New Asian champions Lee Jihun and Kim Sehee, each of whom earned a qualification place for Korea at the Tokyo 2020 Olympic Games.
Another 12 athletes secured a qualification place for their nation at the Tokyo 2020 Olympic Games during a fiercely-contested Asia/Oceania Championships & Olympic Qualifier in Wuhan (CHN).

Korea enjoyed success in both of the individual finals, with Kim Sehee and Lee Jihun winning the women’s and men’s gold medals respectively and leading the charge to Tokyo. China dominated the relay events with two gold medals to celebrate on home soil.

With less than eight months to go until the 25th Olympic Modern Pentathlon, 23 female and 23 male pentathletes have now secured a qualification place on behalf of their nations at the Games. The latest 12 qualifiers joined 28 athletes from Africa, Europe and the Americas who performed well in their continental championships earlier in 2019, as well as six who qualified via the UIPM 2019 Pentathlon World Cup Final and UIPM 2019 Pentathlon World Championships.

The overall total of qualifiers for Tokyo 2020 now stands at 46, with only 26 places remaining to be allocated through the ranking system and other means in 2020.

**Women’s Final: New champion Kim Sehee (KOR) leads way to Tokyo**

New Asian champion Kim Sehee (KOR) led a group of six athletes to the Tokyo 2020 Olympic Games on the opening day of the championships.

Jim (KOR) won gold by 8sec from silver medallist Natsumi Tomonaga (JPN), with her compatriot Kim Sunwoo (KOR) securing bronze a further 14sec behind. With only one Tokyo 2020 qualification available to each nation, champion Kim Sehee claimed the place for Korea ahead of Kim Sunwoo and 4th-placed Jeong Mina.

The other three Olympic qualification spots for Asian athletes were claimed by Alise Fakhrutdinova of Uzbekistan (5th), Zhang Mingyu of China (6th) and Elena Potapenko of Kazakhstan (12th).

There was also one place in the Tokyo line-up for the highest finisher from Oceania, and it was Rebecca Jamieson of New Zealand who claimed the prize after coming home 13th, seven places ahead of Marina Carrier of Australia.

The Rio 2016 Olympic champion, Chloe Esposito (AUS), will be aiming to win the right to compete at her third Games through the Olympic qualification rankings next year.

The full list of successful qualifiers, subject to the UIPM Tokyo 2020 qualification system, was Kim Sehee (KOR), Natsumi Tomonaga (JPN), Alise Fakhrutdinova (UZB), Zhang Mingyu (CHN), Elena Potapenko (KAZ) and Rebecca Jamieson (NZL).

Only two of the six – Tomonaga (JPN) and Potapenko (KAZ) – have previously competed at an Olympic Games, subject to Tokyo 2020 qualification criteria.

Visit www.pentathlon.org/olympic-games
The championships also doubled as an official qualification for athletes from Oceania, and London 2012 Olympian Edward Fernon of Australia finished 14th to stake his claim to a Tokyo 2020 berth, five places ahead of team-mate Rhys Lanskey (AUS).

Only Asian athlete – Jun Woongtae (KOR) – had previously earned qualification for next year’s Games, and now Korea has secured the maximum two places in the men’s Olympic qualification. The full list of men’s Olympic qualifiers from the competition in Wuhan (CHN), subject to the UIPM Tokyo 2020 qualification system, is Lee Jihun (KOR), Luo Shuai (CHN), Pavel Ilyashenko (KAZ), Shohei Iwamoto (JPN), Alexander Savkin (UZB) and Edward Fernon (AUS).

China emerged on top in the relays, claiming Asian champions in both the Men’s and Mixed Relay.

Men’s Relay
Korea (Kim Sunwoo & Kim Unju) won gold by a big margin of 45sec from Japan (Rena Shinnazu & Shino Yamane) with China (Zhang Xiaonan & Gu Yewen) picking up bronze. China (Zhang/Gu) topped the standings in the Fencing Ranking Round with 29V/11D, while the fastest swimmers were the second China team (Zhang Mingyu & Wei Danni) with a time of 2:08.54.

