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UIPM 2019 YOUTH WORLD CHAMPIONSHIPS (U19 & U17)



As Japan celebrated one year to go until the Tokyo 2020 Olympic Games, the country's youth pentathletes seized the moment in Sofia (BUL) when sisters Natsu and Kaede Ohta won Under 17 Women's Relay gold at the first-ever combined UIPM Youth World Championships. Read more on Pages 20-28.









ROADTO

Pan American Games 2019



Charles Fernandez (GUA) celebrates a win over Esteban Bustos (CHI) in Fencing as they each secured an Olympic qualification place at Lima 2019

Ten athletes secure qualification for Olympic Games in Lima (PER)

en athletes from North, Central and South America and the Caribbean have secured their place in the Modern Pentathlon at the Tokyo 2020 Olympic Games after outstanding performances at the 2019 Pan American Games.

Mariana Arceo of Mexico and Charles Fernandez of Guatemala won gold medals in the Women's and Men's Finals respectively, guaranteeing their participation in Tokyo (JPN) where the world's best athletes will compete for the ultimate prize of Olympic gold in 12 months' time.

omen	Men
Haydy Morsy (EGY)	Sherif Nazeir (EGY)
Laura Asadauskaite (LTU)	Joseph Choong (GBR)
Mariana Arceo (MEX)	(a) Charles Fernandez (GUA)
Samantha Achterberg (USA)	Esteban Bustos (CHI)
Leydi Moya (CUB)	Sergio Villamayor (ARG)
Maria Chaves (BRA)	Lester Ders (CUB)
Lourdes Cuaspud (ECU)	Amro Elgeziry (USA)

(MEX) was joined on the podium by won bronze. In accordance with the secured by the highest-placed athletes silver medallist Samantha Achterberg Tokyo 2020 qualification process, from participating South American

In the Women's Individual Final, Arceo of USA and Leydi Moya of Cuba, who the other two Olympic places were



countries, 4th-placed Maria Chaves of Brazil and 13th-placed Lourdes Cuaspud of Ecuador.

In the Men's Individual Final, Fernandez (GUA) prevailed in a thrilling contest with Esteban Bustos of Chile, who also qualified for the Olympics by winning silver. Bronze medallist Sergio Villamayor of Argentina joined Bustos (CHI) in picking up a South American qualification place, while 4th-placed Lester Ders of Cuba and 5th-placed Amro Elgeziry of USA also booked their tickets to Tokyo.

A large group of qualified Pentathlon judges oversaw the competition after attending a UIPM Level 1 Judges Certification Programme (JCP) course in Lima.

The 10 Pan American qualifiers joined African champions Haydy Morsy and Sherif Nazeir of Egypt and UIPM 2019 Pentathlon World Cup Final champions Laura Asadauskaite of Lithuania and Joseph Choong of Great Britain in confirming their participation at Tokyo 2020.

Another 16 athletes will secure their





















It's too close to call between Esteban Bustos (CHI) and Amro Elgeziry (USA) as the Laser Run tension rises in Lima (PER)

place at the European Championships in Bath (GBR) from August 6-11 and a further six places will be at stake at the UIPM 2019 Pentathlon World Championships in Budapest (HUN) from September 2-8.

USA end on a high in Mixed Relay

The United States finished top of the Pentathlon medal table at the 2019 Pan American Games after Isabella Isaksen and Amro Elgeziry ended the competition on a high with gold in the Mixed Relay.

Married couple Isaksen & Elgeziry (USA) were clear winners on the final day of competition (July 30), enabling the USA to head home from Lima (PER) with two gold and two silver medals.

Cuba earned their third medal of the week after Leydi Moya and Jose Figueroa claimed Mixed Relay silver, while Charles Fernandez of Guatemala added to his individual gold medal with a bronze alongside Ximena Dieguez. For the USA, a successful competition also included gold in the Women's Relay for Jessica Davis and Achterberg, who had already won individual silver. Cuba (Moya & Eliani Camara) took silver ahead of bronze medallists Brazil (Priscila Oliveira and Isabela Abreu).

Mexico were victorious in the Men's Relay thanks to the combined efforts of Melchor Silva and Dulio Carrillo, who fended off stern competition from USA (Elgeziry and Brendan Anderson) and Argentina (Sergio Villamayor & Emmanuel Zapata).

UIPM President Dr Klaus Schormann said: "The Mixed Relay provided a spectacular conclusion to a high-quality Modern Pentathlon competition at the 2019 Pan American Games.

"Once again we could see how much the athletes love to compete in the

mixed format, which we are promoting for inclusion in the Olympic Summer Games in Paris in 2024. Congratulations to all the athletes who have qualified for the Olympic Summer Games Tokyo 2020, and good luck to those who still have the possibility to reach Tokyo in the coming year.

"It was important to see many countries from the Americas taking part – a big increase from the previous Pan American Games in Toronto (CAN). We are very happy that this Pan American Games has been a great success for the people of Peru, the whole South American Olympic society and also for our Union.

"I congratulate Jorge Salas, President of the Pan American and South American Confederations and Neven Ilic, President of PASO, for enabling us to showcase our sport across many days to a huge audience in Lima and across the American continent."

UIPM 2019 Junior World Championships

Russia and Egypt dominate in week of friendship in Drzonkow (POL)

The UIPM Junior World Championships can be a reliable indicator of who will become the Pentathlon superstars of tomorrow, and triple champion Adelina Ibatullina of Russia stood out during a thrilling week of racing in Drzonkow (POL). Her team-mate Kseniia Fraltsova (RUS) also claimed two golds and a silver.

Ahmed Elgendy of Egypt went home with a gold and a silver medal after his breakthrough success of 2018 in Kladno (CZE), while his fellow 2018 Youth Olympic Games champion Abdelmaksoud (EGY) finished with the same return.

In the final analysis, Russia topped the medals table with four golds and a silver, while Egypt won two golds and two silvers and Great Britain claimed two silvers and two bronzes.

UIPM President Dr Klaus Schormann said: "Drzonkow is where we had the first Junior World Championship in 1976 and we have a long tradition here.

"To see the development in many countries is encouraging. We had Chinese Taipei and Korea competing from Asia, and Africa and Central America were also represented.

"I think the atmosphere among the young athletes was so nice to see. Team spirit is so important in our competitions and friendship between the athletes is something I have observed. After the competition they give each other a big hug and that kind of atmosphere is something that we like to see. This is an opportunity to integrate and create friendships for life.

"Congratulations to the organisers for their great preparation of facilities and horses, and Drzonkow is one of the strongest pillars we have in the world for competitions and training."

Women's Relay: Russia strike first

Russia took the opening gold medal in Drzonkow thanks to a decisive comeback from Adelina Ibatullina and Kseniia Fraltsova.



The Riding arena looks resplendent in Drzonkow (POL) during the women's competition at the UIPM 2019 Pentathlon Junior World Championships

















Russia (Ibatullina/Fraltsova) were back in 8th place after struggling in Fencing, and they started the Laser Run in 6th, with Egypt (Salma Abdelmaksoud & Mariam Amer) leading from Great Britain (Georgia Hannam & Kerenza Bryson).

However, none of the other nations was able to match the conviction of Russia (Ibatullina/Fraltsova) in running and shooting, and their Laser Run time of 12:02.00 enabled them to win gold by 11sec from Great Britain (Hannam/ Bryson) with Czech Republic (Karolina Krenkova & Veronika Novotna) claiming bronze on the first day of the seasonal showpiece for Under 21 athletes.

Medallists' reaction

Fraltsova (RUS), a gold medallist in the Mixed Relay alongside Serge Baranov (RUS) in 2018, said: "It was very interesting from the beginning to the end. Our best disciplines were Swimming and Laser Run."

Ibatullina (RUS), who was individual Under 19 world champion in 2017, said: "We just want to work hard and get the best results that we can."

Hannam (GBR) said before receiving her silver medal: "It's been a really good day all around and we finished on a high. I'm happy with that performance."

Bryson (GBR) added: "We both shot really well today and the combination over the four shoots was maybe 40sec, so we are really happy with that."

Krenkova (CZE) said before receiving her bronze medal: "I think it was a good day. We started with a good swim, it could have been better on Fencing especially me, but I think we had the best score in Riding and we were lucky to have really good horses."

Novotna (CZE) added: "Kara started the Laser Run in 3rd place so we were close to the podium and we were thinking about the medal, but we knew that there were good runners, for example Russia.







Action from Swimming, Fencing and Riding in the Women's Relay on day one in Drzonkow (POL)



Kseniia Fraltsova (RUS) takes aim during the Women's Relay Laser Run and, below, celebrates victory with team-mate Adelina Ibatullina (RUS)

"We knew it would be very hard and Kara gave me the first position, but my shooting is not the best, especially when I am stressed. The first shoot was good, but the second time I stayed too long and I tried to run my best, and we finished 3rd."

Swimming

Russia (Ibatullina/Fraltsova) put down a marker in the pool as they scored 301 points with a fastest time of 2:04.87. Egypt (Abdelmaksoud/Amer) were less than 1sec behind in 2:05.72 while Czech Republic (Krenkova/Novotna) were comfortably next-fastest in 2:07.91.

Fencing

A dominant performance by Great Britain (Hannam/Bryson) enabled them to build a strong overall lead. The British duo scored an impressive 21V/7D, three more victories than nearest challengers Germany (Carlotta Walser & Rebecca Langrehr) and Egypt Russia (Ibatullina/Fraltsova) found life them out as potential gold medallists,



(Abdelmaksoud/Amer).

on the piste very difficult and their score of 13V/15D did little to mark

















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Action from the Swimming pool as the Men's Relay gets underway

albeit they added three points in the Bonus Round. The real stars of the Bonus Round were Korea (Yoo Sumin & Park Naeun), who topped up their score by seven points.

Riding

The standard was high in the Riding arena, with three nations coming within 11 points of a perfect score. Czech Republic (Krenkova/Novotna) led the way with 291, one point more than France (Elise Coste & Axelle Gros). After the disappointment of Fencing, Russia (Ibatullina/Fraltsova) held their nerve to remain in overall contention with a score of 289, while Great Britain (Hannam/Bryson) lost crucial ground by conceding 36 penalty points.

