

# Gymnastics Masters Team World Cup

## German Men's Team

Dekade	Name
30-40	Sebastian Merker
	Marek Schmidt
40-50	Lazar Bratan
	Thomas Hemmelskamp
50-60	Dirk Walterspacher
	Wilfried Hofer
60-70	Friedhard Beck
	Gerhard Metz
70+	Reinhard Sieblitz
	Karl-Heinz Hiller
WildCard	Frank Pollmeier (50)
	Roland Hagner (50)
Spare	Pascal Weber (30) Marcel Schwefel (40) Michael Weigand (50) Holger Stern (60) Horst Niessen (60)

# Turnen

# DEUTSCHLAND

## Senioren



**Sebastian Merker \* 28th Sept 1990**



### Profile

- Born on 28.09.1990 in Weimar, Gymnastics since 1996
- Club: HSV Weimar
- Favourite apparatus: high bar
- Favourite elements: Stoop/Eagle, Gienger
- Occupation: Scientific Employee in sports informatics at the Institute for Applied Training Science
- Honorary office:
  - Member of the regional committee of the TTV
  - Member of the DTB competition committee for artistic gymnastics
- FIG Judge Brevet
- Philosophy: Cleanliness before difficulty



### My way in gymnastics

My first contact with gymnastics was laid in my cradle by my parents, both of whom participated several times in the gymnastics and sports festivals of the German Democratic Republic (former East-Germany). In their function as instructors in the Weimarer Sportverein, they took me to the gym at the age of 6. At the age of 10, I switched to the more ambitious Hochschulsportverein Weimar, which had a strong influence on my positive development and for which I still go to the apparatus today. Although I was rarely able to achieve top rankings in the children's and youth classes, I never gave up gymnastics. My enormous ambition and the consistency in training finally brought me in adulthood the first individual and team championship titles in Thuringia and the 5th place at the German-Cup. Another highlight of my personal gymnastics history so far was the opportunity to gain experience in the 3rd and 2nd Bundesliga with Turnteam Linden between 2013 and 2015. Since turning 30, I am now also allowed to compete in the German Masters Championships, where I won the bronze medal in the all-around in both 2021 and 2023. In addition to active participation in competitions, I have also been involved for many years as a coach, judge and speaker in training and further education in the DTB, TTV and STV.

### Successes

- 4x Thuringian individual champion
- 5th place German-Cup 2015
- 3rd place German Masters Championship 2021 & 2023
- 8x Thuringian team champion with HSV Weimar
- 1st place Bundespokal of the Landesturnverbände with the selection of the TTV 2016
- 2nd place 3rd Bundesliga north with the TT Linden 2013
- Participation Intern. Masters Comp. GER-JPN 2022

### Participation on the apparatuses in the competition



# 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
- Favorit apparatus : High Bar, Pommel Horse
- Favorit 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



**Lazar Bratan** \* xxx xxx xxx

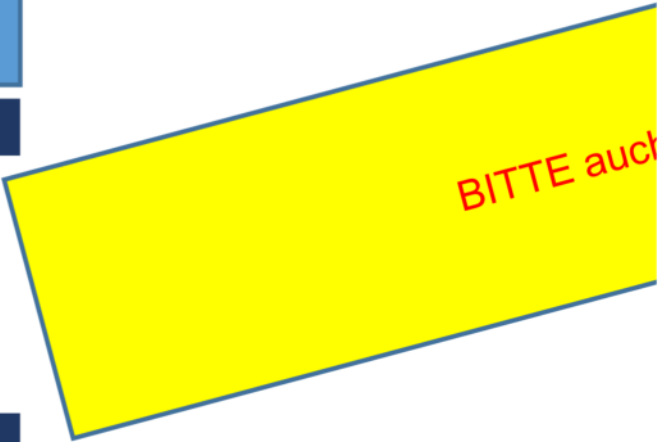


**My way in gymnastics**

Text  
TEXT

**Highlights**

• text



**Profession**

• text



**Successes**

• text

**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



**Dirk Walterspacher** \* 16th February 1973



### My way in gymnastics

When I was eight years old my father Gerhard realized my talent for gymnastics. He promoted and trained me from the beginning of my career. My first gymnastics club was and still is TV Oberndorf, for which I still actively participate in competitions.

