



GYMFEST 2025

2-4 MAY

**RAVENS CRAIG REGIONAL
SPORTS FACILITY, MOTHERWELL**

PROGRAMME



CELEBRATING 40 YEARS OF GYMFEST



PHOTOGRAPHY

Scottish Gymnastics is committed to ensuring everyone feels safe and supported through positive practice and safeguarding policies and procedures.

We ask that you take time to think about the photos you take of gymnasts and whether they are appropriate to publish and share. This means all photos and videos taken by photographers, coaches, participants, and spectators using professional cameras or personal devices including mobile phones.

You can ask a member of our team if you are unsure about appropriate images and read more about well-being and safe sport on our website.



Anyone with professional or dedicated camera or video equipment must be accredited.

Please register at the ticket desk before entering the hall.

PLEASE NO FLASH PHOTOGRAPHY DURING THE EVENT

scottishgymnastics.org/safe-sport

#BETHECHANGE



SEE
SOMETHING
SAY SOMETHING

If you have a concern, or see something that concerns you at an event, please contact the wellbeing and safe sport team via the QR code or by emailing safegym@scottishgymnastics.org

You will be listened to, taken seriously, supported, and appropriate action will be taken.



WELCOME



Thank you for joining us for Gymfest, Scottish Gymnastics' biggest annual event and one of the most popular. It is always an opportunity to enjoy gymnastics, meet up with old friends and begin new lifelong friendships.

This year we have more to celebrate than the skills and artistry of gymnasts and coaches. Gymfest is 40 years old – a significant big birthday! They say life begins at 40 but Gymfest has thrived since its conception in 1985, on the strong belief the sport needs an event like this. One where gymnasts could be rewarded with medals, but without scores. They and their coaches could celebrate what they've learned by sharing their gymnastics skills with family and friends.

Gymfest is even more relevant within today's gymnastics vision – to provide *an uplifting experience for all*. It illustrates what we at Scottish Gymnastics strive for every day, that our sport should be *enjoyable, safe and open to everyone*.

You can read more in this programme and wander down memory lane in the fanzone to learn more about how Gymfest began and has grown. One thing which has not changed over the years is the enthusiasm and dedication of the volunteers, coaches, gymnasts and clubs who make this event so enjoyable. Their support is appreciated, not least those who return year after year, including Lasswade Gymnastics Club, regular attendees since the first Gymfest in 1985 and they're here again!

