS OFFICIAL RETAIL PARTNER

Clothing & merchandise



Find us on the concourse or order
online at british-gymnastics.org/shop

British
Gymnastics
More than a sport

Your guide to the

2018 GYMNASTICS BRITISH CHAMPIONSHIPS

British Gymnastics stars will be competing on home soil once more, showing off their super-human strength, breath-taking control and creative flair. Both the senior men and women are battling not only to be crowned the best in Britain but our home nation stars will also be looking to make their mark before flying off to Gold Coast of Australia for the Commonwealth Games next month.

**Claudia
Fragapane**



Thursday 8 March

Espoir women's & men's U12 all-around competitions

On the first day of competition, the Espoir women's gymnasts (Britain's best 12 and 13 year olds) take to the stage and compete for their coveted all-around title, where they compete on four apparatus, the vault, uneven bars, balance beam and floor exercise. Their scores are then combined for an overall ranking.

In the men's U12 competition, gymnasts battle for all-around titles with total scores across the floor exercise, pommel, rings, vault, parallel bars and high bar.

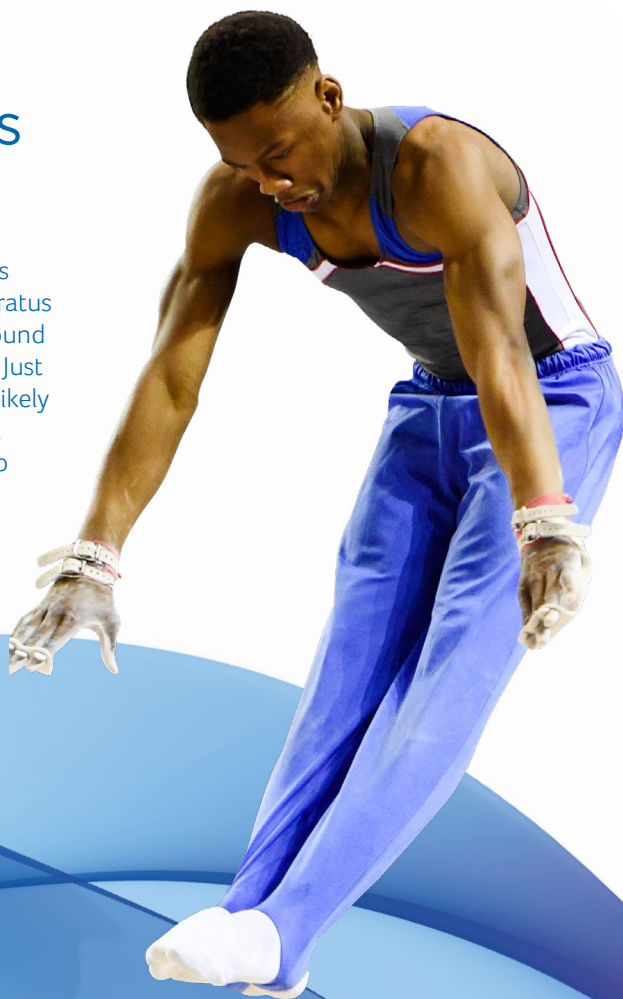
The event also doubles up as qualification for the individual event finals on Sunday. Only the top eight gymnasts can qualify on each piece of apparatus - so there's a lot to play for!

Thursday 8 March

Men's U18 all-around & apparatus finals

Like the U12 men, the U18's compete across all six apparatus in an aim to take the all-around title and apparatus medals. Just one level below senior, it is likely that we could see a handful of these gymnasts qualify to Sunday's masters finals.

**Donell
Osbourne**



**Amelie
Morgan**



Friday 9 March

Junior women's & U14 men's all-around competitions

On Friday, the junior women's gymnasts (Britain's best 14 and 15 year olds) compete for their 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.

In the men's U14 competition, gymnasts battle for all-around titles with total scores across the floor exercise, pommel, rings, vault, parallel bars and high bar.

The event, as with our women's espoirs and men's U12's also doubles up as qualification for individual event finals on Sunday. Only the top eight gymnasts can qualify from each age group on each piece of apparatus.

Saturday 10 March

Senior men
and women's
all-around
competitions
and men's U16
all-around and
apparatus finals

On Saturday morning, the men's U16 gymnasts look to take British titles in the all-around and across the apparatus as well as hope to qualify for the masters finals (the top 8 men from the U16, U18 & senior categories). Alongside them, the first senior women get their quest for titles underway in subdivision one of two.

The action heats up in the afternoon when we see our second and final subdivision of women enter the arena along with our senior men. Here you'll see all of our experienced GB stars in action. 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 U16, U18 & senior categories for Sunday's master's finals.

