

**JULY
2020**



UNION INTERNATIONALE
DE PENTATHLON MODERNE

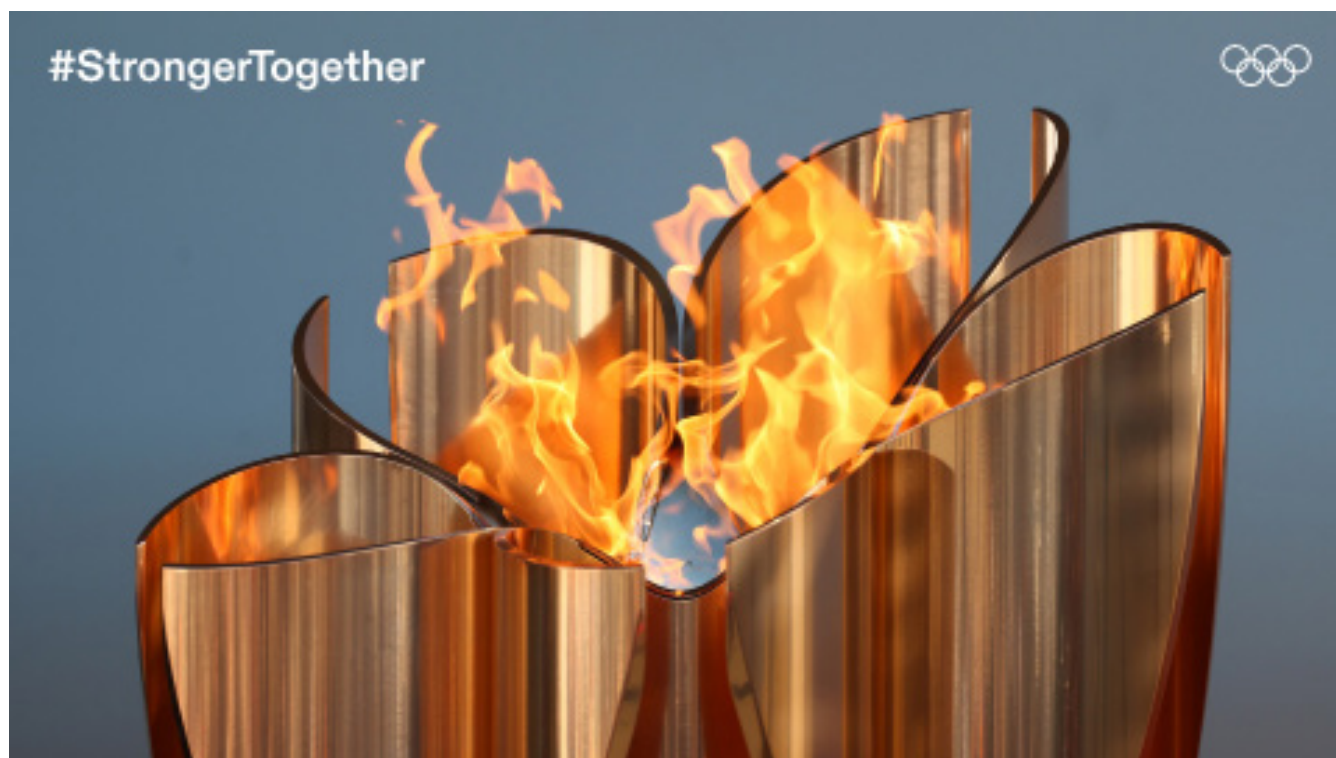


**World Pentathlon
Newsletter**

CONTENTS

- COVID-19 Coronavirus update - p.2
- Road to Tokyo: UIPM President's statement - p.4
- Road to Tokyo: Ed Fernon (AUS) - p.5
- Road to Tokyo: Ieda Chaves (BRA) - p.9
- My world records: Alexander Lesun (RUS) - p.11
- UIPM launches #LaserAllStars - p.14
- News from around the world - p.15
- Laser Run Spotlight: South Asia - p.18
- Inside UIPM: President's Activities & Secretary General's Message - p.22
- New Balance World Rankings - p.28

ROAD TO TOKYO: #1YEARTOGO



UIPM took part in digital celebrations on July 23 to mark #1YearToGo until the rescheduled Tokyo 2020 Olympic Games



COVID-19 Coronavirus update



Delegates at the UIPM 2018 Congress in Limassol (CYP). The next gathering will now take place in late 2021

UIPM postpones 2020 Congress and cancels 2020 Youth World Championships (U19/U17)

The Executive Board of the Union Internationale de Pentathlon Moderne (UIPM) has agreed further changes to the 2020/21 events and competitions calendar as a result of the COVID-19 Coronavirus pandemic.

The 71st UIPM Congress, originally scheduled to take place in November 2020 in Xiamen (CHN), has been postponed to 2021, while the UIPM 2020 Youth World Championships in Hurghada (EGY) has been cancelled.

However, changes have been made to the scheduling of the 2021 season to add relevance to training and provide more imminent competitive incentives for developing athletes.

UIPM President Dr Klaus Schormann

said: "It is a source of great regret that we must continue to cancel or postpone different parts of the UIPM 2020 calendar, but we do so with the full cooperation of the local organisers.

"The whole world, not only in sport, is making sacrifices to protect people from this virus and working to ensure that we can all return to leading a full life in a safe way as soon as possible.

"At UIPM we are committed to this principle and I can promise our global community that we are doing everything possible to reunite them in 2021 to take part in worldwide competitions and UIPM Congress.

"Until then I ask all participants in our movement to play a part in combating the spread of this virus by abiding by the advice of their Government and medical experts when undertaking training and normal daily activities."

71st UIPM Congress in Xiamen (CHN) postponed to 2021

Due to the continuing restrictions on travel and large gatherings imposed worldwide to combat the COVID-19 Coronavirus pandemic, it was deemed unsafe to continue with plans for the 71st Congress in November 2020.

The electoral forum will now take place in 2021, most likely in November following the rescheduled Tokyo 2020 Olympics (July 23 to August 8, 2021).

Discussions around the hosting of the rescheduled Congress will continue with local organisers in Xiamen (CHN), which is also due to host the UIPM 2022 Pentathlon and Laser Run World Championships following the cancellation of the 2020 competition.

The postponement of Congress was

confirmed when the EB agreed that it constituted a case of force-majeure, and National Federations were informed this morning.

Article 13.2 of the UIPM Statutes empowers the EB to take decisions on cases of force-majeure to ensure a smooth and continuous governance system that would prevent UIPM from finding itself with an uncertain leadership structure.

UIPM competitions update

The EB agreed to cancel the UIPM 2020 Youth World Championships (U19/U17), scheduled to take place in Hurghada (EGY) from October 4-10.

This decision had been delayed as long as possible in the hope that the competition in late 2020 might be feasible, but the EB was left with no alternative to cancellation as global travel was still too limited to guarantee an appropriate representation for the world's largest gathering of teenage pentathletes.

The news followed the postponement of the UIPM 2020 Junior World Championships in Drzonkow (POL) and the EB acknowledged the deeply regrettable lack of opportunities for young pentathletes across the world to compete globally in 2020.

UIPM was also acutely aware of the disappointment felt by youth athletes after the joint decision of Dakar 2022 and the International Olympic Committee to postpone the 4th Youth Olympic Summer Games Dakar 2022 until 2026.

The EB therefore agreed to fast-track two competitions in the 2021 season to add relevance to training for developing athletes and give them more imminent competitive incentives.

