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**World Pentathlon
Newsletter**

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COVID-19: UIPM ISSUES RESTART GUIDELINES



DAN SHIRIDAN / INPHO

The UIPM Restart Guidelines are designed to help National Federations ease athletes safely back to training once COVID-19 Coronavirus restrictions are lifted



COVID-19 Coronavirus update

UIPM issues Restart Guidelines as COVID-19 restrictions start to ease

UIPM has released a manual to help National Federations to safely resume training as COVID-19 Coronavirus restrictions begin to ease.

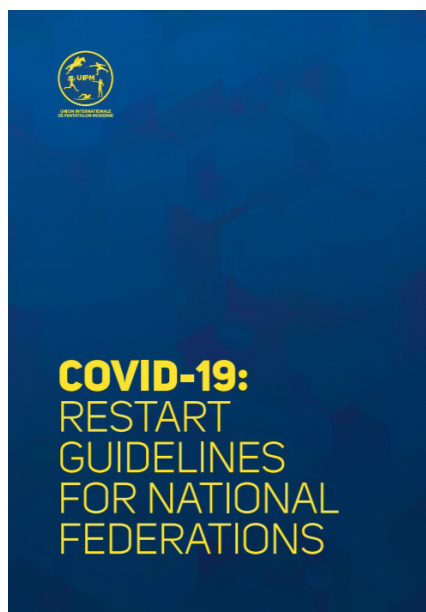
With many countries now taking tentative steps towards a resumption of sporting activity, while enforcing varying degrees of social distancing, the UIPM Restart Guidelines are designed to inform, guide and assist the global Modern Pentathlon community in the gradual return to regular activities.

The UIPM competitions circuit remains suspended, and qualification for the rescheduled Tokyo 2020 Olympic Games in 2021 will resume in March when the UIPM 2021 Pentathlon World Cups take place in Sofia (BUL) and Budapest (HUN) before the Pentathlon World Cup Final in Seoul (KOR) and the UIPM 2021 Pentathlon and Laser Run World Championships in Minsk (BLR).

But many athletes, especially those aiming to take part in the Olympic Games, have been supported by local sporting authorities in their countries to resume training in some Pentathlon disciplines after many weeks of home confinement.

The compilation of the Restart Guidelines was overseen by Dr Natalja Ofitserova, Chair of the UIPM Medical Commission, and the document contains medical advice along with practical training recommendations for coaches and athletes, as well as general information about COVID-19 and its impact on UIPM Sports.

UIPM President Dr Klaus Schormann said: "The UIPM Restart Guidelines are an excellent resource and I would



The Restart Guidelines are available for download from the UIPM website

recommend that all of our member National Federations, together with coaches and athletes, use the document to plan their activities in the coming weeks and months.

"We are now seeing athletes in some countries return to training in local sports facilities, and soon we will see some countries organising national and bilateral competitions where travel is permitted.

"The most important thing is to create an environment where this activity can be done with the safety and health of athletes guaranteed. That is why the UIPM Restart Guidelines are an essential part of the planning process for everyone who is resuming activity."

Dr Natalja Ofitserova, Chair of the UIPM Medical Commission, added: "The most important thing for all of us is to ensure the health of athletes and not to spread the COVID-19 disease any further. To ensure this, the UIPM

strongly recommends that all NFs follow their local Government advice and World Health Organisation (WHO) guidelines.

"Modern Pentathlon, our sport, taught us to be strong and ready for various challenges, and to develop our best qualities. The personal responsibility of everyone for the implementation of hygiene standards and rules will help us to ensure the safety of joint activities, overcome temporary difficulties and achieve our goals in the next season."

UIPM 2020 Junior World Championships in Poland postponed to 2022

Poland will host the UIPM 2022 Junior World Championships as part of an agreement to postpone this year's competition.

The UIPM 2020 Junior World Championships – Modern Pentathlon's flagship under-age competition – was scheduled to take place in Drzonkow (POL) from September 20-26.

The competition has been postponed by the UIPM Executive Board due to travel restrictions caused by the COVID-19 Coronavirus pandemic, but Poland will now stage the competition in 2022 instead – one year ahead of the 3rd European Games in Krakow (POL).

The UIPM 2021 Junior World Championships will take place in Alexandria (EGY) but the 2022 edition had not yet been allocated. The agreement allows organisers in Poland to defer their plans for the competition by two years.

The UIPM President, Dr Klaus Schormann, said: "It is regrettable that

we will have no UIPM Junior World Championships in 2020 due to the global Coronavirus situation, but I am happy that we have been able to make an arrangement that will bring the competition back to Poland – which has been such an excellent host of UIPM competitions going back many years – in 2022.

"I would like to send a message to our junior athletes that we will do everything we can to arrange the UIPM 2021 Junior World Championships as early as possible in the year."

The UIPM Executive Board Member for Sport, 1976 Olympic champion Janusz Peciak, added: "In very difficult circumstances I believe this is a positive outcome.

"Junior athletes, together with their coaches and support teams, can now make preparations for the resumption of global competition in 2021. I am also happy for the organisers in Poland, who we know we will do an excellent job of hosting the UIPM 2022 Junior World Championships."

UIPM 2020 Masters World Championships in Gyor (HUN) cancelled

The UIPM President, Dr Klaus Schormann, has sent a message of reassurance to the UIPM Masters community after the cancellation of the UIPM 2020 Masters World Championships.

The UIPM Executive Board agreed to a request from the Hungarian Modern Pentathlon Association (HMPA) to cancel the biennial championships, due to be held in Gyor (HUN) from September 17-20, because of the ongoing global travel restrictions caused by the COVID-19 Coronavirus pandemic.

President Dr Schormann said: "Modern Pentathlon is a sport for life and the



Junior athletes (above) and Masters athletes (below) have received messages of support from UIPM



UIPM Masters movement is very important in providing opportunities for lifelong participation.

"Every time we have had to cancel a competition due to the global Coronavirus situation, it has been a very sad moment, and I feel particularly sorry for the Masters pentathletes who have fewer opportunities to compete than youth, junior and senior athletes.

"We do hope our UIPM Masters community members can return to the field of play very soon. I ask you all to stay healthy, stay safe and keep up your training as much as you can until the

next time we can all meet!"

Peter Engerisser, Chair of the UIPM Masters Committee, added: "I feel very sad that, due to the pandemic, the UIPM Masters World Championships had to be cancelled for the first time since it began in 1992. But our worldwide Masters community is very much aware of the high risks that especially our elderly athletes would be currently exposed to during any international competition.

"Instead we are very much looking forward to hopefully unburdened competitions next year."

ROAD TO TOKYO

Interviews & Golden Memories

Road to Tokyo: Mature Micheli (ITA) takes global progress in her stride

Aged 21, Elena Micheli of Italy has the world at her feet.

Her rise through the ranks of Modern Pentathlon has been textbook. Born into a sporty family, she has grown up in the sport alongside her brothers Roberto (23) and Giorgio (18) and benefited from military experience.

Micheli (ITA) – tall and athletic with a mature temperament – started competing in 2013 and became European Youth B champion in 2015 in Caldas da Rainha (POR).