However, it was Korea (Kim/Kim) who held their nerve best in the Riding, a score of 289 enabling them to take the overall lead. They protected their lead with a Laser Run time of 12:06.

Men’s Relay
China (Zhang Linbin & Luo Shuai) won the host nation’s first gold medal of the competition as they consigned Korea (Lee Jihun & Jun Woongtae) to silver, with Kyrgyzstan (Vassili Lukianov & Radion Khripchenko) claiming bronze.

It was an incredibly tight Fencing Ranking Round and three teams emerged with 23V/13D – China (Zhang/Luo), Korea (Lee/Jun) and China II (Zhang/Lu). Lee and Jun led the way for Korea in Swimming, where they timed 01:52.88.

The Riding event saw a surprise advance by Kyrgyzstan (Lukianov/Khripchenko), who scored 294 to move into overall contention. The Laser Run was a tense battle between the two Chinese pairs, with Zhang & Luo ultimately prevailing by 3sec. Korea (Lee/Jun) finished 3rd to claim the silver medal before Kyrgyzstan (Lukianov/Khripchenko) picked up a satisfying bronze.

Mixed Relay
There was a second taste of glory for the hosts on the final day of the senior Pentathlon competition, as China (Zhong/Xiuting & Zhang/Yuli) became Asian champions in the Mixed Relay. The hosts prevailed by 10sec from Uzbekistan (Alise Fakhruutdinova & Alexander Savkin), both of whom had secured Tokyo 2020 Olympic individual qualification places. Korea ensured they won a medal in all five senior disciplines by claiming bronze, thanks to Kim Sunwoo and Jun Woongtae.

Uzbekistan (Fakhruutdinova/Savkin) had an exceptional Fencing performance, scoring 31V/11D. China (Zhong/Zhang) led the way in Swimming with 1:58.38, while China II (Bian Yufei & Han Jiahao) performed best in Riding. Uzbekistan (Fakhruutdinova/Savkin) started the Laser Run with a 26sec lead from China (Zhang/Zhang), but the leaders failed to stay focused on the shooting range.

Heralding the arrival of a new wave of talent in Asia and Oceania determined to seize the opportunity to compete in a ‘local’ Olympics in the capital of Japan.

Zhang (CHN) only turned 18 last month, having been a surprise gold medallist at the Asian Games in Jakarta (INA) in 2018.

Men’s Final: Lee (KOR) seals golden double
Lee Jihun (KOR) became Asian champion and sealed a place at the Tokyo 2020 Olympic Games in the Men’s Final in Wuhan (CHN).

Lee (KOR) won a convincing gold medal ahead of China athletes Luo Shuai (silver) and Zhang Linbin (bronze).

With only one qualification spot available to each nation, that meant Lee (KOR) and Luo (CHN) could be added to the provisional entry list for the Olympic Games, along with 4th-placed Pavel Ilyashenko of Kazakhstan, 7th-placed Shohei Iwamoto of Japan and 8th-placed Alexander Savkin of Uzbekistan.

The championships also doubled as an official qualification for athletes from Oceania, and London 2012 Olympian Edward Fernon of Australia finished 14th to stake his claim to a Tokyo 2020 berth, five places ahead of team-mate Rhys Lanskey (AUS).

Only Asian athlete – Jun Woongtae (KOR) – had previously earned qualification for next year’s Games, and now Korea has secured the maximum two places in the men’s Olympic qualification. The full list of men’s Olympic qualifiers from the competition in Wuhan (CHN), subject to the UIPM Tokyo 2020 qualification system, is Lee Jihun (KOR), Luo Shuai (CHN), Pavel Ilyashenko (KAZ), Shohei Iwamoto (JPN), Alexander Savkin (UZB) and Edward Fernon (AUS).

