

MIT AND THE NAIGC PRESENT

▶ 2024 ◀

MASTERS GYMNASTICS WORLD CUP



JUNE 2ND

9AM & 2PM

DUPONT GYMNASIUM

120 VASSAR ST, CAMBRIDGE

AGE 30+

MAG & WAG

MORE INFORMATION AVAILABLE AT [NAIGC.ORG/MASTERS-RULES](https://naigc.org/MASTERS-RULES)

WELCOME

WELCOME!

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BIENVENIDO

Bienvenido

THIRD ANNUAL MASTERS WORLD CUP

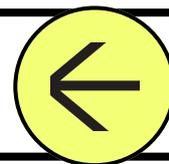


We are so happy to be hosting this year's Masters Gymnastics World Cup at MIT! We had such an amazing time at the World Cup in Einbeck last year we just had to offer to host this year. It is so amazing to see so many like minded people from around the world who continue to get great enjoyment from training and competing in this wonderful sport of ours. We hope that events like this will help to kickstart and normalize adult competitive gymnastics in the US - the German and Japanese cultures of "gymnastics at all ages" is inspirational. Thank you to all attendees for coming to this meet, especially those traveling very far distances - we hope you enjoy the experience, we certainly enjoy having you here! And thanks of course to Jens Krueger, the initiator of the World Cup, without whom this event wouldn't exist!

Nate Sharpe, Meet Organizer

EVENT

SCHEDULE



We will have all non-team competitors that are competing in Women's Artistic Gymnastics (WAG) competing in the first session, and all non-team competitors competing in Men's Artistic Gymnastics (MAG) plus all of the team competitors competing in the second session. All competitive sessions will be conducted using "warm-up - compete" format. Timed warm-ups immediately precede competition on each event. Each group of athletes on a rotation will be given 12 minutes to warm up each event. Gymnasts are allowed extra warm-up turns between competitors (bump-touch) but must immediately dismount when the judges are ready.

All scores count towards the individual competition (regardless of whether the gymnast is on a team or not). Each participating nation can nominate one men's team and one women's team. A team consists of two participants per age decade as well as two wildcards whose age group can be chosen arbitrarily. A team must select no more than one individual per decade on each event to have their score count towards the team score, with the best three of the maximum five scores per apparatus counting towards the team result.

Awards will be given to the top three individuals on each apparatus and in the all around for both MAG and WAG and for the top three teams. All ties will be broken by the older gymnast taking the top spot (or the older average age for teams).

9:00 AM	Doors Open - Session 1 Open Stretch
9:20 AM	Session 1 Event Warmup
9:35 AM	Session 1 Competition Begins
1:30 PM	Session 2 Open Stretch
1:50 PM	Session 2 Event Warmup
2:05 PM	Session 2 Competition Begins
6:30 PM	Banquet Begins
7:00 PM	Awards Ceremony

COMPETITION RULES



BASIC RULES

All the rules are based on the FIG (The International Gymnastics Federation) rules for both Women's Artistic Gymnastics (WAG) and Men's Artistic Gymnastics (MAG). All gymnasts are over 30, with scoring and requirements differing depending on the decade of the gymnast (30s, 40s...60s, 70+), with older decades scoring more for a given skill.

There are no uniform deductions (wear what you want as long as it's safe!), apparatus can be set to any height, and any mats may be used (as available).

Participation isn't restricted based on gender, so you'll see some women on MAG events and vice versa!

BASIC SCORING: Execution + Difficulty + Bonus = Score

Execution: This starts at 10.0 for everyone unless they have fewer skills than required (see the tables below for how many skills that is), in which case they lose -1.0 for each skill they're missing (so someone with 5 skills instead of 7 would start at 8.0 Execution)

Difficulty: Each skill in a routine as an associate Difficulty level (the various rows in the tables) and associated Difficulty Value. So for WAG 40s, a FIG B will get you +0.5 in Difficulty

Bonus: To incentivize variety in routines, gymnasts get a +0.5 bonus for category that they have at least one skill in (eg. a bar change on bars, or a forward tumbling skill on floor). The skill must be at least of a certain difficulty (depending on the decade), and dismounts have a bit higher difficulty requirement. Connection bonus does also exist, but is very hard (the skills you're connecting need to be very difficult).

WAG CHEAT SHEET

Age Decade	30-39	40-49	50-59	60-69	70+	
Minimum number of elements (also maximum)	6 + dismount	6 + dismount	6 + dismount	5 + dismount	5 + dismount	
CR Bonus & Routine Length Skill Level Requirement	NAIGC Masters +	NAIGC Masters +	Misc. +	Misc. +	Misc. +	
Dismount CR Bonus	A: 0.3 B+: 0.5	Masters: 0.3 A+: 0.5	Masters: 0.3 A+: 0.5	Misc.: 0.3 Masters+: 0.5	Misc.: 0.3 Masters+: 0.5	
Vault Age Bonus	1.5	1.9	2.3	2.7	3.1	
Standard Beam Bonus	N/A	1.0	1.5	2.0	2.5	
Diff. Value	Misc. Skills	N/A	0.0	0.1	0.2	0.3
	NAIGC Masters	0.0	0.1	0.2	0.3	0.4
	FIG/NAIGC A	0.2	0.3	0.4	0.5	0.6
	FIG/NAIGC B	0.4	0.5	0.6	0.7	0.8
	FIG/NAIGC C	0.6	0.7	0.8	0.9	1.0
	FIG/NAIGC D+	0.8	0.9	1.0	1.1	1.2

MAG CHEAT SHEET

Age Decade	30-39	40-49	50-59	60-69	70+	
Minimum number of elements (also maximum)	6 + dismount	6 + dismount	6 + dismount	5 + dismount	5 + dismount	
EG Bonus & Routine Length Skill Level Requirement	NAIGC non-NCAA+	NAIGC non-NCAA+	Misc. +	Misc. +	Misc. +	
Dismount EG Bonus	A: 0.3 B+: 0.5	A: 0.3 B+: 0.5	non-NCAA: 0.3 A+: 0.5	Misc.: 0.3 non-NCAA+: 0.5	Misc.: 0.3 non-NCAA+: 0.5	
Vault Age Bonus	1.5	1.9	2.3	2.7	3.1	
Diff. Value	Misc. Skills	N/A	0.0	0.1	0.2	0.3
	NAIGC non-NCAA	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2



TEAM USA

WAG Team	MAG Team
Casey Lesieur (30s)	Andre Holmes (30s)
Julia Sharpe (30s)	Carlos Morales (30s)
Marina Badzinski (30s)	Julia Sharpe (30s)
Mich Ikoma (30s)	Nate Sharpe (30s)
Leilah McCarthy (40s)	Jamie Northrup (40s)
Liz Albert (40s)	Mike Buenaventura (40s)
Tina Creekmore (40s)	Robert Davis (40s)
Alison Wright (50s)	Bernd Schoner (50s)
Andrea Zimmer (50s)	Patrick McCarthy (50s)
Angie Melton (60s)	Chris Whelen (60s)
Vera Deutsch (60s)	Tim Ratliff (60s)
Shirley Beecher (70s)	Tom Okon (60s)



ANDRE HOLMES

Favorite Event: Pommel Horse



Favorite Skill: Manna or V-Sit

Started gymnastics when I was 5 as I was flipping around the house before that and my parents thought it'd be a good fit. I stayed in gymnastics as I found it fun and a good way to stay active and had a good tight and small community.

DECADE: 30s

Career: Software Developer/Gymnastics Coach





CARLOS MORALES

Favorite Event: Rings



Favorite Skill: Front Upraise L

I started in high school. I competed independently in and after college. I've been a gymnast for 16 years now.

I do it, almost a decade out of college, because I love it. It's stressful but fulfilling to me. I train in the gym like it's a fulltime job. I made my actual fulltime self employment able to revolve around when practice is happening.

My most notable accomplishment was winning AA Nationals in Daytona in 2019. Arguably the happiest moment of my life.

I've learned to always want more and to never be fully satisfied with my training. Staying dedicated, learning from mistakes, being patient via doing more drills than skills, that's all led to my being a better gymnast.

DECADE: 30s

Career: Self Employed
Freelance Trainer





NATE SHARPE

Favorite Event: P-Bars

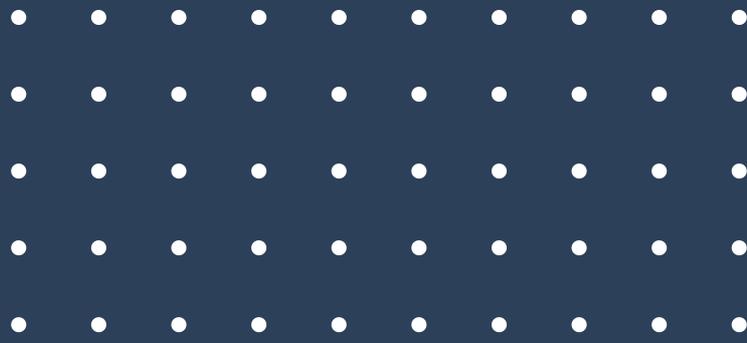


Favorite Skill: Varonin

Growing up I only had some incidental exposure to gymnastics through my time in a youth circus and as a semi-professional street performer, but my main focus was on juggling. I was a pole vaulter in college, but fell in love with a talented gymnast (Julia). When I was 25 and Julia started training the men's events, she convinced me to pole vault less and try this gymnastics thing. 12 years later and I now pole vault once a year at our annual alumni meet and do gymnastics as often as possible! I train and compete all the men's and women's events with the MIT Gymnastics Club as an alum of MIT. In addition to helping to run that club, I serve as the Events Department Head for the NAIGC, the nonprofit that runs collegiate club gymnastics and much of adult gymnastics in the US.

DECADE: 30s

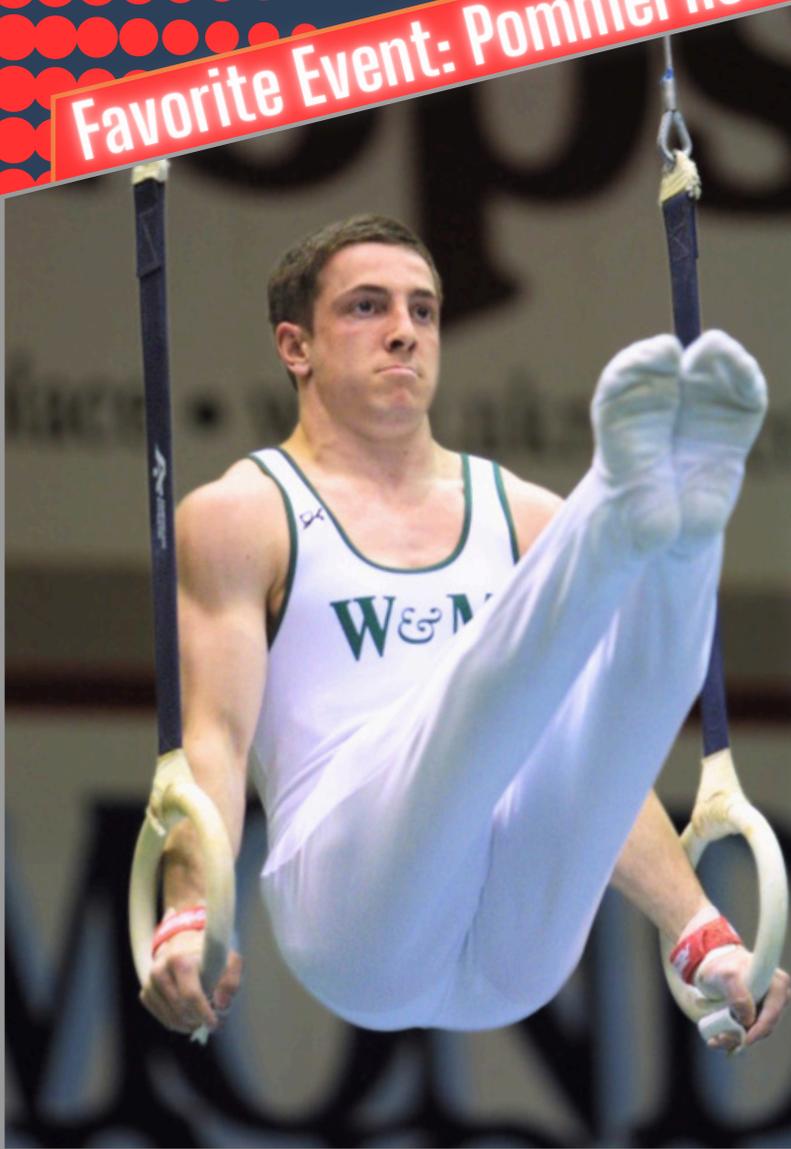
Career: Mechanical Engineer, recently retired, worked at startups and engineering consulting for 15 years





JAMES NORTHRUP

Favorite Event: Pommel Horse

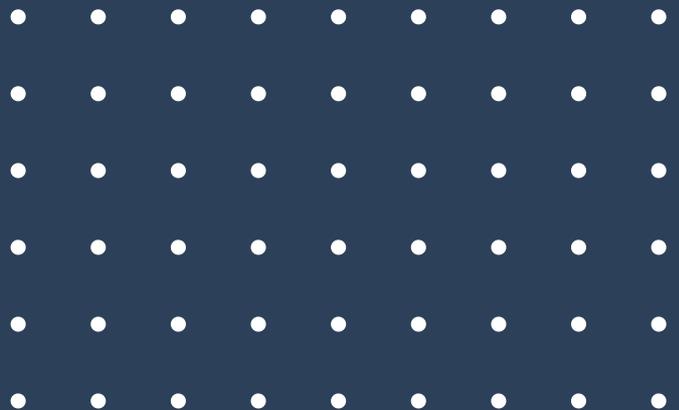


Favorite Skill: Russians

I started gymnastics because because my older sister was going, but I quickly locked on to the sport. After 20 years away from competition, I'm back because the sport has done so much for me and I discovered that nothing keeps me in better shape or is more enjoyable than doing gymnastics.

DECADE: 40s

Career: Stunt Performer





MIKE BUENAVENTURA

Favorite Event: Floor



Favorite Skill: Double Back

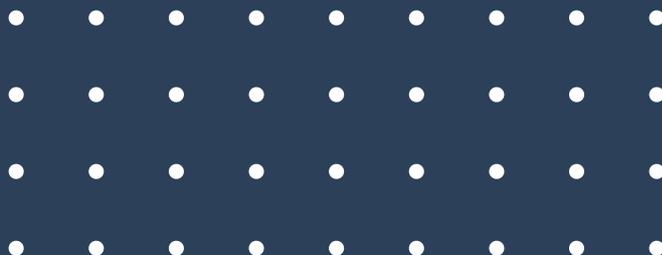
I started gymnastics classes at a rec center at 8 years old when my parents were tired of me jumping all over the furniture in the house. I didn't begin competing until the age of 12 after we moved to Atlanta. During the '96 Atlanta Olympics, I was inspired by the world class gymnastics taking place almost in my own back yard! I made it to the optional levels by high school, and in undergrad, I served as Tulane University's gymnastics club president and brought us to NAIGC Nationals for the first time in 2003.

I have coached a wide variety of levels, ages, and demographics through the years, starting a competitive boys program at All Star Gymnastics in New Orleans in the early 2000s and coaching Tulane University's club gymnastics team in the 2010s.

I moved to Denver in 2019 and started coaching at 5280 Gymnastics, where I taught rec and special needs classes as well as started a competitive club track boys team. I currently also direct the adult gymnastics program and 5280 and compete on their NAIGC community team. I continue to do gymnastics because it is an addiction! I continue to coach and stay involved in the NAIGC because I want to pay forward all the joy and comradery that I felt through gymnastics as both a child and as an adult!

DECADE: 40s

Career: Professional Counselor and
Gymnastics Coach





ROBERT DAVIS

Favorite Event: Rings



Favorite Skill: Back Magyar

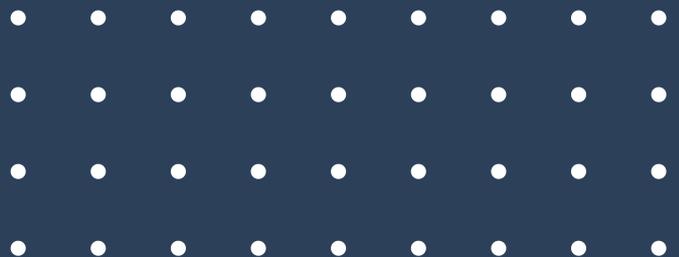
I was inspired to do gymnastics after watching Li Ning on Rings in the 1984 Olympics from my grandparents living room in Tipton, Iowa. From age 8 to 22 I pursued gymnastics with up to 20 hours per week.

I thought I was done in 2001 after starting work full time and building a family. But I was encouraged to compete again in 2008 by my coach from college. Since then I've competed almost once a year at the collegiate level.

A more verbose story is posted at www.lifetimegymnast.com/my-story

DECADE: 40s

Career: Technology Director





BERND SCHONER

Favorite Event: Pommel Horse



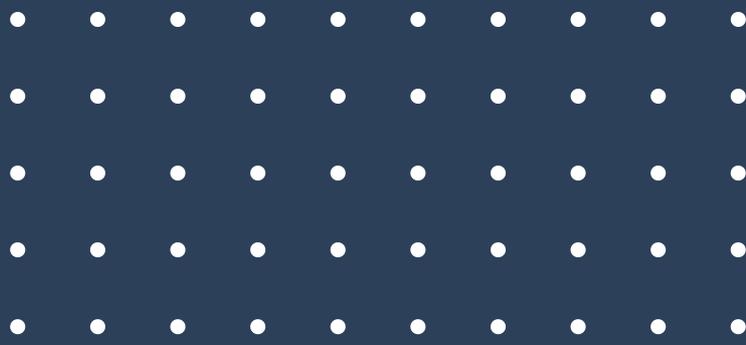
Favorite Skill: Press handstand

I started doing gymnastics at age 8 in Aschaffenburg and Hösbach in North-Western Bavaria, Germany. As a child and adolescent, I did not train much, but I have never completely stopped doing gymnastics since. At age 26, I moved to Boston to work on my PhD at MIT. The MIT gym became my main training facility for almost 25 years. About 5 years ago, I received my US citizenship and moved full time to New York City, where I am training at the Chelsea Piers gymnastics area in Manhattan.

Starting in 2001, I have been participating in Bavarian and German Masters Championships. I won a few times in Bavaria, and placed 3rd at the German National Championship this year. I travel far to attend these events, but they motivate me to train seriously and stay fit.

DECADE: 50s

Career: Head of Product Strategy, Scandit AG





PATRICK MCCARTHY

Favorite Event: High Bar



Favorite Skill: 87 Giants in a Row!