A sign of her maturity was a 17th-placed finish in her UIPM Pentathlon World Cup debut on home soil in Rome (ITA) in 2016, and a year later she won silver in the UIPM Tetrathlon Under 19 World Championships in Prague (CZE).

In 2018 she had a truly exceptional year, winning gold in both the UIPM Junior World Championships in Kladno (CZE) and the 1st Modern Pentathlon University World Championships in Budapest (HUN).

In 2019, with Olympic qualification on the radar for the first time, Micheli (ITA) proved her readiness to compete at the highest level when she finished 7th in the UIPM Pentathlon World Cup Final and Olympic Test Event in Tokyo (JPN).

Three months later in Budapest (HUN) the acceleration of a fairytale career continued: the 20-year-old won silver at the UIPM Pentathlon World



Elena Micheli (ITA) on course to becoming the world silver medallist in Budapest (HUN) in 2019

Championships and secured a quota place for Italy at the Tokyo 2020 Olympic Games.

In the latest 'Road to Tokyo' pentathlete

interview, Micheli (ITA) takes up the story herself...

Q: How did it feel in 2019 when you won the world silver medal and

secured a qualification place for the Tokyo Olympics?

A: I will surely remember the UIPM 2019 Pentathlon World Championships for the rest of my life. I've always been looking to emulate the best pentathletes in the world, I learned from them and now I've been on top of the world with them! I was wondering how it would feel to qualify for the Olympics: it feels like I've reached a dream!

Q: Can you remember watching the last Olympic Games in Rio in 2016? What were you thinking?

A: I can remember the last Olympics, I was watching it with my brothers who are pentathletes too. I was trying to imagine what Alice [Sotero] and Claudia [Cesarini] were feeling and I was cheering for them. In my opinion the Olympics looks like the destination of a hard, tough but entertaining and amazing route. Actually it's the best opportunity for each athlete to show his or her abilities and the beauty of our sport.

Q: What do you think about the Olympics being postponed until 2021?

A: I totally agree with the postponement. Every one of us has a duty to protect more vulnerable people together – we have to take care of ourselves. Health comes before everything. One good thing about Tokyo 2020 in 2021 is that I'll have one more year to get to work on the best performance I can do. Right now I think that we all need to beat this and move forward together.

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

A: During the lockdown I've obviously been missing my usual workout routine. That's why I tried (like all athletes around the world) to stay positive and keep on training while respecting the rules related to the containment of the virus. I've been running when and where I could with social distancing.

ROAD TO TOKYO: OLYMPIC GAMES QUALIFIERS

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

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



Micheli (ITA) clears an obstacle during the Riding in Kincsem Park, Budapest (HUN) during the UIPM 2019 Pentathlon and Laser Run World Championships

Q: What has been the most challenging part?

A: The most challenging part of that period has been the attempt to keep pushing every day, just in different ways: ride a bike at home or fence with my brothers in the terrace of our house. Sometimes we have to do our best just with the tools we have.

Q: And what positive things have you seen?

A: The positive things I've seen are the beauty of staying with my family, and talking with my real friends even if we couldn't meet.

Above all I had all good feelings knowing that it could be – in a very little part – helpful to solve the virus problems by respecting the rules and staying at home.



Micheli (ITA) poses with gold medallist Volha Silkina (BLR) and bronze medallist Kate French (GBR)



Micheli (ITA) keeps her eye on the prize during the UIPM 2019 Pentathlon World Championships Women's Individual Final alongside Sunwoo Kim (KOR)

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

A: I started practising this wonderful sport at the age of six with my elder brother. It has been love at first sight: I loved doing more than only one sport. The five disciplines of Pentathlon are all wonderful and doing all of them gives me the trust that we can do whatever we want if we just really wish it.

Q: What motivates you in training?

A: Pentathlon requires tenacity and patience. To handle the mental side is quite difficult – training takes a lot of time and effort – but reaching my goals has led me against all odds to a huge satisfaction. This is what motivates me the most. Actually I'm very thankful to all my coaches and my Carabinieri society for being by my side and for helping me with everything.

Q: Describe yourself as an athlete in three words.

A: Tenacious, energetic and stubborn.

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

A: One athlete I admire a lot is the Italian swimmer Federica Pellegrini. She



Micheli (ITA) with Giorgio Malan (ITA) during the UIPM 2017 U19 World Championships Mixed Relay

had the ability to rise after she'd fallen. Otherwise, in life, my role models are my parents: they are the most honest, unselfish, loving and loyal people I've ever met and one day I hope to be like them.

Q: What is your ultimate ambition in Modern Pentathlon?

A: I've never thought about "an ultimate ambition", actually I'd like to do my best every time to show who I really am, doing it with passion to show how beautiful our sport is. I obviously would like to be on top of the world, but what I really want is to always enjoy my job and to do the best I can.



Charles Fernandez (GUA) looks focused before competing in the Swimming discipline

Road to Tokyo: Fernandez (GUA) on fair play, his father and the fire within

Charles Fernandez of Guatemala is the kind of athlete who always looks right at home on the top of the podium.

The 24-year-old has a strong track record of winning individual gold medals that stretches right back to the NORCEA Junior Championships in Santo Domingo (DOM), when he was 17. Two years later he sprang a real surprise by winning the Modern Pentathlon at the Pan American Games in Toronto (CAN).

In 2016, shortly after his debut Olympics, Fernandez (GUA) became UIPM world junior champion, and since then he has won gold at the 2018 Central American Caribbean Games in Cali (COL) and snared a second Pan American Games title in Lima (PER) in 2019.

A natural ambassador who served as an

Athlete Role Model at the Buenos Aires 2018 Youth Olympic Games, he also put his communication skills to use as MC during the UIPM 2019 Pentathlon and Laser Run World Championships in Budapest (HUN) in 2019 while sitting out the competition through injury.

Fernandez (GUA), a devout Christian whose family runs an evangelical ministry, was born on Christmas Day. Is he destined to be part of an Olympic miracle in Tokyo or Paris?

Q: How did it feel in 2019 when you won gold at the Pan American Games in Lima (PER) and secured a qualification place for the Tokyo Olympics?

A: Being able to win the Pan American Games a second time in a row was such a breakthrough point in my career. Being able to overcome a lot of obstacles and responsibilities in my life – such as finishing school with two degrees and overcoming a big mental battle with myself at the beginning of 2019 – just showed me that when you work hard and give everything you

have, it'll be worth it in the long run.

Winning the Pan American Games and securing my place for Tokyo was such a huge celebration for everyone who had continued to believe in me through the years after Rio 2016, and a huge motivating boost to continue working hard and never let that Olympic dream fade away. I couldn't have been happier throughout the span of my sports career after crossing that finish line.

Q: You finished a very creditable 15th at the Rio 2016 Olympic Games? How do you reflect on that now?

A: I couldn't have been more pleased with my performance at my first Olympic Games. Considering the fact that I was one of the youngest athletes on the field at only 20, being a junior athlete and having the worst ride of my international career in the Riding discipline, after I'd been in a high position, the way I worked my way up from the bottom 20 into 15th place in the Laser Run showed me a lot of mental maturity and valuable lessons that I have applied these past

few years since that day. Rio was only the beginning of what I knew could be possible in the future heading towards the Olympic Games in Tokyo.

