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UNION INTERNATIONALE
DE PENTATHLON MODERNE



**World Pentathlon
Newsletter**

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CATEGORY 'A' COMPETITION IS BACK



Ilke Ozyuksel (TUR) celebrates winning gold at the European Under 24 Championships in Drzonkow (POL) - the first Category A Modern Pentathlon competition since the declaration of the COVID-19 Coronavirus pandemic in March 2020. Turn to Page X for more about preparations for the 2021 season

COVID-19 Coronavirus update



Six 2021 host nations take part in UIPM Event Organizers Workshop

As the global UIPM Sports community continues to prepare for the 2021 season, a major organisational step has been completed.

The second UIPM Event Organisers Workshop was held online on November 19 and 20, bringing representatives of six National Federations together for 12 hours of coordination and preparation.

Participants from Belarus (UIPM 2021 Pentathlon and Laser Run World Championships host nation) joined colleagues from Korea, Bulgaria and Hungary (UIPM 2021 Pentathlon World Cup host nations) as well as organisers from Egypt and Germany, who will stage the UIPM 2021 Youth / Junior World Championships and UIPM 2021

Biathlon-Triathlon World Championships respectively.

The COVID-19 Coronavirus pandemic caused the cancellation of the entire UIPM 2020 season, with the exception of UIPM 2020 Pentathlon World Cup Cairo and continental events such as the European Under 24 Championships currently taking place in Drzonkow (POL).

The Event Organisers Workshop was designed to provide clarity and reassurance to competitions hosts about the procedures that will be needed to ensure competitions are held safely in 2021. The workshop also enabled the sharing of knowledge and best practice and facilitated round-table conversations.

As well as UIPM staff members who are working closely with the local

competition organisers throughout this process, the workshop was attended by Executive Board members along with colleagues from the UIPM Medical, Technical and Business Affairs Committees.

Alexandre Franca, UIPM Operations Director, said: "This was the second edition of the UIPM Event Organisers Workshop and focused on how all of our competition organisers are adapting to the pandemic situation.

"We are proud to be working closely with all organisers to ensure that preparations are solid and professional for these important competitions in 2021, many of them forming part of the qualification process for the rescheduled Olympic Summer Games Tokyo 2020.

"Aspects discussed at operational

level related to sport operation, logistics, medical, marketing, media, sustainability and human resources. The knowledge shared among organizers will assist all of them in adopting best practice."

UIPM is also finalising a set of COVID-19 Prevention Guidelines in preparation for the 2021 season in collaboration with the UIPM Medical Committee. The Guidelines will be published soon.

Drzonkow (POL) praised for successful staging of Under 24 European Championships

The first Category A Modern Pentathlon competition held since the declaration of the COVID-19 Coronavirus pandemic has been hailed as a resounding success by the UIPM President, Dr Klaus Schormann.

Speaking at the end of the Under 24 European Championships in Drzonkow (POL), President Dr Schormann said: "The whole world is continuing to struggle with the pandemic situation but it is important for athletes and their support teams to train and compete with athletes from other nations where it is possible to do so safely.

"I was delighted to hear about the success of the European Under 24 Championships in Drzonkow. We already know this is an excellent venue for Modern Pentathlon and the organisers did a super job in preparing conditions for a safe Category A competition.

"We had athletes from seven nations taking part in this competition, and this shows other countries around the world what is possible with good organisation and careful planning. I must also thank the delegations from all countries for complying with the rules."

UIPM Executive Board Member for Sport, Montréal 1976 Olympic champion Janusz Peciak (POL), attended the competition and said: "I would like to say a special



COVID-19 testing takes place in Drzonkow (POL), venue for the European U24 Championships



The Laser Run indoor course in Drzonkow (POL)

congratulations to the organisers of this competition. For the last three days everybody felt safe and comfortable and this is not easy to achieve in this difficult pandemic time.

"They did an excellent job to allow a Category A competition organisation to take place in line with all necessary health and safety precautions.

Women's Final

İlke Özyüksel of Turkey came bounding out of lockdown to become European

women's Under 24 champion in the first Category A Modern Pentathlon competition held since the COVID-19 Coronavirus pandemic was declared.

On day one of the championships, Özyüksel (TUR) made light work of the field in the Laser Run discipline to win by a distance from silver medalist Lea Egloff of Switzerland and Karolina Krenkova of Czech Republic, who won bronze.

Twenty women from seven countries



Action from the Riding and Fencing during the first Category A competition to take place since February 2020

took part, with Lithuania, Ukraine, Hungary and host nation Poland also entering athletes. The fastest swimmer in the 25m pool was Iryna Kubrak (UKR) but Fencing was very unpredictable and the winner was not known until the last round. Finally Egloff (SUI) emerged on top with 27V/9D, winning one more bout than Krenkova (CZE) and Özyüksel (TUR).

Riding was organised indoors, with a challenging course for riders with many tight turns. Krenkova (CZE) withstood the pressure to take the overall lead with a clean round, while Özyüksel (TUR) and Egloff (SUI) each conceded 14 penalties.

Laser Run also took place indoors with a 160m loop, and Laser Run world record holder Özyüksel (TUR) comfortably overcame the 15sec starting lead held by Krenkova (CZE), who was eventually beaten to silver by Egloff (SUI) by just 1sec.

Men's Final

In becoming European men's Under 24 champion, Bence Kardos of Hungary showed no mercy for a strong field, ultimately crossing the line 25sec



ahead of the local favourite.

Lukasz Gutkowski (POL) won a satisfying silver medal on home soil, finishing 2sec ahead of Marek Grycz (CZE). There were 19 participants in the Men's Final with all seven nations entering athletes. Host nation Poland won team gold with silver going to Ukraine and bronze to Turkey.

Ukraine's athletes took the initiative in the first two disciplines, with Vladyslav Chekan (UKR) recording the fastest time in Swimming (02:00.45) and Kyrym Shekhmametyev (UKR) standing out in Fencing with an eye-catching 29V/7D. Maxence Hofer (SUI) scored 25V/11D but the leaderboard was dominated by the yellow-and-blue flag until the athletes entered the Riding arena.

It was on horseback that Ukraine's grip on the competition loosened. Chekan (UKR) was eliminated after a mistake in the warm-up and with clean rounds for the likes of Kamil Kasperczak (POL), Titas Purnas (LTU) and team-mates Dora Nusretoglu and Yunus Caliskan (TUR), the Laser Run became a much less predictable proposition.

Kardos (HUN) produced a truly exceptional run-shoot, cutting through the field like a knife through butter as he finished the four circuits in 10:30.81 and won with ease.

There was a gripping battle for silver between Gutkowski (POL) and Grycz (CZE) and they were also joined in the sub-11min club by Kasperczak (POL), who finished 4th with a comfortable margin from the Ukrainians.

Mixed Relay

Ukraine won the Mixed Relay with Lithuania winning silver and host nation Poland capturing bronze.

On a final day of tight competition between 11 Mixed Relay teams, Iryna Kubrak and Kyrym Shekhmametyev (UKR) finally prevailed by 7sec ahead of silver medallists Elzbieta Adomaityte and Titas Purnas (LTU).

Wiktoria Wierzbza and Lukasz Gutkowski (POL) ensured that the host nation would finish with a medal of each colour as they collected bronze, a further 8sec behind.

Olympic Hopes

The revival of Pentathlon activities in Poland did not end with the finale of the U24 European Championships – the Olympic Centre in Spala (POL) hosted the Olympic Hopes competition for U19 and U17 athletes soon afterwards.

More than 90 athletes participated in the individual and Mixed Relay categories, with teams from Poland and Czech Republic (coached by London 2012 Olympic champion David Svoboda) dominating.



