

2016
**BRITISH
GYMNASTICS
CHAMPIONSHIPS**

8-10 APRIL / LIVERPOOL

OFFICIAL PROGRAMME

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#2016BRITISH

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WELCOME TO ECHO ARENA HOME OF THE 2016 BRITISH GYMNASTICS CHAMPIONSHIPS

FAST FACTS

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



WELCOME...

On behalf of British Gymnastics it gives me very great pleasure to welcome you to the 2016 British Championships being held once again in this magnificent Echo Arena. This is one of the showpiece events in the gymnastics calendar and is of particular significance in this Olympic year. There is no doubt that competition will intensify in the lead up to Rio, so I'm sure that you can look forward to individual performances at the highest level.

The results of competitions during the past year clearly shows that gymnastics in general remains one of the world's major sports and that Britain's emerging young stars will be challenging those at the highest level in the sport. You can be assured that the quality of performance in these championships will be of the highest order.

If this is your first visit to top-level gymnastics, I'm sure you will find the strength, skill and agility of the gymnasts incredible and a challenge to the younger budding gymnasts of the future.

We would like to congratulate all of the gymnasts, their coaches and the clubs for their efforts in reaching the top of our sport, which can only be achieved through significant endeavour. At the same time we should not forget the many dedicated volunteers, judges and support staff who make these events such a success.

Finally, we would like to thank all those without whose support, success could not be achieved; UK Sport for supporting our World Class Programme and Sport England for aiding our grassroots development; our sponsors Milano and Gymnova and our preferred suppliers; IHG, Alto Digital and JT Hughes Group.

Brian Everett

BRIAN EVERETT MBE
PRESIDENT, BRITISH GYMNASTICS

YOUR GUIDE TO THE BRITISH CHAMPIONSHIPS

Our 2016 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 much anticipated Rio Olympic Games taking place this summer, the competition will be fiercer than ever to take gold and steal the spotlight. Gymnasts will pull out their biggest moves to impress and outdo each other.

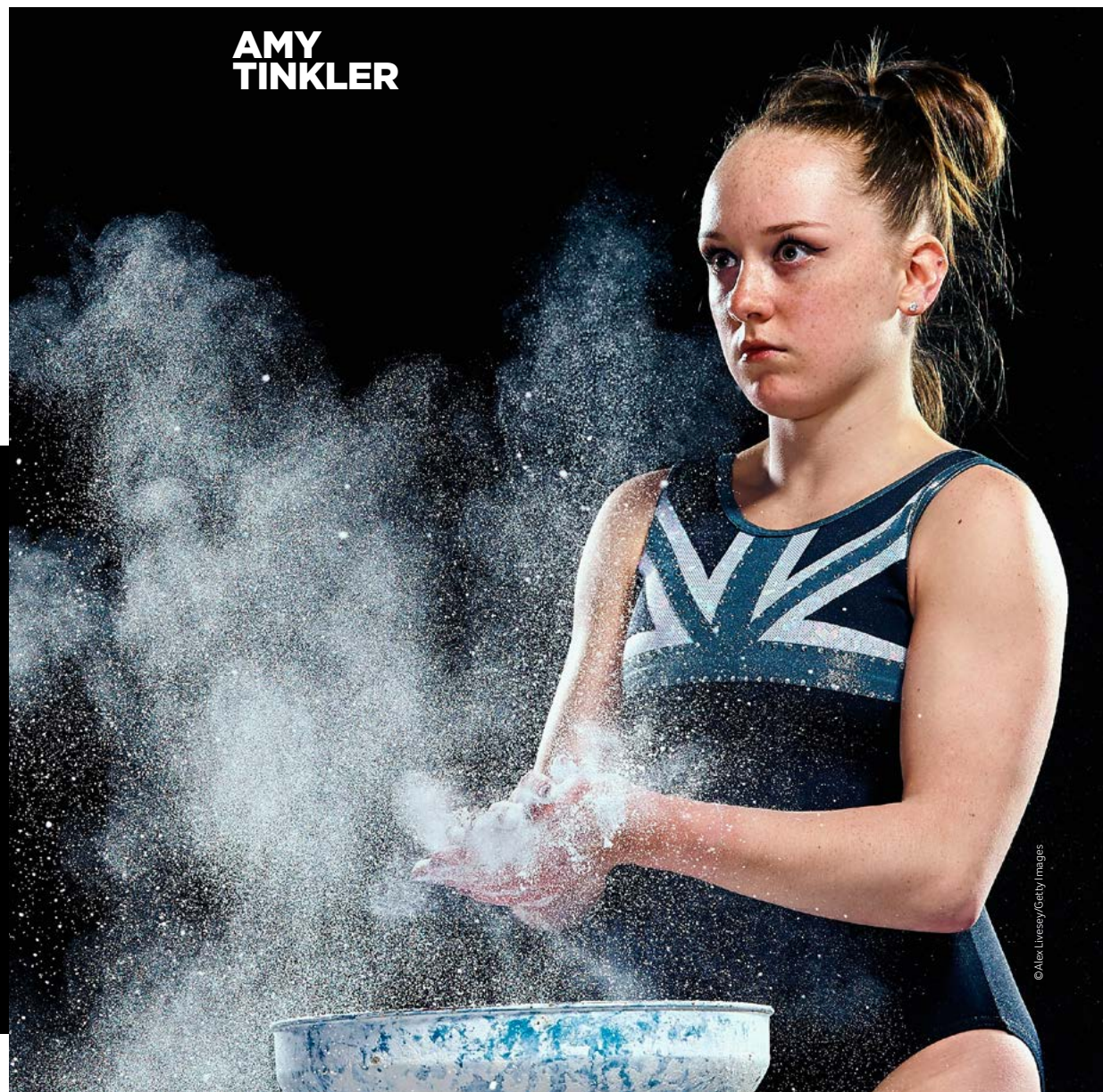
From the powerhouses on the rings to the grace and beauty of the floor routines, the explosive power of a vault to the nerve-wracking routines on the beam, you will be treated to a great exhibition of awe-inspiring performances from Britain's best.

