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UNION INTERNATIONALE
DE PENTATHLON MODERNE



**World Pentathlon
Newsletter**

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MODERN PENTATHLON 2021 SEASON BEGINS



Michelle Gulyas (HUN) wins gold at the Hungarian Open Indoor Championships, the first pan-continental Modern Pentathlon competition in 12 months

Modern Pentathlon 2021 season begins



Pan-continental Modern Pentathlon returns at Hungarian Indoors

The first pan-continental Modern Pentathlon competition in 12 months, the 7th Hungarian Open Indoor Championships, attracted a world-class field of 132 athletes from 20 nations.

The elite gathering in Budapest (HUN) was a sure sign of the determination of the world's leading pentathletes to sharpen their skills in preparation for the resumption of Tokyo 2020 Olympic qualification.

The competition was organised according to COVID-19 Coronavirus safety protocols, and UIPM President

Dr Klaus Schormann, who attended all four days of the competition, said: "Our athletes and coaches have been living in a very difficult time for one year now. I was very happy to see so many of them competing in the Hungarian Indoor competition in Budapest.

"Thanks to our Hungarian National Federation, under the leadership of President Dr Gyula Bretz and his team, and thanks to the National Olympic Committee of Hungary and the City and National Governments for their support – including the volunteers and the media society.

"This excellent level of organisation is not easy in these difficult times, but all the athletes are satisfied how they have

been accommodated with food and all the actions that had to be taken linked to the protection of health during this pandemic time.

"It was important for all the athletes to compete and test all their preparation from the winter season. We are looking forward to the World Cup season, and I wish everyone luck.

"Let's hope that the pandemic can be much more controlled through the vaccination, and I wish that national governments are understanding that the vaccination of athletes and coaches is very much needed so that they can be well prepared for the Olympic Games Tokyo 2020 in 2021."

Women's Final: Gulyas (HUN) opens season with stylish gold

Michelle Gulyas of Hungary produced an impressive Laser Run to conquer a high-class field and win gold in the Women's Final.

The climax of the competition was dominated by two athletes who had set off with a significant time deficit, and the home favourite (8th starter) earned huge credit by holding off a stiff challenge from the Laser Run world record holder Ilke Ozyuksel of Turkey, who had started 15th.

In the end, Gulyas (HUN) held off Ozyuksel (TUR) with a strong sprint to earn gold, with the pair closely followed across the finish line by Marie Oteiza of France, who had started in first place. Reigning world champion Volha Silkina of Belarus finished just outside the medals in 4th.

Earlier, Gulnaz Gubaydullina of Russia had set the pace in Swimming, timing 2:05.32 to touch first comfortably ahead of Gulyas (HUN, 2:07.72) and Elena Micheli of Italy (2:08.79).

Competition was tight in Fencing, and there was an unfortunate end to the day for Anna Matthes of Germany as she retired due to injury. Sarolta Simon (HUN) emerged as the top performer with 23 victories.

The upshot of the first two disciplines was that Oteiza (FRA) and her compatriot Elodie Clouvel (FRA) held the top overall placings, and this remained the case after Riding, leading to the dramatic Laser Run when only Oteiza (FRA) was able to protect her podium place.

Gulyas (HUN) said: "I am very happy with the victory because it was the first time I won a national championship and a Peridot [competition sponsor]. The shooting and running went very well, thanks to the fact that I have had eight weeks of running-centric preparation."



Action from the Riding during the Women's Final of the 7th Hungarian Open Indoor Championships



The Women's Final podium and (above) Marie Oteiza (FRA) defends her position during Laser Run

Ozyuksel (TUR) said: "My first and second shooting was so bad, and if I hadn't done this I could have won easily. So I'm sad, but Michelle is a good athlete too and I'm happy for her."

"It's a good start to Olympic year, and I will compete at the World Cup and World Championships to qualify. My body feels ready for the Olympics and today was a good experience."

Oteiza (FRA) added: "I'm really, really happy – this was my first competition in one year so I couldn't be happier to finish with a medal. I was here to see if I worked well during the past year and I can leave this competition really happy. I know I still have to work hard for the Olympics but this was a good start."

Men's Final: Dogue brothers split by Kasza (HUN) on podium

Patrick Dogue of Germany came from behind to claim gold in the Men's Final, consigning Robert Kasza of Hungary to silver after an enthralling chase.

Kasza (HUN) had started Laser Run in the lead and held onto it for half of the race, but Dogue (GER) made a major gain on the second lap having started 4th and left the shooting range with a narrow lead that he refused to relinquish despite the persistent efforts of the local favourite.

Beyond the tussle for gold there was an intriguing race for bronze, finally won by Marvin Dogue (GER) to ensure double family representation on the podium. The world No.4 was followed across the line by France duo Christopher Patte (4th) and Jean-Baptiste Mourcia (6th), split by Pavels Svecovs of Latvia in 5th.

Mourcia (FRA) was the fastest Laser Run performer of the day (10:08.03), having gone into the final discipline in 23rd position.

It was young Tamas Joszef (HUN) who completed his 200m in the fastest time (1:56.06), followed by Ahmed Elgendy



Robert Kasza (HUN) focuses on his Fencing during the Hungarian Indoors, which also included Riding



Patrick Dogue (GER) concentrates on his shooting during the Laser Run that he dominated

of Egypt (1:56.51) and Bence Kardos (HUN, 1:58.90).

Star performer in Fencing was Eslam Hamad (EGY), who scored 25 victories and would have been in a stronger overall position if not for a 10pt equipment penalty. There were 23 wins for Svecovs (LAT), Kasza (HUN) and Andriy Fedechko of Ukraine. There were 11 perfect scores in a high-quality Riding round, with Patrick Dogue (GER) moving up the field and keeping the pressure on Kasza (HUN).

Patrick Dogue (GER) said: "It was really tough because it was the first competition after this long COVID break, no-one knows how his shape is and I didn't start so well this morning, but finally everything was fine. I think I'm in good shape."

Kasza (HUN) said: "It wasn't an easy race, but it gave me a good boost. I'm not happy with my swimming because every year I lose one second of my time, but it's a promising start to the year."