Laser Run

Great Britain (Hannam/Bryson) started with a lead of 11sec from Egypt (Abdelmaksoud/Amer), but neither was able to take a stranglehold of the event and instead it was Czech Republic (Krenkova/Novotna) and Russia (Ibatullina/Fraltsova) who made up ground on the first two circuits.

In the second half of the race, Russia (Ibatullina/Fraltsova) and Great Britain (Hannam/Bryson) decisively moved past Czech Republic (Krenkova/ Novotna) and that was the way it finished, with Egypt (Abdelmaksoud/ Amer) coming in 4th and France (Coste/Gros) 5th.

rounded off the top six.

Men's Relay: Egypt strke from front

gypt showcased their depth of Lalent in men's pentathlon as Sherif Rashad and Mohanad Shaban convincingly won the Men's Relay.

(Rashad/Shaban) themselves a chance with strong Italy (Alice Rinaudo & Maria Lea Lopez) Fencing and Riding performances and executed their Laser Run to win a



Lukasz Gutkowski (POL) takes on an Egyptian opponent during the Fencing Bonus Round









commanding gold, while host nation Poland (Oskar Paradowski & Lukasz Gutkowski) were equally comfortable in their pursuit of silver.

All the drama and uncertainty surrounded the race for bronze, where France (Ugo Fleurot & Paolo Singh) ultimately denied Russia (Vladimir Chelmakin & Andrei Petrov) in a thrilling duel for the final medal.

Medallists' reaction

Rashad (EGY) said before receiving his gold medal: "It was a really good day. I had a tough test in the Fencing, but luckily my friend here [Mohanad] was pretty good.

"The Riding was really, really good – only one obstacle - and the running was really hard, especially with the Polish athlete Lukasz. He was really close to me after the first shoot, and after the second shoot he was running I want to thank Paolo." like a beast."



Action from the Riding arena during the Men's Relay

silver medal: "It was difficult because there was a lot of competitors with a high level. During the Fencing it was a bit up and down, good victories and bad points, but we never gave it up and

His partner Singh (FRA) added: "Ugo Fleurot (FRA) said before receiving his did a great run and handed over to me

in 4th or 5th position and it was really close. I tried my best in the shooting but I was behind the Russian on both 800m laps. I felt that he wasn't very confident and I thought 'I've worked hard all these years for this'. So I kept pushing."

Gutkowski (POL) said before receiving



Mohanad Shaban leaves the shooting range as Egypt move closer to victory in the Men's Relay









his bronze medal: "We had a good result in Swimming and Fencing was really good and that created a good atmosphere in our team. In Riding we had a little technical mistake that cost us 20 penalties but we started Laser Run in 2nd position and it was good."

Swimming

It was almost too close to call in the pool as Great Britain (Bradley Sutton & Oliver Murray), Belarus (Yauheni Arol & Mikita Ivarouski) and Russia (Chelmakin/Petrov) all broke the 1:53 mark, with the British duo touching first in 1:51.64.

Fencina

Again, there was no outstanding nation on the piste but Egypt (Rashad/Shaban) emerged as top scorers with 22V/10D and two additional points in the Bonus Round.

Poland (Paradowski/Gutkowski) made it clear they were going to be in contention in front of a home crowd with a score of 21V/11D in the Ranking Round, while Belarus (Arol/Ivarouski) and Italy (Stefano Frezza & Riccardo Agazotti).

Riding

The Riding arena was where Egypt (Rashad/Shaban) truly put their stamp on the competition, with an almost flawless performance for a score of 293. Again the pressure was applied by Poland, not only by Paradowski & Gutkowski (280) but also by the home team's second string of Marcel Suliga and Pawel Dabrowski.

Laser Run

Egypt (Rashad/Shaban) started with a 17sec lead over Poland (Paradowski/ Gutkowski) and a 27sec advantage over 3rd-placed Italy (Frezza/Agazotti), with Russia (Chelmakin/Petrov) a further 10sec behind and France (Fleurot/ Singh) starting 7th, 52sec off the pace.

Shaban (EGY) set the tone with a confident first two circuits, keeping a lead of 50-100m from Paradowski (POL), who in turn kept the rest of



Mohanad Shaban and Sherif Rashad (EGY) celebrate their victory



Oskar Paradowski and Lukasz Gutkowski (POL) entertain the crowds before the Swimming event

the pack at bay. In fact this status quo remained throughout the race, with all the tension surrounding the battle for

Fleurot (FRA) had made ground on the first visit to the shooting range, moving up to 5th, and by the time of the handover he had given Singh (FRA) a good chance of catching his Russian rival. The two foes remained together throughout the second half of the Laser Run until Singh (FRA) made his move at the halfway stage of the final 800m lap, and he summoned all

his stamina to hang on to the prize. By now, Rashad (EGY) had completed the procession of gold, building on the success of the UIPM 2018 Under 19 World Championships where Egypt achieved an incredible 1-2-3 in the Men's Individual event, where Fleurot (FRA) had to settle for 4th.

Women's Final: Ibatullina (RUS) completes golden trinity

delina Ibatullina of Russia has Aformed a winning habit and she continued her remarkable run of



Women's Individual competitors enter the water

success to become the women's Besides her individual haul, the 20-yeariunior world champion. In 2017 Ibatullina (RUS) became Under 19 world champion and this latest success confirmed her calibre as one of the most promising pentathletes in the world. Only a month ago she won European junior gold at the same venue

old took her tally for this competition to three golds, as she added the team and individual titles to her Women's Relay gold she won alongside Kseniia Fraltsova. Alena Avdeeva (RUS) joined her team-mates on top of the podium after finishing 15th, with Fraltsova (RUS) crossing the line 9th.

With the Russians in imperious form, Great Britain spent another day in close pursuit as they collected team bronze on the back of a strong individual silver for Kerenza Bryson. She was joined on the podium by Olivia Green (GBR, 11th) and Georgia Hamman (GBR, 24th).

Individual bronze went to Luca Barta of Hungary, who finished 10sec ahead



Action from the Fencing Bonus Round in Drzonkow (POL)



















Luca Barta (HUN) maintains her composure during an impressive Laser Run that saw her rise from 6th to win bronze

Youth Olympic Games champion Salma Abdelmaksoud of Egypt, whose consolation prize was a team silver medal to celebrate with Amira Kandil (EGY, 8th) and Noureen Elgamal (EGY, 12th).

Blanka Guzi (HUN) finished 5th after an exceptional Laser Run, with Alice Rinaudo of Italy completing the top six.

Medallists' reaction

Ibatullina (RUS) said: "It was very interesting and very long – three days of competition. I'm very happy about could. my result and the result of my team.

"Fencing was so hard for me, three or four hours, and Swimming was hard too because one week ago I was ill. At first I didn't know if I would come to the Junior World Championships. I'm very happy."

Bryson (GBR) said: "I had a good fence, but didn't finish so great but then when I reflected and realised it was actually pretty good, I was happy.

of 4th-placed Buenos Aires 2018 "In the Laser Run I set off in 6th, 13sec behind Ibatullina. She's a great athlete and it would have been incredible if I had caught her, but I just went in with an open mind and didn't picture any medals. I just kept my head and kept calm, didn't look behind me."

> Barta (HUN) added: "I wanted to do my best and enjoy the competition, and after the Swimming I was really positive and happy. The Riding went really well and I wasn't so nervous. In the Laser Run I knew I had to run really fast and shoot my best, and I did everything I

> "I really like to compete in Drzonkow I like the atmosphere and everything that comes with it. I really enjoyed it. I will work hard – harder than ever – and I still have one year in juniors. In the future my goal is to compete at the Paris Olympics in 2024."

Swimming

Ibatullina (RUS) put herself quickly into contention as she registered the third-

fastest time of the day with 2:16.39. The top performer was Beatrice Mercuri (ITA) with a time of 2:14.83, with Michelle Gulvas (HUN) slotting in behind her on 2:15.31.

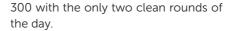
Fencing

An excellent performance by Kandil (EGY) enabled her to top the Fencing leaderboard in the Ranking Round with 26V/9D, two victories ahead of Bryson (GBR) and Elzbieta Adomaityte of Lithuania. Ibatullina (RUS), Rinaudo (ITA) and Park Naeun of Korea took care to stay in contention with scores of 22V/13D.

The stars of the Bonus Round were Rebecca Langrehr of Germany, who scored six victories, and Ibatullina (RUS), who added four points to her score to be the last woman standing.

Riding

The strength of the Russian challenge was rammed home in the Riding arena, where Avdeeva (RUS) and Ibatullina (RUS) collected maximum scores of



The standard was high across the board, however, with a remarkable 12 athletes scoring 293 with only one transgression. Bryson (GBR), Barta (HUN) and Abdelaksoud (EGY) were all in this group, ensuring they would go into the Laser Run with a real shot at the podium.

Laser Run

Starting with only a slender lead over Bryson (GBR) and Kandil (EGY), pressure seemed to be a foreign concept to Ibatullina (RUS) as she delivered her shots with supreme accuracy while controlling her running pace well.

Abdelmaksoud (EGY) moved past her compatriot Kandil (EGY) into the bronze medal position at the second shoot, but all the time Barta (HUN) was gaining on her. The top two maintained their composure right to the end, with Ibatullina (RUS) maintaining her 13sec lead over Bryson (GBR), who in turn bronze medallist.

Barta (HUN) and Abdelmaksoud (EGY) actually left the range together after



Ibatullina (RUS) revels in the moment of victory

the final shoot, but the Youth Olympics champion had less in reserve than her rival and Barta (HUN) finally finished with a 10sec advantage.

In the final analysis, Barta (HUN) had the third-best Laser Run time of crossed the line 18sec ahead of the 12:43.94 but this was overshadowed by the superb 12:15.18 achieved by her team-mate Guzi (HUN). Fraltsova (RUS) also excelled with a time of 12:26.54.

Men's Final: Mourcia (FRA) storms back to win gold

ean-Baptiste Mourcia won the first gold medal of the week for France and provided an unforgettable highlight of the championships with a storming victory in the Men's Final.

As the Laser Run began, Mourcia (FRA) and reigning champion Ahmed Elgendy of Egypt had a lot of work to do as



The underwater camera captures action from the Men's Final Swimming event

















they started together with a deficit of 29sec on the leader. But they tore up the field, Mourcia (FRA) eventually beating Elgendy (EGY) to the line by an impressive 7sec.

Behind them, Lukasz Gutkowski of Poland also came from behind to reach the podium.

