

**AUGUST
2020**



UNION INTERNATIONALE
DE PENTATHLON MODERNE



**World Pentathlon
Newsletter**

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UIPM PIERRE DE COUBERTIN PENTATHLON DAY



#LASERALLSTARS

FINALS

9th September

Live on UIPMTV.ORG at 15:00 CEST



The finals of UIPM's first virtual laser shooting competition will take place on September 9, coinciding with the 3rd Pierre de Coubertin Pentathlon Day



UIPM Pierre de Coubertin Pentathlon Day

Finalists prepare to compete in #LaserAllStars showcase

The world's first virtual laser shooting competition ended with 32 athletes earning the right to compete in the UIPM #LaserAllStars Finals.

Athletes from five of UIPM's continental confederations – Africa, Asia, Europe, NORCECA and South America – will represent their countries in the Finals on September 9 after reaching the last four in their respective qualification rounds on August 7/8.

The finalists are now preparing to make history on September 9, coinciding with the 3rd Pierre de Coubertin Pentathlon Day. The finals will be broadcast live on UIPMTV.org from 3pm (Central European Summer Time).

Prize money - distributed on the condition that it is used to support participation in the UIPM 2021 Laser Run World Championships in Minsk (BLR) - will be distributed to all finalists depending on their finishing rank.

A live stream of the preliminaries was watched all around the world, including in the Philippines where a large group gathered to watch their junior athletes on a big screen as they competed, with sound and video technicians working in an adjacent studio.

Many of the 256 athletes from 35 countries who took part in qualification did so after participating in #LaserHomeRun – UIPM's first virtual event – in May 2020. Among the competitors was one Olympic champion – Anatoly Starostin of Russia, the Moscow 1980 gold medalist – as well as a UIPM Pentathlon World Cup Final winner, Tamara Alekszejev of Hungary, and the 2019 Pan American



Salma Abdelmaksoud (EGY) and Alexandre Dallenbach (SUI) will be among the Under-40 contenders

Games champion, Charles Fernandez of Guatemala.

Alongside established nations such as Belarus, Egypt, Great Britain and Mexico, the list of qualifiers for the Finals includes athletes from Afghanistan, Ecuador, Moldova, Philippines and Venezuela – demonstrating the inclusive global appeal of laser shooting.

Argentina, Italy, Latvia, Switzerland and Russia will also be represented in the Finals, scheduled for September 9 to coincide with the 3rd Pierre de Coubertin #PentathlonDay. Results are available at the UIPM website and below is a round-up of the results by classification.

Under 15 Girls

Many athletes who competed in #LaserHomeRun in May returned to test their shooting prowess against international rivals. With a strong representation from Great Britain,

team-mates Zoe Spokes (GBR), Imogen Edwards (GBR) qualified for the semi-finals along with Maria Sol Naranjo (ECU) and Julia Micheal (EGY).

U15 Boys

The Finals for male teenage athletes will also feature an all-British semi-final after Travis Moore (GBR) and Toby Aberdeen (GBR) emerged in the bottom half of the draw. In the top half, the well-known Biathle/Triathle and Laser Run athlete Akim Gnedtchik (BLR) performed strongly to reach the Finals along with Valery Schukin (RUS).

U22 Women

To the delight of the club group watching in the Philippines, Princess Arbilon (PHI) reached the last four after defeating Nouran Beheiry (EGY), a World Championships medallist in both Laser Run and Biathle/Triathle. The 18-year-old will be joined in the Finals by Darcy Dryden (GBR), Silvia Ventura (MEX) and Maryia Gnedtchik (BLR).

U22 Men

Perhaps the real surprise package of the competition was the qualification of two newcomers from Afghanistan. Ajmal Safi (AFG) and Nawid Karimi (AFG) overcame a poor internet connection to earn their places in the Finals alongside Ibrahim Al Desoky (EGY) and Marco Lopez (MEX).

U40 Women

An electric performance by Guatemala saw a double success for Sofia Cabrera (GUA) – who defeated Alekszejev (HUN) in the Round of 16 – and the team-mate she will now meet in the last four, Gabriela Fernandez (GUA). With other well-known pentathletes in the draw such as Ayelen Zapata (ARG) and Tokyo 2020 Olympic Games qualifier Marcela Cuaspid (ECU), the two remaining berths in the Finals were won by Salma Abdelmaksoud (EGY) – a Mixed Relay gold medallist at the UIPM 2019 Pentathlon World Championships – and Clementine Cooper (GBR).

U40 Men

In the Round of 16, a needle battle saw the elimination of 2019 Pan American Games champion Fernandez (GUA), who was defeated 3-4 by Valentin Samsonov (MDA). He will be joined in the last four by Abdelrahman Mahmoud (EGY), Ricardo Vera (MEX) and #LaserHomeRun champion

Alexandre Dallenbach (SUI). Again, there was strong participation from international newcomers Afghanistan.

Masters 40+ Women

Egypt proved the value of having established online shooting competitions with a number of athletes reaching the Finals, including Eman Moussa (EGY) and Amal Abdulfatah Farouk (EGY) in the Masters category. The other survivors were Andra Novicka (LAT), UIPM 2018 Masters world champion, and UIPM 2018 Laser Run World Championships medallist Clair Carman (GBR). The family element of #LaserAllStars was underlined by the number of 'Pentathlon Moms' who participated in the Masters category.

Masters 40+ Men

The 10m shooting distance proved challenging for many within a Masters group aged from 40 to 70. Apart from Moscow 1980 Olympic champion Starostin (RUS), another well-known face was the President of the Egypt Modern Pentathlon Federation, Sharif Elerian (EGY). The successful qualifiers were UIPM 2019 Laser Run world champion Emanuele Gambini (ITA), Spencer Hassell (GBR), Sherif Said (EGY) and Mosaad Elshabasy (EGY).

Organisers received positive feedback from numerous participants as the

first run of the experimental knockout competition came to a close.