China continued their dominance from the individual finals by claiming the Women’s Relay title but they had to settle for silver and bronze in the other relays as the host nation took control.

There were also medals for Japan, Uzbekistan and Kyrgyzstan as the senior championships drew to a close in Wuhan (CHN), followed by the Laser Run and Tetrathlon (youth categories).

Women’s Relay
Korea (Kim Sunwoo & Kim Unju) won gold by a big margin of 45sec from Japan (Rena Shinnazu & Shino Yamane) with China (Zhang Xiaonan & Gu Yewen) picking up bronze. China (Zhang/Gu) topped the standings in the Fencing Ranking Round with 29V/11D, while the fastest swimmers were the second China team (Zhang Mingyu & Wei Danni) with a time of 2:08.54.

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Dates for your diary in 2020

UIPM has released its calendar of global competitions for the Tokyo Olympic Games year of 2020.

The 2020 calendar has a strong Asian emphasis, with the three most important competitions taking place in the Far East. Not only will the Olympic Games Modern Pentathlon be staged in Tokyo (JPN) in August, but Seoul (KOR) will host the UIPM Pentathlon World Cup Final in May and Xiamen (CHN) will be the venue for the UIPM 2019 Pentathlon and Laser Run World Championships later the same month.

With eight months to go until the 25th Olympic Modern Pentathlon, 23 female and 23 male pentathletes have now secured a qualification place on behalf of their nations at the Games, with 13 places for each gender still up for grabs.

The 12 qualifiers from the 2019 Asia/Oceania Championships and Olympic Qualifier joined 28 from Africa, Europe and the Americas who qualified via their respective continental championships earlier in 2019, as well as six who qualified via the UIPM 2019 Pentathlon World Cup Final and UIPM 2019 Pentathlon World Championships.

The UIPM 2020 Pentathlon World Championships, which will again be paired with the UIPM Laser Run World Championships, will be the last opportunity for athletes to secure automatic qualification for Tokyo.

Once the dust has settled on Tokyo, the UIPM 2020 Pentathlon World Championships, which will be the last opportunity for athletes to secure automatic qualification for Tokyo. Three places will be available in each gender, giving athletes one last chance to avoid having to rely on the Olympic World Ranking List.

"In everything we do, our global community of volunteers and professionals work hard to preserve the legacy created by our founder, Baron Pierre de Coubertin. We are also guided by the IOC Olympic Agenda 2020, which promotes the importance of gender equality, inclusion and accessibility, sustainability and many other important facets which are now embedded into our sport at all levels.

"At UIPM we promote clean sport and we protect clean athletes, we minimize the impact of our competitions on the environment and our movement is a vehicle for ideals of education, peace, democracy, tolerance and humanity.

"I hope everybody will enjoy the thrilling 2020 Olympic season that is ahead of us."
Youth Olympic Games Dakar 2022

Modern Pentathlon athlete quota goes up to 64 for Dakar 2022

The global UIPM Sports community is celebrating after the athlete quota for Modern Pentathlon at the Youth Olympic Games was increased by 33%.

The rise from 48 to 64 means that more young athletes than ever before will be able to experience the Youth Olympic Games in Dakar (SEN) when it goes to Africa for the first time.

The 2022 YOG Modern Pentathlon will be historic for a third reason as the New Tetrathlon format approved by the UIPM Executive Board in September 2019 will be introduced. A framework and detailed rules for the new format are currently being developed by a dedicated working group.

Modern Pentathlon has featured at every YOG since its inception in 2010 in Singapore, and now 32 female and 32 male athletes will qualify to compete in the individual competitions and Mixed Relay.

UIPM President Dr Klaus Schormann said: “Modern Pentathlon has been on the programme for the Youth Olympic Games in Singapore (2010), Nanjing (2014) and Buenos Aires (2018), and we saw in Buenos Aires that the sport made an incredible contribution to the Games with spectators in a full stadium enjoying the dramatic spectacle of our sport.