Marvin Dogue (GER) added: "Before the Laser Run I noticed there were so many fast guys in front of me, so I just decided to focus on myself and test myself because this is a test competition for World Cup season and Olympic qualification. But when I finished my third lap I saw four or five at the shooting range and I thought 'OK, now it's your time'."

Heredia (ESP) and Fleurot (FRA) reign supreme in Perpignan (FRA)

Laura Heredia of Spain and Ugo Fleurot of France emerged victorious in a high-quality bilateral field that gathered to contest the Trophee Christophe Ruer in Perpignan / St Cyprien (FRA) on February 13-14.

With French and Spanish athletes competing for the medals in a venue close to the border between the two countries, Heredia (ESP) fought off



The women's podium and action from the men's Laser Run in Perpignan (FRA)



the challenge of silver medallist Marie Oteiza (FRA) and bronze medallist Elodie Clouvel (FRA) to claim an impressive Women's Individual gold.

Fleurot (FRA) had less competition from the Spanish side but still emerged with huge credit for winning Men's Individual gold ahead of silver medallist Jean-Baptiste Mourcia (FRA) and Pierre Dejardin (FRA), who completed the podium. The Modern Pentathlon competition was arranged in partnership between the French Modern Pentathlon Federation, the Regional Committee of Occitanie and the Pentathlon club of Perpignan.

It was one of the first elite events to be staged in 2021, with many countries still encountering difficulties in arranging international competitions due to travel restrictions associated with the COVID-19 Coronavirus pandemic.

International training camps take place in UAE, Turkey and Poland

The COVID-19 Coronavirus pandemic continues to enforce profound limitations on training and competitions across most of the Modern Pentathlon world, but in some countries a degree of international collaboration has been possible.



With Olympic qualification still firmly on the agenda for hundreds of pentathletes aiming to reach the rescheduled Tokyo 2020 Olympic Games, multi-lateral training possibilities were created in February in the United Arab Emirates, Turkey and Poland.

Janusz Peciak, UIPM Executive Board Member for Sport, said: "These preparatory training camps sent a positive message that some international collaboration is still possible when well-organised camps can be arranged in a way that respects health and safety.

"I am sure that all athletes preparing for the Olympic qualification competitions in 2021 have been training hard in their own countries, with as much facility access as possible, but nothing compares to the intensity of an international training camp so it has been great to see these camps happening."

Three nations team up in Antalya (TUR)

National coaches from three countries have hailed the success of a hugely successful training camp that brought together 21 athletes from Turkey, Germany and Belarus.

The Gloria Sports Arena in Antalya hosted the trilateral camp, conquering the adversity brought by the pandemic to help athletes in their preparations for the 2021 Olympic Games season.

Elite pentathletes such as Anastasiya Prokopenko (BLR), Ilke Ozyuksel (TUR) and Fabian Liebig (GER) to train alongside athletes of a similar calibre from other nations – something that has been largely impossible throughout the pandemic. The national coaches of all three participating nations were full of praise for the quality of the training.

Kim Raisner (GER) said: "I think international training camps with other

nations are very important, especially in Fencing – to have Fencing partners. That's the main reason why we try to organise these camps, and in the Olympic year it's even more important. You need to train for Fencing against other pentathletes."

Ertan Yilmaz (TUR) said: "For high-class athletes to achieve success in the international arena they need camps like these. Especially in some sports like Fencing or Shooting, our athletes benefit from training with other pentathletes, and learning their tactics and game systems is an advantage for us."

Waldemar Marek de Makay (BLR) said: "It was a big surprise for me that the Turkish organisers arranged very good competition, in very good conditions. We trained together with Turkey and Germany at a very good level. The most important thing here is that everything is in one place."

Elite athletes from Turkey, Belarus and Germany participate in the training camp in Antalya (TUR)

Samy Awad (EGY), Member of the UIPM Coaches Committee who also attended the camp, added: "Some of the highest-ranked athletes in the world from the three countries participated and that gave the camp great value."

Czech men enjoy winter trip to Dubai (UAE)

A five-strong contingent of elite male pentathletes from Czech Republic escaped freezing conditions in Europe to attend a training camp in Dubai (UAE). The camp took place from February 8-20 at the Hamdan Sports Complex, one of the biggest multi-sport training facilities in the world. The elite Czech athletes in attendance were Jan Kuf, Martin Vlach, Marek Grycz, Ondrej Polivka and David Kindl, and they were accompanied in training by eight Czech junior fencers.

Top-class Fencing preparation in Spala (POL)

In Poland, the national Modern Pentathlon team also focused on Fencing with a multi-lateral training camp at the Olympic Centre in Spala (POL). To ensure the highest possible standard of Fencing, the organisers invited a team from Venezuela including the London 2012 Olympic epee champion, Ruben Limardo (VEN).



ROAD TO TOKYO

Athlete interviews



Schultz (USA) arrives at the pool ready to compete in UIPM 2019 Pentathlon World Cup Prague

Samantha Schultz (USA) revelling in the power to inspire

Strictly speaking, it won't be Samantha Schultz's first Olympic Games if she is selected to represent Team USA at Tokyo 2020 in 2021. But it will be the first time her name has appeared in lights.

Five years ago in Rio de Janeiro (BRA), the Colorado athlete (then Samantha Achterberg) accompanied the Isaksen sisters to the Games as alternate. She didn't get the chance to compete, but the experience of being so near and yet so far from Olympic participation

intensified her burning desire to achieve this goal.

Now, having won silver at the 2019 Pan American Games in Lima (PER) to make her case for selection, she is firmly focused on preparing for what would be her debut Olympics (as a competitor) in August 2021.

In the latest Road to Tokyo interview, Schultz (USA) reveals her mixed feelings about the disrupted build-up to the Games and expresses her joy about being in a position now to inspire future generations of pentathlete.

Q: How did it feel in 2019 when you won silver at the Pan American Games and earned a qualification place for the Tokyo Olympics?