Russia won team gold thanks to Andrei Zuev (4th), Ivan Tarasov (9th) and Sergey Kolbasenko (28th). Silver went to Belarus – Yauheni Arol (8th), Mikita Ivarouski (17th) and Maksim Maruk (18th) - and bronze to Korea - Kim Woocheol (6th), Kim Sedong (19th) and Lee Jonghyeon (23rd).

Medallists' reaction

Winning gold was a dramatic turn of events for 19-year-old Mourcia (FRA), who confirmed his senior potential in 2018 when placing 8th and 4th in the UIPM Pentathlon World Cup series.

The prowess of Elgendy (EGY) is better known – after winning the junior world title last year he added the U19 crown and gold at the Youth Olympic Games, before starting the 2019 season in the perfect style with gold at UIPM Pentathlon World Cup Cairo.



More action from the Swimming pool in Drzonkow (POL)

best moments of my short life. I would big champion in my federation, and I hope to follow the road of world No.1 Valentin Prades, and I hope my Gutkowski (POL) said: "I started with federation are proud of me."

Mourcia (FRA) said: "I'm so happy - Fencing, so it was hard to catch the it's unbelievable. I think it's one of the athletes in front of me. The Laser Run was good and I finished 2nd, but like to thank everyone around me who the French athlete was so good. My helped me. It's awesome. We have a shooting was not the best but it was enough for the silver medal."

a silver medal in the Men's Relay with Oskar Paradowski and now I achieved Elgendy (EGY) added: "I had some a bronze medal in the individual and problems that left me ranked 21 in it's really excellent. Next month there



A dramatic moment on the piste results in another point being scored during the Bonus Round











15

Spectators are enthralled as Jean-Baptiste Mourcia (FRA) battles bad weather to stay in contention during the Riding

is the European Championships in Bath with eight qualification places for the Olympic Games. I will try to achieve a high level."

Swimming

Myles Pillage of Great Britain set a high standard with a sub-2sec swim that would not be out of place at the highest level on the senior circuit. His time of 1:58.79 brought him 313 points, three more than Vicente Lima of Argentina (2:00.23) and five more than Elgendy (EGY, 2:01.22).

Fencing

Like Pillage (GBR) in the pool, one athlete stood out above all others on the piste and it was Maruk (BLR), who notched 26V/9D in the Ranking Round and added two more points in the Bonus Round.

Pillage (GBR) made sure he remained in contention with 22V/13D - the same as score as local favourite Gutkowski (POL) – but his performance was overshadowed by team-mate Oliver Murray (GBR), who scored 24V/11D.



Oleksandr Shelest (UKR) takes aim during the Laser Run

Zuev (RUS) was the main mover in the tumbling down the leaderboard after Bonus Round, where he added five points to his overall score.

The perils of Pentathlon were ruthlessly exposed to two of the competition leaders when the action reached the Riding arena. Both Maruk (BLR) and Murray (GBR) found themselves

each conceding 59 penalty points on horseback.

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In contrast, there was joy for two of Maruk's team-mates, Arol (BLR) and Mikita Harnastaeu (BLR), each of whom managed a perfect score of 300 along with Paolo Singh (FRA) and, to the delight of the home crowd, Marcel









Suliga (POL). Zuev (RUS) was one of eight athletes who dislodged just one barrier for a score of 293, while Elgendy (EGY) survived unscathed with 286 and Pillage (GBR) did just enough to claim the overall lead with 277.

Laser Run

Pillage (GBR) started with a 7sec lead over Zuev (RUS), with Arol (BLR) a further 6sec back, closely followed by Hernandez (MEX) and Kim Woocheol (KOR). Incredibly, none of the eventual medallists was among the first five starters.

Zuev (RUS) took control of the first half of the race, moving into the lead at the first shoot, but soon he had Mourcia (FRA) and Gutkowski (POL) for company. Mourcia (FRA) moved ahead at the second shoot and soon built a 9sec lead.

By the time they reached the third shoot, Elgendy (EGY) had overtaken Zuev (RUS) and taken possession of the silver medal position, but that wasn't the end of the drama. Zuev (RUS) began the final lap in 2nd but was reined in first by Elgendy (EGY) and then, with the home crowd roaring him on, Gutkowski (POL).

Zuev (RUS) stayed strong to finish 4th with Emiliano Hernández of Mexico one place further back and Kim Woocheol of Korea providing representation for a fourth continent (Europe, Africa, North America and Asia) in the top six.

UIPM reaction

The success of Gutkoswki (POL) among others was watched admiringly by the legendary Janusz Peciak (POL), Montreal 1976 Olympic champion and UIPM Executive Board Member for Sport.

Peciak (POL) said: "I'm very, very happy because it was a great competition, I saw a lot of talent here and I'm also happy because the Polish athlete won a bronze medal. It was great for our country and the media.



Rivalry intensifies during the Men's Final Laser Run



The moment of glory for new world champion Mourcia (FRA)











Men's team podium

"The level was very high and I was Natalia Dominiak finished 3sec behind impressed, especially with the French boy who was fantastic. I can see that these athletes are coming through and maybe we will see some good performances at the UIPM Pentathlon World Championships in Budapest. I overall I will give five stars."

Mixed Relay: Egypt deny Russia famous five

Egypt won their second gold medal of the week and denied Russia a fifth victory at the end of a thrilling Mixed Relay.

Salma Abdelmaksoud and Ahmed Elgendy (EGY) saved the best for last as they finished a successful competition on a high, winning by 12sec from Kseniia Fraltsova and Andrei Zuev (RUS) with Great Britain (Olivia Green & Myles Pillage) hanging on to bronze after starting the Laser Run in the lead.

As host nation, Poland had two teams among the 18 competing duos and Lukasz Gutkowski was narrowly denied a second bronze medal as he and

Green & Pillage (GBR).

The other Polish duo, Wiktoria Wierzba and Oskar Paradowski finished 6th, just behind Italy (Beatrice Mercuri & Giorgio Malan). A huge thunderstorm arrived think it was a great competition and during the final lap of the Laser Run, flattening perimeter boards, but the athletes stuck to their task in the hope of finishing their week on a high.

Medallists' reaction

Braving the high winds and rain to speak to UIPM, gold medallist Elgendy (EGY) said: "I'm feeling great about this victory. A silver medal in the individual and a gold medal in the Mixed Relay at the World Championships is very great, for Team Egypt too.

"We did well today in all disciplines. The Riding was a little bit disappointing but



The Swimming gets underway during the Mixed Relay









it was enough for us to win the gold. Luckily the storm came only during the last 150 metres, so it was not an obstacle for me."

Silver medallist Fraltsova (RUS) added: "It was amazing today. Too many mistakes in Riding and the other events were not perfect, but good enough."

Bronze medallist Pillage (GBR) said: "I was really happy with the swim and Olivia and I had a pretty strong fence, but the ride really turned things around for us and we went from 5th to 1st. In the Laser Run we made it really difficult for ourselves to get a medal because our shooting wasn't great, but luckily we held on in the running to get that bronze medal, so we're really happy.

"When I started out on that last run, I wanted to redeem myself because my shooting hadn't been good. I was never going to let [Gutkowski (POL)] get that medal."

Swimming

Great Britain (Green/Pillage) led the way in the pool with an excellent time of 1:56.38, followed by Italy (Mercuri/ Malan) on 1:58.66. Martina Armanazqui and Vicente Lima of Argentina were the third-fastest duo with 1:59.22.

Fencing

Kim Woocheol and Park Naeun of Korea topped the standings in the Fencing Ranking Round with 23V/15D, and they added two more points in the Bonus Round.

Three nations managed a score of 21V/17D - Argentina (Armanazqui/ Lima), Egypt (Abdelmaksoud/Elgendy) and Italy (Mercuri/Malan). Russia (Fraltsova/Zuev) added four points in the Bonus Round.

Riding

As six teams suffered the pain of elimination, and others struggled, it came as a delight to the home crowd that Wierzba & Paradowski (POL) were the top-performing duo on 297 points, conceding only three time penalties,







Action from Fencing, Riding and Laser Run during the Mixed Relay in Drzonkow (POL)



It's neck and neck at handover time between Russia and Great Britain

while Dominiak & Gutkowski (POL) were not too far behind on 277.

Great Britain (Green/Pillage) put themselves in pole position overall with a solid 285, while Italy (Mercuri/Malan) and Egypt (Abdelmaksoud/Elgendy) just managed to stay in contention.

Laser Run

Green (GBR) started with a 14sec advantage over Mercuri (ITA) with Abdelmaksoud (EGY) and Armanazqui (ARG) in close company.

Abdelmaksoud (EGY) overtook Mercuri (ITA) at the first shoot and impressively moved past Green (GBR) at the second visit to the range, while Fraltsova (RUS) moved up to the bronze medal position.

In a dramatic second 200m lap, Fraltsova (RUS) took the lead before handing over to her team-mate Zuev (RUS), but the others were not far behind. Elgendy (EGY) showed his running prowess to move past Zuev



Myles Pillage (GBR) takes a selfie of all the Mixed Relay medallists on the podium

going to relinquish.

Zuev (RUS) remained in control of silver by a big margin but Gutkowski (POL) left the final shoot ahead of Pillage (GBR), only to find himself reined in by his rival as the skies opened and Russia (Fraltsova/Zuev) in 11:16.03.

(RUS) and into a lead that he was never the scene became a dramatic battle against elemental as well as human forces.

> Egypt (Abdelmaksoud/Elgendy) recorded the fastest Laser Run time of 11:12.02, marginally quicker than















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UIPM 2019 Youth World Championships (U19 & U17)

It's Sofia for smiles as Egypt and Russia lead the way again

ofia, the capital of Bulgaria, Swelcomed 299 athletes from 39 countries in making history as host of the first combined UIPM Youth World Championships.

With five golds as well as one silver and a bronze, Egypt topped the medal table across the Under 17 and Under 19 age groups while Russia finished with the most medals - eight, including three golds.

Viacheslav Malishev, UIPM Executive Board Member for Development, said: "I would like to congratulate Andrey Kuzmanov, President of the Bulgarian Modern Pentathlon Federation, and his UIPM staff to produce an unforgettable UIPM Youth World Championships.

"We were delighted to have our first-ever U17 world champions and medallists standing alongside their U19 counterparts. The number of nations from different continents that enjoyed success underlined that Pentathlon is a worldwide sport with progressive development.