“We are very pleased, therefore, that the IOC Executive Board has granted our application for a larger athlete quota. For the first Olympic Games in Africa, in Dakar 2022, we will present a New Tetrathlon format that I know will make the sport even more attractive to audiences and athletes.

“I am also certain that this news will stimulate more of UIPM’s national member federations to focus on their development programmes and try to give young athletes every opportunity to enjoy the Youth Olympic Games experience.”

UIPM’s New Tetrathlon Working Group (NTWG) and New Pentathlon Working Group (NPWG) will both meet on January 24/25 in Frankfurt (GER) to refine proposals to be presented to the UIPM Executive Board at its meeting on January 30/31 in Lausanne (SUI).

30th Southeast Asian Games

Success for Indonesia and Philippines in Triathlon and Laser Run in Manila (PHI)

Indonesia and host nation the Philippines shared the spoils as Triathlon and Laser Run combined to enrich the 30th Southeast Asian (SEA) Games in Manila (PHI).

It was the first time the two UIPM Sports had been included on the programme, and the host nation won two gold medals and Indonesia won the other four, with athletes from Thailand and Singapore also making the podium. Malaysia was the fifth nation to take part.

The arrival of Typhoon Kammuri created challenges for organisers, with the first scheduled competition day postponed due to extreme weather. Finally racing took place in very hot conditions on December 5 (Laser Run), December 6 (Individual Triathlon) and December 7 (Mixed Relay Triathlon).

The venue was Subic Bay, 150km north-west of the capital city, and the UIPM Sports took place on a beautiful sandy beach. The rules allowed only one athlete from each participating nation to win a medal, and the race for gold was fierce.

Dea Salsabia Putri (INA) claimed the women’s individual Laser Run title, with Natpapat Sangngio (THA) picking up...
Indonesia also took gold in the men’s event thanks to Muhammad Taufik (INA). Samuel German (PHI) was forced to settle for silver while Ming Wei Marcus Ong (SGP) picked up bronze.

In the Mixed Relay, the host nation had its cherished moment of glory as Princess Arbilon and Samuel German (PHI) teamed up to win gold in a thrilling contest with silver medallists Narongdech Taparak and Muktapha Changhin (THA). Thailand were only 4sec behind and the hosts picked up their fifth medal of the competition as Arbilon (PHI) and Comaling (PHI) teamed up for bronze.

UIPM President Dr Klaus Schormann said: “This competition was a historic landmark for our Modern Pentathlon movement, with two UIPM development sports featuring on the programme of the Southeast Asian Games for the first time. We have seen exciting progress in this region with evidence of countries such as Thailand producing athletes capable of competing at continental and global level. The standard in Triathle and Laser Run was high and this was wonderful to see.

“I’m sure the promotion resulting from the 30th SEA Games will help us continue to make progress in Southeast Asia, and we are actively recruiting new member nations in this region.

“I congratulate the Philippines on organizing this multi-sport festival with great determination and passion, overcoming bad weather and creating a true showcase for our sports and all the others on the programme.”

On December 7, President Dr Schormann joined all five Presidents from participating National Federations in a tree-planting ceremony in recognition of the first SEA Games to include UIPM Sports.

Eight is a lucky number in many parts of Asia so the group planted eight trees in a symbolic message relating to the 125th anniversary of the Olympic movement and in memory of the founder of Modern Pentathlon, Baron Pierre de Coubertin.
The revival of the Pentathlon movement in Armenia continued with a successful edition of the Global Laser Run City Tour in Gyumri on October 6, 2019.

Several athletes who participated in the UIPM Biathle/Triathle National Tour in Sevan (ARM) in July took part in Laser Run racing in the country’s second largest city, which is 1,550m above sea level.

The competition attracted 120 participants and was covered extensively in the news section of TSAYG – TV, which reported on the extensive work being carried out to restore the UIPM Sports movement across the nation. A spokesperson for the local organising committee said:

“The event was not only a competition but also a celebration of Modern Pentathlon revival.”