There will be a very exciting opening to subdivision 2 of the senior men's and women's all-around competition. No less than 15 former men's and women's British champions representing the last six decades will be in attendance to start the competition. There will be a very special pre-show, so make sure to be in your seats early! Our former champions will also be handing out the trophies to the 2018 winners, the same trophy that was awarded at the very first women's championships back in 1924 and the men's as far back as 1896. Don't miss it!

Senior one's to watch

Joe Fraser and Ellie Downie took the prestigious senior all-around titles in 2017. But who will be crowned the new champions in 2018? The only thing you can be sure of is an event full of awe-inspiring performances and world-class talent.

In the men's all-around competition, European all-around bronze medallist, James Hall from Pegasus will be one of the front runners with some impressive results over the last few years.

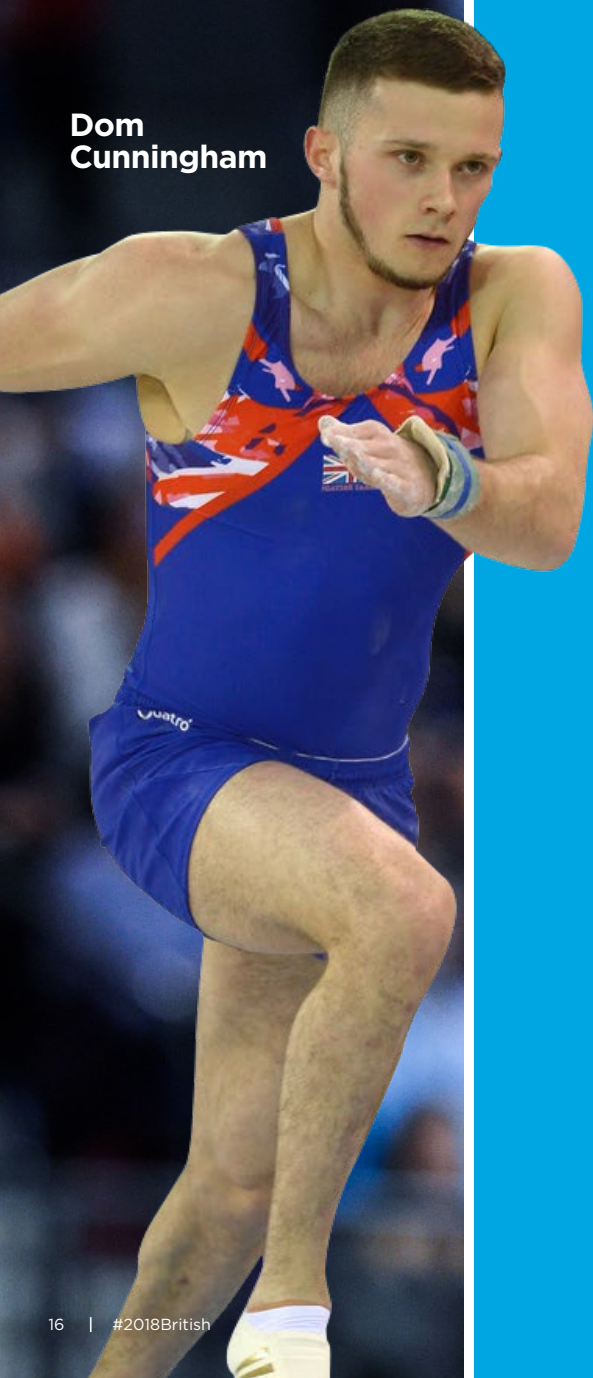
Sam Oldham, from Notts Gymnastics Academy, is one to watch. Previously Youth Olympic and Junior European high bar Champion and Olympic bronze medallist he is another strong contender for the all-around title.

Amy
Tinkler

Sam
Oldham

Senior one's to watch continued

Dom Cunningham



From City of Birmingham Gym Club, Dominick Cunningham is a rising star who has some incredible vaulting and tumbling skills and is now proving himself to be a strong contender across all six apparatus.

Also keep an eye on Brinn Bevan from South Essex Gymnastics Club who took the pommel horse bronze medal at the European Games in 2015 and was part of the British team that won silver at the 2015 World Championships.

27-year-old experienced gymnast Daniel Purvis is a World and European floor bronze medallist from Southport Gymnastics Club with haul of 10 major championship medals to his name, including an Olympic bronze from London 2012, so he will be looking to make his mark.

Competing in the all-around but on the hunt for apparatus medals and masters finals spots will certainly be double Olympic gold medallist Max Whitlock MBE from South Essex Gym Club, who takes a break from all six apparatus to concentrate his efforts on the pommel and floor.

Courtney Tulloch from Pegasus Gym Club will also be aiming for apparatus medals. Last year, Courtney was crowned British rings champion in both the masters and senior finals and is a world finalist on this apparatus, so don't miss his routine!