So what's at stake? Both the 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 Switzerland and also show selectors that they should be part of the team that heads to Rio later this year.

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.

AMY
TINKLER



©Alex Livesey/Getty Images

FRIDAY JUNIOR WOMEN

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

SCHEDULE

**12:30 - 15:00 WOMEN'S ARTISTIC JUNIOR
ALL-AROUND COMPETITION**

**15:10 - 15:20 WOMEN'S ARTISTIC JUNIOR
ALL-AROUND VICTORY CEREMONY**

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!

WHAT IS THE ALL-AROUND?

The all-around competition crowns the best overall gymnasts! For the men that's the gymnasts with the best cumulative scores over the six men's apparatus and for the women the top scorer over the four women's apparatus. Some gymnasts won't compete on every apparatus as they like to specialise on certain routines such as Louis Smith who stars on pommel - that's why you may not spot his name at the top of the all-around rankings!

**LATALIA
BEVAN**



**MAISIE
METHUEN**



**LUCY
STANHOPE**



**TAEJA
JAMES**



FRIDAY

JUNIOR MEN

SCHEDULE

17.30 - 21.30

**MEN'S ARTISTIC UNDER 16 & UNDER 18
ALL-AROUND & APPARATUS FINALS COMPETITION**

21.40 - 21.50

**MEN'S ARTISTIC UNDER 16 & UNDER 18
ALL-AROUND & APPARATUS FINALS VICTORY CEREMONY**

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 across all age groups (including seniors) to make Sunday's masters finals.



FAST FACTS

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

SATURDAY SENIOR ALL-AROUND

Saturday's event sees the country's top senior gymnasts battle it out for the all-around British titles.

SCHEDULE

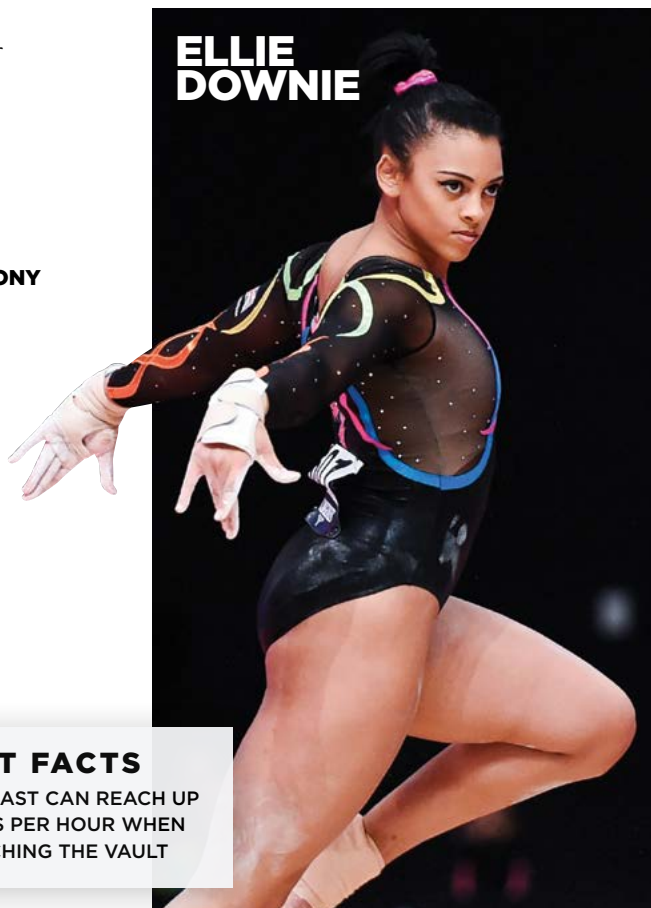
12:30 - 14:30	SUBDIVISION 1
15:15 - 17:15	SUBDIVISION 2
18:00 - 19:50	SUBDIVISION 3
20:00 - 20:30	VICTORY CEREMONY