I started unofficially by swinging and trying handsprings on the playground in elementary school. My first exposure to more formal gymnastics was a summer class at a university when I was 12, but only with WAG events. Then I found a gym with great coaching in Tucson, AZ, the next year and made pretty rapid progress, with a strong focus on fundamentals. I used gymnastics as a tool to help make going to UC Berkeley a reality from a financial standpoint, but quit about a year and a half later, mainly due to shoulder and ankle injuries, but also just not having fun anymore. A year or two later, I started at the university club level, which was a more fun and relaxed atmosphere. I have bounced around from different clubs to some degree, but mainly kept with the UC Berkeley club, with about a 9-yr hiatus, returning in 2018. I am trying to relearn skills I used to do and pick up some new skills along the way. I mainly focus on high bar, which has always been friendly to me. I enjoy gymnastics as an adult and especially like working out with my wife, who is also competing at this meet.

DECADE: 50s

Career: Crane Engineer





CHRIS WHELEN

Favorite Event: Floor

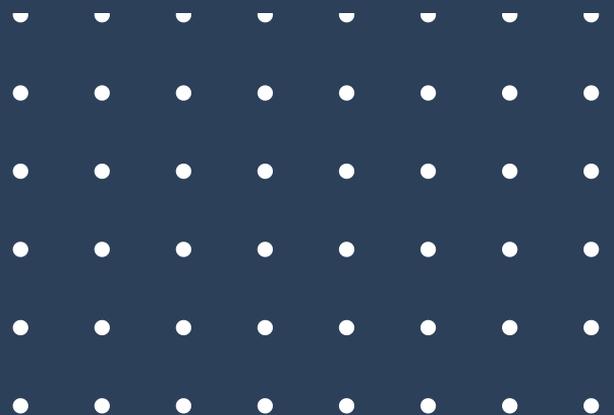


Favorite Skill: Arabian 1 & 3/4 on Floor

I started gymnastics late at South Dakota State University in 1977 as a walk on, although managed to qualify for Nationals in 1981 in All Around. There was a large gap in my gymnastics until moving to Hawaii in 2002 where I developed an interest in masters meets. While not as active as many, I have been able to compete 4 times since 2005 in 4 countries, including last year's Masters Team World Cup in Einbeck, Germany.

DECADE: 60s

Career: Microbiologist





TIM RATLIFF

Favorite Event: High Bar



Favorite Skill: Double Back off High Bar

I started gymnastics my freshman year in high school at the insistence of my brother. After just a couple of weeks, I was hooked.

I competed through high school (Annandale high school in Virginia) and then in college at James Madison University, with a one year detour at the University of Georgia.

After college, I didn't compete for 30 years, and then I went to a JMU club meet to watch someone I know compete, and I noticed five older-than-college guys competing with NAIGC alumni uniforms. Being curious, I looked it up and discovered that I could compete again if I wanted to. So I made myself a goal to train for and compete on one event (high bar) in one competition a year later. So 31 years after my last NCAA collegiate competition, I competed in my first NAIGC meet at age 54, and I was hooked once again!

This is now my 6th year competing in the NAIGC, and I'm up to four out of the six MAG events. I'm working my way back up to competing all around.

I'm grateful that the NAIGC exists, and that it allows people like me to have a second gymnastics career!

DECADE: 60s

Career: IT Project Manager





TOM OKON

Favorite Event: High Bar

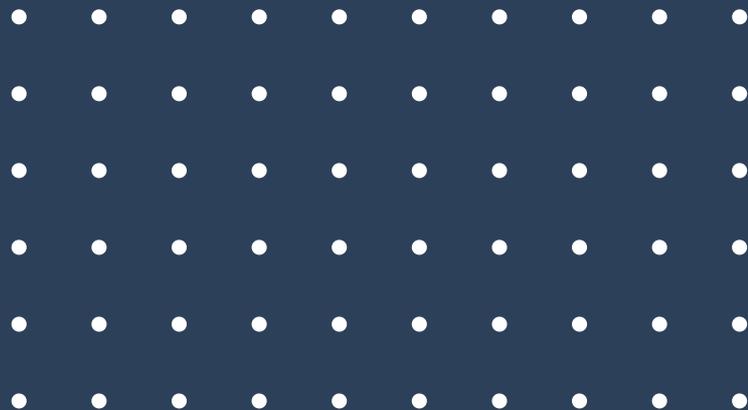


Favorite Skill: Giants

I started doing gymnastics at the age of 12 in 1970 and completed for Brentwood High School in New York under my long time coach and good friend, Leon Weissman. In 1982, I started working out in an adult gymnastics program where I competed on and off in the Texas Gymnastics Conference for 12 years. After a little more than a 20 year hiatus I restarted doing gymnastics again at the age of 58 and have been doing it ever since.

DECADE: 60s

Career: Software Engineer





CASEY LESIEUR

Favorite Event: Beam



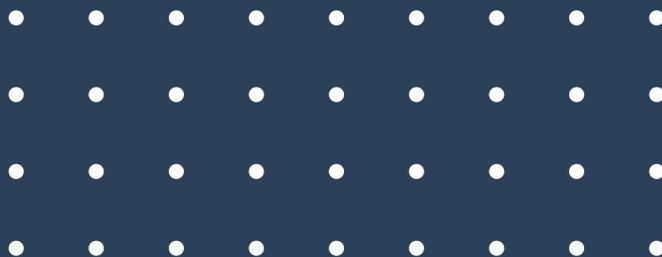
Favorite Skill: Back Tuck on Beam

I started gymnastics at 8 years old because I was climbing on top of the swingset instead of swinging underneath it! My mom also wanted to rid me of my shyness. I made the best of friends in gymnastics and still see them today! My favorite moments are the sleepovers, travel meets, and funny gymnastics fails.

My most memorable moment was scoring a 37.45 in Day 1 of NAIGC Nationals last year! I competed several new skills that I learned that season, for the first time as an adult. My least favorite moment was tearing my achilles on a round off double pike drill. My heel hit the edge of the floor and dipped lower than my achilles could hold): Working hard to get all the skills back and learn even more skills after an obstacle like that makes the accomplishment that much better.

DECADE: 30s

Career: Certified Personal Trainer, Gym Director, Head Team Gymnastics Coach, & Realtor





JULIA SHARPE

Favorite Event: Doing Everything



Favorite Skill: FHS, Layout, Layout on Floor

I started gymnastics at the age of 2 because my parents were already there for my brother who was showing signs of being a promising gymnast. I continued training and competing at a high level through college, where I competed for MIT's varsity program. Some highlights include winning the division III nationals all-around title twice, vault title once, and beam title once. In total, I claimed 14 All-American honors and qualified as an individual for division I regionals. After college, I took a break to try pole vault and diving while also coaching the newly formed MIT club team after the school cut the varsity program. After less than 2 years off, I was convinced to rejoin the team to help them earn a national team title in club gymnastics and hopefully help recruit more members. We won 2 nationals titles as a team but were not successful in growing the program. At that point, I found a clause in the rules for our organization that allows women to compete men's gymnastics. I had always wanted to try men's gymnastics after watching my brothers and was thrilled for the opportunity for a change of pace. I've been training and competing men's gymnastics since 2012 (with a short break to have twins at the end of 2014). My greatest achievement in men's gymnastics was placing 10th place on high bar at 2014 Nationals in Chattanooga, TN.

DECADE: 30s

Career: Mechanical Engineer, recently retired, worked at startups and engineering consulting for 15 years



MARINA BADZINSKI

Favorite Event: Floor



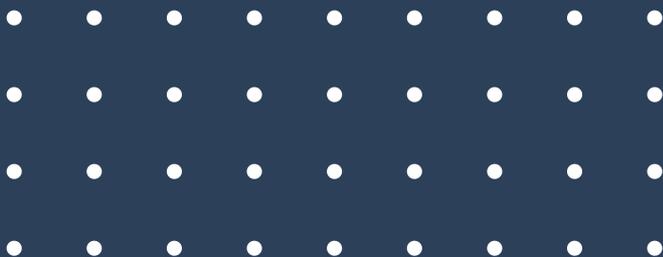
Favorite Skill: Tour jeté 1/2

My journey started when I was 4 years old after watching the 1992 Olympics, and told my parents I wanted to become an Olympic gymnast. I trained for years until I burnt myself out by age 15 and unfortunately retired as a Level 10 gymnast. I never even thought to do gymnastics again as an adult after completing my doctorate and starting a family with my husband. It wasn't until I had been doing jiu jitsu for a few years and got in great shape and started doing some cartwheels and ariels again. It made me realize I could still do some of my skills so in 2021, almost two decades later, I found a gym and un-retired myself from the sport and have been training ever since.

I do this sport because it was truly my first love that helped shape my entire adolescence. I came back to training with a completely different mindset, and I remind myself to do it for the love of the sport when I find myself getting frustrated and to give this 36 year old body some grace when I can't do a skill perfectly the first time. I've been able to overcome many fears that I held onto since childhood, and I'm working on conquering even more as the year pass. I hope one day to inspire my own children and others in their personal pursuit in any discipline they choose and find happiness and peace in it as I have.

DECADE: 30s

Career: Pharmacist





MICHELLE IKOMA

Favorite Event: Uneven Bars



Favorite Skill: Jaeger

DECADE: 30s

Career: Physician

I started gymnastics when I was 3, and I haven't stopped since. I trained and competed in the USAG Developmental Program from elementary school through high school. I was fortunate enough to earn a full-ride scholarship to the University of North Carolina at Chapel Hill (UNC) where I competed from 2010-2014 (minus the 2011 season due to an Achilles injury).

During my senior year at UNC, I injured my calf mid-way through the season. I was devastated when our team doctor broke the news to me that, in all probability, my gymnastics career was over. Thankfully, I healed ahead of schedule and returned to the vault line up for our final 2 meets. However, I was not cleared to compete on floor, which had always been my favorite event to perform. So after the NCAA season, I reached out to the UNC Club Gymnastics team to see if I could join them at NAIGC Nationals in 2014 "to compete one last floor routine." I had no idea at the time, but that "one last floor routine" would open the door to the incredible NAIGC and adult gymnastics community.

Over the past decade, the NAIGC community has been an invaluable part of my life. Finding support in my teammates and having the sport as an oasis from life's day-to-day stressors have been absolutely vital in helping me navigate the ups and downs of medical school and residency training. Although the time I have to dedicate to gymnastics has decreased 10-fold, my love for the sport and appreciation for the lessons that it has taught me have grown proportionally. Eventually my joints will tell me that it's time to hang up my grips, but I'm hopeful that this day is still decades away.





LEILAH MCCARTHY

Favorite Event: Uneven Bars



Favorite Skill: Double Flyaway

I started gymnastics at age 11 and competed through the YMCA in high school. In college I helped to found the gymnastics club at The Ohio State University and started competing in the NAIGC. After college I moved to California where I met my husband, who is also competing in this competition, at the UC Berkeley gymnastics club. I took a 5 year break from gymnastics while focusing on the flying trapeze, but otherwise have been doing gymnastics ever since. Over the past 25 years I have competed with 9 different NAIGC teams.

I have always loved gymnastics and have found it to be great for both my physical and mental health as an adult for many of the same reasons it benefits children. I can't really think of a better way to maintain physical strength and flexibility and mental focus as I age. In addition to the physical benefits, all the friendships I have made over the years mean the world to me. I am excited to see the recent growth in popularity of gymnastics among older people as they start to realize that they don't have to stop past a certain age. It is my hope that this competition can help to continue that growth.

DECADE: 40s

Career: Spacecraft
Navigation Engineer



LIZ ALBERT

Favorite Event: Uneven Bars



Favorite Skill: Weiler Kip

I have been doing gymnastics for as long as I can remember. For most of my early childhood, I attended a weekend youth program that included gymnastics. I didn't join a full-time gym until the age of 12. I turned down several full gymnastics college scholarships (but attended a local college on an academic scholarship) to remain at the Flushing YMCA in order to pursue the elite level. I qualified into my first elite nationals when I was 19 years old and continued competing at that level for 9 years, until I very happily found out I was pregnant with my first child.

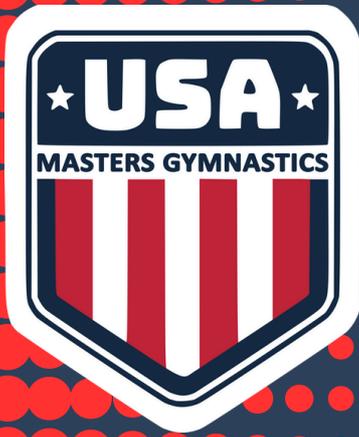
I never expected to continue gymnastics after having a child but ended up developing severe HELLP Syndrome after her delivery and needed something to do in order to regain my strength and health. Since I was a coach, my rehab was in the gym... six months later I competed at USAIGC Nationals in the premier level and have never looked back.

I truly love gymnastics and have had many great achievements that I am proud of, most notable; US Championships competitor, 4-time YMCA National AA Champion, and 5-time level 10 Nationals competitor... but right now, my favorite part of the sport is doing it every day with my two girls.

DECADE: 40s

Career: Gymnastics Center Owner/Coach





TINA CREEKMORE

Favorite Event: Floor

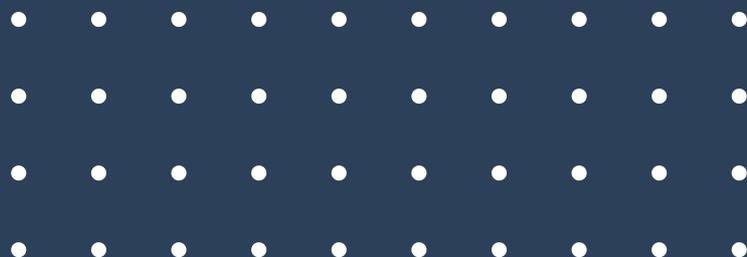


Favorite Skill: Giants and arabians

I started gymnastics at 5 and then made it to level 9 when I wanted to be able to do other things at 13, then my senior year decided I wanted to go back to try for college gymnastics. So I started training and walked on to the team at the College of William and Mary and worked my way into the floor and vault lineups. Then 2 year ago my son started taking ninja classes at a local team and they had an adult team so I started back training and have had lots of fun. I really enjoy having something for my own fun and fitness.

DECADE: 40s

Career: Surgeon





ALISON WRIGHT

Favorite Event: Beam



Favorite Skill: Any skill with flight!

I started gymnastics at the age of 3. I trained in a private gym until high school, then chose to compete Varsity gymnastics throughout high school.

2 years ago, to my absolute shock, I came across an article about “adult gymnastics”! I was instantly interested in getting back into the sport. It was something that I was never able to fully get out of my system. Finding a gym that offered adult gymnastics though was not easy. After dozens of phone calls, I found a gym that was willing to start up an adult program.

After 34 years away from the sport, I had my first competition season in '21-'22. Getting back into the gym after all that time felt amazing. I had a great season back. I was 3 weeks from Nationals ('22) when I landed wrong in practice. I tore ALL the ligaments in BOTH ankles! I missed the chance to compete at Nationals and ended up spending the summer in a wheelchair.

After 6 months recovering, even though my ankles weren't fully healed, I decided to jump back into the sport and get ready for the next season. Even though I've had to water down skills and cut back on training time, it's been an amazing experience to be back doing what I love.

DECADE: 50s

Career: Personal Trainer





ANDREA ZIMMER

Favorite Event: Vault



Favorite Skill: 1/4 on 3/4 off vault

I did gymnastics from age 12-16. I loved the feeling and challenge of the sport. Vault feels like you are flying! When I was 49, I found out about a gymnastics club that offered adult classes. I was hooked. I started off thinking my arms were going to fall off, and training once a week, to now training up to 3 times a week, and knowing that something will pretty much always be sore. This sport is worth it.

DECADE: 50s

Career: Personal Trainer



ANGELINA MELTON

Favorite Event: Uneven Bars

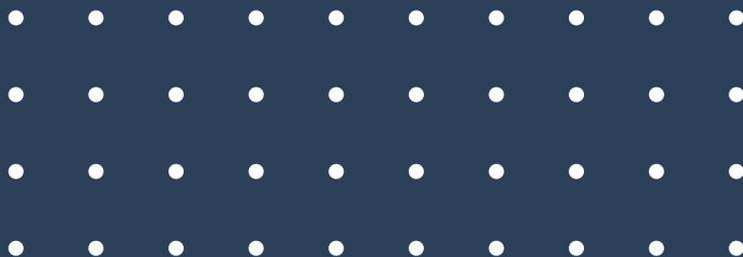


Favorite Skill: Giants on Strap Bar

Started in Jr. High. Virginia State Championship in 1977. Collegiate regionals 1980 James Madison University AA. Competed Empire Games New York State. Competed, judged and continue to contribute to the sport of gymnastics through affiliations with The Wendy Hilliard Foundation.

DECADE: 60s

Career: Retired! Former Domino's Pizza Franchisee





VERA DEUTSCH

Favorite Event: Beam



Favorite Skill: Drop Down on Beam

Did gymnastics when 1st or 2nd grader, offered at school then moved on to club. Loved it, competed, was pretty good. Won local and regional meets, did national meets. Had an accident and dislocated and fractured my left elbow when 11 or 12. I didn't have the strength to quit after that accident and continued till the age of 14 when I went into track and field, running but I never stopped loving gymnastics. Fast forward 39 years I found out that there were adult gymnastics classes and went for it. It was scary to just do a forward roll as I got dizzy! However I loved it and started going once a week and started building back some skills. I started competing Xcel in 2019. My happiness was cut short by being hit by a car while crossing the street in March 2019, but I built back up and competed again early 2020. Then came the pandemic and was out of the gym for 1 year. It was very difficult to find a gym that allowed adults, a lot of gyms closed or went out of business. I did find a nice gym 50 miles from home and started going there in 2021. Unfortunately only once a week, it is far and I have a full time job and business. And started competing again summer 2021. I love gymnastics! I know I do get deductions due to my slightly bent elbow, but I just swallow those deductions and keep on doing it. It keeps me healthy and happy and ballanced.

