

# BRITISH DIVING CHAMPIONSHIPS 2023

25-28 MAY

PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD

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# ACKNOWLEDGEMENTS

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Chief Referee: **Sarah Barrow**

Assistant Referee:

**Vicki Tomlinson / Hayley Sage**

Judges: **Matt Pipe, Tony Ally, Susie Bamber,**

**Lottie Thompson, Ronald van der Voort,**

**Hana Novotna, Sally Freeman, Roger Page,**

**Steven Jackson, Nicki Allsop, Nigel Mills,**

**Lindsey Fraser**

Shadow Judge: **Nikki Smith**

Observer: **Mathz Lindberg**



# WELCOME

**KAREN WEBB MOSS**

BRITISH SWIMMING CHAIR



Warm greetings from all of us  
at British Swimming.

We are delighted to welcome  
you back to the Ponds Forge  
International Sport Centre in  
Sheffield for the pinnacle event

in our domestic diving calendar, the British Diving  
Championships 2023. Providing a platform for  
our athletes to dive towards our 2023 targets and  
put themselves in contention to qualify for the  
year's major international teams at senior and  
junior level, these Championships also provide  
an opportunity to encourage healthy challenge  
from international competitors in an exciting,  
new-look format.

The past 12 months have been hugely successful  
for our divers, with British teams celebrating the  
best-ever tally of medals and podium places  
on a World Championship, European and

Commonwealth stage – and it is fantastic to see  
many of those medallists in action across the  
four days in Sheffield.

We have all been privileged to watch the quality  
of competition in diving continue to grow in recent  
years and, along with that, the depth of talent  
emerging across the programme right now. So,  
with 74 competing athletes and 10 British titles  
up for grabs, these next four days are set to play  
host to a riveting Championships - and I wish  
all competing divers every success. Relish the  
challenge of the competition and know that we  
are right behind you and will be cheering you on.

Our thanks to our hosts, to the workforce and  
volunteers and to the outstanding support of  
The National Lottery, Lottery players, UK Sport,  
Speedo, Lebara, and SOS.

Thank you.

**COUNCILLOR COLIN ROSS**

THE RIGHT WORSHIPFUL LORD MAYOR OF SHEFFIELD



On behalf of Sheffield City  
Council and the people of  
Sheffield it gives me very  
great pleasure to welcome the  
British Diving Championships  
to Ponds Forge on 25 May

2023 for four days of competition.

For many of the competitors, these  
Championships will play a key role in the  
qualification process for the teams heading to  
July's World Championships in Fukuoka, Japan,  
and the European Games in Poland. On top of  
that, it offers the leading crop of British divers  
and the next generation of stars the opportunity  
to test themselves against the country's best  
in the search for national titles across 1m and  
3m springboard and 10m platform contests, in

individual and synchronised events. I am sure it  
will be a very competitive and enjoyable event.

The City of Sheffield is fortunate to have part of  
the beautiful Peak District National Park within  
its boundary; it is a city of stunning landscapes  
and is the greenest city in Europe. The city is  
built on seven hills, with five rivers, 2.5 million  
trees and more parks and woodland than any  
other UK city. I hope that the competitors and  
visitors have the chance to experience what  
Sheffield has to offer.

The City of Sheffield is renowned for the  
friendliness of its people, and you can be sure  
of a warm welcome. I hope you enjoy your visit  
to our city, and that you will leave with fond  
memories of this special event.

# SCHEDULE

\*Please note that times are subject to change.