The coveted senior all-around titles are up for grabs on Saturday. As with the juniors, this event crowns the top three male and female gymnasts who have the highest overall (all-around) score when all pieces of apparatus are added together. The competition also serves as a qualifier for the women for Sunday's individual finals (top eight gymnasts on each piece of apparatus) and for the men, the top three highest scorers on each piece will be awarded medals. They will also look to qualify in the top eight across all age groups for Sunday's master's finals.

FAST FACTS

A TOP GYMNAST CAN REACH UP TO 17 MILES PER HOUR WHEN APPROACHING THE VAULT

ELLIE DOWNIE



CLAUDIA FRAGAPANE



RUBY HARROLD



SATURDAY

SENIOR

ALL-AROUND

Saturday will give you the chance to see the top senior gymnasts from clubs all across Britain competing. Subdivision 3 will be particularly special as this is where you are likely to see your favourite GB stars like Max Whitlock, Louis Smith, Claudia Fragapane and Becky Downie in action!



**NILE
WILSON**



**MAX
WHITLOCK**



**BRINN
BEVAN**

MEDALS

NOT ONLY WILL THE MEN BE BATTLING FOR ALL-AROUND GLORY, THE TOP THREE HIGHEST SCORERS ON EACH APPARATUS WILL ALSO BE AWARDED MEDALS



**LOUIS
SMITH
MBE**

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)

SUNDAY APPARATUS & MASTERS FINALS

SCHEDULE

10:00 - 13:30

MORNING SESSION

13:35 - 17:15

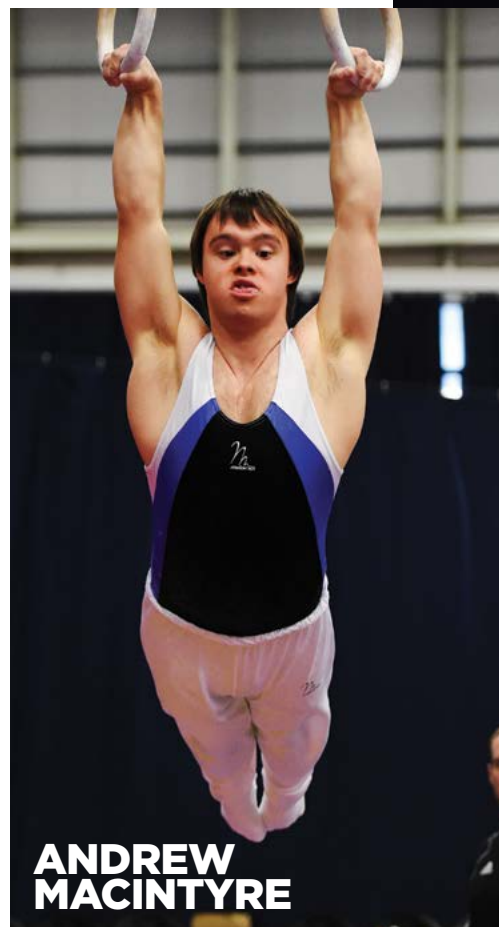
AFTERNOON SESSION

Sunday's competition see's 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 sees the top eight gymnasts across all age groups (Under 16/Under 18 and seniors) compete for medals.

Alongside the event finals, the top female and male disability gymnasts in the country will compete for their apparatus titles. British Gymnastics is a leading federation in the development and promotion of disability gymnastics. The competition in Liverpool will help further raise the profile of disability gymnastics and inspire the next generation of budding gymnasts.

The morning session includes all junior women's and disability women's apparatus finals. We also see the men's disability gymnasts take to the floor, pommel horse, rings and vault and our men's master gymnasts on the rings, parallel bars and high bar.

In the afternoon session, we see the senior women on the vault, uneven bars, beam and floor. The disability men finish off with the parallel bars and high bar and the men's master gymnasts take to the floor, pommel horse and the vault.