"Almost 300 happy young pentathletes came to Sofia from 39 nations across six continents and created a great atmosphere that showcased the spirit of our sporting movement.

"It was nice to see a great performance by Sweden, which has such a famous

team who worked in harmony with the heritage in Pentathlon. Sweden is coming back, and today they were on

> "It was also great to see Japan win a gold medal in the U17 Women's Relay. With one year to go until the Olympic Games in Tokyo, this demonstrates the benefit of an Olympic Games host nation focusing not only on the senior elite athletes who will take part in the Games but also developing talent for the future."

Day 1: Egypt kick off with U19 Men's Relay gold

Egypt crowned a historic day with gold as Noureldin Karim and Omar Mohamed won the Under 19 Men's Relay in Sofia (BUL).



Action from the Fencing Bonus Round in Sofia (BUL)









An incredible finish to the U19 Men's Relay sees Egypt deny Korea gold

The opening day of the first combined Price) finished 5th and Germany Youth World Championships also featured qualification for the Under dramatic close to proceedings in Sofia (BUL).

The result was a reversal of the UIPM 2018 U19 World Championships in medallists China.

Behind the race for gold was an Bonus Round. equally compelling contest for bronze, eventually won by Russia (Andrei Smirnov & Anton Gadetckii) ahead of France (Mathis Rochat & Melvin over

Great Britain (George Case & Toby immediately after them.

(Marc Spletzer & Alexander Netz) completed the top six. France (Rochat/ 17 Women's Individual Final but it was Perrier) led the way in Swimming with a gripping duel between the senior a time of 1:55.55, closely followed youths from Egypt and Korea (Hyeong by Italy (Giorgio Micheli & Federico Taegeuk & Lee Suhan) that brought a Alessandro) and Sweden (Jakob & Ludvig Rasmuson).

Hungary (Dominik Szentpronai & Peter Andras Barany) stood out in Fencing with 27V/15D, managing one more Caldas da Rainha (POR), where Korea victory in the Ranking Round than triumphed in the Men's Relay with Korea (Hyeong/Lee) and two more Egypt picking up bronze behind silver than Great Britain (Case/Price) and Germany (Spletzer/Netz). Italy (Micheli/ Alessandro) added seven points in the "I would like to thank all my coaches

> (Hyeong/Lee) started the Korea Laser Run with a 3sec advantage Hungary (Szentpronai/Barany) Germany (Spletzer/Netz) and Great Britain (Case/Price) coming

The big movers were Egypt (Karim/ Mohamed) and France (Rochat/ Perrier), who started with handicaps of 20sec and 31sec respectively. The excellence of these two teams created two mini-contests, both of which were settled only with sprints to the line on a thrilling final lap.

Karim (EGY) said: "It's an amazing feeling. I think we organised the disciplines well. We started with Swimming and he was better, and same with Fencing, and in the end I think we just played the game well.

and family, especially my grandmother, because she died recently. I give her this medal."

Mohamed (EGY) added: "I am very happy with the victory today, and I hope to achieve more in the future. I dedicate the medal to my family and















friends and my coaches, and to my partner."

Day 2: Germany win thrilling U19 Women's Relay

ror the second day in a row there was a dramatic finish and this time it was Germany who savoured gold as Esther Fernandez Donda and Annika Schneider won the U19 Women's Relay.

As with the Men's Relay 24 hours earlier, the senior youth competition was fraught with suspense. Only three seconds separated Germany (Fernandez Donda/Schneider) from silver medallists Belarus (Kseniya Klimiankova & Katsiaryna Etsina) and third-placed France (Rebecca Castaudi & Candice Ortega).

It was the first time in four years that Italy, who did not enter, were not crowned Women's Relay champions. Egypt (Hania Tarek & Amira Kandil) finished 4th with Hungary (Rita Erdos & Noemi Eszes) 5th and Japan (Kaede & Natsu Ohta) completed the top six.

Czech Republic duo Katerina Tomanova and Barbora Hartmanova



U19 Women's Relay podium

set the pace in the Swimming pool with a time of 2:06.79, with Russia athletes Ekaterina Galukhina and Maria Goretskaia and Belarus (Klimiankova/ Etsina) next-fastest.

(Castaudi/Ortega) put themselves in contention by scoring 25V/13D in the Fencing Ranking Round, adding two additional points on the piste were Czech Republic deficit. (Tomanova/Hartmanova) and Germany (Fernandez Donda/Schneider), while

Thailand duo Panalee Palasri and Prawa Kerdchantrong added six points in the Bonus Round.

Republic (Tomanova/ Hartmanova) started the Laser Run first with a 11sec lead over Belarus (Klimiankova/Etsina) and (Castaudi/Ortega), France with Germany (Fernandez Donda/ in the Bonus Round. Also impressive Schneider) having to make up a 24sec

However, it was Egypt who took control



Silver medallist Katsiaryna Etsnia (BLR) keeps her eye on the prize during the U19 Women's Relay











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Sarah Wilson (GBR) leaps off the starting blocks to get the U19 Mixed Relay under way

of the race, with Tarek (EGY) handing over a strong position to Kandil (EGY). They remained in the lead until the last shooting series, when Kandil (EGY) struggled to get her shots away and was suddenly overtaken.

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A perfect shoot by Fernandez Donda (GER) was decisive, and the 16-yearold ran clear of an intense silver-medal duel between Belarus and France, with Egypt missing out on the podium.

Schneider (GER) said: "I'm speechless. I'm very happy. The Fencing and the running was very good. Sometimes my Fencing is very bad but today it was very good for me. I want to say thank you to my coaches and my friends"

Fernandez Donda (GER) added: "I'm very happy about the outcome of the competition. My best discipline was shooting, especially on the last series."

Day 3: Golden joy for hosts Bulgaria and Korea

n unforgettable moment of joy Afor host nation Bulgaria and an



Yoon Yangji (KOR) crosses the line to secure gold in the U19 Mixed Relay

up day three of the championships.

In a competition already memorable for dramatic photo finishes, the U19 Mixed Relay became a smooth procession as Kim Jaehak and Yoon Yangji (KOR) took gold by an impressive 14sec.

Great Britain picked up silver thanks to an excellent Laser Run by Sarah Wilson and Joshua Hood, while bronze went to Catherine Oliver and Miguel Vazquez

outstanding performance by Korea lit of Mexico, ensuring representation for three continents on the podium.

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This intriguing Mixed Relay climax came one hour after a 16-year-old athlete had become the toast of Sofia. Svetla Zgurova (BUL) won an impressive individual gold medal in the U17 Women's Final, holding off intense competition from Hungary rivals Dorina Dobronyi and Dorka Toth, who joined her on the podium.









U19 Mixed Relay

Russia set the pace in the Swimming pool thanks to a time of 02:01.20 from Maria Samoilova and Andrei Smirnov. Not far behind were Australia duo Tully Watt and Rhys Lanskey (02:02.66), with Mikita Piatrouski and Darya Latsevich of Belarus third-fastest (02:03.54).

Hungary topped the Fencing standings after Nora Killai-Simoka and Bence Katona scored 28V/12D in the Ranking Round. Mexico (Oliver/Vazquez) and Great Britain (Wilson/Hood) put themselves in the frame with 26 and 25 victories respectively.

Russia (Samoilova/Smirnov) set off first in the Laser Run but they struggled to find any rhythm, as did Hungary (Killai-Simoka/Katona), and both were left trailing by Korea (Kim/Yoon) and Mexico (Oliver/Vazquez) and, eventually, Great Britain (Wilson/Hood)

Great Britain (Wilson/Hood) overcame a 22sec starting handicap to win silver with the fastest Laser Run time of the day, 11:26.40, while 11:30.30 was fast enough for Korea (Kim/Yoon) to win gold without alarm.

Guatemala duo Paula Sofia Valencia and Andres Fernandez finished 4th after a rapid 11:30.80, with Ukraine (Olha Klunnikova & Valentyn Ilkiv) crossing the line 5th and Turkey (Yaren Nur Polat & Hakan Can Gungor) in 6th.

U17 Women's Final

Another incredible finish saw four athletes separated by just 4sec at the finish line of the U17 Women's Final. Individual victory went to the athlete who started first, Zgurova (BUL), to the delight of the home crowd, but only after she held off the challenge of two chasing Hungarians.

Dobronyi (HUN) couldn't quite snare the gold medal but she grabbed silver from her team-mate Toth (HUN) after a photo finish. Anastasia Malasenoka of Latvia was only 2sec further back, narrowly missing out on the podium. It was a European-dominated final,



Action from the Swimming pool



Moultaz Mohamed (EGY) celebrates finishing No.1 in the U17 men's final

with Elizaveta Tychkina of Russia finishing 5th and Nela Szczur of Poland completing the top six.

Zgurova (BUL) had been fastest in the Swimming event, timing 2:14.95 ahead of Gina Speakman of Great Britain (2:16.49) and Reka Kozma (HUN, 2:18.00). Toth (HUN) was comfortably the quickest around the Laser Run circuit, timing 09:09.90, with Dobronyi

Day 4: Mohamed (EGY) crowned U17 world champion aged 14

here was a glimpse of the past and a last of the future on a memorable day for Egypt and Sweden.











Championships U19 & U' Sofia, BULGARIA 2019

Laser Run athletes are poised at the start line in Sofia (BUL)

Aged just 14, Moultaz Mohamed European U17 champion in Kaunas (EGY) showed a batch of 16-year-old rivals the fast track to success as he convincingly won individual gold in the Swimming, where he timed 02:05.81. U17 Men's Final. Behind him, there was Only one athlete went faster – Maksim a moment to cherish for Pentathlon historians as Jakob Rasmuson (SWE) claimed the silver medal.

Sweden won 19 individual Modern Pentathlon medals at the Olympic Games between 1912 and 1986, including eight of the first nine golds, with Svante Rasmuson the last to stand Los Angeles in 1984.

Russia claimed the team gold medal medal won by Kirill Manuilo. Team silver went to Belarus and bronze to Egypt, providing the fresh-faced champion Mohamed (EGY) with a second medal to celebrate.

(LTU) in June, put himself in contention with a strong performance in Gorkovenko (RUS) with 02:04.07.