## DAY 1 THURSDAY 25 MAY

SESSION 1 – 17:30

Women's Platform Synchronised Final  
Men's Platform Synchronised Final

## DAY 2 FRIDAY 26 MAY

SESSION 2 – 10:00

Women's 1m Springboard Prelim  
Men's 3m Springboard Prelim

SESSION 3 – 16:00

Women's 1m Springboard Final  
Men's 3m Springboard Final

BREAK

Women's 3m Synchronised Final

## DAY 3 SATURDAY 27 MAY

SESSION 4 – 10:00

Men's 1m Springboard Prelim  
Women's Platform Prelim

SESSION 5 – 16:00

Men's 1m Springboard Final  
Women's Platform Final

BREAK

Men's 3m Synchronised Final

## DAY 4 SUNDAY 28 MAY

SESSION 6 – 10:00

Men's Platform Prelim  
Women's 3m Springboard Prelim

SESSION 7 – 15:00

Women's 3m Springboard Final  
Men's Platform Final

## 2023 EVENT KEY FACTS



**30**  
MEDALS  
AWARDED

**4** COMPETITION  
DAYS

**10** EVENTS

**131**  
ENTRIES



**27**  
VOLUNTEERS



**4**  
INTERNATIONAL  
COUNTRIES  
COMPETING

**74**  
DIVERS



**14**  
SYNCHRO  
PAIRS

**117**  
INDIVIDUAL  
ENTRIES

# CONDITIONS

## EVENT CONDITIONS FOR BRITISH DIVING CHAMPIONSHIPS 2023

### (1.0) GENERAL

- 1.1 British Teams with British eligible divers; have unlimited number of entries, but they must have achieved the qualification standard in the preceding 12 months (See Table 1.2).
- 1.2 Members of International Federations who are members of British clubs may enter under their British Club, but will follow rules 3.1-3.3
- 1.3 Individual events will follow World Aquatic conditions (See Table 1.1) for 1m and 3m springboard and 10m platform. All platform dives to be performed from the 10m platform.
- 1.4 No dive may be repeated in a list of dives.
- 1.5 Minimum age for competitors is 10 years on 31 December in the year of competition
- 1.6 Synchronised events will be straight finals
- 1.7 Late Entries for all events are allowed up to the start of the technical meeting. All late entries will incur a late entry fee. Except late entries to Synchro. The late entry fee for Synchro will be at the discretion of the Head Coach Olympic Diving.
- 1.8 Divers may compete exclusively in synchronised events.

### (2.0) FINALS

- 2.1 Divers will perform their dives, competing in the reverse order of their preliminary rankings.
- 2.2 The 6 highest ranked British divers, regardless of ranking overall in the preliminary will proceed to the final.
- 2.3 The finals can consist of a maximum of 12 divers, ranked from the preliminary event, including any guests (IF) divers, see condition 3.2 and 3.3.
- 2.4 Following rules 3.2 and 3.3 the remaining 6 places in the final will be comprised of the remaining divers in ranked order. This may include divers originally ranked outside the top 12.

### (3.0) GUESTS (International Federation / Club Entries).

- 3.1 Evidence shall be provided, at the time of entry, to confirm that each foreign diver has achieved the recommended standard for the event they are entering.
- 3.2 A maximum of 6 international divers may proceed to the final unless in the preliminary event, there are fewer than 6 British divers. In this case, additional international divers may proceed to the final.
- 3.3. Individual International Federation Team (Guest) may only qualify a maximum of 2 divers into the final. Multiple club entries from one country will be treated as one International Federation for final qualification purposes.

## INDIVIDUAL (TABLE 1.1)

CATEGORY	GENDER	BOARD	CONDITIONS
1m and 3m	Male	6 dives	6 dives from 5 groups, no limit.
10m Only	Male	6 dives	6 dives from 6 groups, no limit.
1m and 3m	Female	5 dives	5 dives from 5 groups no limit.
10m Only	Female	5 dives	5 dives from 5 groups no limit.

## SYNCHRO

Male 3m and 10m Only	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.
Female 3m and 10m Only	5 dives	2 dives with an allocated dd of 2.0 + 3 x optional dives. 5 groups to be covered	In each round the two divers must perform the same dive (same dive number and same position). All forward facing dives on springboard shall be done with a running approach.

## PERFORMANCE STANDARDS FOR NATIONAL CHAMPIONSHIPS (TABLE 1.2)

CATEGORY	GENDER	EVENT	CONDITIONS	NO. OF DIVES	RECOMMENDED STANDARD
Open	Women	1m	5 from 5	5	200
		3m	5 from 5	5	225
		Platform	5 from 5	5	225
Open	Men	1m	6 from 5	6	270
		3m	6 from 5	6	300
		Platform	6 from 6	6	300

# OFF THE BOARDS



## REGISTER AT OFFTHEBOARDS.INFO

FIND RESOURCES TAILORED FOR COACHES, PRACTITIONERS, SUPPORT STAFF, DIVERS AND PARENTS INVOLVED WITH HOME NATION AND WORLD CLASS PROGRAMME PATHWAYS.



## FUEL MY FRIDAY

Each week on our website, a British Swimming athlete provides a recipe they use to keep them fuelled up for training and competition as part of our Fuel My Friday series.

Check out this delicious staple salmon dish from European Junior champion Maisie Bond - a meal that could be helping her gear up for this week's competition.