In the year 1987 I did gymnastics for the first time in the German Gymnastics League for TV Herbolzheim. In 1996 I changed to KTV Straubenhardt, first in the 2nd national league, then in Germany's elite league. As a gymnast and coach I have won the German team championship several times with the team. After my active time I was coach of the Bundesliga team in Straubenhardt, currently I am the sports director of the youth team in which my son Luc is active. I'm also a trainer for the WKG Wilferdingen/Nöttingen (Baden Gymnastics League) and a youth trainer for TV Huchenfeld.

During my career I have taken part in numerous shows in Germany and Europe, which I enjoy very much.

### profession

- Teacher, Wilhelm-Ganzhorn-school, Straubenhardt

### Successes

- German vice-champion men's all-around (1987)
- multiple German champion team with KTV Straubenhardt
- multiple winner german senior championships
- multiple winner of youth- and school championships
- multiple winner of „Landesturnfeste“
- still active gymnast in the „Badische Turnliga“



### 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.

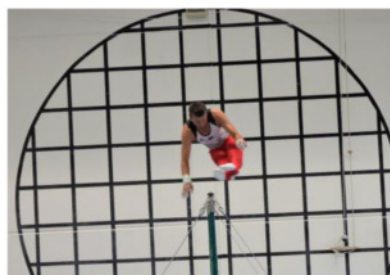
With the Bavarian selection, I have brought the Germany Cup for seniors in the AK 45 to Bavaria every year since the first participation in 2014.

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



**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 Deltschev, Alexander Tkatschev 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 Tkatschev 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

- DDR-Champion on Highbar 1976
- 4 times DDR-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)





**Karlheinz Hiller \* 20 Nov 1952**

**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

**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

**Performing at the World Cup (individual ranking)**



# Turnen DEUTSCHLAND Senioren



Reinhard Sieblitz \* 07.Jan.1951

## My way in gymnastics



At the age of 12, I moved with my parents from Lower Saxony to Siegerland in Westphalia. There, my sports teacher at the time was able to inspire me for gymnastics, whereupon I joined the local gymnastics club. Successes at district and state level were not long in coming.

After vocational training, he studied sports at the German Gymnastics School in Frankfurt/Main. As a result, I got a job as a sports teacher at a secondary school.

In 1973, the (Siegerland Artistic Gymnastics Association SKV) was founded.

There I was in the league team and mainly in the second and third team.

I have also been active in the all-around and took part in many German Championships in the German decathlon and eight.

Since the introduction of the German Senior Championships in 2000 have I also been successful there and Participated in it 18 times. Only had to take a short break while hip operation in 2007.

Since 1976 I have been working as a coach in the children's / youth and men's area in my home club TV Eichen.

## Highlights

Favorite devices to

League times:

Rings and parallel bars.

Last league competition with  
41 years !

Unfortunately, gymnastics at the  
rings are no longer possible  
today,

( 72 years old ),  
but I still do parallel bars  
just as gladly.



## Profession

Gymnastics and sport  
teacher.

Now : Pensioner

## Successes

1975 : Promotion to the Bundesliga with SKV.

Promotions to the Landesliga and Oberliga.

1985: 3rd place German Gymnastics Club  
Championship

1987: 3rd place German Gymnastics Club  
Championship

Team ( German gymnastics festival Berlin )

1994: 3rd place German All-Around  
Championships

( German gymnastics festival Hamburg )

1998: 1st place national competition

( German Gymnastics Festival Munich )

German Senior Championship:

3 x 3rd place / 5 x 2nd place / 6 x 1st place

Germany Cup Senior Championship:

2 x 3rd place / 3 x 1st place

## Performing at the World Cup (individual ranking)



**Frank Pollmeier**



**Personal gymnastics story**

At the end of the 70s, a friend of my parents took me to gymnastics and I was enthusiastic from the beginning. For the first few years I trained with him twice a week. At 15 I switched to the district gymnastics center in Isselhorst, because my coach unfortunately fell seriously ill and there had been no training for a year. Shortly after my change, I qualified for the Westphalian championship for the first time. By chance my team got to know the Latvian national team in 1990 and a friendship developed that lasts until today. From then on, I trained even more motivated and intensively up to seven times a week.