The prodigious Mohamed (EGY) had to overcome a starting handicap of 10sec in the Laser Run, but he took to the challenge with relish and ended up winning by 16sec after the best time of the day (08:10.20).

on the podium with his silver medal in Knowing gold was out of reach, Rasmuson (SWE) kept all other challengers at bay and held on to silver with a 5sec margin from Manuilo (RUS), thanks in part to an individual bronze who had started 28sec off the pace and timed an excellent 08:13.10. Fourth place went to Ivan Prytkou (BLR), with Michal Jablonski of Poland in 5th and Andras Gall of Hungary completing the

that I won this competition. I prepared so strongly, I trained every day, and the other competitors were so strong."

Day 5: Japan strike gold in U17 Women's Relay

With the one-year milestone to the Tokyo 2020 Olympic Cames the Tokyo 2020 Olympic Games just a few days away, host nation Japan had a victory to cheer as sisters Natsu and Kaede Ohta struck gold in the U17 Women's Relay. The young duo defeated rivals - most of them older - from 14 countries to stand on top of the podium.

As the Tokyo 2020 Olympic Games was showcased on July 24 with a variety of #1YearToGo celebrations, the Japanese delegation went home happy with their development progress after the Ohtas won a rare medal at global level in UIPM Sports.

Rasmuson (SWE), who became Mohamed (EGY) said: "I feel amazing Poland picked up the silver medal









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thanks to Paulina Myrda and Nela Szczur, while bronze went to Germany duo Rosalie Hanel and Lola Buss.

Japan (Ohta/Ohta) recorded the thirdbest time in the Swimming pool, with 02:10.48 putting them within touching distance of Poland (Myrda/Szczur) in 2:09.07 and the pace-setting duo from Great Britain, Larissa Hannam and Gina Speakman (2:07.74).

That determined the starting positions in the Laser Run, but it was too close to call throughout. Japan (Ohta/Ohta) ultimately won by 6sec thanks to a top time of 12:10.40.

Poland (Myrda/Szczur) completed the course in 12:18.90 to finish 4sec ahead of Germany (Hanel/Buss), who timed 12:18.00

Egypt continued an impressive week of results as Nouran Beheiry and Malak Ismail finished 4th, 2sec behind the bronze medallists.

Russia (Kristina Budeikina & Polina Gumeniuk) came home in 5th position and Hungary (Zsofia Urogi & Kinga Dulai) completed the top six.

Day 6: Klimiankova (BLR) wears U19 women's crown

Kseniya Klimiankova of Belarus stood on top of the world after being crowned individual champion in the Women's Final on the penultimate day in Sofia (BUL).

The 17-year-old won by a convincing 10sec margin from Amina Tagirova of Russia, with Yoon Yangji of Korea picking up bronze after holding off Esther Fernandez Donda of Germany by 1sec.

If individual silver was in any way disappointing for Tagirova (RUS), she could take consolation from winning team gold alongside Yana Soloveva (RUS) and Iuliia Sergeeva (RUS). Silver went to Germany and bronze to Great Britain.



The Russian team make a light-hearted entrance to the Swimming pool for the U17 Women's Relay



Handover time for Natsu and Kaede Ohta (JPN) on the way to gold in the U17 Women's Relay

Ever-prolific Egypt added another gold medal on the penultimate day of the combined age-group competition as Moutaz Mohamed and Abu Bakr Aleadwy won the U17 Men's Relay.

Bobylev secured silver while bronze went to Esau Florido and Mario Medina 2:14.77. of Mexico.

U19 Women's Final

There was no hint of the winning potential of Klimiankova (BLR) in the Swimming pool, where she was ranked 26th of the 36 competing athletes. Instead it was a local athlete who led Russia duo Denis Zuev and Evgeniy the way, U17 champion Zgurova (BUL) in 2:14.41, ahead of Tagirova (RUS) in

The Russians were prominent again



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The biggest mover in the Laser Run was Yoon (KOR), who recorded the best time of 12:32.50. As other contenders fell away, Klimiankova (BLR) and Tagirova (RUS) held their nerve to stay in control of the race and win gold.

U17 Men's Relay

Russia (Zuev/Bobylev) set the pace in the Swimming pool with a time of 1:56.90. Poland duo Michal Jablonski and Piotr Ziolek and Egypt (Mohamed/ Aleadwy) also ducked under the 2min barrier.

Egypt (Mohamed/Aleadwy) produced the fastest Laser Run time of 10:59.40, but Russia (Zuev/Bobylev) were not



All smiles for U17 Men's Relay winners Moutaz Mohamed and Abu Bakr Aleadwy

easily beaten and the final winning margin was only 3sec. An excellent Laser Run of 11:02.00 enabled Mexico (Florido/Medina) to make up three places and reach the podium.

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Day 7: Shalupin (RUS) produces golden climax in Men's Final

ussia and Egypt continued to Adominate on the final day of the

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An emotional Kseniya Klimiankova (BLR) prepares to cross the line to become the U19 world champion



















It's individual gold for Ivan Shalupin (RUS) as the U19 Men's Final brings the combined championships to a close

World Championships, sharing the last three gold medals.

Ivan Shalupin (RUS) became the individual U19 world champion after a thrilling Men's Final, while silver country to a team gold that provided Egypt with their fifth title of a prolific championships. Multiple medallist Moutaz Mohamed (EGY) teamed up with Malak Ismail (EGY) on the final day to add U17 Mixed Relay gold to his Men's Individual and Men's Relay titles.

U19 Men's Final

Vladyslav Chekan of Ukraine took an early lead with his Swimming time of 2:03.37, followed by Jakub Malecek of Czech Republic and Mathis Rochat of France.

The best performer in Fencing was Federico Alessandro of Italy, who scored 26V/9D ahead of Fouda (EGY, 23V/12D) and Shalupin (RUS, 22V/13D).

historic first combined UIPM Youth After an epic contest in the Laser Run, quicker than Lizaveta Yezheleva and Shalupin (RUS) overcame a starting deficit of 27sec to claim the last gold of the championships, winning by 6sec Egypt (Ismail/Mohamed) started with from Fouda (EGY) with Mark Mano Gyurka of Hungary picking up bronze just 1sec behind. The best Laser Run medallist Adham Fouda (EGY) led his time was set by Melvin Perrier (FRA), who completed the course in 10:56.50 to finish 7th overall.

> Shalupin (RUS) said: "My ambition was to win a medal – gold, silver or bronze - because I have achieved good results in all areas of Modern Pentathlon."

> Egypt (Mohamed, Karim Noureldin and Elkashef Eyad) won team gold ahead of silver medallists Hungary (Mark Mano Gyurka, Bence Viczian and Bence Szakaly) and France (Ugo Fleurot, bronze

U17 Mixed Relay

set the pace in the Swimming pool with a time of 02:01.56, only 0.01sec it's good."

Ivan Pryktou of Belarus.

a 2sec deficit but their Laser Run proficiency was such that they ended up winning gold by 12sec from silver medallists Germany (Esther Fernandez Donda and Moriz Klinkert), with Great Britain (Annabel Denton and Sam Cobb) a further 8sec back in bronze.

Poland (Paulina Myrda and Olaf Paradowski) finished 4th, one place ahead of Belarus (Yezheleva/Pryktou), with Japan (Natsu Ohta and Kodai Arai) completing the top six.

Mohamed (EGY) said: "It was a very good competition and I had a very good partner. The competition was so Perrier and Rochat), who took home strong and I feel tired now. In the future our goal is to take part in the Youth Olympic Games in Dakar in 2022."

Hungary duo Lili Basa and David Paczai Ismail (EGY) added: "It feels good to win. The athletes were so strong, but

UIPM Para-Sports

How 'invincible' Brian Douglas (USA) became a trailblazer



Double amputee Brian Douglas takes part in Fencing in the US National Modern Pentathlon Championships against able-bodied opponents

Brian Douglas, 15, is a double Rob Stull, President of the NORCECA believe he could give a huge boost to amputee who has been involved in Confederation, said: "Brian participated our UIPM Para Sports development." several years.

the UIPM Para-Sports movement, excelling in Swimming and adding Laser Run to his repertoire and, most impressively of all, learning Fencing to the point where he can compete with his remarkable accomplishment. He is able-bodied athletes on the piste.

In 2019 Brian competed in the US Pentathlon National Championships at Youth A (Under 19) level. He also took part in the senior competition.

para swimming in the United States for in our training camp and US Nationals just like every other 15-year-old boy. He demonstrated to everyone Now he has become a trailblazer for including the staff and parents not what he couldn't do, but rather what he could do.

> "Brian inspired everyone who witnessed a shining example of the International Paralympic Committee motto 'mind, body, spirit'. Brian lives this every day."

> Radka Zapletalova, UIPM Para Pentathlon Project Manager, said:

Here Brian tells his story in his own words.

When did you first discover Pentathlon?

"So this is a funny story. It was the night after the US nationals for para swimming had ended. Me, my mom, one of the other para swimming families and another athlete along with her coach Keith Beryhill went to a Mexican restaurant to celebrate the meet being over.

"We are all at dinner and coach Keith "Brian's story is truly inspiring and I starts talking about Pentathlon and how

















he runs his own regionals and training camps down in Georgia. So then he mentions that UIPM is branching out to the para world of sports and asks me if I would like to be sort of a guinea pig for the Para Pentathlon programme in the United States. So that was the night I first discovered Pentathlon."

What were your first steps to getting involved?

"I went to coach Keith's mini training camp in Georgia to learn the basics of shooting and fencing and then went to his Atlanta regional later that month."

Have you taken part in any other para sports?

"Yes, I have participated in wheelchair tennis and Paralympic swimming, and my main sport before Pentathlon was actually swimming."

Which discipline is your favourite?

"Fencing and swimming are my favourite disciplines. Even though I am not that good at fencing I enjoy it the most. In my opinion it is the most fun and exciting, yet frustrating and infuriating, sport I have taken part in to date in my athletic career."

What has been your personal highlight

"My personal highlight so far has been every single time I have scored a touch during the fencing part of the competitions at nationals. When I score a touch on my fencing opponent I feel invincible."

What is your training regime like now?

"Since my main sport before Pentathlon was swimming, my training regime is mostly based around swimming. My weekly training goes like this: on Mondays, Tuesdays and Thursday I go to swimming practice from 7am to 9.30am and then again from 2pm to 4pm and on the other days of the week I swim only from 7am to 9.30am.

