



Victorian Anastasia Kusmawan claims silver in the U12 solo event.



Victorians Emily Roger and Hannah Cross claim bronze in Open Duet Free.

Rising star Anastasia Kusmawan claims silver at the Hancock Prospecting Synchronised Swimming Championships in Melbourne.

Victorian 12-year-old Anastasia Kusmawan, one of the rising stars of synchronised swimming in Australia, has claimed silver in her solo event behind Queensland's Zoe Poulis at the Hancock

Prospecting Synchronised Swimming Australian Open and Age Group Championships in Melbourne.

Anastasia trains at the Golden Fish club in Footscray. Coach Anna Nepatocheva believes that Anastasia will take great encouragement from the result.

"Anastasia is one of the next exciting generation of gifted synchro athletes," says Anna. "If she continues to develop with the same degree of dedication and enjoyment of her sport, she is definitely one to watch out for at future Olympics."

Five Victorian swimmers medalled in key events:

- Anastasia Kusmawan claimed silver in the U12 solo event.
- Emily Rogers, 2016 national and Olympic team member, claimed bronze for two solos and in Open Duet Free event with partner Hannah Cross.
- Hannah Cross and Jemma Singleton earned bronze in the open duet technical event.
- Bronze also to Anneke Bak in the 13/15 solo free event, and bronze also to Kelsey Chatterton and Eliza Skeels in the 12U Duet.
- The Championships attracted a record number of more than 160 competitors from Australia, New Zealand, Hong Kong and China, aged from 9 years up to Open and Masters levels.

"We are ecstatic that the support of major sponsors Hancock Prospecting and Sport and Recreation Victoria enables us to provide this outstanding opportunity for our athletes to compete at national and international level," says Synchro Australia Interim President Marina Kholod.

"Synchronised swimming is one of the most demanding of all sports and these women are superb athletes — they train hard to make it look easy," says Marina.

SynchroVic President Tony Maher is pleased that Melbourne is host to the event this year, noting that three national teams are to be selected after the event:

- the senior national team to compete at the World Championships in July,
- the junior national team to compete at the US Open in June,
- the 13/15 national team to compete at the Mediterranean COMEN Cup competition in Portugal (the world-level event for this age group).

2016 national and Olympic team members Hannah Cross and Emily Rogers from Victoria, West Australians Danielle Kettlewell, Amie Thompson and Deborah Tsai, and Queenslanders JoAnn

Lim, Cristina Sheehan and Nikita Pablo, will take part in trials for selection of the senior National team to compete at the 2017 World Championships.

“There is a heightened level of anticipation and excitement around the Australian Championships this year,” says Tony. “We would like to acknowledge the ongoing support of Hancock Prospecting as being vital to the development of world-class synchronised swimming in Australia.”

Western Australians have dominated the gold with 11 athletes taking national championship titles in 7 key events so far.

- Rose Stackpole national champion in Open Solo Technical with silver to Deborah Tsai in the same event.
- Danielle Kettlewell national champion in Open Solo Free and silver to Amie Thompson in the same event.
- Amie Thompson and Rose Stackpole national champions in Open Duet Technical event.
- Marnie Kennedy and Erin O’Mahoney national champions in 13/15 Duet, and bronze to Natalia Caloiero and Eve Wakeb in the same event.
- Emily Holloway national champions in 13/15 Solo Free, Caroline Siqueira-Borherr and Banca Chira in 12U Duet, and Liz Sheehan and Isla Titly in the master duet.

In other events, Donella Freeman from NSW earned gold in the Masters Solo events, ahead of Western Australians Esther Bubrik and Isla Titly.

Queensland athletes dominated the Open Duet Free and the Junior Solo Free claiming gold and silver medals in both events.

The Hancock Prospecting Synchronised Swimming Australian Championships features Free and Technical events for competitors starting at the 12 and under age category up to Open and Masters, with events judged according to the level of skill, difficulty and artistic impression.