PREPARE FOR SUMMER EVENTS EFFECTIVELY! MAISIE BOND PRESENTS HER SALMON RICE BOWL ON THIS WEEK'S #FUELMYFRIDAY



### INGREDIENTS

- 2 SMALL SALMON FILLETS
- 75G UNCOOKED RICE (BASMATI, BROWN, ETC.)
- 80-100G VEGETABLES (EG. BROCCOLI, CARROTS, GREEN BEANS, ETC.)
- SEASONING OF YOUR CHOOSING (EG. PAPRIKA, GARLIC POWDER, ETC.)
- SRIRACHA (TO SERVE)
- SESAME SEEDS (TO SERVE)

### METHOD

- PREPARE YOUR SALMON FILLETS BY ADDING SEASONINGS OF YOUR CHOICE AND A SPLASH OF OLIVE OIL OR SOY SAUCE (MAISIE LIKES TO ADD LOTS OF SPICE)
- WRAP IN TIN FOIL AND ADD TO A PRE-HEATED OVEN AT 180 DEGREES C FOR 20-22 MINS
- RINSE THE RICE THOROUGHLY, BEFORE BOILING IN PLENTY OF WATER FOR APPROXIMATELY 15 MINUTES, OR PER PACKET INSTRUCTIONS
- MEANWHILE, COOK YOUR CHOICE OF VEG AS PER YOUR PREFERENCE - PERHAPS STEAMED BROCCOLI AND GREEN BEANS?
- ONCE COOKED, ADD YOUR RICE TO THE BOWL, ALONGSIDE THE VEG, PLACE THE TWO SALMON FILLETS ON TOP (REMOVE THE SKIN IF YOU'D LIKE)
- DRIZZLE SRIRACHA AND ANY SAUCE OF YOUR CHOOSING ON TOP, ALONG WITH A SPRINKLE OF SESAME SEEDS
- SERVE AND ENJOY!

# SPECTATOR INFORMATION

## Welcome to Ponds Forge International Sports Centre

Ponds Forge International Sports Centre is a leisure complex that opened in 1991 containing an Olympic-sized competition pool that allows the seating of 2600 spectators. The competition has hosted the 1993 Men's European Water Polo Championships as part of the 1993 European Aquatics Championships. Other hosted events include the Underwater Hockey World Championships in 2006, as well as the Junior World Championships in 2019. It is also a regular venue for our annual domestic swimming, para-swimming and diving events. Multiple world records have been broken in the pool along the years for both long and short course. The venue is also home to Europe's deepest diving pool at 5.85 metres which hosted the FINA World Diving Championships back in 2011. Ponds Forge also provides a gym that received a £3 million refurbishment in 2009 which houses 130 pieces of equipment as well as a steam room and sauna.

## FACILITY OPENING HOURS

### Facility opening hours (during event)

**Weekdays** 07:00 - 21:00

**Weekends** 07:00 - 21:00

### Gym opening hours

**Weekdays** 06:00 - 21:00

**Weekends** 08:00 - 18:00

## CAFÉ OPENING HOURS

For hot and cold drinks, food, snacks and treats, the Café is open from 07:30 – 19:00 each day.

## CAR PARKING

For all venue parking please park in Q-Park Castle Gate, address; 3 Broad Street West Sheffield S1 2BQ. This public car park is located opposite Ponds Forge.

At Q Park you need to collect a ticket and take it to Ponds Forge reception, there you can either scan it in the Q Park machine or collect a hard copy voucher. This entitles you to 50% off parking at the Q Park.

## TICKETS AND MERCHANDISE

A range of British Diving merchandise will be available to purchase at the Front of House desk which can be found in the main entrance of Ponds Forge International Sports Centre with prices starting from £3.00.

Any remaining tickets will also be available at the Front of House desk.

Please note tickets and merchandise can only be purchased using card.

## SUSTAINABILITY

Your contribution to making the British Diving Championships a more sustainable event

- Use public transport or active travel options where possible, to help reduce carbon emissions.
- Bring a reusable water bottle and fill it up for free at one of the water refill stations located within the venue. Reusable British Diving water bottles are also available to purchase from the Front of House desk for £7.00.
- Help us reduce waste – either take your waste home or separate and recycle where you can, including at the recycling points within the venue.
- By accessing this programme digitally via the QR code, you have contributed to reducing the need for printing at this event.

## LOST AND FOUND

If you lose something during your visit to the British Diving Championships, please head to the Front of House desk where a member of staff will let you know if your item has been handed in.



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# LOIS LOOKING FORWARD TO WHAT LIES AHEAD

For all of the divers in attendance, the 2023 British Diving Championships are a chance to make impressions, build on aspirations and showcase their talents and the hours of hard work and dedication shown in training. For City of Leeds' Lois Toulson, this week's competition is also a stepping stone on the way to improving on a strong 2022 season with a big 15 months ahead.

The 23-year-old claimed two medals at both the Commonwealth Games and European Championships last year – her two European golds with synchro partners Andrea Spendolini-Sirieix and Kyle Kothari rounding off what

was an incredibly successful summer for British Diving.

