

# Ariarne Titmus OAM

## *Olympic Champion & World Record Holder*

4-time Olympic Gold medalist, and current World Record holder in the 200m and 400m freestyle, swimmer Ariarne Titmus is one of the greatest middle-distance swimmers of all time.



At the 2024 Paris Olympics, Ariarne achieved a historic 3rd Individual Olympic Gold Medal, winning the 400m freestyle, in the race dubbed “The Race of The Century”, where she defeated the other two previous world record holders of this event – American all-time great Katie Ledecky, and Canadian swimming prodigy Summer McIntosh, to become the first Australian athlete since Dawn Fraser in 1964, to win back-to-back gold medals in the same event.

Known as the “Terminator”, Ariarne is renowned for her grit and determination. Throughout her career Ariarne has overcome significant challenges, including recovering from a shoulder injury only months out from the Tokyo 2020 Olympic Games, and surgery to remove a tumour in her ovaries in 2023, a journey she shared publicly as one of the scariest times of her life.

Overcoming challenges and pressure, to be the best when it counts on the big stage, time and time again, is what has placed Ariarne in a league of her own and making her an inspiration to many.

Outside of the pool, Ariarne is known for her down-to-earth and approachable manner, and her articulate and fresh perspective on her sport and life outside of the pool. It’s these traits and her warm and engaging personality, which has garnered her an immense fan base and established her as a consummate media performer and swimming commentator, including working as part of the broadcast team for the 2022 FINA World Short Course Championship.

Ariarne also appreciates the role she plays in both in her sport and the community and is passionate about supporting others and giving back to the next generation of young athletes.

Her other passions include horse riding where she was a promising junior equestrian rider, the culinary arts as a keen student of cooking, and is an avid fan of other sports, particularly AFL and Tennis. She is also a sought-after speaker and brand ambassador.

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