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UNION INTERNATIONALE
DE PENTATHLON MODERNE



World Pentathlon
Newsletter

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UIPM 2019 PENTATHLON WORLD CUP SOFIA



Marie Oteiza (FRA) clears an obstacle on the way to victory in the Women's Final at UIPM 2019 Pentathlon World Cup Sofia



UIPM 2019 Pentathlon World Cup Sofia

Glory for France, Mexico and Poland as teams from Turkey and Thailand add to bumper entry in Bulgaria

The world's leading pentathletes travelled to the capital of Bulgaria in huge numbers to participate in the first competition of the UIPM 2019 season in Europe, Pentathlon World Cup Sofia.

A total of 175 athletes took part in qualifying for the Women's and Men's Finals, won respectively by Marie Oteiza of France and Manuel Padilla of Mexico, while 21 nations battled for medals in the Mixed Relay, won by the Poland duo of Marta Kobecka and Jaroslaw Swiderski.

UIPM President Dr Klaus Schormann said: "Athletes battled some difficult weather conditions but we enjoyed five great competition days at UIPM 2019 Pentathlon World Cup Sofia.

"There was a high number of athletes competing in this World Cup and we saw such an exciting Men's Final, the like of which we have not seen in some years.

"We had 21 teams for the Mixed Relay at Pentathlon World Cup Sofia and that is also a super number for our movement.

"We had a team from Turkey and a team from Thailand, so new federations are joining us in the Mixed Relay and we have seen a dramatic competition that the athletes really enjoyed.

"The Mixed Relay is creating new challenges and I am very happy and thankful that the athletes are involved in this important feature of our future in the Olympic programme."



A high five in the pool for Francesca Summers and Jamie Cooke (GBR) during the Mixed Relay

Women's Final: Oteiza (FRA) leads from the front

Marie Oteiza of France delivered a commanding performance in a rain-soaked Women's Final to take gold and boost her chances of qualifying for the Tokyo 2020 Olympic Games.

World No.6 Oteiza (FRA) dominated the Fencing with an exceptional 27V/8D and she never looked like relinquishing her lead after that. Taking a 21sec advantage into the Laser Run, Oteiza (FRA) retained her composure to keep London 2012 Olympic champion Laura Asadauskaite of Lithuania at bay in challenging conditions brought on by torrential downpours.

Alice Sotero of Italy won bronze after moving up from a starting position of 7th in the Laser Run. Francesca Summers of Great Britain finished

4th to add to a 6th place from Pentathlon World Cup Cairo, while Gulnaz Gubaydullina of Russia was 5th. Cairo winner Uliana Batashova (RUS) followed her compatriot over the line in 6th.

Medallists' reaction

Oteiza (FRA) was delighted with her success after finishing 12th in the season-opening Pentathlon World Cup Cairo in March. She said: "It was a hard race. I had to stay focused on the shooting to have a good run to stay in first place.

"I'm so happy. It was a very good swim and excellent fencing. I think it was a new record in the fencing so I couldn't be happier."

Looking ahead to the rest of the season, Oteiza (FRA) said: "I'm confident about the rest of the season. But I need to

keep working and hope that the next competition is as good as this one for me."

Asadauskaite (LTU) was also happy with a satisfying return to form after undergoing surgery on a leg injury. The 35-year-old had been out of competitive action for 10 months and was delighted with her silver, which featured a typically fast Laser Run – she had started in 15th position.

"I had an operation but now I've come back and I am very happy," said Asadauskaite (LTU).

Sotero (ITA) held off a determined chasing pack in the Laser Run to take bronze and climb the rankings following her 16th place in Cairo. She said: "The competition was very good from the start. The fencing was so-so, I made some mistakes but I'm very happy with this competition."

Swimming

Swimming specialist Gubaydullina (RUS) scored another victory in 2:10.28, adding to her win in Cairo and proving she is the woman to beat in the pool. Sotero (ITA) took second spot in 2:13.25 with Oteiza (FRA) third in 2:13.79.

Fencing

Oteiza (FRA) stormed into the overall lead with a stunning 27V/8D, improving on her third spot from Sofia in 2018.

Volha Silkina of Belarus fought her way to second while Summers (GBR) was next-best on the piste. Last year's fencing winner, and overall champion in Sofia in 2018, Natalya Coyle of Ireland, was ranked 16th.

Riding

Oteiza (FRA) cemented her position at the top of the leaderboard with an almost perfect ride in challenging conditions.

Torrential rain at the start of the riding event failed to stop the Frenchwoman going round with no obstacles down and only a two-point time penalty.



Gulnaz Gubaydullina (RUS) out in front in Swimming as usual



Action from the Fencing Bonus Round as Haydy Morsy (EGY) goes on the attack



London 2012 Olympic champion Laura Asadauskaite (LTU) leaves the range on her way to silver



Marie Oteiza (FRA) lifts the tape aloft on the finish line after winning her maiden UIPM Pentathlon World Cup gold medal

Silkina (BLR) also left all fences standing and stayed on the tail of the leader with only a two-point time penalty.

