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**World Pentathlon
Newsletter**

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UIPM 2019 PENTATHLON WORLD CUP PRAGUE



The Rio 2016 Olympic Games gold medallist, Alexander Lesun of Russia, clears a fence during the Riding as he moves closer to his impressive comeback victory in the Men's Final at UIPM 2019 Pentathlon World Cup Prague. See Pages 15-17.



Lufthansa

UIPM 2019 Pentathlon World Cup Szekesfehervar

Hosts Hungary thriving as centre of attention

Hungary is one of the heartlands of pentathlon and in a year when they are preparing to host the biggest-ever UIPM competition, it was no surprise that UIPM 2019 Pentathlon World Cup Szekesfehervar turned out to be a strong showcase for the sport.

The finals began with a coveted home success, as Tamara Alekszejev (HUN) won gold in the Women's Final, followed by an epic Men's Final and a Mixed Relay that attracted a record entry and which ended with a surprise win for China.

Martin Dawe, UIPM Executive Board Member for Marketing, said: "The

Mixed Relay was the climax of a really exciting competition.

"We've had the top athletes here in Szekesfehervar, performances have been fantastic and it's obvious that the closer we are getting to the Tokyo 2020 Olympic Games, the standard is improving and people are starting to look to qualify for the Games.

"The local organising committee have done a great job, the venue dressing and everything else has been excellent. I'm also delighted that the home nation, Hungary, have won the gold medal.

"I think it puts them in good standing ahead of the UIPM 2019 Pentathlon and Laser Run World Championships in September."

Women's Final: Dream day for Alekszejev (HUN)

Tamara Alekszejev's beaming smile from the top of the podium told the story of a perfect day for one of Hungary's leading pentathletes.

In the absence of her team-mate, world No.2 Sarolta Kovacs (HUN), Alekszejev (HUN) led from the front in the Women's Final and fought off a brave late surge from Ilke Ozyuksel of Turkey to claim gold in front of a partisan crowd.

Ozyuksel (TUR) seemed to have all the momentum on the final lap after cancelling out most of the 56sec starting advantage held by the local and closed the gap to within 10sec.



Blau Yufei and Han Jiahao of China enjoy their success in the Mixed Relay



Action from the Fencing Bonus Round

Refusing to let anyone change the script of her fairytale day, 2017 UIPM Pentathlon World Cup Final winner Alekszejev (HUN) gritted her teeth and powered through the final 800m to seal gold.

Anna Buriak of Russia protected her starting position of third to win her first Pentathlon World Cup medal, one place ahead of Volha Silkina of Belarus. World No.7 Annika Schleu of Germany finished 5th and Anna Maliszewska of Poland took the final podium place.

Two of the pre-race favourites, London 2012 Olympic champion Laura Asadauskaite of Lithuania and Elodie Clouvel of France, lost their chance for a medal during the Riding discipline.

Smiling and laughing as she awaited the medal ceremony, Alekszejev (HUN) said: "I'm very happy – I can't believe I am the winner.

"Fencing was perfect and Riding was



Action from the Swimming pool

perfect, and in the Laser Run I had 33sec but I knew that Ilke is a very good runner and she came hard.

"My last shooting was not good because I was looking at Ilke and I thought 'oh my God'. After the shooting I just stayed strong for 800 metres. It was very hard but I am very happy."

The local crowd may not have wanted her to win but there was huge admiration for the courage of Ozyuksel (TUR), the 22-year-old silver medallist, who competed superbly to win her fourth Pentathlon World Cup medal in the aftermath of a family bereavement.



A successful clearance during the Riding under blue skies in Hungary

Ozyuksel (TUR) said: "I was just focusing on my Fencing and my Riding. I did my best score in Fencing and did very well in Riding, and actually it was very different for me because I am always starting from behind."

"It was the first time I was able to start the Laser Run in the top five like this, and I focused on my shooting and I'm so happy. Last week I lost my dad, and I am really sorry about that. I took this medal for him."

Buriak (RUS) added: "I was good in Fencing and Swimming, not the best in Riding but then good in the Laser Run, and that's what made it possible for me to be in third place."

"It's my best result of the year and also my first international competition of the season. I would like to add that this is my comeback after four years of training in Russia. This is my comeback to the podium."

Swimming

Clouvel (FRA) was easily the most



Ilke Ozyuksel (TUR) sets off from the range on her way to silver

impressive performer in the pool, timing 2:10.84. The next fastest was Ieva Serapinaite (LTU) in 2:13.02 and Elena Micheli of Italy in 2:13.32.

Fencing

Alekszejev (HUN) made her name in Vilnius (LTU) two years ago when a strong Fencing performance formed the

basis of her being crowned Pentathlon World Cup champion. Her superiority on the piste in Szekesfehervar was even more impressive, as she notched up a remarkable 29V/6D in the Ranking Round – and even added two points in the Bonus Round. The local favourite was untouchable but Asadauskaite (LTU) and Silkina (BLR) put themselves

in contention for the podium with 24V/11D.

The Bonus Round provided plenty of excitement as Mariana Arceo of Mexico added five points to her score and the returning Rio 2016 Olympic bronze medallist Oktawia Nowacka (POL) scored four.

Riding

Knowing she had such a big lead to protect must have relieved some of the pressure for Alekszejev (HUN), but she summoned a masterful degree of control and made another major statement of intent with a clean round and a perfect score of 300.

Before that, Clouvel (FRA) and Asadauskaite (LTU) had fallen out of contention after their rides, incurring 49 and 85 penalty points respectively.

It was left to Silkina (BLR, 300) and Buriak (RUS, 293) to keep some semblance of pressure on the leader, while there were also clean rounds for Sive Brassil of Ireland, Ronja Steinborn (GER) and Aurora Tognetti (ITA), gold medallist at the 2016 UIPM Youth A World Championships.

Laser Run

Each of the top three started with solid shooting and running, but Ozyuksel (TUR) moved from 5th to 4th on the first lap and attacked for the podium on the second, passing Buriak (RUS) and then Silkina (BLR), as world silver medallist Schleu (GER) made moves in the background.

Alekszejev (HUN) stumbled over her second shoot (20sec), giving the marauding Ozyuksel (TUR) some faint hope, and when the Turk zipped in and out of the range on the last two visits, Alekszejev (HUN) knew she had a race on her hands.

However, the 30-year-old summoned her experience to keep her lead at 8sec and secure yet another famous victory for the Hungarian pentathlon archives.



Gold medallist Tamara Alekszejev (HUN) takes the tape and (below) is joined on the podium



Ozyuksel (TUR, 11:38.85) was the top Laser Runner on the day, ahead of Gintare Venckauskaite (LTU, 11:44.07) and Asadauskaite (LTU, 11:49.38), while Joanna Muir of Great Britain moved all the way up from 25th to 8th to finish one place behind her compatriot Jessica Varley (GBR).

Men's Final: Zillekens (GER) wins classic battle

It was billed as a clash of the titans between 15 of the world's 16 top pentathletes, but ultimately it came down to a private battle between three. But what a battle.

Christian Zillekens of Germany emerged as a triumphant gold medallist at UIPM 2019 Pentathlon World Cup Szekesfehervar, winning by 3sec from Valentin Prades of France.

It is rare that two medallists in a pentathlon competition end up feeling disappointed with the result, but that was the outcome for both Prades (FRA), who fell during the Laser Run and lost crucial momentum, and for bronze medallist Ahmed Elgendy of Egypt, who took the lead on the final lap before fading.

The high level of performances was



Men's Final action from the Swimming pool

underlined by the calibre of the athletes left behind by the medallists. They were joined on the podium by Great Britain duo Jamie Cooke (4th) and Joseph Choong (5th), and Jan Kuf of the Czech Republic, who was 6th.

For 23-year-old Zillekens (GER), the taste of gold was especially sweet as this was his first Pentathlon World Cup medal, underlining the consistency he had shown with four top-10 finishes since 2016, culminating in a 4th place at Pentathlon World Cup Sofia in April.

Zillekens (GER), UIPM world youth champion in Wuhan (CHN) in 2013, said: "I cannot believe it. I started the Laser Run in 4th place and I would have been happy with this place in the end.

"I shot very well and then in the last 100 metres, my finish was good and I gave everything. I knew I could get it. I saw that Valentin was close behind us, and it was a hard finish, but in the end I had a better finishing speed."