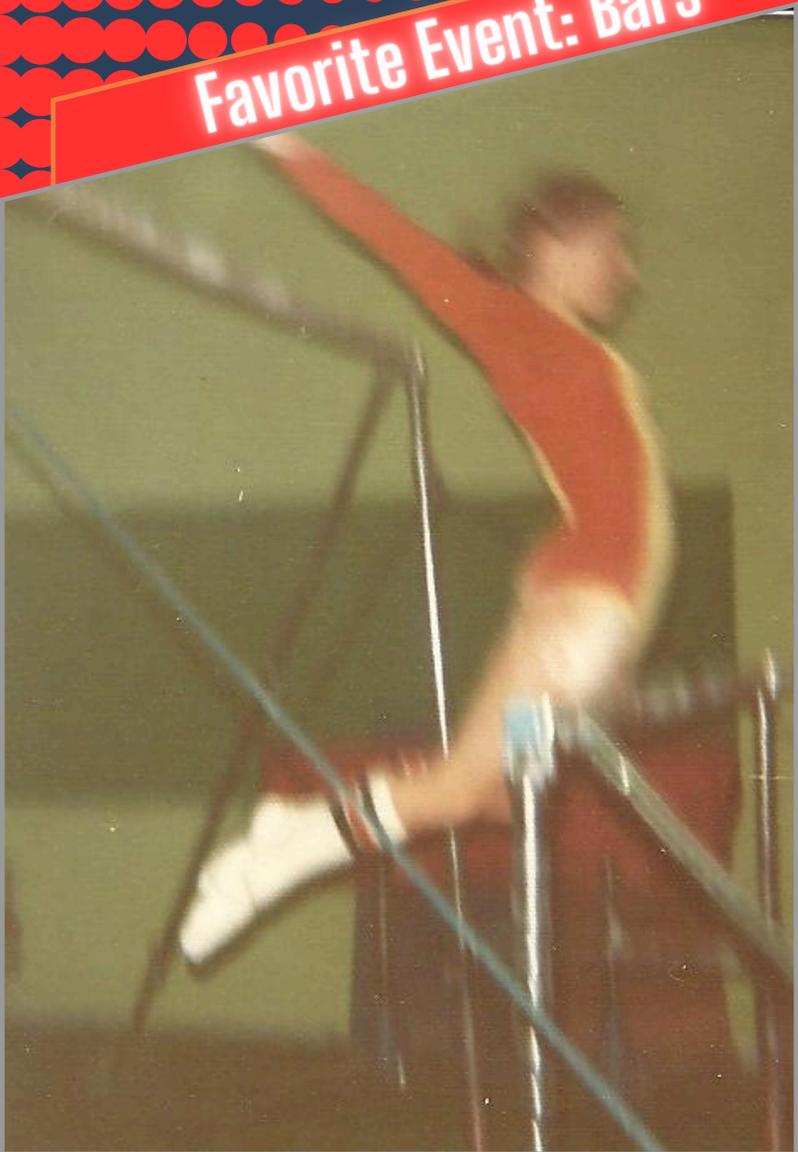
DECADE: 60s

Career: Dentist



SHIRLEY BEECHER

Favorite Event: Bars

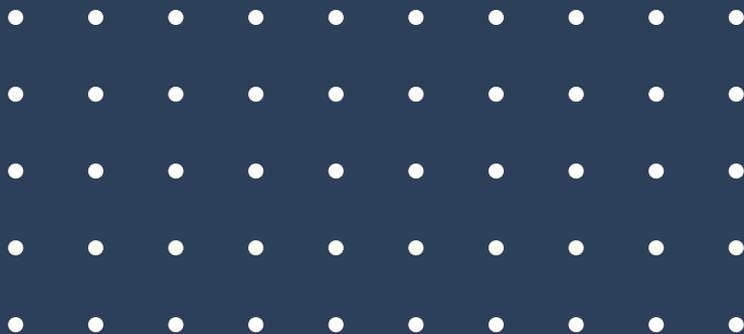


Favorite Skill: Hecht full off low bar

I didn't start gymnastics until I was 16 and never got a chance to compete until in my 30's. I did some old timer meets and then when Empire State Games allowed masters, I competed in those until I was 63 when the Games were canceled. I have done nothing since then so trying to start again is very difficult. Also my son and I are owners of Flips Gymnastics for the past 53 years! The most notable moment for me was when I qualified to compete at the Empire State Games and came in 3rd All Around while competing in the 29 and over age group. I was in my early 40's.

DECADE: 70s

Career: Teacher
and Gym Owner





TEAM GERMANY

WAG Team	MAG Team
Karen Hoffmann (30s)	Alexander Fortmeier (30s)
Sabine Storz (30s)	Marek Schmidt (30s)
Bente Grams (40s)	Marcel Schwefel (40s)
Kerstin Pfirrmann (40s)	Thomas Hemmelskamp (40s)
Silvia Wentzell (40s)	Jens Krueger (50s)
Tanja Hütten (40s Individual)	Roland Hagner (50s)
Katja Gerhadt (50s)	Wilfried Hofer (50s)
Melanie Lienemann (50s)	Friedhard Beck (60s)
Marion Hoch (60s)	Gerhard Metz (60s)
Petra Wallschlaeger (60s)	Holger Stern (60s)
Ursula Wilwohl (60s)	Horst Nießen (60s Individual)
Elisabeth Zeier (70s)	Karlheinz Hiller (70s)
Lieselotte Lindemann (70s)	



Alexander Fortmeier* 17th Sep 1985



My way in gymnastics

When I was in 4th grade, my gym teacher insisted that my parents, who were not into sports, sign me up to the local gymnastics club. I was 11 years old then. From then on everything took its course and my career as a gymnast began. I had my greatest successes at TSV Grötzingen. After going through all levels in the youth competitions, we managed to get promoted to the Regional League and then to the second national league called "2nd Bundesliga". In 2013 I moved to Bühl and initially supported the team in the 3rd Bundesliga until we were promoted to the 2nd league.

Highlights

- Favorite apparatus : High Bar, Vault
- Favorite elements: Tsukahara



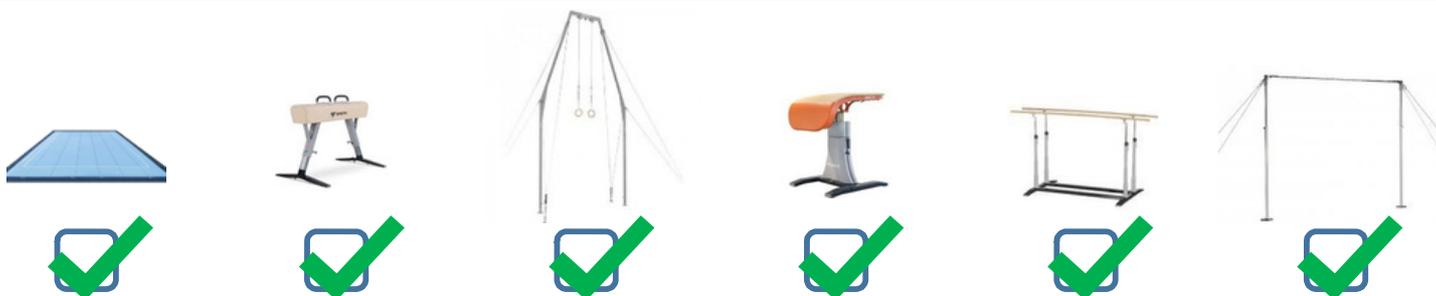
Successes

- Multiple regional Champions
- Multiple Baden-Württemberg Champions
- 1st place AA 2024 Iffezheim
- 2nd place AA Germany Cup (Einbeck)
- 3rd AA German Championship 2023
- Participation in the Romanian Championships. 2nd place in the team

Profession

- Quality Control Inspector

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Marek Schmidt * 09th Oct 1984



My way in gymnastics

My kindergarten teacher recognized that I had a good sense of movement during sports activities and recommended my parents to look for a suitable sport. Both my father and grandfather were already active in gymnastics, so they sent me to the gymnastics hall at the age of 6. I felt very much at home there. At the age of 8 I changed to competitive sports and trained from then on in the KTV Chemnitz club. In my 15-year competitive sports career, I have achieved various successes. In addition, I participated in numerous competitions in the 1st national league with the MTT Chemnitz/Halle for more than 10 years. The passion for the sport, but especially the community with my gymnastics colleagues, were reasons why I continued to do the sport as a hobby after my competitive career ended. I currently do gymnastics for HSG DHfK Leipzig and enjoy the achievements in the senior class.

Highlights

- Gymnast since 1990
- Club: HSG DHfK Leipzig
- Favorite apparatus : High Bar, Pommel Horse
- Favorite elements: Kovacs, Gienger

Successes

- 2x World Cup participation (Gent/Ostrava)
- 1st place Germany Cup - Juniors 2002
- 3rd place German Junior Championships 2002
- 1st place First National League with MTT Chemnitz/Halle 2004
- 4x 1st place German Senior Championships
- 1. Platz Bundespokal der Landesturnverbände 2016

Profession

- Research Associate in Sports Technology at the Institute for Applied Training Science Leipzig



Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Marcel Schwefel * 26 July 1980

My way in gymnastics

I was born on 26.07.1980 in Nördlingen in the beautiful Ries. When I was 5 years old, I accompanied my parents to the gym to pick up my sister from gymnastics. I was persuaded by the coach at the time, Hartmut Bäuml, who has unfortunately passed away, to join in and I was already there.

In my youth I did the M and AK exercises. At 15, I became a member of the national league team. Unfortunately, my interest in gymnastics was not as great during puberty and until the end of my apprenticeship. It wasn't until I was 20 and played in the 2nd national league team for the first time that I was involved again. At the age of 22 I started my studies in Munich, which shaped me a lot in terms of gymnastics. On the one hand the new training partners from the other league teams and on the other hand the different training possibilities. After finishing my studies and a longer trip, a new 2nd team was formed in the Ries, which managed to get promoted to the 3rd league in 2008. After 3 brilliant years, also with Wilfried Hofer in the team, the team was deregistered from the league due to personnel reasons. In 2016, Roland Hagner and I were again registered for the 1st team. After this season, it was the end for me in the Bundesliga team and since then I have been supporting the 2nd team of KTV-Ries, currently in the Bayerliga.



Highlights

- Most difficult element: Salto vw. Salto vw. gestr. 1/1 screw (floor)
- Favorite device: rings
- Favorite elements: Salto rw. 1/1 turn (rings), Tsukahara gestr. (jump)
- Special exercise : support turn rw. twice in a row (parallel bars); scissors over the whole horse with 1/1 turn (horse)

Profession

- Official
- Vocational school teacher in Lauingen an der Donau



Successes

- 2nd + 3rd Bundesliga and Bayernliga KTV-Ries (team) 2000-2023
- German university champion with WG.-Munich
- 2-time Bavarian senior champion
- Promotion with the 2nd team to the 3rd Bundesliga
- Promotion to the 2nd Bundesliga with the KTV-Ries
- Captain of the 2nd team of KTV-Ries

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Thomas Hemmelskamp * 08.12.1974



My way in gymnastics

Gymnastics accompanied and formed me my whole life. At the age of 6 years I followed my sister together with my twin brother into the club TSV Achim (near Bremen). Afterwards, I learned at the gymnastics community of Verden (TGKV) nearly everything from what I am still profiting today. Special thanks to Klaus Zuschneid and Peter Scholz for this! After many years of competitions in Lower Saxony, at the age of 30, we were promoted to the 3rd National League, where I had a lot of fun for 8 years with the gymnastics team of Lower Saxony (NTT). Later, this team became national champion multiple times as TuS Vinnhorst. Today, I compete for Bremen 1860 in the leagues of Lower Saxony and with Hamburg, I am a frequent participant to German Masters Championships and German Masters Cup.

Highlights

- ☐ Twin brother(Christian)
- ☐ 1,85m height
- ☐ Favorite event: High bar, pommel horse
- ☐ Favorite exercises:
 - Back uprise and rear vault (high bar),
 - double scissor with transport (pommel horse)

Successes

- ☐ 1996 Finals in Bremen Beachvolleyball Championships
- ☐ 8 years 3rd National League with NTT
- ☐ Gold medal in Hamburg and Lower Saxony (senior) Championships
- ☐ 5th place "Deutscher Achtkampf"
- ☐ 2009 & 2023 Bronze medal in German Senior Championships

Profession

- Senior Manager in aircraft development



Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Wilfried Hofer * 7th June 1967

My way in gymnastics

At the age of nine I started gymnastics at SpVgg Deiningen. With the school team of the primary school in Deiningen, I achieved the national victory four times with "Youth trains for the Olympics" in Berlin.

When I landed in Munich after completing my training, like Jens, I was allowed to train with the gymnasts from FC Bayern, among others, at the state academy. From 1986 until 2018 I started with KTV Ries in the state, regional and 2nd or 3rd Bundesliga.

Since 2008 I have been taking part in the Bavarian and German senior championships. It is always a pleasure to meet gymnasts from earlier times and to meet new ones, including former national gymnasts.

With the Bavarian selection, I have brought the Germany Cup for seniors in the AK 45 to Bavaria every year since the first participation in 2014.

In 2018 I competed in my first international competition in Riga. Participants included national gymnasts from Norway and Russia. Luckily and thankfully, my wife Andrea always accompanies me to the competitions to coach us. Without this "service" I could not imagine this effort.



Highlights

- Favorite apparatus: floor, high bar
- Favorite element:
High bar: Giant full twist into ell grip
Floor: Cartwheel turn flickflack followed by somersault with twist
- Most difficult part:
Gienger and Tsukahara dismount on high bar



Successes

- 12 years 2nd Bundesliga
- Multiple Champion of Bavarian Masters
- Multiple Champion of German Masters
- 7 times winner of German Masters Cup
- 2022 Silver Medal Japan Masters
- 2nd place Latvian Open Veteran Competition in Riga

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Roland Hagner * 12 June 1973

My way in gymnastics

I was born on June 12th, 1973. When I was 5 years old, in 1978, my mom picked me up from kindergarten and drove me to the gym. My gymnastics career suddenly began with this first training session. 17 years and hundreds of hours of training later, in 1995, the big moment in my team career came when I played for KTV Ries for the first time in the 2nd Bundesliga. I have remained loyal to the club to this day and in 2021 I was able to look back on the proud anniversary of 25 years in the 2nd and 3rd Bundesliga with this club – and it goes even further. I really enjoy doing gymnastics and enjoying the powerful elegance of this sport. I also wanted to pass on this joy and in 2006 I decided to become an active coach in my home club „SpVgg Deiningen“.

In addition to the usual gymnastics competitions, I also took part in mixed competitions with a partner. In 2015 we won the par gymnastics Turngau Oberdonau.

My gymnastics highlight was taking part in the Japanese Senior Championships an in the first country comparison competition of the senior national teams from Germany and Japan in 2022. An unforgettable experience. In 2023 I got 2nd place at the Latvian Veteran Open in Riga.



Highlights

- Favorite apparatus: Rings
- Favorite elements:
- Cross hang, head cross (rings), Hardest element: back uprise to swallow (rings)



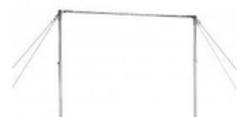
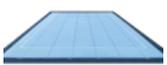
Successes

- 1st place German Senior Champion 2021
- 1st place German cup winner of the seniors
- Multiple Bavarian Senior Champion
- 2 times 1st place „Youth trains for the Olympics“ in 1985 and 1986 with the primary school in elementary school in Deiningen
- 2022 Bronze Medal Japanese Senior Championships
- 2023 2nd place Latvian Open Veteran Competition in Riga

Profession

- Wholesale and foreign trade merchant at BayWa AG
- Consulting and sale of buildings material

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Friedhard Beck *19th Jan. 1957

My way in gymnastics

For my father, who still did gymnastics under the leadership of Ernst Tetzner, the Altenburg substitute for the German Olympic squad from 1936, it was clear - especially as he was a sports teacher at the time - that his children would actively pursue gymnastics from the start of school. For me, this led to the classic GDR competitive sports career with a sports school in Bad Blankenburg and Halle/Saale, where I ultimately took part in top-level gymnastics. Even if I didn't make my big breakthrough there (after all, I ended up competing against later Olympic champions and world champions such as Roland Brückner, Micha Nikolai or Ralf-Peter Hemmann), I was privileged to be able to present the enormous technical development of gymnastics in the 1970s "live," so to speak "to witness. Not only the first attempts at a "Jägersalto" (Bernd Jäger, who was 5 years older than me, trained with me in a gym in Bad Blankenburg) or the first "revolutionary" competitive air show on the horizontal bar by Stojan Deltshev, Alexander Tkatshev and Vladimir Markelov are in my scope of the Moscow News International Tournament in 1977 (where I, as a competitor, was practically right next to it). With all the admiration of the new on the international gymnastics stage, there was of course the incentive to "follow up", so to speak. As far as I know, I was the first person in the GDR to do the Tkatshev counter-straddle on the bar, and as a junior in 1974 I did the Tsukahara dismount on the bar, which was then known as the "moon somersault". As early as 1975, during a junior international match, I witnessed how the Russian Saifulin eclipsed that for the first time with a "double-double". After competitive sport, I remained true to gymnastics in the background, but only entered the competition stage as a senior in 2002. Here the oldest (over 80) are now the gymnasts I have the greatest respect for.

Highlights

- Active since 1963
- Club: Gothaer TV (Thüringen)
- considers gymnastics not only as a sport per se, but rather as a certain way of life



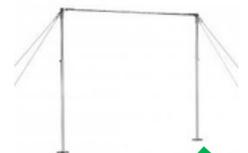
Successes

- GDR-Champion on Highbar 1976
- 4 times GDR-Juniors-Champion 1975
- 14 times Champion of German Masters

Profession

- Hotelier
- since 2023 retired

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Gerhard Metz * 12.05.1960



My Gymnastics Story

My first experience with gymnastics was at the age of 10 during children's gymnastics at my local club, TV Hatzenbühl. Two years later, I had the opportunity to participate in individual championships (regional level) for the first time. Since we trained no more than 2-3 times a week, my gymnastic skills were limited. Nevertheless, I enjoyed gymnastics, had my moments of success, and was infected with the gymnastics virus.

At the age of 13, I was able to attend the German Gymnastics Festival in Stuttgart. I thought this gymnastics festival was fantastic. Since then, I have participated in all National Gymnastics Festivals.

At the age of 18, I obtained my coaching certificate and have been coaching children and teenagers for 45 years alongside my own training. A few years later, I discovered the "Jahn-Neunkampf" (multi-sport competition that combines elements of gymnastics, swimming, and track and field). Here, I had the opportunity to qualify for the German Championships for the first time. Although I was never among the top ten, I was always proud of my performance. When I first competed in senior championships at the age of 42, I was rewarded with 9th place, and I thought, "This is my thing." In 2006, I made it to the podium for the first time (3rd place). In 2021 and 2023, a small dream came true - I became the German champion in the 60+ age group.

"Nothing great is ever achieved without much enduring." – St. Catherine of Siena

Special features

- 50 years of competitive gymnastics without interruption
- Favourite apparatus: Parallel bars and pommel horse
- Favourite moves: Press to handstand, endo roll to handstand
- Achieving the optimal result with the available resources.

