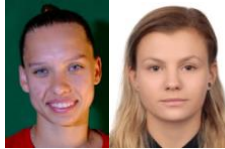


DIVING - WOMEN'S 3m SYNCHRO – May 25

2021 European Champion	Lena Hentschel – Tina Punzel, GER, 307.29
2021 Olympic Champion	Tingmao Shi – Han Wang, CHN, 326.40
2022 World Champion	Yani Chang – Yiwen Chen, CHN, 343.14
2022 European Champion	Lena Hentschel – Tina Punzel, GER, 281.16
2023 European Champion	Desharne Bent-Ashmeil – Amy Rollinson, GBR, 279.90
2023 World Champion	Yani Chang – Yiwen Chen, CHN, 341.94
2024 World Champion	Yani Chang – Yiwen Chen, CHN, 323.43
2024 European Champion	Desharne Bent-Ashmeil – Amy Rollinson, GBR, 269.10
2024 Olympic Champion	Yani Chang – Yiwen Chen, CHN, 337.68

TEAM	NAMES	OG	WC	EC
ITA Chiara PELLACANI Elisa PIZZINI	<p>Chiara Pellacani 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</p>	<p>Results Pellacani 4. 3m 24 4. SYN-3m 24 (with Elena Bertocchi) 7. SYN 3m 21</p>	<p>Results Pellacani 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</p>	<p>Results Pellacani 1. 1m 25 2. Mix-SYN-3m 25 (with Matteo Santoro) 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</p>
	<p>Elisa Pizzini DoB: 21 JAN 2005 (20) PoB: Verona Club: Fiamme Gialle Nuoto – CC Aniene Coach: Benedetta Molaioli G / W: 166cm / 65kg</p>		<p>Results Pizzini JUN-8 1m 22 JUN-15. 3m 22 JUN-13. Team 22</p>	<p>Results Pizzini 10. 3m 22 14. 3m 23 JUN-2. 3m 22 JUN-1. Jump Event 22 JUN-3. 1m 22 JUN-6. SYN-3m 22</p>
UKR Kseniia BOCHEK Diana KARNAFEL	<p>Kseniia Bocek DoB: 24 MAR 2009 (16) PoB / Residence: Kyiv Club: UKR National Team Coach: Olga Ivanenko Occ.: High school student H / W: 165cm / 59kg</p>	<p>Note Bocek 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.</p>	<p>Results Bocek JUN-1. SYN-3m 24 (with Diana Karnafel) JUN-3. 1m 24 JUN-3. Team 24</p>	<p>Results Bocek 7. 1m 25 JUN-1. 1m 24 JUN-7. 3m 24 JUN-7. SYN-3m 24</p>
	<p>Diana Karnafel DoB: 08 JAN 2007 (17) PoB / Residence: Kyiv Club: UKR National Team Coach: Illia Tseliutin Occ.: University student</p>	<p>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 Bocek). In Antalya, she makes her debut as part of the Senior National Team.</p>	<p>Results Karnafel JUN-1. SYN-3m 24 (with Kseniia Bocek) JUN-7. 3m 24 JUN-15- 1m 24</p>	<p>Results Karnafel 12. 1m 25 JUN-1. 1m 24 JUN-2. 3m 24</p>

POL
Aleksandra BLAZOWSKA
Kaja SKRZEK



Aleksandra Blazowska
DoB: 02 APR 2002 (23)
PoB: Sanok
Residence: Rzeszów
Club: KSW Stal Rzeszów
Coach: Grzegorz Kozdrański
Occ.: Student (sport)
H / W: 160cm / 50kg

Kaja Skrzek
DoB: 12 NOV 1998 (26)
PoB/Residence: Rzeszow
Club: KS Stal Rzeszow
Coach: Andrzej Kozdaranski
H / W: 165cm / 58kg

Results Blazowska
11. MIX-SYN-3m 24
21. 1m 24
27. 3m 24

Results Skrzek
19. 1m 24
40. 3m 24
10. Mix-SYN-3m 23
18. 1m 23
33. 3m 23
21. 1m 17
22. 3m 17
JUN-10. 3m 16
JUN-11. 1m 16

Results Blazowska
4. Mix-SYN-3m 25 (with Kacper Lesiak)
2. 1m 24
13. 1m 23
16. 1m 22
22. 3m 22
23. 3m 23

Results Skrzek
4. Team 25
18. 1m 25
7. 1m 18
8. Mix-SYN-3m 18 (with Kacper Lesiak)
10. 1m 16
11. 1m/3m 17
JUN-3. 3m 13

TUR
Simay ARSLANKAN
Ece Seval ERZINCAN



Simay Arslankan
DoB: 13 JUL 2006 (18)
PoB: Konak
Residence: Izmir
Club: TUR National Team
Coach: Sercan Şen
Occupation: Student
H / W: 161cm / 50kg

Ece Erzincan
DoB: 31. OCT 2006 (18)
PoB: Buca
Residence: Izmir
Club: TUR National Team
Coach: Sercan Şen
Occupation: Student
H / W: 165cm / 60kg

Results Arslankan
JUN-22. 10m 22
JUN-11. SYN-3m 22
JUN-5. SYN-10m 22
JUN-38. 3m 22
JUN-17. Team 22

Results Erzincan
JUN-33. 1m 22
JUN-11. SYN-3m 22
JUN-5. SYN-10m 22
JUN-17. Team 22

GER
Lena HENTSCHEL
Jette MUELLER



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

Jette Mueller
DoB: 01 MAR 2003 (22)
PoB / Residence: Rostock
Club: WSC Rostock
Coach: Shabaz Shanazi
Occupation: Soldier, Student (communications and media)
H / W: 158cm / 54kg

Results Hentschel
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).
Won a silver medal in the team event on the 1st competition day and a gold in the mixed synchro 3m (with Luis Avila) on day 2.

