

Gymnastics Masters Team World Cup



Dekade	Name
30	Samuel Sotoudemehr
30	Thomas McGurty
40	Steven Bulley
40	Ben Irons
50	Michael Aspinall
30	Dean Magee
30	Jonathan Davis

About Me



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 community in the adult gymnastics scene, a few fun adult gymnastics classes turned into training and competing at the British Championships. Although a mixed performance I am training hard to achieve more - to show no matter your age a person can overcome obstacles and achieve physically demanding goals.

Proudest moments



British Team Silver Medal - 2023. More to come!

Kit Bag Essentials



Tape (for skin-rips) and golden syrup (yes gymnasts do indeed use golden syrup to help grip certain bars).



Sam Sotoudemehr



About Me



How it all began ✨

I spent my childhood daydreaming about gymnastics but it wasn't until university that I got the chance to participate and even receive some coaching!

I've carried on training ever since, coached at a recreational level and judged at club competitions in my local area.

Proudest moments ✨

Gymnastics is a really accessible sport but it can be daunting to new participants. I helped to organise and coach at an Adult Gymnastics class for several years by creating a safe, friendly and fun atmosphere. This was hard work but extremely rewarding.

Kit bag essential ✨

The usual guards, straps, tapes and chalk. I also make sure that I have a copy of my apparatus routines to hand so I don't forget mid-competition!

Tom
McGurty



About Me



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.

I'm passionate about breaking down barriers and I want to inspire others to give it a go.

Proudest moments ✨

- British All-Around Champion in 2022.
- British Team Silver Medalist in 2023 - First ever team medal for Manchester Academy of Gymnastics.
- Team Captain for the 2023 British Championship.

Kit bag essential ✨

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



Steven Bully



About Me



How it all began ✨

I didn't start gymnastics until I was 47. My children's gymnastics club 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 upped my training and started competing.



Ben Irons



Proudest moments ✨

Winning the British Gymnastics Men's Novice Over 45 championships in 2023.

Kit bag essential ✨

Some chalk, a drink and bags of enthusiasm.

About Me



How it all began ✨

My gymnasts journey started at the age of 6 when I got fed up of watching my sister train and compete and so decided to have a go myself! By the age of 9 I was in the North West regional squad with the likes of Craig Heap, Paul Bowler and Marvin Reddy who all went on to represent England at the Commonwealth Games. I also competed in Sports Acrobatics at this time and won the Under 11's English Schools' title with my sister in 1982.

I attended various gymnastics clubs in the North West to maximise my training. I was part of the North West team for several years until I decided to call it a day when I was around 14 years old. Schoolwork pressures were a huge factor in this decision as I still enjoyed doing the sport but struggled to find the time for my studies and coursework.

I returned back to gymnastics at the age of 40! I was challenged by my niece to do a back flick one night. She was a good gymnast herself but I felt it only right to show how to do it properly. From this point on, we created a dad's team and entered the British Veteran's gymnastics competition 10 years ago. I came a very creditable second in my first year at these championships. Here I am today, ten years on, following 4 surgeries to my back, shoulder and collarbone. I still set myself small targets each competition, whether it be new moves or ones to improve.



Michael Aspinal



Prizeless moments ✨

Competing at Lilleshall 3 months after having spine surgery and taking a silver medal. My consultant had advised me not to train for 6-8 months!

Kit bag essential ✨

Endless amounts of strapping tape and painkillers, but most importantly energy tablets and chocolate bars

About Me



How it all began ✨

I started my journey as a trainee stuntman, looking to improve my skill set and qualifications. As I got more involved with gymnastics I was invited to start teaching, where my enjoyment of the sport grew.

As a coach taking students to competitions, I wanted to try it myself and entered myself into the British nationals and have competed ever since.

Proudest moments ✨

Muscle up on rings

Kit Bag Essentials ✨

Water bottle

Dean Magee



About Me



How it all began ✨

I began gymnastics as a young child, training in my local gym and soon moved to the squad where I trained several days a week. However, my desire to play other sports clashed with the dedication that elite gymnastics required of me and so I left the sport aged 9. It wasn't until when, in my 30's, I took my children to the same gym club, YMCA Barry, that I recaptured my love for the sport. In the adult gym club I enjoyed the recreational aspect of the sport for the very first time. I loved the challenge of re-learning the moves of my childhood, and now the joy of challenging myself to push beyond my childhood ability in some areas.



Jonathan Davis



Proudest moments ✨

Achieving any move that I couldn't do aged 9.
Silver in the British Over 30's Novice in 2023.

Kit bag essential ✨

Strapping for my poor wrists that have to support a lot more weight than they did at age 9!