



# BRITISH NATIONAL DIVING CUP 2023

2-5 FEBRUARY

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**Ronald van der Voort, Sally Freeman,**  
**Susie Bamber, Tony Ally, Lottie Thompson**  
Shadow Judges: **Frankie Del Celo,**  
**Nikki Allsop**

Thank you to all our **British Swimming and Edinburgh Diving Club** volunteers for their dedicated support in the lead up and during the **British National Diving Cup 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!

## HAPPY BIRTHDAY DEREK!



On behalf of all staff and volunteers at National Diving Cup, British Diving would like to wish Derek Beaumont a very happy 90th birthday.

# WELCOME

**KAREN WEBB MOSS**  
BRITISH SWIMMING CHAIR



Warm greetings from all of us at British Swimming. We are delighted to welcome you to the Royal Commonwealth Pool in Edinburgh, Scotland for what is set up to be one of the most exciting and keenly contested nationals for some time. Once again, the British National Diving Cup is the first flagship British diving event of our calendar in 2023. Not only does this provide a platform for our athletes to dive towards our 2023 targets, but it also keeps us moving forward towards qualifying periods and, of course, falls within this Olympic Games cycle.

In addition, this event provides valuable competition opportunity for our younger divers who are able to share the platform with some of our established medallists.

The past 12 months have been fantastic for our divers with us celebrating the best-ever tally of medals and podium places on a World, European and Home Nation's stage.

We have all been privileged to see the diving competition increasing in quality and it is great to see the depth of talent emerging across the programme right now. As part of this, we are pleased to see the increase in the standard of our women divers who really showed some strong form in last year's Commonwealth Games and in the European Championships.

So, with 69 competing athletes across eight events, we are in for a real treat and I and all of us at British Swimming wish you all the very best – 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, SOS and Healthspan.

Thank you.



# SCHEDULE

\*Please note that times are subject to change.

## DAY 1 THURSDAY 2 FEBRUARY

SESSION 1 – 6.30PM

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

## DAY 2 FRIDAY 3 FEBRUARY

SESSION 2 – 10AM

Men's 3m Springboard Prelim

SESSION 3 – 3.45PM

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

## DAY 3 SATURDAY 4 FEBRUARY

SESSION 4 – 10AM

Women's Platform Prelim

SESSION 5 – 3.45PM

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

## DAY 4 SUNDAY 5 FEBRUARY

SESSION 6 – 10AM

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

SESSION 7 – 3PM

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



# NATIONAL DIVING CUP 2023 KEY FACTS

**68**  
ATHLETES



**48**  
VOLUNTEERS



**36**  
MEDALS  
AWARDED

**8** EVENTS

TOTAL NUMBER  
OF DIVES

**668**

**104**  
ENTRIES

**15**  
SYNCHRO PAIRS



# CONDITIONS

## INDIVIDUAL

CATEGORY	GENDER	BOARD	CONDITIONS
3m	Male	6 dives	6 dives from 5 groups, no limit. No dive may be repeated
5m, 7.5m and/or 10m	Male	6 dives	6 dives from 6 groups no limit.
3m	Female	5 dives	5 dives from 5 groups no limit.
5m, 7.5m and/or 10m	Female	5 dives	5 dives from 5 groups no limit.

## SYNCHRO

CATEGORY	BOARD	CONDITIONS
Open Male 3m and 10m	6 dives	2 dives with an allocated dd of 2.0 + 4 x optional dives. 5 groups to be covered
Open Female 3m and 10m	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.

## EVENT FORMAT

- Synchronised events will be a straight final
- Individual events – there shall be 3m and 10m events. There shall be a preliminary event and cut to top 8 for the final. (Where foreign divers qualify for final, the next GB diver(s) will be taken to ensure the top 8 GB divers progress).
- Individual Platform finals must be from 10m only
- Only a maximum of 2 guest (foreign teams) divers may progress through to the final.
- Divers must be aged at least 11 years by the 31st Of December in the year of competition.
- No dive may be repeated in any event
- 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.
- Late Entries for Synchronised pairs will be allowed up to the technical meeting with the written support from the Head Coach.
- Divers may compete in synchronised events only.

