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UNION INTERNATIONALE
DE PENTATHLON MODERNE



**World Pentathlon
Newsletter**

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UIPM 2020 PENTATHLON WORLD CUP CAIRO



Joanna Muir (GBR) leaves the laser shooting range on her way to winning gold in the Women's Final at UIPM 2020 Pentathlon World Cup Cairo.



UIPM 2020 Pentathlon World Cup Cairo



Egypt duo Haydy Morsy and Eslam Hamad celebrate their victory in the Mixed Relay at UIPM 2020 Pentathlon World Cup Cairo

Glory for Egypt, Great Britain and Hungary in unforgettable season-opener

A thrilling start to the 2020 UIPM season saw Adam Marosi of Hungary win his 18th individual medal at the UIPM Pentathlon World Cup, Joanna Muir of Great Britain win her first and Egypt continue their impressive run on home soil in Cairo (EGY).

A first World Cup Men's Final victory in six years for 35-year-old Marosi (HUN) came a day after Muir (GBR) won a classic tussle in the Women's Final.

Egypt's impressive colts ended a successful competition by claiming gold and silver in the Mixed Relay.

UIPM President Dr Klaus Schormann said after the finale: "I have to say thanks to all the nations that competed in this Mixed Relay competition which has such a special meaning for us, and we have had a great week here at the start of the 2020 season.

"I have to mention the women's individual competition – we had the highest entry numbers ever in the first World Cup of the season. My thanks go to all the coaches and trainers for what you have achieved so far after the winter training.

"We are all looking forward to the remaining World Cups and hoping that the Coronavirus can be controlled and the athletes will not be affected in attending the upcoming competitions.

Everything we decide will be for the benefit of the athletes."

Women's Individual: Muir (GBR) wins thrilling final

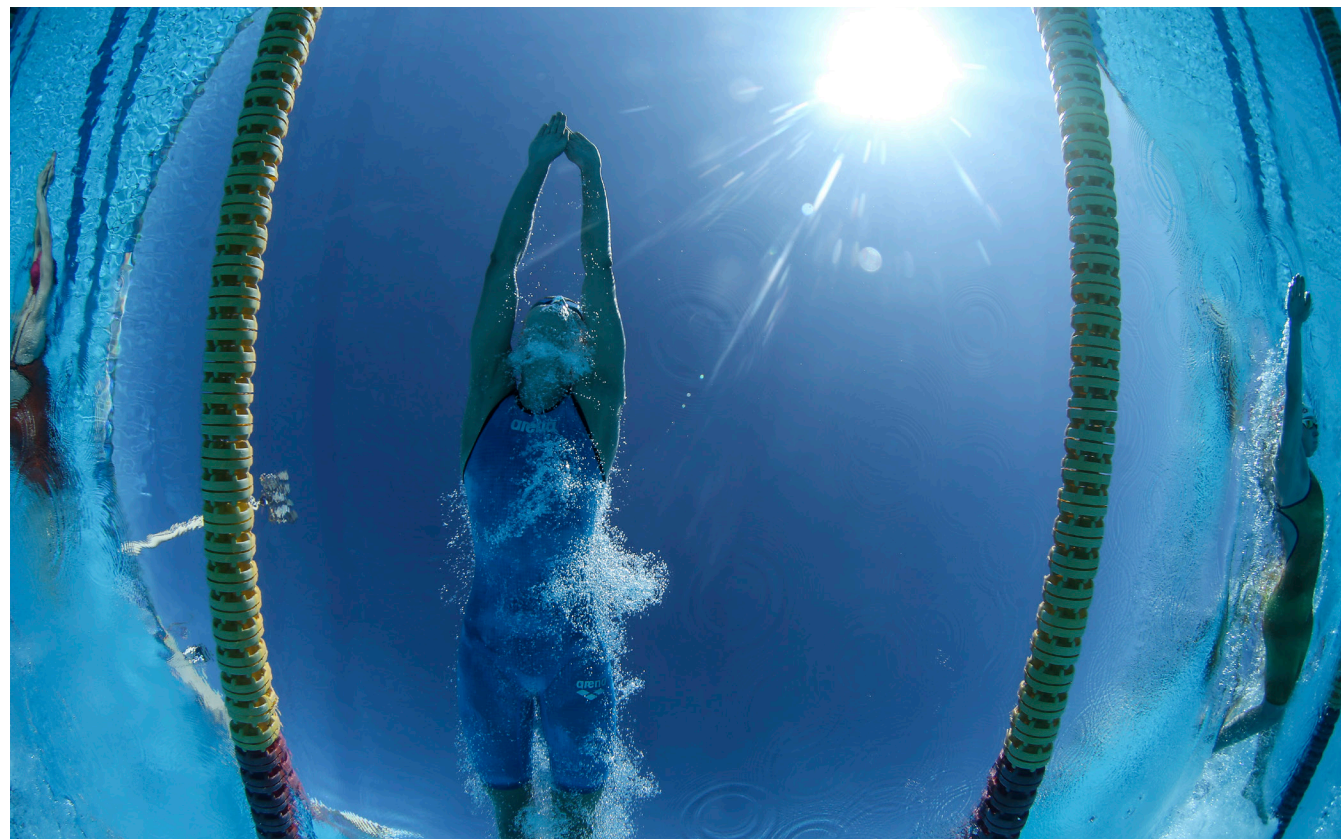
A captivating Women's Final was settled in the final moments of the Laser Run when Joanna Muir of Great Britain held off a challenge from last year's winner to take gold at 2020 UIPM Pentathlon World Cup Cairo.

Uliana Batashova of Russia had briefly overtaken her rival on the final lap, aiming to retain the gold medal she won in the Egyptian capital 12 months ago, but Muir (GBR) settled an incredible duel by summoning all her stamina to cross the line first.



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Action from the underwater camera at the Swimming pool and (below) the showpiece piste during the Fencing Bonus Round in Cairo (EGY)

It was the 25-year-old's first individual Pentathlon World Cup medal and her success demonstrated the importance of form: she also won gold at the Budapest Indoor International in January.

Both events count towards qualification for the Tokyo 2020 Olympic Games, so Muir (GBR) is making a strong claim for selection after Kate French (GBR) secured their country's first of two available quota places in 2019.

Behind the top two, the importance of Olympic qualification ranking points was underlined by the intensity of the battle. Gulnaz Gubaydullina (RUS) came back strongly to claim bronze ahead of Ilke Ozyuksel of Turkey, who finished 4th with a typically strong Laser Run after the initial leaders, Marie Oteiza of France and Alice Sotero of Italy, became stuck on the range at the third and fourth shoots respectively.

Sotero (ITA) finished 5th as Janine



Kohlmann of Germany claimed the final place on the podium.

