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DE PENTATHLON MODERNE



World Pentathlon Newsletter

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ROAD TO TOKYO: QUALIFICATION DATES CONFIRMED



Dates for all remaining qualification competitions for the Tokyo 2020 Olympic Games in 2021 have been published by UIPM, giving athletes such as Ilke Ozyuksel (TUR) the clarity they need to make preparations for the 2021 season. See Page 10 for a special interview with world record holder Ozyuksel (TUR)

ROAD TO TOKYO

Olympic Games update



Tokyo 2020 Olympic Games: UIPM releases dates for Olympic qualification competitions in 2021

The road to Tokyo for the Olympic Games in 2021 is now fully mapped out for modern pentathletes after UIPM published dates for the remaining qualification competitions.

After the COVID-19 Coronavirus forced its postponement, the Tokyo 2020 Games will take place in the capital city of Japan from July 23 to August 8, 2021, and Modern Pentathlon's revised qualification system was announced on April 30.

Now athletes, coaches and their support teams can draw up plans for the 2021 season in the knowledge that all the remaining competitions relevant

to Olympic qualification will take place in a 12-week period between March 24 and June 13.

UIPM's showpiece competition, the UIPM 2021 Pentathlon and Laser Run World Championships, will be held in Minsk (BLR) from June 7-13. As previously announced, this will be the final opportunity to secure either automatic qualification places for the Olympic Games or points that count towards the UIPM Olympic World Ranking List.

The UIPM Olympic World Ranking List will be finalised a day after the competition, on June 14, to determine most of the remaining quota places.

Following the cancellation of the UIPM 2020 Pentathlon World Cup

series after only one round (UIPM 2020 Pentathlon World Cup Cairo), the three affected host cities quickly agreed with UIPM that they would host the equivalent World Cups – with the retained prestige of Olympic qualification – in 2021.

Dates for those competitions are now listed below, with the series culminating in Seoul (KOR) where the UIPM 2021 Pentathlon World Cup Final will take place from May 13-16.

The dates are as follows:

- **March 24-28:** UIPM 2021 Pentathlon World Cup Budapest
- **April 7-11:** UIPM 2021 Pentathlon World Cup Sofia I
- **April 15-18:** UIPM 2021 Pentathlon World Cup Sofia II

- **May 13-16:** UIPM 2021 Pentathlon World Cup Final Seoul

All other UIPM competitions scheduled for 2020 and 2021 remain to be confirmed, except for one. The UIPM 2020 Biathlon/Triathlon World Championships has been cancelled and the host city, Weiden (GER), has agreed instead to host the same competition in 2021 from August 25-29.

Other announcements relating to events such as the UIPM 2020 Congress in Xiamen (CHN), the UIPM 2020 Pentathlon World Championships in Cancun (MEX) and under-age competitions will follow in June and July 2020.

UIPM President Dr Klaus Schormann said: "We are continuing to experience a period of intense disruption in our everyday lives due to the COVID-19 pandemic, and the sporting calendar has been devastated by the travel restrictions and social distancing.

"In this very difficult situation, I am pleased that we are able to provide our Modern Pentathlon community with some clarity today around the dates for Olympic qualification competitions in 2021, and also the UIPM Biathlon/Triathlon World Championships.

"To our athletes, coaches and National Federations, I hope you can now start planning ahead – and let us look forward to happier times and savour the prospect of an unforgettable season in 2021 culminating in the Tokyo 2020 Olympic Games.

"For now, I ask all of you to do everything you can to stay safe, safe healthy and look after your loved ones, so that we can emerge stronger as a global sporting society from this terrible crisis."

Visit the UIPM events calendar at www.uipmworld.org/events/pentathlon-tetathlon to view all fixed competition dates.

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) |
| Maria Chaves (BRA) | Lester Ders (CUB) |
| Lourdes Cuaspud (ECU) | Amro Elgeziry (USA) |
| Kate French (GBR) | Jamie 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



Woongtae Jun (KOR) sets off on another lap during the Laser Run where he is one of Modern Pentathlon's most prolific finishers

Road to Tokyo: Team energy fuels Olympic dream for Jun (KOR)

Team Korea have yet to win the coveted prize of an Olympic medal in Modern Pentathlon. A generation of athletes who have become dominant in Asia and prolific at world level suggests that it will only be a matter of time before this is rectified.

Jun Woongtae, 24, has all the hallmarks of a great champion. A big-match performer, he is one of those all-round athletes who, on the days when it all falls into place, makes winning look easy.

In 2015 he enjoyed a breakthrough year, finishing top-eight in a series of Pentathlon World Cups and qualifying for the Rio 2016 Olympic Games

with a silver medal at the Asian Championships. He finished 19th in Rio, where experience counted for everything, but the taste of gold at senior level had already become familiar to him.

Since 2016 Jun has won three individual World Cup golds among numerous other accolades. And when the COVID-19 Coronavirus struck, he was coming into his best form.

A bronze medal at the UIPM 2019 Pentathlon World Championships in Budapest (HUN) secured Korea's first Olympic quota place for Tokyo 2020, and Jun returned this season to win silver at the only UIPM competition that took place – UIPM 2020 Pentathlon World Cup Cairo.

Jun will undoubtedly be one to watch in Tokyo in 2021 – assuming he is selected. Competition between the men in Team Korea could not be fiercer, with 2018 world champion Jung Jinhwa and 2019 Asian champion Lee Jihun also battling for the right to compete for the ultimate honour.

Q: How did it feel in 2019 when you won the world bronze medal and secured a quota place for Korea at the Tokyo Olympics?

A: Getting the qualification place for the Tokyo 2020 Olympic Games was my first-priority goal in 2019, so it was very fulfilling and exciting.

Q: How would you describe your first Olympic Games experience in Rio in 2016?

A: I prepared very hard, as did the

other athletes who competed in Rio 2016. However, I was young and not experienced enough, so it was not a surprise that I could not get the medal. But the experience was so precious in itself, and it made me concentrate to become better and better.