Men's Laser Run action and joy on the podium for Ukraine, winners of the Mixed Relay



Paris 2024 Olympic Games update

Modern Pentathlon: new Olympic format



The new Modern Pentathlon format for the Paris 2024 Olympic Games will include a 90-minute showpiece with all five disciplines

UIPM conducts stakeholder communications around new Modern Pentathlon format

The global UIPM Sports community has taken part in a series of video conferences aimed at increasing awareness of the new Modern Pentathlon format proposed for introduction at the Olympic Summer Games Paris 2024.

Sessions were held online with athletes (November 11), coaches (November 18) and finally National Federations (November 24), giving stakeholders a chance to ask questions and provide feedback on the ambitious changes to the sport submitted to the International Olympic Committee (IOC).

The IOC Programme Commission will make recommendations about

the composition of the Paris 2024 sporting programme on November 30 and the IOC Executive Board will meet to decide the final programme on December 7.

UIPM has applied to the IOC for the introduction of a third medal event, the Mixed Relay, and submitted proposals for a compelling new format that would enable spectators to watch all five disciplines of Modern Pentathlon in a 90-minute showpiece.

The proposed new format is broadcast-friendly and, as a sustainable and cost-effective model for the future of Modern Pentathlon within the Olympic Games, is compatible with the IOC's Olympic Agenda 2020 and New Norm reforms.

Dr Klaus Schormann, UIPM President,

said: "On behalf of the UIPM Executive Board I would like to thank all members of the global Modern Pentathlon family who have taken part in the recent video conferences.

"This is a very important moment in the evolution of our sport, which has seen many big changes already. At a time when our community is separated by the COVID-19 Coronavirus pandemic, I am proud of the way our athletes, coaches and federations have come together for these discussions about the new format proposed for the Olympic Summer Games Paris 2024.

"It is essential that we stand united, especially at this time."

Juan Antonio Samaranch, UIPM 1st Vice-President and former IOC Vice-President, said: "Modern Pentathlon

has been subject to innovation for as long as I can remember. At the Olympic Games it has evolved from a five-day competition – with a rest day – to an event that can now be decided in a few hours. That said, we must keep developing and reshaping the sport to make it truly modern and attractive to youth audiences.

"We have a responsibility to prove the worth of Modern Pentathlon to the Olympic Games and the proposed changes to the sport for Paris 2024 give us the opportunity to demonstrate that. Thankfully, we already have a tradition of innovation and UIPM has been known for a long time as one of the most pioneering International Federations."

Joel Bouzou OLY, UIPM Vice-President and World Olympians Association President, said: "We are in a competition for survival and we need to always remain open to adaptation and change.

"Although Modern Pentathlon is secure on the programme for Paris 2024, competition will continue to be intense for future Olympic Games and we must always look forward. I give my full support to the new format proposed

for Paris 2024, which is fully in line with the spirit and the values of its creator, Pierre De Coubertin."

Shiny Fang, UIPM Secretary General, said: "The three video conferences in November 2020 have provided the ideal opportunity to engage with many of our key stakeholders and I would like to appeal to all of our community to continue communicating with us via existing channels.

"The UIPM Athletes Committee, for example, is composed by members elected by the athletes themselves, through their national federations, and I want to restate the importance of this representative body.

"We are very keen to stay in close communication throughout future Olympic cycles. All stakeholders will have opportunities to help us shape the new format as we continue through the testing and evaluation process in 2021 and beyond."

Aya Medany, Chair of the UIPM Athletes Committee, said: "I am grateful to all athletes who attended the call on November 11 and asked questions and spoke honestly about their concerns.

"It was also useful to hear from the National Federations during the video conference on November 24. A clear message has been provided to our global community about the need for change and I am grateful to UIPM for the communication."

Following the New Pentathlon test events in Budapest (HUN) and Cairo (EGY) in November 2020, NFs including Great Britain and Germany have offered to host further test events in 2021.

Sharif Elerian, President of the Egyptian Modern Pentathlon Federation, said during the NF video conference: "As one of the organisers of the test events in November, I would like to say that the new format is excellent and I observed that the people who took part were convinced about it. I congratulate UIPM on their innovation."

Athletes speak out in support of new Modern Pentathlon format

The current men's world champion and two other leading pentathletes have registered their support for the new Modern Pentathlon format proposed for introduction at the Olympic Summer Games Paris 2024.



Men's individual world champion Valentin Belaud (FRA), who is a supporter of the new Olympic Games format

The three athletes – Valentin Belaud of France, Charles Fernandez of Guatemala and Bence Kardos of Hungary – made their comments in an article in the Hungarian newspaper Nemzeti Sport.

Belaud (FRA), who won gold at both the UIPM 2016 and 2019 Pentathlon World Championships, said: "I support with excitement this new version of modern pentathlon. As mentioned by Mr Bach [IOC President Dr Thomas Bach] at our highest instances of pentathlon, 'Change or be changed!'

"I am a high-level athlete since around 15 years now and I have seen the evolution in Pentathlon. The first quality of a pentathlete is to be adaptable and that's what we've been doing for many years now. This new version is, to my eyes, a great way to make the Pentathlon discipline grow...

"Today, I'm 28 years old and this new version also scares me! Not for our sport that I love but for my eagerness to be adaptable. I am world champion with the current version of pentathlon and my first thoughts go towards keeping this version and resisting change. But this would be a selfish thought because this could question our place in the Olympic Games...

"The UIPM has worked for many years on improving our sports for all the nations in the world to embrace it! So, like any change, it does scare me but for all the youth generation of pentathletes out there who dream of representing their country at the Olympic Games, I need to overcome this fear and work in order to progress, continuously.

"What is important for us athletes today is to continue to discuss with the UIPM via the Athletes Committee to bring up our thoughts and ideas in order to obtain the best Olympic version of our sport."

UIPM Athletes Committee Member



Pan American Games champion Charles Fernandez (GUA)

Fernandez (GUA), Pan American Games champion and former junior world champion, said: "I know it has been very difficult to understand the changes that have been happening in Pentathlon.

"I believe the most recent changes are very important for the future of our sport. Unfortunately, we live in a world that is very fast changing.

"The Olympics has shifted into an event that is surrounded by spectators and

media. When there is not a sport that can resemble the expectations set by the IOC, then there is risk for expulsion.

"This is the case for the UIPM. Despite the situation that we are going through in this present moment, the UIPM has done a great job in being able to adjust to the requirements set by the IOC in order to keep Pentathlon in the Olympics.

"There is a lot of confusion upon how the sport will function at Olympic level but I believe change is good for future Pentathlon generations. We need to adapt to the circumstances and show the world that Pentathlon is one of the strongest Olympic events.

"Every athlete's dream is to go to the Olympics and it would be sad for that not to happen any more for Pentathlon.

"There is a lot of work and testing that needs to be done still and unfortunately the current world situation does not allow for an easy transition in the new format, but as pentathletes we will find a way and at the end of the day I believe we will become stronger and better

Why the thoroughly 'Modern' Pentathlon has to be a 90-minute wonder

(This article was written by Alan Hubbard and first appeared at insidethegames.biz)

To some the modern pentathlon may sound as if it has been plucked from Strictly Come Dancing, rather like the American smooth or the Boston two-step. To the more discerning it is the ultimate sporting test in strength, skill, endurance and tactical nous, that is the very essence of Olympism.

It has been so since 1912 when the founder of the Modern Games, Baron Pierre de Coubertin, whose brainchild it was, first introduced it in Stockholm.



European U24 champion Bence Kardos (HUN)

through the changes and innovation through sport."

