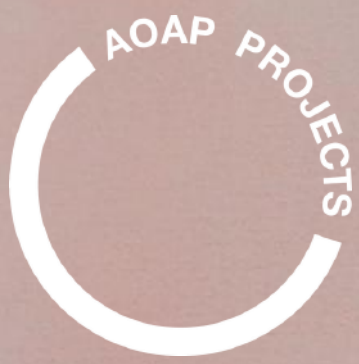




LIMINAL
GALLERY

Theo Gorst - Selected Work

Leisure

2024 - 2026

Leisure

Theo really goes nuts for a particular kind of tracksuit - the heavy, dry, blunt, stiff kind that does show its fluidity and tensions, yeah, but only clumsily. The material brings to mind military gabardine, as in, in it we can see an aggregation of resistance and high-tech dexterity. Understanding this aggregation is crucial to a modern man such as Theo. Maybe the stiff tracksuit will reveal to us some secrets about masculine glamour.

Because these paintings are close-ups and decontextualise their subjects they can be felt as landscapes. That is, wondrously. Look - the runnelled creases and hillocks of the valley. The glimmer of the sea on a cloudy day. The sunset of an orange Nike swoosh and then the Adidas parallel lines implying train tracks.

Sportswear logos - in art and in life - promise that we are still moving. Even when we're sitting on the phone at the pub or on the computer working from home, we are moving. Yeah. We love moving. You are still a living thing, says the tracksuit in the city. You do have a physical body and your body is still useful to you, even at leisure. You could play some sports, for example, right now or some other time. Any time at all. You are still a mover. It makes sense that, in an increasingly still world, we wear these active clothes more than ever.

The Nike swoosh should look exactly the same every single time, shouldn't it? We know it so well. It must represent movement without moving. Ironically, capturing that lack of individuation requires a great deal of labour with a paintbrush. This self-torture is a comical and deeply endearing aspect of photorealist paintings. In the hope of somehow absorbing the immortal replicability of logos we will work, and pay, a great deal. I remember the schoolbooks of my mates at primary school filled with Nike ticks. Each tick represents anxiety.

Generally this is anxious viewing. The anxiety of seeing branding in landscape. The anxiety of a conspicuous logo dictating the composition of an image. The anxiety of all attachment. The anxiety that maybe everything we do is in pursuit of a dream of total, final inertia, deindividuation and stillness and, I guess, peace. In denial of this fear we wear sports clothes and we embrace.



Text by Henry Johns



Legs (knot)