A: It almost didn't feel real at the time, but it was an amazing feeling. I remember getting chills as I was crossing the finish line. Knowing that my hard work had come together that day was rewarding. Having my coaches and family there with me was special as they have been a huge support through this whole journey.

Q: Did you watch the Rio 2016 Olympic Games on TV? What were you thinking at that time?

A: I was in Rio and able to watch the Olympic Games in person. It was an amazing experience, but also hard since I was the alternate for qualifications. It was difficult to be there at times and not be on the field competing. It did help to fuel a fire inside me to continue to pursue my Olympic dream and passion for Pentathlon with another Olympic cycle.

Q: What would it mean for you to be selected to compete for USA at Tokyo 2020 in 2021?

A: It would be a huge honour to be selected and represent Team USA. I have put in so much hard work and overcome a lot of obstacles and injuries, and it would be the icing on the cake to compete at the Olympics. I feel that I am even more eager now that the Olympics have been postponed.

Q: What did you think when you heard the Olympics was postponed until 2021?

A: At first, I was a little relieved since all our training facilities had been shut down and we were barely allowed to leave our homes. I knew that having the Olympics in 2020 would have been difficult so in some ways it was a good thing, but it was also hard.

I was set on the Olympics happening and felt that my training was going very well. I am grateful that it was postponed, though, to allow for the safety of the athletes and the host country of Japan. It also has allowed time to train and prepare another year.

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

A: I am grateful that I have been able to get outdoors to run and stay active. I was able to set up a good little training area in my home and make things work the best I could to keep up my physical health. I also started to work with a psychologist during COVID which has really helped my mental strength and being able to work through this time in a productive way.

ROAD TO TOKYO: OLYMPIC GAMES QUALIFIERS

Women	Men
Haydy Morsy (EGY)	Sherif Nazeir (EGY)
Laura Asadauskaite (LTU)	Joseph Choong (GBR)
Mariana Arceo (MEX)	Charles Fernandez (GUA)
Samantha Schultz (USA)	Esteban Bustos (CHI)
Leidis Laura Moya (CUB)	Sergio Villamayor (ARG)
Ieda Chaves (BRA)	Lester Ders (CUB)
Lourdes Cuaspud (ECU)	Amro Elgeziry (USA)
Kate French (GBR)	James Cooke (GBR)
Iryna Prasiantsova (BLR)	Valentin Prades (FRA)
Annika Schleu (GER)	Martin Vlach (CZE)
Natalya Coyle (IRL)	Lukasz Gutkowski (POL)
Gintare Venckauskaite (LTU)	Bence Demeter (HUN)
Marie Oteiza (FRA)	Justinas Kinderis (LTU)
Adelina Ibattulina (RUS)	Alexander Lifanov (RUS)
Sarolta Kovacs (HUN)	Patrick Dogue (GER)
Volha Silkina (BLR)	Valentin Belaud (FRA)
Elena Micheli (ITA)	Woongtae Jun (KOR)
Sehee Kim (KOR)	Jihun Lee (KOR)
Natsumi Takamiya (JPN)	Shuai Luo (CHN)
Alise Fakhrutdinova (UZB)	Pavel Ilyashenko (KAZ)
Mingyu Zhang (CHN)	Shohei Iwamoto (JPN)
Elena Potapenko (KAZ)	Alexander Savkin (UZB)
Marina Carrier (AUS)	Edward Fernon (AUS)

- All athletes listed have secured a quota place for their country and their participation is subject to selection by their National Olympic Committee
- All quota places listed will be protected in the revised Tokyo 2020 qualification process



Schultz (USA) demonstrates her skills in Laser Run and Riding

I feel that there is always room for improvement, so I have tried to challenge myself in new or different ways over this past year since training has had to look a little different.

Q: What has been the most challenging part?

A: I think the most challenging part is the uncertainty with so many aspects of life right now due to COVID-19. The pandemic has challenged my ability to adapt to the changing environment with training and life. I have tried to remain focused on the Olympic Games and the things I can control.

Q: And what positive things have you seen?

A: Over this time, I have been able to spend more time with my husband which has been wonderful. We did a lot of home projects and I learned a lot of new things along the way.



The time allowed me to go back to the basics with my training and add in some different things as well. It is always good to mix things up, and I definitely had to get creative with my training during the lockdowns.

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

A: I started Pentathlon in 2010. At the time I was running cross country and track, swimming, riding horses and skiing. Growing up in Colorado, my family was regularly active, and we were always doing things outdoors. I did a lot of sports including tennis, soccer, skiing, swimming, horseback riding and some hunting growing up.

A friend who I rode horses with told me about Pentathlon and my parents signed me up to do a camp in Colorado Springs at the Olympic and Paralympic Training Center. I loved the sport despite the challenges with learning how to fence.

I had planned to go to college to run, but I did not want to stop riding horses or swimming. Pentathlon was a perfect sport that allowed me to do all the things I loved and add in some new sports that would challenge me.

Q: What motivates you in training?

A: In Pentathlon, I feel there is always a challenge due to the diversity of the five events. It motivates me to try and get 1% better each day. Those little improvements and consistency add up over time.

I am challenged to keep striving for more and improving mentally and physically with all my training. I also feel that I have such a unique opportunity to pursue an athletic career and want to go out and do my best with a positive attitude.

Q: Describe yourself as an athlete in three words.

A: Determined, motivated, disciplined.

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



Schultz (USA) competes in Fencing and (below) celebrates her 2019 Pan American Games silver medal



Schultz (USA), nee Achterberg, has excelled in Biathlon-Triathlon as well as Modern Pentathlon

A: My parents and my husband, Karl, are my biggest role models and support system. They have been there through so much and they encourage me to grow in other aspects of my life.

In sport there are too many athletes to name. I am constantly being inspired by those around me not just within my sport, but all kinds of sports. I have really enjoyed getting to know athletes from all over, asking them questions to learn and grow in my athletic and personal goals.

Q: What is your ultimate ambition in Modern Pentathlon?

A: Ultimately it would be amazing to win a medal at the Olympics or a World Championships, but I believe there is so much more to the journey.