"Thanks a lot for coordinating and organizing this event amid this pandemic. Also, giving us more opportunity to compete in times like this" – Kiat Xuan Kok (SIN)

"Thank you a lot. I was not on my best today. Good luck to everyone. The big respect to the organizers!" – Elena Dotsenko (RUS)

"Thank you very much for all your hard work in putting together the UIPM Laser All Stars. I am only too well aware how much time and effort goes into managing these competitions ... The efforts of all at UIPM are much appreciated" – Charlie Lane (GBR)

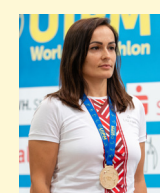
More information

Like #LaserHomeRun, UIPM created #LaserAllStars as a means of bringing the global UIPM Sports community together online during the non-competition period caused by the COVID-19 Coronavirus pandemic.

It also came in the wake of numerous UIPM member federations launching their own virtual laser competitions. Find more information about #LaserAllStars at uipmworld.org/laserallstars-information-page

Finals schedule

UIPMTV.org | Sept 9 | 15.00 CEST



40+ Women

Eman Mousa (EGY)
Clair Carman (GBR)
Andra Novicka (LAT, left)
Amal Farouk (EGY)

40+ Men

Emanuele Gambini (ITA)
Spencer Hassell (GBR)
Sherif Said (EGY)
Mosad Elshabasy (EGY)

U15 Women

Maria Sol Naranjo (ECU)
Julia Micheal (EGY)
Zoe Spokes (GBR)
Imogen Edwards (GBR)

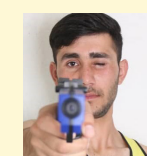


U15 Men

Akim Gnedtchik (BLR, l)
Valery Schukin (RUS)
Travis Moore (GBR)
Toby Aberdeen (GBR)

U22 Women

Darcy Dryden (GBR)
Princess Arbilon (PHI, r)
Silvia Ventura (MEX)
Maryia Gnedtchik (BLR)



U22 Men

Ibrahim Aldesoky (EGY)
Marco Lopez (MEX)
Ajmal Safi (AFG)
Nawid Karimi (AFG, l)

U40 Women

Sofia Cabrera (GUA)
Gabriela Fernandez (GUA)
Salma Abdelmaksoud (EGY)
Clementine Cooper (GBR)

U40 Men

Abdelrahman Mahmoud (EGY)
Valentin Samsonov (MDA)
Alexandre Dallenbach (SUI)
Ricardo Vera (MEX)

ROAD TO
TOKYO

Athlete Interviews /
Golden Memories



Natsumi Takamiya (JPN) plans to retire from Modern Pentathlon after the rescheduled Tokyo 2020 Olympic Games in 2021 - her home Games

Road to Tokyo: Takamiya (JPN) savours prospect of final Olympics on home soil

In 2012, a 21-year-old trainee police officer named Natsumi Tomonaga took up the Modern Pentathlon.

One year later, fate added vindication to that decision as her home city of Tokyo was awarded the right to host the 2020 Olympic and Paralympic Games.

Few athletes can resist the lure of competing in a home Olympics.

All being well, in August 2021, the 29-year-old (now Natsumi Takamiya) will compete at the highest level for a second time before bowing out to concentrate on her work with the Metropolitan Police Department.

In the latest #RoadToTokyo interview, Natsumi Takamiya looks back at her journey in Modern Pentathlon and looks ahead to the rescheduled Games and the captivating possibility of competing in front of a home crowd at the Tokyo Stadium.

UIPM President Dr Klaus Schormann has a message of support one year out from the Olympic Games

Q: How did it feel in 2019 when you secured a quota place for Japan at the Tokyo Olympics by winning silver at the Asia Championships and Olympic Qualifier?

A: I felt relieved to secure a quota place for Japan at the Tokyo Olympics, although I wanted to win gold at the Asia Championships and Olympic Qualifier.

Q: You finished 12th at Rio 2016 – how would you describe your first Olympic experience?

A: My first Olympic was a very precious

experience in my lifetime. Looking back, there were a lot of struggles, but I was grateful for such an opportunity. I am honoured and proud that I was able to compete with great athletes in a wonderful venue.

Q: What are your thoughts on the Olympics being postponed until 2021?

A: I was shocked by the news of the postponement because I intended to retire as an athlete after the Tokyo Olympics. It was hard for me to lose the big target of my athlete career in such a way.

Now I hope the COVID-19 pandemic will end as soon as possible. I would like to express my deepest sympathies to those affected by the COVID-19 Coronavirus and their families.

Q: If selected to represent Japan at Tokyo 2020 in 2021, what will it mean for you to participate in a 'home Olympics'?

A: It would be the best stage and a precious experience for me to participate in Tokyo 2020 in 2021. As a home athlete there would be a lot of enthusiastic support from local spectators and this would help me to obtain extra power.

Also, I would like to show my gratitude to everyone who has supported me, including those who could not come to Rio 2016 with me. The Tokyo Olympics would be an opportunity to show appreciation through my performance and spread smiles and joy to the world.

Q: Will you try to prepare in any different ways compared to Rio 2016?

A: For Rio 2016 it was just a lot of training and momentum. However, for Tokyo, I want to focus on physical training systematically to build a solid body.

Q: How have you been keeping up your training during the Coronavirus crisis?

A: I live in the capital city Tokyo, so training was very restricted. I could not train – especially in Riding, Swimming