Q: If selected to compete for Guatemala at Tokyo 2020 in 2021, will you prepare any differently?

A: I would say there is going to be a night-and-day difference between my preparation for Tokyo and how I prepared in Rio. My preparation for Rio was very raw and based on strict physical training without much thought into the mental or technical aspect of being a high-performance athlete at that time. That does not mean that what I did for Rio was undervaluing my potential, but rather training myself to endure the harsh reality of training hard and not shying away from hard work.

I give a lot of credit to my former head coach for teaching me those qualities because now I can look at other important aspects of high-performance sport which includes the psychological part and technical part of pentathlon, which gives me so much more room to grow.

That is going to be the determining difference between Rio and Tokyo. I have a whole support team dedicated to helping me grow in the mental and technical side of sport, which add a lot of value to who I am as an athlete for the next Games.

Q: What do you think about the Olympics being postponed until 2021?

A: When the Olympics were officially postponed until 2021, I just remember feeling a big relief after living several weeks with uncertainty and stress due to the unknown about what was going to happen.

I believe the postponement of the Games was the best decision that could've been taken since this gives all athletes and countries a fair chance to shift their focus on personal health and safety during these hard times.



Fernandez (GUA) retained his Pan American Games title in 2019 in Lima (PER)

I believe all athletes should have fair and equal circumstances to train, compete and prepare themselves to the best of their ability for such a prestigious event.

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

A: It took a while to adjust to a new

system of training once everything went into lockdown. With the diligent work of our coaches and the fast adaptation of the national team we were able to create an effective training system that enables us to train in our homes with limited resources and still stay physically fit through these unknown times.

This new training system entails athletes and coaches to attend Zoom meetings every day of the week for two hours and do different training sessions related to all the disciplines of Pentathlon. Monitoring of training through online platforms using GPS running watches has been a new way of implementing technology into our training so our coaches can track how we feel and the effect that the intensity of our workouts has on each individual.

The mental aspect of adjusting to the new norm and accepting the reality of what is happening around the world was the most difficult to adjust to, because it was not just the Olympic Games being postponed that affected me – it was also my plans for after the Olympics.

It is difficult to accept that we have no control over what happens around us but we need to realize that the faster we adjust to changing circumstances in a positive way, the faster we can overcome obstacles and work through challenging times effectively. This type of mentality has not only been applied to my athletic career but also in my personal life.

The process of working into that mindset was the challenging part, making sure my mental health was stable and healthy. I encourage others to really dig deep into the importance of having a healthy mindset and applying those positive attributes to your daily lifestyle.

Q: What positive things have you seen?

A: One of the most positive things I have seen during these times are the people who have had the opportunity to spend more time with their family and loved ones. If I speak for myself, my life is always on the go. I am always all over the place doing many things at once and this doesn't allow me to settle down, rest and take a moment to relax.

As human beings, we are not designed



Fernandez (GUA) scores a hit during the Fencing Bonus Round at UIPM Pentathlon World Cup Cairo

to live like robots and sometimes we forget that we need time for ourselves for our own wellbeing. Having the time now to do things that I have always wanted to do, or learn something I have always wanted to learn whilst having time for family and friends – while not having to worry about the hectic nature of life – has been the most positive thing I have experienced during this pandemic and am very thankful to have had the opportunity.

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

A: My dad, Carlos Fernandez, was one of the first Modern Pentathlon athletes in Guatemala many years ago and had the opportunity to compete in several Pentathlon World Cups and regional championships. Fast-forward to many years later he received a phone call from one of his former teammates inviting him over to compete in a national Masters competition against his former teammates. My father accepted the invitation to compete and invited me to come along with him.

The coach at the time, Marian Gheorghe, who is my current head coach, asked

me if I wanted to try the sport and it was in January 2010 that I competed in my first national competition. I did Pentathlon casually for two years and it wasn't until watching the London 2012 Olympics that the Olympic dream sparked inside of me and that is when I took the decision to pursue my dream professionally.

Before doing Modern Pentathlon I was a triathlete and a runner. When I tried Pentathlon out for the first time there was something about the diversity of all the sports that made it attractive. Ironically triathlon was very difficult for me and I did not enjoy it with a passion, but switching to five sports really caught my attention and to my surprise I had enough talent in all the sports to catch on to it quickly.

Within a few months of doing Pentathlon I found myself significantly improving at a fast pace while enjoying it at the same time. I guess the factors of my dad doing pentathlon and the enjoyment and fast adaptation to the sport are what made me take it up in a serious way.

Q: What motivates you in training?

A: The number one thing that motivates me in training is the people that have always believed in me since I was a nobody in the sport, and the whole country of Guatemala. I have such a strong passion for the people of my country.

Although Guatemala is small and not well known around the world, I have a passion to show the world who we are as people and what we are capable of. When you experience success in the small things it always makes me wanting more and wanting to bring joy to the people who support me.

When you achieve the goals that you have set for yourself there's no greater feeling than seeing your family, friends and a whole country rejoice together, because at the end of all of this it's about teamwork – each individual counts. This motivates me.

Q: Describe yourself as an athlete in three words.

A: Passionate, fierce, strong

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

A: I would say one of my role models in sport is a fellow friend and competitor, Arthur Lanigan-O'Keeffe from Ireland. Arthur has always been a friend to me since I entered the sport internationally and has always looked out for me by giving me tips and advice that he has learned over the years. I have had the opportunity to train alongside him and I have much respect for him and what he does in and out of sport.

My life role model is definitely my father. He never came from much as a child and suffered a lot of hardships throughout his life, but through the trust he had in God and the desire to create a better life for himself he came out as someone who has inspired hundreds of people, someone who serves his country and his own people who live in extreme poverty, and someone who has impacted my life in a way that I will never be able to put into words.

If it wasn't for my father and his story I would not be where I am at today, as a

professional athlete or as an individual. I owe much to him and his impact.

Q: What is your ultimate ambition in Modern Pentathlon?

A: My ultimate ambition in Modern Pentathlon is to be a positive impact to the people around me in the sport. I guess one would say that an ultimate ambition in Modern Pentathlon would be to be a world champion or an Olympic champion and although those achievements are very respectable, titles are not as important to me as representing my country and myself in the best possible way.

I strive to bring a change to the places around me and that includes being involved in different areas that sport has to offer. Whether it's competing in Modern Pentathlon, being part of the UIPM Athletes' Committee or being involved in the Olympic movement, my ultimate goal is to bring change in a positive way and my journey with Modern Pentathlon has allowed me to do that at a national and international level.



Fernandez (GUA) clears an obstacle in Cairo (EGY) during the only competition to be held in 2020



Lena Schoeneborn (GER) holds her national flag and bears her Olympic gold medal after a convincing victory at the 2008 Games in Beijing (CHN)

Golden memories: Lena Schoeneborn (GER)

In the third part of the Golden Memories series, one of Modern Pentathlon's most decorated and admired champions recalls the success she attained at a young age at the Beijing 2008 Olympic Games.

In the latter years of her career she was a dominant figure, a mature and uncompromising athlete, a born winner who had straddled the sport of Modern Pentathlon for a decade.