Kardos (HUN), winner of the men's gold medal at the recent European Under 24 championships in Drzonkow (POL), added: "The chances are that continuous modification will be needed in order to keep our sport

on the programme of the Olympics. As long as we have the traditional disciplines [of Modern Pentathlon] and we can reach back to our roots, then there is no reason to worry. We need to adopt the necessary speed-up from the media point of view, but it's gratifying that the essence of Modern Pentathlon remains with this new format, too."



It was then a multi-day five discipline event – running, shooting, swimming, riding and fencing – for some 84 years until the requirements of television for a more compact version of the sport

saw it condensed into a single day for Atlanta 1996.

Times change, and in the case of the modern pentathlon, quite literally so. In order to

survive as an Olympic event those who run the sport internationally are now proposing that it is concertinaed into - wait for it - just 90 minutes.

It sounds unbelievable - in fact virtually impossible - but the governing body believe it must be done in order to escape the anticipated Olympic cull that is likely to take place over the next four years.

There is British support for such revamping as modern pentathlon has brought a multitude of successes to Team GB and individual athletes in both male and female Olympic, world and European competitions over the years.

Now for Paris 2024 - and beyond to Los Angeles in 2028 - it is envisaged that 12 finalists will compete in the traditional events with running and shooting by laser (as introduced at London 2012) combined into a sort of summer biathlon. To the aficionados this may seem a betrayal of De Coubertin's original concept but needs must when television drives, and as the competitors will tell you, it is better than nothing. And nothing might well be the case unless modern pentathlon does, err, modernise, with both the International Olympic Committee (IOC) and television networks greedy for viewers.

They believe these viewers are now more attracted by shorter competitions in left-field activities - like skateboarding, climbing up walls in a gymnasium and wushu - which sounds more like a character in Aladdin than an Chinese martial art.

The one-day format will remain intact for Tokyo next year, should these Games take place, as we hope they do with the COVID cloud still hanging over us. After that the Executive Board of the International Modern Pentathlon Union (UIPM) has voted overwhelmingly in favour of the Paris plan.



They argue it is designed to raise the profile and popularity of the sport, which it may well do, although the ultimate aim is to ensure its survival at the Games after several attempts to remove it over the years - moves which would have the dear old Baron turning in his proverbial in Olympia.

The new format for a 90-minute modern pentathlon with an elimination system is designed to reduce not only the overall length of the competition but create a more dynamic sport with a continuous flow. It will be more "broadcast friendly". It will also be a sustainable and cost-effective model for the future of the sport, they say.

On a personal note the modern pentathlon evokes memories for me of the wonderful event at Montreal 1976 when I watched GB's very own dashing White Sergeant, subsequently Captain, Jeremy "Jim" Fox lead his squad to glory, and Olympic gold - one of the nation's greatest triumphs at the Games.

For me, the sport has always been a reminder of a gentler, more romantic era before the pursuit of glory became suffused by greed, drugs, duplicity and

mind-numbing reality television.

Ah yes, the great god TV. There was once an argument that modern pentathlon was unsuitable for the box. But to help make it more televisual, what was once a five-day test was compressed into one, played out between dawn and dusk.

In London, mod pen also pioneered laser shooting ahead of other gun disciplines, which controversially still employ real bullets. Despite these innovations and the popularity of the sport among emerging nations, apparently there are those at the IOC who sniffily perceive the modern pentathlon as old fashioned, and there is little doubt that its continued presence is threatened.

Britain is well represented internationally, too. Martin Dawe, a former competitor and team manager, is now vice-chair of Pentathlon GB and an Executive Board member of UIPM. He is not alone in underscoring the threat to the sport. He points out that it is no longer largely the preserve of Eastern Europe having spread across all continents, notably to Asia and South America. UIPM has also introduced a

successful mixed relay event to the Youth Olympics. But is all this "modern" enough for the IOC?

One who hopes so is Fox, who has been at the forefront of the fight to preserve its Olympic status but now, alas, is confined to wheelchair.

Now 79, the old soldier who was arguably Britain's outstanding all-round sportsman is a victim of Parkinson's disease. Fox competed at four Olympics and as well as his Montreal gold won a bronze at the World Championships in Mexico. He was national champion 10 times.

A fencing master who unearthed the roots of Russian cheating by exposing the Soviet Boris Onishchenko (who I labelled Disonischenko when he contrived to alter the tip of his épée to electronically register illegal points in Montreal), Fox was also a prolific cross-country runner, swimmer, marksman and horseman.

It is all the more tragic that such a sporting superman should have been struck down 24 years ago by an illness which attacks muscles and mobility - the same crippling condition that affects his famous namesake, the actor Michael J. Fox, and even targeted a more celebrated sporting contemporary from the 1970s, Muhammad Ali.

As Dawe says: "It is such an irony that Jim and Ali, two of the fittest most personable and virile young men sport has ever known, should both be struck down by this terrible disease."

Recently, Dawe and former GB competitor and team manager Dominic Mahoney visited Fox at his care home to present him with a certificate from the World Olympians Association which permits him to put the much-cherished OLY acronym after the OBE he already has.

Over the years Fox has become a close friend and there has never been any skirting around the subject of his crippling illness. He once told me: "I always tell people up front what's wrong with me, I don't want them to think I'm p***ed."

In Fox's case, the fact that he spurned self-pity for a vigorous, reborn self-belief has been spurred by the incentive to fight for the preservation of a pursuit that brought him so much fulfilment.

In a sporting world so disfigured by excess, Fox is well aware that modern pentathlon is regarded as something of an anachronism.

But he is angered by the real possibility that the ultimate test for any Olympian could be replaced on the Olympic stage by "Mickey Mouse sports".

"It is a disgrace that this should even be considered, an insult to Baron de Coubertin," he has said. "The modern pentathlon has always been the very essence of what the Games should be about. But it makes me very sad to think the sport could be evicted. This must not happen."

Some years back, the late IOC President

Juan Antonio Samaranch suggested to a German newspaper that the sport's days were numbered. Fox fired off a furious salvo to Lausanne.

It is believed that the Princess Royal, a fellow competitor in Montreal and an IOC member, also inserted a flea in the Presidential ear. A swift retraction followed. Fox hopes the sport in which Britain has always had such a great tradition can entice more youngsters of both sexes.

For those who would like to join the "Keep Mod Pen" campaign I recommend a browse through Modern Pentathlon, A Centenary History, by Andy Archibald. His final chapter concludes: "Nobody who knows anything about the modern sport can ever accuse modern pentathlon of being anachronistic."

"Every such charge against us has been patiently remedied and modern pentathlon remains in every way the most searching test of the sporting all-rounder."

Hear hear! Even if it means those who still evoke the Corinthian spirit of Olympus have to become 90-minute wonders.



Jim Fox (left) with GBR team-mates after their Olympic team gold medal in Montreal 1976

ROAD TO TOKYO

Athlete interviews



Asian champion and Tokyo 2020 qualifier Sehee Kim (KOR) shows her athleticism during Laser Run

How Sehee Kim (KOR) seized her moment in 2019

The 2019 Asian Championships was a very big deal. It wasn't just the usual continental supremacy at stake, but a once-in-a-lifetime chance for athletes to earn the right to compete in an Olympic Games in Asia.

And in Wuhan (CHN), just a few months before the city became infamous as the origin of a global pandemic, Sehee Kim of Korea seized the moment better than anyone else.

Aged just 23 and ranked lower than her more established team-mate and namesake, Sunwoo Kim, a fine performance by Sehee Kim (KOR) enabled her to win gold and stake her claim to represent her country on the other side of the Korea Strait in the Tokyo 2020 Olympic Games.

In the latest Road to Tokyo interview, Sehee Kim (KOR) talks about her sources of motivations and inspiration and the sleepless nights she has endured during the turbulent journey to her debut Olympics.