Becky Downie

Also keep an eye out for Jay Thompson from South Essex, Frank Baines from Southport and newcomers Joshua Nathan (City of Birmingham) and Joe Cemlyn-Jones from Falcons.

In the women's competition, Amy Tinkler from South Essex won the all-around British title in 2015 and has grown from strength to strength since, taking the bronze medal on floor at the 2016 Rio Olympic Games, so will certainly be one to watch.

Becky Downie, the double European and Commonwealth Games Champion on uneven bars will be hoping to dominate bars and beam to make the apparatus finals.

Also keep a close eye on Commonwealth gold and world team bronze medallist Kelly Simm from Dynamo, bar specialist Georgia-Mae Fenton from East London and first year senior and 2017 Junior British Champion, Taeja James from the City of Birmingham.

Sunday 11 March

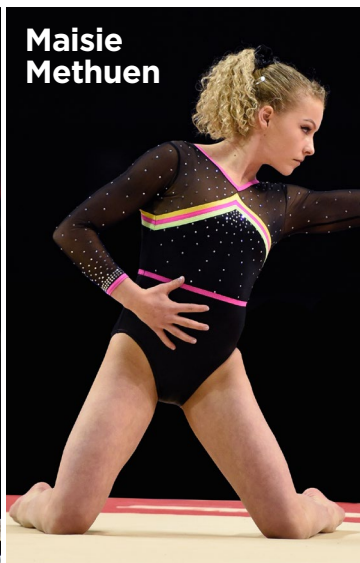
Sunday's competition will see the top eight apparatus specialists battle it out to take individual titles. For the women, the espoirs, juniors and seniors compete separately. For the men, the U12 & U14's compete separately and we then see the men's masters event which includes the top eight gymnasts across all of the other age groups (U16, U18 and seniors).

Alongside the event finals, the top female and male disability gymnasts in the country will compete for their masters 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 help raise the profile of disability gymnastics and inspire the next generation of budding disability gymnasts.

**Jamie
Lewis**



**Maisie
Methuen**



**Max
Whitlock MBE**



**Orianne
Slater**

The morning session includes all women's espoir and women's junior apparatus finals, the men's U12 & U14 apparatus finals and the Disability Masters.

In the afternoon session, we see the senior women compete for individual apparatus titles on all four apparatus - the vault, uneven bars, beam and floor exercise and the men's master gymnasts take to their six pieces of apparatus - the floor exercise, pommel, vault, rings, parallel bars and high bar.

Coaches are at the heart of British Gymnastics. You're with your gymnasts **every step** of the way.

And British Gymnastics is there to **support** you

Maybe you're a **parent, teacher, helper** or a **gymnast**

Whether you're thinking of **starting out**, or developing your **coaching** further



Get into coaching

british-gymnastics.org/coaching

British
Gymnastics
More than a sport

British
Gymnastics
More than a sport

FIG

PRESENT

2018 GYMNASTICS WORLD CUP

21 - 22 MARCH

ARENA BIRMINGHAM
FORMERLY THE BARCLAYCARD ARENA

LAST CHANCE TO SEE OUR
COMMONWEALTH GAMES GYMNASTS IN ACTION!

uk sport
LOTTERY FUNDED

Quatro
FREEDOM TO PERFORM

GYMNOVA

BUY YOUR TICKETS NOW: WWW.GYMNASTICSWORLDCUP.CO.UK

A large background image of Courtney Tulloch performing on the rings. He is wearing a blue leotard with the British flag on the sleeve and is holding the rings with both hands, looking upwards. The background is a mix of blue and pink wavy patterns.

Courtney Tulloch

Courtney Tulloch is a three-time senior British champion on rings. Having taken the title in 2015, 2016 and 2017, he's back in 2018 hoping for an unprecedented fourth straight title on his favoured apparatus.

Having made history in 2017, winning Great Britain's first ever medal on rings at a major international championship by taking silver at the European Championships in Cluj, Courtney is definitely one to watch this weekend.

The man from Pegasus Gym Club says he's looking forward to being back at a packed-out Echo Arena: *"I absolutely love competing in Liverpool, in front of the crowds that come and the people that are there. It's amazing and the atmosphere is always incredible. The competition is big, and you know that all the other gymnasts will be ready. They will want to do their best to make sure they're challenging for medals during the weekend, and I'm no different."*

"After the competition, to be able to say that you are British champion on a certain piece, or Masters champion, it's not really like any other competition."

"You walk out, you've got the lights flashing and the music on, the big screen is up and the crowd are shouting and clapping. It's special. It gets your blood pumping and the nerves definitely kick in. What I love most about it all is the arena and being able to compete on a podium. We don't normally compete on a podium unless it's at a World or European Championships, so it feels like a big competition before you've even started. That's what gets me motivated to perform at my best."