Q: If selected to represent Korea at the Tokyo Games, will you do anything differently this time?

A: Unlike in Rio 2016, I think I'm ready. The most important thing is to prepare perfectly until the very day of the Olympics. And on the day, I will enjoy the competition as the Olympics is the world's best festival.

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

A: I heard some news that the Olympics might be cancelled or postponed, and I hoped if we could not help, it would be better postponing the Olympics rather than cancelling it. So when I heard that the Olympics was postponed until



Jun (KOR) in the Swimming pool in the colours of his beloved Team Korea



An accomplished all-rounder, Jun (KOR) tackles the obstacles on his way to bronze at the UIPM 2019 Pentathlon World Championships in Budapest (HUN)



Team Korea pose on the podium after another successful competition at the UIPM 2019 Pentathlon World Championships in Budapest (HUN)

2021, I was relieved and now I think in a positive way that I can prepare for one more year. But most of all, I really hope everything will be well as soon as possible.

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

A: I didn't go anywhere and I work out at home. I kept working to maintain my body as far as I can. And I gave myself more time to clear my mind and motivate. Also I rested enough, which I had never done before.

Q: What has been the most challenging part?

A: Pentathlon athletes need to do five disciplines, so it was not easy to take care of all of them during this time. Swimming and Fencing especially need training partners and if I do not

keep training, I am afraid of losing my touch.

Q: And what positive things have you seen?

A: For me, this time can provide opportunities to overcome my weaknesses. And for the world, people are fighting back against the virus all together, and I hope we can do it.

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

A: I started Swimming first and got suggestion from my middle-school coach. That was the first time I had known the Modern Pentathlon but it was so attractive to me, so I changed into Modern Pentathlon easily.

Q: What motivates you in training?

A: My teammates who train with me make every moment so unforgettable

and make training more interesting. Also they stimulate me, which makes me more focused on the training. They are my important energy.

Q: Describe yourself as an athlete in three words.

A: Positive, humble, Team Korea.

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

A: Russian athlete Andrey Moiseyev, who won the gold in Athens 2004 and Beijing 2008. It is very difficult to win two consecutive gold in Olympics, I respect his achievement and want to know how he prepared and what he thought at that great time.

Q: What is your ultimate ambition in Modern Pentathlon?

A: To leave my name in Modern Pentathlon history.

Road to Tokyo: African champion Morsy (EGY) keeps sight of Olympic mission during hiatus

Haydy Morsy had only just turned 14 when, at the qualification competition for African athletes in Abidjan (CIV) in November 2013, she earned the right to compete at the 2014 Youth Olympic Games in Nanjing (CHN) – where she finished 7th.

Now 21, it feels like Morsy has been on the scene for a long time.

The sight of her smile has been a common sight on podiums at the UIPM Tetrathlon Under 19 World Championships (five medals from 2015-2017) and increasingly on the UIPM Pentathlon World Cup circuit (four Mixed Relay medals since 2015).

In 2018, in her home capital city of Cairo (EGY), she became a senior world champion for the first time, winning gold in the Mixed Relay alongside Ahmed Elgendy (EGY).

And now she is preparing for her second senior Olympic Games, having left nothing to chance by becoming women's individual African champion for the second time.

Q: How did it feel in 2019 when you became African champion and secured a quota place for Egypt at the Tokyo Olympics?

A: I was extremely happy and grateful as the African Championship was the first competition in the season of 2019. Especially because I was the first athlete to qualify for the Tokyo 2020 Olympic Games after a tough year full of challenges in 2018.

Q: How would you describe your previous Olympic Games experience in Rio in 2016?

A: I was 16 years old and the youngest athlete in the Modern Pentathlon team representing Egypt in Rio 2016. This was my first Summer Olympic Games after competing in the Youth Olympic Games Nanjing 2014. I was



Haydy Morsy (EGY) eyes the next obstacle during the Riding discipline



The Rio 2016 Olympic Games was an important learning experience for 16-year-old Morsy (EGY), who has since enjoyed Mixed Relay success (below)

overwhelmed with all these big events, but I'm very proud of the experiences I gained.

Q: If selected to represent Egypt at the Tokyo Games, will you do anything differently this time?

A: Four years of training after competing in Rio 2016 Olympic Games, of course I acquired more experience, I became mentally more stable and physically stronger, so I hope in 2021 I will achieve more for my country and myself.

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

A: I have to see the positive side of it, having more time to work on myself and the weaknesses that I might have.

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

A: Coronavirus is a major issue for the whole world nowadays, so our safety is the first priority. Also, I am trying to do my best to stay fit with doing some



exercises at home, running around the compound, and some online workouts with my coaches.

Q: What has been the most challenging part?

A: The most challenging part for me is

that some training I cannot continue at home, like Swimming and Fencing, so it has now been about a month and half without practising them.

Q: And what positive things have you seen?

A: The positive outcome is that I have more time now to do things besides sports that I wanted to try before. Also I have more time to spend with my family and share some memories.

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

A: In summer 2009 I wanted to do sports, I started with swimming and then I came across Modern Pentathlon, so I decided to try it and see if I wanted to pursue it or continue with swimming. After the first national competition, when I was only eight, I got the 4th place in duathlon and then I decided to continue in Modern Pentathlon and achieve more.

Q: What motivates you in training?

A: My motivation is that I'm so passionate about being the best version of myself and challenging my body and seeing the most I can do. Also, my dream is to get an Olympic medal for my country before retiring.

Q: Describe yourself as an athlete in three words.

A: Passionate. Decisive. Hard-working.



Morsy (EGY) celebrates with fellow gold medallist Eslam Hamad (EGY) in Cairo (EGY) earlier this year

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

A: In sports and in life it is Serena Williams. Because of what she achieved in her tennis career and also being a successful mother, wife and athlete.

Q: What is your ultimate ambition in Modern Pentathlon?