Knowing that I went out there to give my best and leave a positive legacy for all women and girls in sport would be amazing. I love to help inspire others. I feel so grateful to have the opportunity to compete in pentathlon and make so many friendships along the way. I feel that will carry forward in my future and bring joy no matter what medals I may or may not bring home.

Knowing that I showed up every day



Schultz and Amro Elgeziry (USA) during the UIPM 2019 Pentathlon World Cup Final opening ceremony

for training and competitions, worked hard and did my best with no regrets is what I want to achieve and leave behind to inspire others.

Lukasz Gutkowski (POL) hungry for success as he targets debut Olympic Games

A steady curve of progression has led an exciting young talent to the

Olympic Games. At 22, after a wide array of under-age success but only one top-10 finish at the highest level, Lukasz Gutkowski of Poland might have felt a little too green for the world's grandest sporting event. In 2021 he will be 23, thanks to the postponement of Tokyo 2020 – one year older and one year wiser.

Gutkowski (POL) has firmly established himself as one of the world's



Lukasz Gutkowski (POL) dives in to the Swimming pool



Gutkowski (POL) shows his Riding prowess during the UIPM 2019 Pentathlon Junior World Championships in Drzonkow (POL), where he won bronze

leading junior pentathletes. And it was after winning bronze at the UIPM 2019 Pentathlon Junior World Championships in the familiar venue of Drzonkow (POL) that he gained the confidence he needed to have a real shot at Olympic qualification.

In Bath (GBR) one month later, he kept pace with many of the best in the business at the European Championships and did enough to secure his country a quota place at the Tokyo Games.

In the latest Road to Tokyo interview, the youngster talks about the simple philosophies that drive his athleticism: train hard, eat well and enjoy every moment of what you are doing.

you finished 6th at the European Championships and earned Poland a qualification place for the Tokyo Olympics?

A: It was amazing. To be honest, I couldn't believe it. During the competitions I was so determined. I owe this result to mental strength. I was prepared very well and did my best. Even now when I'm thinking about the qualification place for the Tokyo, it generates a lot of emotion.

Q: Did you watch the Rio 2016 Olympic Games on TV? What were you thinking at that time?

A: Yes, of course I did. When in 2016 I watched the Olympics, I thought it was a long path in front of me. Now I'm preparing for the next Olympic Games, and this is amazing.

Q: How did it feel in 2019 when

Q: What would it mean for you to be

selected to compete for Poland at Tokyo 2020 in 2021?

A: I am proud of that. It's also an amazing opportunity to be a part of something big. Participating in a sports event like the Olympic Games is a distinction.

Q: What did you think when you heard the Olympics was postponed until 2021?

A: I was expecting this. Many athletes couldn't train during the lockdown so it was the only right decision.

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

A: The first period I spent on keeping up my physical activity, then when the first competition appeared in the calendar I decided to prepare by trying new training methods that could help

with my preparations in 2021.

Q: What has been the most challenging part?

A: I didn't have a problem with motivation. You know, an aim like the Olympics gives a lot of power. But the worst was to find places for training.

Q: And what positive things have you seen?

A: I'm a young athlete so one year more is a lot of for me. And also as I mentioned above, I had the opportunity to try new training that has given me a better feeling of my body, for sure.

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

A: I was at school with a swimming profile. Honestly, I wasn't very good at swimming. In most competitions I was at the bottom of the scoreboard. Finally I took part in combination of swimming and running. After swimming as usual my position wasn't good but after the run I jumped up and I liked it.

The next step was shooting, it turned out that I'm good and my position was higher. At this time the only path was Modern Pentathlon.

Q: What motivates you in training?

A: I really like what I'm doing. I also like to get tired. So the best training is one that is hard. What's more, I love to eat tasty things so more training = more treats after it. Simple equation!

Q: Describe yourself as an athlete in three words.

A: Positive-thinking, patient and... always hungry.

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

A: In sport I could write many names but if I have to pick one, it will be my older brother; in life my family and friends.

Q: What is your ultimate ambition in Modern Pentathlon?

A: I will not speak, I will do!



Gutkowski (POL) takes part in Fencing and Shooting and (bottom) wins a UIPM Laser Run world title



COACH CLASS

'I will set up a goal for athletes to surpass my achievements'
- Cao (CHN)

In the second part of the Coach Class series, London 2012 Olympic silver medallist Zhongrong Cao (CHN) talks about his coaching career and his role as head coach of China's senior Modern Pentathlon team.

In the historic annals of Modern Pentathlon, he stands alone. The only Asian pentathlete to have scaled the pinnacle of the sport and stood on the Olympic podium.

There are few in the sport, especially with an Olympics in Asia on the horizon and so many athletes (especially the Korean men) operating at the sharp end of the world rankings, who believe it will be long before Zhongrong Cao of China has company in this exclusive club.

Indeed, the London 2012 silver medallist himself is working hard to make sure he doesn't remain the only Asian Olympic medallist, or at least the only Chinese Olympic medallist. As national coach of China he has a number of young athletes showing the potential to achieve great things in the world's most demanding multi-discipline sport.

It should be reinforced that Cao (CHN) was by no means a one-hit wonder in his elite career. He won his first two Pentathlon World Cup medals in 2006, including gold in Cairo (EGY), came 4th in the UIPM 2010 Pentathlon World Championships in Chengdu (CHN) and in the same city two years later won UIPM Pentathlon World Cup Final bronze.

Even as a veteran he was a serious performer, finishing 16th in his farewell Olympic appearance in Rio



Zhongrong Cao (CHN) is looking to improve the performance of Chinese athletes in all five disciplines



Head coach Cao supports UIPM 2019 Pentathlon World Cup Final bronze medallist Shuhuan Li (CHN) in a UIPMTV interview and (below) oversees a training session



in 2016. Now Cao (CHN) is passing on everything he has learned over the years in the hope he can help another Chinese pentathlete savour the sweet taste of success.

Q: As a pentathlete, how many different coaches did you work with? And what did you learn from them?

A: There are three modern pentathlon coaches I've worked with. From them I learned professionalism and perseverance.