"Now that I have someone to fence with I usually fence and shoot two or three times each week with a local athlete named Alex Guzman. Then on Saturday mornings I go to the gym for



Brian shows off his impressive muscle definition at the pool

training schedule – once I go back to high school in August it will change a bit, but I will be training every day.

What is it like competing against ablebodied athletes?

"Competing against able-bodied athletes gives me an insight into the huge world of sports instead of just keeping me closed in the para sports world. Competing against ablebodied athletes can sometimes be discouraging, but I never tell myself that I am losing solely because of my disability. That enables me to work harder and harder every day to perform at my best against able-bodied competitors."

strength training. This is my summer think about your involvement in

"My friends and family have been and always will be extremely supportive and helpful towards me, and it's no different when it comes to Pentathlon. My mom is very excited that Pentathlon found me. She feels that this will be a real test and showcase for my athleticism."

What are your competitive / development goals?

main competitive developmental goals sports-wise would be to compete in the 2020 Paralympics and/or the 2024 Paralympics. I would like to continue being heavily involved in para sports throughout my life – and not just as an

What do your friends and family "I also want to become a prosthetist.



Getting involved with UIPM Para Sports has given Brian a new sporting direction



Brian lines up in the Laser Run shooting range

At school I would like to have a 4.0 GPA for my junior year of high school. I am not certain whether I would like to do an MD first and then move on to the development and production of prosthetics, but I am firm in my goal to become a prosthetist so that I can give back to other amputees in the same way that I have been given limitless opportunities by Amputee Blade Runners.

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"They are a non-profit organization that makes running legs available at no cost to amputees. In my case I also got my walking legs and the opportunity to pioneer AT Knees produced by a company called Legworks. My foot shells and blades have been made available by a company called Fillauer Orthortics and Prosthetics out of Tennessee."

How can we give more people opportunities to take part in UIPM Para Sports?

"I really do think that this has a lot to do with publicity, especially in the US, because not many people know that there are Pentathlon programmes in the US far less for Para Pentathlon. Making Pentathlon more mainstream would help to raise its popularity among para athletes."

What are the benefits of taking part in this sport?

"There is a plethora of benefits to taking part in this sport. The sport of Modern Pentathlon includes five disciplines that will work out everything from the occipital and parietal lobes of your brain right down to your ankles and

"This sport encompasses every single health- and skill-related component of fitness, and not only does it include all of them it will develop every single one as well. This sport is also extremely rewarding physically and emotionally."

FIND OUT MORE

If you are interested in the UIPM Para Sports movement, please visit the UIPM website, contact your National Federation or email UIPM directly at para@pentathlon.org.

















UIPM 2019 Global Laser Run City Tour



The first Laser Run event to take place in Afghanistan draws a large crowd in Kabul

Pride and disbelief as history is made in Kabul (AFG)

ror evidence of the global popularity Tand powerful symbolism of Laser Run, look no further than the first Global Laser Run City Tour to take place in Afghanistan.

In Kabul on June 27, more than 300 athletes made history with a competition that included the first Mixed Relay ever to take place on Afghan soil.

Considering that all sport was prohibited during the Taliban regime and Afghanistan was banned by the International Olympic Committee from 1999 to 2002 due to discrimination against women, it was a truly symbolic moment.

The competition came in the wake of the first UIPM Coaches Certification Programme (CCP) Level 1 course in Kabul, which enabled three women to gain qualifications and get involved in the organisation of the June 27 event. No Afghan woman has ever won an Olympic medal and women







Young girls show their competitive spirit as they set off from the start line



Tenacity on show as young athletes aim to get their five shots on the laser shooting range

members of the pentathlon community country that is still war-torn. are determined to take an inclusive approach to sport development.

Modern Pentathlon Federation of Afghanistan, said he was very happy

continue to find barriers restricting that a dream had come true at the Kabul their participation in sport, with no Police Academy with an internationalguarantees about the future. But standard UIPM Sports competition in a

"I felt proud to see lots of girls taking part in this competition and for the Khoshal Sarwari, President of the first time we had a woman as shooting manager.

"This shows our efforts have resulted in a good outcome and we are going in the right direction."

Two of the youngest participants also expressed their satisfaction with the outcome. Mohammad Mahdi. 8. said: "I am very happy I took part in this competition and it felt to me that I was competing in an international competition. All my friends around were cheering for me and I feel so, so happy that I finished first."

Om-el Banan Azizi, winner of the girls' under-15 category, said: "I cannot believe I did it. It is only a few months since I started this sport in our school and I know about it, but today I won the competition! My school will be so proud of me."

Barriers overcome in Miranda (VEN)

Collowing the success of the opening event in Barina, the unsettled nation of Venezuela staged a second Global Laser Run City Tour on June 29.

This time the venue was the city of Miranda and 243 schoolchildren, aged eight to 13, came from various educational institutions across the state to have their first taste of Laser Run.

Venezuela is currently disrupted by serious political and social unrest, making it difficult to organise coordinated sport.

A spokesperson for the local organising committee said: "The Venezuelan Federation of Modern Pentathlon again overcame the different barriers and carried out the second UIPM Global Laser Run City Tour.

"It is gratifying for our sports federation to meet the planned objectives and show the world that we can publicize our sport. With this event we again fulfilled our objectives and we thank the UIPM for continuing to count on us with this majestic project, which enriches our sport with experience and organization."

















New frontiers conquered in **Zhitomir (UKR)**

Vuri Gagarin was the first person to I enter space and in the park that bears his name. Laser Run continued its meteoric rise with another wellattended Global Laser Run City Tour on June 22.

The second City Tour to take place in the city of Zhitomir benefited from better weather than the conditions that hit the previous event in 2018, enabling local organisers to organise the third GLRCT in Ukraine this year and fully promote UIPM's fastest-growing development sport to new and existing audiences.

More than 250 people raced in various categories in the park on June 22, having come from the regions of Kharkiv, Lviv, Donetsk, Kiev and Zhitomir.

The competition was attended by VIP guests including Svitlana Gres, Head of the regional Youth Patriotic and Sport Movement, Victor Maluta, Head of the Sport Department of Zhitomir City, and Igor Panin, President of the Ukrainian Modern Pentathlon Federation.

Svitlana Gres admitted that the competition was very popular among young generations, enabling more and more children to choose athletic sports such as Modern Pentathlon over computer games.

At the closing ceremony Victor Maluta congratulated the medallists and encouraged all participants to develop their physical and mental capabilities and their Pentathlon skills. "Modern Pentathlon is one of the most harmonious sports for children," he added.

At the end of the competition, President Panin thanked the athletes, parents and coaches, local organisers and honoured guests for the excellent organization and friendly atmosphere at the competition. He underlined that





Concentration on the faces of the youngest Laser Run participants in Rust'avi (GEO)

Ukrainian regions but all over the world.

Big push draws athletes towards Pentathlon in Rust'avi (GEO)

n intensive series of Laser Run Aevents has raised awareness of UIPM's fastest-growing development sport to a new level in Georgia.

because of UIPM's support, the Laser 2019, in Rust'avi, organisers declared Run format and Modern Pentathlon that a new generation of athletes had are developing very fast not only in been recruited, with many making enquiries about how they can start progress towards the Olympic sport of Pentathlon.

> More than 280 people raced in various categories at Rustavi's central park on June 30, having come from Tbilisi, Sachkhere, Rustavi, Poti, Gori and Chiatura.

After the country held its fourth and Kakha Gotsiridze, a spokesperson for final Global Laser Run City Tour of the Georgian Modern Pentathlon and

Triathlon National Federation, said: "To sum up, this year our country hosted four GLRCT in Tbilisi, Chiatura, Sachkhere and Rustavi.

"All these events were held very successfully and many people heard about Laser Run. In each city the local authorities declared a wish to hold this competition next year.

"From the four events we got a lot of new athletes who wish to be part of Modern Pentathlon. I want to underline that GLRCT is a good tool to develop Modern Pentathlon."

It was in Tbilisi, the capital of Georgia, that the GLRCT was born in 2017 and Rustavi (GEO) also hosted its first City Tour that year.

Athletes inspired by Nowacka in Starogard Gdanski (POL)

Poland has a rich pedigree of male Olympic medallists, but only in Rio de Janeiro in 2016 did a woman enter the pantheon.

Her name was Oktawia Nowacka, and her bronze medal has given rise to a new surge of Pentathlon development in Poland. In her birthplace of Starogard Gdanksi, on June 15, this was evident when the city hosted its first Global Laser Run City Tour.

Participants took part in seven age categories, from Under 11 to Masters 50+, and they came from many regions of Poland including Gdansk, Gdynia, Tczew, Borkowo, Rokitki Tczewskie, Barchnow, Nowa Wies Rzeczna, Rokocin, Kotez, Kolincza, Bobowa, Kokoszkowy, Rumia and Starogard Gdanski.

Competition organiser Mariusz Noetzel said: "I like the idea of this competition formula, because Starogard Gdanski is the birthplace of the Olympic medallist, Oktawia Nowacka. This fact makes this event even more significant."



Group photograph in Rust'avi (GEO)



Tough competition among youth athletes in Starogard Gdanksi (POL)





















Target practice for some of the youngest laser shooters in Hunt (USA)

Hundreds enjoy thrill of Hunt in Texas (USA)

buzz around Laser Run continues to grow in the USA, with the community of Hunt playing host to the country's second Global Laser Run City Tour this year.

After the season-opener in Davis, California, the GLRCT moved south to Texas to give many of the 280 participating athletes their first taste of Laser Run, competing across 23 races.

The racing took place at Camp Stewart, one of many sporting venues in the area, which is well known for kids' summer camps. It was the second time the GLRCT had come to Hunt, and the feedback was resoundingly positive.

Dan Browne, Laser Run Director and USA Pentathlon team coach, said: "I'm very pleased with the participation this year. We had many boys and girls come out and try this exciting sport in



Anticipation on the start line for a group of female youths in Hunt (USA)

States for athletes of all ages to come also growing around the upcoming

the Texas sun. This event shows the on out and try the sport of Laser Run." great level of interest here in the United Dan Browne also said that interest was UIPM Laser Run World Championships, which will be incorporated into the Pentathlon World Championships in Budapest (HUN) in September. Laser Run is also on the programme for the 1st World Urban Games.

He said: "I had quite a few kids approach me after their respective races asking me about participating in the Laser Run World Championships.