A: My ultimate ambition in Modern Pentathlon is to win an Olympic medal, and to see my country's flag being raised in front of the world.



The 2019 African champion poses alongside silver medallist Alida van der Merwe (RSA, left) and bronze medallist Amira Kandil (EGY)

MY WORLD RECORD

Ilke Ozyuksel



Laser Run specialist Ilke Ozyuksel (TUR) holds the senior women's world record after timing 11:22.69 in Bath (GBR) in 2019

In the first part of a new series, the holder of the women's Laser Run world record explains how she did it - and why the Laser Run climax has become such an integral part of the Modern Pentathlon.

Ilke Ozyuksel of Turkey is like a bolt of lightning around a Laser Run course.

There are only a handful of athletes on the women's Modern Pentathlon circuit who know they can cut through the pack from the most distant starting position.

It's no coincidence that the last two Olympic champions – Laura

Asadauskaite of Lithuania and Chloe Esposito of Australia – were Laser Run specialists. Every athlete in front of them knew that if they faltered even slightly on the range, or ran a sluggish lap, they would soon have her breathing down their neck.

Athletes in the peloton in multiple competitions in recent years have experienced the sensation of knowing that Ilke Ozyuksel was making a move through the field.

But when she undertook the final discipline in Bath (GBR) during the 2019 European Championships Final, the 22-year-old starlet was in a terrible

position with nothing to lose and not much to gain. Out of this came something unexpected and incredibly special. She takes up the story...

Q: In 2019, you broke the women's world record for Laser Run with a time of 11:22.69 in Bath (GBR) at the European Championships. Talk us through the race.

A: I had one of the weirdest competitions ever in my life. My disciplines all day had gone badly.

After Riding, I was so upset and disappointed that I did not want to continue the competition. Then I called

my mother and told her that I was unwell and didn't have any desire to go on. She said that whatever happens I should do my best until the moment I pass the finish line.

My main goal was to get the Tokyo 2020 Olympic quota place at this competition but I was so far behind that such a possibility was very distant. Actually one of our other goals, according to my results in training results, was the Laser Run world record.

Despite my troubles all day long, my trainer told me that if I could achieve the Olympic record, the quota place would come along with it. The race had started, I was behind for over a minute, well behind the 30th that I would start racing somewhere in the queues. My competitors were starting one by one.

Just at that moment, I heard my shooting trainer among the spectators at the start line shouting to me, "Just focus on your first shooting series, give us your best".

I was feeling physically good since the

warm-ups, so I just focused on my best and competed with no thoughts but only concentrating on myself.

I was only shooting and carrying my feet like no one else existed on the field. I competed knowing the importance of every step I took and aiming for the record. Faster and more serial.

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

A: I shot and ran with a record motive all race long. My coach came and told me that it was a record. He was breathless. I had complex emotions. The first thing I told him was "I thought I could get the quota place if I were faster, but I couldn't get it" – and cried on his shoulder.

We achieved something (a senior world record) we had dreamt about for years, whereas the path had grown longer for our other goal. I waited for the official results just to be sure. I was feeling pain and disappointment until dinner time.

That was the first moment I realised what I had achieved. My athlete friends all over the world said that I had run faster than men mountain runners. The rest was pride and happiness.

Q: What is the key to a fast time in Laser Run? Tell us some of the key components.

A: I think the key point is being able to shoot well at high pulse. When you manage this you can decrease your running and shooting times. Many athletes can shoot well in resting conditions. Our secret is training specifically to elevate the stable shooting performance to a high-pulse shooting achievement.

Q: Do you set yourself a time goal each time you race?

A: Definitely not. I have never done it in my life. I only step into the field and do my best.

Q: Do you see Laser Run standards improving in Modern Pentathlon each year?



Ozyuksel (TUR) has a lightning turn of pace, great stamina and the ability to hold her nerve under pressure on the shooting range



Ozyuksel (TUR) enjoyed her Olympic Games debut in Rio de Janeiro (BRA) in 2016

A: Yes. The results of scientific research reveal the important effect of Laser Run on total Pentathlon performance. Of course, all athletes are aware of the lethal effect of the Laser Run on the scoring and work well to improve their performance. And of course, we continue to push our limits to see how far we can go.

Q: Were you always a good shot and a fast runner, or did you have to train hard to develop both of these skills?

A: I can say yes to both questions. I am skilled at these disciplines. I was always good but I always work hard to be better.

The most important thing to remember is that how well you are shooting depends on your performance at the time of the competition. I have the chance to watch a lot of my opponents during the warm-ups and they mostly do well enough. But the main thing is competition performance. We work

as hard as everyone else for this.

Q: Have you been able to keep up your laser shooting during the Coronavirus (COVID-19) crisis?

A: The most important feature of elite athletes is their ability to adapt quickly to difficult conditions. This is inherent to being a competitor. You always have to fight the challenges and uncertainties that you encounter throughout the race.

I try to look at this situation we have lived in this way. If I cannot change the situation, I adapt to it and focus on getting maximum efficiency from my work. I have a suitable distance and condition in my house, otherwise we would have created it. So there was no problem with my training. We continue our interactive work, especially, under the supervision of my shooting coach.

Q: What else have you been doing to stay physically and mentally sharp?

A: I do things that I do not know or never had time to do because of my plans. My first step in this direction was cooking and making dessert. I started knitting. I started reading more books, watching movies and TV shows. I started practising yoga. I arranged my house and gathered it. I came up with something to do every day.

It was a difficult process for me, mentally. Not leaving the house was not something I knew at all. I keep up with this temporary process, thinking that everyone is in the same situation, that we have to stay home for public health and that my life will be as beautiful or even better.

I have been doing what I have been doing all along. I always try to experience the moment. I am living in the moment now. For example, maybe I'm spending more time in my life with my family. I enjoy it too. This is beautiful.

News from around the world



UIPM President Dr Klaus Schormann and Alexandra de Navacelle Coubertin have been reappointed to the IOC Culture and Olympic Heritage Commission

President Schormann leads 10-strong UIPM representation on IOC Commissions for 2020

Ten members of the global UIPM community have been appointed to sit on Commissions of the International Olympic Committee (IOC) for 2020.

