



GYMFEST 2025

15-16 NOVEMBER

**MEADOWBANK SPORTS
CENTRE, EDINBURGH**

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



Welcome to Gymfest!

This year we have been celebrating more than the skills and artistry of gymnasts and coaches at Gymfest. It is a significant big birthday for this inclusive event.

They say life begins at 40 but Gymfest quickly grew into a thriving showcase after the first event in 1985. The idea was to create a platform 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 about how Gymfest has evolved in the past four decades. One thing which has not changed is the enthusiasm and dedication of the volunteers, coaches, gymnasts and clubs who make this event so enjoyable. Your support is appreciated. As well as being a time to enjoy gymnastics with medals and without scores, it is a chance to meet up with old friends and begin new lifelong friendships.

I hope you enjoy Gymfest and the creativity and skills of each performance.

Doc McKelvey
Scottish Gymnastics CEO



PARKING

- Car parking is limited so please leave plenty of time and be prepared to park in the surrounding streets and walk.
- The limited parking is free for up to three hours, then charged at £5.00 per hour. You need to validate your ticket at the machines in reception.
- There is no bus parking.
- Please check major routes and roads surrounding Meadowbank for planned roadworks and other road closures.

GROUND FLOOR

- Catering is available in the ground floor café on the left of the main door.
- There is a lift to the far right of the entrance.

LEVEL 2

Fan zone

- Collect your tickets in the fan zone. We will scan your confirmation email and hand you a wristband which you must place on your wrist. Tickets are non-transferrable and non-refundable.
- You can collect and buy Scottish Gymnastics merchandise, Quatro leotards and accessories, and PSB Photography images of each performance.
- There is a tuck shop which is open throughout the event

Performance Hall

- Once you have your tickets, please enter the performance hall through the main entrance.
- Please do not leave your seat during performances and keep movement to a minimum between performances.
- Spectators are not allowed into team-only areas.



- 1 Ticket collection
- 2 Merchandise
- 3 Quatro Leotards
- 4 PSB Photography
- 5 Performance hall entrance
- 6 Pit stop tuck shop
- 7 Female WCs
- 8 Male WCs



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

SUPPORTIVE | INCLUSIVE | ASPIRATIONAL

info@scottishgymnastics.org



The Gymnast Development Framework
For gymnasts, coaches and parents

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

We want to help gymnasts achieve their potential at every level, enjoy learning, and thrive in the sport and beyond.

Explore a selection of resources, work-on tools, videos and audio designed for your role and stage.

The behavioural and physical blueprints prepare gymnasts mentally and physically allowing them to develop holistically.

The technical blueprint explores the fundamental skills at each level of the pathway across eight disciplines. Videos take you through each showing key coaching points, common faults, and progressions.

This is your journey, your brilliant basics.

mybrilliantbasics.com

Scan the QR code or
visit the website to
discover and enjoy!



GYMFEST NOVEMBER MERCHANDISE

CLOTHING

T-SHIRT

Child £13 | Adult £15



HOODIES

Child £26 | Adult £30



ZIPPERS*

Child £26 | Adult £30



SWEATSHIRTS*

Child £26 | Adult £30



Personalise any item for an additional £4 each

*Sweatshirts and zippers will be pre and postal order only. Click here to find the online shop



OTHER ITEMS

TOTE BAG

£6

REUSABLE CUP

£2

COASTER

£4

TEDDY KEYRING

£6

WATERBOTTLE

£6



WUKA

X



No More Flipping Leaks!

Say goodbye to pads, liners and tampons with WUKA - Discover our award-winning period-proof underwear and sportswear.



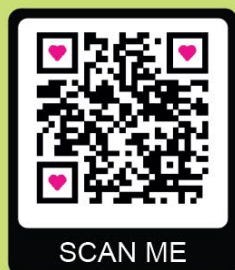
Leak-Proof
Up To 12hr



Seamless
No VPL



Odour
Free



Scan For
15% OFF
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**SCOTTISH
GYMNASTICS**



Official Period Partner



Carbon
Neutral
Product



SCHEDULE

SATURDAY

MORNING

Doors open: 9am
Performance: 9.30am
Show ends: 12.40pm

AFTERNOON

Doors open: 2pm
Performance: 2.30pm
Show ends: 5.30pm



SUNDAY

MORNING

Doors open: 9am
Performance: 9.30am
Show ends: 12.40pm

AFTERNOON

Doors open: 2pm
Performance: 2.30pm
Show ends: 5.30pm



SATURDAY PERFORMANCES

Performance order and timings subject to change

MORNING

Elga Display Team
Ibex Display Team
East Kilbride Seniors
Linlithgow
Edinburgh University
Kingston Display Team
Hamilton Seniors
Caithness Rhythmic
Gymtasia Dreams
Irvine Bay Galaxy
Lasswade Lemurs
Ayrshire Seniors
Largs
Fuego Display Team
East Kilbride Juniors
Newton