Results Mueller
20. 3m 24
6. SYN-3m 24 (with Lena Hentschel)
Note Mueller
Lives and trains in Dresden

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

Results Mueller
4. 1m 24
6. SYN-3m 24
7. 1m 22
10. 1m 23
JUN-1. 1m 21
JUN-1. 3m 21

Results Hentschel
1. Mix-SYN-3m 25 (with Luis Avila)
2. Team 25
5. 1m 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

Results Mueller
4. 1m 22
7. 1m 23

SWE
Nina JAMMYR
Elna WIDERSTROM



Nina Jammyr
DoB: 05 MAR 2004 (21)
PoB: Lund
Club: Malmo
Kappsimningsklubb/
Harvard University
Coach: Par Berg / Matthew
O'Neill
Height: 160cm

Results Jammyr
JUN-4. SYN-3m 24
JUN-7. 3m 22

Results Jammyr
10. 1m 25
7. Mix-SYN-3m 25 (with Elias Petersen)
2. 3m SYN 24 (with Elna Widerstrom)

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

Results Widerstrom
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

Results Widerstrom
2. 1m 25
1. 1m 24
2. SYN-3m 24 (with Nina Jammyr)
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

GEO
Mariami SHANIDZE
Tekle SHARIA



Mariami Shanidze
DoB: 13 JAN 2007 (18)
PoB:
Residence:
Club:
Coach:

Results Shanidze
17. SYN-3m 24
46. 1m 24
JUN-12. SYN-3m 24
JUN-29. 1m 24
JUN-38. 3m 24

Results Shanidze
16. 1m 25
18. 1m 24
8. SYN-3m 24
JUN-6. SYN-3m 24

Tekle Sharia
DoB: 10 JAN 2007 (18)
PoB:
Residence:
Club:
Coach:

Results Sharia
15. Mix-SYN-3m 24
17. SYN-3m 24
43. 1m 24
JUN-12. SYN-3m 24
JUN-30. 3m 24

Results Sharia
8. Mix-SYN-3m 25 (with Giorgi Tsulukidze)
7. Mix-SYN-3m 24
8. SYN-3m 24
20. 3m 24

GBR
Desharne BENT-ASHMEIL
Amy ROLLINSON



Desharne Bent-Ashmeil
DoB: 02 SEP 2004 (20)
PoB: Croydon
Residence: London
Club: Dive London Aquatics
Coach: Jane Figureido
Occ.: Student (sports science)
Height: 162cm

Bent-Ashmeil/Rollinson Commonwealth Games
4. SYN-3m 22

Bent-Ashmeil/Rollinson
9. SYN-3m 22

Bent-Ashmeil/Rollinson
1. SYN-3m 22, 23, 24
4. SYN-3m 22

Results Bent-Ashmeil Commonwealth Games
4. 4m 22
4. SYN-3m 22
4. Mix-SYN-3m 22

Results Bent-Ashmeil
9. SYN-3m 22

Results Bent-Ashmeil
3. Mix-SYN-3m 25 (with Ben Cutmore)
1. 3m 24
1. SYN-3m 24
1. Mix-SYN-3m 24 (with Ben Cutmore)
1. SYN-3m 22, 23
6. 3m 23
7. Team 23
JUN-1. 1m 19
JUN-2. SYN-3m 22
JUN-2. Team 19

Amy Rollinson
DoB: 18 JUN 2004 (20)
PoB / Residence: Luton
Club: Dive London Aquatics
Club
Coach: Stephan Hewitt

Results Rollinson Commonwealth Games
3. 1m 22
4. SYN-3m 22

Results Rollinson
9. SYN-3m 22
JUN-2. SYN-3m 22
JUN-10. 1m 22

Results Rollinson
6. Team 25
1. SYN-3m 24
9. 3m 24
10. 1m 24
1. SYN-3m 23
4. SYN-3m 22
JUN-3. 1m 22

Medallists at Recent Major Championships

2022 Rome (ECh)

1 281.16 Hentschel-Punzel, GER
2 260.76 Bertocchi-Pellacani, ITA
3 257.70 NilssonG-Widerstrom, SWE

2023 Rzeszow (ECh)

1 279.90 Bent Ashmeil-Rollinson, GBR
2 276.33 Hentschel-Rother, GER
3 273.69 Bertocchi-Pellacani, ITA

2023 Fukuoka (WCh)

1 341.94 Chang-Chen, CHN
2 296.58 Harper-Mew Jensen, GBR
3 285.99 Bertocchi-Pellacani, ITA

2024 Doha (WCh)

1 323.43 Chang-Chen, CHN
2 300.45 Keeney-Smith, AUS
3 281.70 Harper-Mew Jensen, GBR

2024 Belgrade (ECh)

1 269.10 Bent Ashmeil-Rollinson, GBR
2 258.75 Jammyr-Widerstrom, SWE
3 243.33 Gillet-Landi

2024 Paris (OG)

1 337.68 Chang-Chen, CHN
2 314.64 Bacon-Cook, USA
3 302.28 Harper-Mew Jensen, GBR