UIPM President Dr Klaus Schormann once again takes his seat on the Culture and Olympic Heritage Commission alongside two members of the UIPM Pierre de Coubertin Commission – Alexandra de Navacelle Coubertin and Prof Dr Norbert Muller.

UIPM Honorary President, HSH Prince Albert II of Monaco, continues as President of the Sustainability and Legacy Commission. Aya Medany, Chair of the UIPM Athletes

Committee, retains her seat on the IOC Athletes Commission and she is also a member of the Public Affairs and Social Development through Sport Commission. Patrick Singleton, President of Bermuda Modern Pentathlon, is a Liaison Member of the Athletes Commission.

UIPM Vice President Joel Bouzou is on the Sport and Active Society Commission while Kitty Chiller, President of the Oceania Confederation, has been appointed to the Athletes Entourage Commission. Ivar Sisniega, a former UIPM 1st Vice President who chairs the UIPM Innovation Commission, is a Member of the Olympic Solidarity Commission.

Juan Antonio Samaranch, IOC Vice President and UIPM 1st Vice President,

is the eighth representative of UIPM in his capacity as President of the Olympic Winter Games Coordination for Beijing 2022.

There is a record representation of women across the 30 Commissions, with a proportion of 47.7 per cent. The 2020 Commission meetings (actual or virtual) are scheduled to take place from November 2-8. Each of the appointed members received a letter of invitation from IOC President Dr Thomas Bach.

Georgina Harland (GBR) appointed Chef de Mission for Beijing 2022

The Athens 2004 Olympic Modern Pentathlon bronze medallist, Georgina Harland of Great Britain, has continued her rise in sports leadership



Georgie Harland (GBR) in her capacity as a sports team leader and (below) celebrating her bronze medal at the Athens 2004 Olympic Games

by being appointed Chef de Mission for Team GB at the Beijing 2022 Olympic Winter Games.

A multiple Pentathlon World Cup champion and Pentathlon World Championships medallist, Harland (GBR) was Deputy Chef de Mission at the Rio 2016 Olympic Summer Games and will play this role again when the rescheduled Tokyo 2020 Games take place in 2021.

Earlier this year was Chef de Mission for the Youth Olympic Winter Games in Lausanne (SUI).

Aged 42, Harland (GBR) will become the first woman to be Chef de Mission of a senior British Olympic team in Beijing (CHN) in 2022. When congratulated by UIPM via Twitter, she replied: "Thank you @WorldPentathlon. My time as a pentathlete taught me so much and such amazing memories."

As a pentathlete, Harland's breakthrough season came in 2001 when, aged 23, she won gold at Pentathlon World Cups in Mexico City (MEX) and Szekesfehervar (HUN), as well as bronze at the Pentathlon World Championships in Millfield (GBR).

She continued to enjoy prominence in



major competitions and rehearsed for the Olympics in style by winning the UIPM 2003 Pentathlon World Cup Final in Athens (GRE), which doubled as an Olympic Test Event.

Reacting to her appointment, Harland (GBR) said: "I am so honoured to have been asked to take the role of Chef de Mission for Beijing 2022.

"I have a deep passion for the Olympic Movement and all it encompasses, and so outside of representing your

country as an athlete, which I have been fortunate enough to do, this is the next best thing.

"Being named as Chef de Mission is a privilege, and I will give everything I can to the role on behalf of all of our winter athletes and sports."

UIPM President Dr Klaus Schormann said: "The Chef de Mission position carries huge responsibility – and we are sure that Georgie will rise to the challenge of taking on this position

for the Olympic Winter Games Beijing 2022.

"It is always a source of great pride when a member of our community achieves great things in sport or in other professions after retiring. Georgie is setting a wonderful example to other athletes who see her as a role model."

UIPM releases coaching Quarterly Training Programme for teenage athletes

A Quarterly Training Programme aimed at teenage athletes who have been idle due to the COVID-19 Coronavirus pandemic has been released by UIPM.

The 20-page guide, which is available for download in Arabic, English, French, Russian and Spanish, is designed to simulate the beginning of a season. It also promises to be a useful resource for coaches who now face the challenge of getting athletes aged 14-16 back into training after quarantine restrictions in all countries around the world.

The author of the programme is Ivan

Lo Giudice, men's head coach of the Italian Modern Pentathlon team. A former athlete, he is a Level 3 UIPM certified coach with extensive experience coaching youth athletes on the world stage.

Christian Roudaut, Chair of the UIPM Coaches Committee, said: "Ivan Lo Giudice has created a detailed and comprehensive manual that I'm sure will be an invaluable resource for coaches of athletes in UIPM Sports all over the world.

"The task of getting athletes aged 14-16 back into training after lockdown will not be an easy one, but this Quarterly Training Programme provides coaches and athletes with a clear direction and I have no hesitation in recommending it to my fellow coaches."

Viacheslav Malishev, UIPM Executive Board for Development, added: "The Quarterly Training Programme, authored by Ivan Lo Giudice and published by UIPM, can be a useful tool for coaches in all countries who are training youth athletes across multiple disciplines.

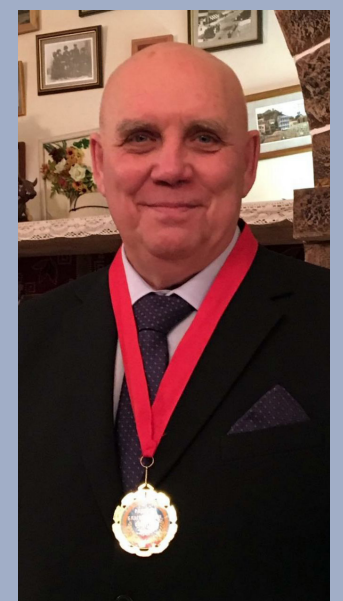


The new Quarterly Training Programme is available in Arabic, English, French, Russian and Spanish

Valery Ilyin

The Russian Modern Pentathlon community is in mourning after the loss of one of its most popular figures to the COVID-19 Coronavirus.