The UIPM 2021 Junior World Championships in Alexandria (EGY) will now take place in March 2021, having



The UIPM 2021 Youth (U19/U17) and Junior World Championships could be merged in Egypt



originally been scheduled for later in the year.

The EB has also fast-tracked the UIPM 2021 Youth World Championships (U19/U17) to February or March in Egypt. Discussions are ongoing with organisers about the possibility of hosting the Junior and Youth World Championships back-to-back to reduce travel for athletes competing in both competitions.

In fast-tracking the arrangement of these two competitions, the EB reserves the right to postpone either or both depending on the Coronavirus situation worldwide.

UIPM EB Member for Development, Dr

Viacheslav Malishev, said: "It is a terrible blow for our developing athletes to have no global competitions in 2020, but I would ask everybody to be patient and work together to defeat this virus.

"I hope the decision to fast-track the UIPM 2021 Youth World Championships and UIPM 2021 Junior World Championships will provide a competitive goal early in 2021 for all athletes in the U21, U19 and U17 age groups.

"In the meantime I urge all of our development athletes to remain committed to training for all five disciplines of the Pentathlon wherever it is possible to do so, and continue to stay fit and healthy until the opportunity to compete returns."

ROAD TO TOKYO

UIPM President's Statement

Road to Tokyo: UIPM celebrates Olympic values with one year to go until Tokyo 2020 Games (in 2021)

The UIPM President, Dr Klaus Schormann, marked #1YearToGo until the opening of the rescheduled Tokyo 2020 Olympic Games on July 23, 2021 with a special statement underlining the importance of the Olympic values.

Dear athletes,

Dear Modern Pentathlon Family!

Dear Olympic Society!

The global COVID-19 Coronavirus pandemic forced all of us to confront a very difficult life situation. We are learning day by day how important it is to protect our natural resources and to live a healthy lifestyle.

We are doing all we can to get through this pandemic and rebuild our way of life. We are learning to channel deep discipline – one of the cornerstones of our movement – to protect the health of other people, with respect and solidarity for all parts of human society.

The Olympic Games are a great opportunity to bring athletes and officials and spectators from all over the world together to share the Olympic values. To focus on peace and better understanding in a respectful manner.

We are stronger together as we look forward to the Opening Ceremony of the Tokyo 2020 Olympic Games, one year from today on July 23, 2021.



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

Road to Tokyo: Fernon (AUS) back on Olympic stage after epic endurance adventures

Ed Fernon's Modern Pentathlon career appeared to have peaked when he competed at the London 2012 Olympic Games for Australia and finished 27th. Three years later, he retired from competition, clearing the path for the young pretender – Max Esposito (AUS) – to join his sister Chloe on the Olympic stage.

Fast forward to August 2019 and Fernon (AUS), who had proved his remarkable ability as an endurance athlete in the intervening years while growing his own business and a family, was tempted to give his Olympic dream another shot. Within three months he had secured his place at Tokyo 2020.

In the latest #RoadToTokyo interview, the 32-year-old from Sydney takes up the story...

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

A: I started Modern Pentathlon in 2007 aged 19 with a running and horse riding background. I had never picked up an epee or pistol and I was a terrible swimmer, but I wanted a personal challenge while I was studying at university.

Q: What has been keeping you busy in recent years?

A: I made the tough decision to retire from competition after the UIPM 2015 Pentathlon World Championships in Berlin (GER). I stayed involved in Modern Pentathlon as Vice President of Oceania Modern Pentathlon and as a mentor for younger athletes.

Following retirement, I started a property development business, which now has a number of projects around Sydney. I soon realised that I missed the physical and mental challenge, which I used to get from Modern Pentathlon, and so in January 2016 I decided to climb Mt Aconcagua,

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



As an endurance athlete, Fernon (AUS) has taken part in riding events such as the legendary Mongol Derby in Mongolia

the highest mountain in the southern hemisphere. After an arduous climb, I made it to the summit, which was a surreal feeling after months of training and preparation.

In 2017, I was selected to compete in the Mongol Derby, the longest and toughest horse race in the world, where 42 riders compete on 28 semi-wild Mongolian horses over 1000km. I went on to win this race and break the race record.

Q: So how did that lead you back to Modern Pentathlon?

A: In August 2019, I received a phone call from my athletics coach asking me to consider a comeback for the Tokyo Olympic Games. The trials had been set for November so I would only have three months to get myself back into



Businessman Fernon (AUS) keeps his eye in during his exile from Modern Pentathlon competition



Fernon (AUS) makes headway during the 2019 Asia/Oceania Championships and Olympic Qualifier in Wuhan (CHN)

good shape to be able to compete at a level to qualify. I spoke to my wife about it, and she said to go for it. We agreed that at the very least I would get fit again, and so I returned.

Six weeks after my comeback, I won the New Zealand Modern Pentathlon Championships and met the required qualification criteria to earn a position on the Australian team to compete at the trial at the Asia/Oceania Championships and Olympic Qualifier in Wuhan (CHN). It was at this competition I won the Oceania position for Tokyo.

Q: How did it feel when you secured a qualification place for the Tokyo Olympics?

A: I was very grateful to my wife, family and coaches for all their support and proud of the way I was able to rise to the challenge.

Q: Can you remember watching the last Olympic Games in Rio in 2016? What were you thinking?



Fernon (AUS) in action on the Fencing piste at the London 2012 Olympic Games

A: Of course. I have loved watching the Olympic Games as a kid and every Olympic Games except London I would spend the whole time glued to the TV. As I was watching the Modern Pentathlon in Rio I was closely following my good friend Arthur Lanigan-O'Keeffe as well as Max Esposito.

Q: What do you think about the Olympics being postponed until 2021?

A: The postponement was obviously necessary to ensure the health and safety of athletes.

It was disappointing not being able to compete in 2020 but on a positive note

it also gives me another year to train before competing in 2021.

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

A: I purchased a farm a few years ago and when lockdown started I moved with my family from Sydney to the farm. This was great for my mental health as it took me out of the city where everyone was worried about the crisis. I also purchased a new horse and built an area and shooting range, so it allowed me to keep up my physical training.

Q: What has been the most challenging part?

A: My personal situation is completely different now to when I was training for the 2012 London Olympics. I am now married with two young children, I have my own business and a number of other professional commitments, so time management has been even more crucial to ensure that I have a healthy work/training/life balance.

Q: What motivates you in training?

A: My motivation is to be able to deliver the best performance possible at the Olympic Games and to inspire my kids.

Q: Describe yourself as an athlete in three words.

A: Determined, fearless, disciplined.