That meant Oteiza took an impressive 21sec advantage over Silkina (BLR) going into the Laser Run. With the skies opening and parts of the course resembling a mud bath, it was perhaps a surprise that four riders scored a perfect 300. At the same event in Sofia last year, none of the competitors managed the feat.

Laser Run

Oteiza (FRA) held on to her comfortable lead throughout the final event, with only a stuttering performance on the third visit to the range giving the chasing pack any hope of catching up. However, she roared through the fourth and final shoot to give herself a clear run to the finish line.

Behind her, the race for second was



Women's Individual podium

red hot, with the veteran Asadauskaite (LTU) digging deep near the end of the third lap to open a gap on Sotero

(ITA). Asadauskaite (LTU) showed her experience as she held Sotero (ITA) at bay in the final lap and crossed the line



second. Early contender Silkina (BLR) dropped back in the run and finished 7th.

Men's Final: Padilla (MEX) makes great strides

Manuel Padilla powered his way through the field to win a rare gold for Mexico in the Men's Final in Sofia.

Padilla (MEX) started the Laser Run in 8th place with a handicap of 24sec, but after making gains on the first lap he surged into the lead and left a world-class field trailing in his wake.

It was a truly impressive breakthrough victory for the 27-year-old, whose only previous Pentathlon World Cup medal

was a Mixed Relay bronze he won alongside Mariana Arceo in Los Angeles in 2018. Previously his individual career highlight was becoming Pan American champion in 2017 in Santo Domingo (DOM).

Mexico has been enjoying improved results in recent years, highlighted by the Rio 2016 Olympic bronze medal won by Ismael Hernandez Uscanga, who also contributed to his country's most recent Pentathlon World Cup gold in 2015 when he won the Mixed Relay alongside Tamara Vega.

At the end of a thrilling Laser Run, Joseph Choong of Great Britain summoned the stamina to snatch silver from the grasp of Fabian Liebig of Germany, who secured bronze ahead

of his compatriot Christian Zillekens (GER) in 4th.

Three continents were represented at the awards ceremony, as Li Shuhuan of China finished 5th while Thomas Toolis (GBR) kept world No.1 Jun Woongtae of Korea out of the top six.

Medallists' reaction

Padilla (MEX) said: "I have a strong Laser Run and when I started in one of the first positions I knew I could go on and fight for a medal.

"We had a very competitive field here in Bulgaria with some of the best athletes in the world, and for me to do my work like I did and execute to the best of my ability, this is the result. I was pretty happy with my results all day. The



A flying start for one of the swimmers in the Men's Final in Sofia (BUL)



Fencing was the best it has been in my whole career, in the semi-final and the final, and I'm very happy with my performance.

"Next I'm going to do Pentathlon World Cup Prague and then hopefully look to the Pentathlon World Cup Final and the Olympic test event in Tokyo. After that I will concentrate on the Pan-American Championships where hopefully I can win the [NORCECA] qualifying place for the Tokyo 2020 Olympic Games."

Silver medallist Choong (GBR) said: "My Laser Run has been one of my weaker events and I've worked hard on it over the winter, so to see the hard work pay off was really encouraging."

"My ride was a bit wild and I didn't get the horse under control, but other than that it was a pretty consistent day and I'm on the podium, so I can't complain. The Mexicans are all very strong runners so when he went past me on the second lap I knew it was going to be a big ask to catch him. I've got a quick finish but the gap was far too big."

"My running has been my weaker discipline but it's improving, my shooting has been good and I'm a strong swimmer, so I'm quite pleased with how it's going."

Bronze medallist Liebig (GER) said: "It feels awesome. It was a bit unlucky that Joe caught me in the last metres but I am on the podium and I'm so happy."

"It was a tough season for me last year and I was really struggling with my Fencing and Shooting, and even in the semi-final here I had such a bad shoot, and I only just reached the final."

"My Fencing today started with 0-5, but then I ranked 7th and I thought 'OK, maybe it's going to be a good day'. My shooting was awesome and it feels so great to be on the podium."

"We are a team training together near Berlin and it was so nice to see Christian Zillekens finishing 4th, I'm really happy



Success and a big celebration on the piste during the Fencing Bonus Round



Manuel Padilla (MEX) keeps his composure on the way to the men's gold medal

for him. We are looking forward to next year and the road to Tokyo. I was on the podium in Cairo in 2017 and now I did it again, so I know I can do it."

Swimming
Olympic record-holder Amro Elgeziry of the United States looked as comfortable as ever in the pool, timing



Manuel Padilla (MEX) basks in the moment of triumph as he becomes a UIPM Pentathlon World Cup winner for the first time

1min 58.08sec to take the early lead ahead of Choong (GBR) in 2:00.08 and world champion Jamie Cooke (GBR) in 2:01.27.

Fencing

Unlike the day before when Marie Oteiza of France was so dominant, the action on the piste gave no clear indication as to who was going to win the Men's Final.