ROAD TO TOKYO: OLYMPIC GAMES QUALIFIERS

Women	Men
 Haydy Morsy (EGY)	 Sherif Nazeir (EGY)
 Laura Asadauskaite (LTU)	 Joseph Choong (GBR)
 Mariana Arceo (MEX)	 Charles Fernandez (GUA)
 Samantha Schultz (USA)	 Esteban Bustos (CHI)
 Leidis Laura Moya (CUB)	 Sergio Villamayor (ARG)
 Ieda Chaves (BRA)	 Lester Ders (CUB)
 Lourdes Cuaspud (ECU)	 Amro Elgeziry (USA)
 Kate French (GBR)	 James Cooke (GBR)
 Iryna Prasiantsova (BLR)	 Valentin Prades (FRA)
 Annika Schleu (GER)	 Martin Vlach (CZE)
 Natalya Coyle (IRL)	 Lukasz Gutkowski (POL)
 Gintare Venckauskaite (LTU)	 Bence Demeter (HUN)
 Marie Oteiza (FRA)	 Justinas Kinderis (LTU)
 Adelina Ibattulina (RUS)	 Alexander Lifanov (RUS)
 Sarolta Kovacs (HUN)	 Patrick Dogue (GER)
 Volha Silkina (BLR)	 Valentin Belaud (FRA)
 Elena Micheli (ITA)	 Woongtae Jun (KOR)
 Sehee Kim (KOR)	 Jihun Lee (KOR)
 Natsumi Takamiya (JPN)	 Shuai Luo (CHN)
 Alise Fakhrutdinova (UZB)	 Pavel Ilyashenko (KAZ)
 Mingyu Zhang (CHN)	 Shohei Iwamoto (JPN)
 Elena Potapenko (KAZ)	 Alexander Savkin (UZB)
 Marina Carrier (AUS)	 Edward Fernon (AUS)

- All athletes listed have secured a quota place for their country and their participation is subject to selection by their National Olympic Committee
- All quota places listed will be protected in the revised Tokyo 2020 qualification process



Takamiya (JPN) is a regular contender on the UIPM Pentathlon World Cup scene, here clearing an obstacle in Riding in Sofia (BUL)

and Fencing at all – for two to three months. Meanwhile, I mainly worked on maintaining physical strength and core training.

Q: What has been the most challenging part?

A: Keeping motivation is still hard. My passion for the Olympics went away and I lost concentration. Then after restarting training, I was suffering from injuries continuously. Because of a cervical herniated disc, any training was impossible for a while but recently I became able to train again little by little.

Q: When, and why, did you become a modern pentathlete?

A: Eight years ago, when I was training as a police officer, the score of my sports text was highly commended because of my experience of Swimming and Running and I was invited to join the



Then Natsumi Tomonaga (JPN), supporting her male team-mates on a day off at Rio 2016



Takamiya (JPN) competes alongside Sarolta Kovacs (HUN) at the UIPM Pentathlon World Championships and, below, in the heat of the contest at Rio 2016

Modern Pentathlon team. At that time, my mother was full of sorrow since my father had passed away from illness. I strongly wanted to encourage her and send love by reaching the Olympic Games, and so I decided to become a pentathlete when I was 21 years old.

Q: What motivates you in training?

A: The big support of those people around me, and above all, a strong desire to stand on the podium at the Olympics.

Q: Describe yourself as an athlete in three words.

A: Gratitude, good luck, challenge

Q: Who are your role models in sport, and in life?

A: Mao Asada, former Japanese figure skater and Olympic silver medallist. She encouraged me to continue to take on challenges until the end.

Q: What is your ultimate ambition in Modern Pentathlon?

A: Winning a gold medal at the Olympics. And I would love to thank everyone who has supported me and the athletes I have ever met walking this way together. And finally, to finish my Modern Pentathlon career with a smile :)



Road to Tokyo: Patrick Dogue (GER) stays focused on 'business' of Tokyo 2020

Patrick Dogue has been a towering figure in Modern Pentathlon since his international debut as a 16-year-old youth athlete in 2008. It was in 2016 that he reached a competitive ascendancy.

In May of that year, the German won silver at the UIPM 2016 Pentathlon World Cup Final in Sarasota (USA), filling him with confidence for the debut Olympic Games that awaited him in Rio de Janeiro (BRA).

Dogue (GER) performed superbly at Rio 2016, since when he has collected numerous accolades including gold medals at the UIPM Champion of Champions (2016) and the CISM Military World Championships (2018).

Now 28, he has constantly kept up with emerging competition internationally and within the German team, not least with his younger brother and rival Marvin – currently ranked 14 places his brother at No.5 in the world rankings.

In this #RoadToTokyo interview, the elder Dogue (GER) describes how he has remained focused throughout the disrupted year of 2020.

Q: How did it feel in 2019 when you secured your qualification place for the Tokyo Olympics at the European Championships?

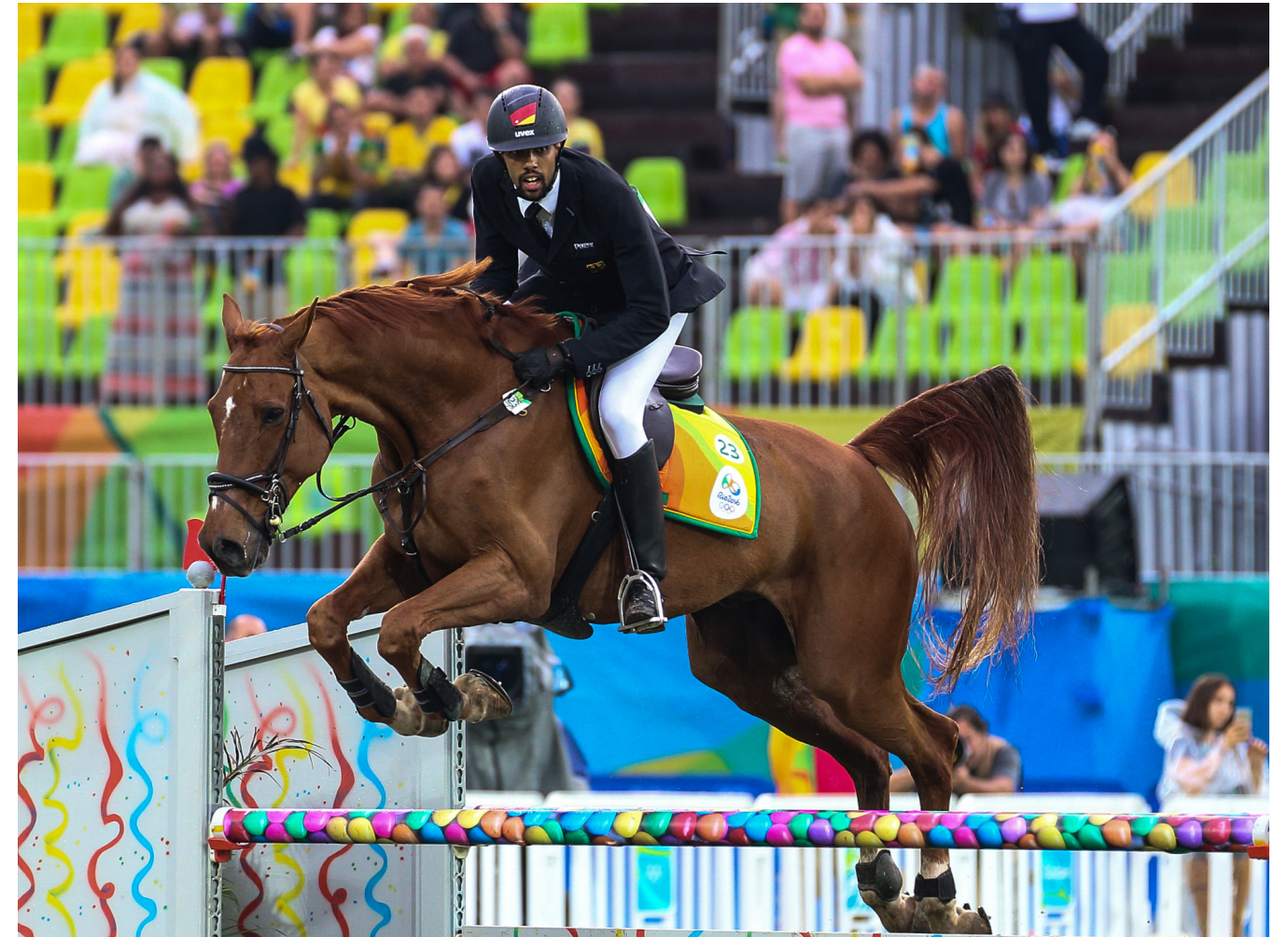
A: A burden fell off my shoulders at that time. My entire focus this year was on this competition. I really wanted to get a qualification spot for the Olympic Games. I know that it is still not enough with such a strong German team behind me, but I was relieved.