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

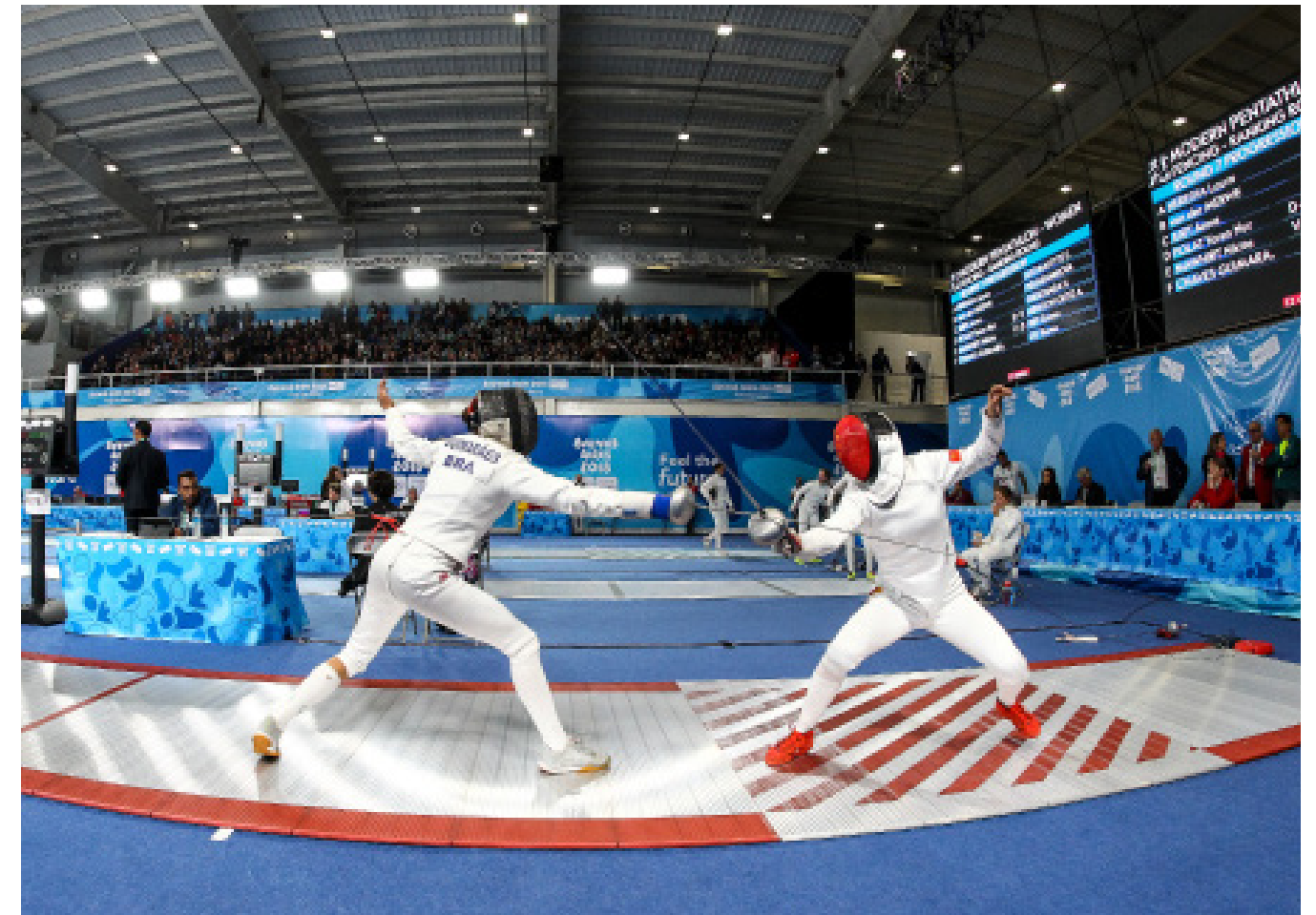
A: I have been fortunate to have a number of mentors in sport and business who have guided me along the way. I have found in life that whatever the goal it is likely that someone has done it before you and they are generally happy to provide assistance. I am incredibly grateful to all these amazing people.

Q: What is your ultimate ambition in Modern Pentathlon?

A: My ultimate ambition is to know at the end of the competition in Tokyo – whether I come first or last – that I have achieved to the best of my ability.



Accomplished rider Fernon (AUS) clears an obstacle during the London 2012 Olympic Games



Chaves (BRA) competes in Fencing during the 2018 Youth Olympic Games in Buenos Aires (ARG)

Road to Tokyo: Chaves (BRA) on overcoming her limits

Pentathletes in South America have not had to look far afield for inspiration in recent years.

The Rio 2016 Olympic Games and Buenos Aires 2018 Youth Olympic Games have raised the profile of the Olympic movement across the continent like never before. And in Brazil, pentathletes have been inspired by Yane Marques, winner of the women's bronze medal at London 2012.

Maria Ieda Chaves Guimaraes, 19, names Marques (BRA) as her sporting idol as she savours the prospect of following in her footsteps at the Tokyo 2020 Games in the latest #RoadToTokyo interview.



Chaves (BRA) takes aim during the 2018 Youth Olympic Games in Buenos Aires (ARG)

Q: How did it feel in 2019 when you finished 4th at the Pan American Games in Lima (PER) and secured a qualification place for the Tokyo Olympics?

A: A mix of emotions, happiness, gratitude, a sense of accomplishment!

Q: What do you remember about the last Olympic Games in Rio in 2016? What were you thinking during that time?

A: I only thought about training to fulfil the dream of getting qualified for Tokyo.

Q: What do you think about the Olympics being postponed until 2021?

A: It was a surprise, it's always bad to postpone a dream, but I know it was the best choice for everyone's safety. This situation with the virus is still very uncertain.

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

A: Most of the training has been done at home. I do my best as much as possible. I ended up using the quarantine to discover some hobbies!

Q: What has been the most challenging part?

A: Maintaining a training routine. In some disciplines I am very limited, but I do my best as much as possible!

Q: And what positive things have you seen?

A: It makes me know myself better, jump over a wall of physical and mental limitations. See how much I love the pentathlon!

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

A: I started the pentathlon 10 years ago by chance. My father did a job at the club where he trained and ended up getting to know the sport. Since then I have been passionate about the sport and I am never far from it.



The 19-year-old Chaves (BRA) clears an obstacle while competing in Cairo (EGY)



Chaves (BRA) embarks on Laser Run in 2nd place during the 2019 Pan American Games in Lima (PER)

Q: What are your sources of motivation in training?

A: Wanting to overcome my limits, knowing how far I can go.

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

A: In sports, Yane Marques no doubt.

She is an example of an athlete who did incredible things. In life, it's my family.

Q: What is your ultimate ambition in Modern Pentathlon?

A: Go in search of an Olympic medal and overcome my limits!

MY WORLD RECORDS

Alexander Lesun



In the second part of the series, the Rio 2016 Olympic champion reflects on how he broke two men's world records in Modern Pentathlon – and explains why records mean less to him than the raw satisfaction of winning.

Alexander Lesun of Russia has towered over the men's Modern Pentathlon scene for a decade, a dominant presence ever since winning

his first of five UIPM Pentathlon World Cup gold medals in Budapest (HUN) in 2010.

In 2016, having just turned 30, he snared the ultimate prize of Olympic gold in Rio de Janeiro after a masterful Fencing performance (28V/7D) that secured him another honour – a new Olympic record.

Master fencer Alexander Lesun (RUS) shows off his skills during the UIPM 2019 Pentathlon World Cup Final in Tokyo (JPN)

But it was in 2014 when he was arguably at his competitive peak.

Lesun (RUS) won almost everything it was possible to win that year, and in the process set two scoring marks that have yet to be matched, six years on.

Q: In 2014, you broke the Modern Pentathlon world record with an overall score of 1,534 points in the UIPM Pentathlon World Championships Final in Warsaw (POL). What are your memories from that day?

A: I remember that day very well. It was cool, no doubt. It was my second individual victory at the World Championships.

I also think that no one beat my record of 2014 in terms of the number of the victories (World Championships, European Championships, World Cup Final and one World Cup) all in 2014.

Q: In what ways did you perform better than other times when you have achieved a high score?

A: Good fencing, good horse, good shooting, peak of the form and good luck!

Q: When did you discover it was a new world record, and how did that feel?

A: I only had one, very pleasant and wonderful feeling – that I managed to do my work perfectly and professionally.

Q: Why is it so hard to score more than 1,500 points in Modern Pentathlon?