Alexander Lesun (RUS) suffers a rare defeat in Fencing

Silver gave Prades (FRA) enough ranking points to push him above Jun Woongtae of Korea (17th) into the world No.1 position, but the 2018 world silver medallist wasn't entirely happy with his day's work.

Prades (FRA) said: "It's a high

performance, and my running was good, but I am not at my top level and I also had a crash on the turn. Maybe that was the difference [between silver and gold], we will never know. But I am very happy for Christian."

For 19-year-old Elgendy (EGY), it was

another mark of star quality, coming on the back of his breakthrough gold medal at Pentathlon World Cup Cairo in February. Pentathlon's most exciting prospect won UIPM world gold at junior and youth level in 2018, as well as the Youth Olympic Games gold medal.

Elgendy (EGY) said: "It was a very good day today and I won 3rd position and I'm very happy. Actually I wasn't expecting this position because the last period was not good for me – a few injuries and ups and downs and not very good training.

"My Swimming was not very good but Fencing was good today – I finished in 7th position and 4th overall. But my Riding was the best since I started riding, and 300 points secured my place, I moved forward one place. There was a 3sec gap between me and Valentin Prades, and he was very strong in the run. I shot very well today but didn't run very well. The last lap wasn't good for me, there was no endurance in my running.

"I was up against two great athletes, and they were idols of mine when I was in the youth ranks and I'm happy to be competing with them. My next target is the Pentathlon World Cup Final Tokyo, where I hope to qualify for the Olympic Games. If not, then I hope to qualify at the Pentathlon World Championships in Budapest."

Swimming

When the top two British athletes compete, there is always a private battle to break the two-minute barrier and today it was world champion Cooke (GBR) who made it – just – with a time of 1:59.96.

In the lane beside him, Choong (GBR) timed 2:00.17 and the next-fastest swimmer was Gustav Gustenau of Austria, who completed 200m in 2:01.81.

Fencing

In the Fencing hall, all eyes were



Valentin Prades (FRA) clears an obstacle during the Riding



Prades (FRA) keeps an eye on Ahmed Elgendy (EGY) but Christian Zillekens (GER) stays close ...



... and Zillekens (GER) sets off from the shooting range in his quest for gold

on Alexander Lesun of Russia after his exceptional performance in qualification (26V/6D). But the Olympic champion found the competition to be much tougher in this high-class field.

At the end of a fiercely competitive Ranking Round it was Prades (FRA) who emerged triumphant, with 24V/11D. Lesun (RUS) joined four others – Zillekens (GER), Kuf (CZE), Eslam Hamad (EGY) and Justinas Kinderis of Lithuania – on 23V/12D, while Elgendy (EGY) stayed in contention with 21V/14D.

Unfortunately for the home crowd, there was to be no repeat of Tamara Alekszejew's golden performance 24 hours earlier as Bence Demeter of Hungary struggled on the piste, securing only nine victories (though he later managed seven in the Bonus Round).

Riding

The standard of horsemanship was truly incredible, with 18 athletes coming within one error of a clear round.

There were clear rounds for Zillekens (GER), Elgendy (EGY) and Choong (GBR) as well as 2017 UIPM junior world champion Daniele Colasanti of Italy, Kirill Belyakov (RUS) and Sebastian Stasiak of Poland.

Prades (FRA) dropped just seven points to retain the overall lead, but there was mounting pressure all around him.

Laser Run

In wet conditions, Prades (FRA) started just 2sec ahead of Kuf (CZE), 3sec ahead of Elgendy (EGY) and 6sec ahead of Zillekens (GER), and four became three at the first visit to the shooting range. The three medallists performed with such consistent excellence that even the world champion, Cooke (GBR), was unable to make up a 9sec starting handicap.

It was Elgendy (EGY) who made the first move, overtaking Prades (FRA) during the second shoot, and the race became a little more complicated for the latter as he turned a tight corner on the second lap and lost his footing

on the muddy grass, losing a couple of seconds.

He was never allowed to pull away, but Elgendy (EGY) continued to set the standard at the range, hitting five targets in just 6sec at the third visit. There was a strong suspicion that gold might be decided at the final shoot, and this time it was Zillekens (GER) was quickest on the draw, getting in and out in 9sec and staying on the shoulder of Elgendy (EGY).

With Prades (FRA) looking strong in the background, Zillekens (GER) broke clear of Elgendy (EGY) with 150m to go, and Prades (FRA) did the same as the teenager failed to respond. Zillekens (GER) kept watch over his shoulder but he had managed his Laser Run perfectly, and glory came the German's way as he powered across the line.

In the final analysis Zillekens (GER, 10:37.50) was second only to Luo Shuai of China (10:36.72) in Laser Run pace, as Patrick Dogue (GER) timed 10:43.66 to salvage 10th place overall.



It's gold for Christian Zillekens (GER) as Valentin Prades (FRA) is forced to settle for silver

Mixed Relay: China reign in the rain

Bian Yufei and Han Jiahao defied adverse weather conditions to win a rare gold for China in the Mixed Relay.

On a day when high winds and rain meant the Fencing Bonus Round had to take place indoors, China (Bian/Han) overcame the elements during Riding and Laser Run in impressive style to protect the lead they had amassed in Swimming and Fencing.

Supporters from the host nation, Hungary, were celebrating again as Blanka Guzi and Bence Kardos came from nowhere to win silver, thanks largely to an exceptional Laser Run by Guzi (HUN). With a record 22 nations competing in the mixed event, the race for bronze was wide open but it was settled by experience as Gintare Venckauskaite and Justinas Kinderis came home 3rd for Lithuania.

The standard was so high in spite of the conditions that world champions Germany (Rebecca Langrehr & Fabian Liebig) could only finish 4th, just ahead of Great Britain (Joseph Choong & Olivia Green) in 5th and Korea (Jeong Mina & Seo Changwan) in 6th.

Han (CHN) said: "In Fencing we were the leaders and it was very difficult because everybody is good at Fencing and we didn't do so well in the individual competition. In Riding and Laser Run it was very difficult because the weather was bad, but we are very happy to win this championship."

His partner Bian (CHN) added: "Because the wind was very big, it was difficult for everybody to control the pistol. We have to solve this problem to be good athletes."

The star individual performer of the Laser Run was Guzi (HUN), who made her way from 11th to 2nd in the space of two circuits. She said: "I completed the task that was in my mind. It's one of the best things that's happened to me, and I am very glad. Today is Mother's



Action from the Swimming pool as the men take over from their female team-mates



A high five for China (Bian/Han) during the Fencing Ranking Round

Day so this is a present for my mother."

Her partner Kardos (HUN) added: "Blanka came from 11th to 2nd and I heard the speaker and the crowd supporting us. Blanka was very good."

Swimming

China (Bian/Han) started the day as they meant to go on, setting the pace in the pool with 1:56.70. Great Britain

(Green/Choong) were next quickest with 1:59.00, just ahead of Korea (Jeong/Seo).

Fencing

China (Bian/Han) did not have everything their own way in the Ranking Round, as Valeriya Permykina and Pavlo Zvedeniuk of Ukraine joined them in top-scoring on 29V/13D. Korea (Jeong/Seo) were only one

victory behind, scoring 28V/14D, keeping at bay more established athletes from France (Elodie Clouvel & Valentin Belaud) and Hungary (Tamara Alekszejev & Gergely Regos), each of whom managed 26V/16D. The Bonus Round belonged to France (Clouvel/Belaud), who added five points.

Riding

Due to the rain, the ground underfoot soon deteriorated and this may have been a disadvantage for the overall leaders, who went out last. Two potential champions lost their way as France (Clouvel/Belaud) conceded 79 penalty points, Ukraine (Permykina/Zvedeniuk) 76 and the top-ranked Hungarian duo (Alekszejev/Regos) 44.

In contrast, China (Bian/Han) kept their nerve with a score of 284, as did top-scoring Germany (Langrehr/Liebig) with 292 and Lithuania (Venckauskaite/Kinderis) with 291. The champions of Pentathlon World Cup Sofia, Marta Kobecka and Szymon Staskiewicz of Poland, matched that score.

Laser Run

China (Bian/Han) started with a 25sec lead from Korea (Jeong/Seo) and 32sec from Poland (Kobecka/Staskiewicz), and Bian (CHN) defended her position as other challengers capitulated.

An opportunity presented itself for an unexpected contender to emerge, and it was Guzi (HUN) who took her chance with an exceptional run/shoot, overtaking nine rivals.