Remembering Lena Schoeneborn at her peak, as the athlete who won eight

UIPM Pentathlon World Cups including two World Cup Finals, as a world and European champion whose medal collection would be almost too heavy to take on a plane as hand luggage, it is easy to forget that her crowning glory came early in her career.

Entering her first Olympic Games in Beijing (CHN), there were not too many expectations surrounding the 22-year-old Germany athlete – least of all from Lena herself. In this interview she reflects on an Olympic gold that came as a sweet surprise – and took a long time to sink in.

Q: Beijing 2008 was your first Olympic

Games, you were only 22 and you hadn't yet won a gold medal at senior level. What were your expectations?

A: To qualify for the Olympic Games was my priority. I came 4th at the European Championships in 2007 to earn a direct continental qualification spot. That is why I knew early I had reached the goal of competing at the Olympics.

For the competition in Beijing itself, I only aimed for personal bests in each event. During my whole career that is what my coach had taught me for all competitions. Beside this personal focus, my coaches were confident that I could make it to the top due to



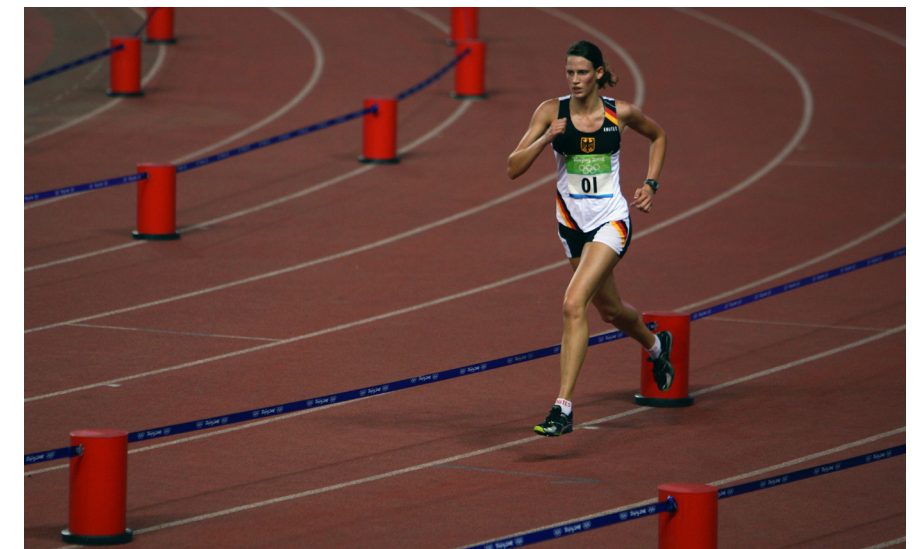
The 22-year-old Schoeneborn (GER) clears another obstacle during a strong Riding performance that strengthened her overall lead

my silver medal at the UIPM World Championships in 2007. From outside the pentathlon world, there were no expectations, quite in contrast to my other Olympic Games in London and Rio.

Q: What was it like to arrive in the Olympic Village for the first time, and how did you find the whole experience?

A: The Olympic Village was one of the experiences I found most impressive. The first time is always special, but remembering London and Rio, the Olympic Village also plays a major role when it comes to great memories.

Within the village, the cafeteria is what comes to my mind first. I remember walking in there looking around for famous athletes I only knew from TV, like Michael Phelps or LeBron James. My teammates still tease me that I



The finish line is in sight for Schoeneborn (GER) who managed to protect her huge lead

took ages for lunch because I just kept looking around instead of eating.

Q: Were you nervous when the competition began?

A: Of course – I was nervous as hell! Back in 2008, the day started with Shooting as a single discipline. Thus, in contrast to today's format, there was no chance to get rid of the adrenaline

by moving. Instead, we were waiting for the competition to start. Half sleeping because it was so early, half internally fighting with one's nerves. I kept feeling nervous during every single shot I made.

Q: Fencing went extremely well (28 wins). You must have felt confident after that?

A: I knew Fencing went well. It was one of those days when every action worked out and my opponents just seemed to do everything I wanted so I could get the touch. I kept myself busy refuelling and stretching in between touches. This helped me to stay focused and keep me from thinking of the result and the consequences. I also did not count my hits, concentrating only on my technique and the next duel.

Moreover, I had learned that the competition was not over till after the last discipline. I didn't want to check my final score until the whole day was over. But right after the Fencing event other athletes and coaches came over to me to give their congratulations on a great result. This is why I then knew that Fencing had gone very well.

Q: Going into the Riding with a 48-point lead, what were you thinking? Did you talk to your coach about it?

A: I remember that fighting my nervousness was very exhausting at that time of the competition. I would say the time between Swimming and the moment I sat on the horse was the hardest ever. It became more and more difficult to keep away the 'what if' thoughts. On the one hand due to my good results in every discipline before and on the other hand because of some scary pictures from the Men's Riding competition the day before. It had rained a lot and many of the good riders did not achieve a good performance.

In the end, after I had mounted the horse, I was confident. The warm-up went well and we removed only one rail on the course. As an athlete I was



The moment of triumph as Schoeneborn (GER) becomes Germany's first Olympic pentathlon champion



New champion Schoeneborn (GER) jumps for joy alongside silver medallist Heather Fell (GBR) and Viktoriya Tereshchuk (UKR)

known as a very sociable person off the field of play, but not talkative during the competition itself. My coach knew that, so I could deal with what came to my mind myself.

Q: As for the run, when you crossed the finish line to win gold, you didn't show a lot of emotion. Did it feel like a dream?

A: I had never started as a leader into the Running event at any big competition before and I knew there were some fast girls chasing me. So, during the run as the last event I could only lose positions, not gain any. That is why I just felt released when I crossed the finish line at first. It took me weeks afterwards to realise what winning an Olympic gold medal actually means.

Q: Who was the first person you wanted to see afterwards? Who did you call?

A: My dad and boyfriend at that time

were watching my victory in the stadium. Unfortunately, the stands were a few metres above the ground so I was not able to hug them right away and just waved at them. Back at home, friends and family were watching the race on TV together. Of course, I wanted to reach out to my mom and sisters first thing after the competition was over.

Q: Did you enjoy the Medal Ceremony?

A: The medal ceremony was overwhelming and one of the three highlights I have in mind thinking back to the Games in Beijing (besides the Olympic Village and the moment during the Opening Ceremony when I entered the stadium with the whole German team).

I remember us athletes being busy signing anti-doping documents, talking to media and being sent from one place to the other. Suddenly, we had to line up to walk outside for the

Medal Ceremony. I did not feel very prepared. Usually, you try to fix your hair at least, but the various additional obligations at the Olympic event just gave me the chance to put on my tracksuit after the run. Luckily Heather Fell [silver medallist from Great Britain] had some lip gloss to share...

Out there during the ceremony, I was so overwhelmed that I did not know if I felt like crying or laughing. I felt proud and happy. It was all kind of emotions at the same time.

Q: How was the reception when you arrived home in Germany?

A: It was amazing. On the way to Berlin we had a stop at Frankfurt Airport. Many friends and fans were already waiting there to welcome us. Later, at the airport in Berlin, it was even more crowded. When I came back home, my flatmate had decorated my room and I found several bottles of champagne

on my table... I never had so many appointments and interviews like during the weeks after my return.