And the rings is an apparatus like no other. Requiring incredible strength, it's one of the hardest pieces to master. But having been to numerous events on home soil and abroad, Courtney now has his preparation down to a tee: *"Like a lot of other apparatus, the rings is just about doing as many routines and as many repetitions of the skills and dismounts as possible, especially in the build up to competition. Six weeks out, I'll start really building my routines with two sessions a day and doing as much as I can to be as fit as possible. I have to make sure I'm eating and sleeping right, so that my body has chance to recover for the next day. It all helps to get me in the best possible shape for the competition."*

At the 2017 World Championships in Canada, Courtney qualified for the rings final before finishing a very respectable 8th in a high-class field. In that final, the GB gymnast had a higher difficulty score than anyone else, and despite not being happy with his final routine, he's looking forward to getting back to competitive action: *"I was actually a bit disappointed with my end to last year at the World Championships. In the final I felt I'd been competing better routines than that, in terms of cleanness and execution. It was a learning curve but I feel I'm better prepared for 2018 because of it. I'm really hoping for a big year."*

That big year starts this weekend, and Courtney is hoping to make an impact at Echo Arena: *"Last year I decided I wanted to start pushing for more apparatus. I've been working on building up my start values on floor, vault and parallel bars, so this year I'll be doing four apparatus. I've added more difficulty to my rings routine, so hopefully the people in the crowd will enjoy seeing that. I'm hoping for a really positive weekend and I can't wait to show people at the British Championships what I've been working on!"*



CIRQUE DU SOLEIL®



Cirque du Soleil® is looking for **new talent** for its current shows and upcoming creations.

**ACROBATIC AND ARTISTIC GYMNASTICS
TRAMPOLINE – TUMBLING – OTHER SPORTS**

THE CASTING TEAM WISHES YOU THE VERY BEST!

For more information on our audition calendar and post competitive career opportunities:
CIRQUEDUSOLEIL.COM/JOBS

 [FACEBOOK.COM/CIRQUEDUSOLEILCASTING](https://www.facebook.com/cirquedusoleilcasting)

 [INSTAGRAM.COM/CIRQUEDUSOLEILCASTING](https://www.instagram.com/cirquedusoleilcasting)

 Let your talent shine

Photo: Matt Beard © 2014 Cirque du Soleil. Cirque du Soleil is a trademark owned by Cirque du Soleil and used under license.

Welfare support

British Gymnastics are committed to safeguarding the welfare of all children, young persons and adults at risk in our sport and our aim is to ensure all who participate in gymnastics have a safe, fun, positive experience and are able to fulfil their potential.

We ensure that safeguarding is prioritised and our members and registered clubs meet specific requirements to safeguard and protect. All our registered clubs, regions and gymnastics events are required to have a nominated Welfare Officer to be responsible for:

- Responding to child protection and poor practice concerns.
- Providing support and advice regarding procedures that safeguard and promote the welfare of participants.
- Assist the club to be more focused in its activities e.g. involving children, young people and adults at risk in decision making processes.

Details of British Gymnastics' Welfare Officer Network and further information and can be found via our dedicated Safeguarding & Compliance page at www.british-gymnastics.org



Alternatively, you may wish to report or discuss any safeguarding concerns with our Safeguarding & Compliance team by emailing ethics@british-gymnastics.org

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.

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.

James Hall
Parallel bars



Floor exercise

The 12 x 12 metre sprung floor area allows the gymnast to reach incredible heights following a series of explosive and powerful 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.

Amy Tinkler
Floor exercise

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 balances. 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.

Georgia-Mae Fenton



Georgia-Mae Fenton knows more than most about competing at the British Championships at Echo Arena. Her first competition experience of the event came as a nervous 12-year-old dreaming one day of battling for the prestigious senior titles.

Now 17, Georgia-Mae has established herself in the Great Britain ranks and will be aiming to wow the crowds, and hopefully be amongst the medals, at the 2018 championships.

Georgia-Mae, do you remember that first experience of the British Championships?

Definitely! My first memories of the British Championships are of walking in to the arena and the whole crowd roaring and me just being a mixture of overwhelmed and excited at the same time. My first British was in 2013 when I was 12 in the espoir event, so to be that age and walk into the Echo Arena was a really big moment for me. I was competing in the same arena as one of my heroes, Becky Downie, it was incredible.

Another of my heroes was definitely Beth Tweddle, particularly on bars. I remember watching her routines at the British Championships and thinking I want to be unique like she is. I remember the crowd roaring for her routine and them waiting for certain skills. I'm starting to get that feeling now for my routine which is amazing.

