

ELSPETH CUDMORE

(she/they)

Circus Artist & Instructor

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ABOUT THE ARTIST

Elsbeth is a Toronto-based performance artist and instructor specialising in scintillating pole and aerial creations. Driven by a deep desire to artistically fling themselves around as much as possible, Elspeth has travelled across North America and Europe, honing their craft and dazzling audiences in shows with Illuminair Entertainment, Cirque Revolution, Bailador Entertainment, Femmes du Feu Creations, Jamie Allan's Illusionarium, and more. competitions including several titles from Pole Theatre, Pole Sport Org, Throughout their over 10 years of circus (and forever counting), they have developed a distinct style - a juxtaposition of melting movement and striking shapework, tied together with an overarching dramatic flair.

TRAINING

Pole Training: Independent (2016-Present). Trained under significant figures in the community such as Marlo Fiskens, Oona Kivela, Hanka Venselaar, and more. Elspeth has trained and taught at many studios over the span of her career, specialising in dynamic pole, bendy tricks, and static rotations, much of which comes from independent research.

Aerial Circus Training: Independent/Aerial Antics Ottawa, the Circus Fix Toronto, Artists Play Dance & Circus Toronto (2016-Present). Elspeth has gathered a wealth of knowledge in a variety of aerial arts through individualized training and courses in Ottawa and Toronto. Elspeth specialises in Aerial/Orbiting/Flying Pole, and is experienced in/performs Sway Pole, Aerial Hoop/Lyra, Aerial Harness/Vertical Dance, Aerial Chair, and more. She has also taken impactful aerial artistry workshops and courses with Mauricio Gonzales of LaFake Project (Hairhanging), Diana Lopez Soto of Uarhi Creations (Vertical/Aerial Dance), Nicole Malbeuf of Trellis Arts (Hairhanging), and Leah Wolff (Aerial Hoop).

Ground Training: Experienced in contortion and balancework. Competent in base acro and dance skills. Elspeth has trained contortion with Elastischol (under Amy Goh) from 2019-2022, The Mongolian Contortion Center (virtually under Serchmaa Byamba) on/off since 2020. Elspeth has consistently trained handbalancing with Cirqhaus NYC since 2020, and LaFake Project (Mauricio Gonzales) since 2024. Elspeth has also participated in a number of floor-based workshops from Brynn Route, Marlo Fiskens, Anastasia Evsigneeva and more.

PROFESSIONAL EXPERIENCE HIGHLIGHTS & PROJECTS

- **Circus Sessions X Featured Artist** - Participated in Circus Sessions X in 2025, Hosted by Femmes du Feu Creations in Welland, ON. This consisted of a week-long residency with five other artists and mentor Jodi Lomask of Capacitor (USA). This residency gave the opportunity to present a 45-minute work in progress, featuring my contributions of a dual counterweight harness piece, and an aerial pole solo.
- **Lifting Belly featured Artist** - Contributed to the first iteration of the "Lifting Belly" project in 2023, funded by the Canada Council for the Arts, and directed by Jordana Greenblatt. This piece brought together 6 queer circus artists local to Toronto to interpret the work "Lifting Belly" by Gertrude Stein. With dramaturgy by Sara Porter, this project was completed with a 45-minute work in progress showing.
- **Pole Theatre Canada Champion & World Championship Qualifier** - Winner of Pole Theatre Canada 2022, one of Canada's most prestigious pole-based competitions. Lead to qualification for Pole Theatre Worlds in 2026. Presented "theythem", a personal piece which used floral allegories to tell a story of gender

- dysphoria, coming out, and the search for joy and gender euphoria.
- **Underwater Escape Artist** - Illusionarium in Toronto ON, March 2021-November 2021 (Contract, 200+ performances). Trained in freediving and escape artistry techniques (e.g. lockpicking) for the recently opened Illusionarium Exhibit. This combines previous experience as a swimmer, theatrics, and stunt work to create a cohesive & exhilarating danger act. This act was created under direct supervision from world renowned stunt artist Jonathan Goodwin and prolific theatre critic and director Richard Ouzounian.
- **OLG Head to Head Commercial (Contortionist)** - Professional contortionist for OLG commercial, directed by Alon Isocianu in October 2021, and aired from 2021-2024. Casting by Publicis Entertainment. Involved repetitive posing and the ability to follow and adapt to the direction of producers, while also working to adapt to duo work with a new partner for the shoot.