GENDER	EVENT	CONDITIONS	NO. OF DIVES	RECOMMENDED STANDARD
Female	3m	5 from 5	5	225
	Platform	5 from 5	5	225
Male	3m	6 from 5	6	300
	Platform	6 from 6	6	300

# SPECTATOR INFORMATION

## Welcome to the Royal Commonwealth Pool

Now over 50 years old, the Royal Commonwealth Pool is among Scotland's most iconic leisure centres. Delivering a host of swimming and diving events, the Commonwealth Pool was built in 1970 to host the Commonwealth Games then again in 1986 and 2014, it is the only venue to host three Commonwealth Games events. Additionally, the Final World Series and European Championships were held in 2013 and 2018 respectively to showcase the best aquatics from around the world.

## FACILITY OPENING HOURS

### Main Pool Opening Hours

<b>Thursday</b>	05:30 - 21:30
<b>Friday</b>	05:30 - 21:30
<b>Saturday</b>	05:30 - 17:30
<b>Sunday</b>	07:30 - 15:25

### Gym opening hours

<b>Thursday</b>	05:30 - 22:00
<b>Friday</b>	05:30 - 22:00
<b>Saturday</b>	05:30 - 20:00
<b>Sunday</b>	07:30 - 20:00

## CAFÉ REFRESH OPENING HOURS

For hot and cold drinks, food, snacks and treats, Café Refresh is open from 08:30 – 17:45 each day.

## CAR PARKING

The car park at Royal Commonwealth Pool is free for customers for the first 3-hours; £2.00 for 3-4 hours; and £10.00 for 4-hours plus.

Please note that before leaving, customers are required to scan their ticket using one of the five validating machines around the venue.

Payment will be by card payment only as Edinburgh Leisure now operates as a cashless operation across all areas.

Disabled and parent and child car parking is available with ramp access to the building.

Please note that parking can be limited during busy periods at weekends.

## LOST AND FOUND

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

## 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 Royal Commonwealth Pool 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 National Diving Cup 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.