Q: You finished 6th at Rio 2016 – how would you describe your first Olympic experience?

A: The first Olympics were amazing. I was the underdog at the time and glad that I even qualified. That I finished 6th



Patrick Dogue (GER) towers over most of his rivals in the Modern Pentathlon



Dogue (GER) competes in Riding at the Rio 2016 Olympic Games and, right, pumps elbows with team-mate Alexander Nobis (GER)

was unexpected. I think I made a lot of people proud. That made me feel very good. This whole adventure and the vibes at that time were so much fun. I still can't describe it.

Q: What are your thoughts on the Olympics being postponed until 2021?

A: Of course, it is a shame that the Olympic Games do not take place as expected, but if you look at the current situation around the world, a major event of this kind is not possible. In my opinion it was the right decision.

We can only hope that we will find a vaccine soon, otherwise I'm not sure about next year either.



Caption here



Patrick Dogue (GER) aims to be at his peak for Tokyo 2020 in 2021, saying: "The 2016 Olympics were fun but now it's business."

Q: If selected to represent Germany at Tokyo 2020 in 2021, will you change anything about your preparation compared to Rio 2016?

A: The 2016 Olympics were fun but now it's business. I've become much more professional and focused, but I try to keep my looseness. My coaches and I have a good mix of old and new things when it comes to preparing for Tokyo.

Q: How have you been keeping up your physical and mental health during the Coronavirus crisis?

A: I didn't have a motivation problem, even when the Olympic Games were postponed, I saw it as an opportunity to get even better in a year's time. The sports halls were partially closed, but I was able to train very well for the conditions. Despite COVID-19, I'm in good shape

Q: What has been the most challenging part?

A: The most challenging part for me was to get used to social distancing. I



Dogue (GER) was a medal contender at the UIPM 2019 Pentathlon World Cup Final in Tokyo (JPN)

miss going out with friends or sharing time with my family. My uncle and grandpa had their birthday and I couldn't be there.

Q: And what positive things have you seen?

A: Funnily enough, I can't remember the last time I was at home for such a long period, especially in summer. I enjoyed this time, but I also look forward to being on training camps and competition trips for weeks

Q: When, and why, did you take up the Modern Pentathlon?

A: When I was 11, I was asked in my school if I would like to take part in a talent scouting for Modern Pentathlon. I got enthusiastic about the sport pretty quickly and then joined a club. Thanks again to my old English teacher, she made me sign up back then.

Q: What motivates you in training?

A: When it comes to sports, I don't need motivation. I'm a bit crazy about this and I rather need someone to hold me back, so that I can take a day off.

Q: Describe yourself as an athlete in three words.

A: Motivated, focused, relaxed

Q: Who are your role models in sport, and in life?

A: My greatest role models are Ole Einar Björndalen, Kenenisa Bekele and Michael Phelps. All of them had an extreme mental strength which was the cornerstone of their incredible careers. I like to watch old races and I still get goose bumps.

Q: What is your ultimate ambition in Modern Pentathlon?

A: I would like to leave the arena at some point but not be forgotten in the history of Modern Pentathlon.

Dogue (GER) waves to the crowd at the start of the Swimming discipline at the UIPM 2018 Pentathlon World Championships in Mexico City (MEX)





Zsuzsanna Voros (HUN) poses for the cameras on the podium in Athens (GRE) after receiving her Olympic gold medal in 2004

Golden memories: Zsuzsanna Voros (HUN) recalls the day she joined the pantheon at Athens 2004

In the fourth part of the Golden Memories series, Modern Pentathlon's second female Olympic champion looks back on the day when it all fell into place for her at Athens 2004.

Hungary has an enviable heritage in the men's Olympic Modern Pentathlon. Twenty-one medals, eight of them gold – and all but one of them already accumulated by the time a Hungarian woman travelled to the home of the Olympic movement aiming to join the pantheon.

Zsuzsanna Voros didn't just join the pantheon, she carved her name on the ancient stone with a truly unforgettable display of athleticism at the Athens 2004 Olympic Games.