**ANDREW
MACINTYRE**



**REBECCA
DOWNIE**

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

©Alex Livesey/Getty Images

COMPETITION SCHEDULE

FRIDAY 8 APRIL

WOMEN'S JUNIOR & MEN'S UNDER 16 & UNDER 18

- 12:30 - 15:00** Women's artistic junior all-around competition
15:10 - 15:20 Women's artistic junior all-around victory ceremony
17:30 - 21:30 Men's artistic under 16 & under 18 all-around & apparatus finals competition
21:40 - 21:50 Men's artistic under 16 & under 18 all-around & apparatus finals victory ceremony

SATURDAY 9 APRIL

MEN'S & WOMEN'S SENIOR

- 12:30 - 14:30** Men's artistic & women's artistic (subdivision 1) all-around & men's apparatus finals competition
15:15 - 17:15 Men's artistic & women's artistic (subdivision 2) all-around & men's apparatus finals competition
18:00 - 19:50 Men's artistic & women's artistic (subdivision 3) all-around & men's apparatus finals competition
20:00 - 20:30 Men's artistic & women's artistic all-around & men's apparatus finals competition victory ceremony

PSSST

Subdivision 3 will be particularly special as this is where you are likely to see your favourite GB stars like Max Whitlock, Louis Smith, Claudia Fragapane and Becky Downie in action!

SUNDAY 10 APRIL

APPARATUS & MASTERS FINALS

- 10:30 - 13:30** Men's artistic masters, women's artistic apparatus finals & disability masters session 1
men's - rings, parallel bars, horizontal bar
women's junior - vault, uneven bars, beam, floor
disability women - vault, uneven bars, beam, floor
disability men - floor, pommel horse, rings, vault
13:35 - 13:50 Men's artistic masters, women's artistic apparatus finals & disability masters victory ceremony for session 1
13:45 - 16:50 Men's artistic masters, women's artistic apparatus finals & disability masters session 2
men's - vault, floor, pommel horse
women's senior - vault, uneven bars, beam, floor
disability men - parallel bars, horizontal bar
16:55 - 17:15 Men's artistic masters, women's artistic apparatus finals & disability masters victory ceremony for session 2

British
Gymnastics

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TRAMPOLINE CHAMPION

2016
TRAMPOLINE
TUMBLING & DMT
BRITISH
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GET INVOLVED

Besides taking part in gymnastics classes there are many opportunities to be involved in our great sport, from volunteering at one of our events, to training and developing as a coach, or helping your local club thrive by becoming part of the team. We need more people like you to help gymnastics to continue to grow.

COACHING

If you're keen to find out more about getting started in coaching, check out www.british-gymnastics.org/coaching

"I love coaching because it's a constant challenge trying to help gymnasts overcome barriers and achieve new skills. You see them grow and how it also helps with confidence and social skills, which makes you feel like you've had an input into their development. Each day you can make a small difference to someone's life. Recreational or elite, you know you're part of something bigger. Introducing gymnastics to people and seeing how it changes them for the better never gets old."

Olivia, British Gymnastics qualified coach.



VOLUNTEERING

If you are interested in volunteering at a BG Event, then just drop us an e-mail at volunteering@british-gymnastics.org and we will be in touch to help find the right opportunity for you. Alternatively, why not contact your local club and check what opportunities they may have to get involved? Whatever you decide, we will be delighted to hear from you.

If you know a volunteer who is doing a fantastic job, we'd love you to tell us so we can recognise the fantastic work they are doing – just email us at volunteering@british-gymnastics.org and we will look at an appropriate way to recognise the great work they are doing, whether this be a nomination, an internal or external award or a thank you for a job well done.

2016 BRITISH GYMNASTICS CHAMPIONSHIPS

We're delighted to announce that Official Honda dealer JT Hughes are backing British gymnasts on their road to the Rio Olympics by supplying a brand new Honda Civic to the senior men's and women's all around champions.

Huge thanks to all at JT Hughes for their ongoing support on our Olympic journey!



JT Hughes

GET THE LOW-DOWN FROM THE REIGNING CHAMPS!

Amy Tinkler from South Durham Gymnastics Club and Daniel Purvis from Southport YMCA took the senior women's and men's all-around titles in 2015. We caught up with the pair ahead of the 2016 event, to get the low down on what to expect at the competition and why they love the sport so much!

WHAT CAN OUR AUDIENCE EXPECT DURING THE 2016 CHAMPIONSHIPS?

AMY: "It's going to be really exciting; you never know what's going to happen. With it being an Olympic trial too, it's quite special to have the crowd behind all of us. So hopefully it will be noisy!"