Q: How did it feel in 2019 when you won gold at the Asia/Oceania Championships and secured a qualification place for the Tokyo Olympics?

A: Actually I couldn't sleep that night. Setting up my goal for Olympic qualification gave me a lot of pressure, so I changed my goal and focused on getting the gold medal. I tried not to think about the Olympics, but to focus on the competition.

At the end of the competition I took gold but I didn't feel anything at that moment, I was just feeling great like

after other competitions. Soon I realised that I got a ticket for the Olympics and I can't explain that feeling I felt.

Q: Did you watch the last Olympic Games (Rio 2016)? What are your memories?

A: I just supported the Korean athletes because I didn't think of myself as an Olympic player at that time. Just had a dream in my mind that I would be at that place one day.

Q: If selected to compete for Korea at Tokyo 2020 (in 2021), what difference will it make to have the Games close to home?

A: Best thing is not to suffer from jet lag. Every time I go to international competition, the hardest part is overcoming jet lag. Also the good news is my families or my friends in Korea don't have to watch my competition late at night.

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

A: At the first time I heard that news, it felt complicated. Soon my body and mind came loose. Then I thought it can be a chance to prepare more and I changed my mindset that I have one more year.

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

Training normally as before was not possible, so I tried to train at home and to control my mind thinking positively. Most importantly, I tried to train everyday not to lose feeling.

Q: What has been the most challenging part?

A: The most challenging part is that I can't train normally. I think training every day is very important to keep my performance levels high but without training, I can't maintain it.

Q: And what positive things have you seen?

A: I don't think I'm a great athlete, so I

ROAD TO TOKYO: OLYMPIC GAMES QUALIFIERS

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

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

can complement my body and skills in one year. It is necessary so I told myself it's a chance!

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

A: At first, I was swimming at high school. And one pentathlon coach saw me while I was running during the physical test, then he asked me to change to Modern Pentathlon. I did because it looked wonderful with five different events.

Q: What motivates you in training?

A: Every time I train, I fight against myself. It motivates me to overcome my limit. And I try to do that in competitions. Consequently, I think it helps a lot and I feel I'm getting better and better every moment.



Kim (KOR) in the Fencing Rabking Round during UIPM 2020 Pentathlon World Cup Cairo



Kim (KOR) with her team-mates on top of the podium during the 2019 Asia/Oceania Championships and Olympic Qualifier in Wuhan (CHN)



Kim (KOR) shows her Riding prowess during the UIPM 2019 Pentathlon World Championships in Budapest (HUN)

Q: Describe yourself as an athlete in three words.

A: Sincerity, hard worker, roly poly.

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

A: Figure skating athlete, Yuna Kim. Her passion and endeavour to reach the top of the world motivate me.

Q: What is your ultimate ambition in Modern Pentathlon?

A: At first, to be remembered as a hard worker was my goal. But now I want to be a historical athlete in Modern Pentathlon as a great and hard-working athlete.

Alexander Lifanov (RUS) feels ready to convert youth potential

No winner of a Modern Pentathlon medal at the Youth Olympic Games has yet achieved the same feat at the Olympic Games, but it would surprise few observers if the teenager who won Men's Individual gold in



Alexander Lifanov (RUS) keeps his eye on the prize during UIPM 2020 Pentathlon World Cup Cairo

Nanjing in 2014 converted his potential in that way.

Alexander Lifanov has the pedigree, the support and, on the evidence of his career to date, the mentality to succeed at the highest level like so many male Russian athletes have before him.

Still only 24, could the extra year provided by the postponement of Tokyo 2020 help his cause? Lifanov (RUS) proved his calibre in October 2019 when he won gold at the CISM Military Games in Wuhan (CHN). A year earlier, he finished 5th in the UIPM

Pentathlon World Cup Final in Astana (KAZ). This came on the back of a strong youth and junior career that saw him become the second male to achieve the ultimate accolade for a teenage pentathlete.

That triumph in Nanjing (CHN) six years ago has been a powerful source of motivation to the man from Samara, as he tells us in the latest Road to Tokyo interview.

Q: How did it feel in 2019 when you earned a qualification place for the Tokyo Olympics at the European

Championships in Bath (GBR)?

A: I was really happy because it was my dream after the Youth Olympic Games. I had a chance to compete in Rio, but had problems with an allergy and missed the qualification period. Of course, I was the happiest man at that moment.

Q: Did you watch the last Olympic Games (Rio 2016) on TV? What are your memories?

A: in 2016 I had National Junior Championship on the day of the Olympics and could only watch the Laser Run. I was happy for Aleksandr



Lifanov (RUS) keeps world champion Valentin Belaud (FRA) at bay and clears an obstacle in Riding during UIPM 2020 Pentathlon World Cup Cairo



and wrote him a message of congratulations.

Q: What will it mean to you to be selected to compete for Russia at Tokyo 2020 (in 2021)?

A: It's an honour to compete for your country, everybody dreams of that chance.

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

A: I think for me it can be an opportunity to prepare better.

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

A: I tried, but lockdown was everywhere and I could only run in the forest and do home training.

Q: What positive things have you seen?

A: I am from Samara and all trainings camps are in Moscow, so of course I was happy to be with my family.

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

A: I started swimming because I was a sick boy and after some years I moved into Pentathlon because my swimming pool was a training venue for pentathletes.

Q: What motivates you in training?

A: My motivation is love for Pentathlon. I like sport because you see that every day you progress in something, and I couldn't sit at home.

Q: Describe yourself as an athlete in three words.

A: Purposeful, persistent, attentive.

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

A: Roger Federer in sport; my father in life.

Q: What is your ultimate ambition in Modern Pentathlon?

A: A medal at the Olympics.



Lifanov (RUS) shares a high five with Gulnaz Gubaydullina and (below) shows his running stamina



COACH CLASS

Kim Raisner (GER)
on the endless quest
for improvement



German Modern Pentathlon Federation (DVMF) head coach Kim Raisner (GER) keeps a close eye on proceedings

In the first part of a new series, Kim Raisner (GER) talks about her coaching career and her role as head coach of the German Modern Pentathlon Federation (DVMF).

At the end of an Olympic Games, a lot of participating athletes find themselves doing one of two things.

They either start looking forward to the next Olympic Games, or their minds turn to what they will be doing instead of competing at the next Olympic Games.

In the case of Kim Raisner of Germany,

a 5th-placed finish at Athens 2004 at the age of 31 probably left her with a lot of conflicting feelings. But it's likely that Beijing 2008 was not at the forefront of her mind.

It's definitely fair to say that training a young athlete to win the Women's Individual gold medal at Beijing 2008 was not an outcome she had envisaged.

Twelve years on from the triumph of Lena Schoeneborn (GER) in those Games, her coach now oversees both the female and male elite groups in German Modern Pentathlon, putting

into practice all the lived experience of her athletic and coaching careers and moving with the times to adapt to the changing role of the coach in the Olympic Games' most demanding and complex sport.

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

A: For most of my career, we had quite a high turnover of coaches because the Women's Modern Pentathlon was not in the Olympic Games and many of our head coaches ended up becoming men's head coach because they

could be involved in the Olympics.

Sometimes it's good to have a new coach because it brings a fresh view, but I think this is one of the reasons I started to do a lot of training on my own. Rudi Trost was my coach for a long time – he was a great coach, he has written books on Modern Pentathlon – and also Iri Zlatanov who is now men's coach.

I think you can learn from every coach. You learn what's going wrong and you learn from your mistakes, and all of them brought me forward. They all put a stamp on you and help you to develop. Iri, for example, he changed my pistol grip to the French grip and then changed back, and I learned a lot from that. But the continuity with the women only really started when I became a coach myself.