A: Because we compete in different conditions: with different preparation and quality of horses, with different running courses (grass, sand, other terrains) and different conditions for shooting.

A very considerable role is played by the qualification and level of judges – especially in Fencing.

And one more point: we compete but we are not after the world record, this is not the main issue for us pentathletes. We are not paid for records, we do not get advertising contracts etc, therefore the number of points does not matter. The victory does.



In imperious form throughout 2014, Lesun (RUS) leads from the front in Running and Riding during the UIPM 2014 Pentathlon World Championships in Warsaw (POL)



Q: Also in 2014, you broke the Modern Pentathlon Fencing world record with a score of 286 (31V/4D) in the European Championships Final in Szekesfehervar (HUN). What are your memories from that day?

A: Oh, I do remember that day. It was my day!

During my sport career I have set many records – world, European, Olympic – but I never estimated their value, only the victory mattered.

Q: What is the key to a high score in Fencing – is it more of a mental or a physical challenge?

A: I can speak about Fencing always and endlessly. For me this is not just a sport. This is a true art. There are so many separate parts in it: emotions, physical form and many, many other factors.

Q: When did you start Fencing and which trainers helped you to reach such a high level?

A: I started Fencing at 16 and I must say that every coach working with me made his contribution in shaping my Fencing level of today. But the biggest and utmost role was played by my tutor, Alex Khaplanov, of course.

Q: How does it feel when you have a good day on the Fencing piste? Do you feel invincible?

A: I think that many people have a wrong impression of Fencing in Modern Pentathlon. We competitors, pentathletes, have known each other for many years and know everything, every detail. Therefore the task is to outwit your opponent for one minute.

A huge factor in our Fencing is luck: we are competing for one hit! And taking all this into account, I have a feeling of a certain game on the piste. Fencing for me is kind of mobile chess.

Q: Which Pentathlon disciplines have you found easiest over the years, and which one has taken the most training to develop?

A: I love all the five disciplines and all



Lesun (RUS) celebrates with his gold medal at the Rio 2016 Olympic Games

five required a great effort from me.

Q: During the Coronavirus (COVID-19) crisis, what have you been doing to stay physically and mentally sharp?

A: Since during the season we normally have very little free time, during quarantine I enjoyed many things which I could not afford before – my music, books, movies ... and of course I tried to keep myself in shape and trained at home.

Q: Did you set any goals for the 2020 season (now deferred to 2021)?

A: Though we are not fully sure that the Olympic Games will take place in 2021 but we remain hopeful, my goals are as ambitious as they were for 2020.

Q: Do you feel any pressure about being the defending Olympic champion in Tokyo?

A: No, not at all. And it will not press me next year. In the course of the past five years the balance of power has considerably changed. And my title today is nothing but a good experience.

UIPM launches #LaserAllStars



Leading shooters from 33 countries invited to join virtual knockout

Sharp shooters from 33 countries have been offered the chance to become the first UIPM #LaserAllStars.

Invitations have been issued to 256 athletes who took part in one of the recognised qualification competitions organised by 12 UIPM member federations across five continents, or who participated in the inaugural UIPM #LaserHomeRun in May 2020.

Through their performances the athletes earned invitations to the first virtual global competition dedicated to laser shooting – a cornerstone of the Modern Pentathlon competition format since it was introduced as a safe and sustainable alternative to air pistols in 2008.

The list of qualifiers across the three adult age categories includes one Olympic champion, two pentathletes ranked in the world's top 10, a Pan American Games winner, a European senior medallist and two junior world champions as well as a European youth champion.

Anatoly Starostin of Russia, the

Moscow 1980 Olympic champion who now heads up the Modern Pentathlon academy at the new Severny sports complex in the city, will take part in the Men's Masters (40+) category.

World No.5 Valentin Prades of France is among the big-name athletes to be invited to take part in the Men's Senior (Under-40) category, along with 2019 Pan American Games gold medallist Charles Fernandez of Guatemala. Ahmed Elgendy of Egypt is another likely contender in the Men's Senior event. The UIPM 2019 Pentathlon World Cup Cairo gold medallist won the rare treble of Youth Olympic Games and UIPM Junior and Youth (U19) titles in 2018.

The man who succeeded him as UIPM Junior world champion in 2019, Jean-Baptiste Mourcia of France, has been invited to take part in the U22 category, as has European U19 champion Rita Noemi Erdos of Hungary.

The current women's world No.1, Joanna Muir of Great Britain, has been invited to line up in the Women's Senior (U40) category alongside fellow UIPM Pentathlon World Cup winners Tamara Alekszejew of Hungary and Marie Oteiza (FRA).

Iryna Prasiantsova of Belarus, a gold medallist in the Women's Relay and Team event at the UIPM 2018 and 2019 Pentathlon World Championships whose individual bronze medal at the 2019 European Championships in Bath (GBR) enabled her to win a quota place at the Tokyo 2020 Olympic Games, is another well-known athlete in the Senior category.

Of the 33 countries represented on the invite list, Great Britain (41) has the most participants, closely followed by Hungary (27), Egypt (22), Turkey (20), Russia & France (16) and Ecuador (14).

The first #LaserAllStars champions will be crowned when UIPM stages semi-finals and finals for the top 32 athletes on September 9 – coinciding with the 3rd Pierre de Coubertin Pentathlon Day. Before that, the 256 qualifiers will meet in preliminary rounds on August 7/8 – exactly a year before the climax of the Modern Pentathlon competition at the Tokyo 2020 Olympic Games (now taking place in 2021).

More information about #LaserAllStars, launched on July 20 with the aim of bringing the global UIPM Sports community together online, can be found at uipmworld.org.

News from around the world

Olympic champion Esposito (AUS) celebrates arrival of baby boy

The reigning Olympic Modern Pentathlon champion, Chloe Esposito of Australia, is celebrating another defining landmark in her life – the birth of her first child.

Rio 2016 gold medallist Esposito (AUS), 28, gave birth to a boy, Ted, on July 29 in her home city of Sydney.

Australia's first Olympic Modern Pentathlon medallist tweeted: "Totally and utterly in love. He didn't make it easy but we finally get to welcome Ted into the world. My heart is so full and I can't wait to get him home. Ted Daniel Cooper, 29 July, 4.07kgs #BigLittleTed"

Esposito (AUS) had announced her pregnancy in January, together with the announcement that she would not be competing at the Tokyo 2020 Olympic Games as a result – before the Games were postponed to 2021.

Ed Fernon and Marina Carrier (AUS) have secured quota places for Australia at the rescheduled Games in the Japanese capital, with two remaining spots available to Australian athletes.



Chloe Esposito (AUS) with her baby son Ted and, below, crossing the finish line first in 2018

More than 100 judges in India take part in UIPM Sports webinar

A five-day series of webinars arranged by the Modern Pentathlon Federation of India (MPFI) has helped more than 250 people to advance their UIPM Sports education during the COVID-19 Coronavirus pandemic.

More than 115 judges took part in India's first National Judges Seminar, supported with advice and guidance



from UIPM Headquarters, along with more than 150 athletes and coaches who participated in other sessions through the course of the week.

After an introduction to Modern Pentathlon on day one, the following days helped to educate the participants on Fencing, Swimming and Laser Run, before special sessions on the final day focusing on code of conduct (judges) and physiotherapy and sports psychology (athletes and coaches).

MPFI President Sunil Purnapatre, Secretary General Vitthal Shirgaonkar and federation founder Namdev Shirgaonkar all took part in the webinars.