Zillekens (GER) ended up top-scoring with an excellent 26V/9D, with Alexander Lifanov of Russia only one victory worse off and another German, Marvin Dogue (GER), ranking 3rd with 22V/13D and three points in the Bonus Round.

Riding

Padilla (MEX) also scored 22V/13D while Elgeziry (USA) and Choong (GBR) enjoyed 21 victories apiece, keeping themselves in overall contention.

A superb demonstration of equine

control was provided by China, with perfect rounds from Li and Zhang Linbin and only one penalty point conceded by Luo Shuai – all three athletes are aged under 25.

There were also clean rounds for Gergely Regos of Hungary and Marek Grycz of the Czech Republic, while Lifanov (RUS) scored 297 to give himself the chance to start first in the Laser Run alongside Elgeziry (EGY).

A cluster of athletes starting within 30sec of the leaders, and with the world champion and world No.1 lurking just outside that group, it promised to be an enthralling climax.

Laser Run

Lifanov (RUS) was the early leader, but on the first lap Padilla (MEX) moved all the way from 8th to 2nd, and the tall athlete used his long stride to great effect on the second lap, at the end of which he passed Lifanov (RUS) and took control.

Behind him, Elgeziry (USA) and Zillekens (GER) remained in the hunt but there was more momentum behind the progress of Choong (GBR).

It was Liebig (GER) who looked to have seized the silver medal with a sub-10sec shoot at the last visit to the range, but Choong (GBR) kept him in his sights and passed his rival as they negotiated the final bend.

By then, Padilla (MEX) had already completed a victory procession having demonstrated a high degree of comfort in the lead role.

His second visit to the range had been a prolonged stay but two final shoots under 12sec secured his breakthrough win on the world stage. Padilla (MEX) recorded 11:06.80 for his Laser Run, a time bettered only by Pierre Dejardin (FRA) in 11:04.00 and the outstanding Li (CHN), who completed the course in 10:56.80.

Mixed Relay: Poland power their way to gold

Smooth partnership work between Marta Kobecka and Jaroslaw Swiderski enabled Poland to win gold in the Mixed Relay at UIPM 2019 Pentathlon World Cup Sofia.

The Polish duo fought off competition from higher-ranked athletes from Great Britain (Francesca Summers & Jamie Cooke) and Germany (Rebecca Langrehr & Marvin Dogue) to cross the line first on the last day of the competition.

The medals may have remained in Europe in the end, but the increasing diversity at the top level of the Pentathlon community was highlighted with a bumper entry of 21 nations. Thailand took part for the first



Action from the Swimming pool in Sofia (BUL) as women hand over to men

time along with four other Asian teams while Mexico, China and Guatemala all finished in the top six.

It was a first taste of glory in a UIPM

competition for 23-year-old Kobecka (POL), a Mixed Relay champion at the FISU 2018 World University Championships alongside Lukasz Gutkowski.



It's a high five for Egor Gromadskii (RUS) during the Fencing Bonus Round of the Mixed Relay at UIPM Pentathlon World Cup Sofia

Medallists' reaction

Kobecka (POL) said: "I'm very surprised to win gold, but the Mixed Relay is a great event and I feel good doing this kind of competition."

"We started the Fencing tournament with a 50/50 record but we really improved that and ended up with +8, and that was very good for us."

Her partner, Swiderski (POL), added: "The key for us today was very good shooting and nice running. Fencing is very difficult for me but today was OK."

Great Britain were never far away from gold and in fact Summers (GBR) overtook Kobecka (POL) during the Laser Run before relinquishing the lead at the shooting range.

Individual world champion Cooke (GBR) said: "It's been good fun here with Frankie – we had a really good swim and then she carried me through the Fencing, we both had a good ride and then a good Laser Run too."

"There has been a really good diversity of nations taking part in this Mixed Relay – we had a team from Thailand for the first time, and to have 21 entries was fantastic."

"Competition is really strong in our team and the team spirit is strong, too. We are all aiming to do well in the European Championships in Bath, August 6-11 – see you there!"

"Going into an Olympic qualifying year, it's an individual sport so there is rivalry between us, but it's a fantastic squad and we support each other as well as competing against each other."

Summers (GBR) added: "I'm really happy that all the hard training has paid off today and I'm looking forward to the rest of the season."

"There were so many different people to compete against from the 21 teams, and I hope to build on this form for the



Balance and poise on show during the Riding discipline of the Mixed Relay



Francesca Summers (GBR) hands over to Jamie Cooke (GBR) on their way to a silver medal

rest of the season. I'm looking forward to the European Championships."

Bronze medallist Langrehr (GER) said: "It was a very tough race and everyone was sprinting in the first round, I was dying. But the last shooting went well and I was able to hand over to Marvin in 4th place."

Her partner, Dogue (GER), added: "It's

a very good feeling because before the Laser Run we were not expecting a medal.

"We were hoping to hold on to 5th place or maybe improve on that."

Swimming
Two competing nations managed to break the 2min barrier in the pool. Korea (Kim Sunwoo & Kim Soengjin)

were fastest with 1:58.33, ahead of Russia (Gulnaz Gubaydullina & Egor Gromadskii) in 1:59.97.