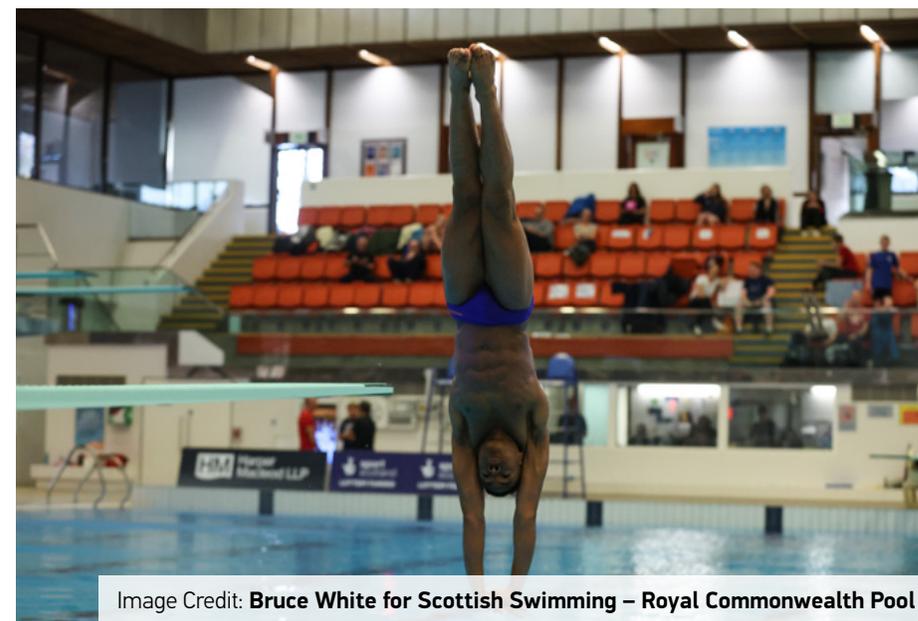


Image Credit: **Bruce White for Scottish Swimming – Royal Commonwealth Pool**

# UPCOMING EVENTS 2023

**MARCH** 16-19

**Citi Para Swimming World Series  
Inc. British Para Swimming Meet**

Ponds Forge International Sports Centre



**APRIL** 4-9

**British Swimming Championships**

Ponds Forge International Sports Centre

**APRIL** 13-16

**British Elite Junior Diving Championships**

Plymouth Life Centre

**MAY**

**British Diving Championships**

**JULY** 22-28

**British Summer Championships**

Ponds Forge International Sports Centre

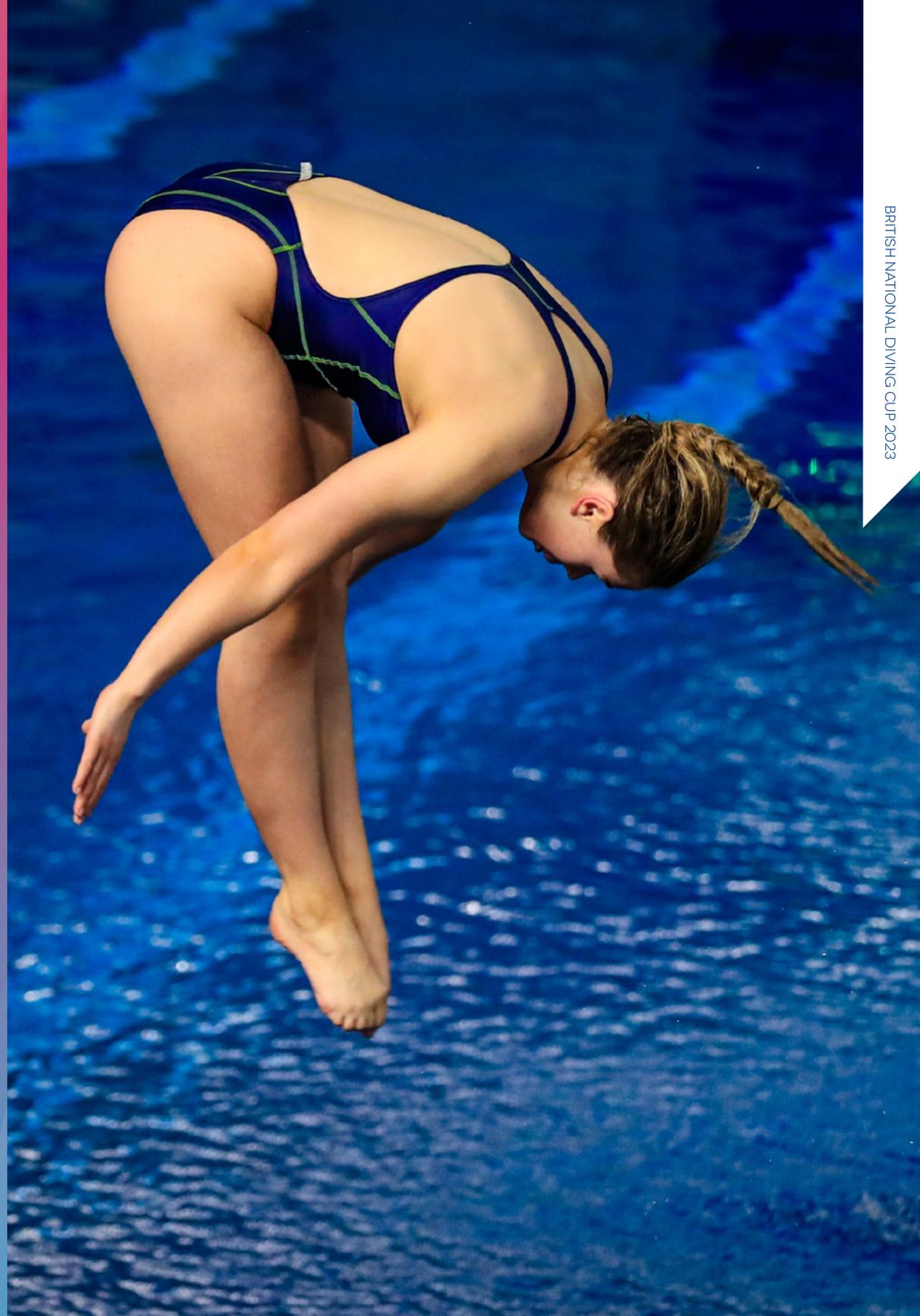
**JULY** 31 – 6 August

**Manchester 2023 Para Swimming World Championships**

Manchester Aquatics Centre

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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)



# BRITISH NATIONAL DIVING CUP

“unique opportunity” at start of 2023, says Alexei

**With one of the busiest years of diving in history now in rear-view, the attention of the British divers turns to 2023 – a year which includes the 2023 World Aquatics Championships in Fukuoka, Japan.**

Ahead of this week's British National Diving Cup getting the year underway off the boards, we sat down with Alexei Evangulov, Olympic Diving Head Coach, to get his thoughts on the recent achievements of the Great Britain team, and how they can develop as the year progresses.