Young participants pose with their medals and certificates after the Global Laser Run City Tour in Gyumri (ARM)

This was the last of a series of development competitions in 2019 in Armenia, which is planning host both GLRCT and BTNT events again in 2020.

Another positive outcome of the renaissance of UIPM Sports in the country was the participation of athletes in the European Youth Cup in Tbilisi (GEO) to compete in Tetrathlon.

On October 26, Modern Pentathlon New Zealand (MPNZ) held its first edition of the Global Laser Run City Tour, drawing athletes of all ages to the city of Hamilton – including two from Singapore.

It was a truly inclusive event, with several participants with physical and intellectual disabilities taking part alongside fellow competitors in categories ranging from Under-10 to Masters 60+. A para race was held for visually-impaired athletes.

“MPNZ’s vision is to develop and support athletes of all abilities, including para athletes and special athletes, so all have the opportunity to participate,” said the newly-appointed MPNZ President, Kaewruethai Collings.

“In support of the above vision, MPNZ athletes are encouraged to guide and support Achilles International athletes, and it was fantastic to have several para and special athletes competing on the day.

“While New Zealand is developing, any athlete that comes and supports Modern Pentathlon exponentially helps grow the sport in the country.

Everyone’s welcome as Hamilton (NZL) demonstrates inclusive approach

New Zealand secured a Tokyo 2020 Olympic qualification place in November, thanks to Rebecca Jamieson, completing a historic spring for the UIPM Sports community in the Oceania nation.

A female youth athlete takes aim at the laser shooting range in Hamilton (NZL)

A group photograph on trackside in Hamilton (NZL)
Both UIPM and local support have also been integral to the fast growth we are experiencing.

More domestic events will be held in 2020, while MPNZ will continue to support athletes taking part in International UIPM events.

**A family affair in Ain Sukhna (EGY)**

A busy season for UIPM Sports in Egypt drew to a close with the latest UIPM Global Laser Run City Tour in Ain Sukhna on November 15.

The Madinty Club was the venue for the event and many families were on the entry list of almost 600 people across all age categories from Under-9 to Masters 60+.

On a beautiful sunny day the participants came from 23 different clubs and sports academies.

A spokesperson for the local organising committee said: “All of the families were very impressive, with some fathers and mothers starting to participate as athletes. We as the LOC are pushing to be one big family.”

**Laser Run is talk of the town in Kabul (AFG)**

A year of discovery for the Afghanistan Modern Pentathlon Federation (AMPF) has concluded with its second UIPM Global Laser Run City Tour in the capital city of Kabul.

The Bahadur Khan public school was the venue for the event and 150 girls competed alongside 50 boys, with hundreds of other students spectating.

Khushal Sarwari, AMPF President, said that both this and the previous GLRCT competition held in Kabul had received extensive coverage in the media and left participants talking about it for weeks.

He added: “Now we understand this is a good option for promoting of our sport in the country and we hope for 2020 we will organize more of them not only in Kabul but other cities in Afghanistan.”

Sohila Shahzad said after participating in her second GLRCT: “It’s amazing. We have been talking about our participation with other girls in school for months.”

Somnia, a 4th-grade student who was among the spectators, said: “Today was a special day, colourful and beautiful! I hope this competition can be organized again in my school and I can participate next time.”

Sayed Sajad, spokesperson for the local organising committee, said: “I see a positive difference in the way we organise our competitions now. Our organising team including our local judges are learning and this is a big achievement as well.”

‘West Africa has won’ as nations gather for brotherhood tournament in Burkina Faso

Young athletes from four neighbouring countries in West Africa demonstrated the power of collective intent as they gathered for the first edition of the Brotherhood Tournament in August 2019.

Athletes aged from eight to 18 from Mali, Niger, Togo and host nation Burkina Faso competed in the historic competition, which had its origins in a memorandum of understanding signed by seven nations.