Occupation

Physical education teacher at Lebenshilfe (organisation that provides support for people with disabilities)

Achievements

- Multiple state champion
- Participation in German Multi-Sport Championships (Gymnastics, Track and Field Swimming)
- 17-time participant in German Senior Championships (8 times on the podium)
- Founder of the performance and entertainment group "Chaosstaffel" (Chaos Squad in English)



Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Karlheinz Hiller * 20 Nov 1952



Some remarks

- Genuine amateur gymnast
- Favorite device: each has its charm
- Several repairs to shoulders, Achilles tendon, intervertebral discs

Successes

- Winner of: Meissner Hallenturnfest, Freitaler Windberg-Turnen, Freyburger-Jahnturnfest, Cottbuser Turnermemorial, Eberswalder Turnertreff
- German Masters Champion AK70 2022, 2023

Profession

- Experimental elementary particle physics. Retired since 2019

My way in gymnastics

At the age of 9, my parents enrolled me in general gymnastics at school. After some time I switched to the gymnastics section of the BSG Fortschritt in my hometown Weinböhla. The first trainer was my father and the training on the gymnastics equipment was now more targeted. At the beginning of my studies I became a member of the gymnastics section of the TU Dresden. With the TU selection, which I belonged to after about 2 years, annual friendly competitions were held with the Prague and Budapest gymnasts. Professional life required a move to Zeuthen near Berlin. In order to continue my gymnastics activities, I switched to the gymnastics section of the Humboldt University in Berlin. The SSG Humboldt University Berlin and the association Nordost Berlin, where my wife trains, are my sporting home. My wife Hannelore is an active gymnast herself - we are like a team in the training hall as well as in competitions.



Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Team Captain - Jens Krueger * 11 Feb 1968



My way in gymnastics

At the age of 5: During a Sunday walk in 1973 I saw a gymnastics performance in my home village. My parents asked me if I want to do the same - that's how my gymnastics story began. In the village club I played more in the equipment room than exercising on the gymnastics apparatus, which was of course a lot of fun. But my coach kept getting me back on the apparatus. I remember that 4 people gave help to me on the horizontal bar – like that giants couldn't be avoided anymore. In that way I always felt respect to the apparatus but found my passion as well. As a student I was in Atlanta USA in 1991, where I did gymnastics every day and improving my skills to do an all-around 6 event competition.

In 1992 I took part in gymnastics for the first time at the German Cup (Hamburg Gymnastics Festival). In 1996 my time began in Munich, where I performed for "Exquisa Oberbayern" in the 3rd national league. The special thing about the time in Munich was exercising many years in the gym with the 1st national league gymnasts and their coach Siegfried Fülle. I listened carefully to the explanations and instructions and was able to learn a lot myself. At some point the time my master gymnastics career began. I was always in the top 10, something I never achieved during my "active time". The super gymnasts get older and give up, and those in the second tier keep going. In this context, the idea arose for the first time that international senior competitions could also be held. Then in 2013 I went to Japan and thought that this was the end of my gymnastics career. But here I met the Japanese gymnastics friends. In 2018 I asked Mitsuro Tsukahara whether we could start a masters world cup during the Olympic Games. In 2022, after Corona, the first JP-GER international match took place in Tokyo. This was followed by the World Cup in Einbeck, where I was able to lead the German team to the gold medal.

Highlights

- Most difficult element: Markelov (P-Bars)
- Favorite apparatus: Parallel Bars
- Favorite elements: Deltschew (Rings), Steinemann (High Bar), Scissor 1/1 twist with jump (Pommel), Yamashita ½ Dr. Somersault rw. (Vault)
- Special exercise on the High Bar: turning over, straddling, Steinemann swing with a jumped half turn. Three flight elements, but still no C-element ☐
- Creativity to bring value parts into routine.

Profession

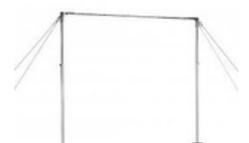
- Daimler Truck AG
- Mitsubishi Fuso Japan
- Project Management Governance



Successes

- 3rd national league and regional league (team) 1996-2013 for Munich.
- Parallel bars final competition Bavarian Championship 2000
- Multiple top 10 at German senior championships (gymnastics/athletics)
- 2021 Bronze Medal Japanese Senior Championship
- Initiating Masters Team World Cup
- Captain of the German senior national team Masters Team World Cup Silver 2022 in Tokyo Gold 2023 in Einbeck

Performing at the World Cup (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Horst Nießen* 12 März 1963

My way in gymnastics

At the age of 8 I started gymnastics at my home club Hansa Gemeinschaft 1921 e.V. Simmerath and have remained true to it to this day. As a child and adolescent, my participation in competitions was limited to the Turngau level and participation in Rhenish and German gymnastics festivals, which I have attended continuously since 1978. With my club mates I was able to win the team championship of the Turngau Aachen 10 times. We also did gymnastics with our Team for a few years in the Rhenish league. When I was a senior I was able to win the Rhenish senior championships several times. Since 2006 I have been able to fight my way up from third to last place to third place at the German senior championships. In 2019 and 2023 I took part in the Latvians Veteran Open and this year I finished first in my age group and sixth overall. I can pass on my experiences as an athlete, trainer and judge across generations and show that gymnastics can be practiced across age and national borders.

Highlights

- Favorite devices: High Bar and pommel horse
- Favorite elements: That succeed exactly
- Most difficult element: Double Salto (Rings)



Successes

- Champion on pommel horse and high bar at Turngau
- Multiple Rhenish Senior Champion
- To be healthy

Profession

- Insurance clerk
- Reserve and asset protection expert



Performing at the World Cup substitute gymnast (individual ranking)



Turnen

DEUTSCHLAND

Senioren



Holger Stern * 14 Dec. 1960



My way in gymnastics

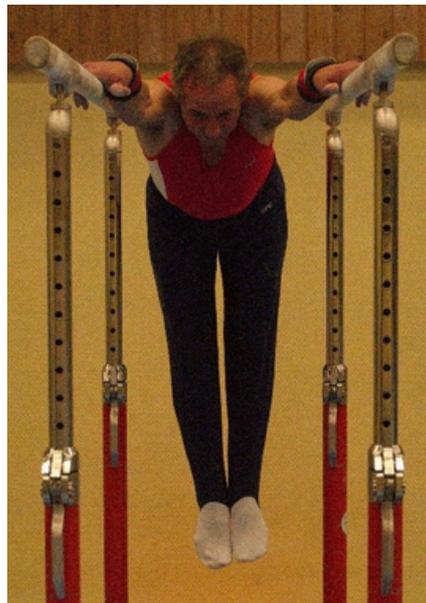
I was already quite good at different kinds of sports in my childhood and teenage years.

I started to do gymnastics on a regular basis at the end of 2003, after a personal 'gymnastics history' of about 5 years. At first I trained only for fun, and my first competition was the Hamburg Championships in 2015. Since then my training has been more targeted, and in 2016, at the age of 55, I supported the Hamburg Seniors Team 30+ on the high bar at the German Cup for Seniors. I participated in the German Seniors Championships in 2017, 2018 and 2019, and again in 2023 after an injury-induced break.

More about me

First competition: 2015

I am learning increasingly more difficult elements over time.

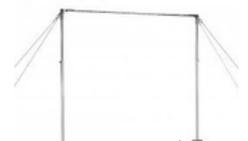


Achievements

2019: German Seniors Championship – 4th place

2023: German Seniors Championship – 4th place (despite a 1.5 year COVID break and following surgery on three shoulder tendons in Dec. 2021)

Performing at the World Cup (individual ranking)





Sabine Storz * 08.03.1990

personal story

I started my career in 1995 in Malsch. When I started studying, I moved to Freiburg and became a member of the PTSV Jahn Freiburg, where I still do gymnastics. At the moment I practise three times a week on vault, beam, bars and floor. The best results I have achieved so far are the 12-time German Champion in the nineathlon and the first place in the 3rd highest German National League (South) including the promotion to the 2nd League. I also teach girls (13-14 years) twice a week and women with whom I compete in the 2nd League.



job

- maths and sports teacher at a high school



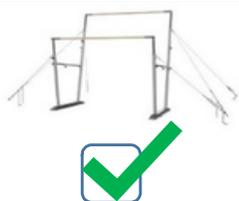
personal best results

- 12-time German Champion in nineathlon
- 3rd place at the German Senior Championships in 2023
- 1st place in the 3rd German National League (South) with promotion to the 2nd League
- 4-time athlete of the year in Freiburg
- 3rd place with the team at the German University Championships 2016
- 2nd place at the German University Championships 2016 on vault
- 2016 on vault

special

- gymnast since 1995
- nineathlete since 2010
- association: PTSV Jahn Freiburg TG Breisgau
- favourite event: vault
- favourite training event: vault, beam, bars and floor
- favourite move: double somersault
- my strength: jumping power, strong all-rounder, incredible joy while doing gymnastics
- state-certified ski instructor
- good mood dancer
- favourite drink: Paulaner Spezi
- owner of a 5m long floor beam
- dream job: stunt woman

events that I start at masters team world cup 2024



Turnen

DEUTSCHLAND

Senioren



Karen Hoffmann * 05.10.1988

How it all began

My career began 1996 in acrobatic gymnastics until 2012. The best result: we were multiple German-vize-champions. After that I started being a national referee and also coaching kids. But I didn't want to stop doing sports by myself and I started doing gymnastics in 2012. Now I am still doing gymnastics in different competitions. I also coach 12 girls (12-18 y) 3 days a week and after that I work out for 2h on beam, bars, floor and vault.



Profession

- Assistent in a neurology office

Success

- multiple state champion
- 4 times participated at a German-Cup
- 2nd at German-senior - championships in 2018 and 2022
- 3rd at German-seniorchampionships in 2021
- 2nd at Team-German-seniorchampionships with team Saxony in 2018 and 2022
- 1st at German-senior-championship in 2023, 1st at the World-Cup with Team Germany Seniors 2023

Special Features

- Gymnast since 2012
- Club: TV Markkleeberg von 1871 e.V./Saxony
- Favourite event: floor
- Favourite move: twists
- My strength: expressive routines on floor
- Volunteering:
 - coach at my club- age group 12y+
 - being a part of the committee in saxony in gymnastics

use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Silvie Wentzell * 4th December 1976



How it all began

My rather unusual gymnastics career started in a classical way at a local club for children's gymnastics at the age of 5, but as I used to do multiple kinds of sports like track and field and horse-riding, my decision to specialize in gymnastics came pretty late, so that I did not compete on an elite level until the age of 17. At that time I was coached by Peter Diehl (also a former national team gymnast) and Gerd Peter at a local club in Siegen who enabled me to win several state championships and the German University Championships.

Even though I incredibly enjoyed this individual success, the team competitions are the ones I favour, for example, more than twenty years in the national league for teams like Eintracht Frankfurt, KTV Dortmund and SGK Bad Homburg, or also my participation in the French national league for the team Bordeaux – Merignac. I have been competing at the senior level since 2018. On the whole, gymnastics have had an enormous impact on my personality and my attitude towards life as there is no other kind of sport demanding both physical and mental strength to such an extent and – in addition to that- causing that much happiness.

Special features

- Most difficult element: Front somersault on beam
- Favourite apparatus: balance beam
- Favourite elements: Front twists (floor); Gienger

Profession

- Teacher for P.E and English



Success

- Multiple participation national championships (Elite)
- 3 x German Champion (Seniors)
- Multiple German University Champion
- Multiple Start Champion (Elite & Seniors)
- More than 20 years national league (team)

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Bente Grams * 24th July 1979

How it all began

I started gymnastics in 1984 at the age of five at MTV Eckernförde (Schleswig-Holstein). Especially the floor absolutely fascinated me as a child. I loved to connect back walkover, flick-flacks and somersaults, which earned me the nickname "Flummi" in the gym. At the age of 16, I tired gymnastics in the new Landesleistungszentrum in Kiel. After graduating from high school in 1998 and moving to Kiel, this became my main training venue, along with the university gym. During my teacher training studies, I regularly took part in the German University Championships. In 2001, to my surprise, VTF Hamburg asked me if I wanted to join the team in the 2nd Bundesliga. So I did gymnastics for Hamburg for several years until Wedeler TSV recruited me for the same league. In the following years, I took part several times in international competitions such as the Hamburg Gymnastics and the Viborg Cup. In order to be able to train more extensively, I switched from my home club to TSV Kronshagen, for whom I competed in the 3rd Bundesliga and in the regional league until the birth of my second child in 2014. Since the birth of our twins in 2017, I have greatly reduced my training workload due to time constraints and concentrate on the seniors and the Landesliga. At the national senior competitions, I enjoy the relaxed and companionable atmosphere and am proud to be a member of this big gymnastics family.



Special features

- Favourite apparatus: uneven bars
- Favourite parts: free rim, dismount somersault half twist
- Most difficult part: somersault vw. Approach (balance beam)



Success

- 5 years 2. Bundesliga (2x Relegation 1. Bundesliga)
- Several years: 3rd Bundesliga and Regionalliga
- Two times German senior champion, several times vice champion
- German university champion (team), 1st place aDH Cup (individual)
- German all-around champion (team)
- Multiple Schleswig-Holstein state champion CdP, all-around, seniors

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Melanie Lienemann-Günther

* 25 July 1973

How it all began

I started gymnastics at the age of 9 years. I learned the basics in my home area East Frisia, Lower Saxony at TG Wiesmoor. I admired the gymnasts of peers, especially Kim Faß, she was my idol and she soon became a National gymnast. As 16-year-olds, Kim and me took over the training from her mother. When Kim left for her studies, I was responsible for the gymnastics of TG Wiesmoor as a coach, referee and organiser of a show group. Besides that, I was an active gymnast. For a short time, I had Hartlef Burman, a very qualified person, at my side who pushed me forward as gymnast and a coach. Thanks to him, I practiced the Tsukahara at the vaulting horse for the first time at the age of 27 and I tried the uneven bars with free/clear hip circles and downswing with salto. Unfortunately, I got myself a knee injury the same year which forced me to pause, but not to give up. In 2004, I restarted with gymnastics in Baden-Württemberg. KTV Hohenhohe convinced me to join them in the upper league (Oberliga). Although I was a senior gymnast to that time, I had a great time and learned many elements like underswing (with feet) on LB to HB with counter, front support on HB – stoop with flight or free straddle fwd over HB and ½ turn (180°) to hang on HB, Hecht jump (legs together) with hand repulsion over LB to hang on HB, rear support on the HB, seat circle on bwd with release to hang on LB, free/clear hip circles or giant circles bwd. In 2010, I moved to the very North of Germany, to Kiel. Despite my injury, I have been participating at DSenM and DSenP for a few years. Yet, I am happy and glad to be able to do this wonderful sport and will go on as long as possible and never give up!



Special features

- I love apparatus: Vault, Uneven Bars
- My favorite elements:
 Uneven Bars: free/clear hip circle
 giant circle bwd, seat circle bwd with release to hang on LB
 Bank/gymn. bench: Switch Leap (Mount), tour jeté



Success

- 3rd German Senior Champion 2023 • 2nd German Senior Champion 2022 • Podium placement German Senior Team Champions Cup
- Teenager Championship in Lower saxony and Senior Championship (Hesse and Schleswig-Holstein)
- 3rd Senior World Masters Athletics Championships Pole vault (Lahti, Finland)

Profession

- State-certified swimming master for swimming pool companies
- Sports and gymnastics coach

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Katja Gerhardt * 10 Dezember 1971

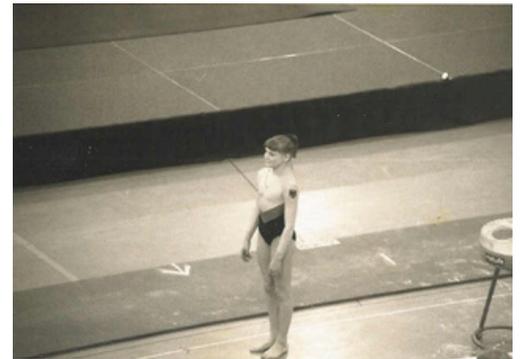
How it all began

My gymnastics career began in 1976 at SV Niederwörresbach. Between 1983 and 1989 my gymnastics skills were greatly encouraged by the nominations for the national squad, but unfortunately my desire to do gymnastics was gradually destroyed during this time by the miserable topic of "weight" and various breaches of trust, so that shortly before the World Championships in my own country I hung my straps on the wall. Today I regret this decision very much, but I can't change it. However, the desire to "overturn and fly" remained and so I came to diving through my sports studies and also started at the Jahn Neunkampf in 1993 and 1998 and in competitive aerobics. But the constant pressure to win led me to triathlon and marathon, 1996 to 2008, because I just wanted to compete without a thought of winning. My daughter (10 years old) got me back into gymnastics because I've been training her at KTV Nahetal/Niederwörresbach since 2018. In 2023 my gymnasts started in the LK program. But since my gymnasts kept forgetting their floor freestyle exercises, I did them and videotaped them for them, and the thought came to me: "If I'm already doing LK gymnastics on the floor, I can start again in the competition myself."



Special Features

- Favourite apparatus: Vault, Bars and Floor, because you can fly so high and feel free.



Success

- 1986 Youth European Championships in Karlsruhe, Vault Finals 6. Platz
- 1987 German Champion at Floors
- 1986 – 1989 World Cup Squad
- 1988 German Vive Champion
- 1989 End of intern. Career
- 1995 5-time University Champion
- 1995 Bundesliga with KTV Frankfurt
- 2001 Bundesliga with TV Baumbach
- 2017 German Senior Championships 4. Place

Profession

- Teacher

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Petra Wallschläger 27.05.1958

How it all began

I started gymnastics in the club I'm still in today, the company sports club Stahl Eisenhüttenstadt e.V. (BSG Stahl Ebst.). That was in the 1st grade.
From 1969 to 1974 I attended the sports school in Frankfurt (Oder). Unfortunately, I had to give up gymnastics because of a back injury. I am a primary school teacher by profession. During my studies I took part in student championships for the institute student championships for the institute and worked as a trainer in my club.
After my studies, I started working for 3 years at the children's and youth sports school Frankfurt (Oder) as a teacher in the gymnastics department. In 1981, I accepted an offer from my club to work as a trainer in the junior and in the popular sport of gymnastics.
From 1981 to 2023, I worked as a coach and later as the club's managing director.
In all these years, until my retirement in August 2023, I am still coach of children, youth and adult/senior gymnasts. In addition I also lead a women's gymnastics group.
Since 2000, with a few interruptions, I have taken part in German championships in German individual and team championships. Of course I also take part in numerous other competitions.



Special features

Favorite apparatus: floor
(forward somersault, aerial)
Yamashita on vault



Success

- 1972vGDR champion an Spartakiade-
- winner on uneven bars
- 15 times German senior champion
- 1 AA German Champion 2024

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Ursula Willwohl 06.03.1956

How it all began

At the age of nine, my father took me to his gymnastics gym in Ludwigsfelde. There I was so enthusiastic about gymnastics so that at the age of 10 I passed the entrance examination for a children's and youth sports school in the GDR. There I went to boarding school and trained for 7 years with small successes. My first important success I achieved at the student championships and later at the GDR's best competitions.