Fencing

An exceptional performance from Mexico lit up the Fencing arena, with Tamara Vega teaming up effectively with men's champion Manuel Padilla. Mexico (Vega/Padilla) scored 27V/13D and added two points in the Bonus Round, stealing a march on the four nations who managed 24V/16D.

Poland (Kobecka/Swiderski) and Great Britain (Summers/Cooke) built the foundation of their success with a solid performance, while Korea (Kim/Kim) and Czech Republic (Eliska Pribylova & Ondrej Polivka) also scored 24V/16D.

Riding

Poland (Kobecka/Swiderski) were top performers on horseback, with two clean rounds and a time of 96sec enabling them to come within six

points of a perfect score of 300.

Guatemala (Sofia Cabrera and Charles Fernandez) put themselves in contention with 288 and Great Britain (Summers/Cooke) stayed there with 286. In contrast, Mexico (Vega/Padilla) surrendered their overall lead with the concession of 38 penalties.

Laser Run

The 9sec lead of Kobecka (POL) immediately came under threat from Summers (GBR), who made up time in the first shoot and then took the lead in the first 200m of the opening lap.

With the men's world champion waiting in the wings, Great Britain looked favourites for gold but a 25sec shoot from Summers (GBR) gave control back to Kobecka (POL), who handed over a solid advantage to Swiderski (POL).

Cooke (GBR) may have fancied his

chances of making up the deficit, but Swiderski (POL) exited the range in 14sec and the 2017 UIPM Pentathlon World Cup Final bronze medallist refused to give his rival any encouragement thereafter, winning by 9sec in the end.

The battle for bronze looked certain to be heading the way of Mexico after Padilla (MEX) raced clear of the pack at an early stage of the third lap. But the laser range claimed another victim when Padilla (MEX) struggled with his second shoot, and it was at this point that Dogue (GER) seized his opportunity.

Padilla (MEX) threatened to chase him down but he may have had tired legs after his exploits on Saturday, and Dogue (GER) held him at bay by 3sec. Behind them, China (Bian Yufei & Luo Shuai) grabbed 5th place as Luo (CHN) surged past Fernandez (GUA) on the line.



Jaroslaw Swiderski (POL) takes the tape and celebrates winning the Mixed Relay gold medal alongside Marta Kobecka (POL)

UIPM development sports

New Tetrathlon format for Dakar 2022 Youth Olympic Games passes second test in Cairo (EGY)

A new competition format proposed for introduction at the 2022 Youth Olympic Games has moved closer to fruition after a second successful test event.

New Tetrathlon, which adds Fencing to the established development sport of Triathlon (Shooting/Swimming/Running), was tested by pentathletes in Cairo, Egypt on April 9 after being presented for the first time in Buenos Aires, Argentina, in March.

The aim of the new format is to make the competition more dynamic and exciting for athletes and spectators, with a more compact field of play, a smoother flow and closer alignment with the development path of the UIPM Sports Pyramid.

UIPM's goal is to use the new format for the 4th Youth Olympic Games in Dakar, Senegal in 2022 – the first Olympic Games to be held in Africa.

On April 9, 24 male and 24 female athletes aged 14 to 17 sampled New Tetrathlon for the first time at the Al Rehab Club in the capital of Egypt.

A detailed report was sent to the UIPM Executive Board and members of the Athletes, Coaches, Medical and Technical Committees and three more test events will follow.

Janusz Peciak, UIPM Executive Board Member for Sport, said: "This new format gives spectators and media more drama and action, as the leaders are changing all the time and gaps between athletes are smaller. It is really attractive for youth athletes."



Action from the Running, Swimming and Shooting elements of the New Tetrathlon test in Cairo (EGY)

Global Laser Run City Tour 2019

Asian season under way in Kuala Lumpur (MAS)

An important season for UIPM Sports in Asia began when Kuala Lumpur hosted the UIPM 2019 Global Laser Run City Tour on March 30.

There were 140 Laser Run participants in the Malaysian capital, with neighbouring countries Singapore and Thailand supplying competitors across the 16 categories. It was the second consecutive year that Kuala Lumpur had hosted the GLRCT in March.

A spokesperson for the local organising committee said: "The Global Laser Run City Tour, Kuala Lumpur, Malaysia 2019 went smoothly on a bright and sunny morning. It was great to see everyone enjoying themselves."

"We are glad that the event went well and we hope to encourage more people to enjoy the sport of Laser Run in Malaysia."

With the Tokyo 2020 Olympic Games coming up next year, this season will provide many opportunities for the development of UIPM Sports at various levels.

The UIPM 2019 Pentathlon World Cup Final will take place in Tokyo (JPN) in June 2019, doubling as a test event for the Olympic Games. In December, Laser Run and Triathlon will feature for the first time in the 30th Southeast Asian (SEA) Games in the Philippines.

Building on progress in Guatemala City (GUA)

Guatemala has produced excellent Pentathlon results on the world stage and the Laser Run scene also



Laser Run athletes create a colourful scene in Kuala Lumpur (MAS)



Teenage girls display a steely focus on the range in Guatemala City (GUA) ...