Now you're a senior gymnast, how does it feel?

From my first British Championship experience I always dreamt of then making it to senior level, competing at the major championships and competing for the senior British titles. That was always the aim from the very beginning.

I remember it was quite scary in my first year as a senior; having been the kid looking up to amazing gymnasts like Becky I was then competing against them. I was a bit frightened but also so inspired and motivated.

It's hard to get my head around the fact that I am now at this level and there will maybe be some young people in the competition or in the crowd that now look up to me, that feels very special. This has always been my dream so it's still kind of 'wow' I'm here.

How much has last year's World Championship experience helped you?

Competing at the World Championships last year was an amazing experience for me and one that really helped. The build-up of training, using different equipment, travelling, the whole experience was incredible and I learnt a lot. In the competition itself I wasn't too nervous

which I was happy about as I knew I'd put all the work in and was confident in my routines. The Worlds definitely motivated me, I came back ready to push on even more and make sure that 2018 is even better! To keep on improving I have to train a lot. I train 5 days a week for about 32 hours so it's pretty full on. I go to college once a week where I study sports nutrition, coaching and development. It's a lot of work but it's definitely all worth it.

What are your hopes for this year?

For the 2018 British Championships my aim is to complete a clean all-around competition and hopefully pick up some medals. People know my bars routine in particular which is great but I'd like to add more to that collection and am always looking to improve on all apparatus.

I love the atmosphere at the British Championships. I like to wave to people in the crowd and the noise, particularly when you're battling through a routine, can really make the difference. If I hear people shouting for me then I want to do well for them and it pushes me on so I hope everyone cheers!



Follow the action at **british-gymnastics.org**

If you head to **british-gymnastics.org/artisticbritish**, you'll be able to find the latest news and live scoring. Here you can also have access to our judge cams. These cameras are specifically set up for judge purposes but during the event you can also have access to watch the competition.



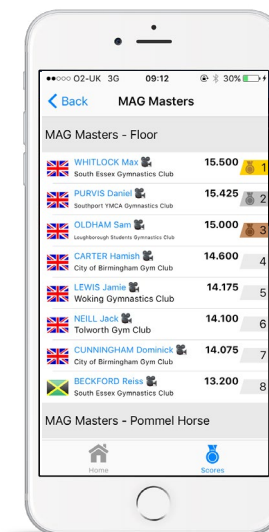
We'll also be uploading some of the top routine videos after the event and on Sunday afternoon we have a special live stream of the Senior Women's Apparatus finals and Men's Masters with commentary from Beth Tweddle and Kristian Thomas.

BG Score is the official scoring system of British Gymnastics, used at major gymnastics events and all British Championships.

For live scores and rankings, visit the BG Score app for free. Use the app to watch:

- live individual cameras, broadcasting all day
- instant video replays where available when logged in as a British Gymnastics member

Our social media channels will bring you the highlights and BG Score's Twitter account will publish every score, as it happens, for every competitor.



Download the
BG Score app



Check
out our
Snapchat
filter and
strike a
pose!



Get Sharing!
#2018British

Post your tweets and selfies on Twitter & Instagram with **#2018British** and we'll pick out some of our favourites to go on our event tweetwall and website.

The leading provider of
Managed Services

throughout the UK



altodigital
your office technology partner

THROUGH OUR MANAGED SERVICES OFFERING WE PROVIDE A VARIETY OF CUTTING-EDGE TECHNOLOGIES DESIGNED TO GIVE YOUR BUSINESS MAXIMUM VERSATILITY AND FLEXIBILITY.



e: learnmore@altodigital.com t: 0345 241 5444
www.altodigital.com

**DISCOVER
GYMNASTICS**

DISABILITY GYMNASTICS

I'M THE ONE
WHO FULFILLS MY POTENTIAL

www.DiscoverGymnastics.uk

British
Gymnastics | **SPORT
ENGLAND**



**A LARGE RANGE OF
GYMNASTICS
EQUIPMENT,
HANDGUARDS,
CLOTHING & MUCH MORE!**

UP TO 30% OFF

FAST DELIVERY

EASY RETURNS & EXCHANGES

VISIT US AT

WWW.ELITEGYMNASTICS.CO.UK

**Elite
Gymnastics**
maximising your performance

WWW.ELITEGYMNASTICS.CO.UK

Social Media:
 @elitegymnastic
 @elitegymnastics.uk
 EliteGymnasticsUK

Partner Brands:
 GORILLA GRIP, Bailie, iiwa GYMNASTICS, MYOSOURCE, MSD-BAND, Steroplast, reisport, R.