When she handed over to Kardos (HUN), their possession of silver briefly came under threat as Kinderis (LTU) profited from a great shoot, but Kardos (HUN) immediately overtook his rival to make sure the crowd would have another medal to celebrate after the gold that was claimed by Alekszejev (HUN) in the Women's Final.

Hungary (Guzi/Kardos) timed 11:16.00, 13sec ahead of Great Britain (Green/Choong) and 23sec quicker than Lithuania (Venckauskaite/Kinderis).



Justinas Kinderis (LTU) breaks away in wet conditions



Handover time for the Chinese duo



Mixed Relay podium

UIPM 2019 Pentathlon World Cup Prague

Four medals for dominant Great Britain team

It is rare for one country to dominate a competition across three events as Great Britain did at UIPM 2019 Pentathlon World Cup Prague.

With a large group of parents travelling with the team to provide support, the British athletes excelled in the Czech capital under the supervision of performance director Jan Kuf, who won two Olympic pentathlon medals for Czechoslovakia in Montreal in 1976.

It was also an excellent competition for Russia and Germany, and Egypt joined them on the podium in the Mixed Relay, but nothing could overshadow the four-medal haul achieved by five

Great Britain athletes – Kate French (gold), Jessica Varley (bronze), Joseph Choong (silver) and the Mixed Relay duo Joanna Muir and Sam Curry (gold).

UIPM President Dr Klaus Schormann said: "This was an important competition in the season, with a final opportunity to qualify for the UIPM 2019 Pentathlon World Cup Final and Olympic Test Event in Tokyo.

"The athletes gave a lot of great performances and it was good to see the competition for positions six, seven, eight and so on – they were running hard to get points to qualify for the Pentathlon World Cup Final.

"It was an exciting competition in a beautiful new arena here at the

riverside in Prague. When we see what has been prepared by the organising committee I am really happy to see that this old tradition here in Prague has been continued.

"Now we are looking forward to Tokyo, where we will not only have individual finals but also a Mixed Relay, which will be a big highlight of our season. I wish all the athletes good health and look forward to seeing them in Tokyo in June."

Women's Final: Gold for flawless French (GBR)

Kate French of Great Britain tasted gold for the third year in succession as she proved unstoppable in the Women's Final having already



Sam Curry and Joanna Muir of Great Britain savour the feeling of winning Mixed Relay gold in Prague (CZE)



Marie Oteiza (FRA) and Kim Sunwoo (KOR) face off during the Fencing Bonus Round

dominated the qualification round. To complete the perfect day, she was joined on the podium by team-mate Jessica Varley (GBR), who made up six places in the Laser Run to claim bronze.

Silver went to 2017 world champion Gulnaz Gubaydullina of Russia, confirming her form at a critical stage of the season. The next competition, UIPM Pentathlon World Cup Final in Tokyo (June 27-30), will offer most of the world's top athletes their first chance to qualify for the Tokyo 2020 Olympic Games.

It was a good day for Kim Sunwoo of Korea, too, to remind rivals of her quality. The two-time UIPM junior world champion finished 4th, her best performance since winning bronze at Pentathlon World Cup Kecskemet 12 months ago.

Behind her, world No.1 Marie Oteiza



Action from the Fencing Ranking Round

of France crossed the line in 5th, ahead of Germany duo Rebecca Langrehr and Janine Kohlmann and

world No.3 Uliana Batashova (RUS). As she savoured her third individual gold medal at this level, after similarly

dominant performances in Cairo (EGY) in 2017 and Sofia (BUL) in 2018, French (GBR) said: "I am very, very happy. I needed a good result. It has just been a really good day so I'm super pleased."

"Hopefully this means I will be competing at the Pentathlon World Cup Final and I'm really relieved about that and looking forward to it."

"It has been brilliant to have lots of our parents here, including my mum, who has come out. I could hear them all shouting at the finish line, and it was great to have that support. The first few competitions haven't gone to plan, so I'm really pleased I have been able to get it right for this one."

Having already finished 8th in Cairo (EGY) and 5th in Sofia (BUL) in this year's Pentathlon World Cup series, silver medallist Gubaydullina (RUS) said: "I am very happy. All my disciplines were very good today."

"All season this has been normal, and I am happy with this result and I just want to say thank you to my coaches, the administrators and everybody else involved in the competition."

"In the future I want the same – to be in the top 10 and to be winning. It's a lot of work and I'm looking forward to the Olympic Games and the World Championships."

The revelation of the day was the performance of Varley (GBR), who put in a storming Laser Run to earn her first medal. She said: "I'm absolutely over the moon. I've been working for this basically my whole life, and I am so excited it has finally happened."

"This season I have gone from nothing to 7th at World Cup Szekesfehervar and now 3rd here – it has all come together at just the right time. Hopefully that will be enough to secure my qualifying spot for Tokyo and I hope to be there."

"I don't think I realised I was in a podium position until the last run. I had a wobbly shoot in the semi-final and I knew I had to shoot much better, and I'm so happy I did."

"Kate has won, which is absolutely fantastic, and we've got our whole team out here and the support is amazing. I couldn't do it without them."

Swimming

Not unusually, Gubaydullina (RUS) set the pace in the pool with a time of 2:05.81, winning the final heat from Alice Sotero of Italy, who timed 2:07.33, and Rio 2016 Olympic silver medallist Elodie Clouvel (FRA, 2:07.35).

Fencing

With so many of the world's top 10 in attendance for this final chance to earn a trip to Tokyo next month, it was no surprise to see fierce competition on the Fencing piste, and French (GBR) emerged on top but only by a narrow margin.



Spectators watch an exciting Riding competition from the stands



A tight group of athletes run in a pack in Prague (CZE)

The British woman scored 24V/11D in the Ranking Round, the same score as Langrehr (GER), and edged the final encounter in the Bonus Round to add two points to her overall score.

Two other medallists from the 2019 season, Natalya Coyle of Ireland and Anna Buriak (RUS), kept the leaders on their toes with 23V/12D while Kim (KOR) and Oteiza (FRA) kept themselves in contention with 22V/13D apiece.

Riding

On a low-scoring day, there were no perfect rounds and the priority for the athletes was to make sure they didn't lose ground to rivals battling either for the podium or for Tokyo qualifying points.

Kohlmann and Ronja Steinborn (GER) came out on top with 295 points each, with Alessandra Frezza (ITA) scoring 294 and Batashova (RUS) 293.

Gubaydullina (RUS, 290), French (GBR, 289) and Langrehr (GER, 289) all escaped unscathed, while 18 penalty points apiece damaged the medal



Kate French (GBR) enjoys her victory at the finish line

prospects of Coyle (IRL) and Kim (KOR) and Oteiza (FRA) looked like she had too much to do after scoring 271.

Laser Run

French (GBR) is an athlete with rock-solid temperament who knows how to protect a lead, and she defended her 9sec advantage with aplomb from the first shoot to the final metres of the run, eventually winning by 14sec.

Behind her there was a fascinating

exchange of places, which began with Langrehr (GER) and Coyle (IRL) losing the initiative to Kim (KOR) and Ipek Aksin of Turkey. The other early mover was Gubaydullina (RUS), who showed her class by moving into 2nd place during the second 800m lap.

As the intrigue continued into the third lap, Kim (KOR) took an apparently firm hold on the bronze medal position, only to lose some precious seconds at the final shoot and find her position

stolen by a marauding Varley (GBR), who had made her way impressively through the pack from a starting place of 9th.

As the chasing pack strained every sinew in a bid to get to Tokyo – the final line-up for which will be announced by UIPM in June – there were a number of impressive Laser Runs, led by three athletes who broke the 12min barrier: Ilke Ozyuksel (TUR, 11:49.63), Annika Schleu (GER, 11:54.71) and Mayan Oliver of Mexico (11:58.46).

Men's Final: Return of the king as Lesun (RUS) savours gold

Alexander Lesun of Russia, the most prolific pentathlete of his generation, is back.