... and it's a mass sprint from the start line for young male competitors



appears to be thriving after a successful UIPM 2019 Global Laser Run City Tour in Guatemala City on March 23.

The event, hosted by the Christian Academy in the capital, attracted 198 participants of all ages –from as young as seven to over-60.

Organisers were able to build on the progress initiated by the first-ever GLRCT in this Central American UIPM stronghold in April 2018.

A spokesperson for the local organising committee said: "The Christian Academy offered facilities that were ideal for such an important event."

"Every athlete participated with great enthusiasm and a spirit of fair play, which was amazing to see. We were able to appreciate the joy and solidarity among them, without making any differences due to physical disabilities."

"Also, it was nice to have a lot of support during the competition from family, friends and all the staff who were responsible for organising the event. Coaches from different institutions were there too, watching their athletes and evaluating the progress they had made in recent months."



Young female athletes on the start line in Tbilisi (GEO) ... where it all started for the GLRCT in 2017

Circuit goes full circle with homecoming in Tbilisi (GEO)

The Global Laser Run City Tour returned to its original home, the Georgian capital of Tbilisi, on April 7 when hundreds of participants competed at a location steeped in symbolism and tradition.

The competition took place at the site where UIPM President Dr Klaus

Schormann planted an oak tree – a historic Pentathlon tradition – and where international youth athletes gathered in 2018 to compete for qualifying places at the 3rd Youth Olympic Games in Buenos Aires.

Tbilisi is also famous in Laser Run terms for having hosted the first-ever GLRCT on April 1, 2017. Since then, the circuit has spread and flourished around all corners of the world.



Youth athletes strain their eyes to focus on the target in the sunshine in Tbilisi (GEO)





A group of participants and officials in Lahore (PAK) enjoy their first experience of the UIPM Global Laser Run City Tour

Participants came from Tbilisi, Sachkhere, Poti, Rustavi, Gori and Chiatura, which will host Georgia's next GLRCT, to hone their Laser Run skills and further their development as pentathletes.

Competition director Kakha Gotsiridze said: "The event was a great success and it will help to recruit young pentathletes. We are looking forward to the next UIPM Global Laser Run City Tour in Georgia, which will be held in Chiatura on 12 May."



Male and female athletes take aim in the laser shooting range in San Martin (ARG)

What a difference a year makes in Lahore (PAK)

Signs of clear progression were in evidence as the city of Lahore hosted its second Global Laser Run City Tour at the Punjab Football Stadium on April 4.

A total of 320 athletes took part in the first GLRCT of 2019 in South Asia, arranged by the Pakistan Modern Pentathlon Federation (PMPF).

A spokesperson for the local organising

committee said: "There was a much better response from the participating athletes compared to last year. Athletes participated with more strength.

"The whole event was very well disciplined and well organized, and many good athletes came up with better results. The technical officials also worked very hard for the successful conduct of the event and we look forward to hosting the UIPM Global Laser Run City Tour again in future."

Feelgood factor continues in San Martin (ARG)

After a year of growth in 2018, Argentina marked another moment of progress on April 16 when the city of San Martin held a successful GLRCT.

The feelgood factor from the 2018 Youth Olympic Games in Buenos Aires continued to be felt around the country with 280 athletes taking part on the sports field of the General San Martin High School.



The event, the first to take place in the Mendoza region, was organised by Modern Pentathlon Argentina and a spokesman for the local organizing committee said: "There was a great response from the athletes involved in this new format.

"The whole event was very well disciplined and well organized, and the participants had fun all day. The technical officials worked hard to make the event successful and we look forward to becoming more regular members of the UIPM Global Laser Run City Tour in the future."

Belarus prepares to join the party

Belarus, which has a proud record of producing champion pentathletes, will become the latest country to embrace UIPM's fastest-

growing development project in the coming months.

Preparations are underway for three instalments of the UIPM Global Laser Run City Tour in the beautiful cities of Brest (May 11-12), Grodno (June 23) and Vitebsk (September 8).

In order to ensure many people from communities across the country are able to get their first taste of Laser Run during the events, the Modern Pentathlon Federation of Belarus has undertaken various promotional activities.

From April 16 to 19, the XVIII Republican exhibition of scientific and methodological literature, pedagogical experience and creativity of students was held in Minsk and young Belarusian athletes gave laser shooting lessons to visitors on the main city avenue.

Akim Gnedtchik, winner of European gold at Under 11 level in 2018 as well as two silver medals at the UIPM 2018 Biathlon/Triathlon World Championships in Hurghada (EGY), also took part.

Olympic champion Svatkovsky ready to roll back the years in Nizhny Novgorod (RUS)

One of Modern Pentathlon's most revered champions has promised to be on the start line alongside about 500 fellow competitors when the Global Laser Run City Tour (GLRCT) returns to Nizhny Novgorod in Russia on May 18.