After Stephanie Cook of Great Britain four years earlier, Voros (HUN) became the second member of an exclusive club by winning her gold medal. She also joined Janos Martinek, Andras Balczó, Ferenc Torok and Ferenc Nemeth as Hungarian individual Olympic champions. So how did she do it, and how did it feel? Voros (HUN) takes up the story ...

Q: Athens 2004 was the second time women had competed at the Olympic Games. Had you seen a big improvement in standards in those years?

A: The development among women competitors was absolutely significant. The possibility of participating in the Olympics had a great positive effect on attracting many female athletes and also to keep them in this sport. The high attendance of female competitors during the World Cups and World Championships held between the first

and second Olympics back up that statement. There was a World Cup where three groups needed to be started instead of the usual two.

Q: Before Athens you had won the World Championships gold medal in 2003 and 2004. When it came to the Olympic Games did you feel confident about winning gold?

A: In the year of 2004, besides the Olympics I participated in 11 international championships, in which I managed to finish on the podium 10 times. One of them was a silver and the rest were gold. Therefore, I came to the Olympics rather confident. The Olympics is a special competition for every competitor where anything can happen. But my confidence was in the right place.

Q: Athens was your second Olympic Games. How did you find the whole experience compared to Sydney

2000?

A: I arrived in Sydney as a young girl with fire inside me. But in Athens I stood on the start line as a grown female pentathlete. Between 2000 and 2004 I experienced what it's like to be in a pit, and also what it's like to be on top.

Q: Were you nervous when the competition began?

A: I was really anxious. I woke up an hour and a half before my alarm clock. I couldn't even eat my breakfast, which is really unusual. The fact that they took us to the venue two hours before the competition – meaning we had to stay in the dressing room until the start – didn't help me relax either. I remember finding a newspaper in my purse, and I tried to divert my attention with it.

Q: Shooting went quite well (182 points / 3rd place). Was it a relief to start strongly?

A: My results in Shooting wasn't really a relief. There wasn't much time to contemplate it afterwards. Half an hour after the last shots the Fencing had started. I stayed in competition mode.

Q: You performed very well in Fencing and moved into the overall lead. Talk us through the event.

A: My Fencing, like my whole competition style, was also characterized by a sense of purpose. I had been watching and studying the Fencing of the athletes competing in the Olympics for years. I knew their attack and defence. I knew the style of 35 people step by step. When someone was standing in front of me on the piste, I saw not her personality but her fencing technique and what I had to do to beat it.

Q: After Swimming and Riding, you had built a stronger lead. What were you thinking at the start of the Running?

A: After the Swimming and Riding I felt like I had won the race – I had a 41sec advantage. Knowing my Running abilities I had no doubt that I would succeed. I told myself that if I didn't



Voros (HUN) was almost unbeatable in her prime, with an excellent pedigree in Riding and Fencing



twist my ankle, I would win. Antal Kulcsár, who was the head coach at the time, came to me before the Running and he was so anxious. I just told him: "Do not worry! I already got this."

Q: When you crossed the finish line to win gold, how did it feel?

A: At first, I felt glad it was finally over! I got really tired of the rush of the whole day, as it turned out that we started later but finished the race earlier. My next thought was that I had achieved what I worked towards for years and what is the biggest dream of every athlete.

Q: Who was the first person you wanted to see afterwards? Who did you call?

A: I just wanted to hug the coaches present and I wanted to rejoice with them. When I got my phone back after the competition, the first call came from János Martinek, who just said "welcome to the club". It was an unforgettable moment.

Q: Did you enjoy the Medal Ceremony?

A: I really enjoyed the Medal Ceremony. I imagined several times before how I would stand on the top of the podium. There were two ideas: one was to jump up on it, the other was that I would step up onto the podium gracefully. Finally, I chose the latter. However, the most touching was that at least half of the 15,000 spectators were Hungarian. When the anthem was sung, I could clearly hear the lyrics.

Q: How was the reception when you arrived home in Hungary?

A: I had a touching welcome in Székesfehérvár. The Mayor received me and about 2,000 fans came to greet me. For more than an hour, I only wrote autographs.

Q: When you returned to competition after Athens, did you feel pressure from being the Olympic champion?

A: I realised that everyone wanted to beat the Olympic champion. But I was still able to achieve results. I won the World Cup Final in Darmstadt (GER),



Voros (HUN) stands proudly on the podium in Athens (GRE) bearing her Olympic gold medal



Voros (HUN) now works as Director of the Alba Volan Sport Club, helping to prepare future generations of athletes to achieve their goals

then I became a gold medallist in relay at the European Championships. I won a silver medal at the World Championships in 2005 and a gold medal at the European Championships in Budapest in 2006, and in 2007 I also won the World Cup Final.

Q: What do you think it takes to become an Olympic champion? What is your advice for the young pentathletes aiming for medals at Tokyo 2020 (in 2021)?

A: They need to be purposeful. Everything must be subordinated to the sport and they must have a strong desire. Of course, they also need to have a lucky day.

Q: Tell us about your development and coaching work in Modern Pentathlon. Do you get the same satisfaction from helping other athletes fulfil their potential?

A: After my career as an athlete, I



UIPM Hall of Fame inauguration with IOC President Dr Thomas Bach in Frankfurt (GER) in 2016

worked as a swimming and combined (Laser Run) coach in Székesfehérvár. I am currently the Director of the Alba Volán Sport Club. I feel that what I can

really help future generations with is to prepare them spiritually and mentally for competitions in order to achieve their goals.

News from around the world

Action returns as athletes from four countries gather for competition in Drzonkow (POL)

Poland has become one of the first countries in 2020 to host an international competition – with the help of three of its neighbours.

Athletes from Austria, Czech Republic and Germany travelled to Drzonkow (POL) to take part in the Polish National Open 2020 and Polish Championship (Under 17).

In all there were 148 competitors, demonstrating the benefits of a multilateral approach as UIPM's member federations carefully plan the resumption of competition after the easing of national lockdowns designed to limit the spread of the COVID-19 Coronavirus.