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

A: Rudi was also coach for Berlin and wanted me to follow and take over the training centre there, but it was too early for me, I was still trying to qualify for Athens and the pressure was too much. He appointed somebody else to that job and there was a new centre in Potsdam, close to Berlin, and they



Raisner (GER) with her champion athlete, Lena Schoeneborn (GER)

asked me if I wanted to get involved as a regional coach after I stopped my career. They made me an offer to start in 2005 after the Olympic Games in Athens.

At that time, I had a C licence for coaching Modern Pentathlon and the B licence was obligatory to get the job; I also wasn't sure I wanted to do such a job. I was thinking, as we say in Germany, do I have the hand for this?

In Germany we have a regional competition for U11 kids, the Mini Cup – I won my first Mini Cup a long time ago – and I was invited to go with some kids from Berlin and support them. That situation gave me so much! When you tell kids something and they listen and put it into practice, it's a feeling like no other. I thought "maybe it wouldn't be so bad, I think I'm going to try this".

I started at the regional base in Potsdam



Raisner (GER) poses with members of the Germany team during the Rio 2016 Olympic Games

and after half a year, my fellow athletes, Lena and Eva Trautmann, asked me if I would like to be the national women's coach. I thought, I was too fresh, but I also thought 'what can go wrong, can it be worse than the coaching situation we had before? I am used to organising a lot of camps on my own'.

I thought it was worth a try, and I told myself I would try not to make mistakes made by others before.

Q: What steps did you take to gain coaching qualifications, and is it a process of continuous learning?

A: Now I have my A licence, the highest level in Germany. I also did physiotherapy after school and went to university and studied Sport Science and Organisation (did my Diploma), and I also got my C licence for Riding training.

I think you can always learn more, and a coach should be informed. I go to seminars and it's always good to know what others are doing and how to deal with changes. It's always possible to do more to help athletes improve. How can we adapt? What can we do? It's not just a gut feeling, it needs to have a base in science. A lot of experience helps of course. People change, communication changes and you have to adapt sometimes.

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

A: Actually, I can say Lena Schoeneborn! I started on a voluntary basis as a women's coach alongside my other work as a regional coach, and she started to get really successful. She won a silver medal at the World Championships in 2007 and I thought if she would win a medal in Beijing then I could immediately stop my coaching career, because it couldn't get better than that!

Then she won gold.

It was overwhelming, and I still cry when I see the pictures. To say it made me



Raisner (GER) gives instructions to Anna Matthes (GER) during a Fencing competition

proud would be a big understatement.

I was offered the men's job later after that – to do both at the same time – and I said no. It wasn't until after Rio 2016, I think, that I took over as a head coach.

Q: What are the other highlights of your coaching career so far?

A: We had a lot of overwhelming moments, and every World Championships medal is very special. I was very lucky to have an athlete so good continuously over the years, even when the format changed. You know what, the zero ride that Lena had in Riding at Rio 2016 was also a big memory. It also makes me cry even though it's not a positive thing.

Another highlight was when I got nominated as Coach of the Year in the German National Sports Awards, I think it was 2009. Lena made a speech and that meant so much to me.

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

A: Communication, creativity and motivation. By motivation I mean the hunger to learn.

Q: In what ways does your own pentathlon career help when it comes to coaching?

A: It helps when you're trying to avoid mistakes. I have been through it and I made my mistakes, you can't be always aware of what's going to happen but you can tell young athletes what can go wrong – and I know how difficult things are.

At the start maybe I was too close, I could still feel how hard the training was, I was thinking like an athlete, whereas now I can differentiate more. Sometimes you have to be the a*****e – you have to be hard on them.

I think the athletes trust me. Not every athlete is a good coach, but they believe what I say because I've been through it, and this really helps.

It's an advantage because Modern Pentathlon is special and coaches from outside the sport and who do

individual disciplines, they need to learn for two to three years how our sport (Pentathlon) works.

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

A: You're no longer just a training expert, you have to be a psychologist. Coach always together with athletes and now you have to be a motivator, an organiser, an administrator – that side of it changed a lot and there is a lot more paperwork.

Big data is a thing now, too. You have to get fast information and sort out the most important information. Not everything on the internet is right – if you don't have the right base you can't be an expert. Athletes read things that are not always helpful.

I do training programmes and seasonal planning and periodisation, but it's a lot more. It's not that one coach is doing all five disciplines, you need to rely on the specialist experts. You need individual fencing coaches, for example, swimming and running coaches doing both, but some need a specialist more than others. I may be a good riding coach but will never be as good as the riding coach who taught me, he is a specialist.



A high-five with Alexander Nobis (GER) and (below) celebrating success in Cairo (EGY) in 2017

When I started coaching, I introduced psychologists. There is also regeneration, nutrition is getting better now, we don't have dedicated physio at all competitions and camps, but it's more than we had before. There is also strength & conditioning in the gym here. This is like the sixth discipline it belongs to a training plan and it wasn't like that in my time.

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

A: I think it's good. It's a hard job and it's got to be a passion. In Germany it's hard to find coaches in our sport, it's not so well paid and not very secure. Modern Pentathlon is not a big sport and that's why it can be difficult, but if somebody really wants it and has the passion, I say OK, start with the kids and see if you like it. They think it's easy but soon you realise you have to be the first and the last person at every session. I tell them to be positive about it, I try to convince people and I show them the way to do it.



Q: Describe your perfect day as a Pentathlon coach...

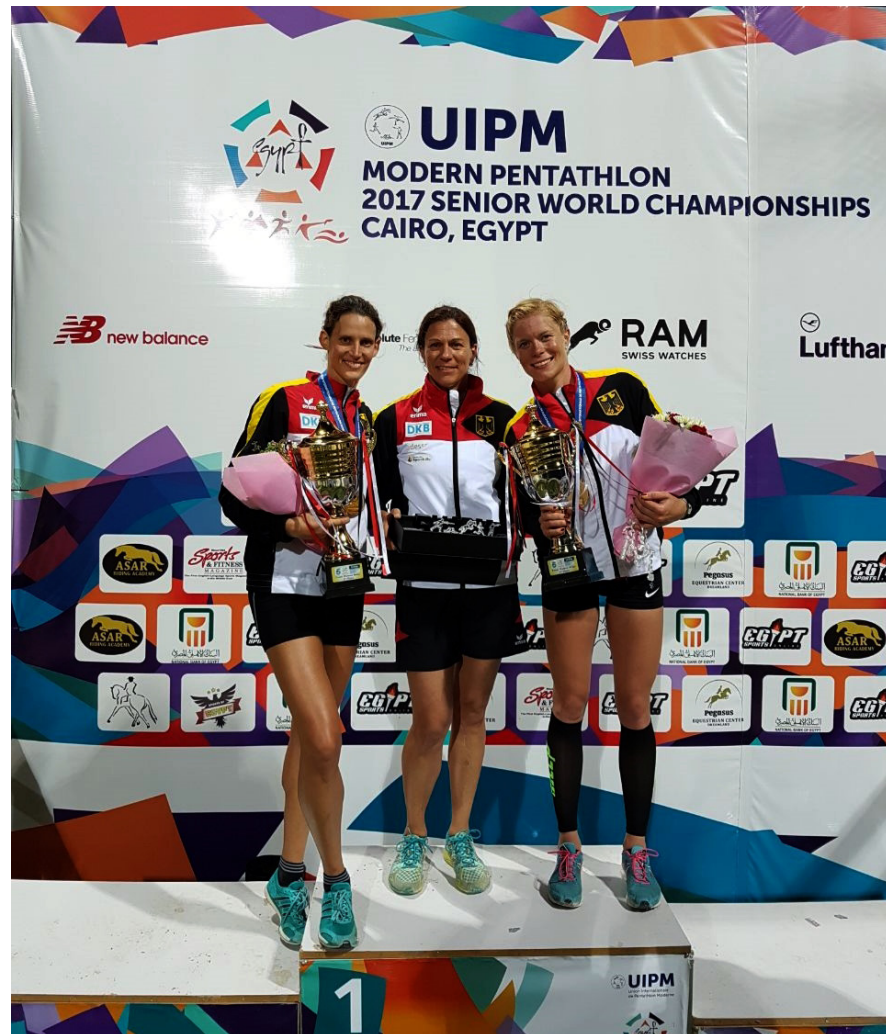
A: Right now, I think my perfect day would be just any day when we can have a normal camp, attend a normal competition – anything like that!