As a UIPM Executive Board Member and Vice President of the Russian Federation of Modern Pentathlon, Dmitry Svatkovsky OLY is already deeply invested in the sport but he will



A wide variety of participants took part in the Laser Run exhibition in Belarus, which will host its first three GLRCTs in the coming months



take his involvement a step further in the interests of Laser Run promotion.

Svatkovsky, who was men's individual champion at the Sydney 2000 Olympic Games and is now a high-ranking politician who sits on the State Duma of Russia in Moscow, chaired a meeting with the local organising committee (LOC) of Nizhny Novgorod GLRCT on April 24.

The historic city already hosted one GLRCT in 2018 but local officials are determined to improve and enlarge the competition in 2019, giving more communities the chance to gain access to UIPM Sports.

Svatkovsky, 47, said: "We already have more than 400 applications for participation. It is expected that the number of participants in the Laser Run on May 18 will grow to 500, and very possibly higher. Coaches are spreading the word about these competitions on a daily basis, and social media helps us to attract participants. Interest is big from both children and parents."

The City Tour on May 18 will include an expanded cultural and entertainment programme, creating the feel of a Laser Run festival in the city where two of Russia's greatest rivers - the Oka and Volga - meet. Svatkovsky added: "We have a very good and strong team which



Dmitry Svatkovsky, Sydney 2000 Olympic champion, in Nizhny Novgorod (RUS) last year

is ready to conduct UIPM Global Laser Run City Tour at a level comparable to the World Championships.

"Laser Run, as a discipline of modern pentathlon, contributes to the development of our sport, its accessibility and mass participation, attracting a large number of children and adolescents to do sport, rallying families, and most importantly, promoting pentathlon worldwide.

"As President of the European Confederation of Modern Pentathlon, I am pleased to see Nizhny Novgorod among the 40 cities that organize Laser Run tours in Europe and I am not afraid to say that we are one of the leading organizers.

"Everyone will be welcome at the Lower Volga embankment on May 18 and I personally plan to be there on the start line on the day."

Tournament & Training Camp Invitations

This is an important notice for all Athletes and Competitions organisers to continuously check pentathlon.org for all information related to invitations and visa letters.

Navigate to the National Federations Portal or to www.pentathlon.org to stay up to date with all tournament news.

COMPETITION / EVENT INVITATIONS

**UIPM Pentathlon
World Cup
Szekesfehervar
(HUN) 1-5 MAY**

**UIPM Pentathlon
World Cup
Prague (CZE)
22-27 MAY**

**ECMP European
Championships
Bath (GBR)
6-11 AUG**

Medical and Anti-Doping Corner

WADA PUBLISHES 2019 LIST OF PROHIBITED SUBSTANCES

The World Anti-Doping Agency (WADA) has published its 2019 List of Prohibited Substances and Methods, an important resource for anyone involved in the UIPM Sports and the wider international sporting movement.

The list, which came into force on January 1, 2019, is accompanied by the 2019 Summary of Major Modifications and Explanatory Notes - which serves to help athletes, coaches and other support personnel to understand the latest changes - and the 2019 Monitoring Program.

"WADA is pleased to announce the publication of the 2019 Prohibited List," said WADA Director General, Olivier Niggli. "It is one of the cornerstones of the global anti-doping program. Every year, we review the List in consultation with a wide range of stakeholders. It is vital that we stay ahead of those that endeavour to cheat the system so in reviewing the List, experts review sources such as scientific and medical research, trends, and intelligence gathered from law enforcement and pharmaceutical companies."

For a substance or method to be added to the List, it must be determined that it meets two of the following three criteria: a) it has the potential to enhance or enhances sport performance; b) it represents an actual or potential health risk to the athletes; c) it violates the spirit of sport. Athletes who have a legitimate medical reason for using a prohibited substance or method that is on the List may be accommodated if they meet the criteria outlined in the International Standard for Therapeutic Use Exemptions (ISTUE).

The 2019 Prohibited List, Summary of Modifications and Monitoring Program are available for download on WADA's website in English, French and Spanish.

News from around the world

UIPM Coaches Certification Programme: Beginners in Mali make the grade

Fifteen months after the formation of the Mali Modern Pentathlon Federation (FMPM), coaches in the country have been given their first opportunity to gain qualifications under the UIPM Coaches Certification Programme (CCP).

Sixteen coaches, mostly PE teachers, attended a Level 1 CCP course in Bamako delivered by UIPM instructor Xavier Cugat of France.

The five-day course (March 23-27) took place at the National Institute of Youth and Sports and the graduation ceremony was attended by FMPM President Ismaila Lingany and Secretary



CCP Level 1 graduates celebrate becoming certified UIPM coaches in Bamako, Mali

General Moussa Koumaré. Following the Level 2 CCP course in Cairo (EGY) earlier this year, the initiative highlighted

UIPM's drive to grow the pentathlon movement in Africa and in particular to support the development of

recently-created National Federations.

Mali already organised a Category B Laser Run competition in the capital city of Bamako September 2018 and this year there will be a Global Laser Run City Tour and a Biathle-Triathle National Tour on September 7.