The competition took part on August 22 and 23 in one of Europe's most established Modern Pentathlon venues, which hosted the UIPM 2019 Pentathlon Junior World Championships and will do so again in 2022.

In the senior women's event, teammates Rebecca Langrehr and Anna Matthes (GER) finished 1st and 2nd respectively as 3rd place went to Rio 2016 Olympian Anna Maliszewska (POL).

There was even better success for the host nation in the senior men's event, with Daniel Lawrynowicz (POL) and Szymon Staskiewicz (POL) finishing 1st and 3rd respectively. They were joined on the podium by world No.5 Marvin Dogue (GER).

A spokesperson for the local organising committee said: "The competition



The women's and men's podiums at the Polish National Open 2020 in Drzonkow (POL)



Action from the UIPM 2019 Laser RUn World Championships in Budapest (HUN), which will host the New Tetrathlon test event in September

took place without participation of fans and in compliance with all sanitary restrictions in force in Poland. Competitors and coaches showed great understanding and discipline."

Drzonkow (POL) will also host the Polish Open Senior Championships and Polish U19 Championships from September 3-6.

UIPM President Dr Klaus Schormann said: "I would like to thank the President of the Polish Modern Pentathlon Association, Anna Bajan, and her super team for organising this competition. Thanks to all athletes who participated. This gives all of us a lot of hope for the near future.

"I hope that more National Federations will be in a position soon to organise competitions and that training possibilities are becoming better and better. We need more open training facilities for our athletes worldwide."

New Tetrathlon format to be tested for final time in Budapest (HUN)

The New Tetrathlon format proposed for the 4th Youth Olympic Games (YOG) is to be tested for the fifth and final time in Budapest, Hungary.

The format, designed to make Tetrathlon more dynamic and spectator-friendly, had already been approved by the UIPM Executive Board for the Dakar 2022 YOG, subject to one final test.

Dakar 2022 has now become Dakar 2026 after the International Olympic Committee postponed the 4th YOG – and first Olympic Games to take place in Africa – by four years due to the COVID-19 Coronavirus pandemic.

But UIPM and the host of the fifth test event – the Hungarian Modern Pentathlon Association (HMPA) – decided to keep the testing schedule

on track so that the New Tetrathlon format can be approved pending any final adjustments and provide a meaningful context to the training of Under 19 athletes.

To that end, UIPM is considering options for an international competition to fill the gap created by the postponed Dakar 2022, under the working title 'Pierre de Coubertin Youth Cup'. In the meantime the New Tetrathlon test event will take place on Csepel Island in Hungary's capital on September 12-13.

This follows test events in Buenos Aires (ARG), Cairo (EGY), Perpignan (FRA) and Weiden (GER) which led to the UIPM EB endorsing the format at its meetings in Budapest (HUN) in September 2019 and Lausanne (SUI) in January 2020.

The test event in Budapest (HUN) will be the first UIPM-endorsed activity to take place since UIPM Pentathlon

World Cup Cairo in February, which was followed by the suspension of the entire UIPM competition circuit and development programme.

A spokesperson for the local organising committee said: "In Hungary, Pentathlon life never slows down.

"Despite the postponement of the YOG 2022 to 2026, UIPM plans to organise a Pierre de Coubertin Youth Cup competition for the same age group. For that reason having test events of the new format are still crucial.

"Soon after the new format for YOG is tested, Hungary will continue to play an important role in international Modern Pentathlon life by hosting a test event for the New Pentathlon format proposed for the Paris 2024 Olympic Games."

Dr Klaus Schormann, UIPM President, added: "We would like to take the opportunity to gratefully thank the HMPA, especially its President Dr Gyula Bretz, for hosting the upcoming test events for our New Tetrathlon and New Pentathlon formats which we hope will become permanent fixtures in the Olympic movement.

"During these hard times, when all members of our global Modern Pentathlon community are facing unprecedented challenges, it is vital that we keep up the motivation level



Dr Gyula Bretz, President of the Hungarian Modern Pentathlon Association

of our great athletes. Dr Bretz and his Federation are always willing to help UIPM, to provide high-level conditions for sport and opportunities to test the innovations which are a cornerstone of our movement.

"I must highlight on behalf of the global UIPM community the ever-helpful attitude of the HMPA, which has continued to raise the bar and exceed our expectations during the past four years under the presidency of Gyula Bretz, who is also a UIPM Honorary Member. I would like to congratulate Dr Bretz on all the achievements of the HMPA during his tenure and wish him all the best for the upcoming four years as well."

Sondos Aboubakr (EGY) wins Olympic university scholarship in Sochi (RUS)

Sondos Aboubakr of Egypt has become the first pentathlete to win a scholarship at the Russian International Olympic University in Sochi (RUS).

The 23-year-old came out on top of a selection process conducted by UIPM after the sport's governing body signed a memorandum of understanding with the University to provide international scholarship candidates for its Master of Sport Administration course.

Aboubakr (EGY), an individual bronze



Pentathlete Sondos Aboubakr (EGY) has secured a scholarship to study in Sochi (RUS)



Sondos Aboubakr (EGY) competing in Laser Run

medallist at the 2018 World University Championships in Budapest (HUN) and relay silver medallist at the UIPM 2017 Pentathlon World Championships in Cairo (EGY), will enrol at RIOU for the 2020-21 academic year.

She will be one of 20 people from 14 countries who have been selected for Olympic Scholarships – most of them members of Olympic and Paralympic teams, international sports federations, coaches and managers.

The scholarship will cover the tuition fee and accommodation for the whole period of the course in the Olympic Winter Games 2014 host city.

Aboubakr (EGY) said: "I would like to thank the UIPM and the Egyptian Modern Pentathlon Federation (EMPF) for giving me the opportunity to be

a part of such a special programme. I am so excited to start putting both sports and education in one place. I am looking forward to gaining a new experience that will help me in both my sporting life and career.

"I will make the best out of it so that I can be a bigger part of my national federation and UIPM and also remain a part of this big family. Modern Pentathlon is not just a sport for me; it is also passion and a lifestyle."

UIPM President Dr Klaus Schormann said: "I am very pleased that Sondos Aboubakr has earned the opportunity to study at the Russian International Olympic University with a scholarship linked to the MOU, which I signed in Moscow last year.