DAN: "I'm sure the audience will love watching all the gymnastics over the championships because I think it is so different than other sports, it has a bit of everything. Six apparatus in

the men's discipline and four in the women's, there is so much to watch and enjoy. It looks so exciting when you see the best in the world compete against each other.

WHAT SHOULD PEOPLE BE LOOKING OUT FOR IN A GREAT ROUTINE?

AMY: "It's things like good landings and your presentations on the floor, you have to show yourself off. Gymnasts need to do difficult skills but you're looking for gymnasts to get the

balance with it also being clean and tidy."

DAN: "People should be looking for a routine that is exciting and has difficult looking skills, also look out for the style of how the routine flows and the little details, like ankles and feet pointed and if the gymnast "sticks" their landing."

WHY IS ARTISTIC GYMNASTICS SO SPECIAL TO YOU? WHY DO YOU LOVE IT?

DAN: "Gymnastics is special to me because it's given me so much in life, like traveling the world and competing at an Olympic Games which was always a dream of mine when I was younger. I love it because of the hard work that has to be put in and the respect you earn from yourself if you're able to work hard and stick at it to reach the goals you wanted to in the first place."

AMY: "I think all of the experience I have gained from it, like travelling to different countries and meeting new people."

"SO EXCITING WHEN YOU SEE THE BEST IN THE WORLD COMPETE AGAINST EACH OTHER"

HOW DO THE GYMNASTS PREPARE FOR A COMPETITION LIKE THIS?

AMY: "A few weeks leading up to the competitions is quite intense, then about the week before we start to just back off a bit and do what's necessary so maybe just one routine on each piece to keep ourselves fresh. Before the competition, personally, I like to chill out; I try not to think about it really. I don't really get that nervous before competitions I just try to enjoy it."

DAN: "The gymnasts will work hard on routines normally six to eight weeks before a competition like this to try and give them the best chance of having a great competition."

CAN YOU NAME A COUPLE OF MOVES/SKILLS PEOPLE SHOULD LOOK OUT FOR AND EXPLAIN WHAT THEY ARE?

DAN: "A couple of skills to look out for are the big releases on high bar, mainly the release and catch moves called Colman and Kovach. On floor look out for the twisting connections, pommel horse look out for the skill "Busnari" - a handstand movement that travels along the horse - always a crowd >>





pleaser. And rings the strength moves and the cross that everyone knows about"

WHAT'S YOUR ADVICE FOR BUDDING GYMNASTS?

AMY: "Just enjoy it! If you don't enjoy your gymnastics you are not going to perform to your best, even if you're not part of the GB squad as long as you try your best and enjoy it, that's the main thing!"

DAN: "To be a top gymnast I think having to make sacrifices is a massive one because you need so much time to be in the gym learning skills and getting your body ready and stronger every day. Also enjoy what you're doing and tell yourself why you're doing it, so when things get tough it will motivate you to keep going through the hard times" ■

“IT'S QUITE SPECIAL TO HAVE THE CROWD BEHIND ALL OF US”

AMY: "On the beam most girls do what is called a layout, which is basically a flip with no hands and a walkout. On the uneven bars, a release catch skill is a main requirement. It is when you are on the bar and you let go to perform a skill, and then re-catch again"



British
Gymnastics
Foundation

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OUR NEW
CHARITY!

BRITISH GYMNASTICS FOUNDATION

You may also like to support our newly launched charity, the **British Gymnastics Foundation**.

We believe that gymnastics has the power to transform lives and the British Gymnastics Foundation exists to create opportunities through gymnastics, to bring real improvements to the lives of people and communities most in need.

The charity has four key areas of focus:



Schools

the **Schools** programme aims to support schools in need, by delivering gymnastics programmes which can help students to realise their full potential through sport.



Community

the **Community** programmes are delivered with the main aim of improving the lives of people most in need; from inspirational gymnastics experiences to leadership courses and gymnastics classes.



Hardship

the **Hardship Grants** programme provides financial assistance to British Gymnastics members to help them continue their participation in gymnastics.



Disability

the **Disability** programmes aim to give disabled people unique opportunities to get involved and realise their full potential through gymnastics.



If you are keen to support our charity's good work, there are many ways you can help. Whether it's donating money, volunteering at events or organising your own fundraising challenges, your support enables the Foundation to improve the lives of people most in need.

For more information on how we can help you or how you can support us, go to our new website www.britishgymnasticsfoundation.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.

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

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

FAST FACTS

THE 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



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.



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.



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.



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.



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.



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.



**CLAUDIA
FRAGAPANE
BEAM**

FAST FACTS

CLARICE BELL (NEE HANSON) WON HER FIRST BRITISH TITLE IN 1933 AND HER LAST IN 1948



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.

