

# RHIANNAN IFFLAND

CLIFF DIVER

## BIOGRAPHY

**Rhiannan Iffland** began her cliff diving career with a stunning win. In 2016, her rookie year, she won her first-ever competition as a wildcard entry into the Red Bull Cliff Diving World Series.

Rhiannan was hailed as the 'Australian cliff diving sensation' - not only was she the youngest female diver ever to win an event, but she also scored podium places on all of her seven starts. These achievements are the fruits of the hard work of an athlete who's been practicing their sport from early childhood - Rhiannan began diving at the age of nine and before that she was an avid acrobatic trampolinist.

Rhiannan is now 5 x Red Bull Cliff Diving World Series Champion and 2 x FINA World Champion, executing 2 undefeated seasons in 2019 and 2021. While also winning gold for Australia in the 2017 and 2019 and 2021 World Aquatics Championships.

Outside of the competition circuit, Rhiannan has also been pushing the sport of cliff-diving forward by taking her feats to dizzying - and wobbly - new heights. In 2020 she became the first person to ever dive out of a moving hot air balloon.

In her downtime, she loves nothing more than being at home in Lake Macquarie, NSW with her family, surfing the Aussie beaches, and following the sun.

Rhiannan is a proud Big Sister Experience Ambassador.

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## STATS

Age: 30

Red Bull Cliff Diving World

Championships: 5

FINA World Championships: 2

World Aquatics Championships: 3

 43.2k

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