The recent successes have continued. Ahead of the upcoming action in Sheffield, Lois was once again representing Great Britain at the opening two legs of the World Aquatics Diving World Cup in Xi'an and Montreal, taking home a pair of silvers alongside Andrea in the Women's 10m Synchro. Speaking on these competitions – and how they help her preparations for other events – Toulson reflected positively on her recent form.



**“The World Cup competitions have gone quite well, especially in synchro with me and Andrea having been a new partnership and coming second at our first proper international competitions with two personal bests,”** she said.

**“It’s really good and shows the hard work that we’ve put into the partnership, which is good leading into the rest of the season.”**

**“My individual has been a bit of a mixed bag – a bit of some good and some not so good, but at the start of the season it’s good to just get back out there and know what we need to work on. Now, it’s time to fix those things at home and really prepare for the summer.”**

On the synchro front, Lois and Andrea have quickly become a mainstay of international podiums during the first months of their partnership.

**“Synchro is going really well. At the end of last year and the start of this year, in the winter training months, we’ve put a lot of hard work in,”** added Lois.

**“I’ve been down to London quite a few times now to train with Andrea and really try and get our dives in sync. Our dives individually are good anyway, they’re three of our favourite dives that we can bank on most of the time, but we’ve been really focusing on the required dives and trying to get them to where they need to be.”**

**“It’s been really good working with Andrea. She’s very fun and she’s like a breath of fresh air to be around, especially when I’m**

**the only platform diver in Leeds. It can be a bit lonely sometimes, so it’s nice to go down there and train with the rest of them.”**

Two-time Olympian Toulson burst on to the international scene by securing her Olympic debut aged 16 at Rio 2016, before a memorable silver medal-winning performance in the Mixed 10m Synchro event at the 2017 World Aquatics Championships with partner Matty Lee – a huge moment for the then 17-year-old on a team that included a number of high-profile athletes, as well as divers of a similar age to Toulson.

When asked for her thoughts on now being one of the more senior members of the team in 2023, she was eager to comment on how the positive team dynamic affects a group at the elite level.

**“It definitely feels strange being one of the more senior athletes on the team now. It feels like it hasn’t been two minutes since I was the new kid on the block, but now it’s really nice having quite a diverse team,”** she reflected.

**“From Jack (Laugher) being a multiple Olympic medallist to the new ones coming through, it’s really nice and our team dynamic is really good. Also, for the World Cup competitions that we’ve done this season, we’ve had two separate team managers and they’ve both mentioned how tight-knit we all are and how we are like a family, so it is really nice travelling together and getting to experience the highs.”**

Rounding off the conversation, Toulson – who is coached by Adam Smallwood at the British

Diving Performance Centre, Leeds – gave a bit of insight into how the rest of the year looks for her, as she looks to mount a return to the podium on the world stage come July – and securing those all-important Olympic quota places too.

**“It’s going to be a busy year with World Champs and then leading into next year when everything is geared up towards Paris. The targets are just to do as well as we can,”** said Lois.

**“I’ve just got the individual at nationals, so I’ll hopefully try and finish in the top two there, then I’m really looking forward to the synchro event at World Champs as we get that first chance to qualify for Paris next year, which is exciting.”**



**“For me, that’s the biggest goal for the rest of the season – to try to get that spot with Andrea for the Olympics, but I also have all of my individual goals on the side, which are a bit more personal, such as on individual dives rather than overall targets. I prefer to take individual on a dive by dive basis, rather than looking at it as the whole and getting myself a bit overwhelmed sometimes. So I’ve got that for the rest of the season and then I’m working hard on synchro with a lot more travelling down to London over the winter months to prepare for next year and everything that has in store.”**





# PRE-SHOW PUZZLES

## CAN YOU 'WIKI' IT OUT?

Looking at the below, can you identify the names of the two divers to which these Wikipedia medal records extracts belong?