PERFORMANCE AND WORK SUMMARY

Complete Acts & Performance Pieces

- **Oceania** (Orbiting/Aerial Pole Solo) - Earthly Cabaret by Femmes du Feu Creations (2026), REACT by the Circus Fix (2026)
- **Floating Through Spaces** (Aerial Chair Solo) - Copacabana (2026)
- **they/them II** (Aerial Pole Solo) - Big Top Cabaret (2025)
- **Vengeance** (Aerial Pole Solo) - Birdhaus (Illuminair Entertainment, 2023)
- **The passage Of** (Aerial Pole Solo) - Vital Circus Cabaret (2022)
- **Angel** (Aerial Pole Solo) - YDC 7 Deadly Sins Featured Performer (2023), Impulse: Revel Headliner (Illuminair Entertainment, 2022), The Academy Circus London: Variete L'Obscurite Headlining Performance (2021)
- **The Hierophant** (Pole Solo) - Electra Productions PoleCraft (2019)

Competition Pieces and Placement

- *Pole Theatre World - Women's Professional Division (Upcoming October 2026)*
- *Pole Art France - Women's Elite (Upcoming May 2026)*
- Pole Theatre Canada 2024 (Judge Performance)
- Pole Theatre Canada 2022 (Winner Professional Drama Division, Overall Champion)
- PSO United 2020 (2nd Place Pro Division)
- PSO Canada East 2019 (1st Place Pole Art)
- CPFA Nationals (2nd Place Troupe Division)
- CPFA Central Regionals (2nd Place Troupe Division)
- PSO Canada East 2018 (2nd Place Pole Art)

Circus Projects & Residencies

- **Circus Sessions 10 Residency** (2025) by Femmes du Feu Creations, at the Bank Art House in Welland ON - 45 minute WIP showing
- **Reverie** featured Artist (3 performances, 2024-2025) - two-hour ambient grounded aerial freestyle/installation based in Toronto
- **Lifting Belly** (2023) - CCA-funded research project, 45 minute WIP showing
- **Inanimate 48** Presenter (Waiting for Somebody Else to Move (Contortion, 2021), Hell to the Liars (Pole Dance, 2020))
- **Stripped** (Trio Fringe Fest Show) - FreshMeat 8, Ottawa Fringe (2019)

Corporate Performance Highlights

- Copa After Dark Aerialist with Bailador Entertainment - Resident Feature Aerialist at Copacabana Niagara Falls (2025-present, 4-8 performances/month)
- Ambient Contortionist - Something Creative Halloween Show (2022, 2023)
- Sway Pole Artist with Cirque Revolution - Summer Wedding Season Ambient Performer (2022-present)

Other Projects/Contracts

- Underwater Escape Artist, Jamie Allan's Illusionarium (2021, 200+ performances)
- Duo Contortion with OLG Head to Head Commercial (2021)

Judging & Adjudicating Credits

- Skipped Down Pole Competition Judge & Workshop Presenter (2024, 2026)
- Pole Theatre Canada Judge & Workshop Presenter (2024)
- Canadian Pole and Aerial Championship Judge (2026 Central Regionals, 2025 Central Regionals, 2024 Virtual Qualifiers, 2024 Eastern Regionals, 2024 Central Regionals, 2023 Nationals, 2023 Virtual Qualifiers)
- Pole Sport Org Judge - PSO United Europe (2020), PSO United After Dark (2020), PSO United (2020), PSO Canada East (2022)