Men's Artistic Gymnastics

- Australian Youth Olympic Festival in Sydney: Boys take 11 medals inducing Team Gold (Max Whitlock, Sam Oldham, Ashley Watson and Reiss Beckford beating world superpower China) and All around Gold medal for Ashley Watson.
- European Championships in Milan (ITA): Daniel Keatings All around Silver medallist; Louis Smith Silver on Pommels, Dan Keatings Bronze on Pommels; Daniel Purvis 7th in the All-around in his first Senior European Championships.
- 2009 Glasgow Grand Prix: Louis Smith and Daniel Keatings take Gold and Bronze on Pommels, with Kristian Thomas winning Silver on Floor.
- European Youth Olympic Festival in Tampere (FIN): Sam Oldham wins Gold medals on Pommels and P. Bar, while Max Bennett wins the title on High Bar.
- World Championships O2arena, London: Two British men place in the top 6 in the world Daniel Keatings, World Silver medal in all around with Kristian Thomas in 6th.
- Daniel Keatings crowned British all-around Champion.

Women's Artistic Gymnastics

- Australian Youth Olympic Festival: Two Silver and a Bronze medal (Danusia Francis, Nicole Hibbert, Jenni Pinches and Nicole Watson).
- Beth Tweddle, World Champion on Floor in London and European Champion on Floor and Bars in Milan (ITA); Double Gold (Floor and A. Bars) at the World University Games, Belgrade, Serbia. Gold medal on Floor and Bars at the Glasgow Grand Prix; Becky Downie Silver on A. Bars in Glasgow.
- Nicole Hibbert, Bronze medal on A. Bars at European Youth Olympic Festival, Tampere (FIN).
- Becky Downie retains British Senior Championship title.

Rhythmic Gymnastics

- Individual Silver medal for Keziah Gore and Team Bronze medal for the British Rhythmic girls at Australian Youth Olympic Festival (Keziah Gore, Jade Faulkner, Lynne Hutchison).
- Francesca Jones, Francesca Fox and Jade Faulkner compete for GB at World Championships in Mie, Japan.
- Francesca Jones crowned British Senior Champion for the third time (2006, 2007, 2009).

Trampoline Gymnastics

- James Higgins makes Individual World Championships Final (7th).
- James Higgins and Kat Driscoll crowned British Champions.
- 5 medals for the Trampoline Team at the World Age Group Championships in Saint Petersburg (RUS).
- GBR had 9 gymnasts in the various finals of the World Age Group Championships: Trampoline Individual, 17-18 Boys - Bronze Medal: Daniel Greaves/Bradley Davies; Tumbling 13-14 Boys - Silver medal for Greg Townley

Double Mini Trampoline (DMT)

- Matthew Swaffer and Robyn Osbourne crowned British Senior Champions.
- Two finals for GB in the World Championships with the Men's Team taking fourth place.
- Chloe Haldon took Bronze in the 17-18 Girls event at the World Age Group Championships in Russia.

Tumbling

- British Tumbling Team dominates International competitions in France, Portugal and Bulgaria.
- Rachel Letsche and Michael Barnes win the British Senior titles for women and men respectively.
- Fourth place for Men's and Women's Teams at World Championships with 3 British athletes in the Individual finals.
- Emily Payne Marsden and Samantha Rocket World Age Group Champions, with GB gymnasts taking a further Silver and Bronze medal.

Acrobatic Gymnastics

- Spelthorne and Wakefield share the medals at Acro and Tumbling British Championships.
- 3 Silver and 3 Bronze medals for GB Acrobatic gymnasts at the World Games in Kaohsiung, Taiwan in July.
- 14 medals for GB at Acrobatic European Championships & European Age Group Championships in Vila Do Conde, Portugal.

Aerobic Gymnastics

- 3 Gold and 2 Bronzes for Britain at ANAC Championships in Las Vegas.
- British gymnasts took part in the European Championships in Liberec, Czech Republic.

Cheerleading

- Over 2000 Cheerleaders took part in the 2009 British Championships.
- Double Bronze for Team UK at Inaugural World Cup for Cheerleading in Florida (USA).
- Rachel Burrows- Senior Individual European Champion; Phoebe Hulme, Junior individual Bronze medal.

Team Gvm

• 6 British Teams compete at the first ever "Gym For Life" Challenge in Dornbirn (AUT).

GMPD

- Over 200 gymnasts, Artistic and Rhythmic, excel in the Special Olympics in Leicester in July.
- Britain leads International GMPD Training camp in Germany.