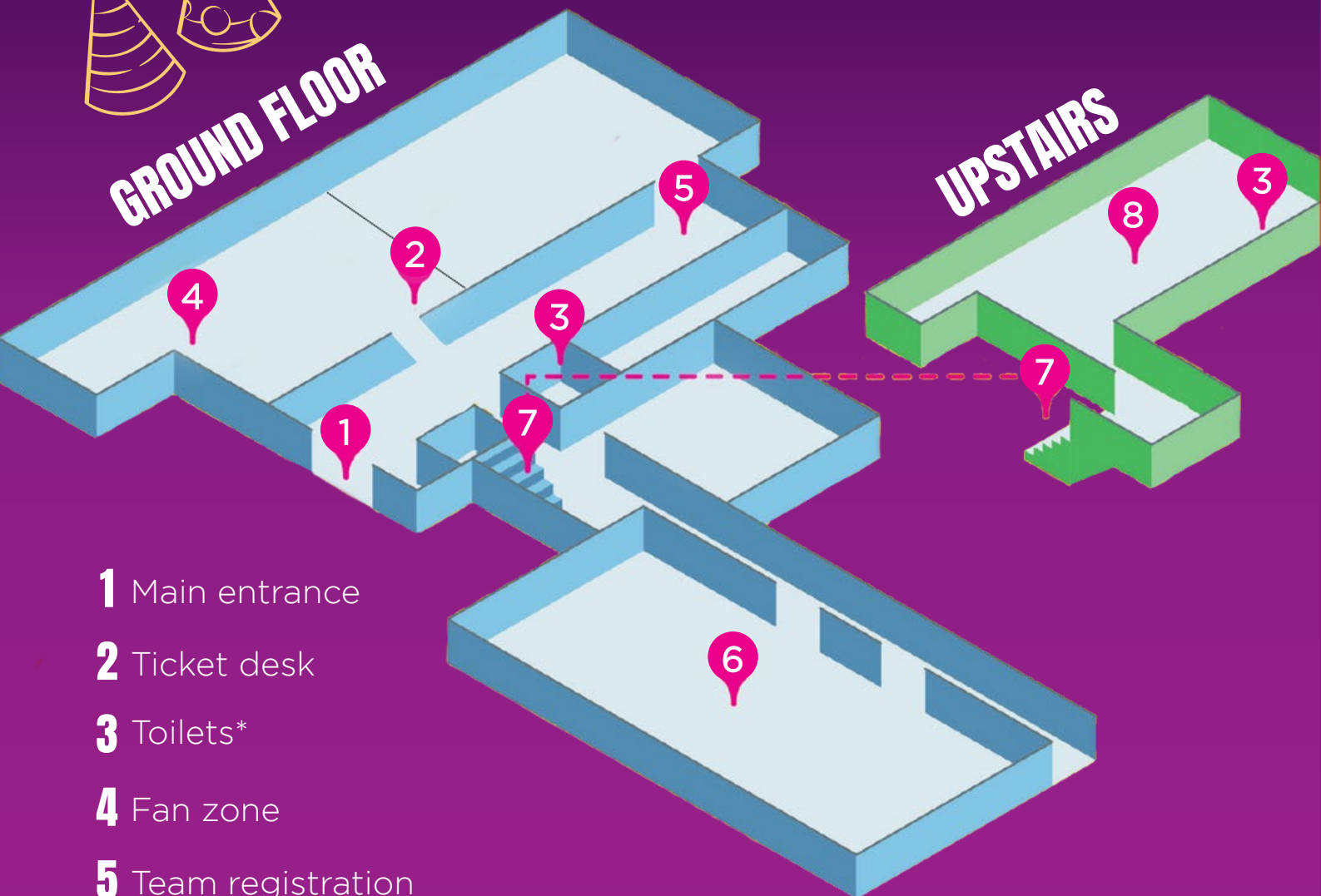
I hope you enjoy Gymfest and the 40th birthday celebrations.

Doc McKelvey
Scottish Gymnastics CEO





VENUE INFORMATION



- 1** Main entrance
- 2** Ticket desk
- 3** Toilets*
- 4** Fan zone
- 5** Team registration
- 6** Performance hall
- 7** Stairs
- 8** Cafe**

*Accessible toilets, baby changing and changing rooms are located on the ground floor. Additional toilets are located upstairs and accessible via two lifts.

FAN ZONE STALLS

- Ticket desk
- Gymfest memory lane
- Merchandise shop
- Pre-order collection
- Our official leotard partner Quatro
- PSB Photography

**Please note the cafe will only be open on Saturday and Sunday 9am to 4pm. There will be a tuck-shop located on the ground floor throughout the full event.



SPECTATOR CODE OF CONDUCT

An uplifting gymnastics experience for all

We all contribute to creating an enjoyable, safe and positive experience. Please abide by the following. If you do not, you may be removed from the event.

- ★ Respect others and use appropriate language and behaviour
- ★ Promote fair play ahead of results and applaud all participants
- ★ Follow the venue and Scottish Gymnastics rules, including social media and photography guidelines
- ★ Switch your mobile phone to silent
- ★ Let the coach do their job and not coach from the sidelines
- ★ Accept officials' judgements and do not discuss scores with them
- ★ Remain outside the event area and only approach coaches in an emergency
- ★ Supervise children you are responsible for outside of the event area
- ★ Refrain from smoking, vaping, consuming alcohol or illegal substances
- ★ Remove your rubbish from the seating area and use the bins provided
- ★ Share or raise any concerns or issues with Scottish Gymnastics staff

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The Gymnast Development Framework
For gymnasts, coaches and parents

Brilliant Basics guides you through the gymnastics journey from basics to brilliance.

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discover and enjoy!



GYMFEST MAY 2025 MERCHANDISE

CLOTHING

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Child £13 | Adult £15



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OTHER ITEMS

TOTE BAG

£6

REUSABLE CUP

£2

COASTER

£4

TEDDY KEYRING

£6

WATERBOTTLE

£6

CROCS CHARM

£4



GYMFEST HISTORY

Gymfest was born from the belief that Scotland needed a non-competitive event where everyone earned a medal. Gymnaestrada served as inspiration for the event format. Organisers hoped to make the festival an annual event held in different parts of the country.