Valery Ilyin, who died on April 28 aged 72, was a fencer who became an accomplished coach – initially within his own sport and later in Modern Pentathlon. Born in Moscow, he enjoyed success as a coach with the Central Army Club, where he trained pen-



tathletes. Two of his most prolific trainees were Svetlana Yakovleva, the 1984 world champion, and Tatiana Chernetskaya. Valery Ilyin also became an international judge and had the title of 'Honoured Coach of Russia'. A spokesperson for the Russian Modern Pentathlon Federation said: "He was a very kind and friendly person loved by the Modern Pentathlon family in Russia and the Central Army Club, where he worked and trained pentathletes all his life."

“At this time of global crisis I believe this is a fantastic resource to share with our community as organised sport slowly begins to come back.”

The three-month programme is focused on Swimming, Laser Run and Fencing training plans and periodisation, with a methodology that can be applied to Tetrathlon and the New Tetrathlon format that will be introduced in the 2022 Youth Olympic Games in Dakar (SEN), and adapted for Biathlon and Triathlon.

The programme features an intuitive grid that presents a method – recommended by the UIPM Coaches Certification Programme – for controlling workload volume and intensity.

COVID-19: Global advice from UIPM Medical Committee

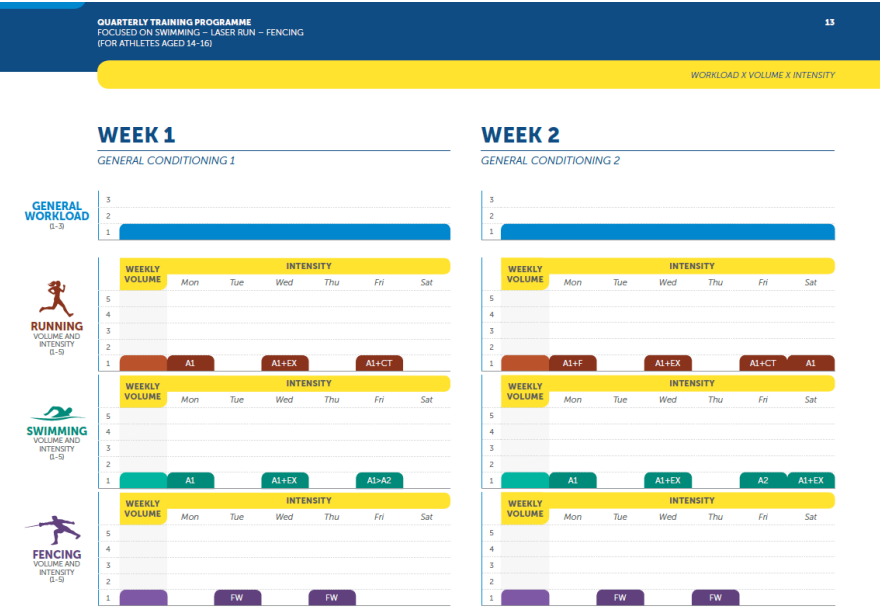
Keeping up with the latest news in the global fight against the COVID-19 Coronavirus can be a real challenge.

As the situation changes in different countries at different rates, it can also be difficult to stay on top of the exact medical advice and to know how to incorporate it into daily routines – especially as athletes start to return to training.

Dr Natalja Ofitserova, Chair of the UIPM Medical Committee, has written a special statement for UIPM News aiming to help the community understand the fundamental global medical outlook with some key principles that people in all countries should follow.

Dear athletes and National Federations members,

The current situation regarding the COVID-19 Coronavirus pandemic has affected all continents of the world and has had impact on all aspects of society, including sport.



An extract from the new Quarterly Training Programme



Dr Natalja Ofitserova, Chair of the UIPM Medical Committee

However, the worldwide health situation is changing constantly and some countries and regions were able to cope with the pandemic or significantly improve the epidemiological situation.

To date, medical professionals are using improved methods of treatment and prevention, testing of COVID-19 and

rehabilitation after illness. The scientific component is also developing and it is highly likely that a vaccine will be created by the end of the year.

Due to the relaxation of quarantine measures in different countries and a phased return to normal life, athletes have started training and the challenge



of organizing competitions is being discussed.

The most important thing for all of us is to protect the health of athletes and not to spread the COVID-19 disease any further. To ensure this, the UIPM strongly recommends that all NFs follow their local Government advice and World Health Organisation (WHO) guidelines.

WHO has developed a special addendum for sport event organizers to provide additional support in assessing the specific risks, identifying mitigation measures and making an informed, evidence-based decision when planning a mass gathering in the context of COVID-19.

Measures aimed at stopping the transmission of COVID-19 and minimising the risk of infection will be discussed in advance by the Local Organising Committee and UIPM when planning UIPM events.

We cannot predict how long this

period will last. UIPM carefully monitor the situation in the world in the context of COVID-19 and will soon make the optimal decision for the 2020 and 2021 calendar in order to provide equal and fair competition opportunities for all athletes. Nevertheless, we all understand that we will have to adapt to the new reality and follow certain rules of behaviour.

Athletes and coaches, returning to training after lockdown, should keep in mind that athletes need to adapt for at least six weeks before they will be able to resume normal training. They should avoid intense physical activity and make health and immunity maintenance their top priority during this period. Stop physical exercises immediately if there is any concern regarding health and consult a doctor.

When planning the training process, take into account recommendations to reduce the general risk of transmission of a potential infection:

- All regulations regarding the use of sport facilities must be strictly

- adhered to
- Daily disinfection and cleaning after and between training sessions
- Sharing of equipment should be prohibited
- Train in small groups
- Daily health check for all participants, including temperature checks.