AFTERNOON

Spartans
Lunar Eclipse
Meadowbank
Avondale Nova
Caithness Fusion
Arabian Jewel Display Team
Hamilton Adults
Panache Display Squad
Spectrum
Ayrshire Acro Juniors
Acrobay Seniors
Lunar Titans
Cobra
Linlithgow Juniors
Alvah Display Team





SUNDAY PERFORMANCES

Performance order and timings subject to change

MORNING

Illusion Spirals
Pentland Artistic
Salto
Aberdeen Acro Blue
Kilmarnock Kosmic
Perth
City of Edinburgh
Jack Kane
Stonehaven
Arabian Jewel Display Team
Pentland Rhythmic
Phoenix Forfar
Linlithgow Juniors
Caithness Fusion
Illusion Distortion

AFTERNOON

Spartans
Hetton Display Team
Aberdeen Acro Silver
Irvine Bay Tsunami
Lunar Eclipse
Elga
Arbroath
Gymtasia Dreams
Saltire
City of Glasgow Rhythmic
Limitless
Lunar Titans
Linlithgow
Irvine Bay Cosmic
Enigma



All performances will be recorded by Scottish Gymnastics and shared on our YouTube channel in the weeks following. Click above to view our channel and subscribe to be notified as videos go live!



Don't forget to tag us on social media and use #Gymfest40



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

X: @scotgymnastics

Instagram: @scotgymstagram

Facebook: @scottishgymnastics



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



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.

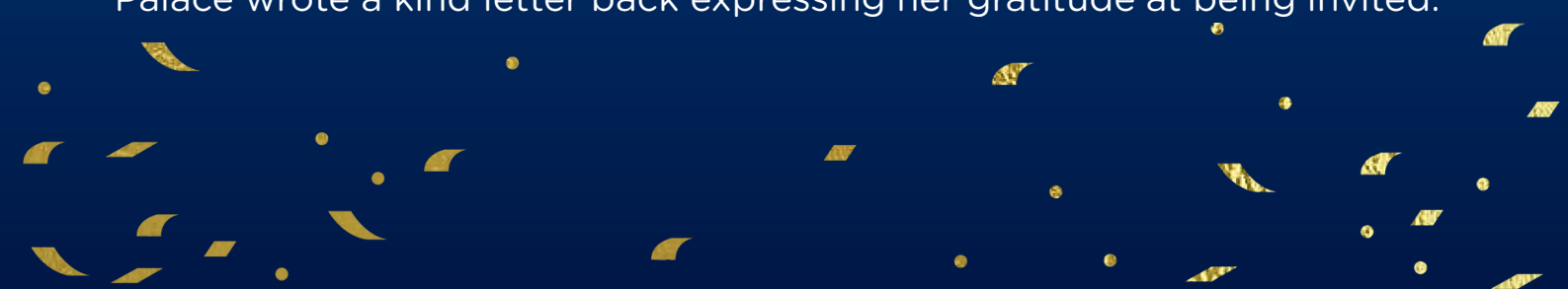
A FAMILY AFFAIR

Lasswade Gymnastics Club participated in the very first Gymfest in Perth in 1985. They are also performed in May this year and will return for Novembers edition of the event! If history is anything to go by, they will still be here in 2065!

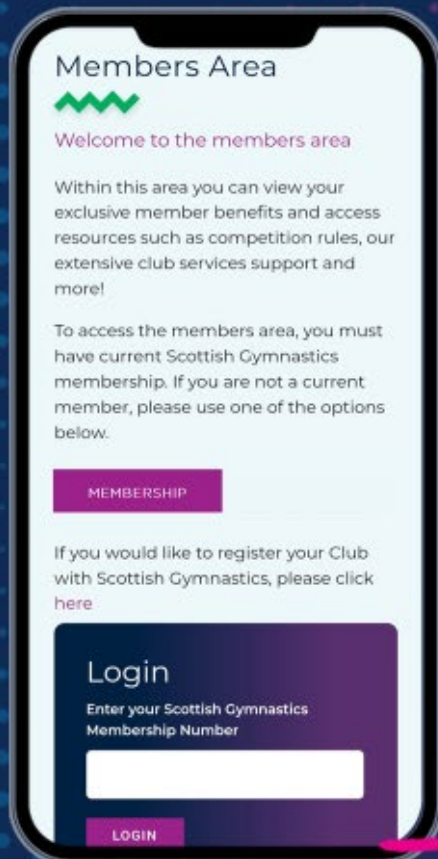
The legacy of Gymfest is evident in the many gymnasts who performed at the event and later move on to coaching. Their children often continue the tradition, making Gymfest a family affair.