The first Gymfest, organised by the Scottish Amateur Gymnastics Association as Scottish Gymnastics was then known, was at Bell's Sports Centre in Perth in 1985. There were 161 gymnasts performing in ten Scottish teams. Gymfest May 2025 has 1853 gymnasts.

Medals and certificates were presented by Glen Michael of STV's 'Cavalcade' programme.

There's always been some light-hearted contention around whether Scotland or Liverpool set up their display event first. Ask any Gymfest historian and they will inform you that Liverpool hosted their first event in 1986 - a year after the first Gymfest in Scotland.

LOCATIONS

Gymfest's magic hangs in the air all over Scotland. Since 1985, the event has wowed audiences in Perth, Glenrothes, Inverness, Edinburgh, Glasgow, Irvine, Aberdeen and Motherwell.

Those with a keen eye will notice that the 1993 Gymfest poster for the event in Glenrothes says Bell's Sport Centre, Perth on it. This is due to flooding at Bell's Sports Centre that caused a last-minute venue change to Glenrothes.

VOLUNTEERS

Volunteers are the beating heart of Gymfest. The strength of the volunteering bond is why this event could start in the beginning and why it has been successful for so long.

They have always been integral in the smooth running of the event, especially in the early years when there were only a few office staff. Inverness Gymnastics Club introduced the iconic red t-shirts that volunteers wore at events up until recently.



BIGGER AND BETTER

As word spread, the event continued to expand in both size and style. In 1986, there were group and pair displays using floor, vault, beam and trampette. The following year, 400 gymnasts from Scottish teams plus Orpington Boys & Girls Gymnastics Club (Kent) and Dako's Flying Angels (Nottingham) entertained audiences on the floor. The male members of the Dako's Flying Angels proved that boys could also flourish at Gymfest.

In 1988, teams from Europe performed at Gymfest for the first time. Gymnasts from countries including Ireland, Finland, Denmark and Spain have all displayed their skills at Gymfest over the past 40 years.

In 1991, a Friday night gala opened the event. Honoured guests including the directors of gymnastics from the Soviet Union and Czechoslovakia attended for the weekend.

For the first few years, performances happened in the warmup hall but due to increasing numbers of participants, the dazzling displays could not be contained in this room and moved to a bigger space.

A FAMILY AFFAIR

Lasswade Gymnastics Club participated in the very first Gymfest in Perth in 1985. They are also performing at Gymfest May 2025 and if history is anything to go by, they will still be here in 2065!

The legacy of Gymfest is evident in the many gymnasts who performed at the event and later move on to coaching. Their children often continue the tradition, making Gymfest a family affair.

DID YOU KNOW...

Such was the appeal of Gymfest in 1990, Gymfest organisers felt confident enough to invite Princess Diana to open the event. Unfortunately, the Princess of Wales was unavailable, but Buckingham Palace wrote a kind letter back expressing her gratitude at being invited.

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*T&C's apply



SCHEDULE

FRIDAY

GALA

Doors open: 6.15pm
Performance: 6.40pm
Show ends: 8.50pm



SATURDAY

MORNING

Doors open: 8.30am
Performance: 9am
Show ends: 1.25pm

AFTERNOON

Doors open: 1.45pm
Performance: 2pm
Show ends: 6.30pm

SUNDAY

MORNING

Doors open: 8.30am
Performance: 9am
Show ends: 1.25pm

AFTERNOON

Doors open: 1.45pm
Performance: 2pm
Show ends: 6.30pm

FRIDAY GALA PERFORMANCES

Performance order and timings subject to change

Hamilton Juniors
Stewarty
Illusion Mirage
Kingston Display Team
Hartford
Drumchapel
Dynamite Sparkles
Leeds Display Team



Irvine Bay Tsunami
Pentland
Everton Park
Carrigaline
Caithness Rhythmic
Auchterarder
Hamilton Seniors
Inverness