Q: When did you decide that you wanted to become a coach, and who did you ask for advice?

A: After participating in the Olympics several times, I made up my mind to work as a coach when I retired. I also consulted my own coach at that time.

Q: What steps have you taken to gain coaching qualifications?

A: After retiring, I attended the authoritative professional coaching training in China, and obtained the professional title of coach. I also successfully got the master's degree in sports training from Shanghai University of Sport.

Q: What was the first thing you achieved as a coach that made you proud?

A: Under my own guidance, athletes achieved impressive results in the world competitions.

Q: And what is your proudest achievement to date?

A: I will soon be stepping on the Olympic stage as an Olympic coach.

Q: In what ways does your own experience as a pentathlete help you to be a better coach?

A: Some of my experience in participating in world competitions can be shared with my athletes, so that they can get more competition experience.

Q: How does your status as an individual Olympic medallist impact your coaching management?

A: I will set up a higher goal for athletes to surpass my previous achievements.

Q: What do you think are the three most important characteristics in a coach?

A: Professionalism, dedication and perseverance.

Q: How has the role of the coach in Modern Pentathlon changed over the years?

A: Coaches should not only establish cooperative relationships with athletes in training and competition, but also cultivate deep friendship with them in daily life. Both sides should trust and support each other.

Q: What would you say to recommend coaching to a pentathlete who is considering it?

A: The premise is that you must really love modern pentathlon, which is hard to do actually. And if you love this sport from your heart, you can continue to challenge yourself and experience its charm in a different way as a coach.

Q: If you could have a perfect day as a pentathlon coach, what would it be like?

A: I think it would be a perfect day for me to work well with the team to complete the Olympics with outstanding results and realise my dreams.



In his role Cao (CHN) oversees the coaching of both female and male pentathletes in China



As an Olympic silver medallist from the London 2012 Games, Cao (CHN) commands universal respect

UIPM Para Sports

Omar Bouyoucef (FRA): 'I like the combination of skill and endurance'

He rose to the apex of one Paralympic discipline, and has tried his hand at many others since. Now Omar Bouyoucef of France is focusing on Para Laser Run, having been introduced to the sport during the UIPM 2018 Global Laser Run City Tour in Auch (FRA).

In this interview, Bouyoucef talks about why he has embraced this challenge, and UIPM Head of Classification Paul Baudet explains why the athlete can be a powerful role model for others interested in joining the UIPM Para Sports movement.

Q: When did you first get involved in competitive sport?

Omar Bouyoucef: In 1987 through wheelchair track and field athletics.

Q: When did it become your goal to reach the Paralympics?

A: In 1990, after the exploits of the Auscitaine Martine Prieur, multiple medallists at the 1984 and 1988 Paralympics in pentathlon for the disabled (three throws and two races). I was spotted to create the first French sit cross-country ski team at the 1992 Games.

Q: What did it mean to you to win the gold and bronze medals at the 1994 and 1998 Winter Paralympics?

A: It was the consecration of our sport – first gold medal in the history of biathlon. In 1998, the roconnaissance thanks to the National Order of Merit by President Jacques Chirac.

Q: What is your physical disability, and how does it affect your daily life?

A: I had polio when I was one year old. I had to wear an appliance until I was



Omar Bouyoucef (FRA) demonstrates his skills in Para Laser Run

16. I use a wheelchair, accessibility is important to me.

Q: In what ways has this adversity shaped your attitude to sport?

A: Disability has strengthened the mind, an asset for sport.

Q: Why have you tried so many different sports in your career, and which one have you enjoyed most?

A: I grew up in a centre, I had the opportunity to try archery, rifle shooting, swimming, track and field

and Nordic skiing – later I enjoyed it the most.

Q: What do you like about Para Laser Run, and would you like to see more competitive opportunities?

A: It has the same qualities as biathlon: skill and endurance. I'm looking forward to a national Para Laser Run competition, I'm training for it...

Q: You spent 12 years as President of Comité Handisport Gers ... how much has disability sport developed during

your athletic career?

A: Since 1996 all athletes have had the same distinction: National Order of Merit and the Legion of Honour, and since 2008 the same medal bonus and media coverage too.

Q: What are your future sporting goals, and how do you continue to motivate yourself?

A: I would like to develop Para Laser Run in all disabled sports committees and clubs too. The ideal would be to have an agreement between the disabled sports federations and Modern Pentathlon.

Paul Baudet: 'His sense of performance and wellbeing commands respect'

Q: When did you first become aware of Omar's interest in Para Laser Run?

Paul Baudet: When I was in charge of organising a classification system for the practice of PLR (Para Laser Run), I had the privilege to discover a video of Omar perfectly at ease with the discipline (I understood later why, with his multiple Paralympic medals!) and thus showing the field of possibilities with few means and a lot of enthusiasm.

Q: What medical support is required to enable him to compete?

A: The objective of being able to practise the PLR remains to have easy and safe access to a new discipline that is a source of pleasure and satisfaction. Also, the fraternity which binds the athletes is often enough to answer the daily problems. Nevertheless, a competent medical or paramedical supervision, especially aware of the particular problems of people with spinal cord injuries, for example, avoids any disappointment.

Q: Have you worked closely with Omar on the project? What kind of character is he?

A: Adjusting the discipline to the needs of the athlete and not the other way round is a priority! In this sense, Omar's intervention is a major asset. His



Omar Bouyoucef (FRA) during his Winter Paralympics career, when he won gold in Lillehammer 1994



sense of performance and wellbeing commands respect because his background speaks for itself!

Q: How can the UIPM Para Sports movement supports more athletes like Omar to get involved?

A: The key words in order to promote the practice of paralimbic disciplines are accessibility, safety and satisfaction.

Thus, by showing the way, Omar reminds us how deficiencies, technology or the environment are not obstacles but rather challenges to overcome to achieve real sporting feats. I hope to see more and more competitions in the future, at the same venues as able-bodied athletes, with the prospect of another Paralympic medal around Omar's neck!