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.



WHERE TO FIND YOUR MEMBER BENEFITS



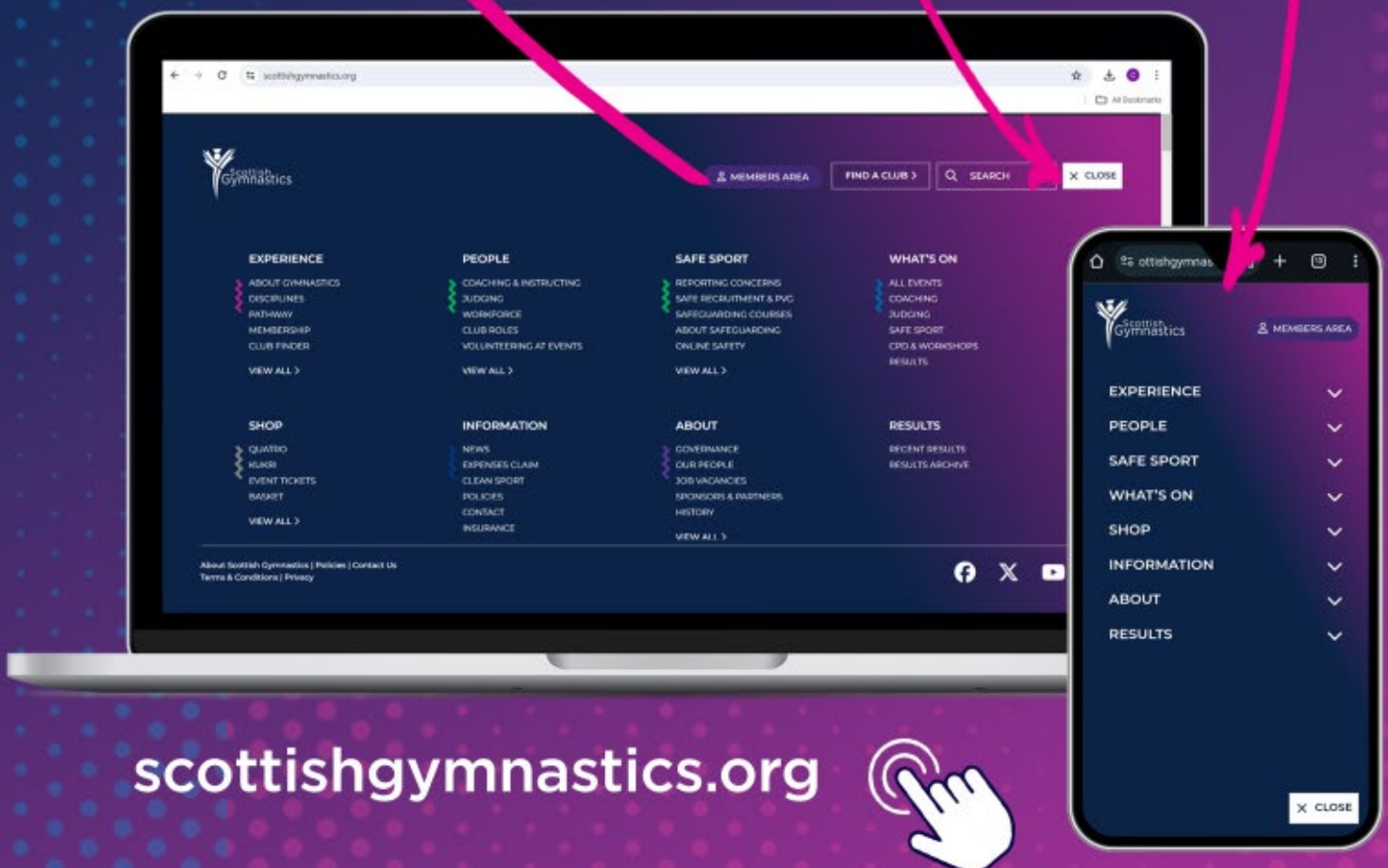
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USE THE DROPDOWN MENU ON
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