British divers took an impressive share of the spoils from the three major competitions last

summer – with a total of 34 medals being won. The team also topped the diving medal table at the European Championships in Rome in August.

Speaking on those successes of the team, Alexei was keen to point out just how significant the achievements of the group were, in both absolute and relative contexts.

“2022 was the hardest, but also the most successful year ever for the British Diving team. We had one of the most memorable competitions in our history at the European Championships – picking up the trophy for the most successful diving team, as well as what was a great Commonwealth Games, with 15 medals for Team England and one for Team Scotland,” he said.



“We also can't forget the World Aquatics Championships, which saw us take second place in the medal table and cement our position as the second best diving nation in the world. I am struggling to remember a bigger success for us in at least the past decade of competition, it truly was an amazing year.”

With such a spread of medals across all of the diving events, Alexei was quick to praise and highlight the rising stars of British Diving, who made their breakthroughs in recent years on the international stage, alongside some of our established figures proving their quality again.

“Some new names from our team shone brightly on the European, Commonwealth and global stage – Andrea Spendolini-Sirieix, Yasmin Harper and Jordan Houlden to name a few. Anthony Harding also caught the attention of the diving world as a brilliant new synchro partner to Jack Laugher on 3m springboard, with that pair winning a number of major honours throughout last year, as well as some great individual moments for Jack. Noah Williams successfully took Tom Daley's place in the synchro pairing with Matty Lee, winning medals at all three major competitions last summer. It's also important to highlight the amazing gold medal at the European Championships that was won by recently-composed pair Kyle Kothari and Ben Cutmore.”

Having kick-started the 2022 season, the British National Diving Cup is once again the first flagship British Diving event on the 2023 domestic calendar – with Britain's best divers welcomed to the brilliant Royal Commonwealth Pool, as national titles across 3m springboard and 10m platform contests are decided over the course of the weekend, in both individual and synchronised events.

Speaking on the significance of this event, and how useful the competition is for British athletes ahead of the summer's British

Diving Championships, the World Aquatics Championships and the Olympics beyond that, Alexei gave an insight into how this applies to the members of the Great Britain team.

“The British National Diving Cup has become the opening event in the British diving calendar in recent years. It's a unique opportunity to check the state of the national team (across both the senior and junior setups) ahead of what will be another busy season,” added Alexei.

“We are looking for the divers to show the improvements from what has been a busy preparatory period between September and January – on both a physical and mental level, as well as seeing what stage they are all at as we continue working towards the major events of the season.”

Moving on from this event, focus for the juniors will turn towards the British Elite Junior Diving Championships, while the main domestic goal across the board will be those British Diving Championships later in the year, that event playing a crucial role in selections for the World Championships, where quota spots for next year's Olympic Games will be up for grabs.

Rounding off his thoughts ahead of the National Diving Cup, Alexei gave his take on how the year will be used as a stepping-stone for Paris 2024.

“As we build into 2023, we will continue working to improve our technique, consistency, and mental resilience ahead of the World Championships in July and beyond, as well as building up our synchro pairings and strengthening the female part of the team. The main target for us this year is to try and gain as many Paris 2024 Olympic qualification spots as possible in Fukuoka, as we try and better our sensational performances over the past couple of years. We are looking forward to the challenge.”

# PRE-SHOW PUZZLES

## WORDSEARCH

Are you able to spot all the missing words? See if you can find all twelve in the below grid, and then check to see if you were correct on page 24.