MEDALLISTS' REACTION

New champion Muir (GBR) was a picture of elation as she prepared to receive her gold medal. She said: "It hasn't sunk in yet, I can't quite believe it, to be honest.

"I had a good fence and my swim was OK, but in the Riding my stirrup snapped halfway round and I couldn't

believe it - I thought 'the one day when I fence well and I am going to come off my horse'. I was so relieved to get round.

"In the Laser Run there were lots of quick runners round about me and I tried to stick with them, and not kill myself too early. It could have been anyone's race. I can't believe it. It feels amazing."

Silver and bronze medallists Batashova

and Gubaydullina (RUS) also expressed delight at their performances in the Egyptian capital.

Batashova (RUS) said: "I'm very happy, I feel perfect. It's good news for my Olympic ranking."

Gubaydullina (RUS) added: "I'm happy. Today was a hard day but I think it wasn't bad. I don't know what my coach will say, but I think it was good!"

SWIMMING

Gubaydullina (RUS) began yet another season by setting the pace in the pool, touching first in 2mins 10.98secs. Sotero (ITA) was next-fastest in 2:12.33, with Rio 2016 Olympic silver medallist Elodie Clouvel (FRA) not much slower in 2:13.92.

FENCING

World champion Volha Silkina of Belarus picked up where she left off in September 2019 in Budapest (HUN), demonstrating superb poise on the piste for a dominant score of 28V/7D.

Kohlmann (GER) also had an excellent day with the epee in hand, scoring 24V/11D, with Oteiza (FRA) and Batashova (RUS) joined by Tamara Alekszejev of Hungary and Natalya Coyle of Ireland on 22V/13D.

Oteiza (FRA) picked up four additional points in the Bonus Round but was denied by Silkina (BLR) in the final bout on the showpiece piste.

RIDING

A dramatic round saw a number of potential medal contenders fall out of contention.

Alekszejev (HUN), Coyle (IRL) and Annika Schleu (GER) each incurred more than 50 penalty points, and it was a disastrous round for Belarus, as overall leader Silkina joined Iryna Prasiantsova (BLR) in suffering elimination while 2018 world champion Anastasiya Prokopenko (BLR) also dropped major points.



Joanna Muir (GBR) clears an obstacle on her way to victory



Silver medallist Uliana Batashova (RUS) keeps her composure on the shooting range



The moment of triumph for Muir (GBR) with Batashova (RUS) only a few metres behind her

At the other end of the spectrum, there were clean rounds and scores of 300 for six athletes including Gubaydullina (RUS), while Sotero (ITA) scored 298 to give herself the honour of starting the Laser Run first.

LASER RUN

For the first two laps, Sotero (ITA) and Oteiza (FRA) kept each other in such close company at the front that it began to feel like a two-horse race, with Batashova (RUS) and Muir (GBR) seeming destined to battle for bronze.

However, Oteiza (FRA) succumbed to the pressure with a 32sec shoot, and then Sotero (ITA) also became stuck on the range ahead of the final lap, knowing that Muir (GBR) and Batashova (RUS) had caught up with her.

A classic duel ensued, and the top two played cat and mouse as they re-entered the stadium, with Batashova (RUS) making a move on the bend before Muir (GBR) proved ultimately to have the greater stamina, narrowly outpacing her rival in the last 200m.

Men's Individual: Golden age of Marosi (HUN) keeps on giving

The air was thick with nostalgia as Adam Marosi of Hungary claimed his first individual gold medal in six years at UIPM 2020 Pentathlon World Cup Cairo.

The 35-year-old Marosi (HUN), who won bronze at the London 2012 Olympic Games three years after becoming world champion in the British capital city, had been waiting since 2014 to stand atop the Pentathlon World Cup podium and he let out a huge roar of relief before receiving his medal.

Marosi (HUN) fenced brilliantly to give himself a 25sec lead in the Laser Run, which he defended with four nerveless shoots and steady running. Finally he won by a comfortable 10sec from silver medalist Jun Woongtae of Korea, who did well to keep himself clear of an epic battle for bronze.

Reigning world champion Valentin

Belaud of France had seemed destined to claim a place on the podium, but his shooting accuracy left him on the final visit to the range and a 23sec shoot enabled others to leave him behind.

A thrilling sprint to the line was ultimately won by Arthur Lanigan-O'Keeffe of Ireland, who finished 3sec ahead of Marvin Dogue of Germany with Alexander Lifanov of Russia and Justinas Kinderis of Lithuania taking 5th and 6th place respectively.

MEDALLISTS' REACTION

Beaming with satisfaction before the medal ceremony, Marosi (HUN) said: "It's a brilliant end to a brilliant day. I had a hard semi-final because my Fencing was very, very bad and I tried to focus on preparing for the Fencing today, and it was amazing.

"I'm a little bit sad about my Riding performance, but finally I've won again and it feels great! My last World Cup victory was in 2014 in Kecskemet in my home country, and that's a very, very long to wait – six years."



Three competitors in the Men's Final demonstrate their Swimming technique

The silver and bronze medallists, Jun (KOR) and Lanigan-O'Keeffe (IRL), also expressed delight at their performances.

Jun (KOR) said: "I performed well in Laser Run, Swimming, Riding and Fencing, and that's why I managed to get this result."

Lanigan-O'Keeffe (IRL) added: "I am really happy with that. I put in a really big block of training over the winter

and I felt really fit out there today. I hope now I can continue for the rest of the season on this trajectory.

"My swimming was actually about six seconds slower than usual, but that's because I really concentrated my training on running and fencing over the winter, and it paid dividends. It feels really good."

SWIMMING

Myles Pillage of Great Britain set the pace in the pool with the best swim

by a significant margin. Pillage (GBR) timed 1min 58.40sec, with Bence Kardos (HUN) and Jun (KOR) timing 2:02.77 and 2:02.93 respectively.

FENCING

Marosi (HUN) confirmed his return to form in the Fencing Ranking Round with a supreme demonstration of his experience and class. The veteran scored 28V/7D and added two points in the Bonus Round to give himself a big overall lead.



Justinas Kinderis (LTU) takes on a Russian rival during the Fencing Bonus Round

Behind him, Lifanov (RUS) and Kinderis (LTU) both scored 24V/11D to remain in contention, with Belaud (FRA) only one victory worse off.

RIDING

There were two wonderful moments for the home crowd to celebrate in the Riding round as 2019 champion Ahmed Elgendy and Mohanad Shaban of Egypt each managed a perfect score of 300.

The two 19-year-olds – born within a week of each other in March 2000 and celebrating their birthdays during the competition – thrilled spectators with their composure on horseback.

Lanigan-O’Keeffe (IRL), Dogue (GER) and Rio 2016 Olympic silver medallist Pavlo Tymoshchenko of Ukraine also propelled themselves towards the podium with faultless rides, while Marosi (HUN) and Jun (KOR) protected their positions with scores of 285 and 293 respectively.