Q: When you returned to competition in 2009, did you feel pressure from being the Olympic champion?

A: There were a few factors that kept some pressure off my mind: Before the 2009 season, the format changed. From five single disciplines to the combination of shooting and running. To me as an athlete, this was a completely new discipline for which you had to train differently. Moreover, I took a few months off right after the Games to do an internship. I knew I had not trained a lot and would not perform well. So I also skipped the first competitions of the new season.

Only at the European Championships there was some additional pressure. It took place in Leipzig, Germany and was broadcasted on German TV. Unfortunately, I was not very lucky with the horse I drew and fell off during the course when it refused the third jump.

Q: Starting in 2010 you won many gold medals in global competitions. How did the feeling compare to Beijing?

A: There is nothing that can compete with the emotions that come along with an Olympic gold medal. Nevertheless, 2010 was a brilliant season for me. One thing was particularly special to me: the UIPM World Cup that took place in Berlin. Winning a World Cup in front of my home crowd was something extraordinary.

Q: What do you think it takes to become an Olympic champion? What is your advice for the young pentathletes aiming for medals at Tokyo 2020 (in 2021)?

A: Everyone competing at the Tokyo Olympics will already have the right attitude, I think. For all other young pentathletes, I would advise you to always enjoy what you are doing, always set small goals on the way to a higher one. To make it to the top in Modern Pentathlon you will have to



Lena Schoeneborn and her husband Alexander Nobis (GER), also a pentathlete, pose with their new baby daughter. Schoeneborn (GER) retired as an athlete in 2018

be hard-working, mentally strong and able to set priorities.

Q: And finally, how is retirement going? We understand there was a new arrival in the family recently...

A: Yes, indeed. I found some new

challenges for the time after my career in Modern Pentathlon. Besides my job in sports marketing for adidas, I am now mom of a little girl. Whenever I find some spare time, I still like to ride our horses, go for a run or an easy swim.

UIPM statement on equality

UIPM asserts commitment to equality and values of respect and inclusion

As the governing body of the only sport conceived specifically for the modern Olympic Games, UIPM takes seriously its responsibility to ensure Modern Pentathlon is accessible to all and free of discrimination.

The founder of Modern Pentathlon, Baron Pierre de Coubertin, provided a clear message when he introduced the sport that it should stand as a pillar of equality and respect, protecting human rights and ensuring all participants were treated the same regardless of their background.

That philosophy of equality remains a vital strand of the movement, as underlined in the UIPM vision:

A sustainable and inclusive global environment that enables people of all ages, genders, religions, nationalities and social backgrounds to participate in multi-disciplinary sport, testing their bodies and minds to the limit and fulfilling their potential.

The Union's historic commitment to inclusion, as set out by Coubertin, is expressed today through the wide variety of multi-discipline sports that make up the UIPM Sports Pyramid, with Modern Pentathlon at the top.

Laser Run, the most accessible of all UIPM Sports, was created in 2015. The Global Laser Run City Tour was launched two years later, giving people in urban communities across the world an entry point to the UIPM Sports movement and a pathway to the Olympic Games, Paralympic Games or whatever level of competition they aspire to.



UIPM President Dr Klaus Schormann said: "There has never been a more important time to underline the values of our sporting movement, especially equality and inclusion, respect and neutrality.

"Modern Pentathlon was built on a strong military heritage but it was always designed to be open to all. Horses were always provided and athletes never had to own their own. The continuous evolution of the sport through innovative changes in recent decades has had equality at its heart.

"Gender equality was established in 1972 at the Union Internationale de Pentathlon Moderne et Biathlon (UIPMB) Congress in Munich (GER), where the women's movement was officially endorsed. Modern Pentathlon

at the Olympic Games has been completely gender neutral since Sydney 2000.

"Our movement stands against all forms of discrimination and offers equal opportunities regardless of ethnicity, religion and all other personal characteristics.

"We are committed to protecting the legacy of Coubertin while promoting sport as a vehicle for ideals of education, peace, democracy, tolerance and humanity.

"At this time of global upheaval and instability we stand in solidarity with the International Olympic Committee and I would like to remind all members of the global sports community of the importance of respecting our fellow citizens."

News from around the world



UIPM's progressive governance standards endorsed by ASOIF Review

UIPM President Dr Klaus Schormann has hailed the improvements in governance at the Union after a positive endorsement from the Association of Summer Olympic International Federations (ASOIF).

ASOIF's third governance review, released on June 16, revealed that progress in governance has been made across the global community of International Federations (IFs) in since the second review (2017-18).

The improvement in UIPM's moderated score was higher than the average IF improvement. This mark of progression

placed the Union in a stronger position in the ratings and enabled it to surpass the target set for the organisation by the ASOIF Governance Taskforce (GTF).

Transparency was one area where UIPM scored highly. Among the areas of progress identified as positive by ASOIF were the updating of documents including the UIPM Election Rules and Code of Ethics, the publication of more detailed information and the creation of a whistleblower hotline.

Two publications – 'Summary of Meeting Decisions' and 'Election Campaigning Rules' – were identified as examples of best practice.

President Dr Schormann said: "I am delighted and very proud that our hard

work in improving the governance of UIPM has been recognised by ASOIF in its third review of governance in International Federations.

"We have made a lot of progress in a wide variety of areas, and we are looking forward to further improving our score in the next review period. Our process of improvement is continuous and we look forward to honouring our pledge that all member federations will be supported in attending the next electoral UIPM Congress.

"UIPM is committed to good governance and transparency. On behalf of the UIPM Executive Board I congratulate all the members of our community who have been involved in this process. I am also grateful to our

colleagues at ASOIF for engaging with us in such a clear and professional way throughout the process."

ASOIF President and GTF Chair Francesco Ricci Bitti said in a press release: "The environment in which IFs operate has become more complex and subject to more scrutiny. The global health crisis further complicates the situation. Sports need to be well-governed to give themselves a better chance of thriving."

Youth Olympic Games: UIPM submits qualification system to IOC for approval

A proposed qualification system for Modern Pentathlon at the 4th Youth Olympic Games in Dakar (SEN) in 2022 has been submitted to the International Olympic Committee (IOC) after being approved by the UIPM Executive Board.

The Modern Pentathlon qualification system was reconfigured after the IOC confirmed in late 2019 that the athlete quota would rise from 48 to 64 for the first YOG to take place in Africa. The IOC Sport Department will now

process the proposal for consideration by the IOC Executive Board in July.

UIPM hopes to be in a position soon afterwards to release an approved qualification system, giving youth athletes and their coaches the clarity they need to start preparing their qualification campaigns and preparations for Dakar 2022.

Modern Pentathlon (with the Tetrathlon format) has been a constant fixture on the programme of the Youth Olympic Games since its inception, featuring in Singapore (2010), Nanjing (2014) and Buenos Aires (2018).

Celebrations as Severny sport complex opens in Moscow (RUS)

The Modern Pentathlon community in Russia is celebrating after a state-of-the-art sports complex opened in the capital city of Moscow.

