

Gymnastics Masters Team World Cup



Dekade	Name
30	Katherine Pugh
30	Hannah Moon
40	Sarah Frankes
40	Sarah Chick
40	Colette Young
40	Donna Sidebotham
50	Hannah Fargher
50	Caroline Stott
60	Julia Kirk

About Me



How it all began



I was a teenage gymnast in the 70's and 80's when Olga Korbut and Nadia Comaneci were causing a stir. It was my dream to go to the Olympics but sadly I only made it as far as club competitions! In those days you were 'over the hill' at a young age so I hung up my leotard at 16.

I never found another sport that I was as passionate about and gave me so much fulfilment. At the ripe old age of 50 I was delighted to discover Hammersmith and Fulham club had a gymnastics class for adults. I try and train 3 times a week now. Despite the fact that there is always something that hurts and I struggle to get out of bed some mornings, the passion and excitement are still there.

Caroline Stott



Proudest moments



Winning a bronze medal in Acro Women's Pairs at the Adult British Championships in 2017.

Kit bag essential



Ibuprofen, paracetamol and deep heat spray!

About Me



How it all began ✨

Having previously played team games such as Korfbal and Lacrosse I began recreational gymnastics at Zodiac Gymnastics Club when I was 36. I was inspired by a you tube video of a lady (aged 60) competing at the Adult British Championships.

I continue to train, but have since learned to coach: from Pre-school, right up to our adult classes. I have hypermobile Ehlers Danlos syndrome, so I have to be very careful and selective when learning new skills. I also need to train differently, and make sure I have alternative skills ready to make adaptations to my routines.

Proudest moments ✨

Coaching and taking Team Zodiac Adults to their first Adult British Championships.

Winning the Pat English Trophy nomination at the Adult British Championships in 2022 which is awarded for sportsmanship and promoting the spirit of gymnastics.

Qualifying for the GB team for this international masters championship.

Kit bag essential ✨

Haribo Tangfastic sweets, which I love sharing with fellow competitors. I couldn't get through a competition without them. It therefore seems very appropriate that my first international masters competition is in Germany, the home of Haribo!

Colette Young



About Me



How it all began ✨

My passion for gymnastics started aged 6 when I saw the Olympics on TV and instantly wanted to stop the ballet, tap and jazz, and do something exciting! Mum saw the passion in my eyes and found me a club. I loved it until I was 12 and then had a break and at 20 I had to go back!

I found new friends and gymnastics became my world all over again. At 33 I had a baby and it was a really bad experience for my body and I thought it was all over. But at 40 I was back competing like that never happened - though of course the typical aches and pains of someone in their 40's remains!

Proudest moments ✨

- Competing at Vets in my 20's and getting 2 silver medals!
- Achieving a punch front somersault mount onto beam aged 42 for the first time in my life!
- Being selected for the International Masters cup, UK team!

Kit bag essential ✨

My beloved super stinky wrist supports! They are at least 15 yrs old, going strong and I can't be without them, though anyone stood next to me would rather I left them at home! They really do stink and no amount of washing has stopped that yet!



Donna Sidebotham



About Me



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 I found the moves came easily to me. I soon 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!



Hannah Fargher

Proudest moments ✨

- Winning a team gold medal against Belgium, Ireland and Scotland in 1988 during a trip to the Ulster Games in Belfast.
- Becoming the Pro Over 45 Champion in 2019

Kit bag essential ✨

I love my gym shoes which I wear on beam for that extra bit of grip! There are always a few snacks in there too as I burn energy like crazy!

About Me



How it all began ✨

As a 27 year old, I was looking for an exercise that did not bore me 5 minutes in... after my first class I was captivated and for the first time, in a long time, I was taking part in exercise that I did not want to end. Seven years on, that is still the same feeling I get.

As a child I enjoyed trampoline gymnastics and had dabbled in some sports acro, but I had never been in a women's artistic gym until my first session at my local club. I felt welcomed from the first moment and have made friends for life in my "gymfam".