LASER RUN

Showing the class of a multiple World Cup medallist, unflappable Marosi (HUN) summoned all of his experience to complete the course without a hint of alarm, firing off his five shots in sequences of 11sec, 9sec, 12sec and 13sec.

Jun (KOR) was almost as impressive in the way he quickly moved past Shaban (EGY) and protected his position to earn a deserved silver, following up on the bronze he won at the UIPM 2019 Pentathlon World Championships last September in Budapest (HUN).

The man who won his second world title that day, Belaud (FRA), looked poised for another podium place until the final shoot, when his aim deserted him.

Lanigan-O’Keeffe, the 2015 European champion, took full advantage with a fine last lap for a time of 11:02.20. It was hard on Dogue (GER), who timed 10:51.06, to finish so close to a medal.



Adam Marosi (HUN) shows his equestrian skills on his way to the gold medal



Arthur Lanigan-O’Keeffe (IRL) sets off on another lap in pursuit of the bronze medal

The fastest Laser Runner on the day was Martin Vlach of Czech Republic, who timed 10:40.54.

Mixed Relay: Dominant Egypt double up

Egypt had two reasons to celebrate on the final day of UIPM 2020 Pentathlon World Cup Cairo after clinching both the gold and silver medals in the Mixed Relay.

The title was claimed by Haydy Morsy and Eslam Hamad, who fended off the challenge of their younger compatriots Salma Abdelmaksoud and Ahmed Elgendy.

For Morsy (EGY), it was a familiar feeling as she also won Mixed Relay gold in this competition 12 months ago – with Elgendy (EGY) as her partner.

Behind them, Korea won a medal for the second successive day as Kim Sunwoo and Jung Jinhwa teamed up to claim bronze, beating off strong competition from Guatemala (Sofia Cabrera and Charles Fernandez).

MEDALLISTS’ REACTION

Hamad (EGY), who became Mixed Relay world champion in 2019 alongside Abdelmaksoud (EGY), said: “It feels great. It was a very exciting competition and a very close race and we had to push it home. Thank God we had enough.

“The atmosphere was very lovely and lots of people came to cheer for us. It’s always very nice to win here in our own motherland of Egypt, and I’m very happy.”

His partner Morsy (EGY) added: “Especially after my semi-final, which was very bad, I am very happy to win in front of my family and friends and win gold for the second year in a row in my home country.”

Silver medallist Elgendy (EGY) said: “It’s a great feeling to win silver in the Mixed



Veteran Marosi (HUN) savours the winning feeling and stands on top of the podium (below)



The Mixed Relay kicks off with Swimming



A joyous high five for Morsy and Hamad (EGY) as they stay on course for victory in front of a home crowd in Cairo (EGY)

Relay with my partner, and even better to have two Egyptian teams on the podium.

"We did the best swim, we had a very good fence but then the Riding was not so good and we slipped back to 6th place. However, our Laser Run went well and we made it back to 2nd place.

"After the first shoot, I decreased the lead held by Eslam but then my second shoot was not so good and he was able to increase his lead again.

"I feel great to win another medal in my home country. Our audience and supporters are always cheering for us."

Bronze medallist Jung (KOR) said:

"Today was hard, but we ended up with a good place and it feels great."

SWIMMING

Abdelmaksoud & Elgendy (EGY) led the way in the pool with the fastest time of 1min 58.37sec, ahead of Kim & Jung (KOR) in 1:59.16 and their compatriots Jeong Mina and Jung Seul Gi (KOR) in 2:01.55.

FENCING

With 18V/8D, Morsy & Hamad (EGY) had the edge on their rivals in the Fencing Ranking Round and they also won the last bout of the Bonus Round.

However, it was tight with Jeong & Jung (KOR) and Abdelmaksoud & Elgendy (EGY) scoring 17V/9D and Germany (Anna Matthes and Alexander Nobis) and Uzbekistan (Alise Fakhrutdinova and Alexander Savkin) staying in touch with 15V/11D.

RIDING

It was on horseback that Morsy & Hamad (EGY) really took a firm grip on the competition, with the only perfect score of 300 recorded on the day – to the delight of the home crowd.

Four other duos also enjoyed clean rounds with only time penalties – Cabrera & Fernandez (GUA), Fakhrutdinova & Savkin (UZB), Kim & Jung (KOR) and Brazil (Isabela Abreu & Danilo Fagundes).



It's a close call between Jung Jinhwa (KOR) and Charles Fernandez (GUA)

LASER RUN

With a 22sec head start, Morsy (EGY) knew she had time on her side but a 28sec shoot was not the start she would have wanted.

Nonetheless, the 2019 African champion – who became the first athlete to secure a qualification place

for the Tokyo 2020 Olympic Games 12 months ago – ran hard to keep her rivals at bay.

Her chief foe was her team-mate Abdelmaksoud (EGY), who immediately devoured the 8sec gap between 2nd and 6th to put pressure on the leader.



Pan American champion Fernandez (GUA) guides his horse over another obstacle during the Riding element of the Mixed Relay



Morsy (EGY) handed over a reduced lead to Hamad (EGY), who immediately felt Elgendy (EGY) breathing down his neck.

Like his partner, he ran with confidence to preserve the lead, and when Elgendy (EGY) took 18sec at the final shoot, it

left him with just too much to do.

Fernandez (GUA) sized up Jung (KOR) in the race for bronze, but ultimately he had too much distance to make up and the 2017 men's individual world champion held his nerve to secure bronze.

Salma Abdelmaksoud (EGY) leaves the range on the way to winning silver with her partner Ahmed Elgendy (EGY)

All smiles on the podium at the end of the Mixed Relay, with International Handball Federation President Dr Hassan Moustafa to the immediate left of UIPM President Dr Klaus Schormann



ROAD TO TOKYO

UIPM World Championships update

Xiamen (CHN) to host flagship competition in 2022 as Cancun (MEX) and Weiden (GER) step up

The flagship competition of the 2020 UIPM Modern Pentathlon season has been moved due to travel restrictions imposed following the Coronavirus outbreak in China.

The city of Xiamen (CHN), due to host the UIPM 2020 Pentathlon and Laser Run World Championships from May 25-31, has accepted an offer from UIPM to stage the 2022 instalment instead. Minsk (BLR) had already been confirmed as host city in 2021.

The UIPM 2020 Pentathlon World Championships will now take place on the same dates in Cancun (MEX), ensuring that all the major competitions of the season will be held at sea level and providing a strong contingency solution for the final Tokyo 2020 Olympic Games qualification event.

Cancun (MEX) will not host the UIPM 2020 Laser Run World Championships, which would have been combined with the Pentathlon World Championships in Xiamen (CHN). Instead, the sixth running of the event will be combined with the UIPM 2020 Biathlon/Triathlon World Championships in Weiden (GER) in August.