Equipped with a swimming pool, fencing hall, shooting range, track-and-field stadium and riding arena with obstacles, the prestigious Severny academy will offer world-class training facilities to pentathletes of all age

Laszlo Sarosy

The UIPM Sports movement in Germany is in mourning after one of Modern Pentathlon's most admired coaches, Laszlo Sarosy, died on June 10, 2020 at the age of 79. The Hungarian native spent more than 30 years coaching athletes to global success from the State Performance Centre for Fencing and Modern Pentathlon in Heidenheim, Baden-Württemberg. His trainees included Sabine Krapf, a four-time UIPM World Championships medallist who also enjoyed global success in Fencing,



Kim Raisner, who succeeded him as Germany's national coach, and the Beijing 2008 Olympic champion Lena Schoeneborn. UIPM President Dr Klaus Schormann said: "Laszlo was a highly skilled trainer and a loyal servant to Modern Pentathlon who enjoyed great success over many years in producing talented athletes in the Baden-Württemberg region. "We all know that he played a big role in nurturing female athletes of the calibre of Sabine Krapf, Kim Raisner and Lena Schoeneborn. We have lost a pillar of our movement, and my thoughts are with his family and friends at this time of sorrow."



A New Tetrathlon format for the next Youth Olympic Games in 2022 has been submitted to the IOC



Athletes and VIP guests gather at the official opening of the Severny sports complex in Moscow (RUS) on June 23

UIPM Patron HM King Constantine celebrates 80th birthday

UIPM's Patron, His Majesty King Constantine, who celebrated his 80th birthday on June 2, was an accomplished athlete who achieved one of the greatest moments in Greek Olympic history.

Crown Prince Constantine was born in Athens in 1940. Growing up by the Mediterranean meant that he was naturally drawn to sailing, like his father King Constantine before him. The Crown Prince trained in all five disciplines of Modern Pentathlon before his sailing career took off. As helmsman on 'Nereus' he steered Greece to gold in the Dragon discipline at the 1960 Olympic Games in Rome (ITA).

Along with crewmates Odysseus Eskitzoglou and Georgios Zaimis - his sister, Sophia, was a member of the substitute crew - the 20-year-old was able to bring the ultimate



sporting prize home to Greece for the first time in 48 years.

His Majesty's contribution to the Olympic movement was not confined to activities on the water. In 1963, a year before he succeeded his father on the throne, King Constantine II became a Member of the International Olympic Committee and served until 1974, whereupon he became an Honorary Member. In 1994, King Constantine

accepted an invitation to become Patron of the Union Internationale de Pentathlon Moderne et Biathlon (UIPMB), and in 2016 His Majesty became one of the first inductees to the UIPM Hall of Fame.

UIPM President Dr Klaus Schormann said: "I am sure that all members of the global UIPM community would join me in wishing His Majesty King Constantine a happy 80th birthday.

"I first met His Majesty when I was President of UIPMB, at his office in London on June 5, 1994 accompanied by Dominic Mahony (GBR), then Chair of the UIPM Athletes Committee. In the autumn of 1994 His Majesty accepted an invitation to become Patron of UIPMB, from which UIPM became a separate entity in 1998.

"The King's patronage has been very important to our movement since 1994 and we are honoured to call His Majesty a member of our global UIPM Family."

groups. The academy is residential, enabling students to stay for long periods and combine their training with educational commitments.

The complex was opened on June 23 by the Mayor of Moscow, Sergei Sobyanin, who was joined at the ceremony by Russian Modern Pentathlon Federation President Viacheslav Aminov, Moscow 1980 Olympic champion and Severny academy head Anatoly Starostin (RUS) and Rio 2016 Olympic champion Alexander Lesun (RUS).

High-performance support boost for Australian pentathletes

Modern Pentathlon Australia (MPA) has received a grant from the Australian Institute of Sport (AIS) to provide new high-performance resources and training opportunities.

The tie-up with the AIS will enable MPA to develop talent through the training, monitoring and support of athletes as well as the education of coaches.

MPA President Kitty Chiller OLY said: "This grant is an incredible opportunity for not just the National Federation but the entire community. With the success we have already had on the international stage, it's essential that a development and support system



Indian athletes will hope to compete in the National Games in Goa (IND) in October/November 2020

is in place so our athletes have the best opportunity to be identified and provided resources to achieve their goals."

Modern Pentathlon to feature in National Games of India 2020

Pentathletes in India are looking forward to the prospect of competing in one of the country's most prestigious sporting events - the National Games of India.

The Olympics-style competition will bring together athletes from eight

states in Goa (IND) from October 20 to November 4. The Modern Pentathlon will consist of a Tetrathlon and there will be Women's and Men's Individual categories as well as Women's and Men's Relays and a Mixed Relay.

Vitthal Shirgaonkar, Secretary General of the Modern Pentathlon Federation of India (MPFI), said: "This is the biggest achievement of the MPFI to be part of India's biggest Olympic Games competition - the National Games of India 2020. We invite the entire UIPM Family to witness Modern Pentathlon sports in India's biggest sports event."

Janez Kocijancic (1942-2020)

Tributes have been paid to the President of the European Olympic Committees (EOC), Janez Kocijancic, who died on June 1, 2020 after a short illness. He was 78.

Mr Kocijancic, a prominent politician in Slovenia, became the first President of the Slovenian Olympic Committee in 1991 and rose to prominence within the EOC,



taking over the Presidency in 2016. UIPM President Dr Klaus

Schormann said: "Janez was a very special person in the Olympic Family. During his Presidency we became friends and we enjoyed the opportunity to help him become acquainted with our movement. "At this terribly sad time, our thoughts are with the Kocijancic family and also with colleagues and friends who worked very closely with Janez. The continent of Europe and the wider world has lost a great leader and a true sporting diplomat."

UIPM development sports

World Environment Day: UIPM celebrates a decade of lead-free Laser Run

After a century of shooting with lead pellets and bullets, the Union Internationale de Pentathlon Moderne (UIPM) began the 2010s with a new competition format that would be of profound benefit to the environment.

It wasn't called Laser Run at the time, but the new-look combined event that served as the climax of the Modern Pentathlon at the Youth Olympic Games Singapore 2010 and Olympic Games London 2012 did much more than help the sport become a more exciting spectacle.

It also created an annual saving of 25 tonnes of lead, a colossal amount of metal previously required for shooting competitions and training around the world – and some of which found its way into the natural environment.

UIPM began in 2008 to introduce and develop laser shooting, moving away from air pistols following an earlier departure from .22 firearms in 1993. The effect was rapid and UIPM Sports quickly became a far more sustainable movement.

Beyond the saving on lead, Modern Pentathlon was now a safer and more appealing prospect for many groups of people – from those who would have been put off the sport by the stigma of shooting to those new generations of 'gamers' who would be drawn to the challenge of turning red lights to green on a laser target in a tense race environment.

Laser Run was born as an entity in its own right in 2015, when the first UIPM Laser Run World Championships was



World No.1 Elodie Clouvel (FRA) competes with the laser pistol – favoured since 2008

held in Perpignan (FRA), and in 2016 it replaced the Combined Event as the official name of Modern Pentathlon's dramatic finale. And today, as UIPM joins the celebrations of World Environment Day in marking 10 years of sustainable shooting worldwide, it is not only the fastest-growing UIPM Sport but a symbol of an eco-friendly sporting movement – highlighted by

the International Olympic Committee as an IF Sustainability Case Study.

