

DIVING – FAVOURITES – WOMEN’S 1m SPRINGBOARD – May 23

2021 European Champion	Elena Bertocchi, ITA, 259.90
2021 Olympic Champion	not on the competition programme
2022 World Champion	Yajie Li, CHN, 300.85
2022 European Champion	Elena Bertocchi, ITA, 264.25
2023 European Champion	Michelle Heimberg, SUI, 273.25
2023 World Champion	Shan Lin, CHN, 318.60
2024 World Champion	Alysha Koloi, AUS, 260.50
2024 European Champion	Elna Widerstrom, SWE, 250.25
2024 Olympic Champion	not on the competition programme

Name	Personal Info	OG	WC	EC
Laura VALORE DEN QP 204.50 (12.) 	Dob: 19 SEP 2001 (23) PoB: Copenhagen Club: LUK Coach: Occupation: Lifeguard, Student (biology) H / W:		39. 1m 24	18. 1m 22 21. 3m 22
Nina JANMYR SWE QP 207.20 (11.) 	DoB: 05 MAR 2004 (21) PoB: Lund Club: Malmo Kappsimningsklubb/ Harvard University Coach: Par Berg / Matthew O'Neill Height: 160cm		JUN-4. SYN-3m 22 JUN-7. 3m 22	2. 3m SYN 24 (with Elna Widerstrom)
Caroline KUPKA NOR QP 208.35 (10.) 	DoB: 06 DEC 2003 (21) PoB / Residence: Bergen Norway / Austin Texas Club: Bergen Diving Club / Texas Longhorns Coach: Espen Bergslien / Matt Scoggin Occupation: student H: 178cm		30. 1m 24 29. 1m 23 50. 3m 23 44. 1m 22	5. Mix-SYN-3m 24 (with Isak Borslien) 6. 3m 24 16. 1m 24 6. SYN-3m 23 6. Team 23 8. Mix-SYN-3m 23 (Borslien) 12. 1m 23 13. 1m 22 23. 3m 22 25. 3m 23
Oona ABBEMA NED QP 213.40 (9.) 	Dob: 19 FEB 2022 (23) PoB: Utrecht Residence: Amersfoort Club: TeamNL/ Aquarijn Coach: Angelique de Vroome Occ.: Student (Medicine) Height: 172m			

Kseniia BOCHEK

UKR

QP 222.60 (8.)



Dob: 24 MAR 2009 (16)
PoB / Residence: Kyiv
Club: UKR National Team
Coach: Olga Ivanenko
Occ.: High school student
H / W: 165cm / 59kg

Note Bochek

In 2023, she debuted at the European Junior Championships. In 2024, she became the European Junior champion 1m. At the 2024 World Junior Diving Championships, she won gold in the women's SYN-3m with Diana Karnafel and bronze in the Mixed Team Event. In Antalya, she celebrates her debut as part of the Senior National Team.

JUN-1. SYN-3m 24 (with Diana Karnafel)
JUN-3. 1m 24
JUN-3. Team 24

JUN-1. 1m 24
JUN-7. 3m 24
JUN-7. SYN-3m 24

Diana KARNAFEL

UKR

QP 227.60 (7.)



Dob: 08 JAN 2007 (17)
PoB / Residence: Kyiv
Club: UKR National Team
Coach: Illia Tseliutin
Occ.: University student

Note Karnafel

She debuted at the European Junior Championships 2021 in Rijeka. Before diving, she practiced rhythmic gymnastics. 2024 was the – so far – most successful year in her career. She reached the podium for the first time, becoming European Junior champion 1m and runner-up in the 3m-event. She also became World Junior Champion SYN-3m (with Kseniia Bochek). In Antalya, she makes her debut as part of the Senior National Team.

JUN-1. SYN-3m 24 (with Kseniia Bochek)
JUN-7. 3m 24
JUN-15- 1m 24

JUN-1. 1m 24
JUN-2. 3m 24

Elena BERTOCCHI

ITA

QP 239.55 (6.)



DoB: 19 SEP 1994 (30)
PoB: Milan
Club: CS Esercito / Canottieri Milano
Coach: Oscar Bertone
H / W: 164cm / 57kg

4. SYN-3m 24 (with Chiara Pellacani)
17. 3m 24
7. SYN 3m 21
YOG-6. 3m 10

3. SYN-3m 23
8. SYN-3m 24
11. 1m 24
12. 1m 23
12. 3m 23
18. 3m 24
3. 1m 17
7. 1m 19
7. Mix-SYN-3m 17
9. SYN-3m 19
13. 1m 22
13. Mix-SYN-3m 19
20. 3m 17
29. 1m 15
34. 3m 19

1. 1m 17, 21, 22
1. SYN-3m 18
1. Mix-SYN-3m 17
2. 1m 16
2. SYN-3m 21, 22
3. 1m 18
3. SYN-3m 23
4. 1m 15
4. SYN-3m 19
4. SYN-10m 19
6. 1m 23
7. Mix-SYN-3m 18
9. 3m 17
12. 3m 18
21. 1m 21
JUN-1. 3m 09, 11
JUN-1. 1m 10, 12

Aleksandra BIBIKINA

ARM

QP 243.55 (5.)



Dob: 16 APR 2002 (23)
PoB / Residence: Penza
Club:
Coach: Alexey and Oksana Bibikin (parents)
Occupation:
H / W:

Note Bibikina

Competed until August 22 for Russia. Since March 25 competing for Armenia. Her mother is a former athlete too.