2017 Gymnastics British Championship winners

2017 junior
all-around
champion

Taeja
James

WOMEN

Juniors

All-around – Taeja James (City of Birmingham)

Vault – Taeja James (City of Birmingham)

Bars – Taeja James (City of Birmingham)

Beam – Amelie Morgan (Slough)

Floor – Taeja James (City of Birmingham)

Seniors

All-around – Ellie Downie (Notts)

Vault – Ellie Downie (Notts)

Bars – Ellie Downie (Notts)

Beam – Phoebe Turner (The Academy)

Floor – Maisie Methuen (Phoenix)

Disability

Vault – Georgia Shearman (Retford)

Bars – Orianne Slater (City of Aberdeen)

Beam – Sophie Crawford (City of Glasgow)

Floor – Sophie Crawford (City of Glasgow)

MEN

Under 16

All-around – Jake Jarman (Huntingdon)

Floor – Matthew Boardman (Notts)

Pommel – Korben Fellows (City of Birmingham)

Rings – Adam Tobin (Falcons)

Vault – Sam Mostowfi (Pegasus)

Parallel bars – Jake Jarman (Huntingdon)

Horizontal bar – Adam Tobin (Falcons)

Under 18

All-around – Jamie Lewis (Woking)

Floor – Jamie Lewis (Woking)

Pommel – Jamie Lewis (Woking)

Rings – Joe Cemlyn-Jones (Falcons)

Vault – Donell Osbourne (City of Birmingham)

Parallel bars – Donell Osbourne (City of Birmingham)

Horizontal bar – Donell Osbourne (City of Birmingham)

Seniors

All-around – Joe Fraser (City of Birmingham)

Floor – Frank Baines (Southport)

Pommel – James Hall (Pegasus)

Rings – Courtney Tulloch (Pegasus)

Vault – Dominick Cunningham (City of Birmingham)

Parallel bars – Sam Oldham (Notts)

Horizontal bar – Joe Fraser (City of Birmingham)

Masters (U16, U18, Seniors)

Floor – Andrew Smith (Notts)

Pommel – Rhys McClenaghan (Rathgael)

Rings – Courtney Tulloch (Pegasus)

Vault – Ewan McAteer (City of Lisburn Salto)

Parallel bars – James Hall (Pegasus)

Horizontal bar – Joe Fraser (City of Birmingham)

Disability

Floor – Alexander Buesnel (Jersey Special)

Pommel – Alexander Buesnel (Jersey Special)

Rings – Alexander Buesnel (Jersey Special)

Vault – Alexander Buesnel (Jersey Special)

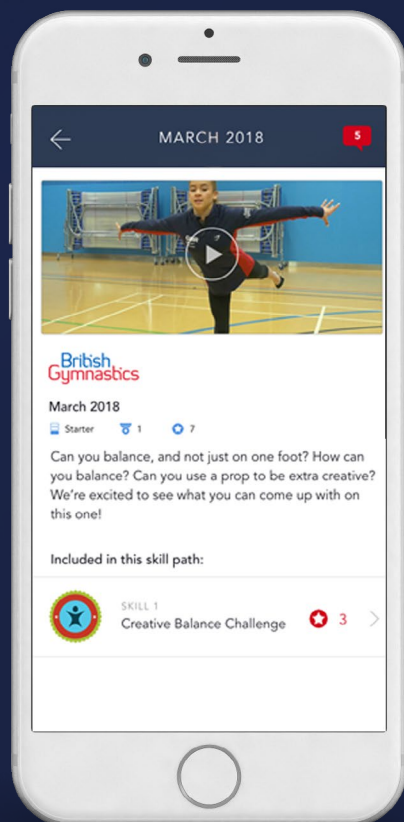
Parallel bars – Alexander Buesnel (Jersey Special)

Horizontal bar – Matthew Kirkland (Jersey Special)



In partnership with
**British
Gymnastics**
More than a sport

Take the British Gymnastics TopYa! Active Challenge



What is it?

British Gymnastics have teamed up with TopYa! to bring you exclusive gymnastics content through the TopYa! Active app.

New to gymnastics? Get started and take on a new challenge each month. Got skills? Then show us what you can do!

Video yourself taking the challenge for a chance to win awesome prizes – the more creative the better!

How does it work?



Scan this QR code to download the TopYa! Active app and unlock the exclusive content or download the app from Google Play or the Apple App Store, by searching for 'TopYa! Active' and enter the invite code 187139.



Get started!

Open the app and select 'player' then follow a few simple steps to set up your account. To see your exclusive gymnastics content tap on 'Skills Academy'. And that's it, you're ready to find this month's challenge! Watch the instructional challenge video, get practising and upload your own. You'll receive feedback from our virtual coaches and your video will be moderated before going live in the app.



Did you know that you could help transform the lives of those most in need?