There are currently no plans to relocate the UIPM 2020 Congress and Annual Awards, which are scheduled to take place in Xiamen (CHN) from November 13-15. UIPM will monitor the travel situation closely and discuss the matter with all relevant authorities in the coming months.

UIPM President Dr Klaus Schormann



Cancun (MEX) will host the UIPM 2020 Pentathlon World Championships

said: "The past few weeks have been a difficult time for all involved in international sport, and our movement is no exception. We are very sorry that the Coronavirus outbreak has caused so much disruption and left us with no choice but to move our flagship annual competition away from China.

"We are, however, delighted that the City Government of Xiamen has agreed to postpone what I am certain will be an exemplary UIPM Pentathlon World Championships until the year 2022.

"We are equally grateful to our friends in Mexico, who have come to the aid of our global community with a wonderfully supportive gesture. In 2018 we enjoyed an historic UIPM Pentathlon World Championships in Mexico City, where the Pentathlon Stadium concept was brought to life, and now we are all looking forward to an exciting UIPM 2020 Pentathlon World Championships in Cancun.

"It was very important to provide our athletes with a World Championships

at sea level, matching the conditions they will experience during the Olympic Summer Games Tokyo 2020. We are also grateful to the organisers of the UIPM 2020 Biathlon/Triathlon World Championships for agreeing to incorporate the Laser Run World Championships.

"I am pleased now that we can provide these assurances to our global community, minimising disruption to athletes, coaches, support teams and all other stakeholders during the most important year of the Tokyo 2020 Olympic cycle."

Guo Guirong, Deputy Mayor of the City Government of Xiamen, said: "We are thankful for the support and trust of UIPM and the international Pentathlon community in Xiamen.

"Due to the Coronavirus, it's a pity that our UIPM 2020 Pentathlon and Laser Run World Championships in Xiamen, which was originally scheduled for May, needs to be postponed.

“We are confident that we will soon overcome the epidemic. In addition, Xiamen ranks first in China in terms of the effectiveness of the prevention and control of the epidemic.”

“We look forward to hosting the UIPM 2020 Congress in November this year as planned. Xiamen looks forward to the arrival of UIPM friends and guests from all over the world.”

Ana Gabriela Guevara Espinosa, Mexico’s Sports Minister, added: “Mexico is proud to open its doors again to the international sports family, hosting the UIPM 2020 Pentathlon World Championships in May, prior to the Tokyo 2020 Olympics Games.

“Modern Pentathlon has always been important to Mexico and its athletes. We are looking forward to delivering another successful international event along with UIPM in the magnificent Cancun.”

Interview: Natalya Coyle (IRL)

As a new feature of the ‘Road to Tokyo’ series, UIPM caught up with Natalya Coyle (IRL) and Justinas Kinderis (LTU) ahead of UIPM 2020 Pentathlon World Cup Cairo.

Natalya Coyle put Modern Pentathlon on the map in Ireland when she broke through and started to enjoy global success in the early 2010s, and she shows no sign of relenting as we move into a new decade.

Competing alongside her training partner and boyfriend Arthur Lanigan-O’Keeffe, she initially enjoyed success in the Mixed Relay, where the duo won gold at two consecutive Pentathlon World Cup Finals in 2016 in Sarasota (USA) and in 2017 in Vilnius (LTU).

But the 29-year-old Coyle has also built a reputation as one of the toughest all-round competitors on the Women’s Individual circuit – with a taste for the

ROAD TO TOKYO: 2020 OLYMPIC 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) |
|  Leydi Moya (CUB) |  Sergio Villamayor (ARG) |
|  Maria Chaves (BRA) |  Lester Ders (CUB) |
|  Lourdes Cuaspu (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) |  Jun Woongtae (KOR) |
|  Kim Sehee (KOR) |  Lee Jihun (KOR) |
|  Natsumi Tomonaga (JPN) |  Luo Shuai (CHN) |
|  Alise Fakhrutdinova (UZB) |  Pavel Ilyashenko (KAZ) |
|  Zhang Mingyu (CHN) |  Shohei Iwamoto (JPN) |
|  Elena Potapenko (KAZ) |  Alexander Savkin (UZB) |
|  Marina Carrier (AUS) |  Edward Fernon (AUS) |

- Subject to Tokyo 2020 qualification criteria
- Visit www.pentathlon.org/olympic-games

big occasion. She finished 9th at the London 2012 Olympic Summer Games and 6th at Rio 2016. In 2018 she won her first individual Pentathlon World Cup medal with a silver in Sofia (BUL), and she repeated the result in 2019 at Pentathlon World Cup Cairo.

Q: How does it feel to be starting the season at Pentathlon World Cup Cairo where you won silver in 2019?

A: I’m really looking forward to getting started again and seeing how my winter training has fared!

Q: What do you like about Cairo as a venue?

A: Cairo is great as a venue as everything is in one place, which is always such a bonus.

Q: What were your emotions when you secured a quota place for Tokyo 2020 at the 2019 European Championships in Bath (GBR)?

A: I was over the moon and delighted! Having secured that qualification place, it’s been great over the winter to just focus on my weaknesses in training, and to have the luxury of time.

Q: What are your goals for the 2020 UIPM season?

A: Everything is about looking towards the Tokyo Olympics! I would like to have a strong showing in the World Cups and then reassess where I am before ramping up for the Games.

Q: It’s going to be your third Olympics. Will you prepare in any different ways this time?

A: Even though this will be my third Games, it’s the first time I’ve qualified so far out. So this time I’ve been able to plan my season and not have to worry about being on top form so early in the year.



Two-time Olympian Natalya Coyle (IRL) has proved to be a steely competitor on the world stage



Interview: Justinas Kinderis (LTU)

Justinas Kinderis of Lithuania is one of the most experienced pentathletes on the UIPM circuit today. Now aged 32 and ranked 14 in the world, he got his first taste of gold at the Pentathlon World Championships in 2010 in Chengdu (CHN). Three years later he claimed the Men's Individual crown in Kaoshiung (CHN), a year after finishing 8th at the London 2012 Olympic Summer Games.

Far from fading away in his 30s, like his compatriot Laura Asadauskaite he goes from strength to strength. In 2017 in Cairo he won bronze in the World Championships to take his tally in the competition to seven medals, alongside nine European Championships medals.

He is a strong role model for a whole new generation of pentathletes who are trying to break through and finding Justinas Kinderis standing in their path - a formidable opponent.

Q: How does it feel to be starting the season at Pentathlon World Cup Cairo where you won bronze in 2019?

A: I already forgot about that medal and am trying to concentrate on my next goals. I am sure this year it won't be the same competition, because from now every Pentathlon World Cup will have Olympic ranking points, so it means a big fight between athletes who don't have quota places for the Olympics.