SATURDAY PERFORMANCES

Performance order and timings subject to change

MORNING

Clyde Valley Juniors
Ayrshire Acro Juniors
Hamilton Juniors
Bishopbriggs Acro Superstars
Linlithgow School of Gymnastics
Mid Sutton
Everton Park
South Ayrshire Display Team
Nova Display Team
Epping
Irvine Bay Galaxy
Ibex
Eclipse
Stainsby
Phoenix Forfar
DP Gymnastics
PHD Team Evolution
Elga
Bishopbriggs Acro Divas
Hartford
Acrobay Gymtasia Dreams
Gem Display Team
Charlies Angels
Limitless
Caithness Rhythmic



AFTERNOON

Spartans
GymMad Juniors
Robert Atkinson
Illusion Spirals
Inverness
Stonehaven Display Team
Auchterarder
Cheam Display Team
Clyde Valley Seniors
Espirit Display Team
Lasswade Lemurs
Shirley
Linlithgow Juniors
Caithness Fusion
Carrigaline Gymnastics
Drumchapel Mixed Team
Alvah Gymteam
HPL
Synergy
Leeds Display Team
Hamilton Seniors
Edinburgh University
Acrobay Seniors
Ayrshire Acro Seniors
Illusion Distortion
GymMad Seniors

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GYMNASTICS**

OFFICIAL SUPPORTER OF SCOTTISH GYMNASTICS





SUNDAY PERFORMANCES

Performance order and timings subject to change

MORNING

Leeds Display Team
Largs
Aberdeen Acro Heros
Clyde Valley Juniors
Cheam Display Team
Dynamite Gymnastics
Everton Park
Lunar Titans
Gem Display Team
Perth
Synergy
Robert Atkinson
Espirit Display Team
Auchterarder
Caithness Fusion
Irvine Bay Cosmic
Epping
HPL
Linlithgow Juniors
Stonehaven Display Team
Clyde Valley Seniors
Aberdeen Acro Reds
Arbroath
Shirley
Inverness

AFTERNOON

Spartans
Coolmine Seniors
Mid Sutton
Hartford
Alvah Gymteam
Falkirk Infinity Juniors
Saltire Display Team
GymMad Seniors
Spectrum Juniors
Stainsby
Ace Gymnastics
Kestrel Display Team
Charlies Angels
Lunar Eclipse
Kilmarnock Acro - Kosmic
City of Edinburgh Display Team
Coolmine Juniors
Acrobay Gymtasia Dreams
Drumchapel Development
Spectrum Seniors
GymMad Juniors
Falkirk Infinity Seniors
Phoenix Forfar
Enigma
Linlithgow School of Gymnastics
Irvine Bay Tsunami



Keep Updated

Follow us for the latest news, event and more! Join the Scottish Gymnastics family and celebrate gymnastics across the country.

scottishgymnastics.org



Threads: @scotgymstagram

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CLEAN SPORT

Scottish Gymnastics believes in clean gymnastics and works with UK Anti-doping (UKAD), adopting its anti-doping policy and rules.



All athletes have the right to compete in sport knowing that they, and their competitors, are clean. Whether by accident or on purpose, doping is against the rules of the sport.

The use of performance-enhancing drugs, other banned substances and doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

If you are a member of Scottish Gymnastics, these clean sport rules apply to you, regardless of the level at which you participate.

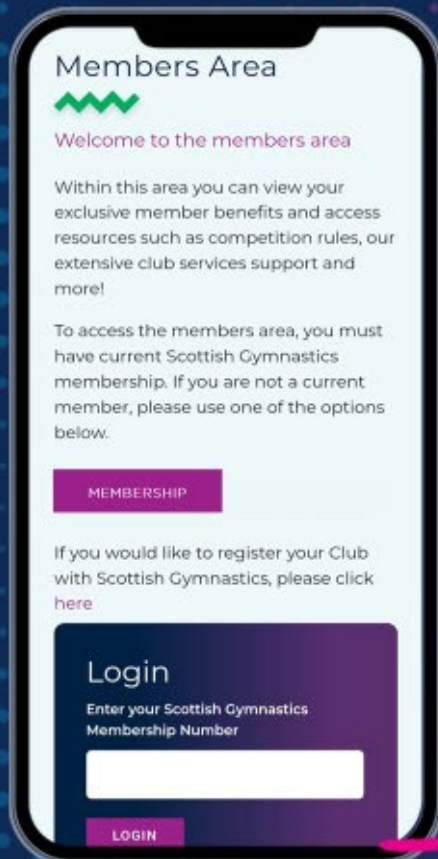
Please read all the information on our website to ensure you are working with the laws for gymnastics.