Please remember that you must respect social distance and respiratory etiquette, wash your hands regularly and correctly, cover your nose and mouth with a mask wherever possible and avoid shaking hands and hugging.

Modern Pentathlon, our sport, taught us to be strong and ready for various challenges, to realise our best qualities. The personal responsibility of everyone for the implementation of hygiene standards and rules will help us ensure the safety of joint activities, overcome temporary difficulties and achieve our goals in the next season.

I sincerely wish all of you good health and well-being, to remain safe and look forward with optimism and hope.

UIPM development sports

'Masses of fun' - how UIPM community reacted to world's first #LaserHomeRun

The global UIPM Sports community gave the seal of approval to #LaserHomeRun.

"From Ecuador to Singapore," as commentator James Tzanoudakis said memorably during the live broadcast of the finals on UIPMTV, the world came together for the first-ever virtual Laser Run.

The aim of the project was to unite the global UIPM Sports community during the COVID-19 Coronavirus pandemic and enable participants of all ages to add focus to their home training regimes, keep their skills sharp and enjoy the thrill of online competition.

More than 600 entrants from an initial registration of 800+ ended up participating, from Olympians and world medallists to the planet's

youngest Laser Run athletes. There were female and male categories across six age groups from U11 to Masters 60+.

Despite the technical teething problems that left some finalists missing their cue to start, there was a flow of positive feedback. Here are some of the comments that UIPM's organising team received.

"Dear organizers of #LaserHomeRun, as a mom of 2 children participants of event I'm so proud and thankful for such a big opportunity of this time !!!" – *Victoria Kracnikova*

"Thank you for coming up with this idea and for staging it. A great way of connecting people around the world in these challenging times" – *Jo Lane*

"This is a fantastic initiative" – *Melanie McCann*

"If you can see how the eyes of children

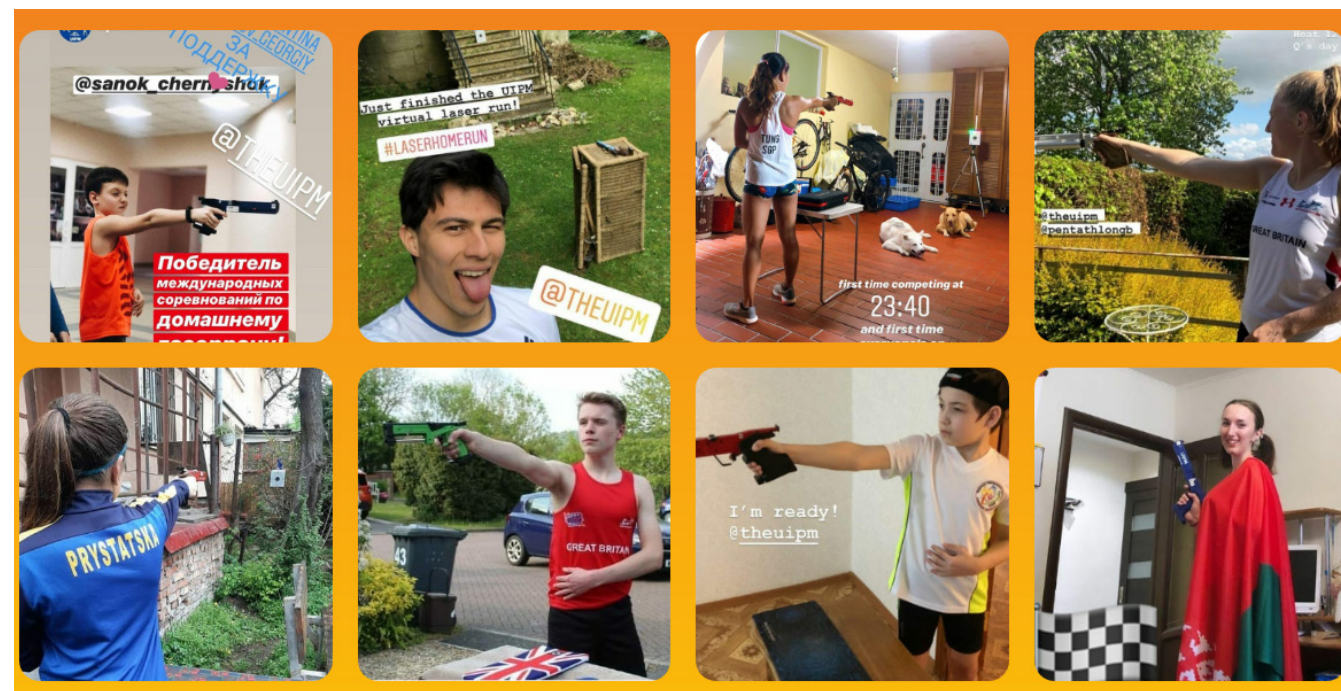
are burning, how much joy children get from training and looking forward to the upcoming competitions" – *Uzbekistan Modern Pentathlon Federation*

"Thanks for preparing such a race, [it] gave us a racing experience again after a long time" – *Belemir Deede*

"Hi, it's a great event and masses of fun, thank you for organising" – *Jo Burchell*

Jeanette Northam, mother of 17-year-old pentathlete Amy Northam (GBR), tweeted: "Such fun competing in the #LaserHomeRun competition with @WorldPentathlon – joining the world in something fun during lockdown. Pleased @amy_northam05 came 2nd. Thanks to all who organised and took part."

All participants in the historic venture will receive a souvenir certificate, and UIPM will consider options to build on the clear appetite for more virtual UIPM Sports events in future.



LASER RUN SPOTLIGHT

Social mobility across regions of Russia



A hilltop statue in Cheboksary (RUS) cuts an imposing figure over one of the many successful Global Laser Run City Tours to have taken place in Russia

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

Anyone who has attended a Modern Pentathlon competition in the world's largest country will testify to the size and scale of the event.

Russia also does Laser Run competitions on an impressive scale – with 11 editions of the Global Laser Run City Tour illustrating the ambition of the Russian Modern Pentathlon Federation (RMPF) to embrace the worldwide phenomenon.