Q: What do you like about Cairo as a venue?

A: Lithuanians are always happy to have some sun after winter. So Cairo always gives us that. Talking about the venue, I like that they have everything in one place here. Most of the time I like the running course. It's always a little bit harder than other World Cups because they have sand or hills.

Q: What were your emotions when you secured a quota place for Tokyo 2020 at the 2019 European Championships?



Justinas Kinderis (LTU), 32, uses his experience as an advantage over younger competitors



A: My main goal in the 2019 season was to secure a quota place for Tokyo 2020. When I reached that goal the feeling was amazing. Before London 2012 and Rio 2016, I wasn't lucky so I had to get my Olympic ticket through the Olympic ranking. After the Europeans I understood that this time I will have a chance to prepare differently, without so much pressure in World Cups and other competitions.

Q: What are your goals for the 2020 UIPM season?

A: This year I will compete in the main competitions, although sometimes

plans can change. But of course the Olympics is my main goal. In London I took 8th place so this time I want to have a better position.

Q: It's going to be your third Olympics. Will you prepare in any different ways this time?

A: I think in a similar way but without pressure. This year I will try to reach my best shape only before the Olympics, I am not the youngest pentathlete so it's an advantage for me, as I have some more experience and competitions behind me than others.

UIPM Global Laser Run City Tour

Leiria (POR) maintains a grand tradition

Year after year, Portugal continues to be a true Laser Run trailblazer.

In 2020, the country will host numerous editions of the Global Laser Run City Tour having finished the year 2019 in style.

The city of Leiria was the final venue for the 2019 circuit, where hundreds of participants raced with enthusiasm and determination in rainy conditions.

A spokesperson for the local organising committee said: "Laser Run is more and more the sport for everyone. Every year there has been an increase in the number of athletes."

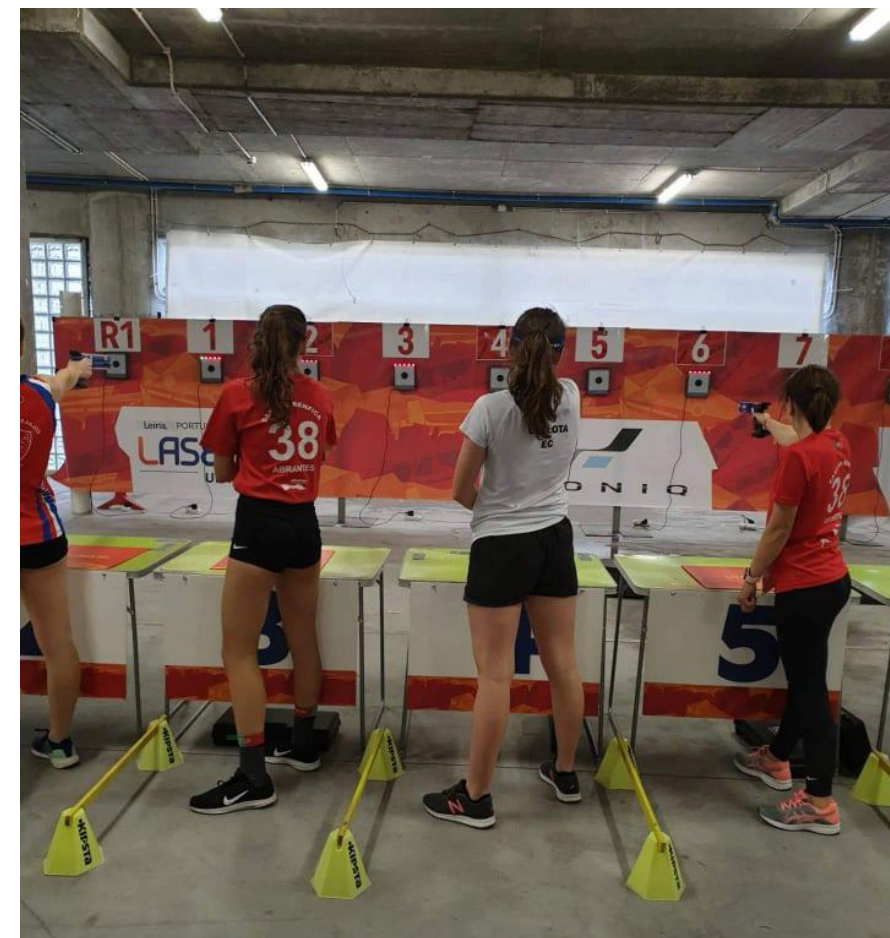
In 2020, Portugal's first GLRCT will take place in March in Odivelas where 300 athletes aged from eight to 80 are expected to turn out. A Biathle-Triathle National Tour (BTNT) is also scheduled, capitalising on the momentum created in 2016 when Lisbon (POR) hosted the 2nd UIPM Laser Run World Championships.

The spokesperson added: "After a full and emotional year, the new Laser Run season promises to continue to correspond to the enormous interest and curiosity that has been aroused inside and outside the pentathlon community."

Magic moment of fair play on historic day in Istanbul (TUR)

The historic first Global Laser Run City Tour in Turkey was marked by an outstanding act of fair play.

Racing in the Under 15 male category,



Action from the shooting range and happy faces on the podium in Leiria (POR)



Tamer Samy (EGY) demonstrates the art of laser shooting to a youngster in Istanbul (TUR)

Kivanc Tasyaran from the Ankara province was leading when he lost his footing and fell to the ground.

Instead of taking advantage of his rival's misfortune, Erkan Altunay stopped and helped Kivanc to his feet before they crossed the finish line together. It was a fitting highlight of a momentous

GLRCT in the capital city of Istanbul, which formed part of wider multi-sport celebrations around the 41st Istanbul Marathon.

Turkey's first major Laser Run competition attracted 157 participants and 53 medals were handed out. At elite level the country boasts one of the

finest exponents of Laser Run, world record-holder İlke Özyüksel (TUR).

Across the four days of the Istanbul Marathon sporting festival, thousands of people attended a booth run by the Turkish Modern Pentathlon Federation (TMPF), learning about the UIPM Sports movement and trying laser shooting.



Men and women try their hand at laser shooting during the GLRCT at the Istanbul Marathon sporting festival



Action from the shooting range in Gdynia (POL) as a family poses for a social media postcard (below)

A new wave in the port of Gdynia (POL)

Poland's association with the Global Laser Run City Tour began in Tczew in May 2019, and the year ended with another successful competition in the Baltic port of Gdynia.

Poland has a glorious history in Modern Pentathlon, having produced the Olympic champion in 1976 and 1992, and now the country is embracing the most accessible and popular UIPM development sport.

A spokesperson for the local organising committee said: "The new discipline aroused interest among residents not only from the region but also from all over Poland.

