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## Australian Swimming Star Ariarne Titmus Announces Retirement Aged 25



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Sydney, October 16 rki.news – Four-time Australian Olympic gold medallist Ariarne Titmus has announced her retirement from competitive swimming at the age of 25, saying on Instagram that “the time feels right to step away.”

Titmus, a world record holder in the 200m freestyle, retires with 32 international medals, including eight Olympic medals. She is a two-time Olympic champion in the 400m freestyle,

having won gold in Tokyo 2021 and Paris 2024, and also triumphed in the 200m freestyle in Tokyo.

She was part of Australia's victorious 4x200m freestyle relay team in Paris.

The swimmer revealed that she had faced significant health challenges before the Paris Games, undergoing surgery to remove an ovarian tumour, which “really rocked me mentally.” Reflecting on her 18-year swimming career, Titmus said in a letter to her seven-year-old self: “You walk away knowing every stone was turned, no regrets. You're fulfilled, content and happy.”

Fellow competitors paid tribute to Titmus' achievements. American Katie Ledecky described her as an “outstanding competitor, champion and person,” while Australian teammate Mollie O'Callaghan congratulated her on an “amazing career.”

Titmus' decision marks the end of an era in Australian swimming, leaving behind a legacy of determination, resilience, and sporting excellence.