"We, the UIPM Executive Board

Ivan Popov (1933-2020)

The Modern Pentathlon community is in mourning after the death of experienced technical official Prof Dr Ivan Popov at the age of 87. Prof Dr Popov was made an Honorary Member of UIPM after a long period of service to the UIPM Technical Committee, which he served as Secretary and as a Member. He played a very active role in Modern Pentathlon in Bulgaria, serving as a senior member of the



local organising committee and working as a judge in international competitions.

UIPM President Dr Klaus Schormann said: "As one of the longest-serving Members of the UIPM Technical Committee, he provided exemplary service to our sporting movement.

"As Secretary of the Technical Committee he was enthusiastic and energetic, running a lot of seminars for UIPM judges and referees and chairing the local organising committees for World Cups and World Championships in all age categories in Sofia, Varna and other cities in Bulgaria."

closely with the UIPM Athletes Committee and external organisations to identify opportunities to support athletes – and this will be developed in the years to come through the ACP (Athletes Centred Programme).

“For now I wish Sondos the very best as she prepares for an exciting year of studying in the Olympic city of Sochi. Our sport is closely linked to the academic world and focused strongly on education.

“Many pentathletes have achieved high success in their careers based on qualifications obtained alongside their sporting commitments and their intellectual capacity.”

Sharif Elerian, President of the Egyptian Modern Pentathlon Federation, added: “We are very pleased and grateful to UIPM & the Russian International Olympic University for granting Sondos Aboubakr a Masters programme scholarship.

“Sondos is a great athlete who developed her skills through the years and will represent her country and sport well. We wish her all the best and a successful academic year.”

Modern Pentathlon New Zealand praised for UIPM Para Sports development

New Zealand has been praised internationally for its success in limiting the spread of the COVID-19 Coronavirus, and this has enabled Modern Pentathlon New Zealand (MPNZ) to continue much of its planned development work in 2020.

MPNZ has demonstrated a commitment to inclusion in its activities, with an 84-year-old taking part in a recent Laser Run event – and scoring five green lights in 14sec.

The Federation has also been praised for its contribution to the UIPM Para Sports movement, providing



Sondos Aboubakr (EGY) in the Swimming pool



A visually-impaired athlete takes part in Para Laser Run with a guide in New Zealand

opportunities especially for athletes with a visual impairment.

Having set a goal of enabling access for all to the sport of Modern Pentathlon, MPNZ has created a partnership with the New Zealand branch of Achilles International to ensure para athletes have guides and support.

Para athlete and advisor Shannon Cleave, who is visually impaired and

competes internationally in triathlon, said: “The defining moment in any sport’s growth is when it draws and supports athletes from all sectors of the community.

“Modern Pentathlon is global and the next logical step is to include para-athletes, to unite and inspire the world.”

New Zealand currently has one senior female athlete who competes in all

five disciplines, as well as several who compete in events ranging from Laser Run to Tetrathlon.

MPNZ President Kaewruethai Collings said: “It takes a lot of trust from para-athletes to enable us to guide and set relevant standards for competitions, especially when competing against able-bodied athletes.

“The support in New Zealand has been fantastic and we are going from strength to strength.

“While there have been challenges for each event and competition, the country continues to move forward in this space. We would be happy to offer advice to other National Federations looking to develop their para-sport offering.”

Kitty Chiller, President of the Oceania Modern Pentathlon Confederation, added: “Modern Pentathlon New Zealand does an amazing job in integrating para athletes into all their activities.

“I have seen these athletes compete and it is wonderful. Andrew and Kaewruethai are very committed to this and this really sets them apart as an inclusive, innovative and forward thinking federation.”



Two visually-impaired athletes take aim on the laser shooting range under the supervision of Modern Pentathlon New Zealand President Kaewruethai Collings (far right)

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Inside UIPM: President's activities | Secretary General's message

01-15.08.2020: Darmstadt, GER

UIPM President Dr Klaus Schormann was occupied throughout August with various video conferences and conference calls that he arranged with national federations, UIPM Executive Board members and National Olympic Committees.

Monthly actions discussed included the conditions for athletes to resume training and compete in local, national and multilateral competitions worldwide as COVID-19 Coronavirus restrictions are partially lifted, as well as financial matters for the rest of the year 2020 and focusing on various budget structures for 2021.

16.08.2020: Mainz, GER

President Dr Schormann met with Prof Dr Holger Preuss of Johannes Gutenberg University Mainz to discuss scholarship possibilities for pentathletes through initiatives supported by the International Olympic Committee and projects run by universities such as the Russian International Olympic University in Sochi (RUS) and the World Academy of Sport (WAOs).

UIPM recently signed a memorandum of understanding with WAOs to provide an Online Athletes' Certificate for athletes aged 15-18 and an Online Post-Graduate Certificate in International Sports Management for university graduates.

During their meeting Dr Schormann and Prof Dr Holger Preuss also discussed the e-sports scene and the governing federations Global Esports Federation (GSF) and International eSports Federation (IeSF).



Prof Dr Preuss offered to support UIPM's advances into the e-sports movement through the Johannes Gutenberg-University Mainz, where he has been holding student seminars on this subject for a year.

19.08.2020: Darmstadt, GER

President Dr Schormann participated in an interview with Mrs Iva Glibo, a student from the Technical University in Munich (GER). The main subjects

they covered were political actions and sustainability within the UIPM Sports movement.

20.08.2020: Darmstadt, GER

President Dr Schormann arranged a special virtual meeting of the UIPM Technical Committee from his Presidential office.

Agenda topics included the UIPM 2020 Pentathlon World Championships awarded to Cancun (MEX) and the ongoing monitoring of the pandemic situation together with the Local Organising Committee in Mexico.

President Dr Schormann discussed the scheduled UIPM 2021 Pentathlon World Cups and World Cup Final and UIPM 2021 Pentathlon and Laser Run World Championships, and how UIPM intends to manage the events.