Since 1990 I have been a member of the TUS Klingetal Frankfurt(Oder) club.

I train there myself and am also active there as a coach in junior gymnastics.



Special features

Favourite apparatus: uneven bars

Most difficult element: pike 1/1



Success

- multiple German senior champion
- 9 times German senior cup winner

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Elisabeth Zeier

How it all began

I was already enthusiastic about gymnastics when I was at primary school. I took part in numerous regional competitions and, as I grew up in South Tyrol, I also took part in many competitions all over Italy. After a successful placement at the Italian Championships, I was invited to train with the Italian national team in Rome. After 14 days of training, however, I gave up competitive gymnastics; school and studies were more important to me. However, I remained closely connected to gymnastics, became a judge and coach and trained the gymnasts of TSV Neunkirchen am Brand in Upper Franconia/Bavaria for well over 30 years. Although gymnastics has changed a lot since my active time, I decided to actively participate in competitions again in 2001.



Special features

- Favourite apparatus: Floor



Success

- German Masters Champion
2009, 2013, 2015

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Lieselotte (Lilo) Lindemann 18.05.1951

How it all began

I became a member of the Wiesbaden Gymnastics Association at the age of 7. In the general I became interested in gymnastics and sport. This and my gymnastics teacher shaped my whole life. Since 1968 I have taken part in many German state and national competitions, in the „Deutscher Achtkampf“ (athletics and gymnastics mixed) and pure gymnastics competitions. I studied sport at a specialized institute and was a trainer in clubs for almost 50 years for ski gym, fitness gym, aerobics and gymnastics. When the German senior championships took place for the first time in 2000, I started doing gymnastics. Since then I have competed in almost all of them (not in 2 due to injury). I was a PE teacher at an elementary school and have been a pensioner since 2013. Sport also shaped the life of my sporting family (husband and 3 children).

Special features

- Favourite apparatus: parallel bars



Mother and daughter



Success

- 19 times German Masters Champion

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Marion Hoch, 26.04.1958



How it all began

Born 26.04.1958 (65)

First training in 1966 on a playground, a trainer discovered me doing gymnastics on the climbing frame and invited me to the gym. Thus began my gymnastics career on 2 May 1966. I trained at the BSG Post Bautzen in the performance centre and had a lot of fun and enthusiasm. After two years I took part in competitions at district level. At the age of 10, I joined the training group of my long-time coach Walter Ruben.

My personal highlight was in 1977 when I took part in the GDR's best competition in Erfurt, where I came 9th place.

For the next few years I was involved in my family, but still worked as a coach and judge.

In 2004 I rediscovered gymnastics, started to train regularly and became Saxony Champion in 2005. When I qualified for the German Championships in 2005, my passion was completely reawakened and I finished in an excellent 10th place.

I have been Saxony Champion for 10 years now and at the German Championships I always finished among the best 6.

Twice I was runner-up and once I came third. In 2023, I qualified for the senior selection against Japan for the first time and am looking forward to a great competition.

Special features

Bars: Free roll, handstand roll, various turns and jumps

Floor: held turn

Profession

I have been retired since 2022. However, I am still active as a gymnastics coach and judge at MSV Bautzen 04.

Here I built up the kindergarten sport, taught back fitness, aerobics and Pilates.



Success

- Saxony Champion for 10 years
- 2005 first participation at DM
- from 2006 always among the first 6 of the DM
- 2011 2nd place Germany Cup with the team
- 2013, 2015, 2017, 2021 3rd place with the team at the Germany Cup
- Furthermore I took part in numerous competitions, such as the Freyburg gymnastics meeting (places 1- 4)

Use on the apparatus at the competition (individual classification)



Turnen

DEUTSCHLAND

Senioren



Kerstin Pfirrmann * 05. März 1983

Personal Story



I was allowed to get a taste of gymnasium air at a young age and completed my first competition at the Gaukinderturnfest at a age of five. With my former team the TV Knielingen we climbed up through several levels until the Verbandsliga. Since we were a colorful mix of several Karlsruher gymnasts, we form the 2nd team of the Kunststturn Region Karlsruhe in 2004. The idea at that time was to offer all the gymnasts, mostly the older women, a team with which they could train and go to competitions. With this team we promoted to the Oberliga and even won the championship title. After a shoulder injury in 2011 and three baby-breaks until 2018, I got back to training, supported my „gymnastic girls“ in the league – meanwhile for the TG Eggenstein and became a member of the senior Team Baden. Since then we´ve done some regional senior competitions and even abroad. I hope this will continue for a while.

Particularities

- Club: TG Eggenstein
- Favorite device: uneven bars
- Favorite element: Clear hip circle to handstand
- Better clean and soft, for that a life long.

Successes

- Multiple Baden senior Champion
- 3rd Place at German Senior Championship 2023 & 2024
- As a member of the „Team Baden“ serveral times winner of the German Senior Cup.
- 1st Place at Riga-Cup 2019
- Long-time league gymnast (until Oberliga) of TV Knielingen later KR Karlsruhe and TG Eggenstein

Pr ofession

- Teacher at Max-Planck-Gymnasium Karlsruhe.
Subjects: Physical Education and Mathematics



Use on the devices (individual)



Turnen

DEU SCH LAND

Senioren



Tanja Hütten * 06.07.1979

Personal Story

When I was 5 years old, my parents took me to the children's gymnastics group. My talent was quickly discovered here. After a year I switched to the competition group and from then on trained three times a week and later unfortunately only twice a week in order to be able to compete in competitions up to the Rhenish level. From the youth to the adult level, I dominated in my or the open age group at district level. I also completed training as a trainer when I was a young adult and have been leading our club's girls' competition group ever since. Despite a little dry spell in between, I never gave up gymnastics. My ambition drove me to persevere until I started in the senior division. Here I can live out my creativity and inclinations in freestyle gymnastics, which continues to motivate me even more and push me to achieve greater things. Gymnastics is my passion because it is spectacular, aesthetic, diverse, powerful, dynamic and just great to watch.



Special Features

- Favorite equipment: uneven bars and high bar Best Device: Bench
- Favorite element: Roll backwards into handstand (C element on the bench)

Profession

- Clerk at Lebenshilfe in Heinsberg for people with disabilities



Successes

- 2 times 1st place and several podium placements at the Rhenisch (Westf.) Championships (youth / adults and seniors)
- Multiple participation in the Germany Cup for senior teams
- Victory in the traditional competition, the 47th Eberswalde gymnastics meeting
- 4 TOP 10 placements at German Senior Championships
- Substitute gymnast for the German team's 1st place at the International Senior Team Cup 2023 in Einbeck

Use on the apparatus at the competition (individual classification)





TEAM IRELAND

WAG Team

Sydney Roberts (30s)

Nicki Lacey (40s)

Freda Dreher (60s)



IRELAND
MASTERS GYMNASTICS

SYDNEY ROBERTS

My Gymnastics Story

I began my gymnastics career at age 3 when I was doing chin ups in a mommy and me class. I started competing women's gymnastics at age 5 and loved every minute.

After graduating college and doing women's gymnastics for 17 years, I decided to learn something new and started Men's gymnastics. I loved the new challenges this side of the sport brought and I ended up being much better at it too! Two years ago I started learning trampoline and tumbling, so I now compete in a total of 14 events (called the omnithon).

This sport has changed my life and as a dual citizen (Ireland and USA), I am so grateful to now compete for my family's home country in the state I grew up in!



Achievements

- Sixteen 1st place finishes at NAIGC Nationals (11 in Men's, 1 in Women's, 3 in T&T, 1 in decathlon)
- 2023 Master's World Cup Silver Medalist

Gymnastics Favorites

- Favorite event: Rings
- Favorite skill: Back tumbling

Occupation

Director of
Non-Profit
Teaching Farm





IRELAND
MASTERS GYMNASTICS

NICKI LACEY



My Gymnastics Story

As a child I did acrobatic gymnastics in Wexford Gym Club and was a 'top' in a women's pair. I had stopped by the time I reached my teens and moved on to other sports.

I rediscovered gymnastics at age 38 after I took my baby daughter to a parent and toddler gym class at Carrigaline gymnastics club. I was thrilled to find that there was an adult class and I have been hooked ever since. To prepare for this event I have been training between two fantastic clubs, Douglas and Carrigaline Gymnastics clubs in Cork. Training is a major highlight in my week. The adults I train with are an amazing crowd and all of my coaches have been so generous with their time and knowledge. Luckily they also have a sense of humour – you need one to watch my beam routine. At 44

this is my first ever artistic competition. Hopefully of many.

Very few adults do gymnastics in Ireland and only a handful of clubs run adult classes. After going down a YouTube rabbit hole I saw that adult competitions in other countries were common and was in awe

watching people decades older than me doing skills I could only dream of. I knew immediately that I wanted to be one of those people – so here I am.

Achievements

- National Senior Women's Pairs Acrobatics Champion at age 11
- Doing all 4 events at this competition!

Gymnastics Favorites

- Favorite event: Uneven bars
- Favorite skill: Tsukahara

Occupation

Physiotherapist




 IRELAND
MASTERS GYMNASTICS

FREDA DREHER

My Gymnastics Story

A daughter of Irish heritage, I grew up in Western New York and became enamored with the sport at age 12 and then had the good fortune to attend a private club and compete on my high school team. In college, I participated in the school's "Acro Theater" training and performance. At age 22, I was told that I could no longer attend gymnastic clubs due to insurance restrictions, so I brought the philosophies of gymnastics into every adult endeavor, including academics.

I am a physician, specializing in Physical Medicine & Rehabilitation. Guiding patients through rehabilitation from devastating traumas has inspired me to utilize my God-given abilities and talents to the best of my potential. At age 58, I learned that a local gym allowed adults to come and play, so I got back into the sport after a 36-year hiatus. A year later, I experienced a major trauma and realized that I now had to "walk the walk" of my very own medical specialty. A gymnastics mind-set helped me with my own recovery program, and I was able to get back into the gym after a year.

In addition to medical practice, I'm now coaching gymnastics part-time. I am deeply grateful for the opportunity and ability to participate in this beautiful sport.



Achievements

- Defying age by coming back

Gymnastics Favorites

- Favorite event:
Floor
- Favorite skill:
handspring vault

Occupation

Physician





TEAM JAPAN

WAG Team	MAG Team
Etsuko Koike (40s)	Hidenori Hirata (30s)
Reiko Akasawa (40s)	Kotaro Taguchi (30s)
Shoko Segata (40s)	Shuhei Hirota (30s)
Mieko Arai (50s)	Yasushi Murayama (40s)
Yuiko Hirata (50s)	Osamu Tsuken (50s)
Ayako Hori (60s)	Jun Hirata (60s)
Chifumi Fujimoto (60s)	Junichi Kitagawa (60s)
Mamie Uenohara (60s)	Toshiyuki Ichiba (60s)
Naomi Hiyama (70s)	

Hidenori, Hirata 20.July 1993 (30)



Personal story in gymnastics life

I started doing gymnastics because my parents did it. Since I was little, I was often taken to practice fields, so I started doing gymnastics there as taught by my parents. From around the age of 10, I joined a gymnastics club and started practicing more seriously, and I was able to compete well in city competitions. After junior high school, I started to be conscious of bigger competitions and improved to the extent that I could participate in the Kanto tournament as a team. In high school, I went to one of the strongest schools in the prefecture, but as a result, I finished third in the group in the prefecture, and I retired from active play. When I was in college, I only went to a practice facility that was open to the public on an irregular basis, and practiced only to slow down my physical strength. Even after graduating from college, the amount of practice was not much different from when I was in college, and my physical strength only slowed down.

However, as I was encouraged to participate in the Masters tournament year after year, I competed in the All Japan Masters competition with my parents last year. Thanks to this, I was able to practice more and participate in the World Masters in Germany. I will be in Boston with my parents. I will do my best to give a good performance.

Specialties

Event: Vault, H Bar
Skill : high backflip on the floor

Job

Design and manufacture of production equipment

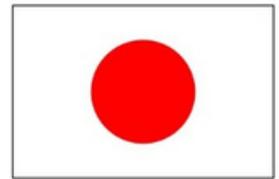


Successes

- Junior High school Kanto tournament participated as team
- High school Inter-High school Championsip Team Qualifying of Kanagawa 3rd place

Activity in the competition (individual)





Kotaro Taguchi * 2nd Feb 1994 (30)



Personal gymnast story

I got started as a youth gymnast at Yokohama YSMC Gymnastics Club. Coach Akira Matsuoka gave me toes stretching everyday and everyday. I got beautiful routines thanks to him; taught how to extend my toes.

I became a member of Keio Gymnastics Team. Coach Satoshi Shuto preached us traditional legacy of Keio University and our team. "Keio Gymnastics" is beautiful and accurate, it was a big joy for me to embody the Keio Gymnastics performance.

To keep on making an effort to improve my E-score is suitable for me even if I have low D-score. I always sought my physical and mental attraction for my routine. Gymnastics is an odyssey in our mind and body.

Now thanks to all people in my gymnast life, they guide me as a gymnast.



In age of 24, I joined in Joy Sports Club masters gymnastics team. I happily got a chance to act as gymnast after graduation. At last I couldn't reach to compete in Olympics, but I seek for joyful moment in gymnastics - the joy more than Olympics.

particularities

Event: Pommelhorse, Floor
Skill: Grand circle elements,
Choreography towards corner,
Accurate landings



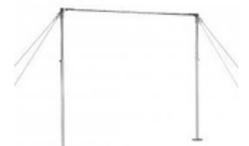
Successes

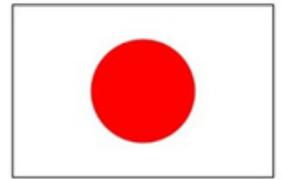
- 2009-2010 All Japan junior championships(2nd class)
- 2011 All Japan junior championships(1st class)
- 2012-2015 All Japan intercollege championships(2nd class)
- 2018-2023 All Japan Masters championships
Team 2nd prize, individual event 4th prize

Job

- Instructor of physical education & fitness for all generations
- Coach for youth gymnasts
- MAG judge

Activity in the competition (individual)





Shuhehi Hirota

* 3rd Oct 1988 (35)



Personal story in gymnastics life

I grew up in Kanoya City, Kagoshima Prefecture, Japan. I liked to play around, but did not play "sports" as I was a sickly child. Still, I wanted to do some kind of sport, but my parents couldn't allow me to practice soccer or baseball outside because of infantile pneumonia. I came across gymnastics which is an indoor sport. I got immediately attracted to gymnastics and immersed myself in practice. In junior high school, I practiced at Kanoya University of Physical Education. I was able to practice gymnastics with university students, and that experience has been a great asset for me. I moved away from hometown to concentrate on gymnastics more. In college and graduate school, I aimed to compete at the top level of gymnastics. Through gymnastics, I was able to improve my competitiveness, but more than that, I could meet wonderful people.

After graduating from graduate school, I'm pursuing the way for coaching as a university faculty member, advisor to the university gymnastics club, and junior gymnastics club coach, while I keep participating in the All Japan Senior Championships and the All Japan Masters Championships. I still feel the joy of being involved in gymnastics as a competitor.

Currently, I am also involved in activities to provide a variety of fun exercises and play for children with disabilities and developmental problems. I would like to contribute to spread and development of both "gymnastics as a competitive sport" and "gymnastics as a lifelong sport" by teaching gymnastics to a wide range of people.

Specialties

Event: Still Rings
Skill: maltese

Job

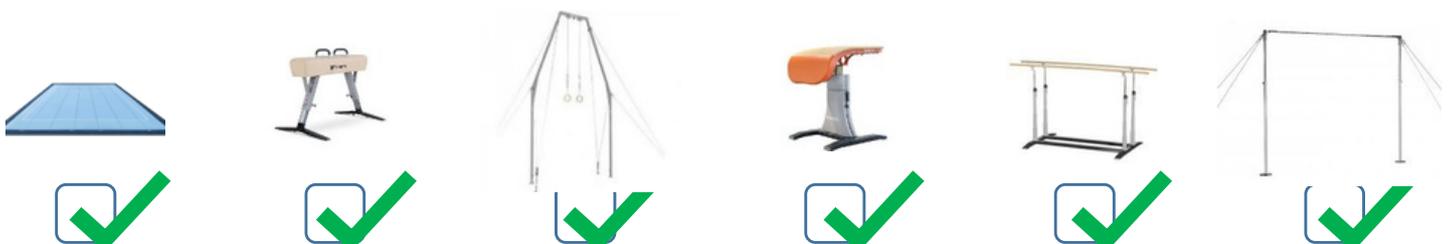
- Associate Professor, University
- Gymnastics Coach

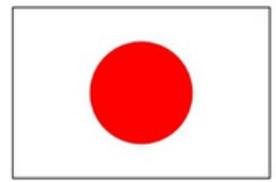


Resultat

- 2010 Kanto-Koshinetsu University Championships 1st place
- 2010 National Sports Festival Adult Boys team final 8th place
- 2011 All Japan Syakaijn Championships team final 6th place
- 2014 All Japan Syakaijin Championships team final 5th in some

Activity in the competition (individual)





Yasushi, Murayama

30 July 1977 (47)

Personal story in gymnastics life

When I was in elementary school, my parents took me to a swimming class because they wanted me to do some kind of sport. I'm short and didn't like deep pools, so I couldn't swim very well. I hated the pool, so instead, I went to a gymnastics class next to the pool. That was the beginning of my gymnastics life. After that, I was fortunate enough to fall in love with gymnastics, and was blessed with an environment where I could do gymnastics both in junior high and high school.

After graduating from university, I wanted to do something related to sports, so I obtained a judo therapist's license and have been taking care of athletes on a daily basis.

Judo therapist is a profession similar to physical therapists working in traditional Japanese medical facilities.

This is the second time I have done gymnastics abroad, following last year's Games in Germany. I am very happy that people who share the same values are spreading all over the world.

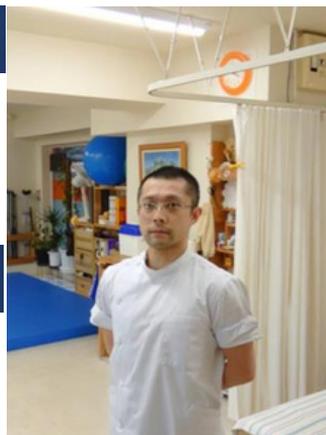


Specialties

I keep in mind stable composition and acting.
Well, except for pommel horse.