7. Team 25

For RUS:
JUN-2. 3m 21
JUN-1 1m 16
JUN-1. Team

Lena HENTSCHEL

GER

QP 243.80 (4.)



DoB: 17 JUN 2001 (23)
PoB: Berlin
Residence: Dresden
Club: Berliner TSC
Occ.: Student (journalism)
Coach: Christoph Bohm, Michel Annas
H / W: 155cm / 53kg

3. SYN-3m 21 (with Tina Punzel)
6. SYN-3m 24 (with Jette Mueller)

Note Hentschel:

Studies and trains in the US (Ohio State, until 2026).

3. Team 23
4. Mix-SYN-3m 24
4. Team 24
6. 3m 24
6. SYN-3m-24
18. 3m 24
4. SYN-3m 22
9. SYN-3m 23
12. 3m 22
13. SYN-3m 19
21. 1m 19
32. 3m 19
JUN-7. 1m 16

2. Team 25
1. SYN-3m 21, 22
2. SYN-3m 18, 19, 23
4. 1m 19
4. 3m 23
5. 1m 23
11. 3m 21
12. 3m 22
13. 1m 21
14. 3m 18
16. 3m 19
JUN-1. 1m 16
JUN-1. 3m 16

Elna WIDERSTROM

SWE

QP 247.10 (3.)



DoB: 05. MAY 2004 (21)
PoB / Residence: Lund
Club: Malmo
Kappsimningsklubb/Uni of Minnesota
Coach: Par Berg/ Wenbo Chen
H: 166cm

12. 1m 24
32. 3m 24
12. SYN-3m 24
11. SYN-3m 23
21. 1m 23
23. 3m 23
JUN-4. SYN-3m 22
JUN-7. 1m 22
JUN-10. 3m 22

1. 1m 24
2. SYN-3m 24 (with Nina Janmyr)
5. 3m 24
3. SYN-3m 22
5. SYN-3m 23
12. 3m 23
17. 1m 23
JUN-2. SYN-3m 22
JUN-4. 3m 22
JUN-5. 1m 22

Chiara PELLACANI

ITA

QP 254.55 (2.)



DoB: 12 SEP 2002 (22)
PoB/Residence: Rome
Club: Fiamme Gialle - Nuoto / MR Sport F.lli Marconi
Coaches: Domenico Rinaldi, Tommaso Marconi
H / W: 158cm / 57kg

4. 3m 24
4. SYN-3m 24 (with Elena Bertocchi)
7. SYN 3m 21

2. Mix-SYN-3m 22, 24
8. SYN-3m 24
10. 3m 24
10. Team 24
33. 1m 24
3. SYN-3m 23
3. Mix-SYN-3m 23
4. 1m 22
5. 3m 23
6. 1m 23
7. Team 23
7. SYN-10m 19
9. 3m 22
9. SYN-3m 19
11. SYN-10m 17
JUN-1. Team 21

3. Team 25
1. 3m 22, 23
1. SYN-3m 18, 21, 23
1. SYN-10m 19
1. Mix-SYN-3m 23
1. Team 22
2. 3m 21
2. SYN-3m 21, 22
2. Team 21
3. 1m 21, 22
3. SYN-3m 23
3. Mix-SYN-3m 22
4. SYN-10m 17, 18
5. 1m 19
5. Team 17
6. 3m 19
JUN-1. 3m 17

Michelle HEIMBERG

SUI

QP 259.55 (1.)



DoB: 02 JUN 2000 (24)
PoB: Wettingen
Residence: Aarau
Club: Schwimmklub Thun
Coach: Francisco Parga
Occupation: Student (Communication science & media research)
H: 165cm

11. 3m 21
Note Heimberg
First Swiss diver winning an EC medal (Kiev, 2017);
European champion 2023 (1m)

9. 1m 24
33. 3m 24
6. 3m 22
8. 1m 22, 23
8. Mix-SYN-3m 17
15. 1m 17
16. 1m 19
22. 3m 23
24. 3m 17
28. 3m 19
JUN-4. 1m 16

1. 1m 23
2. 1m 21
2. 3m 17, 22
3. 3m 23
3. Mix-SYN-3m 19
5. 3m 18, 19, 21
5. Mix-SYN-3m 17, 18
6. 1m 17
7. 1m 19, 22
9. 1m 18
JUN-1. SYN-3m 16
JUN-2. 3m 16
JUN-3. 1m 15, 16

Medallists at Recent Major Championships

2022 Rome (ECh)

1 264.25 Elena Bertocchi (ITA)
2 259.65 Emma Gullstrand (SWE)
3 259.05 Chiara Pellacani (ITA)

2023 Rzeszow (ECh)

1 273.25 Michelle Heimberg (SUI)
2 273.10 Emilia Nilsson Garip (SWE)
3 266.90 Grace Reid (GBR)

2023 Fukuoka (WCh)

1 318.60 Shan Lin (CHN)
2 306.35 Yajie Li (CHN)
3 285.05 Aranza Vazquez (MEX)

2024 Doha (WCh)

1 260.50 Alysha Koloi (AUS)
2 257.25 Grace Reid (GBR)
3 257.15 Maha Amer (EGY)

2024 Belgrade (ECh)

1 250.25 Elna Widerstrom (SWE)
2 231.35 Aleksandra Blazowska (POL)
3 230.15 Emilia Nilsson Garip (SWE)