Laser Run has also enabled UIPM to continue engaging its global community during the COVID-19 Coronavirus pandemic, thanks to initiatives such as #LaserHomeRun and #LaserAllStars.



Laser shooting saves an estimated 25 tonnes of lead previously used in global competitions and training each year

Laser equipment has minimal security restrictions and is available to children, allowing UIPM competitions to be conducted in more diverse locations, such as city centres, public parks, clubs and schools – drawing new audiences.

Since the introduction of laser pistols, the number of athletes has more than doubled and UIPM has introduced new disciplines, enabling the engagement of youth and inspiring future athletes.

The Global Laser Run City Tour was born in 2017 and reaches between 50 and 100 urban communities in cities across all continents each year, giving tens of thousands of athletes of all ages an entry point to UIPM Sports and the chance to try Laser Run – many for the first time.



The Global Laser Run City Tour has helped the laser shooting craze to spread worldwide

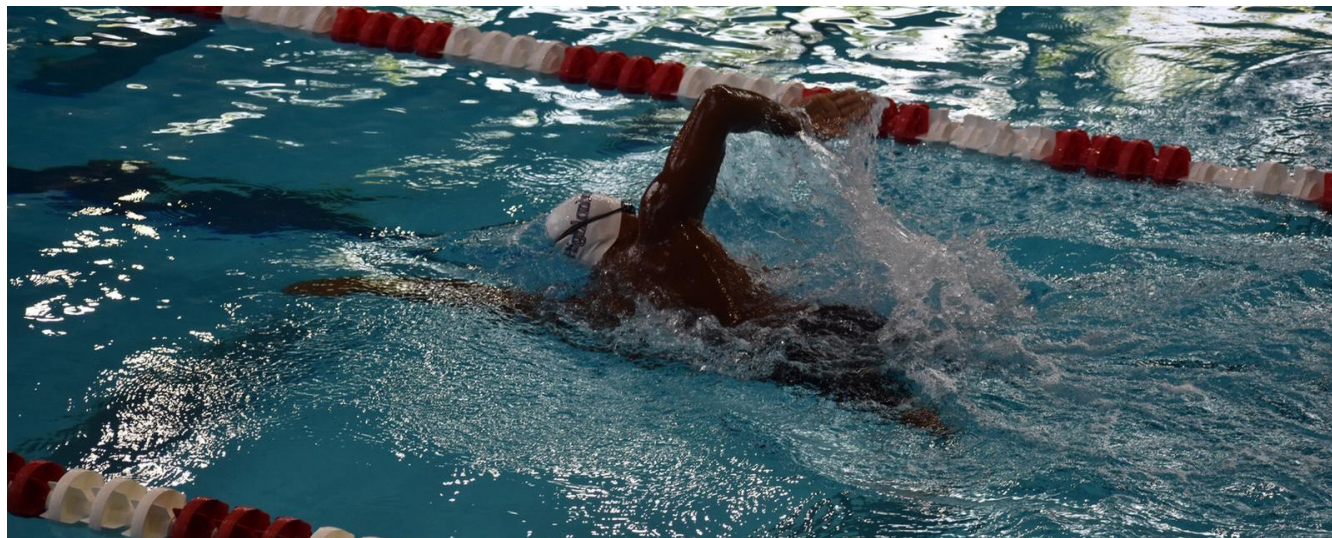
"When I think of the journey we have taken by adopting laser technology in our movement in place of traditional pellet shooting, it truly makes me smile," said UIPM President Dr Klaus Schormann. "The UIPM Executive Board decided in 2009 to introduce laser shooting at the Youth Olympic Games Singapore 2010, seven years after I had first made a statement about the future of laser technology during

the IOC Session in Mexico City (MEX).

"We knew that there would be a very positive environmental impact, and a financial impact, but perhaps we did not realise just how quickly the Laser Run phenomenon would grow – and how much this would come to underline the sustainability of our sporting movement.

"I speak for all my colleagues and friends who are ambassadors working on behalf of UIPM when I say that we are all very proud of the steps taken to make our beloved sport safer, more cost-effective and accessible and less damaging to our natural world. Sport must reduce its impact on the environment, and we are playing a part in this important global paradigm shift."

UIPM Para Sports



UIPM Para Sports athlete Brian Douglas (USA) improved his 200m freestyle time by 5secs late in 2019 before suffering a shoulder injury

A year of highs and lows for teen trailblazer Brian Douglas (USA)

In July 2019, the UIPM Newsletter told the story of Brian Douglas, a double amputee who had become a trailblazer for the UIPM Para Sports movement and competed in the US Pentathlon National Championships at Youth A (Under 19) level and also took part in the senior competition. Twelve months on, Brian is now 16 and still fully committed to the unique journey he is undertaking within UIPM Para Sports.

Q: What kind of training have you been doing since summer 2019?

A: After the Pentathlon Nationals in the summer of 2019 I went straight back to swimming and progressed a lot in my 200m freestyle (dropped five seconds). I also worked on my endurance for running by increasing my daily run distance. Most importantly I have worked on my fencing technique a lot with a local pentathlete. In November and December I decided to try something new, so I started wrestling. I was doing pretty well and my overall stamina was increasing exponentially; unfortunately I sustained a season-

ending injury that cut into a lot of my summer training as I'm just now recovering and starting to train again.

Q: What's worked best and what's been the most challenging?

A: By far the most challenging thing for me has been trying to get my right shoulder back up to full range of motion and strength. I haven't been able to fence or shoot anywhere near my best ability but it shouldn't be much longer until my shoulder is fully recovered and I can compete to the best of my ability and practice with high intensity. The easiest and most enjoyable things have been running and studying prosthetics. Running had allowed me to stay in some kind of shape and prosthetics have allowed me keep my mental shape up. I just got a new, better-fitting socket and I have officially started shadowing for prosthetics so I look forward to much more of that this summer and fall.

Q: What's it been like working with Genadijus Sokovolas, USA Pentathlon High Performance Director?

A: Working with G has been awesome to say the least. He has opened my eyes

to a world of technique that I had no idea mattered. He's also shown me a plethora of exercises that have helped me progress a lot even through the quarantine and my injury. Working with G is kind of like working with a walking technique encyclopedia – he's able to spot errors in my technique (in every aspect of Pentathlon) that I wouldn't see even if I spent days watching my film.

Q: How have you managed to get through the COVID-19 Coronavirus lockdown?

A: The most important thing for me has been to keep my mind occupied. After my junior year of high school I picked up reading for fun and that's been very fulfilling. I also had to find something to keep my body occupied as I was injured and I couldn't go to the pool because of the lockdown, so I began running a lot more. I'm averaging four miles a day, which isn't a lot but it's more than what I was doing during swim and wrestling season. I'm really looking forward to life after this lockdown like getting back to high-intensity training and being able to hang out with my friends.

Inside UIPM:

President's update and monthly activities | Secretary General's message

More than ever, in these days when our international society is working together to defeat a global pandemic, it is very important to remember the values on which our sporting movement was founded.

The Olympic Day on June 23 gave us all the opportunity to do this.