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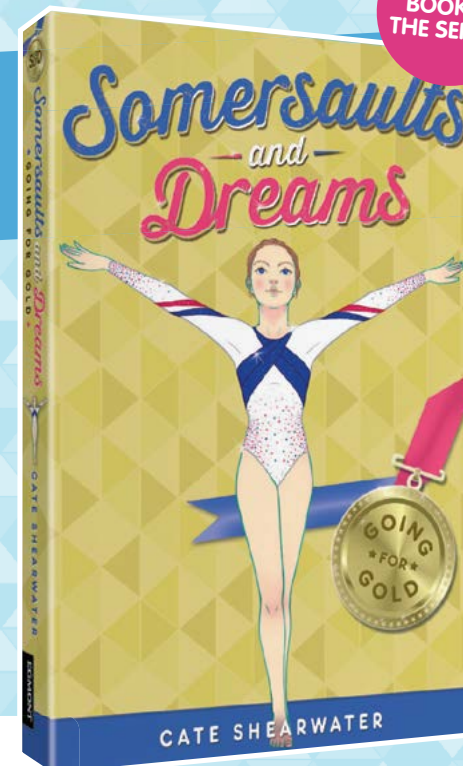
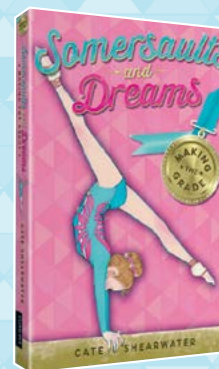
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EGMONT

TWO MINUTES WITH TUNNEY

At the London 2012 Olympic Games 4 of the 5 strong British women's team hailed from the City of Liverpool gymnastics club, the youngest of which was 15 year old Rebecca Tunney.

Now 19, Rebecca, a two time British champion, continues to proudly represent the city and has her sights on once again wearing the Olympic rings for Team GB this summer in Rio. In a break from training we spent two minutes catching up...

REBECCA, WHAT ARE YOUR BEST MEMORIES OF 2012?

"Definitely walking out into the arena with the cheers of the home crowd at the London 2012 Olympics. There's nothing better than hearing the crowd cheering and feeling that support, I hope it will be the same in Liverpool!"

HOW DO YOU FEEL YOU HAVE GROWN AS A GYMNAST SINCE THEN?

"I feel I have grown a lot, as I was very young, being the youngest member of the London 2012 Olympic team, before the Olympics I had only competed in a one major competition that being the European Championships earlier on in 2012, but with my hard training in the years before it helped me to know my routines inside out and I was confident to go out and perform. Now nearly four years on from London, I'm not the young one anymore and feel even more confident."

HOW DOES IT FEEL TO ONCE AGAIN HAVE THE 2016 BRITISH IN YOUR CLUB'S HOME TOWN?

"It's always been amazing having the British in Liverpool, the home crowd is always incredible and it's nice to have the support of the whole gym behind us. This year's championships form part of our qualification process to make the Team GB line up for Rio so that adds an extra level of excitement for the gymnasts and the crowd, the fact that it will be sold out and the TV cameras will be there makes it even more special!"

WHAT ARE YOUR AIMS THIS YEAR PERSONALLY?

"I would like to gain full competition fitness as I have been injured for a long period of time, and to be successful with my routines for the Olympic trials to then be hopefully selected to compete in Rio for the 2016 Olympic Games. It's going to be a long few months and the standard of the whole GB squad is really high so it will be tough to make the team but that just shows how well British Gymnastics is doing."

AS SOMEONE WHO HAS BEEN THROUGH AN OLYMPIC SELECTION BEFORE, HOW WILL THE GYMNASTS BE FEELING AND PREPARING FOR THE BRITISH?

"It is a very tough and nerve racking process to go through, but all the girls will know what they need to do to be as successful as possible. I'm sure the crowd will support every gymnast and hopefully that will help inspire them to do their best!" ■





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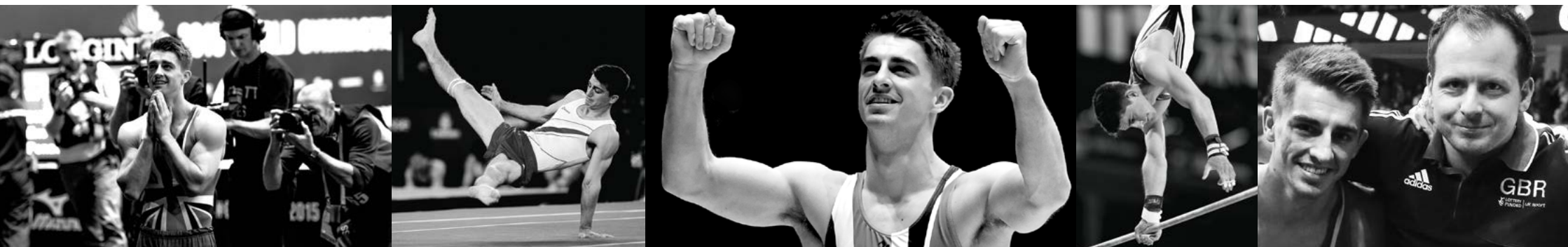
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MAX WHITLOCK