Job

Judo therapist

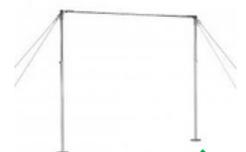


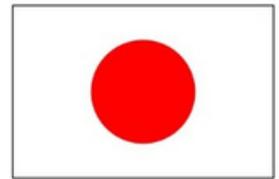
Successes

All Japan Masters Competition

- 5th in the age 40's in 2022
- 7th in the age 40's in 2021
- 4th in the age 40's in 2020

Activity in the competition (individual)





Osamu Tsuken * 21th Mar 1971 (53)



Personal story in gymnastics life

1983 (age 12) When I was in the first year of junior high school, I was shocked by the gymnastics world championships (Budapest) that I saw on TV, so I started gymnastics in earnest. Before that, I played baseball for three years in elementary school. The junior high school had a gymnastics club, and it was a strong school in the prefecture. However, I only did basic training in junior high school. 1986 (age 15) I went on to high school, increased the number of events, and gained more serious training. 1989 (18 years old) When I went on to university, I specialized in the Department of Physical Education in the Department of Physical Education of the Faculty of Physical Education, where I learned more deeply about sports and physical education, and learned many psychological aspects of sports that are not limited to training. In addition, I learned that there is a wide range of sports exercises, including school physical education, social physical education, elderly and disabled people's exercises, and infant physical education, which are not limited to competitions.

In gymnastics at university, I competed for four years in the Intercollegiate A class Japan.

1996 (age 26)

After graduating from university, I retired from gymnastics for a while, but I returned at the age of 26 and participated in adult competitions, and I have participated every year until now.

Specialties

Event: pommel horse, P bar Skill: Tkachev , Moonsaulto on the H bar

Job

• IT-related companies

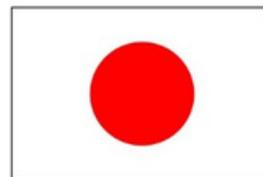


Successes

- High school and University days National Athletic Meet kyusyu Preliminaries: Floor Champion National Athletic Meet: OkinawaTeam 11thplace
- All Japan Masters competition 2019:2nd place in 40s + 2020~2023:Champion in 50s +

Activity in the competition (individual)





Jun Hirata 18th Dec 1961 (62)

Personal gymnast story



The first time I became interested in gymnastics was at the Munich Olympics, and I remember L-support. After that, I started gymnastics in junior high school, and I have been doing it ever since. After the age of 60, I started to feel difficulty to move my body as I wanted, and to think that it was time to quit gymnastics. But when I participated in the All Japan Masters last year for the first time in a long time, I felt that I couldn't quit after all. At the Masters World Cup last year in Germany, my wife and son performed as gymnasts and I participated as a support staff for the men's team. I will never forget the opportunity to see the team's performance up close, the heated competition among the countries, and the cheers and applause from the spectators.

I felt I would love to perform as a gymnast next time, so I decided to register to the team for Boston this year. We will participate in Boston World Cup with all my family - 3 gymnasts. I am looking forward to seeing the three of us finish safely without injury, and to watching the gymnastics of the participants from Japan and other countries.

particularities

Event: HorizontalBar
Skill : Giant swing

Job

Engineer

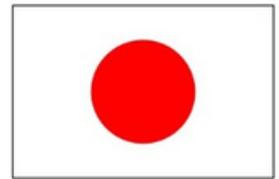


Successes

All Japan Masters Competition

Activity in the competition (individual)





Toshiyuki, Ichiba

May 10th 1957 (67)



In Tachikawa

2022

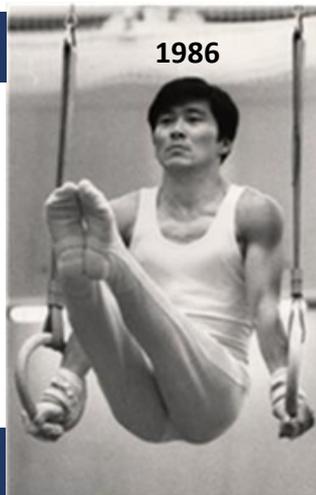
Personal story in gymnastics life

Already in my childhood I played gymnastics in the broad sense such as tree climbing and the like. When I was 12 years old - more than 50 years ago - I really got into gymnastics. So I had and still have been involved with gymnastics without interruption: as a gymnast, coach and/or teacher, but also as an interested spectator, observer and scientist.

After studying in Tokyo, I came to Tübingen in February 1986 and stayed for 7 years. In addition to the eternal student, I worked as a volunteer coach for a few years at the Swabian Gymnastics Federation. At that time I still had a turnaround in my pommel horse exercise and achieved two German-FRG and GDR - the political turnaround with the fall of the Berlin Wall in November 1989. After my return in 1993, I am at the Chuo university for sports and sports science in Tokyo/JAPAN. Doctorate in Tübingen in 2002. My research interests are in kinesiology (Sport Movement and Behavior) and history, especially in artistic and apparatus gymnastics.

Specialties

I used to love gymnastics on floor, rings and parallel bars. Now I'm an all-rounder, but I don't have a special exercise part or favorite apparatus



1986

Tübingen

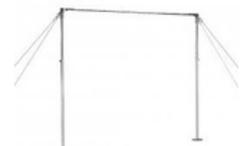
Successes

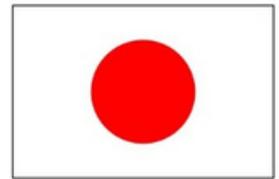
- 1976-1980:
Highschool Championships,
University Championships,
National Sportfestival
- 1981-1985:
Masters
- 1986-1992:
German University Championships,
Regional League
- 1993- :
Masters
- 1987-:
German Gymnastics Festivals (IDT 2013
Cup Competition Winner in GT M AK55)

Job

Professor

Activity in the competition (individual)





Junichi KITAGAWA * 25h Sep 1955 (68)

Personal story in gymnastics life



I was weak due to asthma in my childhood, so I joined the Ikegami S.C at the age of 9 to improve my physical strength. This club was founded by Olympic gold medalist Takashi Ono the year after the 1964 Tokyo Olympics, and I joined at the same time it opened. After learning the basics of gymnastics there for 10 years, I went on to Juntendo Univ and practiced gymnastics for 11 years until I completed graduate school. At Ikegami S.C, I spent an hour on the trampoline every day to improve my aerial sense and landing ability. I like to think a lot and try, so I have created and performed many gymnastics skills. As an Olympic athlete, I achieved the results shown below. After that, I studied social and physical education in Toronto for two and a



half years. After returning to Japan, I lost in the final qualifying round for the 1984 Olympics and retired. I taught classes at Kanoya Univ of P.D for 37 years starting in April 1984, and also coached the gymnastics club's practices. And our club achieved 2nd place in the All Japan Intercollegiate Championships.

In 1994, when I was 39 years old, I took part in the "All Japan Masters Championships" for my "second gymnastics career." Over 20 years, I won 16 times in the individual age group competition, and retired at the age of 59. In 2023, I built a gymnasium at my home and started a sports club as part of my "third gymnastics career." Currently, I perform my routines for all six events at university once a week, and do strengthening and flexibility exercises at home on the other days.

I'm a kid who loves being in the air, and I still jump on the trampoline and jump rope every day.

particularities

Event: Horizontal bar
Skill: Original Technique

Job

- Professor Emeritus, Kanoya Univ P.D
- you tuber (@Jumpian-J)

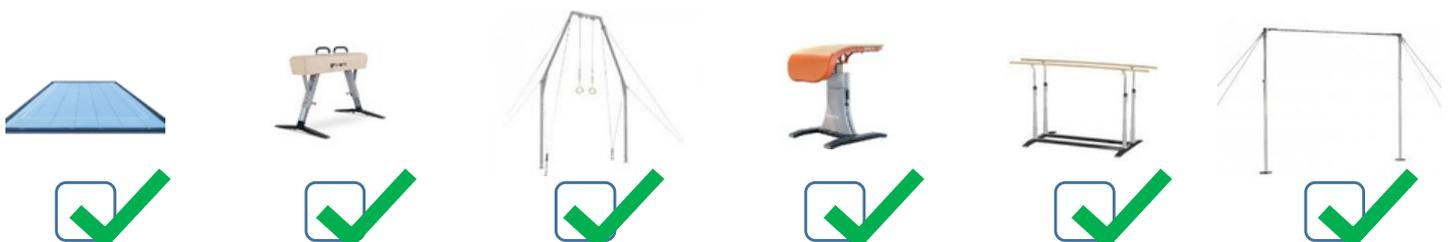
hobby : Pok é m o n G o



Successes

- 1978 All Japan Students 1st
- 1978 Chunichi Cup 1st place
- 1978 Asian Games (Bangkok) 1st place Vault, PB&HB
- 1979 Universiade (Mexico) 2nd place Team & PB
- 1980 Olympic Team Selection
- 1980 International Invitational Match (Connecticut USA) 1st place HB

Activity in the competition (individual)



Shoko Segata * 2th Oct 1981 (42)



Personal story in gymnastics life

1994 (age 12) When I was in junior high school, I wanted to join the basketball club, but my school didn't have one. I wanted to join a cool club, so my next choice was the gymnastics club. There were three types of events: floor, balance beam, and vaulting box.

1997 (age 15) Entered high school and joined the gymnastics club. However, there were times when there were only three members. Almost every day of muscle training on a gym mat and a low horizontal bar.

2000 (age 18) Entered Kyoto Women's University and joined a gymnastics club. My university did not have practice facilities, so I practiced at the Kyoto University gymnastics club. Among them, I met a wonderful teacher and friends who are still practicing together. I started practicing uneven bars. By the time I graduated, I wasn't able to do a giant, which was just a dream at the time, but I enjoyed gymnastics itself and continued to practice even after graduation.

2010 (age 28) After graduation, every time I say I was in gymnastics club in my school days, I am often asked, "Can you do a giant on the bar?" I wanted to do a giant, which has been my dream since I was in college. So I searched for a place

even adults could learn gymnastics, and I finally found the gym where I practice now. And at the age of 28, I succeeded to do a giant on uneven bars for the first time.

There are days when I can't practice, and even now my giants are too unstable, but my current goal is to use them in competitions. Through gymnastics, I met wonderful people of all ages and was inspired. I am grateful that I am still able to continue doing gymnastics.

Specialties

favorite event: Bar
hard working technique: giant swing



Successes

- All Japan Masters competition
Every year since 2005
2022: 3rd place in the 40s +

Job

nutritionist

Activity in the competition (individual)



Reiko Akiyama Akasawa * 13th Sep 1977 (47)



Personal story in gymnastics life

■1990 (Age 12) As a first-year junior high school student, I chose to join the rhythmic gymnastics club. I liked it but had no sense of it, and I didn't compete in almost any competitions for three years.

■1993 (Age 15) Entered high school, I joined the gymnastics club. The club did not have sufficient facilities, but I met good teachers and friends and had a good time. In second year, the great earthquake struck to my town. Our school became an evacuation center, and we had to exercise at another school until I retired.

■1996 (Age 18) I entered a university that had a gymnastics club, but the team was too strong for me to join, so I went into general gymnastics and The Rad. However, I neglected my studies, so I had to quit the club activity after my freshman year.

■2003 (Age 25) Returned to gymnastics for the first time in 7 years at a small gymnastics practice session in town! However, I was only able to practice once or twice a month.

■2012 (Age 35) In the previous year, I saw my gymnastics-mates, regardless of age or ability, performing so vividly that I got to hope to try again, and since then I have participated in masters competitions every year. Although I did not have many opportunities to learn gymnastics properly, I have been able to continue without interruption, and now is the most enjoyable and exciting time of my life. I am still enjoying this moment when I can get to do more and more, little by little.

Specialties

Event: Floor
Skill: Big jump!

Job

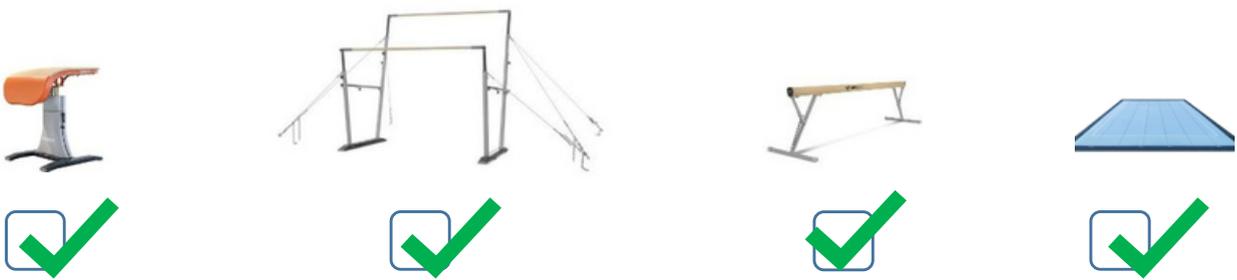
• Civil Engineer



Successes

1996 All Japan Rhoenrad Championships, 5th place
All Japan Masters Championships
2020: 3rd place in the 40's
2021: 4th place in the 40's

Activity in the competition (individual)



Etsuko Koike 28-JAN, 1975 (age 49)



Personal story in gymnastics life

Phase 1 1990-2002

When I was a girl, I liked to play with a gym mat, a vaulting box, and a low horizontal bar. So once I found there was a gymnastics club at high school, I decided to join. This was my first step of my long journey with gymnastics. As I learned skills like kip, back handspring, back flip, etc., I was getting attracted to gymnastics more and more.

I had no hesitation to join the gymnastics club at university. Study and gymnastics – these were the 2 top priorities of my university life. When I decided to study in the US, I was going to quit gymnastics. But I couldn't resist after all, and I explored to look for the gymnasium to knock the door. It was the most precious experience for me that they accepted me so easily as a gymnastics friend even though I couldn't speak English well at that time.

After graduating the university, I went to the gymnasium where non-student adults can practice gymnastics every weekends. It was new and very stimulating for me to practice with the gymnasts in various ages. I enjoyed challenging more advanced skills than ever.

Phase 2 2015-Present

I was away from gymnastics during the busy time with my 4 kids, thinking I wouldn't be able to do gymnastics ever again. But I got a chance to try hand-stand or cart-wheel with my daughters when I was in late 30's. It was fun enough for me to recall how I like gymnastics. I started from very basic skills, then I have been able to get the skills back little by little as I keep practicing. I am learning that this proverb is true – where there is a will, there is a way. There is no age limitation for gymnastics. My dream is to participate in the Masters Competition with my 2 daughters!

Specialties

Event: Uneven Bars
Skill : Always positive, always smile ☺

Job

Semiconductor industry



Successes

All Japan Masters Competition
3rd in the age 40's in 2019
3rd in the age 40's in 2021

Activity in the competition (individual)



Mieko Arai * 3rd Jan 1967 (57)



Personal story in gymnastics life

I got interested in gymnastics when I was in primary school. My father bought me a low and a high bar in our garden. I practiced every day and loved it.

After entering junior high school, I joined the gymnastics club and spent three enjoyable years learning to do backflips and somersaults. In high school, I joined the gymnastics club which I had longed for, but I couldn't keep up with the hard practice of the club and quit after one year. I later regretted this decision.

Time passed as I graduated from a social gymnastics college, got a job, got married, and quit the job to raise my children. I decided to start working again when my child reached the second grade of primary school.

Then I heard from a university student who came to part-time work that adults can practice gymnastics at the university. As I practiced with the university students, I found out that there were competitions for adults. I decided to participate in the All-Japan Senior Games with the university students. It was the 2010 competition in Kitakyushu.

After that, I participated in the Masters Competitions on my own for a few years, but then I could join the Kawasaki DKSS team. Since then, I have been practicing with my teammates which has been very fulfilling.

I hope to continue practicing with many friends and the population of gymnasts will increase more and more.

Specialties

Floor: Round-off > backflip > somersaults
 Balance Beam: illusion, I-turn
 Uneven bar: Back kip

Job

• Sports instructor



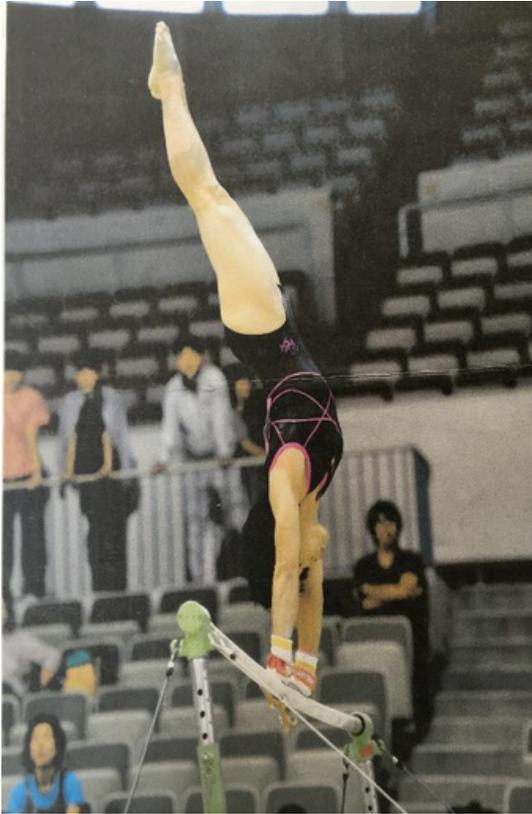
Successes

All Japan Masters Championships
 Participated every year since 2010
 2018: 6th place in the 50's
 2021: 4th place in the 50's

Activity in the competition (individual)



Yuiko Hirata * 30th Sep 1965 (58)



Personal story in gymnastics life

I have been doing gymnastics for 45 years, from the 1st year of junior high (12 yrs old) to present (57 yrs old). I practiced in the gymnastics club at school during junior high and high school days, then I have explored the places where the adults can practice gymnastics like a sports science university, a sports club etc. When I was 19 yrs old, one of the gymnastics friends asked me if I would like to participate in the competition called “Masters Competition” which was held once in a year. That was in 1985 and my first time for the Masters Competition. I was impressed that even Olympians and ex-student champions were there. Since then, I have participated in the competition almost every year. I missed 6 times due to baby care or injury, but 33 times of participation is the #1 record for Women’s Masters. In 2011, when I was 45 yrs old, I got ACL injury at the dismount of uneven bars. After that I had not tried to do giants on bars, but last year, I finally got it back again – I am very happy that I can do giant swings without being spotted at all!

Now my husband and my son (already an adult) are also doing gymnastics, and we will participate in this year’s competition as a family. I would like to keep enjoying gymnastics safely, seeking for what I can do at my age.

Specialties

Event: Uneven Bars
Skill: Giant swing

Job

• Gymnastics instructor



Successes

- Participated in prefectural competition in Junior High and High School
- All Japan Masters competition
 - 1st prize in Women’s 2nd class (1987)
 - 1st prize in the age 30’s (1997)
 - 2nd prize in the age 30’s (2002)
 - 3rd prize in the age 30’s (1996, 2001)
 - 1st prize in the age 40’s (2006,2009)
 - 2nd prize in the age 40’s (2007-08,2013-15)
 - 2nd prize in the age 50’s (2016)
 - 3rd prize in the age 50’s (2021)

Activity in the competition (individual)



Mamie Uenohara * 30th July 1960 (63)



Personal story in gymnastics life

【student】 I was fascinated by the smile of Olga Korbut at the Olympics in Mexico (I was 12 years old) and by Nadia Comaneci at the 1976 Olympics in Montreal (I was 16 years old), so I joined the gymnastics club in my second year of high school and practiced for a year and a half.