S	P	E	J	K	L	C	U	I	P	L	O	R	O	C	K	J
F	P	P	E	J	K	Z	Y	A	D	F	E	Z	W	U	M	L
D	A	E	D	I	N	B	U	R	G	H	J	K	P	T	L	D
O	R	N	N	E	W	X	E	C	G	B	N	E	J	M	A	O
L	I	T	M	D	D	Z	P	U	H	C	H	L	A	O	E	P
E	S	D	H	O	O	D	A	W	M	O	N	W	H	R	G	M
W	Q	O	T	S	G	L	Z	E	J	T	G	B	L	E	E	A
H	D	S	M	R	Y	W	I	A	Z	L	M	L	C	X	P	N
E	P	I	I	E	O	P	L	N	C	N	E	S	S	M	F	D
A	Z	R	Q	F	R	A	H	C	I	F	A	X	Y	Z	A	I
T	A	T	O	U	L	S	O	N	T	S	P	W	M	G	C	V
L	M	H	U	J	Q	P	A	H	C	P	I	B	T	B	J	I
Y	I	P	L	A	M	D	G	U	Y	F	H	R	H	P	F	N
D	T	G	K	E	W	I	O	O	L	P	Q	C	I	S	A	G
X	T	H	A	R	P	E	R	I	X	T	K	Y	S	E	B	S
N	D	E	S	H	A	R	N	E	B	J	Y	M	W	H	I	T
V	F	J	U	S	A	R	L	R	T	E	N	Z	T	B	L	X

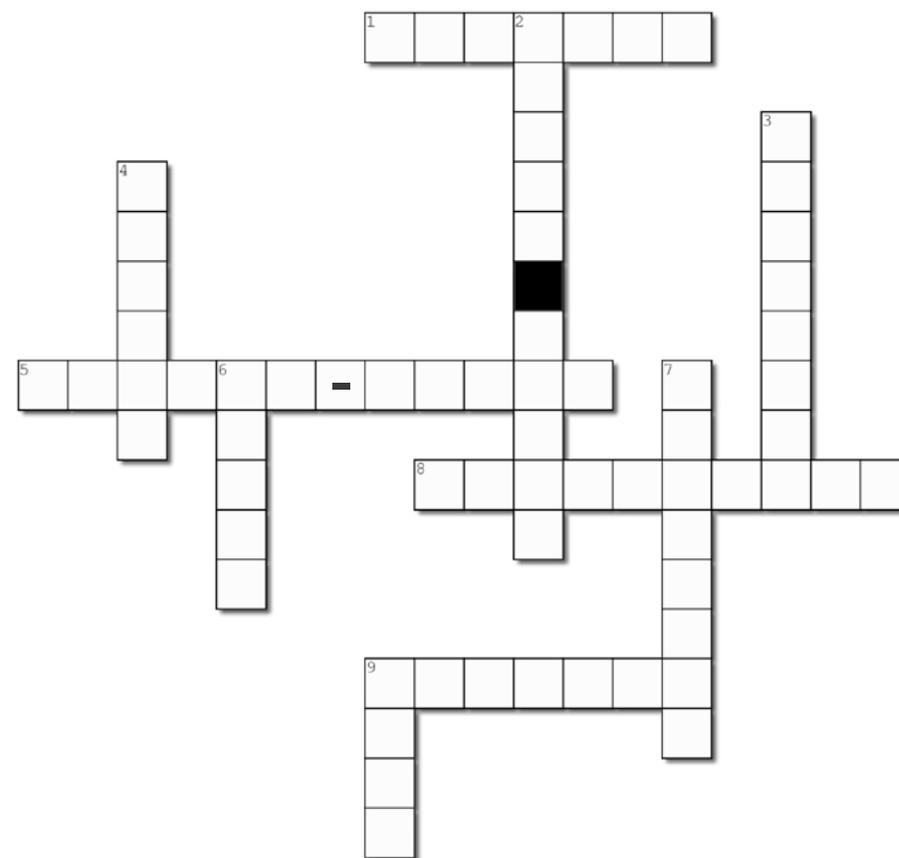
CUTMORE  
DIVING  
EDINBURGH  
HARPER

HEATLY  
LAUGHER  
LEE  
PARIS

REID  
SOMERSAULT  
SPENDOLINI-SIRIEIX  
TOULSON

## 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

- The name of the adjustable wheel that sits under the diving springboard
- Height in metres of the tallest World Aquatics competition diving platform
- Host city of last year's Commonwealth Games
- Host of the 2023 World Aquatics Championships

### DOWN

- Jack Laugher's Gold-medallist 3m Synchro partner at Rio 2016 (full name)
- Host city of the 2022 British National Diving Cup
- The first name of Lois Toulson's Women's 10m Synchro-winning partner at Rome 2022
- Host city of the Olympic Games where Tom Daley and Matty Lee won Gold
- Canadian city that hosted Junior World Diving Championships in December 2022
- Depth in metres of a typical diving pool

Answers on page 25.