With the elite group preparing for the Olympics, to have that normality every day would be fulfilling for me. Modern Pentathlon is always changing and actually I like that somehow - sometimes it's stressful but you feel super good.

The perfect day for me would be one day of competition when you have success. It doesn't have to be a medal, even just with kids, if there is a personal best and you see the happiness in their face and they come to you and say 'what you told me worked!'

Sometimes it's a look, sometimes it's a word. If one of these things happens and you get that positive feedback, it's perfect.

- Visit the Coaches section of the UIPM Educational Platform (education.uipmworld.org) to help you kickstart or continue your coaching journey – resources include publications, videos, scientific articles and coaching essays.



The coach receives an award of her own with Lena Schoeneborn (GER) and Annika Schleu (GER)

News from around the world



Virtual Youth Festival: Four female UIPM Sports athletes reach finals of Max Fit competition

UIPM Sports representatives from eight countries have taken part in the inaugural Virtual Youth Festival, with four female athletes reaching the finals of a global online exercise competition.

Competitors from Egypt, Guatemala, Israel, South Africa and Uzbekistan were selected by UIPM to take part in a competition designed to promote inclusion, health, equality and non-discrimination. The UIPM movement was also represented by youth ambassadors from Singapore and Egypt and judges from France and Japan.

The four UIPM Sports athletes who reached finals in the Max Fit competition – competing in Muay Thai exercises, in some cases against combat sports



athletes – will participate again in December before the winners are announced during a special gala on December 19.

Ashley Nicole Moscoso (GUA) and Tatiana Thomatos (RSA) will go head to head in the Under 11 Final, and Tatiana, 10, said: "I want to thank UIPM for selecting me to compete at this festival. It was an honour to be able to compete with very talented athletes from all around the world.

"I found it very challenging and exciting to go through all the rounds. It was also interesting to see where my fellow athletes came from and what sport they did. I want to also thank United Through Sports for the opportunity to compete."

The other finalists from the UIPM Sports movement are also both female – Andrea Custodio (GUA, U15) and Sharon Tal (ISR, U18).

Beyond the athletes who took part in Max Fit, UIPM was represented in the Festival by two youth ambassadors – 11-year-old Kyra Seow (SGP) and 18-year-old Mariam Amer – and by two certified UIPM Judges, Agnese



UIPM AMBASSADORS



KYRA SEOW
SINGAPORE



MARIAM AMER
EGYPT



Tomassi (FRA) and Isamu Nogami of Japan.

The VYF was created by United Through Sports (UTS) with backing from the International Olympic Committee, the

International Paralympic Committee, Special Olympics, Sport Accord and the Global Association of International Sports Federations.

The competition was launched in



PARTICIPANTS OF THE FESTIVAL



SEBASTIAN MORALES ICUTE
GUATEMALA



MARCELO ZETINA CUSTODIO
GUATEMALA



MUSLIM IZMAYLOV
UZBEKISTAN



LIAM ELS
SOUTH AFRICA



Bangkok, Thailand where it ended with a closing ceremony on November 22. Coinciding with the global celebration of sport, the city also hosted the UTS World Conference, which included many international speakers including UIPM's Honorary President, HSH Prince Albert II of Monaco.

UIPM President Dr Klaus Schormann said: "I would like to congratulate all athletes, ambassadors and judges who represented the UIPM Sports movement in the Virtual Youth Festival.

"It was wonderful to see the young athletes showing their high fitness

levels along with young people from other sports in countries all around the world. And I would like to say a particular thanks to our two Festival Judges from UIPM, Agnese and Isamu, who did a very good job.

"Our sport is focused strongly on education, which is a cornerstone of the VYF. It is more important than ever at this difficult time that we provide opportunities for youth and engage the athletes of tomorrow.

"Working hand in hand with other organisations, we can also continue to use our sporting movement as a

vehicle for ideals of education, peace, democracy, tolerance and humanity."

UIPM Para Sports: Afghanistan establishes para training programme

The exciting development of UIPM Sports in Afghanistan has continued with the establishment of a UIPM Para Sports programme in the war-torn country.

On November 11, 2020, the Afghanistan Paralympic Committee and Afghanistan Modern Pentathlon Federation launched a training

Frank Gosling (1932-2020)

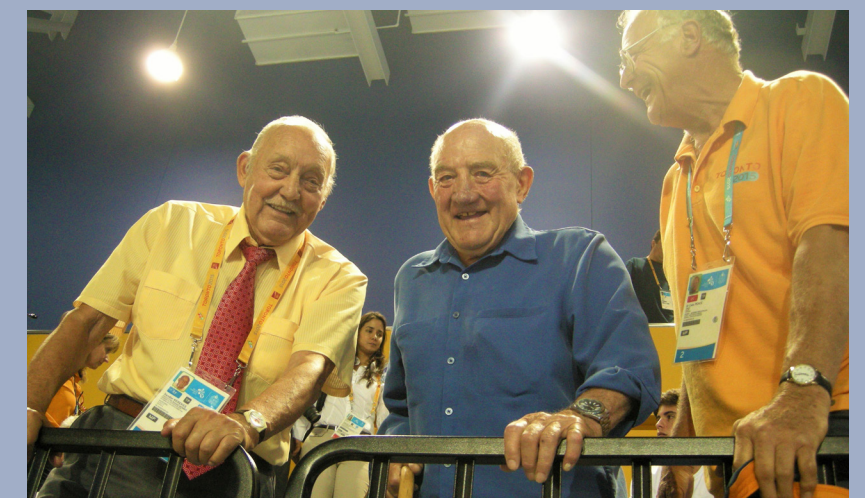
Tributes have been paid from across the global UIPM Sports community to Frank Gosling, former President of Pentathlon Canada, who died on November 18, 2020 aged 88.

Frank (pictured with Sandor Kerkes, left, and Colin Peace, right) was the elected leader of his National Federation for more than 15 years and was a popular figure on both the domestic and international Modern Pentathlon circuits.

Former Olympic athlete and pentathlon coach Joshua Riker-Fox (CAN) said: "Frank was an early inspiration for me in the sport of MP. I recall his leadership when I was a young athlete attending some of my first National Championships.

"He had a powerful presence, a booming personality and a big smile that I'll never forget. I'm thankful he encouraged me as a young athlete. He will be missed by many generations of athletes and coaches."

Rod Staveley, Pentathlon Canada



President, said: "On the evening of November 18, we lost one of our great builders, one of our leaders. An infectious smile, endless enthusiasm and the ability to connect with everyone are a few of his traits that stand out."

Rob Stull, President of the NORCECA Confederation of Modern Pentathlon, said: "Frank was an extraordinary man who lived an extraordinary life. His loss to the Pentathlon community and sport in general both in Canada and the world is beyond measure."