Whether it's bringing joy to a community or special school, helping a gymnast in a time of crisis, or making a real difference to the lives of people living with dementia, the British Gymnastics Foundation is passionate about using gymnastics to make a positive impact across the UK.

How you can get involved:

- Later this year, train to become a Love to Move deliverer, to make a huge difference to people living with dementia.
- Plan fun fundraising activities in your club or community
- Support your gymnasts to gain access to hardship grants, helping them to stay in our sport
- Become a donor to help us continue to transform lives through gymnastics



"After losing her mum so suddenly, Libby had something (gymnastics) to look forward to and enjoy. It's united us as a family"

Libby's dad
Inspirational Grant recipient

Join us

You can be part of this extraordinary work. Please visit britishgymnasticsfoundation.org to find out how you can join us today.

For more information visit our website
www.britishgymnasticsfoundation.org



f britishgymnasticsfoundation bgfoundation

Registered Charity No. 1157747

Thank you to our partners

Principal funding partners of British Gymnastics



UK Sport is the strategic lead body for high performance sport in the UK. British Gymnastics, our events and elite gymnasts are all supported by UK Sport's National Lottery funded World Class Programme and Gold Event Series. We would like to thank and acknowledge UK Sport for their ongoing support.
www.ukssport.gov.uk



Sport England is focused on helping people and communities across the country create a sporting habit for life. Sport England's significant investment into gymnastics supports us in growing the sport and giving our gymnasts a great sporting experience.
www.sportengland.org

Official sponsor of British Gymnastics



We would like to thank and acknowledge our sponsor **Quatro**, the official gymnastics leotard supplier to British Gymnastics. Our squad gymnasts only wear Quatro leotards when they train with us and take centre stage in international competitions, competing for British Gymnastics.
www.quatrogymnastics.com

Official suppliers of British Gymnastics



Gymnova is our official supplier of gymnastics equipment and supply all of our British Gymnastics events. We would like to thank and acknowledge Gymnova's contribution.
www.gymnova.com



Altodigital are our photocopier and print supplier, who provide an essential and trustworthy service at British Gymnastics events supplying key competition information and results. www.altodigital.com

Official photographer

Alan Edwards
www.f2images.com

Official photo provider

BC Photographic
www.bcp photographic.co.uk

Supplier

JT Hughes

JT Hughes the official Honda dealer, we would like to thank you for supplying a brand new Honda Civic for a year to the senior men's and women's artistic champions.
www.jthughes.co.uk

With thanks

Men's Artistic Judges

Adam Paterson
Aidan O'Reilly
Alex Leidlamir
Alexander Row
Amanda Boucher
Andrew Crawford
Andrew Webb
Anne Pearcey
Beverly Robinson
Brad Lincoln
Byron Clithero
Claire McAneny
Colm Murray
Craig Richardson
Craig Woodhams
Derek Millar
Dominic Siddall
Duncan Runcie
Ed Williams
Gemma Wright
Gilles Andering
Graham O'Sullivan
Grant Gardiner
Harry Carter
Hazel Fern
Ian Greenhill
Isabel Walton
James May
Jan Davies
Jaron Morgan
Jeff Davis
John Elgy
Josh Champion
Keith Brewer
Kyle Barnes
Mehdi Ezouhri
Nikki Hanley
Pam Bowie
Paul Edwards
Paul Newton
Philip Heathcote
Ross Brewer
Simon Moore
Steven Davison
Surendra Danda
Tommy McGill

Women's Artistic Judges

Andrea Cook
Becki Williams
Brendene Hardy
Carmen Horvat
Carol Malone
Chris McLaughlin
Claire Maunder
Daniel York-Smith
Debbie Baker
Debbie Morgan
Denise Woolf
Glynis Tovey
Hazel Walsh
Helen Hall
Jenne Lee
Jenni Harris
Judith Brand
Julie Edwards
Karen Chapman
Karen Edwards
Karen Wheelan
Katherine Boden
Katrina Harper
Kelly Milnes
Kim Honey
Kirsty Burt
Megan Palmer
Olivia Bryl
Ruth Griffin
Sadie Herbert
Samantha Paddock
Sarah Twose
Sharon Welch
Sue Tredgold
Susan Robertson
Viv Rose

Officials

Lisa Gannon - Announcer
John Mason - Announcer
Frankie Mae - Announcer
Shona Reagan - Floor Manager
Amy Reagan - Floor Manager
Mollie Davies - Stage Manager
Michelle Oakes - Ceremonies Manager
BG Score Team - Official Score
Katie Foster - BGTV Commentator
Kristian Thomas - BGTV Commentator

Novum - Event Presentation
British Gymnastics Medical Team

Special Thanks

Echo Arena, Liverpool
Liverpool City Council
HPL Gymnastics
British Gymnastics Young Leader