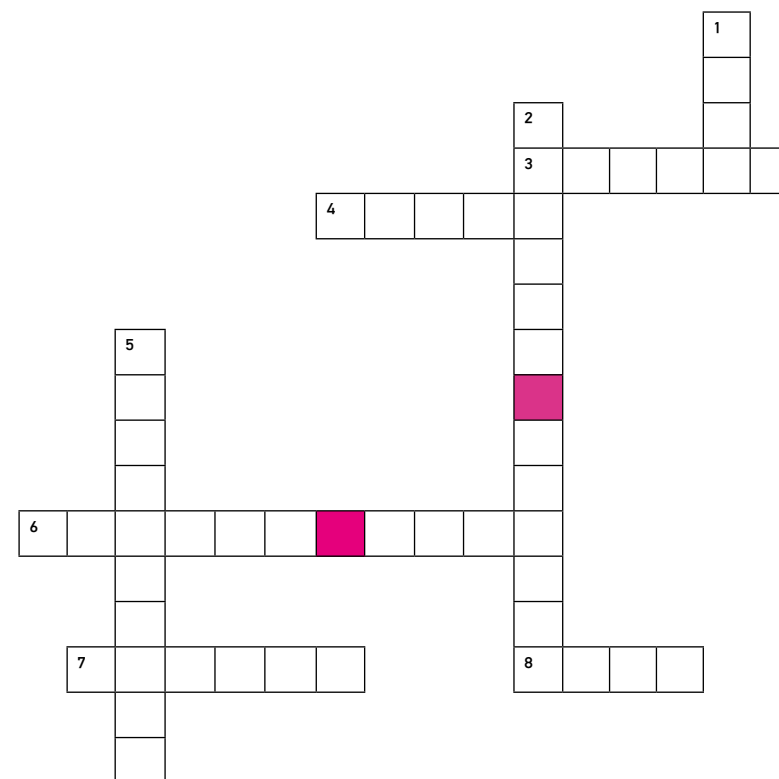
Medal record		
<b>Representing  Great Britain</b>		
<b>Olympic Games</b>		
<b>G</b>	2020 Tokyo	10 m synchro
<b>World Championships</b>		
<b>S</b>	2017 Budapest	Mixed 10 m synchro
<b>S</b>	2022 Budapest	10 m synchro
<b>B</b>	2019 Gwangju	10 m synchro
<b>European Championships</b>		
<b>G</b>	2020 Budapest	10 m synchro
<b>S</b>	2018 Glasgow	Mixed 10 m synchro
<b>S</b>	2016 London	Mixed 10 m synchro
<b>B</b>	2016 London	Team event
<b>European Diving Championships</b>		
<b>G</b>	2017 Kyiv	Mixed 10 m synchro
<b>B</b>	2017 Kyiv	10 m platform
<b>European Games</b>		
<b>G</b>	2015 Baku	10 m platform
<b>European Junior Championships</b>		
<b>G</b>	2013 Poznan	3 m springboard
<b>G</b>	2012 Graz	3 m springboard
<b>S</b>	2013 Poznan	10 m platform
<b>B</b>	2013 Poznan	1 m springboard
<b>FINA Diving World Cup</b>		
<b>G</b>	2021 Tokyo	10 m synchro
<b>British Championships</b>		
<b>G</b>	2018 Plymouth	10 m synchro
<b>S</b>	2018 Plymouth	10 m platform
<b>Representing  England</b>		
<b>Commonwealth Games</b>		
<b>G</b>	2022 Birmingham	10 m synchro
<b>B</b>	2022 Birmingham	10 m platform

Medal record		
<b>Women's diving</b>		
<b>Representing  Great Britain</b>		
<b>World Championships</b>		
<b>S</b>	2017 Budapest	10 m mixed synchro
<b>European Games</b>		
<b>G</b>	2015 Baku	10 m platform
<b>European Championships</b>		
<b>G</b>	2018 Glasgow	10 m synchro
<b>G</b>	2022 Rome	10 m mixed synchro
<b>G</b>	2022 Rome	10 m synchro
<b>S</b>	2018 Glasgow	10 m mixed synchro
<b>S</b>	2020 Budapest	10 m synchro
<b>European Diving Championships</b>		
<b>G</b>	2017 Kyiv	10 m platform
<b>G</b>	2017 Kyiv	10 m mixed synchro
<b>FINA Diving World Cup</b>		
<b>S</b>	2021 Tokyo	10 m synchro
<b>Representing  England</b>		
<b>Commonwealth Games</b>		
<b>S</b>	2022 Birmingham	10 m platform
<b>S</b>	2022 Birmingham	10 m mixed synchro
<b>B</b>	2018 Gold Coast	10 m platform

Answers on page 24.

# CROSSWORD PUZZLE

Can you complete the grid using our clues? Print out, mark up on your digital device or redraw with classic pen and paper to note down your answers.



## ACROSS

- Women's 10m Platform gold medallist at last year's Commonwealth Games (first name)
- Jack Laugher's gold-winning synchro partner in Rio (surname)
- The number of diving medals available at Paris 2024
- Host city of the Diving World Cup Super Final
- The city where Lois Toulson and Andrea Spendolini-Sirieix claimed European synchro gold last summer

## DOWN

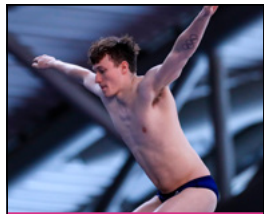
- The typical depth of an Olympic diving pool (metres)
- Women's 3m Springboard champion at last year's British Diving Championships (full name)
- Matty Lee's coach (surname)

Answers on page 24.