Oil on canvas, 85 × 121 cm, 2024

Aluminium Frame - Ready to Hang

£1,200

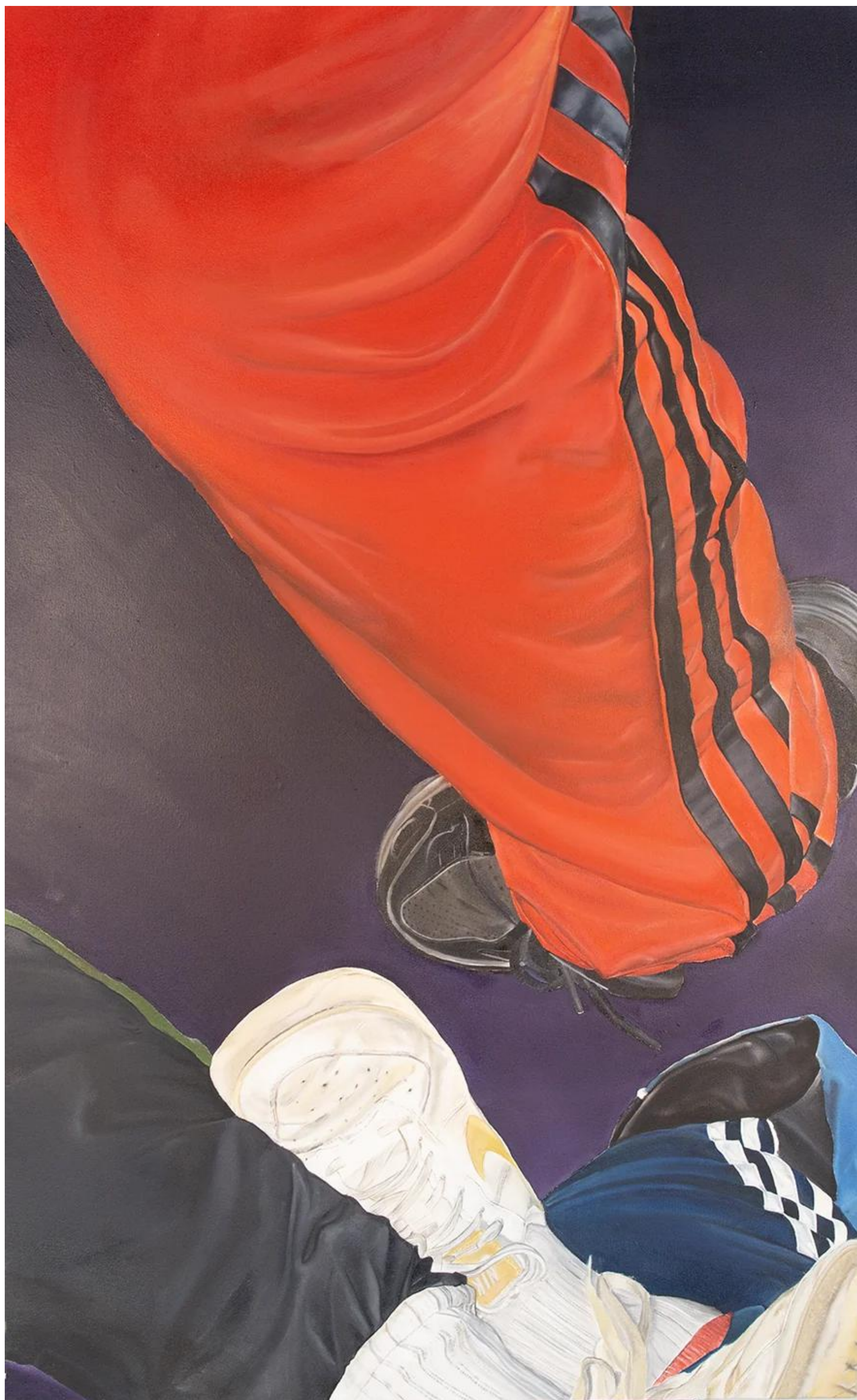


Legs (summer)

Oil on canvas, 85 × 121 cm, 2024

Wooden Frame - Ready to Hang

£1,200



Theo Gorst - Legs Kurb

Oil on canvas, 85 × 121 cm, 2025

Wooden Frame - Ready to Hang

£1,200



Purelink
Oil on canvas, 25 x 30 cm, 2026
Wooden Frame - Ready to Hang
£300



Strictly no readmittance

Oil on canvas, 21 × 29.5 cm, 2026

Wooden Frame - Ready to Hang

£300



Can

Oil on canvas, 40 x 50 cm, 2025

Wooden Frame - Ready to Hang

£600



Bus stop

Oil on board, 41 x 80 cm, 2023

Wooden Frame - Ready to Hang

£600



Air after e.h

Oil on canvas, 60 x 90 cm, 2025

Wooden Frame - Ready to Hang

£1,000



Surveilled (i)

Oil on canvas, 25 x 40 cm, 2025

Wooden Frame - Ready to Hang

£250



Surveilled (ii)

Oil on canvas, 25 x 40 cm, 2025

Wooden Frame - Ready to Hang

£250



Shuttle bus

Oil on canvas, 35.5 x 27.5 cm, 2026

Wooden Frame - Ready to Hang

£400



Loom

Oil on canvas, 120 x 120cm, 2025

Unframed

£600



Theo Gorst

Theo Gorst (b. 1994) is a contemporary painter living in East Anglia. He studied at Goldsmiths College (BA) and Norwich University of the Arts (MA). He is a member of Outpost Gallery and recently designed the official scarves for Great Yarmouth Football Club.

Gorst's figurative oil paintings depict ambiguous scenes that elicit both tension and release, with his subjects occupying a space removed from recognisable environments. He has exhibited in numerous spaces, including The Bomb Factory, Snape Maltings, and the Verner Gallery in Salisbury.

AOAP Projects

AOAP Projects is an independent arts organisation producing contemporary art exhibitions, sales, editions and charitable partnerships. It evolved from Art on a Postcard, founded in 2014, which raised more than £2 million for charitable causes through its exhibitions and auctions. AOAP Projects works with artists at all career stages and with partners including the Royal Society of Arts and War Child, with a focus on making original contemporary art accessible to new collectors.

Liminal Gallery

Liminal Gallery is a contemporary art gallery at 34 Fort Hill, Margate, platforming innovative and underrepresented voices and creating space for contemporary art to inspire, challenge and connect. Leisure forms part of the gallery's 2026 Maternity series of exhibitions.



Gemma Peppé - AOAP Projects
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MATERNITY SERIES LIMINAL GALLERY