"There was a great sports atmosphere. The turnout was high and the head of the local Pomeranian pentathlon committee, Janek Szymczuk, said he was willing to train athletes so they could achieve great results in regional and international Laser Run



competitions in 2020."

Laser Run gets a taste of Olympics in Colorado Springs (USA)

One of the fundamental purposes of Laser Run is to give aspiring pentathletes their first step on the pathway towards the Olympic Games.

So it was fitting that the final Global Laser Run City Tour of 2019 in the United States should take place at the home of the United States Olympic & Paralympic Committee in Colorado Springs, Colorado.

Laser Run enthusiasts flocked to compete in high-quality facilities where the USA's high-performance pentathletes frequently train.



Athletes show their laser shooting prowess in Colorado Springs (USA) and at one of four GLRCT events in Argentina (below)

The success of the venture confirmed the nationwide interest in UIPM’s most popular development sport following events earlier in 2019 in Davis, California and Hunt, Texas.

A spokesperson for the local organizing committee said: “We are pleased with the event both in terms of organization and also participation. The competition was fierce and highlighted the nature of Laser Run within the United States.”

Four cities, one common goal in Argentina

Argentina ended 2019 with a flurry of Laser Run activity, with a series of four Global Laser Run City Tours in different cities.

The sequence began in San Martin, in the province of Buenos Aires, where more than 300 pupils attend an Institute which includes a sports school, enabling talent to be developed from a young age.

Next up was an event in the city of



Apostoles, in the province of Misiones, where another sports school has been founded for the recruitment of athletic talent.

The series continued in the city of Salta, where organisers connected with athletic associations that have a great enthusiasm to start practising Laser Run and where several athletes

have been identified as candidates for the Youth Olympic Games Dakar 2022 in Senegal.

The year ended in the beautiful city of Mar del Plata, a seaside resort with sea and beaches and where there was an excellent attendance with support from the Argentine Army. A number of participants received medals.

UIPM 2020 DEVELOPMENT COMPETITIONS

CALENDAR

UIPM 2020 BIATHLE/ TRIATHLE AND LASER RUN WORLD CHAMPIONSHIPS

WEIDEN, GERMANY

19.08 - 28.08 (T B C)

| | | | | | | | |
|---------------|--------------------|-----------------|----------------|--------------|-----------------|--------------|------------|
| EUROPE | Yerevan | Mogilev | Brest | Minsk Region | Minsk | Vitebsk | |
| | Toulouse | Corbas | Versailles | Rustavi | Chiatura | Tbilisi | |
| | Neunburg vorm Wald | Weiden | Modena | Odivelas | Alenquer | Amadora | |
| | Rostov | Nizhny Novgorod | Smolensk | Cheboksary | Novosibirsk | Ankara | |
| | Istanbul | Kyiv | Slovjansk | Lviv | Irpin | Darda | |
| | Istanbul | Sevan | Rivesaltes | Tbilisi | Weiden | Machico | |
| | AFRICA | Réo | Ouagadougou | Cairo | Alexandria | Hurghada | Mossel Bay |
| | | Lomé | Ouagadougou | Hurghada | Stellenbosch | | |
| ASIA | | Kabul | Herat | Guntur | Chennai | Kathmandu | Ormoc |
| | | Singapore | Tashkent | Ormoc | Colombo | | |
| | NORCECA | Hamilton | Guatemala City | San Juan | San Antonio, TX | San José, CA | |
| SOUTH AMERICA | | Guarenas | | | | | |
| | OCEANIA | Hamilton | | | | | |

UIPM Global Laser Run City Tour

UIPM Biathle/Triathle National Tour

News from around the world

Nominations invited for UIPM Athletes Committee

Elections to the UIPM Athletes Committee (AC) will take place throughout 2020 and UIPM is urging National Federations to nominate candidates.

The AC represents the interests of UIPM Sports athletes. It has the right to represent the athletes' position to the General Assembly, the Executive Board and the Committees, in particular to the Technical and Medical Committees.

The AC is currently chaired by Aya Medany (EGY), who is also a Member of the Athletes Commission at the International Olympic Committee (IOC), and composed of Charles Fernandez (GUA), Pamela Zapata (ARG), Riccardo De Luca (ITA), Chloe Esposito (AUS), Liu Shen-Hung (TPE) and Dmytro Kirpuliansky (UKR).

The first new Member will be elected during the UIPM 2020 Pentathlon World Championships in Cancun (MEX) and the deadline for nominations for this position is March 8, 2020.

The next new Members will be elected during the 2020 European Championships and Pan American Championships, where the nomination deadlines are March 30 and July 15 respectively, and the 2020 Asian Championships.

UIPM Athletes Committee candidates must be at least 18, be able to communicate in English and must never have been sanctioned for any breach of UIPM's Code of Ethics, Anti-Doping Rules or any other UIPM or IOC Rules.

Each candidate must be nominated



Left to right: Chair Aya Medany (EGY) discusses topical issues with UIPM Athletes Committee Members Dmytro Kirpuliansky (UKR), Riccardo de Luca (ITA) and Pamela Zapata (ARG) in Frankfurt (GER)



Pioneers trying out Laser Run on cross-country skis for the first time in Davos (SUI)

by the President or Secretary General of a National Federation that is a full member of UIPM.

The other criteria for membership are listed on the Application Form, which can be requested via email (secretariat@pentathlon.org) along with the Conflict of Interest Declaration Form.

Both forms should be signed by the President or Secretary of the relevant NF and returned to UIPM.

Laser Run on cross-country skis introduced at Winter Pentathlon in Davos (SUI)

Modern Pentathlon has been bringing innovation to the Olympic Summer Games ever since its introduction in Stockholm in 1912.

Even in winter, the movement never steps exploring new and better ways to provide athletes with the most challenging tests of body and mind, and it was in this spirit that a new form of



Hardy Masters competitors gather at the start line of the Winter Pentathlon 2020 in Davos (SUI)

Laser Run was introduced in Davos (SUI) recently. Markus Hostettler, organiser of the Davos Winter Pentathlon 2020, prepared a world premiere by inviting competitors to compete in Laser Run on cross-country skis.

A spokesperson for the local organising committee said: "It was a great experience with a tremendous fun factor and it surely will be an official part of the competition next year."

It was only one week after the well-known World Economic Forum that 30 athletes from six nations gathered in the famous Alpine resort to compete in the traditional Davos Winter Pentathlon.

This competition, named in memory of the former Swiss Masters Pentathlon pioneer Ernst Burn, consists of the disciplines classical shooting, epee fencing, show jumping on snow, cross-country skiing and downhill skiing. The snow disciplines in particular proved again that this form of Pentathlon has its own unique character.