# PRE-SHOW PUZZLES

## THE TUCK SHOP

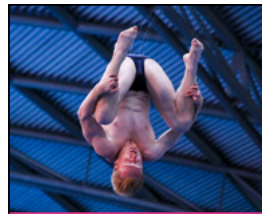
Match the diver to their favourite childhood sweet treat!



NOAH WILLIAMS



YASMIN HARPER



JAMES HEATLY



CHOOSE FROM THE BELOW...



Answers on page 25.

# QUICK-FIRE QUESTIONS WITH JORDAN HOULDEN

How well do you know European and Commonwealth medallist Jordan Houlden?

We sat down with the springboard diver ahead of the British Diving Championships to fly through some quickfire questions and find out more...



## THIS OR THAT

- 👍 Phone call or text?
- 👍 Pool or gym?
- 👍 Chocolate or sweets?
- 👍 Facebook or Twitter?
- 👍 Instagram or Tiktok?
- 👍 Tea or coffee?
- 👍 Film or series?
- 👍 Ketchup or mayonnaise?
- Night in or night out? 👍
- City or countryside? 👍
- Apple or Android? 👍
- Forward or backward dive? 👍

# ENTRIES

Entries correct as of 23 May

## THURSDAY 25 MAY

### SESSION 1 – 17:30

#### Women's Platform Synchronised Final

Start	Name	Representing
1.	Libby Duke	Edinburgh DC
	Ellen Gillespie	Edinburgh DC

#### Men's Platform Synchronised Final

Start	Name	Representing
1.	Francesco Casalini	Italy
	Riccardo Giovanni	Italy
2.	Nikolaos Molvalis	Greece
	Athanasios Tsirikos	Greece

## FRIDAY 26 MAY

### SESSION 2 – 10:00

#### Women's 1m Springboard Prelim

Start	Name	Representing
1.	Elena Bertocchi	Italy
2.	Tilly Brown	South Dive A
3.	Katie Burton	Co Leeds DC
4.	Clare Cryan	Co Shef DC
5.	Callie Eaglestone	Co Leeds DC
6.	Emilia Nilsson Garip	Sweden
7.	Yasmin Harper	Co Shef DC
8.	Nina Janmyr	Sweden
9.	Maya Kutty	South Dive A
10.	Elisa Pizzini	Italy
11.	Elizabeth Powley	Co Shef DC
12.	Holly May Prasanto	Co Shef DC
13.	Grace Reid	Edinburgh DC
14.	Amy Rollinson	Dive London
15.	Amelia Scott	Co Shef DC
16.	Evie Smith	Dive London
17.	Katherine Torrance	Co Leeds DC
18.	Amelie Underwood	Plymouth DC

#### Men's 3m Springboard Prelim

Start	Name	Representing
1.	Theofilos Afthinos	Greece
2.	Leon Baker	South Dive A
3.	Stefano Belotti	Italy
4.	Max Burman	Sweden
5.	Oliver Cazaly	Sweden
6.	Matthew Dixon	Dive London
7.	David Ekdhal	Sweden
8.	Petersen Elias	Sweden
9.	Yohan Eskrick-Parkinson	Jamaica
10.	Todd Geggus	Southend D

11.	Anthony Harding	Co Leeds DC
12.	Ross Haslam	Co Shef Dive
13.	Ollie Heath	Plymouth DC
14.	James Heatly	Edinburgh DC
15.	Jordan Houlden	Co Shef DC
16.	Yona Knight-Wisdom	Jamaica
17.	Connor Lano	Southend D
18.	Danny Mabbott	Edinburgh DC
19.	Euan McCabe	Plymouth DC
20.	Nikolaos Molvalis	Greece
21.	Jake Passmore	Co Leeds DC
22.	Noah Penman	Aberdeen DC
23.	Francesco Porco	Italy
24.	Declan Rogan	Co Shef DC
25.	Matteo Santoro	Italy
26.	Maxwell Spencer	Dive London
27.	Lachlan Stark	Edinburgh DC
28.	Hugo Thomas	Dive London
29.	Athanasios Tsirikos	Greece
30.	Arthur Turner-Rowe	Co Shef DC

### SESSION 3 – 16:00

#### Women's 1m Springboard Final

#### Men's 3m Springboard Final

#### Women's 3m Synchronised Final

Start	Name	Representing
1.	Desharne Bent-Ashmeil	Dive London
	Scarlett Mew Jensen	Dive London
2.	Tilly Brown	South Dive A
	Evie Smith	Dive London
3.	Libby Duke	Edinburgh DC
	Ellen Gillespie	Edinburgh DC
4.	Maya Kutty	South Dive A
	Callie Eaglestone	Co Leeds DC
5.	Katherine Torrance	Co Leeds DC
	Yasmin Harper	Co Shef DC