Mali and its fellow French-speaking neighbours – Senegal, Ivory Coast and Burkina Faso – are showing positive signs of development in West Africa, creating training and competition opportunities.

Christian Roudaut, Chair of the UIPM Coaches Committee, said: "It was a great delight to see 16 coaches in Mali take their first step on the ladder of the CCP and gain a Level 1 qualification.

"One of the main focuses of the programme is provide young instructors with good experience of modern pentathlon and also to enable them to study courses in their native language."



Laser shooting practice for young female athletes in Israel

Equipment support gives Israeli athletes momentum

Pentathlon development in Israel has stepped up a gear after UIPM provided equipment support for a group of young female athletes to sharpen their skills.

Laser pistols and targets and Fencing equipment were provided to the

Israeli Modern Pentathlon & Biathlon Association (IMPBA) through the European Confederation of Modern Pentathlon (ECMP).

IMPBA Secretary General Noah Berkman sent a photographic "thank you" card to UIPM and the ECMP with the message: "We look forward to seeing progress in Israeli Modern Pentathlon and Laser Run."



Athletes, coaches and officials join UIPM President Dr Klaus Schormann and Secretary General Shiny Fang to hold up the #WhiteCard on April 6, when the 5th

International Day of Sport for Development and Peace was celebrated. The global initiative was founded by UIPM Vice President Joel Bouzou.

Inside UIPM: Monthly activities of President Dr Schormann

4.-6.04.2019, Budapest, HUN

UIPM President Dr Klaus Schormann met with IOC Member and UIPM Honorary Member Pal Schmitt and NOC President Krisztián Kulcsár to discuss issues relating to the Olympic movement in Hungary and worldwide, focusing on international competitions, clean athletes and future cooperation between UIPM and the Hungarian sport society.

On April 5, President Dr Schormann joined legends of Hungarian pentathlon in marking 150 days until the UIPM 2019 Pentathlon and Laser Run World Championships.

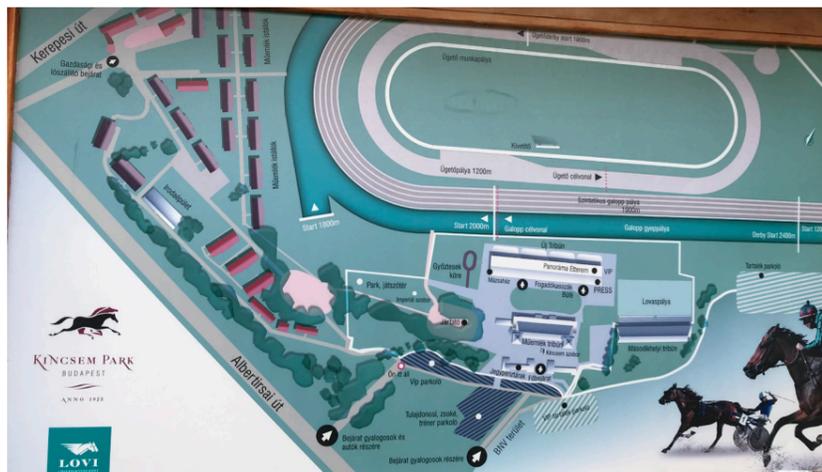
President Schormann and Zsuzsanna Voros, Athens 2004 Olympic gold medallist and three-time individual world champion, revealed a countdown timer that will track the number of days until two UIPM World Championships come together for the first time in the Hungarian capital.

Zsuzsanna Vörös was joined at the countdown event by fellow Olympic champion János Martinek (Seoul 1988) and world champions Ákos Kállai, Gábor Balogh, Ákos Hanzély and Beáta Simóka, as well as leading current athletes Sarolta Kovács, Zsófia Földházi, Tamara Alekszejev, Robert Kasza and Bence Demeter.

The media conference was also attended by Krisztian Kulcsar, President of the Hungarian Olympic Committee, and Péter Sárfalvi, Deputy State-Secretary of Hungary's Sports Ministry. Mr Kulcsár said: "The Hungarian Olympic Committee greatly appreciates the UIPM entrusting Hungary with hosting the biggest-ever Pentathlon and Laser Run competition in this beautiful country."



UIPM President Dr Klaus Schormann with Zsuzsanna Voros and sporting dignitaries in Budapest



A map of facilities at Kincsem Park, which will host the Pentathlon and Laser Run World Championships



Dr Klaus Schormann with Dr Thomas Bach, President of the International Olympic Committee, during their meeting at IOC Headquarters in Lausanne (SUI)

09.04.2019, Lausanne, SUI

THE UIPM President met with the President of the International Olympic Committee (IOC), Dr Thomas Bach to discuss a wide range of matters of mutual interest to the two bodies.

Dr Schormann briefed Dr Bach on actions undertaken in relation to Olympic Agenda 2020, including the membership growth within the UIPM family, the Olympic Summer Games programme (including the Mixed Relay in respect of Paris 2024), the Youth Olympic Summer Games (including the New Tetrathlon format proposed by UIPM for Dakar 2022), the UIPM's support of athletes, administration, business and sponsorship, media promotion and innovation.