UIPM President Dr Klaus Schormann said: "Frank was a truly ex-

cellent ambassador for our sporting movement, both within Canada and worldwide.

"We always enjoyed his help and support during UIPM Congress, where he was always a very active participant. He served Modern Pentathlon Canada with great distinction as President for many years. Frank was a real visionary and a true friend."

UIPM Vice-President Joel Bouzou OLY added: "This is a very sad news. Frank was such a good happy person creating happiness around him through his kind and humorous character. He will be sadly missed."



Action from a training camp organised for para athletes by the Afghanistan Modern Pentathlon Federation

programme for the newly-formed UIPM para team – making the AMPF one of the first sports federations in the country to officially support para athletes.

AMPF President Khushal Sarwari said: "Para athletes are an important part of our sport community in Afghanistan and today we open a new chapter for our federation, which we are proud of."

Kabir Khsobeen, the Paralympic media manager said: "We are happy that with the mutual cooperation of the Paralympic Committee and Afghanistan Modern Pentathlon Federation we start the UIPM para team and we are hopeful for this outstanding achievements in national and international levels."

Yazdan Parast, one of the athletes on the UIPM Para Sports team, said: "I am really happy today to be part of this sport and it is amazing. This is another way for us to tell the story of disability in



a different way in Afghanistan and the world. Thanks for modern pentathlon."

Kabul, the capital, will become the first city in Afghanistan to host a Para Laser

Run competition in December 2020.

To find out more about opportunities in UIPM Para Sports please email para@pentathlon.org.

EMPF wins 'Best Federation' at National Olympic Committee awards in Cairo (EGY)

The Egyptian Modern Pentathlon Federation (EMPF) has been hailed as the best sports federation in Egypt at 'The Best' annual awards held by the Egyptian Olympic Committee on November 29 in Cairo.

The Modern Pentathlon community in Egypt also celebrated success for two athletes, a coach and an administrator – the total haul of five awards for the EMPF was unmatched by any other federation.

Salma Abdelmaksoud (EGY), gold and silver medallist at the 2018 Youth Olympic Games, was named Best Junior Athlete of 2020 while Yasser Hefny (EGY) picked up the Recognition for Innovation in Sport Award for his contribution to Egypt's first-ever virtual laser shooting competition and the global UIPM #LaserAllStars.

Hend Essa won Best Female Coach while Mamdouh Welson won the Best Administrative award.

EMPF President Sharif Elerian said: "We as the Modern Pentathlon federation are very proud for the work we do and the phenomenal results we have achieved in UIPM competitions and the progress we have made in the last few years.

"Today I am really happy that the result of our teamwork in the federation is well recognised."

The ceremony was attended by the EOC President and board members, representatives of the Ministry of Youth and Sports, presidents of other Olympic Federations and athletes.

A message from the International Olympic Committee (IOC) President, Dr Thomas Bach, was televised during the ceremony congratulating the EOC and its Athlete Commission, headed by Aya Medany (hair of the UIPM Athletes



Athlete award winners Yasser Hefny (far left) and Salma Abdelmaksoud (3rd left) are joined on stage by Aya Medany (4th left) and members of the EMPF team who won five awards at the EOC ceremony



EMPF President Sharif Elerian (left) receives the award for Best Federation at 'The Best' EOC Awards

Committee and Member of the IOC Athletes Commission).

The Best Education Institute in Sport was awarded to the Arab Academy for

Science, Technology, and Maritime Transport – which will host the UIPM 2021 Youth and Junior World Championships in Alexandria (EGY) in February 2021.

Inside UIPM: Headquarters opening ceremony special



UIPM Honorary President HSH Prince Albert II of Monaco officially opens the new UIPM Headquarters with President Dr Klaus Schormann

HSH Prince Albert II of Monaco officially opens new UIPM Headquarters

HSH Prince Albert II of Monaco, the Honorary President of the Union Internationale de Pentathlon Moderne (UIPM), has officially opened the federation's new Headquarters.

UIPM's staff team recently moved into a more spacious office area within Stade Louis II in the Fontvieille ward of Monaco, which has been the organisation's base since 1997.

UIPM President Dr Klaus Schormann and Vice President Joël Bouzou, OLY greeted HSH Prince Albert II of Monaco in person and provided a socially-distanced tour of the

new Headquarters, which has been renovated and decorated to represent the colours of UIPM.

HSH Prince Albert II of Monaco had the opportunity to talk to UIPM staff at their desks – he also signed a plexiglass wall and enjoyed a laser shooting experience during his visit, which concluded with a conference with President Dr Schormann, Vice-President Bouzou and Secretary General Shiny Fang.

President Dr Schormann said: "It was a great honour to be here in Monaco to officially welcome HSH Prince Albert II of Monaco, UIPM Honorary President and IOC Member, to the new Headquarters of UIPM – 23 years after I welcomed him to the opening of

our first official UIPM Headquarters in Monaco on July 11, 1997.

"We are grateful to HSH Prince Albert II of Monaco and the Palace of Monaco for their continued support of our sporting movement. With this move to a new Headquarters we have demonstrated our commitment to the Principality while upgrading to an office more suited to a rapidly growing International Federation of Olympic sport.

"UIPM was formed in 1948 in Sandhurst (GBR) during the London Olympics with the responsibility to govern Modern Pentathlon. Today the Union has more than 120 member federations and oversees a global sporting pyramid comprising a wide range of multi-sports."

During the conference, the UIPM Honorary President was provided with a range of updates including UIPM's structure (National Federations and Headquarters); governance; UIPM 2021 Congress; 2020-21 financial situation, UIPM Sports and innovations; Olympic Summer Games Tokyo 2020 (postpone to 2021) and Olympic Summer Games Paris 2024.

At the end of the meeting, on behalf of the UIPM administration, Secretary General Fang expressed her gratitude and appreciation to the Monaco Government for their "tireless support for a lot of areas of UIPM HQ needs".

She also thanked the UIPM Honorary President for his role in bringing UIPM's wishes to reality, adding: "This new UIPM Headquarters provides us with a lot of more space and opportunity for the organization to grow, it is encouraging and motivating! Seeing the timeline of the UIPM pathway, it is no surprise that UIPM is climbing and catching up thanks to its non-stop innovation and improvements."

HSH Prince Albert II of Monaco stated at the end of the conference: "I have witnessed all the improvements that UIPM has implemented over the years.

"UIPM is certainly one of the most active IFs, dedicated to reshaping the sport for future generations and working to find ways to achieve sustainable development at all levels from grassroots to elite, as we can see from the UIPM sports pyramid.

"I am happy to see the new format that will be adopted for Paris 2024 – this is another big step for the sport to be modernised and become more media-friendly and audience-friendly."

The IOC Programme Commission has made recommendations about the composition of the Paris 2024 sporting programme and the IOC Executive Board will meet to decide the final programme on Monday (December 7).



UIPM staff members pictured with HSH Prince Albert II of Monaco



HSH Prince Albert II of Monaco tries his hand at laser shooting in the new Headquarters



UIPM Vice President Joël Bouzou OLY (left) with the UIPM Honorary President and President

Inside UIPM: Secretary General Shiny Fang's message

Pentathlon Stories: Meet the winners!

We asked you to look deep in your hearts, in your memories and in your imagination to tell us what Modern Pentathlon means to you.

I was expecting some interesting ideas, but the results of this competition exceeded all my expectations. And now it's time to introduce the winners, to celebrate their storytelling skills and to give you all the chance to read these stories for yourself.

In no particular order, here are the three winners of the Pentathlon Stories competition and one author who receives a special commendation for use of imagination. Visit uipmworld.org/news to read the stories in full!