Board of Directors

Chair

Matt Neville

President

Brian Everett MBE

Chief Executive Officer

Jane Allen

Non-Executive Directors

Dr Nicola Bolton
Howard Marsh
Sharon Flood
Sara Sutcliffe
David Watt
Marzena Bogdanowicz

Executive Directors

Michelle Fulford
Ryan Fulford
Martin Reddin

Technical Committee

Men's Artistic

Andy Tombs - Chair
Mike Weinstock - Competition Organiser
James May - National Judging Co-ordinator
Angela Turner - Disability Representative
Jeff Davis - Coach Education Representative
Andrew Morris - TC Member
Tommy McGill - TC Member

Women's Artistic

Maria McLoughlin - Chair
Christine Paddock - Competition Organiser
Sue Tredgold - Co-opted TC Member
Catherine Lethbridge - Disability Representative
Christine Still - TC Member
Liz Kincaid - Coach Education Representative
Carol Malone - Co-opted TC Member

We're delighted to announce that Official Honda dealer JT Hughes are backing British gymnasts by supplying a Honda car to the 2018 senior men's and women's all-around champions for a year.

Huge thanks to all at JT Hughes for their ongoing support to our gymnasts!



JT Hughes

www.jthughes.co.uk

**NEW
PRODUCT**

Natural Fibre Handrails

GYMNOVA

Training Rail
Ref. 3268

The pink colour makes it easier for beginners to see.



Competition Rail
Ref. 3265

FIG Approved



T : 01282 44469

W: www.gymnova.co.uk

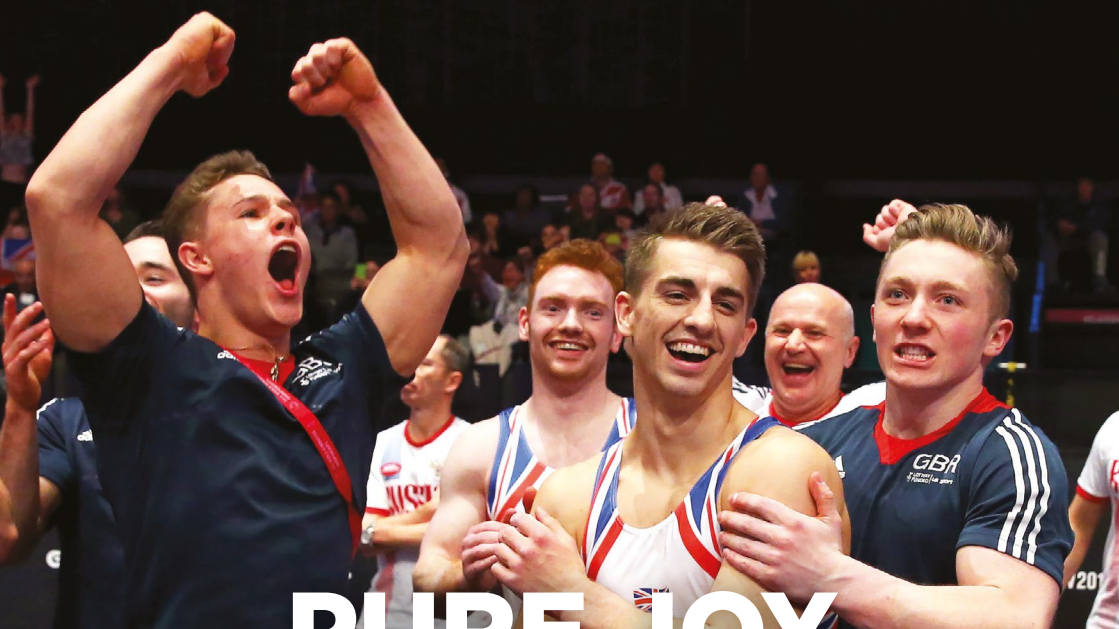
- ✓ The more consistent covering over the fibreglass bars increases the lifespan of the bars.
- ✓ Excellent grip thanks to the natural fibre coating.
- ✓ Less chalk is needed which also means less time spent preparing the bars.
- ✓ The Competition bar will be used in all British Gymnastics Competitions.
- ✓ The training bar has a smaller diameter of 37.5mm which is ideal for gymnasts when learning new skills.

“

The new rail design is an amazing creation from GYMNOVA, they are the best bars I have used for holding chalk
Becky Downie, Olympian

”





PURE JOY



From the first handstand to the perfect performance
Saturday gym class to the world stage
We're there every step of the way.

Join us



british-gymnastics.org

British
Gymnastics
More than a sport

GOVERNING BODY OF THE YEAR
BT  **SPORT INDUSTRY**
AWARDS 2016
WINNER