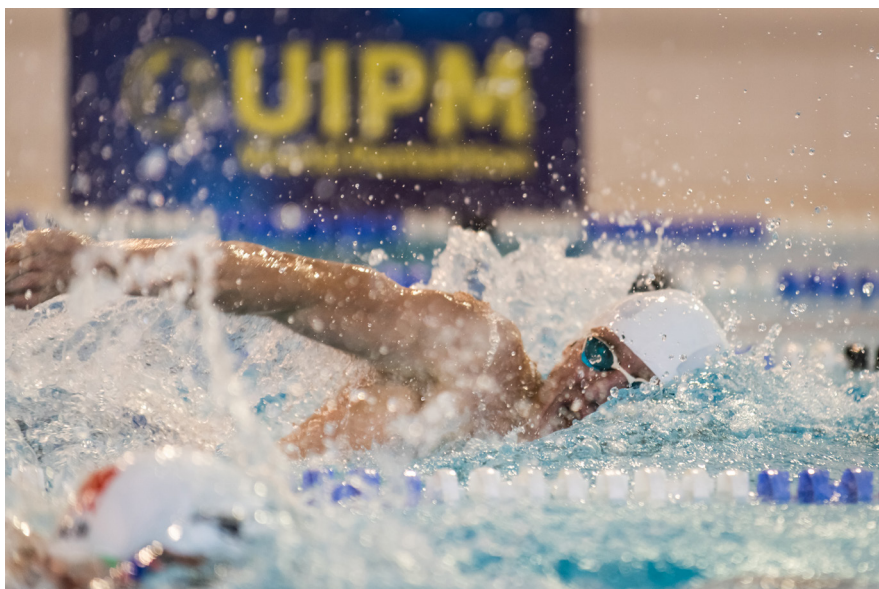
The reigning Olympic champion and two-time world and European champion claimed his first individual Pentathlon World Cup gold medal since 2014 in Prague (CZE), announcing a timely return to form with opportunities to qualify for the Tokyo 2020 Olympic Games fast approaching.

Lesun (RUS) was supreme on the Fencing piste and unflappable in the Riding arena, giving himself an imposing lead for an unaccompanied Laser Run that he negotiated with no obvious nerves. Behind him, the drama was far more intense.

The Laser Run had begun with three Russians in the top four, and Kirill Belyakov (RUS) held firm in 2nd place for most of the race. But he was caught on the final straight of the last 800m lap by two fast-finishing rivals, leaving him without a medal.

Silver went to Joseph Choong of Great Britain, matching the result and the style of his performance at Pentathlon World Cup Sofia in April, while Marvin Dogue of Germany snatched bronze to pick up his first major medal.

Looking calm and relaxed as he awaited the medal ceremony, Lesun



Action from the Swimming pool in the Men's Final



The Fencing Bonus Round resulted in some dramatic moments

(RUS) said: "I fought hard today in my participation in the competition and I am satisfied with the venue, the horses and the course – everything. But I think I can work harder for future success. I'm looking forward to the European Championships, the World Cup Final and World Championships, and I want to congratulate the Russian team as we have come back to the medals."

After getting his breath back from an immense effort in the Laser Run, silver medallist Choong (GBR) said: "I went into the final feeling pretty tired after three World Cups in a row, but I just found something."

"All of the boys' parents are out here and the support makes a massive difference. In the last three World Cups we've had people on the podium so

we are having a fantastic season, and it shows that everything is working."

First-time medallist Dogue (GER) was beaming with pride as he added: "It's an amazing feeling. I tried so often since I was a junior to get a medal, and I've been 4th and 5th so many times. It's my first time finishing 3rd in a major competition so the work pays off."

"In Sofia, Joe Choong defeated my team-mate Fabian [Liebig] on the last lap and when I saw him coming, I knew it was going to be tough so I decided that my best chance of winning a medal was to catch the Russian [Belyakov].

"I just thought 'give everything and see what you get'. It was a very tough field but it's good preparation for next year and the Olympic qualification. I'm happy with my 3rd place."

Swimming

Amro Elgeziry of United States was quickest to complete the eight laps of the 25m pool in Prague (CZE), timing a:53.64. Behind him there was a familiar inter-team duel between world champion Jamie Cooke (GBR, 1:54.52) and Choong (GBR, 1:54.98).

Fencing

Everybody in elite pentathlon circles knows that when Lesun (RUS) fires on all cylinders on the Fencing piste, he is more than likely to end up on top of the podium. So it proved in Prague (CZE), just as it did in Rio three summers ago, as the 30-year-old put together an impressive string of 29 victories.

His team-mates also proved their ability to boss the field, as Belyakov (RUS) managed 25 wins and there were 21 for Alexander Lifanov (RUS), ranking him 4th in Fencing behind Dogue (GER), who scored 23 hits.

In the Fencing Bonus Round, Jan Kuf of Czech Republic made some headway with three additional points, while Lesun (RUS) defeated his compatriot Belyakov (RUS) in the final bout.



Martin Vlach (CZE) aims to impress in front of a home crowd



Joe Choong (GBR) and Marvin Dogue (GER) grit their teeth on the finishing straight ...

Riding

Scoring was generally high in the Riding arena, with only Elgeziry (USA)

fading out of contention as the former World Cup gold medallist picked up 40 penalty points.



... but neither of them could stop the Olympic champion Alexander Lesun (RUS) from taking the tape and winning gold

There were perfect scores of 300 for Rio 2016 Olympic silver medallist Pavlo Tymoshchenko of Ukraine and Sebastian Stasiak of Poland, while another eight athletes incurred only minor time penalties, with Martin Bilko (CZE) delighting the crowd with a score of 299.

The high scoring did nothing to distract Belyakov (RUS) and Lesun (RUS), who were a picture of composure as they each completed the course unscathed with only four points lost in time penalties. That gave the duo a big lead in the gold and silver medal positions at the start of the Laser Run.

Laser Run

With a 19sec lead over Belyakov (RUS) and a further 27sec separating him from 3rd-placed Gustav Gustenau of Austria, Lesun (RUS) lost almost 10sec to his nearest rival at the opening shoot, but after that he never had cause to look over his shoulder.

Immediately the athletes who started in 4th and 6th, Choong (GBR) and Dogue

(GER) respectively, seized the initiative in the race for bronze, playing the long game in gradual pursuit of Belyakov (RUS) in the hope he might fade.

That is exactly what happened on the final lap, as Choong (GBR) summoned the same strength that propelled him to silver in Sofia (BUL), and the long legs of Dogue (GER) had just enough to get him past Belyakov (RUS) on the final straight, bringing a terrific race to a dramatic conclusion.

Behind them, world No.1 Valentin Prades of France emulated the 5th position achieved by top-ranked Marie Oteiza (FRA) 24 hours earlier, while Tymoshchenko (UKR) completed the top six, followed home by two top-four athletes – local favourite Kuf (CZE) and Arthur Lanigan-O'Keeffe of Ireland.

The best Laser Run performance came from Martin Vlach (CZE), who finished 13th thanks to his time of 10:30.88, narrowly quicker than Prades (FRA, 10:39.76) and Brice Loubet (FRA, 10:39.15).

Mixed Relay: Gold sends Great Britain into overdrive

Joanna Muir and Samuel Curry supplied a golden finish to a prolific weekend for Great Britain as they celebrated their fourth medal of the championships.

Expectations were high for the final day and the British duo duly obliged, with Muir (GBR) quickly swallowing up the lead held by Salma Abdelmaksoud of Egypt in the Laser Run to seal a perfect homecoming competition for Pentathlon GB performance director Jan Bartu, who won two Olympic pentathlon medals for his native Czechoslovakia in Montreal in 1976.

Silver went to Germany after a strong performance by Annika Schleu and Marvin Dogue, winner of bronze in an energy-sapping Men's Final 24 hours earlier. This enabled Germany to finish the Pentathlon World Cup regular season with an impressive five medals – although Great Britain went one better with six.

Abdelmaksoud and Mohanad Shaban won bronze under pressure from 4th-placed Korea (Kim Sunwoo & Kim Soengjin) to give Egypt their fourth medal of the season. Russia (Kseniia Fraltsova & Viacheslav Bardyshev) finished 5th and there was a cheer for host nation Czech Republic as Eliska Pribylova and Marek Grycz were 6th.

Muir (GBR) said: "It's amazing. We were both quite disappointed with our individual performances this week, so it was so nice to have a good competition and get a bit of luck."

Her team-mate Curry (GBR) added: "This is a huge vindication. I don't think anyone was hungrier than us this week. We are thrilled that we were able to put this together."

It was a tough shift for Dogue (GER) after his Men's Final heroics, but he said: "We were strong in Fencing, then not so good in Riding, but in the end it was a good result. They told me yesterday I would be doing the Mixed Relay so I didn't have much time, so a silver medal is fine. I'm very satisfied with my results from today and yesterday. I can go back with a good mood and prepare for the next competition."