News from around the world



Athletes approach the finish line during the first test of the new Olympic Games Modern Pentathlon format in Budapest (HUN) in 2020

Athletes invited to test new Olympic Games Modern Pentathlon format in Budapest (HUN)

Athletes have been invited via their National Federations to participate in the third test of the new Modern Pentathlon format proposed for the Paris 2024 Olympic Games.

The official four-day test event will take place in Budapest (HUN) from April 22-25, 2021 and UIPM has asked member federations to send as many athletes as possible in the context of Olympic Games and continuing COVID-19 Coronavirus restrictions.

The scheduling of the third test event – following tests undertaken in September 2020 in Budapest (HUN) and Cairo (EGY) – is one of

the recommendations set out by the dedicated task force appointed by the UIPM Executive Board in December 2020.

The establishment of the task force followed positive feedback from the International Olympic Committee about the new format, which includes a compelling showpiece featuring all five Modern Pentathlon disciplines in 90 minutes.

The task force, led by UIPM President Dr Klaus Schormann, was charged with finalising the rules of the format based on further evaluation and testing, with a view to presenting a set of competition rules to the UIPM 2021 Congress.

The event in Budapest (HUN) will provide ideal the testing ground

for sports operations, media/TV operations and logistics, as well as the on-site survey that will enable athletes to provide feedback.

The competition will comprise three stages. In both the women's and men's categories, 36 athletes will compete first in a Fencing Ranking Round, with points going forward to two semi-finals, each containing 18 athletes.

Eighteen athletes will proceed to the Women's Final with the other 18 eliminated. The Men's Final, however, will include only 12 athletes, enabling both options to be assessed.

Different scoring models will also be explored for men and women, including marginal distinctions in the number of Riding obstacles, the value

of a touch in the Fencing Ranking Round and the number of laps in Laser Run.

A report will be presented to the task force five days after the competition (April 30), with the task force then meeting on May 5 to determine recommendations for consideration by the UIPM Executive Board.

UIPM Joint Committees Meeting: athletes, coaches and judges congregate online

A year after the highly successful 2nd UIPM Joint Committees Meeting in Frankfurt (GER), the same three committees met online to discuss a wide range of ongoing matters relating to the UIPM Sports movement during this time of global crisis.

The joint congregation of the UIPM Athletes Committee, UIPM Coaches



Swimming (top) and Fencing are vital components of the new format, which will be tested with some variations in Budapest (HUN) in April 2021



The UIPM Joint Committees Meeting took place online for the first time in the third year since it was established

Committee and UIPM Technical Committee took place on February 10, 2021 via video conference. Schormann and a general briefing from Secretary General Shiny Fang that covered the main activities developed in 2020 and goals for 2021, the attendees watched a presentation on the new Modern Pentathlon format for

the Paris 2024 Olympic Games. This encompassed the activities of the new Task Force, format tests, the finalisation of rules and the implementation of next steps.



After points from the various Committee Chairs, there was another presentation on the ongoing qualification process for the rescheduled Tokyo 2020 Olympic Games, followed by an update on UIPM Congress and Committees Elections and finally a Q&A session that allowed committee members to clarify points about all discussion points. President Dr Schormann said: "While it was unfortunate that we were not able to meet in person, the UIPM Joint Committees Meeting on February 10 contained a very productive exchange of views linked to the Tokyo 2020 and Paris 2024 Olympic Games and many other topical matters linked to the UIPM Sports movement. "At the end of the meeting I commended the UIPM Secretary General and UIPM staff members on their excellent preparations and gave my thanks to all participating members for their ongoing input. "I am grateful to all members of the three committees who gave their time

to this important meeting, and it is my dear hope that we will all be able to meet in person in the near future for further discussions during the 2021 season."

UIPM Coaches Certification Programme: 20 Level 4 essays available to view

Modern Pentathlon coaches at all levels of their development journey have been urged to access one of the most valuable resources on UIPM's Educational Platform. The Platform contains 20 essays written by some of the most experienced and respected coaches in the UIPM Sports movement, covering everything from training methods, winning philosophy, sport science, doping prevention and budget planning.

The essays were submitted by the coaches as part of the Level 4 UIPM Coaches Certification Programme (CCP) courses undertaken in the past four years. comprehensive essay as part of their assessment to obtain their certification. The essays are analysed by an expert panel consisting of at least two UIPM Level 4 coaches.

Candidates are required to submit a Alexandre Franca, UIPM Operations



Chloe Esposito (AUS) takes advice from her father Daniel, one of the world's leading Modern Pentathlon coaches

Director, said: "The essays are a valuable source not only for coaches but for everyone interested in deep knowledge about our sport and they cover five subjects.

i) Training concepts, methods and principles considered fundamental in the development of an athlete in Modern Pentathlon.

ii) Advanced thinking on 'what it takes to win' in Modern Pentathlon according to a personal coaching philosophy

(iii) The role of sport science in the process of achieving the high standard performance in Modern Pentathlon

(iv) Doping prevention to preserve and protect the athletes' health and sporting values in Modern Pentathlon

(v) Sports budget plan – a four-year Olympic cycle financial plan for a national team, demonstrating in detail the reasoning for necessary expenditure around training programs, competitions, sport science support and other related subjects.

"I would urge coaches to tap into this rich source of information and intelligence whatever stage they are at in their own development journey."

Visit the UIPM Educational Platform



for a range of resources for coaches, judges and athletes.

Viacheslav Malishev re-elected Georgian Federation President

Dr Viacheslav Malishev was re-elected as President of the Georgian Modern Pentathlon and National Triathlon Federation at the organisation's Congress in Tbilisi (GEO) on February 26.

Dr Malishev (above), who was elected to the UIPM Executive Board in 2016 as Member for Development, will be assisted by Vice President Malkhaz Shushiashvili, General Secretary Kakha Gotsiridze and the Members of the Executive Board.

UIPM President Dr Klaus Schormann said: "We wish Slava every success in the coming years and we have no doubt that UIPM Sports will continue to flourish in Georgia under his leadership."