## 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>Men's diving</b>		
Representing  Great Britain		
<b>World Championships</b>		
B	2022 Budapest	Team event
B	2022 Budapest	3 m mixed synchro
<b>European Championships</b>		
S	2022 Rome	3 m mixed synchro
B	2018 Glasgow	1 m springboard
B	2022 Rome	Team event
<b>European Games</b>		
G	2015 Baku	3 m springboard
S	2015 Baku	3 m synchro
B	2015 Baku	1 m springboard
<b>FINA Diving World Cup</b>		
S	2021 Tokyo	3 m springboard
Representing  Scotland		
<b>Commonwealth Games</b>		
G	2022 Birmingham	3 m mixed synchro
B	2018 Gold Coast	1 m springboard

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

Answers on page 24.

## QUICK-FIRE QUESTIONS WITH GRACE REID

How well do you know Commonwealth champion and World Championship medallist Grace Reid?

We sat down with her to go through some quickfire questions to find out more...

### THIS OR THAT

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



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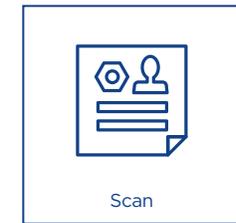
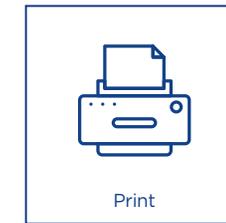
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# ENTRIES

Entries at 20 January

\*Session Times are subject to change

## THURSDAY 2 FEBRUARY

### SESSION 1

#### Women's Synchronised Platform Final

Start	Surname	First name	Representing
1	Birch	Robyn	Dive London
	Martin	Emily	Dive London
2	Spendolini Sirieix	Andrea	Dive London
	Toulson	Lois	Co Leeds DC
3	Duke	Libby	Edinburgh Di
	Gillespie	Ellen	Edinburgh Di

#### Men's Synchronised Platform Final

Start	First name	Surname	Representing
1	Williams	Noah	Dive London
	Lee	Matty	Dive London
2	Cutmore	Ben	Dive London
	Kothari	Kyle	Dive London



## FRIDAY 3 FEBRUARY

### SESSION 2

#### Men's 3m Springboard Prelim

Start	Surname	First name	Representing
1	Heath	Ollie	Plymouth DC
2	Mabbott	Danny	Edinburgh Di
3	Bull	Nathan	South Dive A
4	Junttila	Juho	Tiirat Diving Team
5	Passmore	Jake	Co Leeds DC
6	Willcox	Oscar	Co Shef Dive
7	Laugher	Jack	Co Leeds DC
8	James	Bryn	South Dive A
9	Rogan	Declan	Co Shef Dive
10	Patel	Hamish	Dive London
11	Haslam	Ross	Co Shef Dive
12	Heatly	James	Edinburgh Di
13	Clayton	Lucas	Dive London
14	Baker	Leon	South Dive A
15	Thomas	Hugo	Dive London
16	Eskrick-Parkinson	Yohan	JAM
17	Spencer	Maxwell	Dive London
18	Geggus	Todd	Southend D
19	Kane	Oscar	Dive London
20	McCabe	Euan	Plymouth DC
21	Stark	Lachlan	Edinburgh Di
22	Lano	Connor	Southend D
23	Penman	Noah	Aberdeen DC
24	Sinjab	Yassen	Dive London

### SESSION 3

#### Men's 3m Springboard Final

Start	Surname	First name	Representing
1	Brown	Tilly	South Dive A
	Smith	Evie	Dive London
2	Kutty	Maya	South Dive A
	Eaglestone	Callie	Co Leeds DC
3	Underwood	Amelie	Plymouth DC
	Burrows Mackley	Corin	Dive London
4	Bent-Ashmeil	Desharne	Dive London
	Mew Jensen	Scarlett	Dive London
5	Garip	Emilia Nilsson	Sweden
	Widerstroem	Elna	Sweden