Just in time, 2ft of powder snow had fallen to provide excellent winter sports

conditions. Cross-country skiing was performed on a well-prepared 8km track with an option of classical and skating (freestyle) mode. The downhill skiing took the form of a challenging giant slalom in two runs with the sunny slope and increasingly soft snow creating a challenge for most of the attendants.

The fencing tournament was enriched by a large group of young fencers from the fencing club of Chur, capital of the Graubünden region, as well as seven high-class fencers from Ukraine.

Due to treacherous conditions, the show-jumping ultimately had to be abandoned, forcing the competition to be graded as a Tetrathlon, but it didn't dampen spirits and the cross-country Laser Run was a fitting climax.

Coubertin manuscript dominated to Olympic Museum in Lausanne (SUI)

The historic manuscript laying out the original plans to revive the Olympic Games has been donated to the Olympic Museum in Lausanne

(SUI), almost 130 years after it was written by the founder of Modern Pentathlon, Baron Pierre de Coubertin.

Alexandra de Navacelle de Coubertin, Member of the UIPM Pierre de Coubertin Commission and President of the Pierre de Coubertin Family Association, was present at the ceremony.

IOC President Thomas Bach said: "Today we are witnessing history. At one level, we are witness to this historic document, the manuscript of the speech that laid out the philosophical foundations of the Olympic Movement. On another level, we are witnessing a historic moment, with this manuscript returning to its Olympic home, the place where it belongs."

Alisher Usmanov, who donated the manuscript, added: "This manuscript is the manifesto for the modern Olympic Games. Pierre de Coubertin had a vision of a world united by athletic pursuits and not divided by confrontations and wars. I believe that the Olympic Museum is the most appropriate place to keep this priceless manuscript."

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 Sofia I**
Sofia (BUL)
25-29 MAR

**UIPM Pentathlon
World Cup Sofia II**
Sofia (BUL)
2-5 APR



Medical and Anti-Doping Corner



WADA PUBLISHES 2020 LIST OF PROHIBITED SUBSTANCES

The World Anti-Doping Agency (WADA) has published its 2020 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, 2020, is accompanied by the 2020 Summary of Modifications and Explanatory Notes - which serves to help athletes, coaches and other support personnel to understand the latest changes - and the 2020 Monitoring Program.

The new WADA President, Witold Banka, said in his new year address. "It is to WADA's credit that 2020 will already see a greater level of support for Signatories to the World Anti-Doping Code (Code) than ever before.

"A year from now, the revised 2021 Code and related International Standards, to which so many of you have helpfully contributed, will come into force. Together, we will raise our game to new levels of performance for the good of clean sport."

For a substance or method to be added to the Prohibited 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 2020 Prohibited List, Summary of Modifications and Monitoring Program are available for download on WADA's website (<https://www.wada-ama.org>) in multiple languages.

Inside UIPM: Monthly activities of President Dr Schormann

14.01.2020: Lausanne, SUI

UIPM President Dr Klaus Schormann visited the headquarters of the International Federation of Basketball Associations (FIBA) to meet with Secretary General Andreas Zagklis.

They discussed general issues relating to the international sports movement and underlined the ongoing strong relationship between UIPM and FIBA, which started many years ago through the late Patrick Baumann (former IOC Member and FIBA SG), who died during the Youth Olympic Summer Games Buenos Aires 2018.



UIPM President Dr Klaus Schormann at FIBA headquarters in Lausanne (SUI) with Secretary General Andreas Zagklis

21.01.2020: Berlin, GER

President Dr Schormann met various senior figures in German Olympic sport during the 'Stars of Sport 2019' Awards. He spoke to Josef Fendt, President of the International Luge Federation (FIL) as well as German Olympic Committee (DOSB) President Alfons Hoermann and Vice-President Prof Dr Gudrun Doll Tepper about special projects that promote the role of sport as a force for integration and an important pillar of society.

The awards were presented by Angela Merkel, Federal Chancellor of Germany.



The UIPM President attends the Stars of Sport 2019 Awards with (left to right) FIL President Sepp Fendt and the DOSB Vice President and President, Prof Dr Gudrun Doll Tepper and Alfons Hoermann

12.02. – 16.02.2020: Antholz, ITA

The UIPM President visited the International Biathlon Union (IBU) World Championships and had a number of meetings with key contacts in the Olympic movement.

He met with Ivor Lehotan, IBU Executive Board Member, to discuss the promotion of sport and its importance in society



President Dr Schormann with IBU Executive Board Member Ivor Lehotan in Antholz (ITA)



Dr Schormann with VIP guests including International Biathlon Union President Olle Dahlin (2nd left) and Executive Board Member Tore Boygard (right)

as a catalyst for peace and better understanding.

A meeting between IBU President Olle Dahlin and Dr Schormann enabled the two leaders to have a wide-ranging conversation, including other IBU EB members in the meeting to discuss medical issues such as Coronavirus, the anti-doping movement and youth development.

21.02.2020: Frankfurt-am-Main, GER

The UIPM President visited the International Biathlon Union (IBU) World Championships and had a number of meetings with key contacts in the Olympic movement.

President Dr Schormann had a working meeting with Prof Dr Nicole Mau and Prof Dr Markus Mau about matters of business affairs.

They discussed in depth future steps and new actions in promotion and marketing, ahead of a presentation to a marketing working group in March 2020 that will be arranged by UIPM Executive Board Member for Marketing, Martin Dawe.



President Dr Schormann during a working meeting with Prof Dr Nicole Mau and Prof Dr Markus Mau



UIPM President Dr Klaus Schormann and EMPF President Sharif Elerian (right) present a trophy to Arab Academy President Prof Ismail Abdel Ghafar

26.02.-01.03.2020: Cairo, EGY

The UIPM President fulfilled a wide variety of engagements during his visit to the first major competition of the season, UIPM 2020 Pentathlon World Cup Cairo.

In Alexandria he visited the Arab Academy for Science, Technology & Maritime Transport to inspect its sports facilities as a potential venue for the UIPM 2021

Junior World Championships.

He enjoyed a briefing from the Academy President, Prof Ismail Abdel Ghafar, about various activities of the Academy, which is also a strong partner of the Egyptian Federation of Modern Pentathlon (EMPF).

Many athletes under the jurisdiction of the EMPF are students of the academy who also training there. EMPF President Sharif Elerian underlined in this meeting

that the Academy can be a pillar for the development of Modern Pentathlon for National Federations across Africa.

UIPM President Dr Schormann and EMPF President Elerian – an Executive Board Member of the Egyptian National Olympic Committee – had a tour of the Madinaty Club in Cairo, where many Laser Run and other UIPM Sports competitions have already been organized.



The club management offers facilities for training and future possibilities of hosting Modern Pentathlon competitions and youth training camps for developing African nations there were discussed.

During a visit to the 57357 Children's Cancer Hospital, President Elerian handed over a donation from the EMPF and the UIPM President joined this ceremony, where a group of young Egyptian athletes were also present and had the chance to meet some young patients.