## SATURDAY 27 MAY

### SESSION 4 – 10:00

#### Men's 1m Springboard Prelim

Start	Name	Representing
1.	Theofilos Afthinos	Greece
2.	Leon Baker	South Dive A
3.	Stefano Belotti	Italy
4.	Max Burman	Sweden
5.	Oliver Cazaly	Sweden
6.	David Ekdhal	Sweden
7.	Petersen Elias	Sweden
8.	Todd Geggus	Southend D
9.	Ross Haslam	Co Shef Dive

10.	Ollie Heath	Plymouth DC
11.	James Heatly	Edinburgh DC
12.	Jordan Houlden	Co Shef DC
13.	Connor Lano	Southend D
14.	Danny Mabbott	Edinburgh DC
15.	Euan McCabe	Plymouth DC
16.	Jake Passmore	Co Leeds DC
17.	Noah Penman	Aberdeen DC
18.	Francesco Porco	Italy
19.	Declan Rogan	Co Shef DC
20.	Matteo Santoro	Italy
21.	Maxwell Spencer	Dive London
22.	Lachlan Stark	Edinburgh DC
23.	Hugo Thomas	Dive London
24.	Athanasios Tsirikos	Greece
25.	Arthur Turner-Rowe	Co Shef DC

#### Women's Platform Prelim

Start	Name	Representing
1.	Robyn Birch	Dive London
2.	Maisie Bond	Co Shef DC
3.	Eden Cheng	Crystal Palace DC
4.	Libby Duke	Edinburgh DC
5.	Ellen Gillespie	Edinburgh DC
6.	Juliette John	Dive London
7.	Tia McGarry	Co Shef DC
8.	Libby Mitson	Co Leeds DC
9.	Andrea Newbrook	Dive London
10.	Irene Pesce	Italy
11.	Andrea Spendolini-Sirieix	Dive London
12.	Lois Toulson	Co Leeds DC

#### SESSION 5 – 16:00

##### Men's 1m Springboard Final

##### Women's Platform Final

##### Men's 3m Synchronised Final

Start	Name	Representing
1.	Theofilos Afthinos	Greece
	Nikolaos Molvalis	Greece
2.	Stefano Belotti	Italy
	Matteo Santoro	Italy
3.	Max Burman	Sweden
	David Ekdahl	Sweden
4.	Yohan Eskrick-Parkinson	Jamaica
	Yona Knight-Wisdom	Jamaica
5.	Todd Geggus	Southend D
	Oscar Willcox	Co Shef DC
6.	Ross Haslam	Co Shef DC
	James Heatly	Edinburgh DC

#### SUNDAY 28 MAY

#### SESSION 6 – 10:00

##### Women's 3m Springboard Prelim

Start	Name	Representing
1.	Desharne Bent-Ashmeil	Dive London
2.	Tilly Brown	South Dive A
3.	Libby Duke	Edinburgh DC
4.	Callie Eaglestone	Co Leeds DC
5.	Emilia Nilsson Garip	Sweden
6.	Ellen Gillespie	Edinburgh DC
7.	Yasmin Harper	Co Shef DC
8.	Nina Janmyr	Sweden
9.	Maya Kutty	South Dive A
10.	Scarlett Mew Jensen	Dive London
11.	Elisa Pizzini	Italy
12.	Holly May Prasanto	Co Shef DC
13.	Grace Reid	Dive London
14.	Amy Rollinson	Dive London
15.	Amelia Scott	Co Shef DC
16.	Evie Smith	Dive London
17.	Katherine Torrance	Co Leeds Dive
18.	Amelie Underwood	Plymouth DC

##### Men's Platform Prelim

Start	Name	Representing
1.	Archie Biggin	Co Shef DC
2.	Francesco Casalini	Italy
3.	Ben Cutmore	Dive London
4.	Matthew Dixon	Dive London
5.	Riccardo Giovanni	Italy
6.	Bryn James	South Dive A
7.	Kyle Kothari	Dive London
8.	Matty Lee	Dive London
9.	Robbie Lee	South Dive A
10.	Angus Menmuir	Edinburgh DC
11.	Nikolaos Molvalis	Greece
12.	Athanasios Tsirikos	Greece
13.	Romano Wang	Dive London
14.	Noah Williams	Dive London