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SWIMMING FENCING RIDING SHOOTING RUNNING

Inside UIPM

Secretary General Shiny Fang's message



A visual destination for UIPM Sports families and fans

When Modern Pentathlon was created and established by the Modern Olympic Games founder Baron Pierre de Coubertin, it was mainly for elite groups and it was only for men – women weren't even involved in the Olympic Games until 2000.

Today, the sport is still not accessible enough to include everyone, and still a lot of countries can't provide all the resources needed to train athletes in all five disciplines.

We created and evolved the UIPM Sports pyramid, with different combinations (5, 4, 3, 2, 2, 2) of the UIPM disciplines. Each multi-discipline sport provides its own unique entry point for participants, and once they enter the pyramid they can figure out their ultimate goal and destination.

The more participants we introduced, the more fans we created, too – but visibility was still a problem.

For many years when you looked around for action videos of our sports and relevant archive materials, YouTube was the main or only platform to search, and the content was not assembled well on that medium.



That is why we established our own over-the-top online TV channel – UIPMTV.org – and after a couple years of running experiences, from 2021 UIPM is making additional efforts to enhance the platform.

We are aiming to provide a one-stop destination for our audience, fans, participants, families and friends to find the ultimate visual contents related to Modern Pentathlon and all other UIPM Sports.

The product is incomplete and still evolving – compared with more than 100 years of Modern Pentathlon history.

The videos are not perfect considering

the rapid advances in TV, media and camera technology, but we aim big and aim for the future to facilitate all of your needs.

So why not try a subscription, to experience dedicated video and TV and get the content to suit your needs?

Not only will you be investing in our sporting movement, but we will also give you the chance to provide feedback on what your actual needs are when it comes to the digital presentation of our sport.

UIPMTV.org, the place for your visual experiment, starting from now...

Inside UIPM

President Dr Klaus Schormann's activities

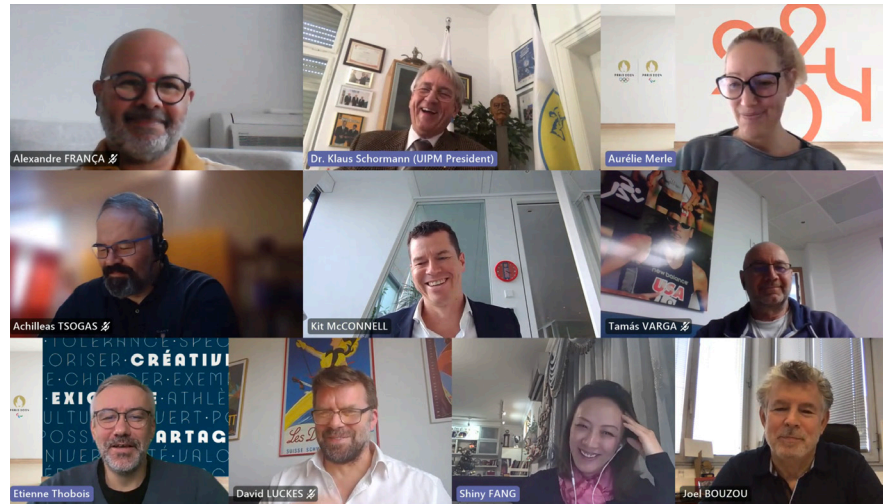
05.02.2021: Meeting with Paris 2024 and IOC

UIPM President Dr Klaus Schormann was joined by fellow UIPM office-bearers and staff in a meeting with key figures in the organization of the Olympic Summer Games Paris 2024.

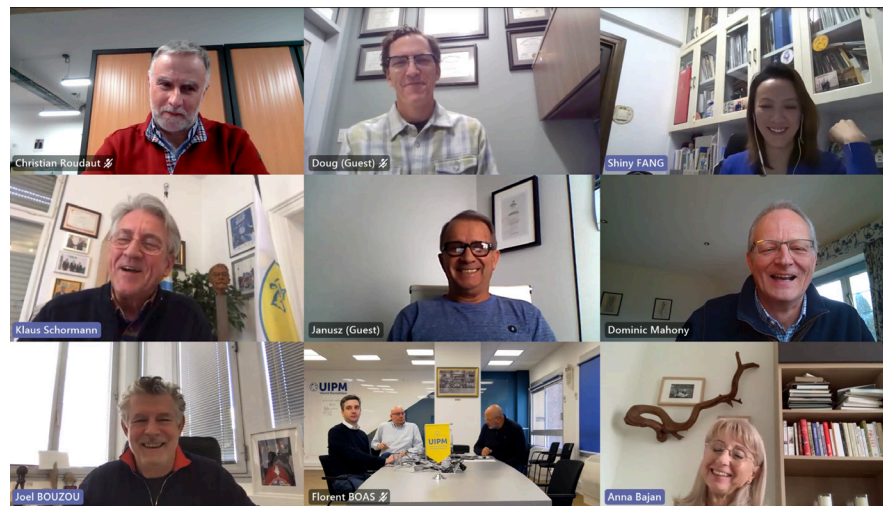
The meeting was attended by Etienne Thobois (CEO) and Aurelie Merle (Sport Director) from the Organizing Committee Olympic Games Paris 2024, along with Kit McConnell (Sports Director), David Luckes (Associate Director, Summer Sports and International Relations) and Achilleas Tsogas (Sport Operations Manager) of the International Olympic Committee.

They discussed the competition programme for Modern Pentathlon and the new format which will be presented at Paris 2024, focusing deeply on the competition schedule of the Olympic Games and the venue in Versailles where the Modern Pentathlon should be organized alongside equestrian sport.

UIPM Vice President Joel Bouzou OLY joined the meeting, as did Secretary General Shiny Fang, Operations Director Alexandre Franca and Competitions Manager Tamas Varga.



Meeting with Paris 2024 and the International Olympic Committee



Meeting of the new Modern Pentathlon format task force

06.02.2021: German Modern Pentathlon Federation meeting

In his capacity as Honorary President Dr Schormann attended a meeting of the German Modern Pentathlon Federation (DVMF).

The DVMF Executive Board discussed new statutes that will be changed at the next General Assembly in summer 2021 and received a briefing about national and international sport policy.