The first Olympic Day was celebrated on June 23, 1948 – only a few weeks before the formation of UIPM in Sandhurst (GBR) during the Olympic Summer Games London 1948.

This was the year when our organisation formalised the vision of our founder, Baron Pierre de Coubertin, who introduced the Modern Pentathlon at the Olympic Summer Games Stockholm 1912.

Coubertin wanted the Modern Pentathlon and the Olympic Games to be symbols of what humanity can achieve, and to reinforce the importance of giving all people the same opportunities regardless of their gender, race, age, religion and other beliefs.

In 1948, nine National Olympic Committees celebrated the first Olympic



Day – Austria, Belgium, Canada, Great Britain, Greece, Portugal, Switzerland, Uruguay and Venezuela – and today it is wonderful to see the entire world coming together.

Most of the activity took place online,

of course – but the message was clear: Olympism and the values of our sporting movement have never been more important to our global society. I wish you all good health and let's remain hopeful that sport can bring us back together soon.

10.06.2020: Wiesbaden, GER

UIPM President Dr Klaus Schormann met with World Archery Vice President Jörg Brokamp (also Chairman of the International Shooting Sport Federation Technical Committee and Secretary General of the German Shooting Federation) in the headquarters of the German federation to discuss the impact of the COVID-19 Coronavirus on

UIPM President Dr Klaus Schormann with World Archery Vice President and international shooting sport expert Jörg Brokamp





The UIPM President with Dr Rolf Müller (left) and UIPM Doping Review Panel Chairman Prof Dr Hans-Michael Ockenfels (right)

the international sporting movement.

They underlined the close cooperation between UIPM and the world shooting society, which has a long tradition since 1912. They discussed the possibility for a regular exchange of knowledge between the Technical Committees of UIPM and ISSF.

27.06.2020: Gelnhausen, GER

President Dr Schormann met with the Chairman of the UIPM Doping Review Panel, Prof Dr Hans-Michael Ockenfels, and the President of the Sportfederations of Hesse, Dr Rolf Müller.

They discussed the financial situation of sports clubs and the training possibilities not only for world-class athletes but also for those who train only to remain healthy. Prof Dr Ockenfels spoke from his viewpoint as an international medical expert about actions for health now and in future. A lot of work will be required of coaches and trainers to provide their athletes with guidance on mental health.

Dr Müller gave examples of financial



Dr Schormann in his office in Darmstadt (GER) where he held online meetings throughout June 2020

assistance Governments are providing in developed countries.

President Dr Schormann underlined that International Federations are focusing strongly on preparations for the Olympic Summer Games Tokyo 2020 hosted in 2021 but not forgetting the need to support developing countries in this difficult crisis. We need now very strong solidarity. The future is for all.

30.06.2020: Darmstadt, GER

The UIPM President ended a busy month of online meetings in his President's Office by discussing the financial situation of UIPM today and in future years with UIPM Secretary General Shiny Fang and UIPM Treasurer John Helmick.



Dr Schormann meets online with UIPM Treasurer John Helmick and Secretary General Shiny Fang

Why good governance matters: UIPM Secretary General's message

Another month passed and there are more than 10 million confirmed cases of Coronavirus (COVID-19) and more than half million deaths. The world is not yet calm and a lot of people still have to overcome many difficulties in their lives, while athletes and coaches have to find suitable places to train and to adjust their normal routine. But that's what we do – adapt ourselves for no matter what conditions, to demonstrate our strong humanity and our resilience.

As an international sports organisation, especially one that governs an Olympic sport founded by the creator of the Modern Olympic Games, we are very aware of the importance of good governance – not only to suit the current trend in the international sporting world, but also as a commitment both to our history and our future.

The result of the 3rd Review of International Federation Governance conducted by ASOIF justified our endeavour across the past three assessment cycles at UIPM. A total improvement of 46 points from 2017



to 2019 encourages the organisation to keep striving for best practice in good governance, and to keep shaping areas where there is room for improvement. We have had communications from the IOC and Tokyo 2020 about a possible reduction in sports operations for the Olympic Games in 2021. Even though detailed discussion hasn't started yet, at UIPM we are ready to talk about various possibilities.

All sports and their athletes need the Olympic Games, the whole world needs the Olympic Games to demonstrate humanity's unbeatable spirit and underline the Olympic values, and we all have to adjust our expectations for future uncertainties to make the impossible possible.

The Executive Board recently cancelled the UIPM 2020 Masters World Championships and postponed the UIPM 2020 Junior World Championships until 2022. We might still have to adjust some other major events that are supposed to happen in later 2020, but it doesn't mean we are unloading our responsibilities and duties to our community. The opposite is true – we want to be responsible and we are planning for future opportunities.

While normality remains a luxury, positivity is the attitude we have to apply to everything our roles require us to do. Helping each other when we see that we can is a basic thing we can all do. At UIPM, we see reality but also hope, and we do count on all of you – our athletes, coaches, officials and our national federations. Together we can create better sport and a better world.

New Balance World Rankings

The PWR is updated live on www.pentathlon.org after each competition. PWR as at 30 June 2020:

MEN			
RANK	NATION	NAME	POINTS
1	GBR	Joseph CHOONG	203
2	KOR	Jihun LEE	181
3	FRA	Valentin PRADES	175
4	GER	Marvin DOGUE	171
5	KOR	Woongtae JUN	164
6	GBR	James COOKE	162
7	FRA	Valentin BELAUD	160
8	UKR	Pavlo TYMOSHCHENKO	159
9	RUS	Alexander LIFANOV	148
10	LTU	Justinas KINDERIS	140
11	HUN	Adam MAROSI	138
12	GER	Patrick DOGUE	136
13	KOR	Jinhwa JUNG	134
14	CHN	Shuai LUO	131
15	CZE	Martin VLACH	131
16	CHN	Linbin ZHANG	130
17	HUN	Bence DEMETER	128
18	CHN	Shuhuan LI	122
19	GER	Fabian LIEBIG	122
20	EGY	Eslam HAMAD	116

WOMEN			
RANK	NATION	NAME	POINTS
1	FRA	Elodie CLOUVEL	195
2	GBR	Kate FRENCH	181
3	GER	Annika SCHLEU	179
4	ITA	Elena MICHELI	173
5	RUS	Gulnaz GUBAYDULLINA	169
6	BLR	Volha SILKINA	164
7	GBR	Joanna MUIR	162
8	LTU	Gintare VENCKAUSKAITE	161
9	LTU	Laura ASADAUSKAITE	160
10	RUS	Uliana BATASHOVA	153
11	BLR	Iryna PRASIANTSOVA	150
12	MEX	Mariana ARCEO	145
13	KOR	Sunwoo KIM	139
14	TUR	Ilke OZYUKSEL	139
15	JPN	Natsumi TAKAMIYA	136
16	FRA	Marie OTEIZA	130
17	GER	Janine KOHLMANN	128
18	ITA	Alice SOTERO	128
19	BLR	Anastasiya PROKOPENKO	123
20	GBR	Francesca SUMMERS	123

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



Baron Pierre de Coubertin

"The Modern Pentathlon event would test a man's moral qualities as much as his physical resources and skills, producing thereby the ideal, complete athlete."

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