His team-mate Schleu (GER) added: "I felt pretty good in running, but my shooting was not perfect. It was a little easier for me than Marvin, because I got a rest yesterday whereas he was having a tough race and finishing in the top three. He did a good job."

After winning bronze for Egypt with Salma Abdelmaksoud, Mohanad Shaban said: "It was a very good competition and a good race – this was my first senior competition so I am very happy. The race was very hard and the Koreans went in front of us, but we managed to finish ahead of them."

Swimming

Based on form, Japan (Ruka Takahashi & Tomoya Miguchi) did not even line up in the fastest heat but a sensational 1:53.40 enabled them to take a five-



A high five for Kim Sunwoo and Kim Soengjin (KOR) during the Fencing Bonus Round



Action from the Riding competition

point lead in the opening discipline. Korea (Kim/Kim) were the next-fastest after winning the final heat in 1:55.65 from Great Britain (Muir/Curry, 1:55.80).

Fencing

There was a welcome return to competition this weekend for Rio 2016 Olympian Felipe Nascimento of



Annika Schleu prepares to hand over to her Germany team-mate Marvin Dogue

Brazil, competing alongside Priscila Oliveira. They enjoyed a share of the best result in the Fencing Ranking Round, matching the score of 24V/10D achieved by Korea (Kim/Kim).

Behind them, three nations registered 22V/12D – Germany (Schleu/Dogue), Egypt (Abdelmaksoud/Shaban) and Belarus (Katsiaryna Pasharneva & Aliaksandr Poupe) – but when it came to the Bonus Round, there was only one team in it.

With an exceptional run of form, Alessandra Frezza and Daniele Colasanti of Italy strung together eight victories including the final bout, adding 10 points to their overall score.

Riding

With a congested leaderboard, there was an opportunity for several nations to take the initiative and it was Egypt (Abdelmaksoud/Shaban) who responded best to the pressure, scoring 297 on horseback to move into

the overall lead. Great Britain (Muir/Curry) in 1:55.80.

Great Britain (Muir/Curry) also fared well in the Riding, dropping just seven penalty points, while Germany (Schleu/Dogue) stayed in touch with 288, ranking fourth just behind Guatemala (Ximena Dieguez & Jorge Imeri), who scored 292.

A disappointing ride by Korea (Kim/Kim) incurred 30 penalty points and ended their hopes of gold, while the dream also faded for Italy (Frezza/Colasanti) and Brazil (Oliveira/Nascimento).

Laser Run

The "hunger" described by Curry (GBR) was evident throughout the Laser Run and resulted in the British duo not just winning gold but recording the fastest time of the day (10:52.00).

Abdelmaksoud (EGY) started with a composed shoot but so did Muir (GBR), and the Scottish runner took the lead

within 250m of the opening lap and never looked back. Meanwhile Schleu (GER) had already overtaken Kim (KOR) and set her sights on the leaders.

At her second visit to the range, Muir (GBR) made no mistake with five unerring shots, and by the time she handed over to Curry (GBR) she did so with a 14sec cushion over Germany (Schleu/Dogue), who had eased past Egypt (Abdelmaksoud/Shaban).

The two circuits of the course undertaken by the male athletes were largely uneventful, with Curry (GBR) and Dogue (GER) maintaining their positions without alarm.

Another five nations slipped under the 12min mark with their times – Italy (Frezza/Colasanti), Mexico (Marian Arceo & Duilio Carrillo), Kazakhstan (Fariza Orumbekova & Vladislav Sukharev), United States (Samantha Achterberg & Tyler Evans) and Czech Republic (Barbora Ciprova & Ondrej Svehota).

UIPM 2019 Global Laser Run City Tour



Victory salutes and thumbs up from the senior athletes who participated in Gulu (UGA), who also helped junior athletes with their laser shooting (below)

Northern star shines brightly in Gulu (UGA)

Nine months after it burst into life with a blaze of colour and youthful exuberance, the UIPM Laser Run movement in Uganda has enjoyed another landmark moment.

The country's second Global Laser Run City Tour took place on April 27 in Gulu, a northern town four hours' drive from the capital city of Kampala, where the inaugural event took place in July 2018.

Instead of schoolchildren, this time the entry list was composed mainly of students as the City Tour was held at Gulu University. There was a wide age span among participants, and trophies were awarded to the male and female



athletes who emerged as the top competitors on the day.

Simon Peter Komakech, President of the Uganda Modern Pentathlon Federation, said: "Twenty-eight

pentathletes participated in Uganda's second Global Laser Run City Tour in Gulu, with the youngest being six years old. We would like to make this a yearly event in the northern part of the country."

Talent meets trade in Modena (ITA)

Business is inextricably linked with modern sport, so it was fitting that local organisers in Modena, Italy tethered their second Global Laser Run City Tour to the 2019 Modena International Trade Fair.

It underlined the versatility of the Laser Run concept that racing was set up to take place on a makeshift course set up in the pavilions of the Trade Fair, which was still in progress.

This initiative came from the Avia Pervia Pentathlon Company of Modena, and another clever feature of this GLRCT was the presence of two of Italy's most recognisable pentathletes at the event.

Successful athletes across the two days (April 27/28) were awarded their prizes by two-time Olympian Nicola Benedetti and Alice Sotero (ITA), bronze medallist at UIPM 2019 Pentathlon World Cup Sofia.

A spokesperson for the local organising committee said: "Many people of all ages, but above all children and young people, ventured into the Laser Run, experiencing the adrenaline of the race and the precision of the shooting



Kids prepare to race at the International Trade Fair in Modena (ITA)

in a unique discipline, having fun and putting themselves on the line.

"I wanted to thank UIPM for the opportunity they have given us again this year. We are proud to be able to organize a stage of the Global Laser Run City Tour that offers us great opportunities for promoting our sport. We are hoping to be chosen as one of the organizing cities by UIPM again for next season."

Racing returns to Rostov-on-Don (RUS)

The city of Rostov-on-Don blazed a trail for Laser Run in Russia, hosting the country's first Global Laser Run City Tour in 2017.

For the third year in a row, the city hosted UIPM's most progressive and popular development circuit on May 1, where more than 250 participants came



Action from the start line as junior male athletes embark on their race in Rostov-on-Don (RUS)



Action from the shooting range in Rostov-on-Don (RUS)

from Rostov-on-Don, Novocherkassk, Shakhty, Taganrog, Belaya Kalitva and other cities of the Rostov region, as well as Krasnodar and Chelyabinsk.

The city has become an established venue for UIPM Sports and the 2019 GLRCT was attended by numerous local government VIPs including the Governor of the Rostov region, the Deputy Governor for Physical Culture and Sport and the Minister for Physical Culture and Sport.

Professional athletes, schoolchildren and students of the Cossack cadet corps – who also gave a demonstration performance – mingled during the competition and the winners competed for the prize of being invited to enter the 2019 Kremlin Cup competition in Moscow (RUS) in September.

A spokesperson for the local organising committee said: "This was a very successful instalment of the UIPM Global Laser Run City Tour and it was wonderful to see so many athletes of different ages and backgrounds taking part. Parents of young athletes took



Urban sports in the sunshine in Portimao (POR)

part and a separate race was organized among the volunteers. We are looking forward to welcoming the GLRCT back to Rostov-on-Don in the near future."

Portimao (POR) shines as European Sports City

Many countries across the continents have bought into

the Laser Run movement since its introduction as a standalone sport, but few have embraced the sport with as much energy as Portugal.

Not only has the country at the south-western corner of Europe staged a UIPM Laser Run World Championships (in 2016) and multiple UIPM Global Laser Run City Tours, it has also

created a national Laser Run tour of its own, enabling more people in more communities to sample UIPM's most popular development sport.

The GLRCT returned to Portugal in Portimão on May 5, where about 200 athletes took part in categories from under-9 to 60+ (Masters). The event was part of the Portimão European Sports City 2019 programme, held at Portimão Arena, and was the first of six GLRCT instalments in Portugal in 2019 with the next in Abrantes on June 2.

A spokesperson for the local organising committee said: "We are very pleased to have kick-started another season of the UIPM Global Laser Run City Tour in Portugal. There were many good examples in 2017 and 2018 and the bar is set high."

"In Portimão we saw racing across a wide range of age categories and there was great enthusiasm and competitiveness across the individual and Mixed Relay events. The event exceeded the expectations of all those present, who showed great excitement with the return of the circuit ahead of the next event in Abrantes."

Spirit of Igor Novikov is alive and well in Yerevan (ARM)

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.