## SATURDAY 4 FEBRUARY

### SESSION 4

#### Women's Platform Prelim

Start	Surname	First name	Representing
1	McGarry	Tia	Co Shef Dive
2	Birch	Robyn	Dive London
3	Newbrook	Hannah	Dive London
4	Burrows Mackley	Corin	Dive London
5	Johnson	Chloe	Co Leeds DC
6	Spendolini Sirieix	Andrea	Dive London
7	Martin	Emily	Dive London
8	Duke	Libby	Edinburgh Di
9	Gillespie	Ellen	Edinburgh Di
10	Bond	Maisie	Co Shef Dive
11	Toulson	Lois	Co Leeds DC
12	Powley	Elizabeth	Co Leeds DC
13	Thorne	Ruby	Dive London

### SESSION 5

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

Start	Surname	First name	Representing
1	Laugher	Jack	Co Leeds DC
	Harding	Anthony	Co Leeds DC
2	Rogan	Declan	Co Shef Dive
	Willcox	Oscar	Co Shef Dive
3	Haslam	Ross	Co Shef Dive
	Heatly	James	Edinburgh Di
4	Clayton	Lucas	Dive London
	Lano	Connor	Southend D
5	Geggus	Todd	Southend D
	Kane	Oscar	Dive London

## SUNDAY 5 FEBRUARY

### SESSION 6

#### Women's 3m Springboard Prelim

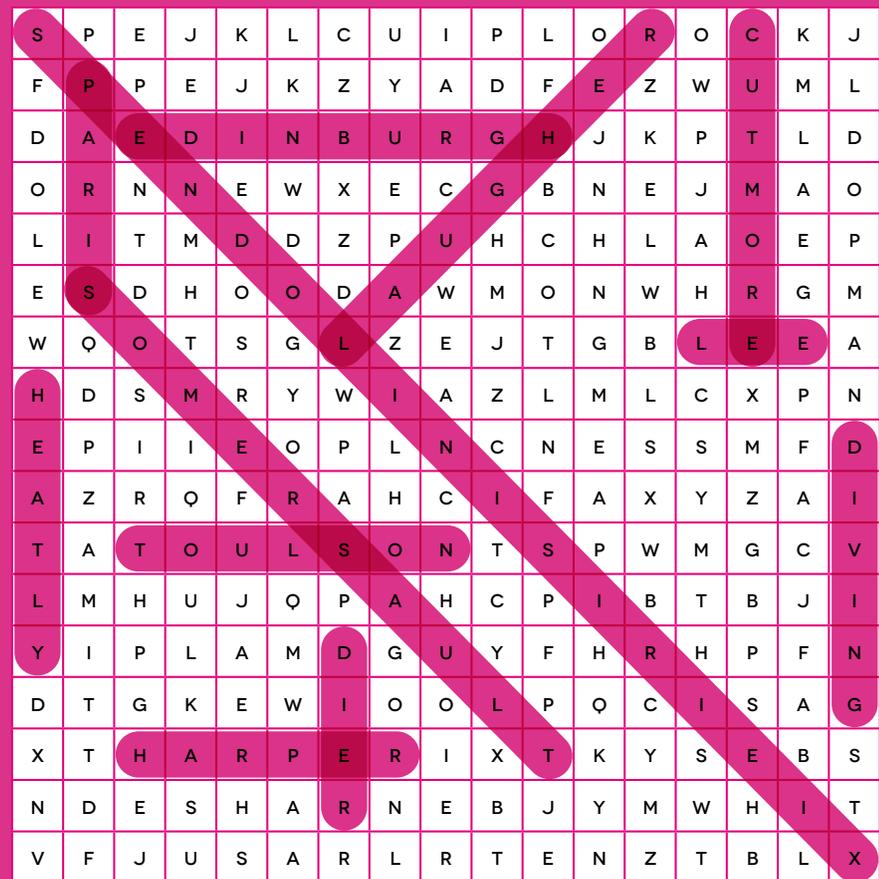
Start	Surname	First name	Representing
1	Underwood	Amelie	Plymouth DC
2	Reid	Grace	Dive London
3	Brown	Tilly	South Dive A
4	Smith	Evie	Dive London
5	Kutty	Maya	South Dive A
6	Burrows Mackley	Corin	Dive London
7	Powley	Elizabeth	Co Leeds DC
8	Cryan	Clare	Co Shef Dive
9	Rollinson	Amy	Dive London
10	Eaglestone	Callie	Co Leeds DC
11	Harper	Yasmin	Co Shef Dive
12	Webb	Lana	Dive London
13	Bent-Ashmeil	Desharne	Dive London
14	Garip	Emilia Nilsson	Sweden
15	Widerstroem	Elna	Sweden
16	Hallaselka	Lauren	South Dive A
17	Ryan	Brooke	Dive London
18	Torrance	Katherine	Co Leeds DC
19	Mew Jensen	Scarlett	Dive London
20	Burton	Katie	Co Leeds DC