"I am anticipating that we'll field a strong contingent of athletes who will take a second step in being introduced to Modern Pentathlon through the inclusion of Laser Run at this year's World Championships."

Scaling the walls in York (GBR)

s the ancient capital of northern AEngland, the walled city of York has seen its fair share of combat and it provided a symbolic setting for Great Britain's latest Global Laser Run City Tour on July 14.

Britain has enjoyed success in Pentathlon, with a series of women's Olympic medallists and, more recently, two high-class male athletes in world No.2 Joseph Choong and world No.3 Jamie Cooke.

The country hosts its own Laser Run Series and, with the high-profile 2019 European Championships and Olympic Qualifier coming up in Bath (GBR) in August, the GLRCT in York served as another powerful development Successful athletes pose on the podium in York (GBR) exercise on the ground.

Individual and relay events were staged throughout the day at York University's athletics track, and a mixture of experienced athletes and beginners were sourced from a nearby Pentathlon club and local schools. The event was attended by Ann Marshall, Pentathlon GB English Talent Programme Manager.

A spokesperson for the local organising committee said: "There were some high-quality races and exciting finishes. Both individual events and relays were



Young athletes of various ages on the track in York (GBR)



run over the day with much fun and Run City Tour on June 7. personal achievement.

"All athletes taking part were awarded trophies for the Individual events and team medals for the mixed relay races. The relay events were very popular and some new friendships were formed."

Personal and sport development in Chelyabinsk (RUS)

Pollowing the success of the 2018 A spokesperson for the local organising

The racing took place at the Elesina Stadium and more than 270 participants, aged five to 69, took part in rainy conditions.

It was another demonstration of the commitment of the regional federation in Chelyabinsk, which has been very active in UIPM Sports development.

revent, the city of Chelyabinsk in committee said: "The competitions Russia staged its second Global Laser were held in a friendly, warm

















atmosphere and all winners received medals, certificates of international standard and gifts from sponsors.

"Officials gladly tried their hand at laser shooting, like the rest of the spectators and fans. The competition was held in a friendly, warm atmosphere."

Among the VIPs in attendance were Leonid Oder, Acting Minister of Sport for the Chelyabinsk region, and Maksim Kleshchevnikov, Acting Head of the Sports Department. Leonid Oder said: "We hope there will be further development of this sport, which reveals a person in many ways. Let's support it. Let's go!"

A junior member of the Russian national team, George Tarasov, added: "The interest of Laser Run is that you need to lay yourself out in running and shooting with a steady pulse. Meanwhile, you have to be able to handle emotions to hit all targets."

Living the high life in Almaty (KAZ)

azakhstan joined the Global Laser Run City Tour circuit with the country's first instalment of the urban sports phenomenon in Almaty on July 7, 2019.

The first GLRCT in Kazakhstan, which hosted the UIPM Pentathlon World Cup Final in 2018, was not only a historic occasion but also a unique experiment as it took place at high altitude – 1691 metres above sea level.

The venue was the Medeo mountain sports complex near to the Shymbulak resort, and racing took place around the skating rink. More than 400 people took part, drawn from the population of Almaty and schools across the region, and they raced in categories from Under 9 to Masters 50+.

The event was organised by the Kazakhstan Federation of Modern Pentathlon with support of the Medeo complex and Almaty's Department of Physical Culture and Sports.



Female youths hone their laser shooting skills in Chelyabinsk (UKR)



Action from Almaty (KAZ) where the competition took place at 1,691m above sea level











News from around the world

New Tetrathlon passes third test successfully in Perpignan (FRA)

rance has become the third country to test the New Tetrathlon format. to be proposed for introduction at the 2022 Youth Olympic Games.

The innovative format, which adds Fencing to the established development sport of Triathle (Shooting/Swimming/ Running), was presented for the first time in Buenos Aires (ARG) in March 2019 and then in Cairo (EGY) in April.

The goal is to showcase UIPM Sports in the most dynamic way possible at The fourth and final test event will future Youth Olympic Games, starting with the first Olympics to be held in Africa – YOG Dakar 2022

The new format promises to make the competition more exciting for athletes field of play and a smoother flow. It will also be more closely aligned to the development path of the UIPM Sports Pyramid.

The proposed changes – which would replace the traditional Tetrathlon format of Swimming, Fencing and Laser Run – are also in line with strategic guidance from the International Olympic Committee to "continue to use the YOG as an incubator for innovation".

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The third test event was held in Rivesalte, near Perpignan (FRA) on June 22 with French and Spanish athletes taking part. There were 24 male and 24 female youth athletes, aged 13 to 18, competing in semi-finals and finals in groups of 12 athletes.

take place in Weiden (GER) on August 23 and 24, with international athletes taking part. The results of each event will be analysed in detail by a working group that was set up after the joint UIPM committees meeting in Frankfurt and spectators, with a more compact (GER) in January 2019. A final report will then be submitted to the UIPM Executive Board, which will lead the decision-making process about the in Buenos Aires, Cairo and Perpignan." new format in September 2019.

The third test in France was overseen by Hyacinthe Carrera, Vice-President of the French Modern Pentathlon Federation and Bondi Kovacs, President of the Spanish Modern Pentathlon Federation, in the company of UIPM Technical Delegate Corine Bouzou and Operations Director Alexandre Franca.

JULY 2019

UIPM President Dr Klaus Schormann added: "Modern Pentathlon has been a central part of the success of the first three Youth Olympic Summer Games in Singapore (2010), Nanjing (2014) and Buenos Aires (2018) and the traditional Tetrathlon format has served us well during these Games.

"However, the Olympic sporting movement never stands still and this is also true of our Pentathlon movement. We always embrace the opportunity to innovate and evolve, and I look forward to seeing the outcome of the testing process of the New Tetrathlon format after three successful exercises













There was a wide age range among participants in the Biathle-Triathle National Tour in Tbilisi (GEO)

UIPM 2019 Biathle-Triathle National transition between running, swimming Tour: Trailblazing Tbilisi (GEO) makes more history

The Georgian capital of Tbilisi made more history by hosting the first instalment of the revitalised Biathle-Triathle National Tour (BTNT).

The BTNT, which gives people from new communities the chance to try two UIPM development sports in one day, has been kickstarted again following the huge success of the Global Laser Run City Tour, which also made its debut in Tbilisi (GEO) in 2017.

Almost 200 competitors were drawn from Tbilisi, Rust'avi, Sachkhere and Gori, and organisers tested new shorter distances than the traditional Biathle and Triathle parameters at the this helped organisers to deliver the Lisi lakeside complex.

Viacheslav Malishev, UIPM Executive Leading athlete Natia Kochiashvili Board Member for Development, said: "Biathle and Triathle are two of the pillars of UIPM's global development

and, in the case of Triathle, laser shooting and enhance their chance of becoming pentathletes.

"I am delighted that the UIPM Biathle-Triathle National Tour is now up and running and I am certain that other countries will enjoy the experience as much as Georgia did during the first instalment '

Kakha Gotsiridze from the local organising committee said: "The new distances made this event more competitive and fun. The attendance was bigger than previous competitions.

"At the 2019 Biathle-Triathle National Tour we had almost 200 athletes, the schedule worked smoothly and programme."

added: "The competition was really challenging and dynamic and the programme, enabling athletes to be competitive. The competition was is more accustomed these days to

attractive and everyone was happy to participate."

Pentathlon legend Rob Stull (USA) inducted to US Fencing Hall of Fame

ne of Pentathlon's leading administrators has been honoured by his national fencing federation for his inspirational achievements.

As one of the world's select group of two-sport Olympians, Rob Stull already had a strong legacy but his induction to the US Fencing Hall of Fame is another powerful moment of recognition for what he achieved during his 20-year sporting career.

Stull (USA) competed in both Fencing and Modern Pentathlon in the Olympic Games at Los Angeles (1984), Seoul (1988) and Barcelona (1996), where he finished 4th in the Pentathlon.

As President of the NORCECA Confederation and CEO of the US new distances helped everyone to Modern Pentathlon Association, Rob

handing out awards. On June 29, it was his turn to receive the accolades as he was inducted with six others into the US Fencing Hall of Fame at a gala dinner in Columbus, Ohio.

As a fencer, Stull (USA) first picked up the epee at the age of 19 and was expertly tutored by Kaj Czarnecki (FIN) and the Montreal 1976 Olympic champion Janusz Peciak (POL). He became one of the finest fencers in the US, competing and winning medals at all world-level competitions and using his all-round skills to become a topclass pentathlete at the same time.

As well as serving on the UIPM Executive Board and working as MC at major UIPM events. Stull (USA) continues to further the wider Olympic movement in his home country through membership of the US Olympic Committee's executive committee.

CCP update: 19 coaches up and running after Level 1 course in Kabul (AFG)

ineteen Afghan pentathlon coaches – including three women - have become the latest recruits to the UIPM Coaching Certification Programme after completing a Level 1 course in Kabul.

The course took place in the Police Academy from June 9-13, overseen by UIPM Instructor Jawid Kahar (AFG). The coaches were recruited from the Police Academy, various Army departments and the Afghanistan Modern Pentathlon Federation. A spokesman said: "The three women participants made a great contribution and in fact one of the three top performers in the course was a woman, which is a great sign for the promotion of women's sport in the country."

Hafiz Wali Rahimy, President of the National Olympic Committee of the Islamic Republic of Afghanistan and the General Directorate of Physical Education and Sport, attended the opening ceremony and thanked



Two-sport Olympian Rob Stull has had his Fencing prowess recognised by the US Fencing Hall of Fame



Level 1 CCP coaches in Kabul (AFG) pose with their certificates



















Officers from the Kabul Police Academy join the CCP course graduates

the Afghanistan Modern Pentathlon Federation (AFMP) and UIPM for holding the course in Afghanistan.

Christian Roudaut, UIPM Coaches Committee Chair, said: "It was very important for the pentathlon movement in Asia and the wider sports movement in Afghanistan to give coaches access to this introductory Level 1 course under the CCP.

"I am grateful to the Afghan Federation for facilitating this initiative and I am very pleased for the 16 men and three women who successfully passed the course. I wish them every success with their future as pentathlon coaches."