The pentathlon school created by the late, great Ivor Novikov may be no more but the legacy of the 'Armenian tiger' has been reprised with the help of the Global Laser Run City Tour.

Novikov, winner of six world titles and Olympic team gold with the Soviet Union in 1956 and 1964, set up the Training School of Young Pentathletes in Yerevan (ARM) after his retirement. He went on to serve as President of UIPMB from 1988 to 1992, while the



Two female juniors work on their laser shooting technique in Portimao (POR)



Deep concentration on the range in Yerevan (ARM)

coaching academy in the country where he had grown up flourished.

To the dismay of Novikov, who died in 2007, the school gradually disintegrated in the 1990s, and Armenian pentathlon has struggled ever since. But today there are signs of life anew.

On 5 May, 300 boys and girls took part in a GLRCT attended by the Minister of Sport for Armenia and dignitaries from Yerevan's city government. Many graduates of Novikov's revered school were involved as judges and coaches, including Misak Gabrielyan – regarded

as the 'Godfather' of Armenian pentathlon coaches.

A spokesperson for the local organising committee said: "We are proud to have hosted the first UIPM Global Laser Run City Tour in Yerevan, which was highly appreciated by everyone who was invited, including many representatives of different sports in Armenia."

"It was an important and special event for athletes as well as for coaches and judges who were graduates of the pentathlon school in Yerevan, who shared many memories."



Young athletes dash to the range in Yerevan (ARM)

To ensure 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 avenue of the capital of Belarus.

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 Hurgada (EGY), also took part.

Surge of youthful enthusiasm in Sant Boi de Llobregat (ESP)

The city of Sant Boi de Llobregat is a productive pentathlon hub, with athletes coming from both the Spanish and Catalan communities. Now it is fast becoming a Laser Run hotspot, too.

On May 10, more than 480 boys



Boys and girls competing side by side in Sant Boi de Llobregat (ESP)

and girls from Fundacio Llor School competed in UIPM's fastest-growing development competition, the Global Laser Run City Tour – hosted for the second time in the city.

Prior to the start of the competition, staff from the Catalan Modern Pentathlon Federation (FCPM) staged a practical workshop for people to try their Laser Run skills. A spokesperson for the local organising committee said: "It was fun day for all participants

and there was a lot of motivation and competitiveness on display, whatever the category.

"The highlight was seeing athletes in the younger categories getting the best out of themselves to reach the finish line with the best time and get on the podium. With the creation of Laser Run, UIPM has made it easier for us to promote our sport, and the enthusiasm and desire to participate is reaching all ages."

Football stadium attracts big crowd in Chiatura (GEO)

The Global Laser Run City Tour is all about versatility. This urban sporting phenomenon can take place on the streets of a city, in a park or even in an existing sports venue.

On May 12, more than 270 competitors took part in UIPM's fastest-growing development competition at Temur Maghradze Stadium in Chiatura, Georgia. The venue is home to FC Chiatura and has a capacity of more than 11,000, and there was a strong attendance on the day.

Athletes came from the capital Tbilisi, host city Chiatura and also Sachkhere, Rustavi and Poti, and they were watched by representatives of the city government who said they would like to repeat the GLRCT experience in 2020. Chiatura's first GLRCT took place five weeks after the circuit returned to its original home, Tbilisi, where the competition was born in 2017.

Valeri Tskhadadze, a spokesperson for the local organising committee, said: "The Global Laser Run City Tour



FC Chiatura's stadium becomes a Laser Run venue for a day

presents a very good opportunity for our region to develop Modern Pentathlon. We have a stadium, swimming pool, facilities for fencing in one place and the hotel is very near, so you can also create a training camp."

Champion athlete Natia Matchavariani added: "It was a very successful day and a wonderful competition. I was struggling the whole race but I made it."

Nizhny Novgorod (RUS) raises the bar

One of the unique features of the GLRCT is the way it brings friends and families together to compete, and this was fully realised during a spectacular instalment in Nizhny Novgorod, Russia, on May 18.

"The parents supported their children,



Boys and girls set off in unison at the start line

and later in the evening the children supported their parents, who also decided to compete," said Dmitry Svatskovsky, the Sydney 2000 Olympic champion who played a major role in the organisation of the event.

In all, more than 550 citizens and guests of Nizhny Novgorod participated in the Laser Run, held in the central historical part of the city on the Volga river.

It was the city's second GLRCT and local officials made good on their pledge – with extensive support from Svatskovsky, President of the European Modern Pentathlon Confederation and Vice-President of the Modern Pentathlon Federation of Russia – to expand the competition for 2019, giving more communities the chance to gain access to UIPM Sports.

Not only were able-bodied athletes of all ages encouraged to participate, but there was also provision for disabled athletes such as 22-year-old Artsiom Karapukhin, who took part in a 3x400m Laser Run. Karapukhin had previous experience of sports such as football and sledge hockey, but this was his first time shooting with a laser pistol, and he said: "It was not easy at all to shoot after the running lap – to be able to show good results in this sport you need constant training.

"I would like to thank all the organizers for their great work. Everything was at a very high level of organization and safety. I will definitely come to participate again."

Dmitry Svatskovsky OLY said: "Today we celebrated the beauty of sport and Modern Pentathlon. Competitors from 10am to 8pm had a chance to try Laser Run and I am sure that everyone took back home not only positive mood, medals and diplomas but also new friends.

"Such competitions motivate young generations for further regular training and active lifestyles. The combination of running and shooting tests an



Mass participation in Nizhny Novgorod (RUS)



Dmitry Svatskovsky joins junior medallists for the podium presentation

athlete's endurance, visual acuity and ability to control emotions at the shooting range.

"Today I have seen tears of happiness and tears of loss, and I hope there will be athletes who participated in the Laser Run competitions who will later join Modern Pentathlon schools and clubs.

"We hope Nizhny Novgorod with the support of local government will become a traditional host for the GLRCT and other international modern pentathlon events in future."

Athletes in Tczew (POL) enjoy the inside track

The adaptability of the Global Laser Run City Tour was underlined when the first event to be held in Poland had to be moved indoors due to heavy rainfall.

After side-stepping the elements, local organisers managed to stage an excellent competition for 49 athletes aged nine to 49 in the historic city of Tczew, as this video illustrates.

Racing took place in the sports and

entertainment hall of Secondary School No.2 in Tczew, a city with a long history dating back to 1198. The competition was opened by Tomasz Tobianski, Director of the Central Sports Centre in Tczew, while trophies were handed out by Jan Szymczuk, President of the Pomeranian Modern Pentathlon Association.

A spokesperson for the local organising committee said: "Due to unfavourable weather, we decided to transfer the Laser Run competition inside the sports hall. There were 49 participants including 14 girls and women, and all participants received commemorative medals."

The second GLRCT to take place in Poland will follow hard on the heels of the first, with Starogard Gdanski the next stop on the circuit on June 15.

Kiev (UKR) finds recipe for fun in the sun

Some countries are in the first year of their journey with the UIPM's fastest-growing development competition.

Many others are in year two and building on their progress.

Others are into year three of participation in the Global Laser Run City Tour and refining the art of hosting with impressive results – and one of them is Ukraine.

On May 18, the capital city, Kiev, staged a hugely successful and sun-blessed GLRCT which attracted 405 athletes and more than 1,000 visitors to the Dynamo equestrian centre in the Holosievskyy district.

Participants came from eight regions in Ukraine and also from neighbouring Latvia, and they travelled to Kiev with parents, team-mates and friends.

Entertainment and barbecue food were provided and the judging of the competition was exemplary, with all



Time for a selfie in the indoor event in Tczew (POL)



Steely focus from a junior athlete in Kiev (UKR)



Top athlete Dmytro Kirpuliansky (UKR) poses with the young participants



Time for a reload in Abidjan (CIV) as athletes look to get their five shots

technical officials qualified to judge at national level in Pentathlon.

Igor Panin, President of the Ukrainian Modern Pentathlon Federation, said: "Because of UIPM's great support, for the third year in a row the Ukrainian Modern Pentathlon Federation received additional opportunities to develop Modern Pentathlon in our country.

"The Laser-Run format gave us a very strong impulse to attract more and more people to our sport. As a result, many young athletes are doing Pentathlon in Ukraine today.

President Panin himself took part, along with other VIPs across the public and commercial sectors and their families and the well-known athlete Dmytro Kirpuliansky.