Interview with International Fair Play Award winner Saraiva (BRA)

Pentathlete Stephany Saraiva of Brazil, winner of a Fair Play Award from the International Committee of Fair Play in 2016, has given a moving interview about her life in lockdown and the hardship people are facing as a

result of the COVID-19 Coronavirus in her home country.

Saraiva (BRA), 25, bronze medallist at the 2019 South American Championships in Buenos Aires (ARG), received her award in 2016 for an exemplary act of sportsmanship during a Fencing bout in the Mixed Relay at the 2016 South American Championships in the same city.

Below you can read the interview, published in the Fair Play Newsletter June 2020.

Q: How did your days go during the COVID-19 situation? What did you do on weekdays? If you are an active athlete how did you keep yourself fit? What exercises did you do?

A: Hello my friends, I am fine thanks and I hope everybody is fine too. The last months have been very hard for everybody – for me as an athlete I needed to change all my training because clubs were closed. Everything about training I need to do at home, like Fencing, I needed to adapt.

I do exercises to simulate Swimming and for Running I woke up early because of the curfew and run out.

Q: Has there been a programme or campaign in your country that has helped people affected by COVID-19 pandemic? (e.g. shopping for seniors, handing out masks etc.) Did you attend on it?

A: Basically everything I'm doing at home, my classes for university, is online and we have no idea when will be back to normal. But the most important thing now is we help each other.

We have a lot of people needing, there are people with no money because they are not working, and these people need food and basically things to live. Here me and my family try always to help those in need, we must help.

Q: In the current situation have you experienced any kind of Fair Play acts?

A: In my opinion everyone that's fighting against COVID-19 deserves a Fair Play prize because we are fighting for life.



Acknowledgment: Juan Antonio Samaranch (1920-2010)

One of the longest-serving and most influential Presidents of the International Olympic Committee, Juan Antonio Samaranch, would have reached the age of 100 had he still been alive on July 17, 2020.

The Marquis of Samaranch was instrumental in the development of Modern Pentathlon during his IOC Presidency (1980-2001). He was a strong supporter of the evolution of the sport and in December 1997 he gave a commitment to UIPM that the introduction of women's pentathlon to the Olympic Games would be proposed.

One month later, at the IOC Session in Nagano (JAP) before the Olympic Winter Games, members voted for the addition of a women's event to the Olympic Modern Pentathlon programme at Sydney 2000.



On June 5, 2002, the Marquis became an Honorary Member of UIPM during celebrations to mark the 90th anniversary of Modern Pentathlon as an Olympic sport.

Until his death in 2010 he remained a passionate advocate of the modernisation of Modern Pentathlon, and in 2016 he became one of the first inductees to the UIPM Hall of

Fame. At the UIPM 1993 Congress in London (GBR) his son, Juan Antonio Jr, was elected Executive Board Member for Marketing. Three years later he became UIPM 1st Vice-President.

UIPM President Dr Klaus Schormann said: "On July 17, when he would have reached 100, we paused to remember Juan Antonio Samaranch and the profound impact that he had on our sporting movement."

"On a personal level, I first met the Marquis of Samaranch during the Olympic Winter Games Calgary 1988. In my position as a Council Member of the Union Internationale de Pentathlon Moderne et Biathlon (UIPMB) I spoke with him about Modern Pentathlon for the first time and he started to make notes.

"We are honoured to continue the family tradition by having his son, Juan Antonio Jr, as 1st Vice-President of our Union while also playing a central role within the IOC."

LASER RUN SPOTLIGHT

Harnessing
potential across
South Asia



Athletes take aim in Kabul (AFG), where Laser Run has helped women to enjoy sporting opportunities after many years of restrictions

The fourth instalment of a new series looking at the growth of UIPM's most popular development sport since its launch in 2015.

The unexpected disruptions of 2020 may have put the sporting world on pause, but Laser Run has been a catalyst for growth of the UIPM Sports movement across South Asia that will continue once the restrictions on mass-participation sport have been eased.

From Kabul to Colombo, this part of the world has energetically embraced the simple plug-and-play format that enables Laser Run to support development in communities right

across the planet. In the fourth part of the Laser Run Spotlight series, we speak to senior office-bearers from National Federations in Afghanistan, India, Pakistan and Sri Lanka (combined population circa 1.7billion) to find out more about their progressive grassroots initiatives, built on the platform of the UIPM Global Laser Run City Tour.



AFGHANISTAN

Students and soldiers provide a bedrock of participants

Khoshal Sarwari (President, Modern Pentathlon Federation of Afghanistan)

Q: Your Federation is relatively new (membership of UIPM was approved in 2015). Do you consider Laser Run to be an effective tool for Modern Pentathlon development and promotion?

A: Yes, absolutely. Due to the lack of facilities in the country for other sports like Triathlon or Biathlon, we have focused on Laser Run competitions. This has been very successful and the sport has found its place in the heart of our grassroots, which makes us very hopeful for the future.

Q: How often did you organise Laser Run events in your country in 2019 and what was the average number of participants per event?



Competition is fierce right from the start line in Kabul (AFG) - Laser Run has been readily embraced right across South Asia

A: We organised many Laser Run competitions in 2019 but the two GLRCT events which were registered in the UIPM calendar had more than 300 participants. Most of the participants were school students and army soldiers, which is why we would like to invest in these two major areas.

Q: Are you planning to organise competitions in the other UIPM Sports (eg Biathlon, Triathlon) in Afghanistan in the near future, and will the experience of GLRCT be useful in this regard?

A: We do have a plan, but not at least for the next two years! We are looking for the facilities to enable us to organise such competitions and to train our athletes the appropriate Swimming skills. This could be a long-term project due to the funding required.

In the meantime, Laser Run is an event that can help us improve and raise awareness about the Modern Pentathlon, which is not a well-known sport in the country.

We have experienced great feedback from our audiences for Laser Run competitions and due to all the restrictions applied to female participation within schools in the

country and non-availability of facilities for other sports, we have a very good chance to include our sport in the school sporting curriculum if we can provide the required laser-shooting equipment.



PAKISTAN

It's time to take a multi-lateral approach

Zahoor Ahmad (Secretary General, National Federation of Pakistan)

Q: You are an experienced country in South Asia in organizing GLRCT. What are the benefits of GLRCT to your National Federation?

A: Specifically talking about the GLRCT format there are many positive impacts and outcome advantages for our National Federation. A few of them that we learned from our experience include:

- The format of GLRCT is very simple and very attractive for athletes (professional, non-professional and beginners).
- The format allows and attracts athletes from other sports to test their skills and fitness through this platform.
- The format allows active participation

from different regions of the country and it has been very effective for UIPM Sports development.

- It covers a huge number of participants and still the event can be completed in just a single day.

Q: Do you already have athletes who were introduced to UIPM Sports by GLRCT and started to do other Modern Pentathlon disciplines like Swimming, Fencing and Riding?

A: Yes, we received a great response on the younger age categories. A few parents approached us and offered to get their children registered for our annual calendar events that are organized locally. Therefore, we hold training camps from time to time for Modern Pentathlon disciplines and it is mandatory for GLRCT athletes to join those training camps to enhance their skills. Yet we do not charge any registration fee from the athletes for any of our local events.

Q: Can you please share with other (mainly new) countries some of your strategic goals?

A: Political relations with our neighbouring countries vary from time to time. There was a very popular culture in the past between in South Asian countries where many sports

federations focused on organizing annual competitions between three, four or five nations and they were highly rated by the viewers. Countries like Pakistan, India, Bangladesh, Sri Lanka and Nepal played a very important role and their Governments were very supportive too.