#### Men's Platform Prelim

Start	Surname	First name	Representing
1	Heath	Ollie	Plymouth DC
2	Williams	Noah	Dive London
3	Lee	Matty	Dive London
4	Dixon	Matthew	Dive London
5	Lee	Robbie	South Dive A
6	Fisher-Eames	Jorden	Dive London
7	Covell	Ollie	South Dive A
8	Wignall	Oliver	South Dive A
9	Cutmore	Ben	Dive London
10	James	Bryn	South Dive A
11	Patel	Hamish	Dive London
12	Wang	Romano	Crystal P DC
13	Menmuir	Angus	Edinburgh Di
14	Wellington	Theo	Co Shef Dive
15	Kothari	Kyle	Dive London
16	Penman	Noah	Aberdeen DC

# PUZZLE ANSWERS

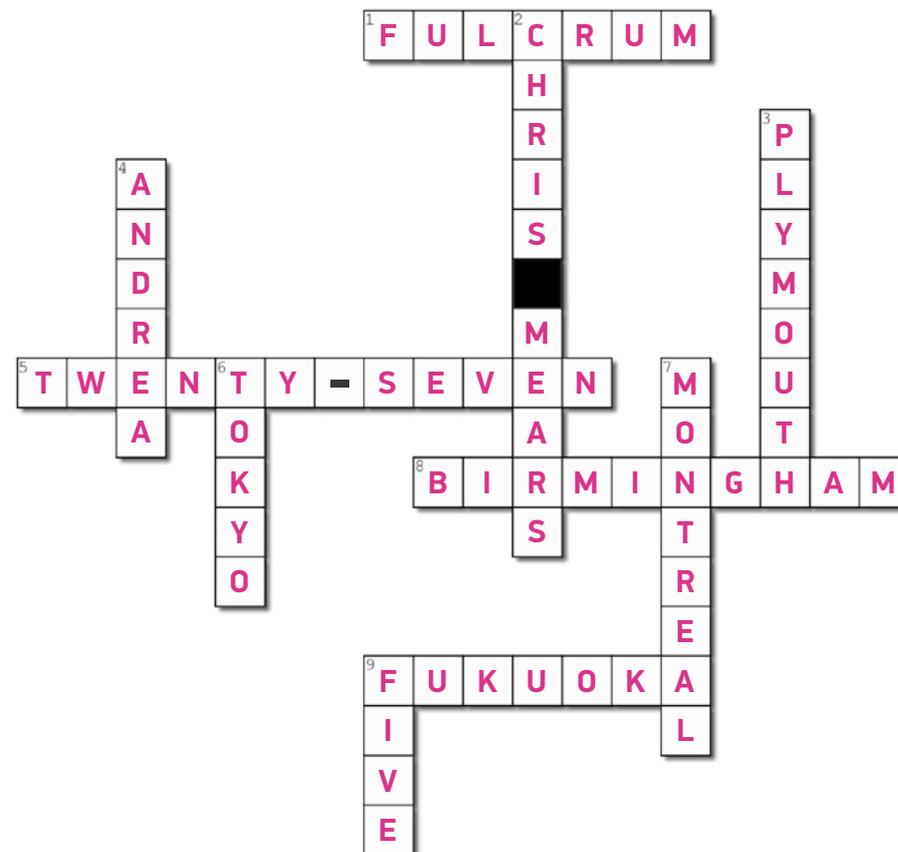
## WORDSEARCH



## CAN YOU 'WIKI' IT OUT?

Answers: James Heatly and Lois Toulson

## CROSSWORD PUZZLE





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.**



Scan the QR code, sign our petition  
and help make a change.  
[speedo.com/swimunited](https://speedo.com/swimunited) for more info.