THE DAY HE CHANGED THE WORLDS

On Saturday 31st October 2015 Max Whitlock became Britain's first ever artistic gymnastics World Champion. In our exclusive chat Max talked us through his historic championships during which he won the floor silver and pommel horse gold medals, in his own words Max recalls his experience.





THE BUILD UP

"I didn't get a lot of sleep the night before; my mind was still on the all-around final and what had happened. I woke up eventually at probably half nine and instantly the focus is on that day, the floor and pommel final. That morning is just about trying to stay relaxed, bit of breakfast and time chilling in the room waiting to head to the arena. I don't tend to be that nervous first thing, I always know that everything is ready, my gym bag is always packed the night before so I feel quite calm knowing I'm ready."

The walk over to the arena with my coach Scott Hann is maybe when it starts to hit you. I remember there was a massive crowd waiting for us just to go in to the warm up gym, that's what was so special about Glasgow – we would never get that anywhere else – that level of excitement and that support."

THE WARM UP

"We like to get to the warm up gym with plenty of time, I have a chat with Scott have a stretch and start the build-up process."

The first preparation was for floor. I have a process I go through and so I actually started on parallel bars, then moved on to vault and then to the floor, it's something I like to do to relax me. If I just warm up floor then that's all my focus and it can build the nerves and makes it a bigger thing, treating warm up

like a normal training session helps me to stay calm. There's a point in the build-up that you also have to think about going in to competition mode. I give myself plenty of time and usually while stretching I'll check my phone, read my messages and social media and then that's it, phone goes into my bag and that's it until after the competition's finished, it's important to have that cut off point."

FLOOR FINAL

"People were all talking about the pommel final but for me and Scott it was vital to focus on floor, we were determined to do ourselves proud on that and also we knew a good performance would also help me come pommel final as I'd be in a positive rhythm. The floor competition turned out to be amazing; it was my first floor final so that was a huge achievement. I looked at the top eight and knew I had to really go for it, floor had been going well all week and I was so happy to pull it off and delighted to get silver. There wasn't much time to all celebrate, straight off the floor in to the warm up gym again."

ON TO POMMEL

"I then went back to floor again in the warm up gym, just the same thought process, warm up like a training session, so floor then pommel."

It was a long walk to the warm up gym from the arena but I was last up on pommel so we took

the call to go back there, I don't like to watch any competition and so sitting through seven routines wouldn't have worked for me."

That's when the relationship between me and my coach is vital, we know how each other are and know when to chat or when to keep quiet, in times like that ahead of a World Championships final you have to be with someone who knows you and knows how to act around you. I don't like to look at the scores, but Scott keeps an eye out."

We walked down the corridor to the arena and that's when the decision was made on what routine to do. Months before hand we had prepared the option if we needed to up the difficulty of my routine. It was during that walk when Scott said "well what you going to do?" bearing in mind I didn't know what was needed I said "well do I need to go big?". I think that was the question he was dreading me asking. He said, "yeah you might do" and that was decision made, go one tenth higher and go for it. I knew after landing my dismount it was a good routine, you practice so much that you have an understanding of how a routine has gone and a feel for whether it was a good one. I was so happy to get through the way I did but still had no idea if it was good enough. People said well-done and the crowd were going mad and it was only then I thought to look up and see the other scores I saw Louis had a massive 16 and thought wow, I knew then it would be close."

The big screen lit up and the tension built as my score came up. It's hard at that point to comprehend what's gone on, that was a dream and target of ours for years and in the moment with the crowd going crazy you get overwhelmed. I never ever thought I'd get emotional, you see some gymnasts cry and I thought no that won't be me, but tears did come to my eyes."