We would especially suggest that we can revive this culture once again. We can still add an annual South Asian competition as a UIPM Calendar event, and we would like to work with UIPM to develop the following outcomes:

- We need more UIPM-recognised referees and coaches in each South Asian country.
- We need technical training from UIPM for setting up the competition equipment according to international competition requirements.
- We need to set up efficient scoring equipment in each discipline to avoid any dispute as we are using manual time records targeted to each athlete. For Triathlon and, gradually, Tetrathlon, we can add Fencing and Riding.
- While providing all technical assistance under UIPM observation we will organise a local event according to international standards.



INDIA

A nationwide approach across all age groups

Namdev Shirgaonkar (Secretary General, Modern Pentathlon Federation of India)

Q: You organized many GLRCTs in 2017 and 2018 and were one of the leading NFs in Laser Run development among various regions across India, but in 2019 there were no competitions. Was there a special reason for this?

A: Yes, we organised many GLRCTs in 2017-18. This was the first time we had organised any such international competition, but we faced financial issues due to very high Customs taxes



Spectators and shooters keep their eyes on the targets in (PAK)



Female youth athletes take aim during a Global Laser Run City Tour in India

and delays in the clearance process for GLRCT equipment.

The expectations of organisers was very high, but due to the issues the MPFI core committee took time to evaluate the process of organising GLRCT events in India and while fixing the issues and covering for the financial losses of 2017-18 we missed our deadlines of application for 2019

GLRCT.

Our core committee decided to plan GLRCT in a better way and we applied for 2020 Laser Run and were granted two competitions, but due to the current COVID-19 situation all physical sporting activities are suspended until further notice by the Government of India.

Q: What are the main participant target audiences in your Laser Run events – kids, adults, families? What channels do you use to attract participants?

A: We have participants from all age groups such as kids, youths and Masters athletes in our Laser Run events and we have had a huge response from all parts of India across every age group. We have our website, Facebook and other social media platforms which we use for promotion and to invite participants in Laser Run as well as other events; we also use print and video media for promotion and invitation. One of the important channels is our state representatives – we have member organisations in every state of India where they are responsible for the development of Modern Pentathlon regionally.

Q: Do you involve national and local governments and government organizations in Laser Run events? In which aspects do they participate?

A: Yes, Laser Run events form part of our national activity at MPFI since 2018 and are included in our annual activity calendar for 2020. Last year we have organised a national Laser Run championships in which more than 300 participants from all over India participated. Our Indian team selected from the national championship participated in the UIPM 2019 Laser Run World Championships in Budapest (HUN) and UIPM 2018 Laser Run World Championships in Dublin (IRL).

Laser Run is one of the important events for our organisation and we are getting a very good response from all parts of India in every age group. Our active participation in the Laser Run World Championships and in organising national as well as international Laser Run events every year proves the rapid development of Laser Run in India. We would like to work with UIPM to be able to provide enough Laser Run equipment to organise more events in every part of India.



Youth participants with their certificates in Bandaragama (SRI)



SRI LANKA

Going beyond Laser Run in search of the ultimate athlete

Nishanthe Piyasena (President, Sri Lanka Modern Pentathlon Federation)

Q: Do you see a link between Laser Run and Biathlon/Triathlon for the development of athletes and for Modern Pentathlon in your country?

A: Yes, I have seen a strong link between both segments because we started Laser Run as an introductory segment attract athletes towards Modern Pentathlon. We were able to conduct four highly successful Laser Run events that attracted more than 500 participants from under 11 to senior categories. Last year we were able to introduce the Biathlon-Triathlon National Tour to the country and more than 90% of the athletes who took part in BTNT came through the previous Laser Run events. Laser Run is helping to establish an initial platform in a country which has not practised Modern Pentathlon as a sport.

Q: What is the percentage of athletes who do both Laser Run and Biathlon/Triathlon at your events?

A: At the moment we conduct GLRCT and BTNT segments in a single day, with Laser Run offered for Under-15s and BTNT for older categories. Therefore it is difficult to make this calculation. Also as an NF, we came to a decision that we only use Laser Run to attract athletes towards Modern Pentathlon sport and gradually we take them to the next level through BTNT, Tetrathlon and Pentathlon. We attract schoolchildren towards Laser Run, then make them strong until under 15 when we take them to the BTNT and other upper levels.

Q: How you would suggest GLRCT can be used in the most effective for Federations?

A: GLRCTs have glamour and attraction, especially in youth categories, therefore NFs can attract more participation towards it. Eventually that bigger anticipation can be converted to make a complete modern pentathlete, which is the prime goal.

Inside UIPM:

President's activities | Secretary General's message



UIPM President Dr Klaus Schormann with UIPM staff members, Susanne Wiedemann (CEO of the DVMF), third from left, and Martin Dawe (UIPM Executive Board Member for Marketing), second from right, visiting the new UIPM archive

06.07.2020: Darmstadt, GER

UIPM President Dr Klaus Schormann welcomed a group of UIPM staff to the new UIPM archive, where UIPM and UIPMB documents dating back to 1948 and Modern Pentathlon documents dating back to 1909, as well as information about the ancient Pentathlon since 708 BC.

Later in the day they discussed developments relating to the COVID-19 Coronavirus and the support provided to UIPM National Federations and the



UIPM President Dr Klaus Schormann chairs a meeting in his Executive Office and (right) joins the UIPM staff delegation and guests at the marketing and promotion workshop in Frankfurt-am-Main (GER)

global sporting movement, deeply evaluating the working steps towards the Tokyo 2020 Olympic Summer Games hosted in July/August 2021.

07-08.07.2020: Frankfurt-am-Main, GER

President Dr Schormann hosted a marketing and promotion workshop at the Steigenberger Airport Hotel, venue for the UIPM 2016 Congress.

Together with UIPM Executive Board Member for Marketing, Martin Dawe, he followed presentations by Prof Dr Nicole Mau and Prof Dr Markus Mau (including UIPM staff) and Giancarlo Alfani, CEO of Oiko Service.

The workshop was followed via video by UIPM Secretary General Shiny Fang and partly by Treasurer John Helmick and UIPM Executive Board Member for Development, Viacheslav Malishev.



During the two-day workshop a lot of projects were evaluated, focusing on future strategy for the marketing and promotion of Modern Pentathlon and all UIPM Sports.

A follow-up workshop will be organised in autumn 2020.

13.07.2020: Darmstadt, GER

The UIPM President met with Dr Sandra Heck in his office to discuss articles she published about Modern Pentathlon in various brochures, magazines and newspapers based on academic research spanning from ancient times to the present day. In 2013



The marketing and promotion workshop participants take a break for lunch in Frankfurt (GER)

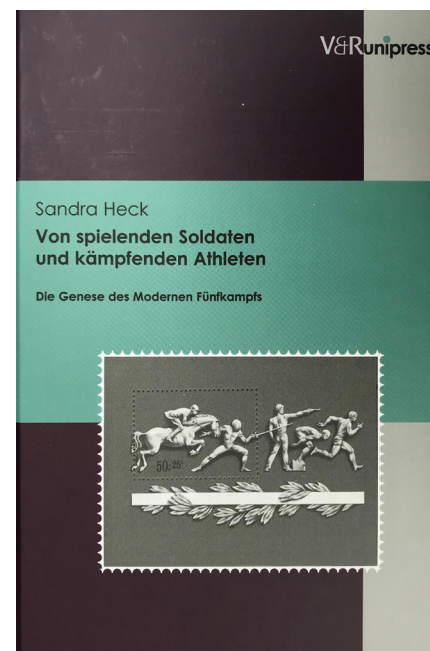
she published the book *Von spielenden Soldaten und kämpfenden Athleten* (Of Soldiers Playing and Athletes Fighting).