Big numbers follow big smiles in Abidjan (CIV)

The GLRCT in Abidjan (CIV) provided one of the visual highlights of the 2018 season, a photograph of a mass group of young participants beaming with joy after their first Laser Run.



Boys and girls wait for their turn to give Laser Run a try

A year later, the GLRCT was back in the Ivory Coast capital city to give another huge group of youngsters a chance to sample UIPM's fastest-growing development sport. The success of the first venture in 2018 attracted the attendance of the Minister for Sport, Paulin Claude Danho.

The event at Koumassi municipal high school on May 25, attended by 150 athletes, acted as a season launch for the Ivorian Modern Pentathlon

Federation. The 2019 competition season will also feature a Biathlon-Triathlon National Tour in Ivory Coast.

A spokesperson for the local organising committee said: "A huge crowd of both pupils and students from the high school had little hesitation in attending a beautiful season-opening Laser Run competition. It proved to be a great display of tremendous fighting spirit and everyone is looking forward to attending the next competition."

News from around the world

UIPM Coaches Certification Programme: Movement up an running in Lilongwe (MAW)

Malawi joined the UIPM family in November 2018 and now the first tranche of coaches has been certified after a six-day course in the city of Lilongwe.

The Level 1 Coaches Certification Programme course was supervised by UIPM Instructor and Level 3 coach Steven Mason (GBR) and took place at the Kamuzu Institute for Sports from April 20-25.

The activities were attended by McGilliard Blackson Malamula, President of the Malawi Modern Pentathlon Federation, which became a UIPM member at the 2018 Congress in Limassol (CYP) along with Jamaica, Paraguay and Uganda.

The Kamuzu Institute for Sports is a facility that lets young people take part in a wide range of sports such as judo, football and hockey, and now Modern Pentathlon has been added to the list.

Christian Roudaut, Chair of the UIPM Coaches Committee, said: "Malawi has much to offer in UIPM Sports, especially in Laser Run, like so many African countries. They have a big pool of athletes, especially students, and a group of coaches who are motivated to get the sporting movement up and running.

"The coaches who undertook the Level 1 course in Lilongwe showed a strong desire to learn about our sport and they all passed the written exam, some with very impressive results. After the success of the recent CCP initiative in Mali, it is exciting to see so much activity and progress in Africa."



Newly-certified coaches in Lilongwe (MAW) with UIPM Instructor Steven Mason (right)



High fives all round in Tbilisi (GEO)

Lucky 13 take first steps in Tbilisi (GEO)

The development of the UIPM Sports movement in Georgia has continued with coaches taking their first step on



Dozens of coaches enjoy their CCP course in Lima (PER) ahead of the 2019 Pan American Games

the ladder of Coaching Certification Programme (CCP).

A five-day course held in the capital, Tbilisi, was attended by 16 coaches to gain their Level 1 qualification.

The course, held from April 22-26, was overseen by UIPM Instructor Alexei Vasilianov of Moldova, himself a Level 3 coach.

Georgia has hosted numerous UIPM competitions in recent years, including the Biathlon/Triathlon World Championships, the Global Laser Run City Tour, the Biathlon/Triathlon National Tour and the European Cup Under 19/ Under 17, as well as UIPM Congress in 2017.

Viacheslav Malishev, UIPM Executive Board Member for Development and President of the Modern Pentathlon Federation of Georgia, added: "It is very important that we educate our coaches to enable them to harness the development of pentathletes in Georgia.

"I am very pleased to see the successful outcome of the Level 1 CCP course, which comes in the wake of Georgia's first Judges Certification Programme course, in Tbilisi in January 2019.



"Numerous UIPM competitions and events have been hosted in Georgia and there is a high appetite in our country for educational opportunities."

Gearing up for Pan-American Games in Lima (PER)

The UIPM Sports movement in Peru is preparing for a major showcase in 2019 and there has been a busy focus on upskilling coaches and judges ahead of the fourth-largest sporting event in the world, the Pan-American Games, which will take place in Lima from July 26 to August 11).

With five Pentathlon medal events on the programme, taking place at

the Chorrillos Military School, and qualification for the Tokyo 2020 Olympic Games on the line, the Pan-American Games is a massive opportunity for the movement in the region to grow, and the Peru Modern Pentathlon Federation (FDPPM) is looking to capitalise.

Twenty-seven coaches gained their first official qualification during a six-day UIPM Coaches Certification Programme (CCP) course in the capital.

The Level 1 CCP course took place from April 22-26 at the Peru Olympic Committee headquarters and was overseen by UIPM Instructor Guillermo Filipi of Argentina, a Level 4 coach.

Jorge Salas, President of the South American Confederation of Modern Pentathlon, said: "I was very pleased to see the successful outcome of the CCP course in Lima, with 27 coaches gaining their Level 1 qualification."

"The Pan-American Games Lima 2019 represents another big opportunity to showcase our sport to new audiences in the region. We can use this event as a catalyst for growth and to do that we need to have coaches who are qualified and committed to the goal of helping athletes to find a pathway to success within the UIPM movement."

UIPM also certified almost 60 judges to oversee the Modern Pentathlon competition at the 18th Pan American Games, which will host the best pentathletes from 41 nations across the NORCECA and South America regions – among thousands of athletes from other sports.

The pentathlon takes place in the opening days of the Games (July 27-30), with 32 athletes of each gender competing in individual and relay events. Five places at Tokyo 2020 will be on offer to female athletes and five



It's presentation time during the JCP course in Lima (PER)

to male athletes, and now a group of 59 judges have earned the opportunity to be involved by gaining a qualification at Level 1, 2 or 3 under the UIPM Judges Certification Programme (JCP).

The programme was led by UIPM Technical Delegate Ana Ruth Orellana (GUA) and supported by the Peruvian Modern Pentathlon Federation

(FDPPM). Jorge Salas added: "It was a pleasure to see the UIPM Judges Certification Programme taking place with so many delegates."

"I'm sure the commitment and dedication of this group will help to ensure a fantastic spectacle for pentathlon in July and we are all very much looking forward to it."



All smiles from the participants in the JCP Level 1 course in Lima (PER)

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 Final Tokyo (JPN) JUNE 27-30	UIPM Pentathlon Junior World Championships Drzonkow (POL) JULY 7-13	UIPM Tetrathlon Youth World Ch's (U17/U19) Sofia (BUL) JULY 18-24	ECMP European Championships Bath (GBR) 6-11 AUG
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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.



Inside UIPM:

Monthly activities of President Dr Schormann



UIPM President Dr Klaus Schormann receives a lifetime achievement award from Australian Olympic Committee President John Coates (centre)

04.-10.05.2019, Gold Coast, AUS

UIPM President Dr Klaus Schormann took part alongside Secretary General Shiny Fang and Operations Director Dr Alexandre Franca in SportAccord 2019 Gold Coast.

On May 6 President Dr Schormann received a lifetime achievement award for his ongoing support for the Olympic movement in Australia from Australian Olympic Committee President and IOC Member John Coates. Later UIPM and World Taekwondo jointly hosted the

official welcome dinner of ASOIF in the Hotel Palazzo Versace, in the presence of IOC President Dr Thomas Bach.

In his speech at the dinner the UIPM President underlined the strong solidarity that exists between the Olympic



Dr Schormann speaks during a joint dinner with World Taekwondo, whose President Chungwon Choue is pictured with ASOIF President Francesco Ricci Bitti



IOC President Dr Thomas Bach (2nd left, standing) attends the dinner along with his wife Claudia, sitting beside John Coates' wife Orieta (left) and Francesco Ricci Bitti's wife Jela (right)

Summer Sport Federations, support for clean athletes and gender equality and the importance of integration and peace through sport. He wished all a successful preparation for the Olympic Summer Games Tokyo 2020.

Speeches were also made by ASOIF President Francesco Ricci Bitti and WT President Dr Chungwon Choue.

On May 7 and 8 Dr Schormann and Mrs Fang attended the ASOIF General Assembly, which featured the election of three new members to the ASOIF Council.

Marisol Casado (International Triathlon Union), Ingmar De Vos (International Equestrian Federation) and Morinari Watanabe (International Gymnastics Federation) were the new Council members to embark on a four-year



The UIPM President and Secretary General during the ASOIF General Assembly in Gold Coast (AUS)



Left to right: UIPM Secretary General Shiny Fang, President Dr Schormann, IOC President Dr Thomas Bach and his wife Claudia, UIPM Vice-President Joel Bouzou and UIPM Operations Director Alexandre Franca

term of office, replacing José Perurena (International Canoe Federation), whose mandate had come to an end, and former FIBA Secretary General Patrick

Baumann, who died suddenly during the 2018 Youth Olympic Games in Buenos Aires. Other items on the agenda included the future of global sport and

the role of IFs, as well as IF governance.