The Committee also spent time talking about the upcoming New Tetrathlon Test Event in Budapest (HUN) and the rescheduled Olympic Summer Games Tokyo 2020, now taking place in 2021.

Another topic was UIPM virtual competitions #LaserAllStars and #LaserHomeRun and how they might continue to bring the global UIPM Sports community together in future periods without physical competitions.

President Schormann (pictured below) briefed the Committee on UIPM's financial position, now stable after some cost-cutting measures were implemented.

The Technical Committee discussed the possibility of rule changes due to the pandemic, but this will be discussed further in a separate meeting.

The Chair of the Technical Committee, UIPM Executive Board Member for

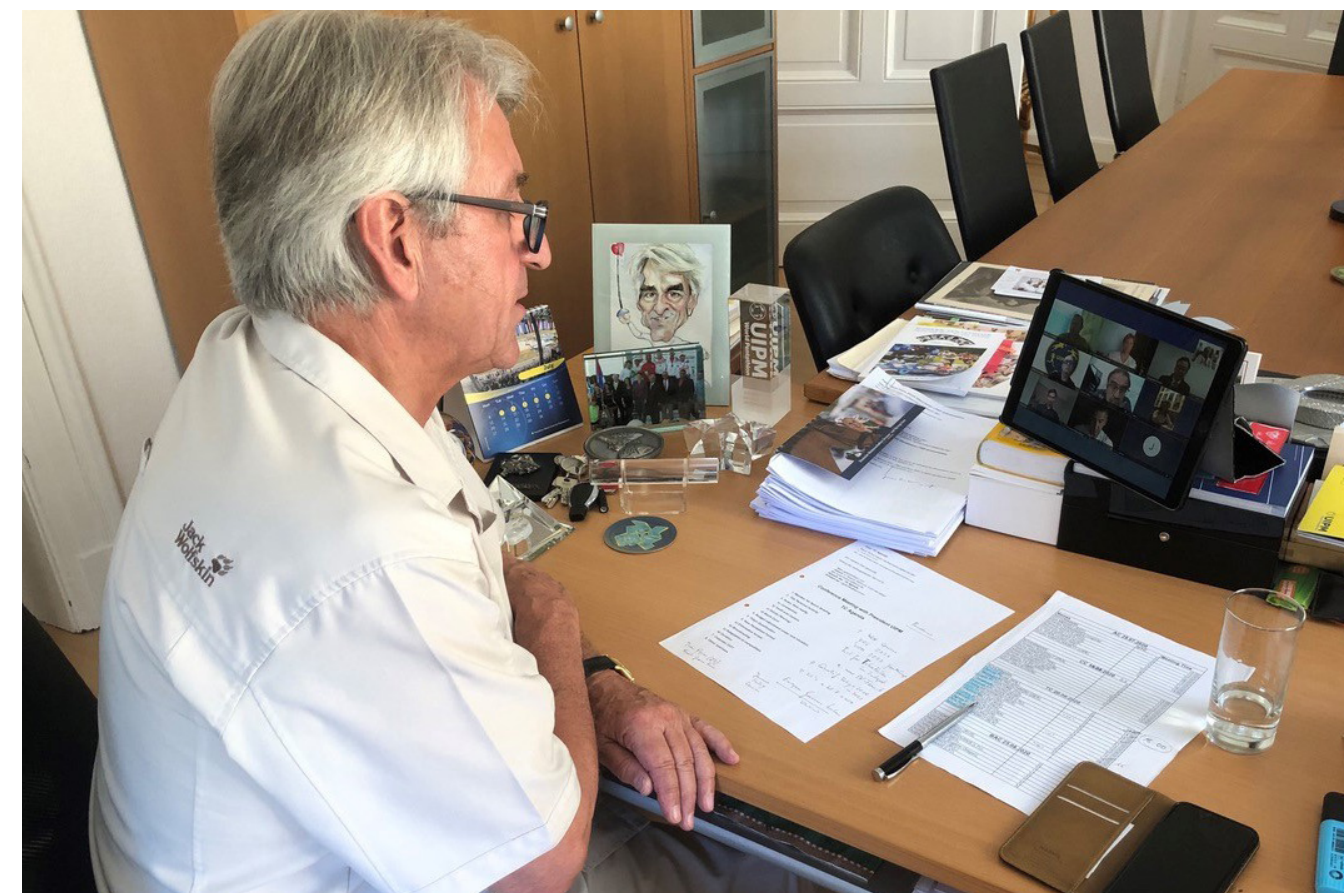
Sport and Montreal 1976 Olympic champion Janusz Peciak (POL), gave an overview of the ongoing virtual events and covered the potential inclusion of Modern Pentathlon in the European Games Krakow 2022.

Both Mr Peciak and President Dr Schormann paid tribute to Prof Dr Ivan Popov, one of the longest-serving members of the UIPM Technical Committee who died recently.

25.08.2020: Darmstadt, GER

UIPM President Dr Klaus Schormann arranged a virtual meeting of the UIPM Business Affairs Committee to discuss current affairs and future opportunities.

Dr Schormann, Secretary General Shiny Fang and UIPM Treasurer John Helmick explained the difficulties resulting from the COVID-19 Coronavirus crisis and the





postponement of the Olympic Games, and the impact these events have had on the business activities of the UIPM.

An emphasis was put on the necessity to adapt to a “new normal” and to find new opportunities in virtual and semi-virtual events such as #LaserHomeRun and #LaserAllStars.

UIPM Vice President for Business Affairs Viacheslav Aminov, Executive Board Member for Marketing Martin Dawe and Executive Board Member for Media Andrejus Zadneprovskis (pictured above), as well as fellow Committee delegates, came up with a list of potential sponsors.

The painting pictured right was produced by Dr Liston Bochette III PhD, a former Olympic athlete who competed in bobsleigh (1992, 1994, 1998, 2002) and in decathlon (1984) for Puerto Rico who has served as President of the Puerto Rico Modern Pentathlon Federation for more than 20 years. UIPM President Dr Klaus Schormann said: “This painting describes how we should handle the actual situation. We should always look forward for an active future for all our athletes in all age groups around the world with a healthy environment.”





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