The EMPF and UIPM Presidents also met in the Ministry of Youth and Sports with Minister Dr Ashraf Sobhy.

The Minister briefed President Schormann about various sporting projects of the Government of Egypt, which holds youth education through sport as a priority while also supporting high-profile sports.

The Olympic Movement is very important for Egypt and the traditionally close partnership between the Egyptian Government and UIPM was strengthened and underlined by the meeting and the continuing good friendship between Minister Sobhy and the UIPM President.

One of the VIP guests at UIPM 2020 Pentathlon World Cup Cairo was the International Handball Federation (IHF) President, Dr Hassan Moustafa, a close friend to the UIPM President and Modern Pentathlon.

Dr Moustafa visited the competition, presented medals and had discussions with UIPM President Dr Schormann and EMPF President Elerian, who is also Secretary General and Executive Board Member of the Egyptian National Olympic Committee.

They talked about sport in Egypt and the country's potential to act as a centre for sports development for African sports based on expert knowledge and a variety of excellent training and competition facilities.



The UIPM and EMPF Presidents meet representatives of the Madinaty Club in Cairo (EGY)



The UIPM and EMPF Presidents with Dr Ashraf Sobhy, the Minister of Youth & Sports

They also spoke about the Coronavirus outbreak and possible implications for the qualification process for the Olympic Summer Games Tokyo 2020. They declared to think positively and to provide the best possible support for athletes and NFs, based on a strong sense of confidence that Tokyo 2020 will be big success for the Olympic movement.

During the World Cup the UIPM President met with two of the three Technical Delegates for Tokyo 2020, Bernhard Petruschinski (GER) and Agnes Deakne Kulcsar (HUN), to brief them on the sport-political situation, practical

preparations for the Olympic Modern Pentathlon and their duties for the coming months linked to the Games.

President Dr Schormann also attended an athlete briefing session, arranged by UIPM Athletes Committee Chair Aya Medany, along with Secretary General Shiny Fang, Executive Board Member for Marketing Martin Dawe and NORCECA President Rob Stull.

UIPM Operations Director Alexandre Franca presented to the athletes on the proposed New Pentathlon format, which will introduce an elimination system to Modern Pentathlon after 2020.



UIPM President Dr Klaus Schormann visits the 57357 Children's Cancer Hospital and meets two young patients along with a group of Egyptian athletes



Pentathletes from various nations attend a special UIPM briefing in Cairo



Left to right: Hassan Hamdi (former Alahly sporting club president), Wagih Fahmy, Dr Hassan Moustafa (IHF President), Dr Klaus Schormann (UIPM President) and Sharif El-Erian (EMPF President)



The UIPM President with Tokyo 2020 Modern Pentathlon Technical Delegates Bernhard Petruschinski and Agnes Deakne Kulcsar



President Dr Schormann with fellow dignitaries at the Men's Final podium at UIPM 2020 Pentathlon World Cup Cairo

New Balance
World Rankings

The PWR is updated live on www.pentathlon.org after each competition. PWR as at 04 March 2020:

| MEN | | | |
|------|--------|---------------------|--------|
| RANK | NATION | NAME | POINTS |
| 1 | GBR | Joseph CHOONG | 210 |
| 2 | KOR | LEE Jihun | 181 |
| 3 | FRA | Valentin PRADES | 176 |
| 4 | GER | Marvin DOGUE | 174 |
| 5 | KOR | JUN Woongtae | 167 |
| 6 | UKR | Pavlo TYMOSHCHENKO | 167 |
| 7 | GBR | Jamie COOKE | 162 |
| 8 | FRA | Valentin BELAUD | 160 |
| 9 | CHN | LI Shuhuan | 155 |
| 10 | RUS | Alexander LIFANOV | 147 |
| 11 | HUN | Adam MAROSI | 145 |
| 12 | GER | Christian ZILLEKENS | 145 |
| 13 | RUS | Alexander LESUN | 145 |
| 14 | LTU | Justinas KINDERIS | 140 |
| 15 | CZE | Patrick DOGUE | 137 |
| 16 | GER | Fabian LIEBIG | 135 |
| 17 | CHI | Esteban BUSTOS | 134 |
| 18 | CZE | Martin VLACH | 134 |
| 19 | KOR | JUNG Jinhwa | 134 |
| 20 | EGY | Eslam HAMAD | 133 |

| WOMEN | | | |
|-------|--------|-----------------------|--------|
| RANK | NATION | NAME | POINTS |
| 1 | FRA | Elodie CLOUVEL | 195 |
| 2 | LTU | Laura ASADAUSKAITE | 195 |
| 3 | GBR | Kate FRENCH | 186 |
| 4 | GER | Annika SCHLEU | 179 |
| 5 | RUS | Gulnaz GUBAYDULLINA | 173 |
| 6 | ITA | Elena MICHELI | 173 |
| 7 | BLR | Volha SILKINA | 172 |
| 8 | GBR | Joanna MUIR | 162 |
| 9 | LTU | Gintare VENCKAUSKAITE | 161 |
| 10 | KOR | KIM Sunwoo | 157 |
| 11 | FRA | Marie OTEIZA | 156 |
| 12 | TUR | Ilke OZYUKSEL | 155 |
| 13 | RUS | Uliana BATASHOVA | 153 |
| 14 | BLR | Iryna PRASIANTSOVA | 150 |
| 15 | MEX | Mariana ARCEO | 145 |
| 16 | JPN | Natsumi TAKAMIYA | 142 |
| 17 | ITA | Alice SOTERO | 141 |
| 18 | HUN | Tamara ALEKSZEJEV | 139 |
| 19 | RUS | Anna BURIK | 137 |
| 20 | BLR | Anastasiya PROKOPENKO | 137 |

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

WATCH ONLINE
UIPMTV.ORG

| | |
|---|---|
| 26 Feb 01 Mar Pentathlon World Cup Cairo, EGY | 29 Apr 03 May Budapest, HUN |
| 24-28 Mar Sofia (I), BUL | 14-17 May World Cup Final Seoul, KOR |
| 02-05 Apr Sofia (II), BUL | 25-31 May Pentathlon World Championships Cancun, MEX |
| LIVE-STREAMING NEWS EDITS/HIGHLIGHTS | |

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| Sep 2019 2019 Pentathlon and Laser Run World Championships Budapest, HUN | 26 Feb 01 Mar 2020 Pentathlon World Cup Cairo Cairo, EGY |
| HOW TO GET NEWS EDITS AND HIGHLIGHTS? Contact: media@pentathlon.org | |



UIPM
Pentathlon
World Cup
Sofia, BULGARIA (I)
24-28.3.20

02-05.4.20

UIPM
Pentathlon
World Cup
Sofia, BULGARIA (II)



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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