CLEAN SPORT

Click the button or scan the QR code



WHERE TO FIND YOUR MEMBER BENEFITS



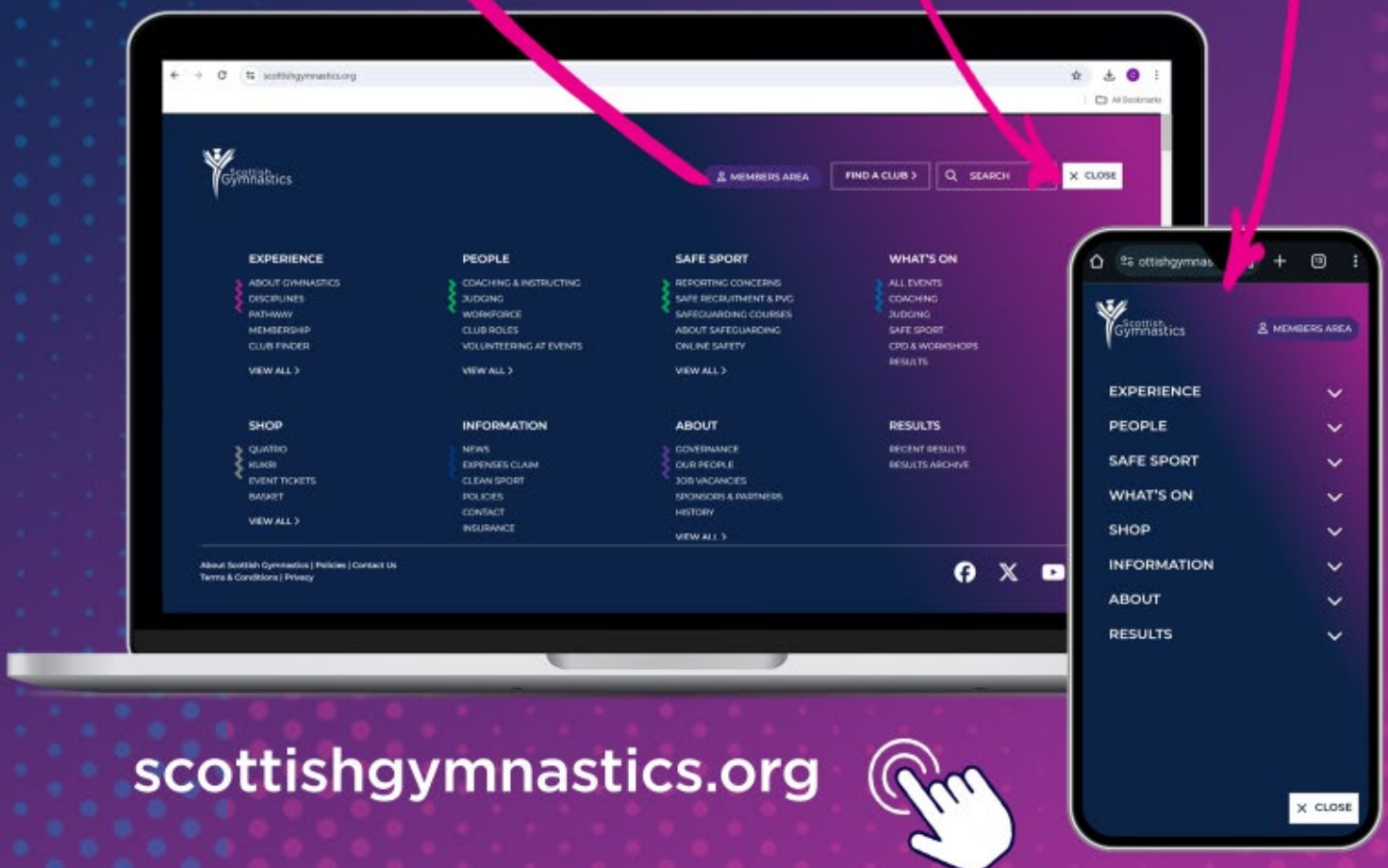
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