CCP update: 17 coaches join the family in Asuncion (PAR)

When Paraguay was welcomed into the UIPM family in 2018, with the recognition of the Paraguayan



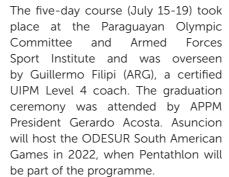
Aspiring Pentathlon coaches listen to their instructor in Asuncion (PAR)

been exciting developments in the Certification Programme (CCP).

Association of Modern Pentathlon Pentathlon movement in Paraguay, (APPM), it made South America the first the latest of which was a Level 1 continent to have a member federation course that enabled 17 coaches to gain in every country. Already there have qualifications under the UIPM Coaches







Jorge Salas, President of the South American Modern Pentathlon Confederation, said: "We are all looking forward to the ODESUR Games in Asuncion in 2022, and all of the coaches who graduated from the Level 1 CCP course in the city can now look forward to helping Paraguay to prepare for this opportunity with a qualification behind them."

JCP update: Judges certified and ready to oversee Olympic qualifier in Kyrgyzstan

The Kyrgyzstan Open in September 2019 will be an Olympic Pentathlon world ranking competition and UIPM has provided training and certification to a large group of judges ahead of the competition.

The competition takes place from



A #High5 from the newly-certified judges in Bishkek (KYG)

September 26-29 and 24 judges now have a qualification under the UIPM Judges Certification Programme to support their technical supervision of the competition.

A seven-day course at the Kyrgyzstan Olympic Committee facility in Bishkek, the capital of Kyrgyzstan, was overseen by UIPM Instructor Dimitri Menshikov (RUS) and the closing ceremony was attended by Valerii Novikov, President of the Modern Pentathlon & Biathlon Federation Kyrgyzstan. The seminar was attached to the Open Kyrgyzstan Championships / Central Asian Cup, which enabled the students to gain

practical experience and also to be assessed by the Instructor.

The JCP was restructured in late 2017 to give students a chance to attend dynamic courses with sessions based on a balance between theory and practice. In 2018, UIPM certified more than 200 judges in various locations across the world, including Mexico City (MEX) ahead of the UIPM Pentathlon World Championships, Jakarta (INA) ahead of the 2018 Asian Games, Almaty (KAZ) ahead of the UIPM 2018 Pentathlon World Cup Final and Buenos Aires (ARG) ahead of the 2018 Youth Olympic Games.



The judges were trained at the Kyrgyzstan Olympic Committee











Tournament & Training

Camp Invitations

his 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

Championships World Bath (GBR) 6-11 AUG

ECMP European UIPM Laser Run Championships **Budapest** (HUN) **SEP 6-8**

UIPM Pentathlon UIPM Biathle-World Championships Budapest (HUN) **SEP 2-8**

Triathle World Championships St Petersburg (USA) **OCT 23-27**

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



06-14.07.2019, Drzonkow, POL

UPM President Dr Klaus Schormann visited the UIPM 2019 Pentathlon Junior World Championships, held in Drzonkow (POL) 43 years after the first instalment of the competition took place

President Schormann was joined by Janusz Peciak, 1976 Olympic Modern Pentathlon champion for Poland and UIPM Executive Board Member for Sport, as they inspected the oak tree planted by the President close to the competition venue in 2012.

Planting oak trees is a symbolic gesture conducted around the world by UIPM in memory of the founder of Modern Pentathlon, Baron Pierre de Coubertin.

At the end of the competition, Dr Schormann and Mr Peciak formally thanked the technical officials whose judging was one of the cornerstones of the success of the Junior World Championships.

UIPM President Dr Klaus Schormann and Executive Board Member Janusz Peciak inspect the oak tree planted in Drzonkow (POL) in 2012



Dr Schormann and Mr Peciak meet the technical officials who oversaw the UIPM 2019 Pentathlon Junior World Championships













President Dr Schormann presents an award to artist Robert Tomak, who created a unique piece of Modern Pentathlon art (above)



The UIPM President makes a special presentation to Lukasz Porycki, Deputy Marshal of the Zielona Gora local government, joined by Polish Modern Pentathlon Association President Anna Bajan











Polish Olympic Committee President Andrzej Krasnicki (third from right) joins UIPM President Dr Schormann and Anna Bajan (far right), as well as Janusz Peciak (third left) and fellow UIPM Executive Board Member Kitty Chiller (second left) at the Junior World Championships in Drzonkow (POL)

President Dr Schormann met the artist Robert Tomak to thank him for creating a special piece of art especially for the Junior World Championships. They discussed future partnerships linked to Modern Pentathlon and art.

The UIPM President paid tribute to the management of the competition by the local organising committee and presented the special UIPM oak tree award to Lukasz Porycki, Deputy Marshal of the Zielona Gora local government. They were joined at the ceremony by Anna Bajan, President of the Polish Modern Pentathlon Association.

Dr Schormann took part in numerous important meetings during the championships, engagement with Andrzej Krasnicki, President of the Polish Olympic held in Krakow (POL).



Dr Schormann with Gregor Wallimann (left) and Georg Münch of Fairmont Universal Holdings

Committee, during his visit to the 16.07.2019, Steinhausen, SUI competition venue. Together with Anna Bajan they discussed the potential inclusion of Modern Pentathlon at the

UIPM President Dr Klaus Schormann signed a sponsorship contract 2023 European Games, which will be with Fairmont Universal Holding Ltd, owners of the Swiss-based Beauty Care











Dr Schormann signs the new five-year UIPM sponsorship contract in Switzerland with Fairmont Universal Holdings

Company. President Schormann met with Fairmont CEO Gregor Wallimann and Managing Director Georg Münch to sign the contract, which will run until 2024.

22.07-01.08.2019, Lima, PER

IPM President Dr Klaus Schormann visited the 2019 Pan American Games and Tokyo 2020 Modern Pentathlon Olympic Qualifier, where several members of the UIPM Executive Board and Presidents of American Confederations and National Federations were also present.





Dr Schormann with Pan American Confederation President Jorge Salas (left) at a promotional event for the 2023 Pan American Games in Santiago (CHI), and above with National Olympic Committee office-bearers Alicia Masoni de Morea (Vice President, Argentina) and Miguel Angel Mujica (President, Chile)



President Dr Schormann and Jorge Salas join Guatemala Modern Pentathlon Association President Siegfried Brand in Lima (PER)

Ten athletes from eight countries qualified for the Olympic Games in a seven-day Pentathlon programme that culminated in the Mixed Relay, which UIPM is promoting for inclusion in the Paris 2024 Olympic Games.

On July 25, the UIPM President attended the Pan American Assembly, where he met National Olympic Committee office-bearers such as Alicia Masoni de Morea (Vice President, Argentina) and Miguel Angel Mujica (President, Chile).

Dr Schormann and Jorge Salas, President of the Pan American and South American Modern Pentathlon Confederations, also took part in the general assembly of the Pan American Sports Organisation (PASO), chaired by PASO President and IOC Member Neven Ilic.

On July 30, President Schormann took part in the Pan American Confederation Congress along with Presidents Salas and Rob Stull (NORCECA). The Congress



UIPM President Dr Klaus Schormann with Julie Payette, the Governor General of Canada, former UIPM Vice President Ivar Sisniega (now Secretary General of the Pan American Sports Organisation) and his wife Sayda del Rio (far right)



















UIPM Vice Presidents, Juan Manzo and Ivar Sisniega, now PASO Secretary General. The UIPM President briefed

was also attended by present and former delegates about matters of sporting politics within the UIPM and IOC movements and thanked them for a very successful Games.

From left: Jorge Salas, Ivar Sisniega and Dr Klaus Schormann join fellow VIPs to watch the Pentathlon competition at the 2019 Pan American Games and Tokyo 2020 Olympic Qualifer in Lima (PER)



UIPM President Dr Schormann takes his seat alongside senior office-bearers from the UIPM movement at the Pan American Confederation Assembly









New Balance World Rankings

The PWR is updated live on www.pentathlon.org after each competition. PWR as at August 6, 2019:

MEN			
RANK	NATION	NAME	POINTS
1	FRA	Valentin PRADES	196
2	GBR	Joseph CHOONG	190
3	GBR	Jamie COOKE	178
4	UKR	Pavlo TYMOSHCHENKO	177
5	GER	Marvin DOGUE	172
6	CZE	Jan KUF	165
7	GER	Patrick DOGUE	164
8	CHI	Esteban BUSTOS	157
9	EGY	Ahmed ELGENDY	151
10	LTU	Justinas KINDERIS	151
11	FRA	Valentin BELAUD	148
12	CHN	ZHANG Linbin	147
13	RUS	Alexander LESUN	145
14	CHN	LI Shuhuan	143
15	ITA	Riccardo DE LUCA	131
16	GER	Fabian LIEBIG	130
17	GBR	Thomas TOOLIS	127
18	RUS	Alexander LIFANOV	121
19	RUS	Kirill BELYAKOV	120
20	AUT	Gustav GUSTENAU	119

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

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UIPM 2019 Pentathlon World

LIVE-STREAMING NEWS EDITS/HIGHLIGHTS

Championships *Budapest, HUN*

WOME	N		
RANK	NATION	NAME	POINTS
1	GER	Annika SCHLEU	191
2	FRA	Marie OTEIZA	180
3	RUS	Uliana BATASHOVA	171
4	FRA	Elodie CLOUVEL	171
5	HUN	Sarolta KOVACS	166
6	LTU	Laura ASADAUSKAITE	165
7	BLR	Anastasiya PROKOPENKO	164
8	RUS	Gulnaz GUBAYDULLINA	164
9	GBR	Kate FRENCH	153
10	HUN	Tamara ALEKSZEJEV	146
11	TUR	Ilke OZYUKSEL	146
12	ITA	Alice SOTERO	143
13	LTU	Gintare VENCKAUSKAITE	142
14	RUS	Ekaterina KHURASKINA	139
15	RUS	Anna BURIAK	137
16	GER	Janine KOHLMANN	135
17	MEX	Mariana ARCEO	134
18	BLR	Volha SILKINA	130
19	ITA	Elena MICHELI	130
20	BLR	Iryna PRASIANTSOVA	129

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27 Feb-03 Mar Pentathlon World Cup Cairo *EGY* **Pentathlon World Cup Sofia** *BUL*

Pentathlon World Cup Szekesfehervar

Pentathlon World Cup Prague CZE Pentathlon World Cup Final Tokyo JPN

HOW TO GET NEWS EDITS AND HIGHLIGHTS?















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."

UIPM HEADQUARTERS

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