【Office worker and child-rearing years】 At the age of 24, I found a place to practice gymnastics at the Tokyo YMCA and met gymnastics-mates, and the following year, at the age of 25, I participated in the masters gymnastics competition for the first time. After that, I was unable to practice gymnastics for a long period of time, as I had three children and entered postgraduate school. Then after my 40s, I had knee and meniscus surgeries and experienced the onset of illness.

【Present since 60 years old】 I could not give up my passion for gymnastics and resumed practicing. As I got older, it seemed like a dream to acquire the techniques. I have been practicing the kipping which I could no longer do for three years, but I still can not do it. While facing the difficulty of maintaining the status quo, I can feel the joy from

bottom of my heart that I can do what I love. This has changed my attitude towards practice. My goal is to keep challenging and evolve day by day. I seek for the beautiful gymnastics with stretched toes. I'm looking forward to joining Masters World Cup and enjoy gymnastics there with my friends. I wish this event will go on and be widely known to people in the world.

Specialties

Event: Vault
Now, I can't jump because of a bad knee

Job

Worked for a financial institution, now retired

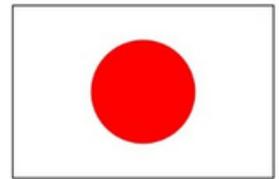


Successes

All Japan Masters Championships
17 times since 1985
2009: Master's award
2010: 3rd place in the 40's
2011: 2th place in the 50's

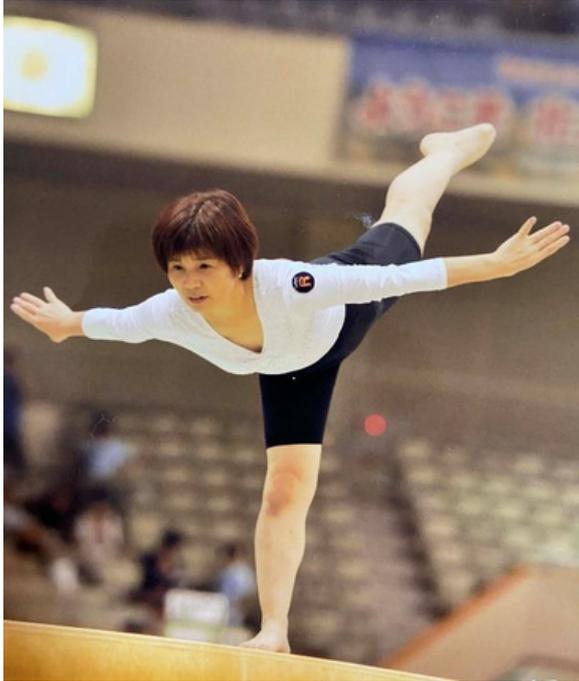
Activity in the competition (individual)





Chifumi Fujimoto July 3, 1959 (age 64)

Personal story in gymnastics life



I began learning Japanese dance as a child, and at the age of six, I performed Fuji Musume, a Japanese dance. Similarly, I began studying Japanese calligraphy from a young age and became a rank holder. I continue to create original calligraphic works.

I delved into gymnastics at the age of nine, and in my third year of high school, I competed as a leading athlete at the National Sports Festival in Japan's Shiga Prefecture. My performance contributed to the prefecture's overall victory. During my university days, I represented Japan at the 1981 Universiade in Bucharest, Romania, where I placed 8th in the vault.

My husband, Shun Fujimoto, was a member of Japan's gymnastics team at the Montreal Olympics and won the team a gold medal. He was inducted into the United States Gymnastics Hall of Fame in 2017.

I currently run Ludens Sports Club with my husband, where we provide exercise guidance to a broad range of individuals, from infants to seniors.

I have been participating in All-Japan Masters Gymnastic tournaments for many years, and each year, I compose an original song for my floor gymnastics performance.

Specialties

Event: Floor exercise
Skill: Double turn in the floor exercise

Job

Club Manager, Ludens Sport Club

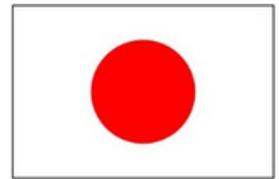


Resultat

1979, 1980, 1981 vault winner at the All-Japan Student Gymnastics Championships
1981 3rd overall individual at the All-Japan Student Gymnastics Championships
1981 8th place in vault at the Universiade in Bucharest, Romania

Activity in the competition (individual)

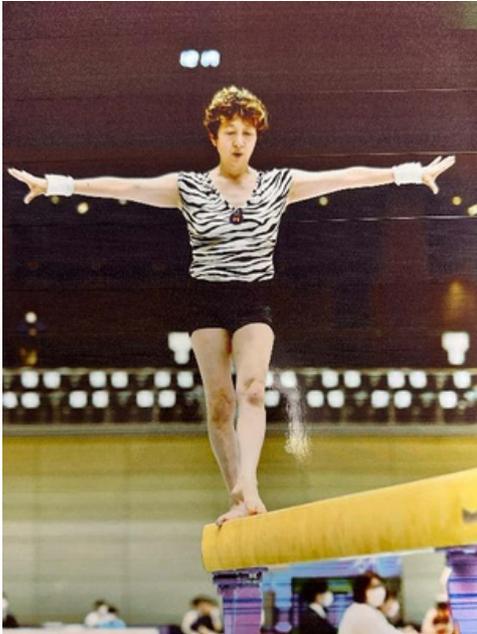




Ayako Hori, née Sawaki

May 1, 1959 (age 65)

Personal story in gymnastics life



I began studying classical ballet when I was six years old. When I was nine, I saw Vera Caslavka compete in the gymnastics event at the 1968 Olympics in Mexico on TV, and I was captivated by her splendor. This was when I decided to become a gymnast.

In my second year of junior high, I participated in a gymnastics class for local children taught by Professor Sawao Kato, a gold medalist in the 1968 Olympics and, like me, a native of Niigata Prefecture. I have taken gymnastics very seriously ever since.

While at the University of Tsukuba, I received competitive coaching from Professor Kato, and in 1978, I represented Japan at the World Championships in Strasbourg, and at the Asian Games in Bangkok. In 1980, I won the individual all-around championship at the All-Japan Student Gymnastics Championships. Then, in 1981, I participated in the Universiade in Bucharest, and in the same year, I

represented Japan at the World Championships in Moscow.

After completing a master's degree at the University of Tsukuba in 1984, I retired from competitive gymnastics and began working as a teacher at Yamanashi Prefectural Hikawa High School. I am now a visiting lecturer at the University of Yamanashi.

Since 2006, I have consistently participated in the all-Japan Masters tournaments. From the time when I decided to take up gymnastics at the age of nine, I have never lost my admiration for Vera Caslavka's beautiful performance. Thus, I will continue to practice gymnastics with the goal of accomplishing "safe and beautiful performances," an ethos I acquired from ballroom dancing, which I do as a hobby with my husband.

Specialties

Event: Balance beam
Skill: Forward handstand rotated jump in floor exercise

Job

Visiting lecturer at the University of Yamanashi

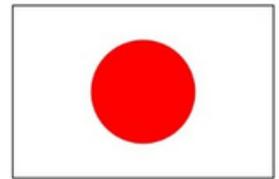


Successes

- 1978 national representative gymnast at the World Championships in Strasbourg
- 1978 national representative gymnast at the Asian Games in Bangkok
- 1980 individual all-around champion at the All-Japan Student Gymnastics Championships
- 1981 national representative gymnast at the Universiade in Bucharest
- 1981 national representative gymnast at the World Championships in Moscow

Activity in the competition (individual)





Naomi Hiyama 30 Apr 1953 (age 71)

Personal story in gymnastics life



I watched Japan women's volleyball at the 1964 Tokyo Olympics and cheered with excitement. After that, I was mesmerized by Czaslavska's beautiful performance, but when I saw the performance of the men's High Bar, I also wanted to participate in the Olympics with a giant swing. I loved the pull-up bars in elementary school, and I played around in my own way. When I was in junior high school, I joined the gymnastics club, but the teacher was not familiar with gymnastics.

Only once was the teacher invited me to watch a gymnastics meet. I'm glad I went at that time. I admired the gymnast who won the individual all-around, and I decided the high school to go. There I could belong to a "real" gymnastics club. At Kokushikan University, I found there were many good senior gymnasts. I was happy that I could finally take the first step as a gymnast.

Future goal 10th ! gold medal

I have been teaching gymnastics to children in the community for 46 years.

I am energized and stimulated by the children, I spend peaceful days toward my goals.

The second half of this profile is written by my husband.

"Naomi Gamba! !

"NAOMI is good gymnast" "NAOMI is best wife" "I ♥Y • •NAOMI" by Kazuhiko

particularities

Event: Floor Exercises
Skill: back hand spring

Job

• Bear Sports Club Instructor



Successes

- All Japan Syakaijin Competition
The 9th & 10th Team final Champion
- All Japan Masters Competition
The 40th 50's Individual 1st place
The 48th 60s Individual 4th Place
The 49th~52nd 60's Individual 1st place
The 53rd~55th 60's Individual 2nd Place
The 56th 60's Individual 1st place

Activity in the competition (individual)





Ayako Akaba Coach 13th Apr. 1956 (68)

Personal story in gymnastics life



The saddest moment in my gymnastics career was the boycott of the Moscow Olympics. However, I continued competing in gymnastics until qualifying for the 1984 LA Olympics, and since then I have coached the women's team at my alma mater. After I retired from university, I am involved in coaching Masters gymnasts and came to Boston.

Coaching Career

1979-2019 Tokai University women's head coach
1993-1998 Japan Gymnastics Association Women's National Coach
2022 Coaching elite and national gymnasts in Nicaragua and Paraguay



Gymnastics Career

1977,1979 All Japan Championships AA champion
1977 Participated in American Cup
1977 World University Games,
1978,1979,1981 WGC team member
1980 Moscow Olympic team member

Job

Mitsubishi-Yowa
Gymnastics school coach

Activity in the competition (individual)





TEAM GREAT BRITAIN

WAG Team	MAG Team
Michelle Jones (30s)	Sam Sotoudemehr (30s)
Stacey Rodger (30s)	Stefan Kolimechkov (30s)
Becky Sage (40s)	Tomas Warwick (30s)
Claire Emerson (40s)	Graham Auld (40s)
Sarah Frakes (40s)	Jamie Weller (40s)
Suzy Kerfoot (40s)	Steven Bulley (40s)
Hannah Fargher (50s)	Ben Irons (50s)
Ursula Goode (50s)	Michael Aspinall (50s)
Julia Kirk (60s)	

Sam Sotoudemehr



@s.sotoudemehr

Favourite Apparatus

-High Bar

Favourite Skill

-Straight Tkatchev

Profession

-Product Manager



How it all began

From age 7 a memorable PE teacher guided me towards gymnastics. I quickly displayed an aptitude and was trialing for the national squad by age 11. Due to various circumstances I was on and off with the sport up to age 18 but had a strong passion and was competing against some of the best. Fast forward 14 years and, thanks to a great adult gymnastics scene, a few fun adult gymnastics classes turned into training and competing at the British Championships then later at the International Masters in Germany. The joy of the sport is back with me -I am training hard to show no matter your age a person can overcome obstacles and achieve physically demanding goals.

Proudest moment

- British Team Silver Medal at the Gymnastics Adult British Championships 2023
- Representing GB at the International Masters in Germany 2023

Kit Bag Essentials

Handguards and tape

Tomas Warwick



@tomashenryilyich

Favourite Apparatus

-Floor & Vault

Favourite Skill

- Yurchenko

Profession

-Head of Buying & Merchandising



How it all began

I've been involved with gymnastics for as long as I can remember having started kindergym at the age of 3. By the age of 6 I was selected to train elite and continued this through my teen years to national level, competing at multiple British Championships. At 17 I made the difficult decision to stop training, mainly down to a number of injuries. After taking several years break to travel I began my degree in Biomechanical Engineering at the University of Nottingham and picked up training again. Here I captained the team for three years and won multiple British University Championship individual medals as well as the team title in 2013. After graduating I stopped training however at the start of 2024 decided to get back into gymnastics after over 10 years break. Extremely achy and very much relying on muscle memory but am loving being back in the gym and looking forward to competing again.

Proudest moment

- British Team Champion
- 5th AA at the Junior English Championships
- Captain of the Nottingham Gymnastics Team

Kit Bag Essentials

Gym shoes, chalk and plenty of tape

Stefan Kolimechkov PhD



@kolimechkov

Favourite Apparatus

-Rings

Favourite Skill

-Maltese Cross

Profession

-Gymnastics Coach



How it all began

I started doing gymnastics at the age of 15 in Bulgaria. During childhood, I was diagnosed with a rare hip condition in which the top of the thigh bone softens and stops functioning at a young age. In the face of scepticism from doctors and gymnastics coaches, who believed I wouldn't be able to engage in physical activities or that I was too old to start gymnastics, I remained determined to pursue my passion. From disability at a young age, I went on to compete in 6 National Finals, secured an impressive 4th place in the Bulgarian Men's Rings Final in 2012, and graduated from the esteemed National Sports Academy. At 25, I made the bold decision to relocate to London, where I went on to become a 3-time London Rings Champion, and I had the privilege of competing at the International Men's London Open with some of the best gymnasts in the world. Never Give Up!

Proudest moment

- London Rings Champion (2015, 2016, 2017)
- Awarded the degree of Doctor of Philosophy (2018)
- Obtaining my British citizenship (2020)

Kit Bag Essentials

Rings handguards

Graham Auld



@auld.graham

Favourite Apparatus

- Vault

Favourite Skill

-Handstand

Profession

-Boffin



How it all began

As a kid I was sent to gymnastics by Mum to burn off some energy, I did it recreationally in my local sports centre until about 15 years old when I was introduced to a big club. I went once, met a bunch of boys my age who appeared more interested in browsing leotard catalogues than having a bit of fun doing gymnastics and that was it for me I never went back. Twenty short years later while we were taking my daughter to some classes at our local gym my wife encouraged me to get back into gymnastics to get out of the house and get some exercise, after months of feeling like my body was ruined every morning after I started to really look forward to it. The coaches at Basingstoke Gymnastics Club talked me into competing and that was it, I was hooked! I may be just a little competitive... Five years later and I now train two evenings a week gradually improving my skills and trying to overcome the sheer terror of flinging myself around.

Proudest moment

- Winning the MAG over 30's Intermediate Gold at the 2023 British Adult competition and picking up the MAG team Gold with the Basingstoke crew
- Closely followed by getting my first ever giant on the shiny bar last year

Kit Bag Essentials

Sugar! Perhaps in the form of Skittles and some sort of muesli bar

Steven Bulley



@chongtastic

Favourite Apparatus

- Floor

Favourite Skill

- Straight Back Somersault

Profession

- Regional Manager for a Health & Fitness Chain



How it all began

As a child I was very mischievous and full of energy so my parents enrolled me into gymnastics from the age of 8. I remember the coaches saying I was far too old to start gymnastics classes but quickly showed my talent and progressed to national squad at the age of 15. At 18, I made the decision to drop to 3 pieces of apparatus: Floor, Vault and High Bar. This decision didn't go down well with my coaches and in the end I decided to retire from the sport. 20 years later, at the age of 38 I decided to try some adult classes for fun. A year flew by and in that time I fell back in love with the sport. In 2022 I was convinced by the coaches at Manchester Academy of Gymnastics to represent the club at the 2022 Adult British Championships and, to my surprise, I won the over 30's Intermediate category. I haven't looked back since.

Proudest moment

- British All-Around Champion in 2022
- British Team Silver Medalist in 2023 -First ever team medal for Manchester Academy of Gymnastics
- Participated in Team Gymnastics World Masters Event in Germany & 33rd St Jovan Boltizar Memorial in Croatia in 2023

Kit Bag Essentials

Sounds boring but the older I get, the more I rely on tape. I need tape for my wrists and ankles, a lot of it!

Jamie Weller



@jamieweller1680

Favourite Apparatus

Floor

Favourite Skill

-Front Somersault

Profession

-Commander, Royal Navy



How it all began

I started gymnastics in Cornwall, at the age of 11, representing both the County and South West region during my school years. Once at university, I participated in gymnastic competitions at both national and international levels. Upon joining the Royal Navy, I stepped back from gymnastics as ships were not conducive to training! However, my participation in the sport was reignited following my role in the London 2012 Olympic opening ceremony, where I bore the Olympic and Union Flags, combined with being the officer in charge of the Gymnastics and Trampoline medal ceremonies. In 2015, I established the Royal Navy Gymnastic Association, throughout this period amidst deployments and occasional setbacks due to injuries, I have gathered numerous British adult titles across various gymnastic disciplines, including Artistic, Tumbling, Trampoline, and Acrobatic gymnastics alongside my Navy teammates.

Proudest moment

- Flag raising team at the London 2012 Olympics
- Becoming Chairman of the British Schools Gymnastics Association and Royal Navy Gymnastic Association
- Still competing in Gymnastics and winning medals at a national level with my team members.

Kit Bag Essentials

Bandages, supports and tape –anything that holds my body together while I compete! Oh and a bottle of Prosecco for after!

Michael Aspinall



@mickaspinall73

Favourite Apparatus

-Parallel Bars

Favourite Skill

-Handstand to straight back somersault dismount

Profession

-Primary School Deputy Head Teacher



How it all began

My gymnastics journey started back at the age of 7 when I was taken from sports centre to sports centre to watch my sister compete at gymnastics. I decided that I wanted to have a go so joined a small club in Preston, soon joining the North West regional squad, representing them at the National Development Plan finals at Lilleshall and winning a national title at the age of 10 for Sports Acrobatics. At 14 my social life took over and I left gymnastics behind, only to come back to it 25 years later after watching my niece compete at her national gradings competition. Despite a few injuries & surgeries I have competed every year in the last 10 years and it's been a fantastic experience even if training is sometime difficult to fit in to family and work life. Here's to the next ten years of adult gymnastics –hopefully the body will survive!

Proudest moment

- Competing in Germany for the GB Masters team in October 2023.
- Winning 3 National Titles at the Adult Championships 6 months after having shoulder surgery

Kit Bag Essentials

Chalk, plaster tape and energy tablets!

Ben Irons



@skimountaineer29

Favourite Apparatus

- Parallel bars

Favourite Skill

-Upstart on the Parallel Bars

Profession

-Chartered Chemical Engineer



How it all began

I didn't begin gymnastics until I was 47. My children's gymnastics club (GR8 Gymnastics in Warrington) announced they were starting adult classes and my children decided I should give it a go! It turned out to be good fun, so I stuck with it on a recreational basis, just an hour a week -it was better to be participating than just sitting around watching. In the last couple of years, I've also joined Manchester Academy of Gymnastics, increased my training and started competing.