In 1999, six months after tearing my cruciate ligament, I qualified for the German Championships for the first time. In 2003 I reached the 26th place at the German Championships. After that, I competed in the senior championships whenever possible. In 2007, 2011 and 2014 I became German Senior (Master) Champion. I have gymnastics more than 25 years in the Bundesliga. Most of the time in the 2nd league. In 1999, I even advanced to the 1st Bundesliga with TUS Leopoldshöhe. In 2015 and 2016, I had to take a break due to injury. After that, I continued to gymnast with TV Isselhorst in the 3rd Bundesliga until 2020. My favorite apparatus is pommel horse. I also used to be incredibly fond of high bar. When you do flying elements there, where you let go of the bar, float freely in the air for a moment and then grab the bar again, it gives you a real adrenaline rush. Through my training contacts in Riga, I was accredited as one of the official coaches of the Latvian national team at the 2003 World Championships in Anaheim, USA. That was a very impressive experience. And of course the promotion with my boys from Isselhorst to the 3rd Bundesliga in 2018.

**Special features**

- Most difficult element: Sivado (pommel horse)
- Favorite apparatus: pommel horse
- Favorite elements: Busnari, Eichorn (pommel horse), Bhasvar (parallel bars)



**Successes**

- Multiple participation German Championships (Elite)
- 3 x German Senior Champion
- Multiple international Latvian champion
- Multiple Westphalian Champion (Elite & Seniors)
- Multiple participation at the international LEO Cup
- More than 20 years in the Bundesliga
- Coach for the Latvian national team at the World Championships in Anaheim/USA 2003
- Participation at the first senior national competition and 2nd place in the individual ranking (age group 40)

**Use on the apparatus at the country competition (individual evaluation)**



# 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 Deinigen“.

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 and 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 Deinigen
- 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)





**Pascal Weber \* Oct. 15<sup>th</sup>, 1988**



**My way in gymnastics**

Date of birth: Oct. 15<sup>th</sup>, 1988 (34)  
 First time in gym: 1988  
 With two gymnastics coaches as parents, my path to gymnastics was conceivably short. From just a few days after my birth, my parents regularly took me to the gym with them. Here, I learned to take my first steps and developed a great love for gymnastics at an early age.  
 When I was 6 or 7 years old, I changed clubs for the first time to a befriended club, where there was a training group with several people of the same age. It was via this club that I competed in the gymnastics league for the first time

after a few years for the TG Hegau Bodensee (2004). At the latest from this time on I was completely addicted to gymnastics and increased the number of my training sessions by team trainings in Singen as well as in the Swiss Schaffhausen.  
 For my studies, it was clear to me that the surrounding gym capacities played a decisive role in the selection of my place of study. I was therefore drawn to Ulm, where the SSV Ulm and the TSV Pfuhl (Neu-Ulm) were both clubs that were represented by one team each in the DTL. I finally found my new gymnastics home with the Pfuhl team, for whom I competed in the 3rd and 2nd Bundesliga for 8 years starting in 2010.  
 After finishing my university degree, I first had to cure some minor injuries, which is why I cut back on gymnastics for around two years. Soon, however, the ambition grabbed me again and I found a new home at the WKG Leinfelden-Stetten, for which I start since 2020 with renewed vigor as an all-around gymnast in the league.

**Highlights**

- Most difficult element: Jonasson (rings), Kasamatsu gestr. (vault)
- Favorite apparatus: vault and rings
- With the "Showteam Blues Brothers" from TV Ludwigshafen I was part of an internationally competing DTB-Showteam.
- Confession about the choice of my team as a student: In the end, the integrated bar in the gym of Pfuhl was decisive for my choice.



**Successes**

- Vice Champion 2nd Bundesliga South 2016 and 2017
- Vice Champion German University Championships with the team in 2010
- 3rd place Bavarian Championships 2015 on floor, 4th place in all-around competition
- Vice Champion Baden-Württemberg Senior Championships 2022
- Vice Champion German Senior Championships 2023

**Profession**

- Management Consultant (IT Management Consulting)
- IT Process Management Expert

**Performing at the World Cup (individual ranking)**



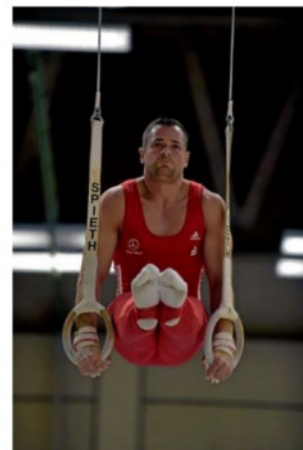


**Marcel Schwefel \* 26 July 1980**

**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)



**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

**Profession**

- Official
- Vocational school teacher in Lauingen an der Donau

**Performing at the World Cup (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 – 4<sup>th</sup> place

2023: German Seniors Championship – 4<sup>th</sup> 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)





# 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)**