CELEBRATION AND REALISATION

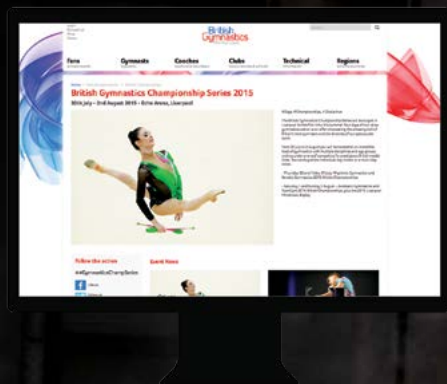
"We then marched out and got our medals which is a crazy moment, it was amazing to be with Louis and the sea of photographers – with the shutters going mad 'click click click' makes it crazier. You then spend time doing lots of interviews and that's actually another point when it really hits you, that first intro "Max you have become World Champion how does it feel?". It's when you start to talk about it and discuss the importance that it begins to sink in. You spend about two hours doing interviews and everyone congratulates you then it was back to the hotel to see my family and friends which is always a great moment, we went out for a meal and celebrated together. It ended up being quite a late night, it's weird because you are so tired yet you can't sleep, the adrenaline is still flowing and your mind is still processing what just happened. Even now weeks later I don't think it's fully sunk in but I know it's a day I'll remember for the rest of my life." ■

WATCH THE EVENT 'LIVE' AT british-gymnastics.org

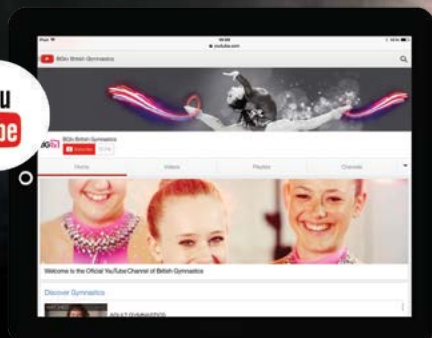
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2015 GOLD MEDAL WINNERS

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

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

2015 UNDER 16 MEN'S CHAMPION JAMIE LEWIS



WOMEN

JUNIORS

All-around Catherine Lyons (Europa)

Vault Catherine Lyons (Europa)

Bars Georgia Mae Fenton (East London)

Beam Catherine Lyons (Europa)

Floor Catherine Lyons (Europa)

SENIORS

All-around Amy Tinkler (South Durham)

Vault Claudia Fragapane (Bristol Hawks)

Bars Tyesha Mattis (East London)

Beam Tyesha Mattis (East London)

Floor Amy Tinkler (South Durham)

DISABILITY

Vault Natasha Coates (The Wire)

Bars Natasha Coates (The Wire)

Beam Sophie Crawford (City of Glasgow)

Floor Sophie Crawford (City of Glasgow)

FAST FACTS

WOMEN'S ALL TIME ALL-AROUND CHAMPIONS

1. PAT HIRST

WOODHOUSE SCH. P.E., LEEDS
8 TITLES (1947, 1949-1950 AND 1952-1955)

2. BETH TWEDDLE CITY OF LIVERPOOL 7 TITLES (2001-2007)

3. CLARICE BELL (NEE HANSON) SALTAIRE GC 6 TITLES (1933-1935, 1938-1939, 1948)

MEN

UNDER 16

All-around Jamie Lewis (Woking)

Floor Joshua Nathan (City of Birmingham)

Pommel Joshua Nathan (City of Birmingham)

Rings Jamie Lewis (Woking)

Vault Donell Osbourne (Earls)

Parallel bars Jamie Lewis (Woking)

High bar Jamie Lewis (Woking)

UNDER 18

All-around Giarnni Regini-Moran (Europa)

Floor Giarnni Regini-Moran (Europa)

Pommel Jack Neill (Tolworth)

Rings Giarnni Regini-Moran (Europa)

Vault Giarnni Regini-Moran (Europa)

Parallel bars Giarnni Regini-Moran (Europa)

High bar Harry Caulwell (City of Birmingham)

SENIORS

All-around Daniel Purvis (Southport YMCA)

Floor Daniel Purvis (Southport YMCA)

Pommel Louis Smith MBE (Huntingdon)

Rings Daniel Purvis (Southport YMCA)

Vault Kristian Thomas (Leeds)

Parallel bars Ashley Watson (Leeds)

High bar Kristian Thomas (Earls)

THE MASTERS (ALL AGE GROUPS)

Floor Giarnni Regini-Moran (U18 – Europa, Crayford)

Pommel Louis Smith MBE (Senior – Huntingdon)

Rings Courtney Tulloch (Senior – Pegasus)

Vault Giarnni Regini-Moran (U18 – Europa, Crayford)

Parallel bars Ashley Watson (Senior – Leeds)

High bar Ashley Watson (Senior – Leeds)

DISABILITY

Floor David Rae (City of Glasgow)

Pommel Alexander Buesnel (Jersey Special)

Rings Alexander Buesnel (Jersey Special)

Vault David Rae (City of Glasgow)

Parallel bars Philip Davis (Croydon School of Gymnastics)

High bar David Rae (City of Glasgow)

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

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

If you are a club you can:

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