Around 3,000 athletes in Russia have

experienced GLRCT as a result, with a record 550 taking part in Nizhny Novgorod in 2019. Locally, the Russian pentathlon community has also arranged many smaller-scale Laser Run competitions following GLRCT manuals and guidelines.

In 2020, the RMPF had committed to staging six more editions, including one within a new facility in Smolensk, before the suspension of all UIPM Sports activity due to the COVID-19 Coronavirus pandemic.

In this interview, RMPF President Viacheslav Aminov describes the qualities of Laser Run that have been key to its popularity and rapid growth,

both globally and within Russia.

Q: Why do you think the GLRCT has been successful?

A: This phenomenon has many aspects and it's not without reason that I use the word phenomenon, because I believe Laser Run is more than a sport. This element of our great Olympic sport, Modern Pentathlon, has turned into a global social movement that is welcomed by all parts of society and develops and replenishes with new participants on all continents.

This movement involves the people of absolutely all ages (from 5 to 80), whole families, city mayors and former



A snapshot from the Laser Run course set up during the second Global Laser Run City Tour to be held in Nizhny Novgorod (RUS) in May 2019

high-level athletes – and people who have never been involved in any kind of sports participate in it! This is one aspect.

The second aspect is the simplicity of the organization – very different to higher-level sporting competitions which can be very difficult, expensive and time-consuming to arrange. Host cities of all sizes want to demonstrate their abilities, they want their citizens to spend their leisure time actively and lead a healthy lifestyle.

Q: What have been the benefits of the GLRCT to the Russian Federation of Modern Pentathlon?

A: Russia is a very large country, its length from west to east is 10,300km and Modern Pentathlon federations are open in almost all of Russia from Kaliningrad to Novosibirsk.

We try to hold Russian Championships not only in Moscow and nearby cities but also in the regions, and it was GLRCT that revived the regions. We deliberately concentrated GLRCT in the regions so that they could prove their credentials from a social, cultural, organisational and communicative point of view. And it worked.



Olympic champion Dmitry Svatkovsky (RUS) presents medals and certificates to youths on the podium

Since 2017, such beautiful cities as Rostov, Nizhny Novgorod, Smolensk, Chelyabinsk, Cheboksary, Kostroma and Kaliningrad have hosted the GLRCT and they have turn these events into city festivals, holding competitions in the historical centres where they have raised their prestige and the reputation of our Federation in the eyes of city authorities.

Each regional federation directly communicates with UIPM on the organisation, registration and other

logistics concerning their tournaments. These competitions have played a great role in the life of society and contributed to the increased activity of regional federations.

Q: The success of Laser Run has led to the launch of virtual and online competitions such as UIPM's #LaserHomeRun. Do such virtual sports have a future?

A: Our entire planet is currently experiencing an enormous tragedy,

and one of the victims of this scourge is sport. And what is surprising? Everyone has begun to support and cheer each other.

Thanks to modern technical means we are isolated but we are not divided. Athletes constantly communicate with each other online and, in such conditions, the idea to hold online competitions was like a breath of fresh air.

All young athletes and their parents in Russia used their own initiative to participate, our Masters too. The idea of UIPM was accepted with a bang. And as soon as these competitions ended, our Federation really wanted to continue, and three days after the end of this tournament we decided to organize our all-Russian 'online Laser Run at home' and began to prepare.

To make a quality product (and our semi-finals will be held in all regions of Russia, and then two days later we will hold the Finals and show them online) takes time. We recruited



Participants show off their certificates with help from a cheerleading group

two experienced IT specialists and developed a competition format.

I think that if everything works out, we will hold such tournaments during quiet times of the year, for example in the off-season when there is less opportunity to communicate with our community.

I am sure that the founder of our sporting movement, Baron Pierre de Coubertin, would be proud of UIPM and all of us for honouring the traditions he laid down. Initiatives such as Laser Run and virtual sports help us to fully justify the name of our sport: **Modern Pentathlon.**



Russian Modern Pentathlon Federation President Viacheslav Aminov (left) is joined by Rio 2016 Olympic champion Alexander Lesun (RUS, right) at a military Laser Run competition in Moscow (RUS) in 2019

Inside UIPM:

President's update and monthly activities | Secretary General's message

UIPM President Dr Klaus Schormann has issued a personal statement to all members of the global UIPM Sports community as some countries start to resume sporting activity after passing the peak of the COVID-19 Coronavirus pandemic.

My dear friends and colleagues,

We continue to be consumed by the fundamental challenge facing our global society. We all have in mind that the COVID-19 Coronavirus pandemic is still affecting all structures of life – schools, universities, businesses and domestic social life – in which sport plays a very specific role.

Our medical professionals and key workers are continuing to do vital work in all countries to keep us safe – and many of you are continuing to make huge sacrifices to help keep your family and friends safe from this virus.

I know that some athletes have been able to resume training while respecting social distancing, and this is wonderful to see. In the coming weeks, I am sure that sporting activities will begin to be permitted by Governments in some regions.

As the restrictions ease, arrangements can be made for bilateral competitions wherever travel from country to country is allowed. It is very important



that activities for our athletes in all age categories are promoted.

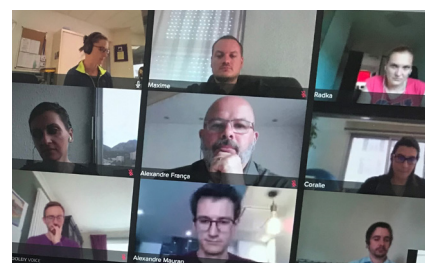
UIPM is in close contact with the various departments at the International Olympic Committee to manage in close partnership all the steps needed for a proper ongoing preparation of the Tokyo 2020 Olympic Summer Games hosted in July/August 2021. I hope it has been helpful to you

all to receive the dates for Olympic qualification competitions rescheduled for 2021 in March, April, May and June.