On May 9 the UIPM President and Secretary General met with a delegation



President Dr Schormann, Secretary General Shiny Fang and Operations Director Alexandre Franca (far right) with colleagues from the Paris 2024 Olympic Games Organising Committee



President Dr Schormann and Operations Director Alexandre Franca with Berlin city representatives



UIPM President Dr Schormann and Operations Director Alexandre Franca with FIBA staff including Treasurer Ingo Weiss



President Dr Schormann with (left) President Dr Thomas Weickert and Matt Pound from the ITTF

from the Paris 2024 Olympic Games Organising Committee including Etienne Thobois (CEO), Aurelie Merle (Associate Sports Director) and Clarisse Costaz (Sports Project Manager). They discussed upcoming steps in the preparation for the Modern Pentathlon in Versailles at the Paris 2024 Olympic Summer Games.

President Schormann, Mrs Fang and Dr Franca made a presentation to the Paris 2024 delegation and to David Luckes, Head of Summer Sports and IF Relations at the IOC Sport Department, focusing on the proposed new concept for the Youth Olympic Games to be introduced in Dakar (SEN) in 2022 – the first Olympic Games to be held in Africa.

President Dr Schormann met with various other International Federation

Presidents and with sport and media agencies to prepare future partnerships. He discussed ideas about sport and communications with ITTF President Dr Thomas Weickert and Marketing Director Matt Pound.

He met with representatives from cities such as Berlin, who are very interested in hosting another high-level international competition in the coming years. A meeting with Ingo Weiss, Treasurer of the Federation of International Basketball Associations (FIBA), at the FIBA Stand enabled them to discuss the close relationship between the two IFs.

UIPM President Schormann and Secretary General Shiny Fang also met and briefed UIPM 1st Vice President Juan Antonio Samaranch (also Vice-President

of the IOC) about the proposed new concept for the Youth Olympic Games. This competition format has been tested in Buenos Aires (ARG) and Cairo (EGY) in recent weeks and more tests will follow in France, Hungary and Bulgaria.

They also discussed future sport strategies relating to the worldwide development of Modern Pentathlon. The spirit of innovation will guide UIPM to a secure future.

14.-15.05.2019, Athens, GRE

Dr Schormann had various meetings in the Greek capital including an engagement with Spiros Karavoulis, Managing Director of Sportcamp SA. On May 15 he was welcomed by Hellenic Olympic Committee President Spyros



Capralos to the HOC Headquarters in Athens. They discussed issues of sporting politics in Greece and worldwide linked to financial and political crises.

They underlined that the Olympic movement is more important than ever to support ideas for integration of people in different societies and actions that can protect the environment.

During their meeting the two Presidents decided to plant a tree in Olympia in 2019 in recognition of the 125th anniversary of the Modern Olympic movement – created by Baron Pierre de Coubertin, the founder of Modern Pentathlon – and the heritage of ancient Pentathlon 708 BC in Olympia.

After the meeting they had a joint briefing from the Hellenic Modern Pentathlon Federation President Anastasios Pantazidis about youth sporting programmes and the high-performance environment in Greece. They are also using Laser Run and other UIPM Sports competitions to promote Modern Pentathlon.



The UIPM President and Hellenic Olympic Committee President Spyros Capralos are joined by HOC Secretary General Emmanuel Kolmpadis (left) and Hellenic Modern Pentathlon Federation President Anastasios Pantazidis (right)

The UIPM and HOC Presidents, joined by Mr Pantazidis and HOC Secretary General Emmanuel Kolmpadis, had an additional meeting with George Vassiliadis, Deputy Minister of Culture & Sports from the national Hellenic Government.

They discussed the autonomy of

national federations, good governance, government funding for sport and the Olympic movement in Greece, the Olympic Academy and future projects like the revival of the Modern Pentathlon Balkan Championships.

The close partnership with educational and cultural actions through Modern

Pentathlon also found the support of the Deputy Minister.

17.-18.05.2019, Frankfurt-am-Main, GER

On May 17 the UIPM President took part in a meeting in Frankfurt-Main coordinated by the agency ISPC to enable 34 German sport federations and the TV networks ARD and ZDF to discuss future cooperation.

On May 18, in his capacity as President of the regional Hesse Modern Pentathlon Federation (a position he has held since 1976), President Dr Schormann took part in the General Assembly of the Sport Federations of Hesse, where there were high-level discussions about the sport for all movement linked to education and health.

21.-26.05.2019, Prague, CZE

The UIPM President visited the enchanting city of Prague for the final UIPM Pentathlon World Cup of the regular season.

During his visit Dr Schormann had several meetings with key members of the UIPM community including Bohumil Hrudka, President of the Czech Modern Pentathlon Association.

President Dr Schormann said: "When we see what has been prepared by the organising committee I am really happy to see that this old tradition here in Prague has been continued.

"I am very thankful for the nations who are preparing their athletes for this competition and particular the Mixed Relay, where we had 18 competing nations.

"Now we are looking forward to the UIPM 2019 Pentathlon World Cup Final and Olympic Test Event in Tokyo, where we will not only have individual finals but also a Mixed Relay, which will be a big highlight of our season."



The UIPM President with Spiros Karavoulis, Managing Director of Sportcamp SA



A bronze UIPM statue is presented to George Vassiliadis, Deputy Minister of Culture & Sports



The Mixed Relay podium at UIPM 2019 Pentathlon World Cup Prague

New Balance World Rankings

The PWR is updated live on www.pentathlon.org after each competition. PWR as at June 1, 2019:

MEN

RANK	NATION	NAME	POINTS
1	FRA	Valentin PRADES	190
2	CZE	Jan KUF	165
3	GBR	Jamie COOKE	164
4	GBR	Joseph CHOONG	164
5	GER	Patrick DOGUE	160
6	UKR	Pavlo TYMOSHCHENKO	160
7	EGY	Ahmed ELGENDY	155
8	IRL	Arthur LANIGAN-O'KEEFFE	149
9	KOR	JUNG Jinhwa	148
10	KOR	JUN Woongtae	148
11	CHN	ZHANG Linbin	148
12	FRA	Valentin BELAUD	148
13	RUS	Kirill BELYAKOV	145
14	RUS	Alexander LIFANOV	142
15	HUN	Adam MAROSI	141
16	BLR	Ilya PALAZKOV	140
17	CHI	Esteban BUSTOS	139
18	LTU	Justinas KINDERIS	135
19	GER	Marvin Faly DOGUE	132
20	ITA	Riccardo DE LUCA	129

WOMEN

RANK	NATION	NAME	POINTS
1	FRA	Marie OTEIZA	190
2	HUN	Sarolta KOVACS	190
3	RUS	Uliana BATASHOVA	186
4	BLR	Anastasiya PROKOPENKO	184
5	IRL	Natalya COYLE	167
6	GER	Annika SCHLEU	165
7	RUS	Gulnaz GUBAYDULLINA	157
8	RUS	Ekaterina KHURASKINA	156
9	GBR	Kate FRENCH	152
10	HUN	Tamara ALEKSZEJEV	152
11	TUR	Ilke OZYUKSEL	151
12	MEX	Mayan OLIVER	147
13	LTU	Gintare VENCKAUSKAITE	146
14	FRA	Elodie CLOUVEL	144
15	BLR	Volha SILKINA	144
16	FRA	Julie BELHAMRI	142
17	GER	Janine KOHLMANN	140
18	ITA	Alice SOTERO	136
19	HUN	Zsolia FOLDHAZI	132
20	POL	Anna MALISZEWSKA	131

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

WATCH ONLINE UIPMTV.ORG

27-30 Jun UIPM 2019 Pentathlon World Cup Final
Tokyo, JPN

01-08 Sept UIPM 2019 Pentathlon World Championships
Budapest, HUN

LIVE-STREAMING
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27 Feb - 03 Mar Pentathlon World Cup Cairo
EGY

10-14 Apr Pentathlon World Cup Sofia
BUL

02-06 May Pentathlon World Cup Szekesfeharvar
HUN

21-26 May Pentathlon World Cup Prague
CZE

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UIPM PENTATHLON World Cup Final TOKYO 2019

27-30.6.19



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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