14.07.2020: Darmstadt, GER

President Dr Schormann analysed the financial situation of UIPM relating to the postponed Tokyo 2020 Olympic Games in a video conference with 1st Vice-President Juan Antonio Samaranch, Secretary General Shiny Fang and Treasurer John Helmick. A very strict budget proposal must be worked out. A clear message will be sent to UIPM's member federations that UIPM is strongly supporting Olympic qualification and is not forgetting youth development. Youth athletes are the future of our Union.



The UIPM President talks about Modern Pentathlon with published author Dr Sandra Heck



17.07.2020: Monaco, MON / Darmstadt, GER

UIPM President Dr Klaus Schormann conducted a video conference with UIPM Honorary President HSH Prince Albert II of Monaco about matters of sporting politics and practicalities facing the Union at this difficult time.

The President and Honorary President spoke about the new UIPM Headquarters in Monaco which the Principality helped to arrange for the Administration to move into in July 2020.

His Highness stated clearly that UIPM will be provided with support on the financial side and, in his capacity as an IOC Member, Prince Albert II said that he would strongly back the Mixed Relay application to the sporting programme of the Paris 2024 Olympic Summer Games.

Both parties are looking forward to an official opening ceremony of the new UIPM Headquarters and Hall of Fame in Monaco in the autumn of 2020.

17.07.2020: Lausanne, SUI / Darmstadt, GER

President Dr Schormann and Secretary General Mrs Fang followed the stream of the first-ever virtual IOC Session, which included the election of John Coates (AUS) and Ser Miang Ng (SGP) to the role of IOC Vice-President and the election of Mikaela Cojuangco Jaworski (PHI) and Gerardo Werthein (ARG) to the Executive Board.

The postponement of the 4th Youth Olympic Summer Games Dakar 2022 until 2026 came as a big surprise given that the International Federations had not been informed about this decision in advance.

25.07.2020: Darmstadt, GER



The UIPM Honorary President, HSH Prince Albert II of Monaco, during a video conference



UIPM President Dr Klaus Schormann with Pierre Portman, CEO of RAM Swiss Watches

The UIPM President met with the CEO of RAM Watches, Pierre Portman, to discuss the company's partnership with UIPM for the coming years until December 2024 and new possibilities for business relations.

28.07.2020: Frankfurt-am-Main, GER

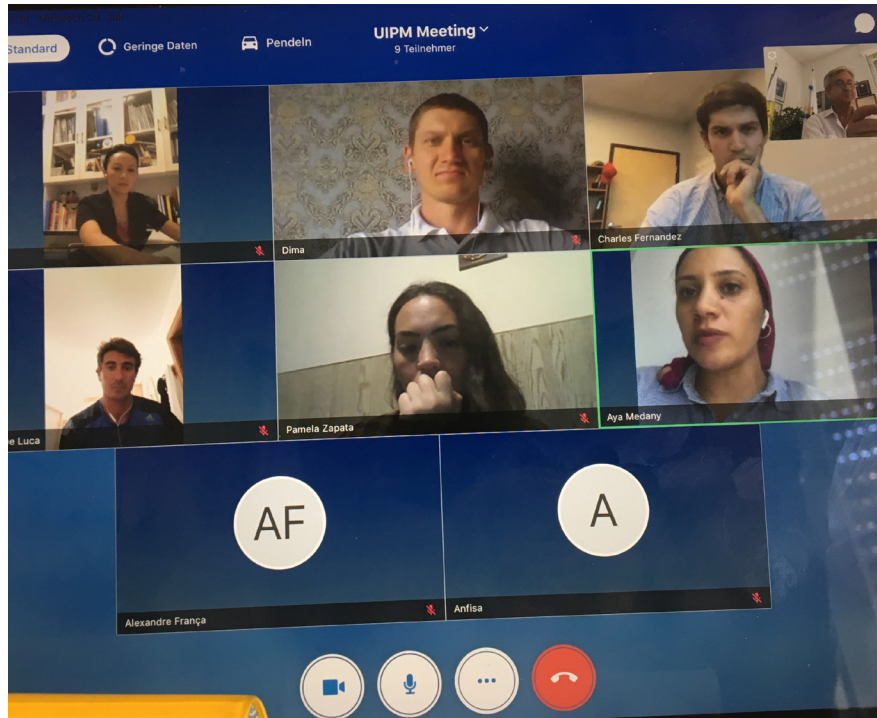
President Dr Schormann and his Interim Executive Assistant, Lena Nussbaumer, met with Prof Dr Nicole Mau and Prof Dr Markus Mau to reflect on the marketing and promotion workshop on July 7/8 and work out a list of actions for the coming weeks for all those who participated.

29.07.2020: Darmstadt, GER

President Dr Schormann invited the UIPM Athletes Committee to a video conference at which they shared open questions from all athletes worldwide.

The athletes briefed the UIPM President about their own situation and spoke about issues relating to young athletes, who have more limited opportunities to train than higher-profile senior counterparts. Secretary General Mrs Fang and UIPM Development Manager Maxime Papillon also participated in the conference, organised by Ms Lena Nussbaumer.

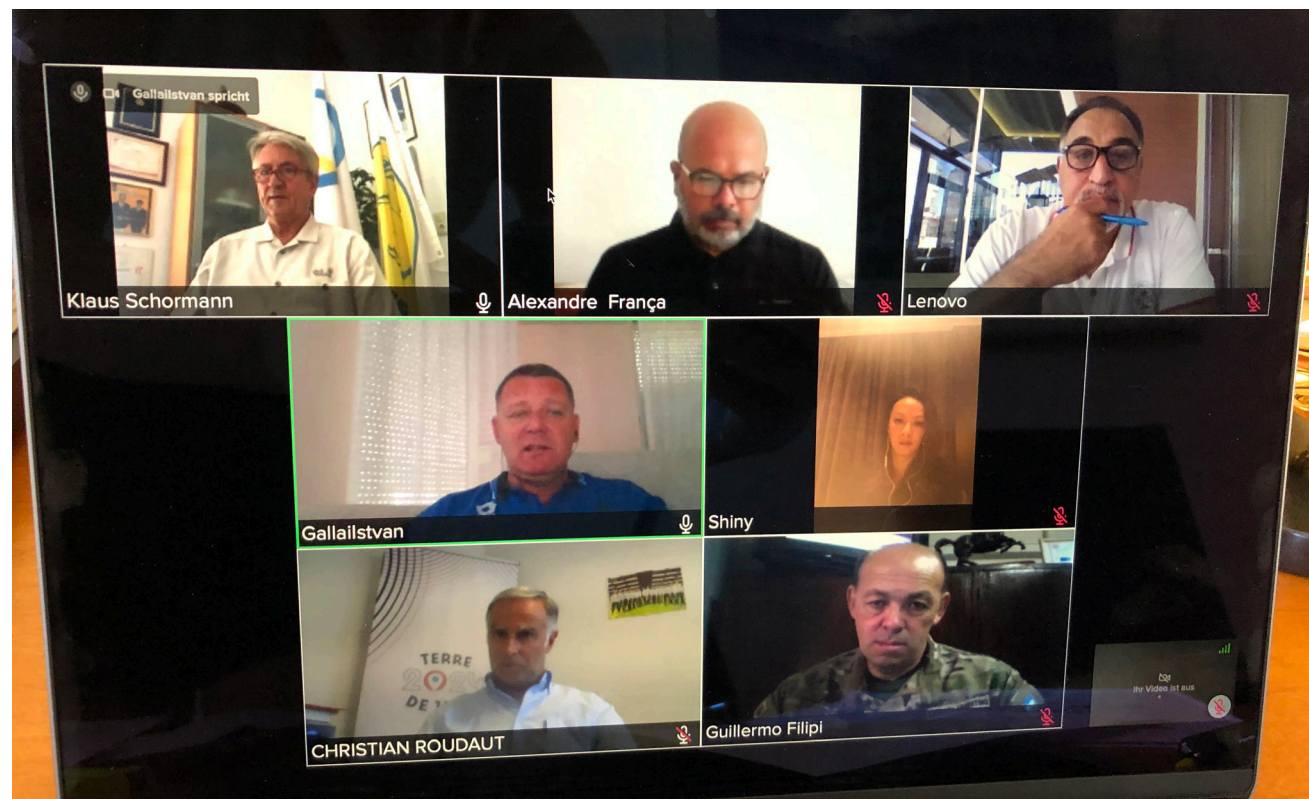
High attention was paid to anti-doping control during the pandemic and