The highest priority has to be health – for all of us. I ask you to follow the important advice coming from our medical experts and respect the decisions of your governments as we move slowly and carefully towards a resumption of UIPM Sports activity.

01-31.05.2020: Darmstadt, GER

UIPM President Dr Klaus Schormann continued to have phone conferences throughout May with the IOC Sport Department and IOC President Dr Thomas Bach together with all other IF Presidents and Secretary Generals.



Working from his office in Darmstadt (GER), he concluded discussions with Presidents of the National Federations who have agreed in 2021 to organise UIPM competitions in their countries that were cancelled in 2020.

President Dr Schormann also arranged

a video call with the UIPM staff team to discuss ongoing projects, including the #LaserHomeRun initiative that brought the global UIPM Sports community together online.

Respecting social distancing guidelines, the UIPM President hosted a round-table meeting at his office about promotion, presentation and marketing with industry experts Prof Dr Nicole Mau and Prof Dr Markus Mau.

Prof Dr Nicole Mau and Prof Dr Markus Mau in the UIPM President's office in Darmstadt (GER) with Interim Executive Assistant to the UIPM President Lena Nussbaumer (right)



Preparing for a new normal: UIPM Secretary General's message

UIPM Secretary General, Shiny Fang, has written a message to address some of the concerns of the global UIPM Sports community about possible consequences of the postponement of the Tokyo 2020 Olympic Games - and how they can be overcome through innovation.

Dear athletes, dear National Federations,

While the whole world is still suffering, as an international sports organization and as athletes, we mustn't stop thinking what can we contribute to our community and the wider world. How can we reshape ourselves to suit the situation and the 'new normal' future that awaits us?

The postponement of the Tokyo 2020 Olympic Games demonstrated that the impossible is possible. More than 6 million people are affected by the COVID-19 Coronavirus and almost 400,000 deaths have taught us to be ready for any uncertainty and difficulty ... but we need to remain optimistic to live in any conditions.

As a sport born and designed for the Olympic Games, frankly, Modern



Pentathlon can't stand without the Olympic Games, and we at UIPM are not ashamed of relying on Olympic revenue. However, it is our responsibility to think and prepare for all scenarios.

At UIPM, under the guidance of the President and Executive Board, we face the reality and embrace any potential possibility. We created the first global virtual Laser Run (#LaserHomeRun), which did not exist in any agenda, and we are planning to have online laser shooting grand final in August or September to continue this virtual journey, while the first edition of e-Laser

Run will be launched in the coming months.

Nobody wanted this period of event suspension to happen but we see it as a golden time for online communication, because it's another way of bringing everyone together. It is also the moment to reflect on our progress and catch up on where we can improve in our communications.

We have seen the enthusiasm of our athletes and their supportive attitude for any new initiatives, because they are open-minded and intelligent with all-round skills equipped not only with an able body but also with an alert mind.

Will the world overcome the virus with the help of a vaccine soon? Will Tokyo 2020 take place in 2021? Will our sport survive and grow in any condition?

We have no time to waste but to endeavour all we can. Our sport and our athletes deserve a good future by working together and thinking together. Humanity can create a better life by united effort and common goals!

Together with the entire community, under the leadership of the President and Executive Board, the UIPM staff team is committed to serving you and working with you for our best possible future.

New Balance World Rankings

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

MEN

| RANK | NATION | NAME | POINTS |
|------|--------|--------------------|--------|
| 1 | GBR | Joseph CHOONG | 203 |
| 2 | KOR | Jihun LEE | 181 |
| 3 | FRA | Valentin PRADES | 175 |
| 4 | GER | Marvin DOGUE | 171 |
| 5 | KOR | Woongtae JUN | 164 |
| 6 | GBR | Jamie COOKE | 162 |
| 7 | FRA | Valentin BELAUD | 160 |
| 8 | UKR | Pavlo TYMOSHCHENKO | 159 |
| 9 | RUS | Alexander LIFANOV | 148 |
| 10 | LTU | Justinas KINDERIS | 140 |
| 11 | HUN | Adam MAROSI | 138 |
| 12 | GER | Patrick DOGUE | 136 |
| 13 | KOR | Jinhwa JUNG | 134 |
| 14 | CHN | Shuai LUO | 131 |
| 15 | CZE | Martin VLACH | 131 |
| 16 | CHN | Linbin ZHANG | 130 |
| 17 | HUN | Bence DEMETER | 128 |
| 18 | CHN | Shuhuan LI | 122 |
| 19 | GER | Fabian LIEBIG | 122 |
| 20 | EGY | Eslam HAMAD | 116 |

WOMEN

| RANK | NATION | NAME | POINTS |
|------|--------|-----------------------|--------|
| 1 | FRA | Elodie CLOUVEL | 195 |
| 2 | GBR | Kate FRENCH | 181 |
| 3 | GER | Annika SCHLEU | 179 |
| 4 | ITA | Elena MICHELI | 173 |
| 5 | RUS | Gulnaz GUBAYDULLINA | 169 |
| 6 | BLR | Volha SILKINA | 164 |
| 7 | GBR | Joanna MUIR | 162 |
| 8 | LTU | Gintare VENCKAUSKAITE | 161 |
| 9 | LTU | Laura ASADAUSKAITE | 160 |
| 10 | RUS | Uliana BATASHOVA | 153 |
| 11 | BLR | Iryna PRASIANTSOVA | 150 |
| 12 | MEX | Mariana ARCEO | 145 |
| 13 | KOR | Sunwoo KIM | 139 |
| 14 | TUR | Ilke OZYUKSEL | 139 |
| 15 | JPN | Natsumi TAKAMIYA | 136 |
| 16 | FRA | Marie OTEIZA | 130 |
| 17 | GER | Janine KOHLMANN | 128 |
| 18 | ITA | Alice SOTERO | 128 |
| 19 | BLR | Anastasiya PROKOPENKO | 123 |
| 20 | GBR | Francesca SUMMERS | 123 |

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."

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