

Modern Pentathlon Federation of Kenya

Training camp funded by UIPM and hosted by Hillcrest International School

Trainers Ahmed Hussien Ibrahim Hussein Amer - Egyptian

Mohamed Ahmed Ibrahim Eid Mahmoud - Egyptian

Venue in Kenya, Hillcrest International School, Braeburn Gitanga, St Andrews Turi, Greensteds School and Banda school.

Date 5th to 15th February 2016

MPFK President, Fridah Shiroya met Ahmed and Mohamed off the flight arrived at JKA on 5th February as planned. A representative from Hillcrest International School took them to their accommodation at Dea's Guest house. After lunch they reported to School for familiarisation of the grounds and introduction to the current fencing club (12).

Chairman of the board of directors of Hillcrest, Mr Bob Kikuyu and family together with MPFK committee member, Sharon Hays and family hosted dinner for the coaches at the local boutique hotel, Purdy Arms on the first evening.

After a full day of training with Hillcrest, Kenyatta University and a few others held at Hillcrest the MPKF executive committee hosted dinner at the Junction shopping mall.

Sunday was a light day with individual training for the National squad being Coral and Ledama, after which coaches got the chance to ride horses from Sharon Hays stables and benefited from some coaching over jumps. We took the coaches to the Giraffe centre where they got to touch and feed the giraffes. We then visited the Matt bronze gallery where we had lunch.

Monday was an introductory day where Hillcrest preparatory school hosted an assembly where both coaches gave a talk and demonstration to the whole school including parents. This was followed by a press conference organised with Hillcrest where the press hosted for tea. Mr Maina Kamau, the deputy sports commissioner attended this meeting. We managed to explain the sport and show footage from the UIPM TV site. This has generated many articles on Modern Pentathlon in Kenya. Over lunch hour the Hillcrest secondary school held a school assembly for modern pentathlon where the coaches gave a talk on the sport and we showed a video from the UIPM TV site.

During the week students with interest in the sport attended training around their academic timetable. 31 students aged 11-13yrs, 34 students 14-17yrs

Mohamed managed to fit in some training with Kenya school of swimming club with Coral. (whom found this very difficult in the dark together with cold water and high altitude)

On the Thursday the coaches were taken to Braeburn Gitanga School in Kilimani to train 14 students, they proceeded to travel up to Nakuru and Njoro to St Andrews Turi where they trained 26 students

aged 14-16 yrs. They were hosted at the school and on Friday they travelled back through Nakuru to Greensteds school. Greensteds school has good facilities and held training for 44 students from the middle school (14-17yrs) before returning to Nairobi.

Saturday training was at Hillcrest with the same squad (20 mixed ages) as the previous Saturday. After training in epee and laser shooting. Mohamed waged a small competition in running with the Kenyatta University students. Three of them proved to be of good standard and show promise for the future.

On the Sunday the Pony club of Kenya, Langata and Nairobi Branches held a Modern pentathlon rally for 36 children (ages 5-17yrs) where there was show jumping, fencing and shooting. We managed to arrange a horse for Mohamed to take part in the jumping. We then went for lunch to the Aero Club, Wilson Airport, where there was an aerobatic display enjoyed by all.

Summary of students benefited from the programme

31 students age 11-13yrs at Hillcrest Prep

34 students age 14-18yrs during in lesson times at Hillcrest

24 students attended extra coaching after school and at weekends from Hillcrest and Kenyatta University.

14 students age 11yrs-16yrs at Braeburn School, Gitanga.

26 students age 14-16yrs at St. Andrew's School, Turi.

44 students age 14-17yrs at Greensteds

36 pony club members ages 5-17yrs

200 Potential athletes had at least one session of epee fencing training.

Our registered athletes Coral Hays and Ledama Masidza managed daily training in fencing and some laser shooting and improved a great deal and are very grateful for this opportunity.

4 shooting officials of MPFK had two hours training session on the principals of training athletes for the combined event.

Online Coverage links:

ID 76688740) **Published Date:** 2/9/2016

<http://ghettoradio.co.ke/modern-pentathlon-federation-and-hillcrest-organize-coaching-for-...>

modern pentathlon federation and hillcrest organize coaching for local athletes

following the development of an mou between hillcrest international schools and the modern pentathlon federation kenya (mpfk); the partners will be hosting two international coaches as kenya gears up to participate in the u...

(ID 76710942) **Published Date:** 2/9/2016

<http://www.michezoafrika.com/news/kenya-eyes-pentathlon-in-tokyo-2020-olympics/22905>

kenya eyes pentathlon in tokyo 2020 olympics

kenya's pentathlon team is bidding to participate in the 2020 olympic games in tokyo, japan.to achie...

(ID 76710900) **Published Date:** 2/8/2016

<https://www.facebook.com/790889284334807/photos/a.828210983935970.1073741830.7908892843348...>

photo - fantastic first few days of training at hillcrest school

It;a href=#34;<https://www.facebook.com/790889284334807/photos/a.828210983935970.1073741830.790889284...>

(ID 76710926) **Published Date:** 2/8/2016

<http://www.dimbasports.com/2016/02/08/modern-pentathlon-federation-kenya-hosts-internation...>

modern pentathlon federation kenya hosts international fencing coaches

following the development of an mou between hillcrest international schools and the modern pentathlo...

(ID 76710898) **Published Date:** 2/7/2016

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(ID 76710899) **Published Date:** 2/7/2016

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Additional to the media coverage, Hillcrest commissioned a video of the camp, see link;-

<https://drive.google.com/file/d/oBy4y8ieJZOCQZIVla3dUQohoZ1E/view?ts=56fa2a22&pref=2&pli=1>

Mr Christopher Starling, Deputy Head Hillcrest School would like to thank the two coaches that came to Kenya. The coaches were professional, patient and kind to all of the students and acted as great ambassadors to the sport. Hillcrest School hope that this is the first step in many more events to promote the sport in Kenya, as the taster to the sport this camp has been very encouraging for the partnership between MPFK and Hillcrest International School. Some good ideas have been brought forward to start training athletes which the MPFK intend to partner with Hillcrest on the development of competition in preparations of such athletes for the international arena.

On behalf of the MPFK, I would very much like to thank the UIPM for supporting Kenya and very much hope the coaches came back with positive support to continue to assist in training. There have been athletes identified in Greensteds, St Andrews Turi, Kenyatta University and Hillcrest who could be nurtured in to Pentathletes.

REPORT BY SHARON HAYS, MPFK camp organizer.

Attached pictures of the action.