Proudest moments ✨

My first competition - I won Gold on vault!

Adult British Championships - Bronze medal for intermediate, over 30s trampoline.

Qualifying for the GB team for this International Masters Cup.

Kit bag essential ✨

A very sparkly leotard - feeling fabulous helps me own the floor!

Hannah Moon



About Me



How it all began



My introduction to gymnastics was watching Olga Korbut on TV at the Munich Olympics when I was 16 years old, and from then on I became an enthusiastic spectator whilst my own participation in sports was all outdoors.

Apart from a brief spell helping out with some coaching when I was in my twenties, my first real opportunity to give it a go for myself came forty years later when I was 56.

A new gymnastics club opened nearby and they were offering Adult classes where they welcomed beginners. I jumped at the chance of joining and started from scratch learning all the basics.

Two years later I did my very first competition and thoroughly enjoyed the whole process of putting routines together, the excitement of competition day, and the camaraderie with other gymnasts.

I still love competing as it motivates me to keep pushing the boundaries of what I can do, and I'm so grateful (and astonished!) that I can still take part in this wonderful sport.



Julia
Kirk

Proudest moments



- Going through the door marked 'Gymnasts' at my first competition.
- Being part of the team competing at the international German Masters.
- Bringing home medals from the British Adult Championships.

Kit bag essential



A bottle of water, I wouldn't last long without it!

About Me



How it all began ✨

It was the summer of 2012, and at the age of 27, Beth Tweddle was lining up to compete in the Olympic games with the hope of finally winning an Olympic medal.

Gymnastics at 27 was unheard of - you were finished in the sport by 18. The flame burned in me that a passion that I had to quit when I was a child would continue to burn long after the Olympic Games ended in London.

It took me a while to find the confidence - for years I'd battled anorexia nervosa - and setting foot in a gym where I was scared I wouldn't be good enough, and where I thought I'd be judged for my weight took a long time (also I delayed till I was deemed healthy by my treatment team), but when I finally did, I've never looked back, and somewhat ironically, gymnastics has been integral in helping me finally beat this illness.

Proudest moments ✨

Every day is a learning day with gymnastics. One of the things I love so much is that you can push yourself and constantly try new things. When you finally get a new skill or overcome a bit of a mental block, this is really rewarding.

Kit bag essential ✨

My theraband, deep freeze spray, Giddy balm (amazing for rips), tape and my trusty massage gun.



Kat Pugh



About Me



How it all began



Having trained at quite a high level as a kid, family circumstances forced me to give up as a teenager. However, the sport was in my blood and I had unfinished business! In 2003 I tried an adult session at Milton Keynes Gymnastics and somehow found myself on a TeamGym team, winning Bronze at the British Championships.

After some years coaching, I decided to learn to tumble at age 40, with the aim of completing a full run to a double back. I achieved this but broke a few bones along the way, so now mostly just concentrate on Artistic gymnastics!

Proudest moments



- Winning 40+ WAG Pro at Adult British 2017 and 2018.
- Coaching a TeamGym team to compete at the British championships in 2021.
- Opening my own community gymnastics club - Verve Gymnastics.

Kit bag essential



I'm very much go and hope but always try and turn up with lots of laughs, cheers of support for others!



Sarah Chick



About Me



How it all began ✨

Gymnastics was part of my life from 4 years old, having competed regional & national up to the age of 17 when I did a fair bit of damage to my knee.

Once retired I took to coaching. 6 years ago & 3 surgeries, my surgeon told me I would never do sport again. Little did he know the determination of an ex gymnast!!

It was only 18 month ago, 29 years after retiring, that I started training again and what an amazing journey it has been, meeting like minded adults who all have this passion to pursue something they love.

Proudest moments ✨

Being selected for the Junior British Squad as young gymnast.

Winning 45+ WAG Pro at Adult British Championships 2022

Opening my own trampoline club; Town Flyers Trampoline Club.

Kit bag essential ✨

Chalk! Lots of it, plus a sparkly leotard.



Sarah Frakes

