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UIPM 2025 OBSTACLE WORLD CHAMPIONSHIPS (OCR): ALL YOU NEED TO KNOW



- Beijing (CHN) hosts 100m, 400m and 3km racing for 2,000 athletes from 30 countries
- OCR specialists thrilled to compete at 'beautiful' Olympic venue
- Live stream of Finals from 13:00 CEST on Friday and Saturday

A major milestone in the integration of two sporting movements arrives with the staging of the inaugural UIPM 2025 Obstacle World Championships (OCR) from October 23-26 in China's National Olympic Sports Centre in Beijing.

This competition has enabled a unique gathering of the Pentathlon, OCR and Ninja racing communities, with many OCR specialists from around the world invited to showcase their skills as they compete for prize money. In total there are around 2,000 athletes of all ages from 30+ countries taking part.

The world record-holders in Modern Pentathlon's Obstacle discipline, Egyptians **Farida Khalil** and **Moustafa Abouamer**, are also in the thick of the action with Pentathlon world champion Khalil

(below) taking on American OCR specialist **Tiana Webberley** in the opening 100m head-to-head.



Racing begins on October 23 with the opening Qualifications, before the live-streamed 400m and 100m Finals take place on October 24 and 25 respectively. The competition reaches a conclusion with the Team 3km on October 26.

And after two days of training and familiarisation on the 100m, 400m and 3km courses in the Chinese capital, athletes of all ages are ready to go! [Click here to view all training day pictures.](#)

Athlete quotes

UIPM News caught up with four elite OCR stars on the eve of the historic competition – the first four editions of which will take place in Beijing (CHN) from 2025-2028.

Katarzyna Jonaczyk (Poland)

"I'm so excited to be here. It's my first time in Beijing, and I really like the 400m course. Usually 100m is my favourite, my best. But I like when 400m is so fast, and this one is really fast, so it's different than OCR 100, where you've got obstacle next to obstacle. So I really want to try both.

"I'm afraid it will be a lot, but it will be so much fun. And the stadium is so beautiful, I think it's the biggest stadium I have ever run on. Okay, so I can't wait for the start."

Tiana Webberley (United States)

"I'm so excited to be here. It's an amazing facility. The course looks beautiful, both on the track and on the grass, and then the 400m – I'm actually really excited for that distance too, because I haven't done a lot of the 400m races yet. So it'll be fun.

"Yes, every time we come [together], it's like seeing our big family again. You know, so many friends from around the world. It's just so awesome to get to see them during this time. It's always a great time with them."

Tommy Matthews (United Kingdom)

"Really excited to be here. It's been a really nice, warm welcome, really nice from UIPM but also just China in general. We've managed to explore a few of the sites, which has been great.

"Yeah, I'm excited for the course. It's really cool to be in the Olympic Stadium and the big stadium here, and having a good push. The courses look really cool. I like the colour schemes as well. They're hard. It's going to be a really tough, really tiring run. I'm excited to see how we get on."

Dimitri Houles (France)

"I think it's a great place here – we are lucky to have an event in such a place. The obstacles are really cool. For us as [OCR] athletes, it's a bit different because we are less used to Pentathlon obstacles. Thankfully we have the sensations of Ninja and OCR to optimise as much as possible, but it's also a discovery and it's great to practise on it.

"Personally, I am coming back from an injury so I am trying to get back to it, be more confident on the movement. It's getting better so I'm looking forward to it."



How it works

The **100m** sprint race is nearest in design and scale to the Obstacle discipline that became fully integrated to Modern Pentathlon during the 2025 season, ahead of the new format's Olympic debut at the Los Angeles 2028 Games.

The 100m course, constructed on grass in the centre of the iconic Olympic Stadium, features the following Obstacles: Steps / Big Wheel / Ascension Bars / Over Wall / Rings / Balance Beam / Climbing Holds / Under Wall / Flying Hoops / Giant Steps Wheels / Finish Wall.

Competitors in the 100m will participate in two Qualification rounds on October 23 and 24, with their cumulative times determining which athletes reach the Final. In the elite category, the Final comprises 16 athletes, with other age groups featuring eight. The format in all Finals is Direct Elimination.

The **400m** course is constructed on the running track and features the following Obstacles: Net / Balance Beam / Wall / Monkey Bars / Steps + Big Wheel / Tilting Ladders / Climbing Holds / Over Walls / Rings / Giant Steps / Wheels.

The **3km** course features 20 Obstacles, circling around the NOSC urban complex.



Official quotes

Rob Stull, UIPM President, said: “Here in Beijing there is a feeling of immense excitement and optimism. Introducing Ninja-style Obstacle racing has injected a new and dynamic element to our sport.

“The organisation in Beijing has been nothing short of exemplary and we are deeply grateful for the city’s partnership and commitment to a four-year hosting agreement for the UIPM Obstacle World Championships (OCR).

“In the next few days I expect to see some exceptional performances from OCR and Ninja specialists and pentathletes, many coming from around the world and many from within China. Please tune in and be inspired!”

Bin Zhang, President of the Chinese Modern Pentathlon Association (CMPA), added: “As a dual Olympic city, Beijing stands ready to witness the renewal of traditional Olympic sport of Modern Pentathlon. The introduction of the Obstacle event has infused this century-old sport with renewed energy.

“This competition represents not only a test of physical excellence but also a demonstration of courage and wisdom. We are confident that Beijing will deliver a ‘more united and more exceptional’ global sporting event, blending its profound heritage with modern vitality.

“Let us overcome barriers and build a shared future together! May athletes from around the world surpass their limits and achieve new glory on this stage, where stories of perseverance and friendship will inspire us all.

“We wish the Championships every success and all athletes outstanding performances!”

Competition schedule

The UIPM 2025 Obstacle World Championships (OCR) takes place in Beijing (CHN) from October 23-26.

Live-stream start times are listed (Central European Summer Time) where applicable. Live coverage is free on UIPM YouTube and UIPM.TV.

23 October

- 400m Qualification
- 100m Qualification (1st attempt)

24 October

- 100m Qualification (2nd attempt)
- 400m Finals (live from 13:00 CEST)

25 October

- 3km Individual Finals
- 100m Finals (live from 13:00 CEST)

26 October

- 3km Team Event

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