Kristina Ryabova (KAZ) – 'The Modern Pentathlon Learned by Heart'

You don't need to have met the late Timur Dossymbetov, a legend of Modern Pentathlon and Kazakh Olympic sport who was still a member of the UIPM Executive Board when he died in 2015, to be touched by this story.

It's even more powerful for those of us who knew Timur, but I think anybody would be moved when reading this emotive testimony of his lifelong love affair with pentathlon.

The story illustrates vividly how he discovered the five disciplines as a young boy and worked selflessly throughout his life to provide opportunities for others to get involved in the sport and fulfil their dreams.

So who is Kristina, and why did she write about this tale about Timur Dossymbetov? She is his grand-daughter, and a proud one too.



UIPM Sports legend Timur Dossymbetov's life story as told by his grand-daughter Kristina Ryabova (KAZ)

Emiliano Hernandez (MEX) – 'Walking with giants'

One of the things I love about pentathletes is the way they remain humble even when they progress to

competing at a high level.

They are true giants of sport, and that's what makes this story by Emiliano Hernandez so powerful.



Ольшанская Мария, Отрадный Самарская область
10 лет 89270144801

One of the dramatic illustrations provided by 11-year Maria Olshanskaya (RUS) to accompany her 'Five in One' fairytale

He examines his place in the pecking order by focusing on his 'last dance' as a junior in the UIPM 2019 Junior World Championships in Drzonkow (POL), when he travelled to the competition alone.

Emiliano, younger brother of Ismael Hernandez Uscanga (MEX), who made history at the Rio 2016 Olympic Games when he won Mexico's first Olympic Modern Pentathlon medal, describes in detail his emotional rollercoaster during the competition, capturing the essence of this wonderful sport. And he ends with some really interesting conclusions – the three 'morals' of his story.

We hope to see great things from this intelligent athlete during his senior career. Go Emiliano!

Michelle Matson (GBR)

As head coach of Wessex Wyvern Modern Pentathlon Club, Michelle has a key role in developing the stars of tomorrow but she didn't set out to achieve this high responsibility – she only got involved in coaching after becoming a swimming lifeguard at the club.

Michelle's story charts her 25 years in the sport, including her role in the London 2012 Olympic Games as a volunteer – which gave her unforgettable memories. We all appreciate the volunteers who often work on the sidelines of the Games, but Michelle struck gold!

Our sport wouldn't be the same without people like Michelle, and the young athletes she coaches wouldn't have the same wonderful experiences without her dedication. They must learn so much

from her values and her passion!

Michelle is a true fan of Modern Pentathlon, of her country and its athletes, and this shines through in her personal story.

Maria Olshanskaya (RUS) – Fairy Tale 'Five in One' Once Upon a Time

When I read the opening line of Maria's story – 'There was a wolf in the forest' – and saw her colourful illustrations, I immediately knew we were looking at something very unique.

Maria, 11, wins a special commendation for her use of imagination. Her story is deeply evocative and funny, with strong Pentathlon storylines woven into the narrative.

We can all see parallels with our sport and pentathletes in this powerful folk story, which culminates in a Laser Run between a hare and a wolf, with a magpie, bear and fox all playing different roles!

Thanks to all participants!
Apart from the four authors mentioned above, I want to thank everybody who participated in this competition. You are truly inspirational to us all.

I also want to thank everyone who has contributed to those people's individual Pentathlon journeys. Without your support, we wouldn't have such dedicated, passionate people within our community.



Competition winners Emiliano Hernandez (MEX) and Michelle Matson (GBR), pictured above left with British senior and youth athletes

Inside UIPM:
President's activities

04.11.2020: European Olympic Committees

UIPM President Dr Klaus Schormann met with Sport Director Peter Brüll and Secretary General Jozef Liba from the European Olympic Committees (EOC) to discuss the inclusion of Modern Pentathlon in the European Games 2023 in Krakow-Malopolska (POL).

Krakow 2023 will be an Olympic qualification competition and European Championships in the new Modern Pentathlon format designed for the Olympic Summer Games Paris 2024.

Dmitry Svatkovsky, UIPM Executive Board Member and President of the European Modern Pentathlon Confederation, joined the conference along with EB Member for Sport, Janusz Peciak, and staff colleagues from both organisations.

06.11.2020: IOC Culture and Olympic Heritage Commission

President Dr Schormann attended the IOC Culture and Olympic Heritage Commission meeting.

All members of the Commission discussed the Coronavirus (COVID-19) situation and how it affects the Olympic movement, culture and global sport.

The Commission will continue to support National Olympic Committees in their quest to ensure that athletes are safe, through the prevention of harassment and abuse as well as through access to reliable medical advice and care and anti-doping education.

The Commission Chair, IOC Member Patama Leeswadtrakul, provided a briefing of all activities after a speech by IOC President Dr Thomas Bach together with IOC staff.



UIPM President Dr Klaus Schormann with colleagues from UIPM and European Olympic Committees



President Dr Schormann with fellow members of the IOC Culture and Olympic Heritage Commission, including IOC President Dr Thomas Bach (top left) and (below) Commission Chair Patam Leeswadtrakul



and UIPM Staff on a video session with UIPM National Federations from around the world.

The aim of the session was to present details of the new Modern Pentathlon format designed for Paris 2024, answer questions from NF representatives and receive their feedback.

27.11.2020: Meeting with Prof Dr Hans Michael Ockenfels

Dr Schormann met Prof Dr med Ockenfels to discuss the Coronavirus situation worldwide and consequences for global sport.

Prof Dr Ockenfels established in his clinic in Hanau (GER) the possibility for 'fast tests' and he will arrange a vaccination service beginning in December 2020.

He offers his service to UIPM and the UIPM Medical Committee, under the leadership of Dr Natalja Ofitserova, is discussing future steps for UIPM and the National Federations.

28.11.2020: Information session with German National Federation

UIPM President Dr Schormann joined a video conference with the German Federation for Modern Pentathlon (DVMF) and provided remarks and special explanations to the delegates about the new format of Modern Pentathlon designed for the Olympic Summer Games Paris 2024.

Dr Schormann also spoke about further tests in 2021 and thanked the DVMF for also offering to be ready to organize a test in 2021 between the UIPM 2021 Pentathlon and Laser Run World Championships in Minsk (BLR) and the Olympic Summer Games Tokyo 2020 (in July/August 2021).

President Dr Schormann with Prof Dr med Hans Michael Ockenfels at his clinic in Hanau (GER)



UIPM President Dr Klaus Schormann during the National Federations video session (below)



30.11.2020: Monaco (MON)

UIPM President Dr Schormann welcomed the UIPM Honorary President, HSH Prince Albert II of Monaco, to the official opening of the new UIPM Headquarters.

The UIPM President, together with Vice President Joel Bouzou OLY, gave HSH Prince Albert II of Monaco a guided tour of the federation's expansive new office in the Principality.

They ended the tour with a video conference, joined remotely by Secretary General Shiny Fang, who gave a presentation to the UIPM Honorary President after an introductory briefing by the UIPM President.



HSH Prince Albert II of Monaco and UIPM President Dr Klaus Schormann at UIPM Headquarters



The UIPM Honorary President and UIPM President enjoy a private conversation at the end of their conference in the new UIPM Headquarters office

FROM THE ARCHIVES

A day of destiny
for Masala (ITA)



Daniele Masala becomes Italy's first Olympic champion in Modern Pentathlon in Los Angeles in 1984, as Svante Rasmuson of Sweden follows him home in the silver medal position



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

Stade Louis II – Entrée C
19 avenue des Castelans, MC-98000 Monaco
Tel. +377 97 77 85 55 | Fax +377 97 77 85 50
E-mail: uipm@pentathlon.org

WEB

www.pentathlon.org

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