In turn, Dr Bach updated Dr Schormann on various matters of international

sporting politics relating to the global Olympic movement in future years.

11.-15.04.2019, Sofia, BUL

UIPM President Schormann met with Treasurer John Helmick and Secretary General Shiny Fang during UIPM Pentathlon World Cup Sofia to discuss financial actions linked to the Olympic test event and Pentathlon World Cup Final in Tokyo (JPN) in June 2019, and the Tokyo 2020 Olympic Summer Games. They also spoke about upcoming UIPM competitions and investment in developing new UIPM federations in 2019.

The UIPM President and Secretary General met with Andrey Kuzmanov, President of the Bulgaria Modern Pentathlon Federation, and Viacheslav Malishev, UIPM Executive Board Member for Development, to discuss

the UIPM Youth World Championships (U19/U17) in July 2019 and a test event for the New Tetrathlon format which will be arranged in Bulgaria.

18.-25.04.2019, Monte Carlo, MON

President Dr Schormann visited UIPM headquarters and met with Secretary General Shiny Fang and UIPM staff to brief them about actions in sport, promotion, marketing and matters of sporting politics.

As Honorary Member of the International German Society Clubs - an organisation he served as Vice President from 1997 to 2008 - President Dr Schormann took part in the General Assembly on April 19.

On April 24 the UIPM President discussed future partnerships with the business society of Monaco and Nice.



UIPM President Dr Schormann and Honorary Member Dr Gyula Bretz with IOC Member and former Olympic table tennis champion Seung-min Ryu (above), and presenting the UIPM Cup to ITTF President Thomas Weikert (right)

27.-28.04.2019, Budapest, HUN

The UIPM President attended the International Table Tennis Federation World Championships, where he met with HMPA President Dr Gyula Bretz (UIPM Honorary Member), Secretary of State of the Prime Minister's Office Dr Balazs Fürjes and Hungarian Minister of State for Sport Dr Tünde Szabo.



They discussed preparations for the UIPM's first dual World Championships of Pentathlon and Laser Run in September 2019.

30.4.2019, Bad Kreuznach, GER

President Dr Schormann paid a visit to the headquarters of technology company Dr Schneider Messtechnik, where he was welcomed by Uwe Keller, Chief Marketing Officer.

The company has been in partnership with UIPM for 10 years while supporting local events in Germany like the UIPM Global Laser Run City Tour in Darmstadt.



President Schormann with Uwe Keeler, Chief Marketing Officer of sponsor Dr Schneider Messtechnik

New Balance World Rankings

The PWR is updated live on www.pentathlon.org after each competition. PWR as at April 30, 2019:

MEN			
RANK	NATION	NAME	POINTS
1	KOR	JUN Woongtae	190
2	FRA	Valentin PRADES	171
3	IRL	Arthur LANIGAN-O'KEEFFE	170
4	CZE	Jan KUF	161
5	BLR	Ilya PALAZKOV	161
6	GER	Patrick DOGUE	160
7	GBR	Joseph CHOONG	160
8	UKR	Pavlo TYMOSHCHENKO	160
9	RUS	Alexander LIFANOV	151
10	KOR	JUNG Jinhwa	149
11	CHN	ZHANG Linbin	149
12	FRA	Valentin BELAUD	148
13	HUN	Bence DEMETER	145
14	EGY	Ahmed ELGENDY	144
15	HUN	Gergely REGOS	142
16	ITA	Riccardo DE LUCA	140
17	CHI	Esteban BUSTOS	139
18	MEX	Alvaro SANDOVAL	136
19	GBR	James COOKE	135
20	LTU	Justinas KINDERIS	135

WOMEN			
RANK	NATION	NAME	POINTS
1	BLR	Anastasiya PROKOPENKO	193
2	FRA	Marie OTEIZA	190
3	HUN	Sarotta KOVACS	190
4	AUS	Chloe ESPOSITO	188
5	RUS	Uliana BATASHOVA	186
6	IRL	Natalya COYLE	176
7	GER	Annika SCHLEU	163
8	RUS	Ekaterina KHURASKINA	156
9	GBR	Kate FRENCH	152
10	RUS	Gulnaz GUBAYDULLINA	150
11	LTU	Gintare VENCKAUSKAITE	146
12	MEX	Mayan OLIVER	145
13	FRA	Elodie CLOUVEL	144
14	FRA	Julie BELHAMRI	142
15	TUR	Ilke OZYUKSEL	140
16	HUN	Zsofia FOLDHAZI	138
17	ITA	Alice SOTERO	136
18	HUN	Tamara ALEKSZEJEV	134
19	GER	Janine KOHLMANN	134
20	BLR	Volha SILKINA	131

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

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UIPMTV.ORG

01-05 May Székesfehérvár, HUN	27-30 Jun Pentathlon World Cup Final Tokyo, JPN
21-26 May Prague, CZE	06-14 Sept Pentathlon World Championships Budapest, HUN

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10-14 Apr	Pentathlon World Cup Sofia Sofia, BUL

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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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