#### SESSION 7 – 15:00

##### Women's 3m Springboard Final

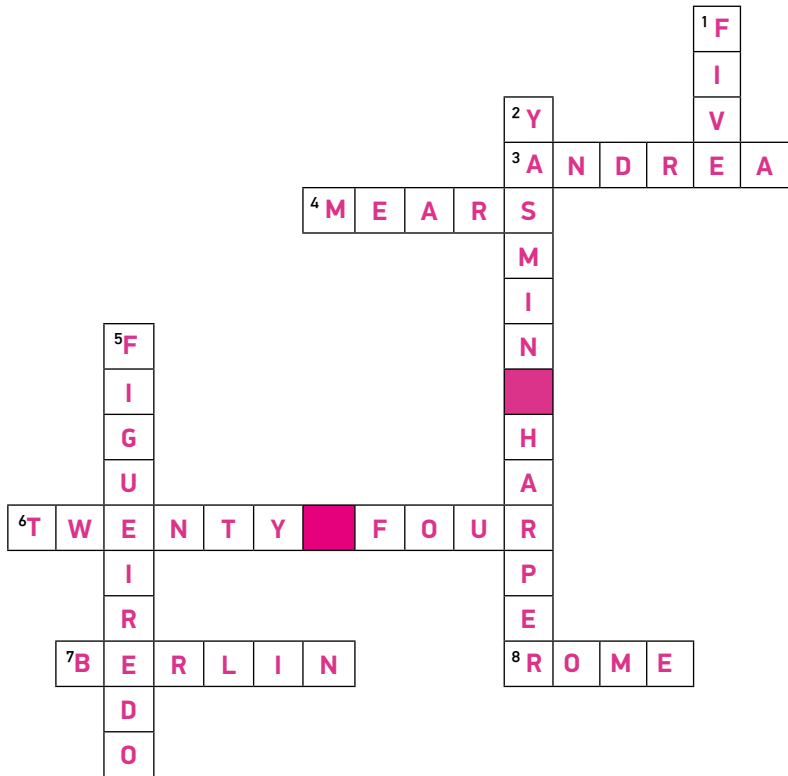
##### Men's Platform Final

# PUZZLE ANSWERS

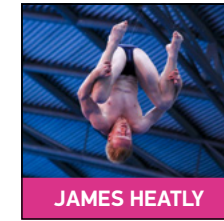
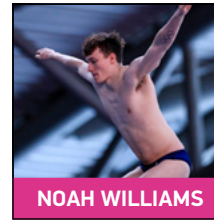
## CAN YOU 'WIKI' IT OUT?

Answers: Matty Lee and Lois Toulson

## CROSSWORD PUZZLE



## THE TUCK SHOP



# THANK YOU

To all our British Diving and City of Sheffield Diving volunteers for their dedicated support in the lead up and during the British Diving Championships 2023. Without them events like this would not be possible.

If you would like to learn more about volunteering opportunities, please visit our Volunteer Hub at [www.britishswimming.org](http://www.britishswimming.org) and complete the online form, we would love to hear from you!



# UPCOMING EVENTS 2023

**JUNE** 21 – 2 July

## European Games

Rzeszow, Poland



**JULY** 22-28

## British Summer Championships

Ponds Forge International Sports Centre, Sheffield

**JULY** 14-30

## World Aquatics Championships

Fukuoka, Japan

**JULY** 31 – 6 August

## Manchester 2023 Para Swimming World Championships

Manchester Aquatics Centre

**AUGUST** 4-6

## World Aquatics Diving World Cup 2023 – Super Final Meet 1

Berlin, Germany

**AUGUST** 19-25

## LEN European Junior Diving Championships

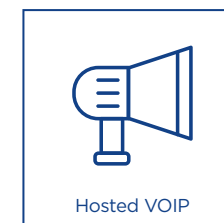
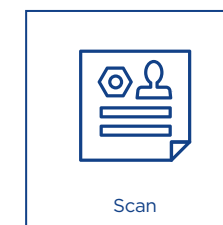
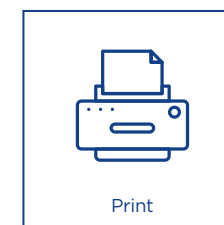
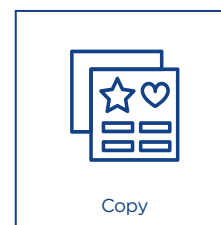
Rijeka, Croatia

To be the first to know about future events, ticketing and more, sign up to join the British Swimming mailing list at [www.britishswimming.org](http://www.britishswimming.org) or follow British Swimming on social media [@Britishswimming](https://twitter.com/Britishswimming)

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1 in 4 kids can't splash around doggy paddle  
blow bubbles out of their nose play mermaids  
do perfect handstands dive bomb make  
waves stay safe in the water and **swim.**



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