08.02.2021: New format task force meeting

The UIPM President joined fellow members of the task force appointed in December 2020 for a meeting about the new Olympic Games Modern Pentathlon format. They discussed important points about the competition format for the planned test events and also for Paris 2024.

09.02.2021: Meeting with Egypt Sports Minister

Dr Schormann was joined by Egyptian Modern Pentathlon Federation President Sharif Elerian in a video conference with Egypt's Minister of Youth and Sport, Dr Ashraf Soby, about the various UIPM 2021 World Championships (Senior, Junior and U19/U17) taking place in Egypt.

They discussed issues of sporting politics



UIPM President Dr Klaus Schormann and Executive Assistant Lena Nussbaumer meet with Dr Ashraf Soby, Egypt's Minister for Youth and Sports, and Egyptian Modern Pentathlon Federation President Sharif Elerian

and mapped out details for a perfectly planned series of World Championships in 2021.

The UIPM 2021 Pentathlon and Laser Run World Championships are scheduled to take place in Cairo (EGY) in June, followed by both the UIPM Junior and Youth (U19/U17) World Championships in Alexandria (EGY) in July.

COVID-19 Coronavirus pandemic on preparations and qualification for the rescheduled Olympic Games Tokyo 2020 hosted in July/August 2021.

UIPM Secretary General Shiny Fang joined staff members in giving a detailed PowerPoint presentation about the Olympic Games Paris 2024.

12.02.2021: 'Be Active Through Sport' task force meeting

President Dr Schormann chaired a second meeting with the German sport task force 'Trimm Dich' (Be Active Through Sport). Members of the group discussed strategies to cover the next stage of the project – reaching an audience.

10.02.2021: Virtual Joint Committees Meeting

President Dr Schormann addressed the members of the UIPM Athletes, Coaches and Technical Committees attending the 3rd annual Joint Committees Meeting (held virtually for the first time).

He informed all committee members about the ongoing situation linked to the Olympic Games Paris 2024, including the new format test event planned for Budapest (HUN) in April 2021, and updated them on the impact of the



Dr Schormann addresses members of the UIPM Athletes, Coaches and Technical Committees



Clockwise from top left: 'Be Active Through Sport' task force members Dr Gerald Fritz, Dr Michael Doerr, UIPM President Dr Klaus Schormann and Prof Dr Markus Mau; (inset) UIPM President's Executive Assistant Lena Nussbaumer

Future meetings will include experts from medicine, sociology, psychology and media. A clear message is that people of all generations need opportunities to take part in physical activity and mental health assistance to overcome stress caused by the pandemic, and to maintain health through sport we need preventive actions.

18.02.2021: Podcast Interview with Prof Dr Preuss

Dr Schormann appeared for the first time as a guest in a podcast, hosted by UIPM Innovation Commission Member Prof Dr Holger Preuss.

They discussed the duty of UIPM to Baron Pierre de Coubertin and his heritage, ethical points and how UIPM is handling anti-corruption.

Prof Dr Preuss also asked about the enormous development in sustainability within UIPM Sports since the introduction of laser shooting, which was established in 2010.

They discussed other topics such as the UIPM 2021 Pentathlon and Laser Run World Championships, which were relocated to Cairo (EGY) from Minsk (BLR) due to instability in Belarus. You can find the podcast on YouTube at "Sports Economics Uni Mainz".

26.02.-02.03.21: Budapest (HUN)

During his visit to the 7th Hungarian Open Indoor Championships, the UIPM President was joined on February 27 by Dr Gyula Bretz, Hungarian Modern Pentathlon Association President and



Podcast presenter and UIPM Innovation Commission Member Prof Dr Holger Preuss

UIPM Honorary Member, in a meeting with Krisztian Kulcsar, President of the Hungarian Olympic Committee.

They discussed international competitions in Hungary before the rescheduled Tokyo 2020 Olympic Games and the vaccination of athletes, coaches and officials linked to the Games in Tokyo in 2021 and Paris in 2024.

Furthermore, they spoke about the Hungarian / Budapest bid for the Olympic Games 2032 and the IOC Agenda 2020+5.

During the meeting President Kulcsar underlined again the very strong and close partnership between UIPM and the NOC.

On March 1 during the Women's Final, President Dr Schormann met with Hungary's State Secretary for Sport, Dr Tunde Szabo, to discuss the upcoming UIPM 2021 Pentathlon World Cup Budapest. She gave a strong statement of support from the government and



Left to right: Presidents Krisztian Kulcsar (Hungarian NOC), Dr Klaus Schormann (UIPM) and Dr Gyula Bretz (HMPA) meet in Budapest (HUN)





President Dr Schormann with Dr Tunde Szabo, Hungary's State Secretary for Sport, at the venue for the Hungarian Open Indoors in Budapest (HUN)



Left to right: HMPA President Dr Gyula Bretz, UIPM Executive Assistant Lena Nussbaumer, UIPM President Dr Klaus Schormann, Democratic Parliamentary Leader Dr Istvan Simicsko MP, HMPA Secretary General Istvan Gallai during a visit to the Hungarian Parliament

promised to provide assistance to other competitions like the new Modern Pentathlon format test in April 2021. Through her responsibility in sport for Hungary Dr Szabo likes to be a close partner to UIPM and the national association for Modern Pentathlon.

On March 2, the UIPM President met the Parliamentary Leader of the Christian Democratic People's Party of Hungary, Dr Istvan Simicsko in his office at the Parliament. Dr Simicsko, still a serving Member of Parliament, is a former Minister for Defence and recently became Vice President of the HMPA.

They discussed the global pandemic situation relating to business, politics and sport. President Dr Schormann underlined the long historical relationships between the sport-political society in Hungary and UIPM. Dr Simicsko guaranteed that sport – and especially Modern Pentathlon – will always have the strong support of the Hungarian Government.



FROM THE ARCHIVES

Schoeneborn (GER) savours her golden Olympic moment



Aged 22, Lena Schoeneborn (GER) stands proudly on the podium with her Olympic gold medal at Beijing 2008



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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