I've always liked technically challenging activities and invested many years, climbing, mountaineering and ski-touring. Discovering gymnastics reconnected me to the combination of skill, strength, controlled movement and maybe even a bit of fear that makes all these activities so enjoyable.

Proudest moment

- Winning the British Gymnastics Men's Novice Over 45 championships in 2023
- British Team Silver Medallist 2023 with Manchester Academy of Gymnastics

Kit Bag Essentials

Some chalk, a drink and bags of enthusiasm

Stacey Rodger



@sportystacey4

Favourite Apparatus

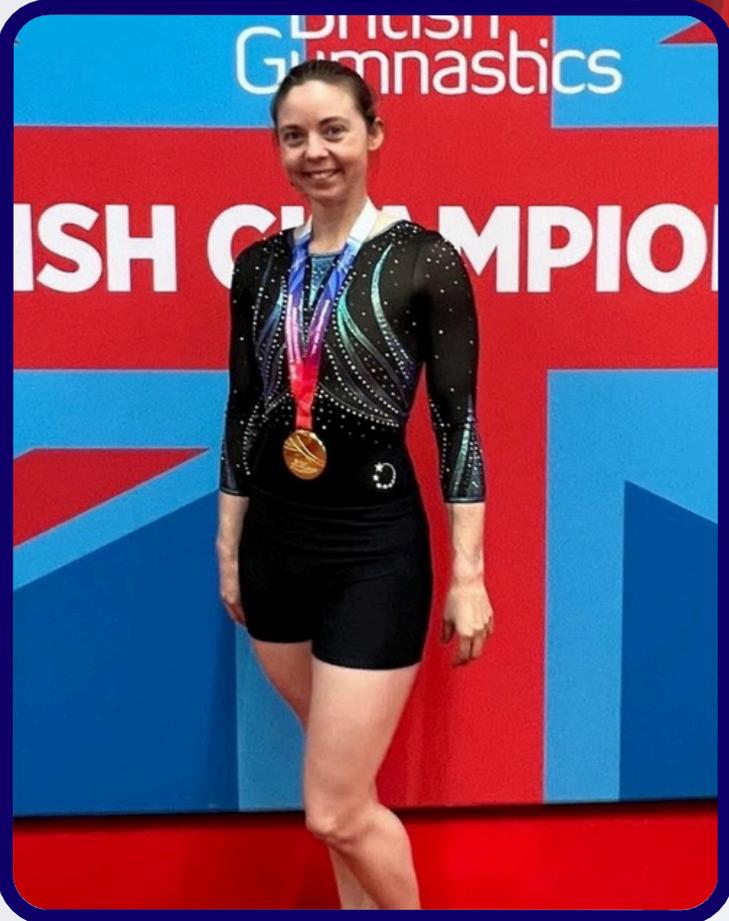
-Bars

Favourite Skill

-Back Somersault

Profession

-Golf club custom fitter/sales advisor



How it all began

For me it all started from age 6. I had my first break age 15 when golf came along; got good at that, pursued a golf scholarship in the US, achieved pro status and thought gymnastics was done & dusted for me. Despite relative success with golf, gymnastics was (and still is) my first love. Whilst traveling the world playing my golf I was diagnosed with a rare autoimmune condition (Behcets) and that lifestyle became too challenging for me. Fast forward best part of 20 years and I signed up to a gymnastics club in Nov '22 just for fun, found my basic skills were kind of still there, entered a few events and to my surprise had competitive success. Wins in my over 30s category has relit the fire and I am loving being back in the gymnastics community.

Proudest moment

- Trusting myself to start over in my 30s and learn new skills (despite my condition)
- Winning the 30+ intermediate category at the Adult British Championships '23
- Getting selected for the GB team in '24

Kit Bag Essentials

Chalk and spare hair bands

Michelle Jones



@Pinkmichelephant

Favourite Apparatus

-Floor

Favourite Skill

-Standing Back-tuck

Profession

- Children & Families Charity
Manager



How it all began

I took dance classes as a child and when I was 9, I was at a girl scouts' sleepover and I did a bridge. One of the scout leaders asked if I could kick my legs over, and when I did she said, "You should try gymnastics," so I did! I did recreational classes and competitions for a few years, and competed for my high school team as well. I then traded gymnastics for collegiate cheerleading throughout university and developed a love/hate relationship with distance running after graduating. I rediscovered my love of gymnastics in 2015 and competed in my first British Adults competition in 2017. Two kids and a pandemic later, I now compete in WAG, Tumble, and as part of an Acro Trio, and I'm proud to say I'm better at 37 than I ever have been before!

Proudest moment

- Returning to competition in 2022 after the birth of my second child
- 2023 Adult British All-Around Bronze, scoring highest on vault in my category
- 2023 Adult British Acro Gold

Kit Bag Essentials

All kinds of snacks

Dr Becky Sage



@gymnast_becky_sage

Favourite Apparatus

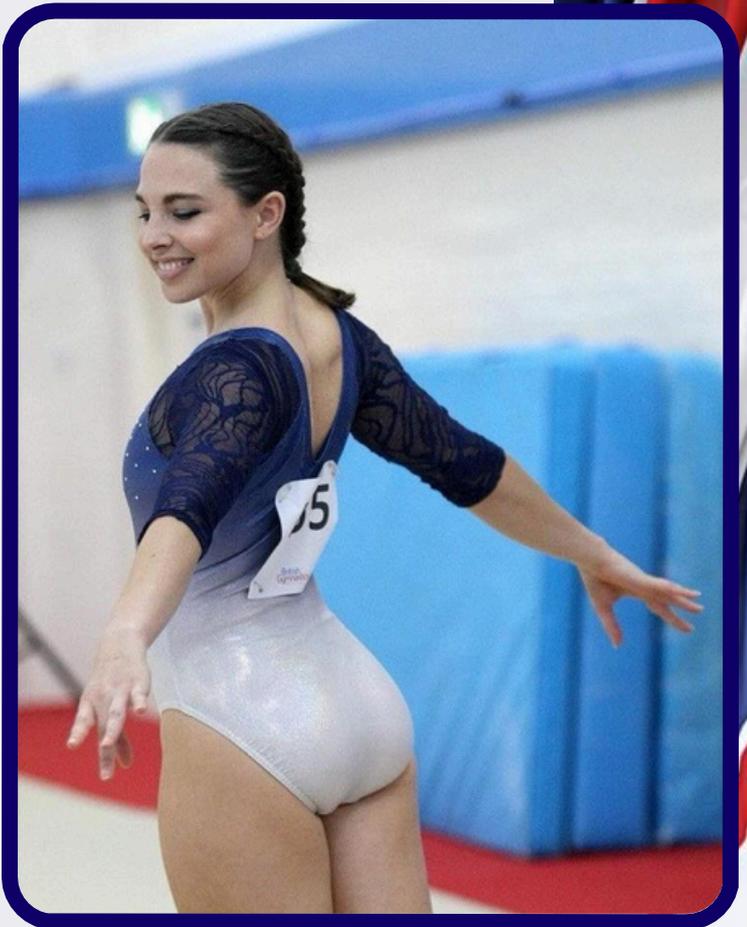
-Floor

Favourite Skill

-Double front

Profession

-Founder/COO and Entrepreneur
In Residence



How it all began

As a child my Mum loved doing cartwheels in the fields near her house but wasn't allowed to go to gymnastics classes, so when a club opened up near our house when I was 4 she took me along and I just felt like I belonged. As a child/teenager I achieved some success at local and regional level; I trained a lot and loved gym but I lacked confidence. If I couldn't do a skill I thought it was because I wasn't talented enough, rather than considering that I could become better with practice. I kept training and coaching until I was 22 but burned out whilst doing my PhD; I quit gym and didn't set foot in gymnastics centre again for 10 years. When I finally returned I felt like I had come home again. I have loved that as an adult I have surpassed most of the capabilities that I had as a teenager, which I put down to an improved mindset and a better understanding of my body and mind.

Proudest moment

- 2017 British Champion, which I repeated in 2018, 2019 and 2022
- Getting Selected for this team

Kit Bag Essentials

Lots and lots of chalk!! Knee supports & protein bars

Suzy Kerfoot



@gymnast_suzy_kerf_

Favourite Apparatus

-Floor & Beam

Favourite Skill

- Arabian

Profession

-Beauty Therapist and owner of Aspects of Beauty in Sheffield



How it all began

I've always considered myself a gymnast, even when I had no idea I was ever going to do gymnastics again! At 3 years old I started at Alderwood gymnastics club with my sister. I trained hard, competed in many regional comps and just before retirement I achieved the title of Under 15 Kent Champion. Fast forward 25 years when I was introduced to the world of adult gymnastics at my daughter's club. Within a few weeks my muscle memory took over and I was doing most of my old moves again -albeit not very well!! I soon realised I was good enough to compete and I came 3rd in the 2019 and 2022 British championships then I got gold in 2023. My body finds it increasingly difficult to keep up with the training, but my determination and competitive streak keeps me going.

Proudest moment

- Winning all round over 45s intermediate British Championships 2023 and scoring highest on beam floor and vault.
- Getting selected to represent GB this year
- Hearing Ricky Wilson on Virgin Breakfast Radio show discussing my achievement as he'd read about me in the news!!

Kit Bag Essentials

Handguards, spare foam to go in my handguard finger holes! Snacks

Claire Emerson



@tumbly22

Favourite Apparatus

-Bars, tumbling

Favourite Skill

-Forward giants on shiny bar

Profession

-Emergency Medicine Doctor



How it all began

I did gymnastics as a kid, although not to a particularly high level. I really enjoyed it, so never had any reason to stop. As an adult I found that I had more competition success, but moreover loved the camaraderie, challenges and being able to keep fit without being bored on a treadmill!

I first participated in the Adult British Championships in 1999 and competed most years, winning a few medals along the way, until 2014 when having two kids and the pandemic rather got in the way. Since then I've loved getting back into gymnastics as I relish the different headspace that it gives me; a whole world away from juggling busy family life and my career.

I'm involved in the sport professionally too -providing medical cover for teams or at events-so have been lucky enough to be very close to the action at many international gymnastics championships including the London Olympics.

Proudest moment

- Adult British Tumbling Champion 2012,2013,2014
- Bronze medal in the British Championship all around (over 45 intermediate) 2023-first major competition after kids
- Being selected for GB team for International Masters Cup, Boston, 2024

Kit Bag Essentials

Warm fluffy socks to keep my icy feet and fraying Achilles tendons warm!

Sarah Frakes



@sarahfrakes

Favourite Apparatus

-Bars & Floor

Favourite Skill

-Giants & clear to handstand

Profession

-Full-time gymnastics coach



How it all began

Gymnastics has always played a huge part of my life. As a child I competed regionally and on the national pathway, making the Junior British Squad. National Squad training would be held at British Gymnastics training facility Lilleshall, where the adult championships are held. Visiting brings back special memories every year. My passion for the sport took me to Russia in 1988 where I spent a gruelling 4 weeks training with some of the top gymnasts and coaches. We did a little sightseeing in Moscow, but spent most of the time in the gym. I was out of the sport for 29 years whilst having my family and many knee surgeries, but the passion to compete grew too much so I returned to training at the start of 2022. The rest is history! Just goes to show that age really is just a number, and if you put your mind, body and heart into something, you really can achieve your dreams.

Proudest moment

- Winning the over 45 PRO age group in the WAG Adult British Championships two years running (2022 & 2023)
- Being signed as an Ambassador for the UK's leading leotard Manufacturer, Milano Pro Sport
- Finding a team of like-minded individuals who love the sport as much as me

Kit Bag Essentials

Chalk, tape and fluffy socks

Hannah Fargher



@hannah.fargher

Favourite Apparatus

-Beam

Favourite Skill

-Gainer back-somersault off beam

Profession

-Property investor



How it all began

My love for gymnastics started at age 6 when I saw other kids training at my local sport centre. Once I started, I couldn't stop and it became an important part of day-to-day life. I joined a local club and soon realised that the moves came easily to me. I climbed up the ladder going from beginners through to advanced and then being selected to represent Wales on the national squad.

I retired from the sport when I was 16 in 1989 (that was deemed old at the time!) and it took another 30 years to come back! I don't find the moves so easy anymore, but I love just having a go!

Proudest moment

- Becoming the over 45 British Champion in 2019
- Representing Great Britain at the Masters Gymnastics World Cup in Germany 2023
- Winning a gold medal for the Individual and Team at the Boltizar Memorial in Croatia in 2023

Kit Bag Essentials

Plenty of drinks and snacks, I burn energy fast!

Ursula Goode



@ursula.g.adultgymnast

Favourite Apparatus

-Bars

Favourite Skill

-Backwardroll on Beam

Profession

-Dentist & Partner at 18 Dental



How it all began

At the age of 10, I discovered gymnastics when my friends taught me back walkovers in the playground in Northern Ireland. I joined a recreational class and had great fun learning the basics before other sports took over. Fast forward 25 years and whilst signing my daughters up I noticed an adult class. With trepidation I went along, again as a rec gymnast. Later I met and was inspired by a fantastic coach. She encouraged me to compete (who knew adults could compete?!) so in 2017, age 44, I entered my 1st competition -the Adult British Championships and won gold. My obsession was born!

What I love most about gymnastics is the mind-body connect. It temporarily suspends the challenges of life and gives me the freedom to think and move in a different space.

Proudest moment

- 5 times Adult British Champion in WAG/Tumbling
- Being interviewed on UTV Life chat show, and BBC R4 Saturday Live alongside queen of cakes Dame Mary Berry
- My 4 kids think that gymnastics mum is cool

Kit Bag Essentials

Beam shoes and dark chocolate

Julia Kirk



@juliakirk20

Favourite Apparatus

-Beam

Favourite Skill

-Backward roll to straddle

Profession

-Chair of Trustees for a Mental Health Organisation



How it all began

My introduction to gymnastics was watching Olga Korbut on TV, and then Nadia Comaneci came along and I was hooked on the sport, though I didn't get the chance to participate myself until much later. Fast forward forty years and a new club opened near me where they were offering Adult classes and welcomed all abilities. I went along knowing that I'd love it and that it was going to require huge commitment, but I had no idea that the gymnastics journey I was embarking on was going to involve competing and would become such a big adventure! It's a huge privilege to be training alongside so many talented and dedicated people. The Masters Cup competition particularly inspires me and reminds me that we shouldn't ever give up, just keep setting ourselves new goals!

Proudest moment

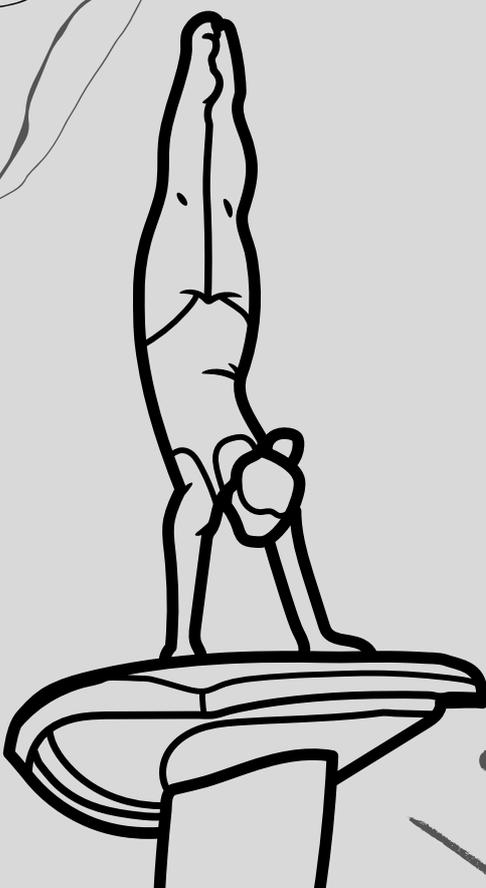
- Winning Individual gold medals at the British Adult Championships in 2016, 2017 and 2018, and being part of Team Zodiac winning the team gold medal in 2022 and 2023
- Competing in Einbeck and Zagreb last year
- Being part of this GB Masters team

Kit Bag Essentials

Gym socks and a bottle of water



Individual **COMPETITORS**



WAG INDIVIDUALS

USA - Amanda Carlson (30s)	USA - Lena Ning (30s)	USA - Abbie Green (40s)
USA - Bhreanne Rawls (30s)	USA - Melanie Kuhn (30s)	USA - Angela Fuller (40s)
USA - Crystal Austin (30s)	USA - Meredith Rogers (30s)	USA - Carrie Deakin (40s)
USA - Danielle Tsuzuki (30s)	USA - Olga Pagan (30s)	USA - Christie Breen (40s)
USA - Hollie Jones (30s)	USA - Rebecca Engelke (30s)	USA - Heather Mills (40s)
Brazil - Ilana Stiefelmann (30s)	USA - Renee Cattaneo (30s)	USA - Jessica Bennett (40s)
USA - Jackie Berlinic (30s)	USA - Stephanie O'Neill (30s)	Puerto Rico - Karla Morales (40s)
USA - Jessica Hoover (30s)	USA - Susan Elliott (30s)	USA - Lauren Hudak (40s)
USA - Jessica Schuddekopf (30s)	USA - Taylor Federchok (30s)	USA - Rachel Byron (40s)
USA - Juel Petrin (30s)	USA - Wendy Jo Svetanoff (30s)	USA - Stacy Shak (40s)
USA - Kelsey Cook (30s)	USA - Flora Green (30s)	Canada - Mary Boenig (60s)
USA - Leah Wenck (30s)	USA - Olga Pagan (30s)	USA - Sherrie Martin (60s)
USA - Melanie Kuhn (30s)	New Zealand - Zoe Bennett (30s)	

MAG INDIVIDUALS

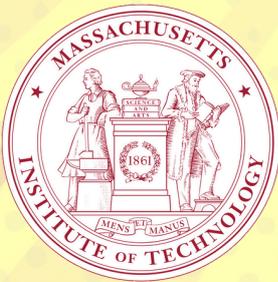
USA - Allen Hamrick (30s)	USA - Sharisse Kanet (30s)
USA - Amanda Danner (30s)	USA - Wyatt Berlinic (30s)
USA - David Buffington (30s)	Brazil - Renato Balogh Kiss (40s)
USA - David Slutz (30s)	USA - Eric Petersen (40s)
USA - Elizabeth Anderson (30s)	Australia - Saúl Cofiño Arena (40s)
USA - Julie Herlihy (30s)	USA - Jay Schaeffer (60s)
USA - Ryan Timpe (30s)	



THANK YOU

TO ALL THE PARTICIPANTS, SPECTATORS,
VOLUNTEERS, AND SPONSORS!

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