A virtual meeting with the UIPM Athletes Committee, including Chair Aya Medany (bottom right)

the athletes discussed ways to find possibilities to take part in competitions. The Committee Members are very aware of how difficult it is to travel and

find organisers, and while the possibility of a UIPM 2020 Pentathlon World Championships in Cancun (MEX) in December 2020 was discussed, the



A virtual meeting with the UIPM Coaches Committee, including Chair Christian Roudaut, bottom left

main focus was on the Tokyo 2020 Olympic Games in July/August 2021.

31.07.2020: Darmstadt, GER

The UIPM President hosted a video conference with most members of the UIPM Coaches Committee and briefed them on actions within the UIPM movement during the pandemic.

The coaches briefed President Dr Schormann, Secretary General Mrs Fang and Operations Director Alexandre

Franca about their communication with fellow trainers around the world. The main issues highlighted were training conditions for athletes and the financial situation of NFs.

The coaches reported that athletes and clubs are beginning to resume sporting activities and expressed thanks for new virtual UIPM initiatives like #LaserHomeRun and #LaserAllStars. All were focused on the Tokyo 2020 Olympic Games and the qualification competitions scheduled for spring 2021

– but with a clear message that the health of athletes must come first.

The UIPM President underlined, like in all recent video conferences, that the Union with all its affiliated bodies under his leadership and with strong unity is undertaking everything possible to overcome this global crisis. From Youth to Masters levels, working together with discipline, willingness, respect and energy and strong hope, UIPM has a future like the whole Olympic movement.

#LaserAllStars can embrace sport and enlarge our community: UIPM Secretary General's Message

This week has a special significance for the UIPM movement. Not only because it is exactly one year until the Modern Pentathlon takes place at the rescheduled Tokyo 2020 Olympic Games, but because we are introducing a new global initiative to connect our community online.

Sounds familiar, right?

In May we broke new ground with our first virtual competition, #LaserHomeRun, and now we are introducing #LaserAllStars. Be assured, these are not gimmicks – virtual events could become a permanent part of our competition calendar if the format is manageable and the feedback positive.

So why do we feel that pentathletes deserve the 'All Star' treatment?

They have all-round skills – mental and physical.

They compete with endurance and speed.

They have qualities of strength and concentration.

They are also impressive physical specimens – athletes trained and shaped to be stars and heroes!



and the real touch of the trigger...

We are living more and more in an online environment. The pandemic accelerated the process of everything becoming inter-connected, and our athletes can use their sporting skill in laser shooting to demonstrate the spirit of sport in a virtual world!

So what is next after #LaserAllStars?

Pentathlon All Stars!?

And how do we get there?

Well, we invite everyone in the global pentathlon community to send us your ideas and suggestions.

UIPM will be ready to join in all kinds of virtual Games and festivals.

We are living in a real world, and we open our eyes to changes within that world.

This is a historic moment for our movement, created by Coubertin at the dawn of the 20th century and subject to a steady evolution ever since.

UIPM has been and will always be an evolving movement, while we maintain our historical icons and heritage.

I hope the participants in #LaserAllStars enjoy it and grasp the moment – every one of you is a trailblazer!

So why #LaserAllStars?

As the first International Federation and still the only sport to use laser shooting in all real sport events, our athletes embraced the technology and adapted themselves for environmentally friendly sport and a sustainable future.

We have the fastest laser shooters, scoring five hits from 10m within seven seconds – and this is only a fifth of what they are capable of doing.

If you are a fan of video games, you will naturally love laser shooting – the flashing lights, the speed, the precision

New Balance World Rankings

The PWR is updated live on www.pentathlon.org after each competition. PWR as at July 31, 2020:

MEN			
RANK	NATION	NAME	POINTS
1	KOR	Jihun LEE	181
2	FRA	Valentin BELAUD	160
3	GBR	Joseph CHOONG	156
4	RUS	Alexander LIFANOV	145
5	FRA	Valentin PRADES	140
6	HUN	Adam MAROSI	138
7	GER	Marvin DOGUE	136
8	CHN	Shuai LUO	130
9	CHN	Linbin ZHANG	130
10	UKR	Pavlo TYMOSHCHENKO	127
11	KOR	Woongtae JUN	125
12	LTU	Justinas KINDERIS	124
13	GBR	James COOKE	122
14	CZE	Martin VLACH	115
15	GER	Fabian LIEBIG	112
16	EGY	Eslam HAMAD	110
17	RUS	Ilya SHUGAROV	106
18	GER	Patrick DOGUE	103
19	POL	Sebastian STASIAK	97
20	KOR	Jinhwa JUNG	95

WOMEN			
RANK	NATION	NAME	POINTS
1	GBR	Joanna MUIR	162
2	FRA	Elodie CLOUVEL	157
3	GER	Annika SCHLEU	149
4	BLR	Volha SILKINA	141
5	RUS	Gulnaz GUBAYDULLINA	137
6	ITA	Elena MICHELI	136
7	KOR	Sunwoo KIM	135
8	LTU	Gintare VENCKAUSKAITE	133
9	GER	Janine KOHLMANN	128
10	TUR	Ilke OZYUKSEL	128
11	GBR	Kate FRENCH	126
12	RUS	Uliana BATASHOVA	125
13	GBR	Francesca SUMMERS	123
14	BLR	Anastasiya PROKOPENKO	122
15	MEX	Mariana ARCEO	119
16	FRA	Marie OTEIZA	116
17	POL	Anna MALISZEWSKA	114
18	ITA	Alice SOTERO	110
19	JPN	Rena SHIMAZU	110
20	HUN	Sarolta KOVACS	110

The full New Balance World Rankings are available at www.pentathlon.org



Baron Pierre de Coubertin

"The Modern Pentathlon event would test a man's moral qualities as much as his physical resources and skills, producing thereby the ideal, complete athlete."

UIPM HEADQUARTERS

Stade Louis II – Entrée E
13 avenue des Castelans, MC-98000 Monaco
Tel. +377 97 77 85 55 | Fax +377 97 77 85 50
E-mail: uipm@pentathlon.org

WEB

www.pentathlon.org

SOCIAL MEDIA

/WorldPentathlon

@WorldPentathlon

/vivamodernpentathlon

/theuipm

/uipmtv

@国际现代五项联盟