The Presidents of the Gambia and Ghana Modern Pentathlon Associations, Saikou B Jarju and Christopher B Essilfie respectively, also attended the competition, which took place from August 15-18, along with representation from Benin.

The successful event, supported by UIPM and the African Modern Pentathlon Confederation, will be reprised in Mali in 2020.
National Federation of Burkina Faso, said: “To the presidents of the sister federations of Benin, Mali, Niger and Togo, signatories of the protocol, I would like to congratulate you for having answered present and thus respect your commitments.

“T would like to take my hat and make a big bow to the Presidents of the Gambian and Ghanaian federations who, despite their busy schedule, made the sacrifice to join us in celebrating our first edition.

“I would like to praise their contribution in developing a development plan for Modern Pentathlon in our sub-region. “West Africa has won and made a big leap forward in promoting the Modern Pentathlon.”

Africa will host its first Olympic Games in 2022 when Dakar (SEN) stages the Youth Olympic Games. UIPM has appointed a working group to finalise the details of a New Tetrathlon format to be introduced at Dakar 2022. Modern Pentathlon (Tetrathlon) has been on the programme of every Youth Olympic Games since the first edition in Singapore in 2010.

Manchester (GBR) hosts 7th World Coaches Conference

Many of the world’s leading coaches gathered in Manchester (GBR) from November 15-17 for the 7th World Modern Pentathlon Coaches Conference.

It was the seventh edition of the conference in Manchester, which was set up in 2013 to give coaches from all countries and continents the chance to meet and discuss best practice and innovation in coaching.

Christian Roudaut, UIPM Coaching Committee Chairman, said: “For seven consecutive years the World Modern Pentathlon Coaches Conference has been on the programme of every Youth Olympic Games since the first edition in Singapore in 2010.

Olympic champion Lesun (RUS) attends military Laser Run event

The Rio 2016 Olympic champion, Alexander Lesun (RUS), was in the audience as pentathletes joined officers from various branches of the Russian military in a special Laser Run tournament in Moscow (RUS).

It was the third such competition, held at the indoor track and field stadium of the Central Army Club on November 16. Athletes participating in youth, junior and senior categories enjoyed their experience of UIPM’s fastest-growing development sport.

UIPM Vice President Viacheslav Aminov, who is also President of the Modern Pentathlon Federation of Russia, said: ‘We held such tournaments before but this one is unique because our pentathletes are competing today with three kinds of military forces: special troops, internal forces and army.

“It is also a pleasure to mark that Laser Run tournaments are becoming more and more popular and are held throughout the world, promoting Modern Pentathlon. We will continue to modify the format of Laser Run in the future and will attract more groups of people to participate.”

Development continues for 12 coaches in Chisinau (MDA)

Six women and six men have taken their second step on the UIPM coaching ladder after gaining a Level 2 Coaches Certification Programme ( CCP) qualification in Chisinau, Moldova.

Funding from Olympic Solidarity enabled UIPM to offer the course, which ran from November 11-15 and followed the Level 1 CCP course that took place in 2018.

The 12 coaches gained their certificates after a five-day course with theoretical and practical elements run by UIPM Instructor Denis Cerkovskis (LAT).

The initiative was supported by the Moldova Olympic Committee and coordinated by Level 3 coach Alexei Vasilianov (MDA).

Christian Roudaut, UIPM Coaching Committee Chairman, said: “It is always wonderful to see the expansion of the CCP and I am grateful to Olympic Solidarity and the Moldova Olympic Committee for supporting our Level 2 course in Chisinau.

“IT was very important for the pentathlon movement in Moldova to give this group of dedicated coaches the chance to develop to the next level of the CCP, and we are delighted with the outcome.”

Fox (GBR) receives OLY certificate

Jim Fox, a four-time Olympian and Montreal 1976 gold medalist for Great Britain, has received his OLY certificate in recognition of his achievements in Modern Pentathlon.

Coaches in Chisinau (MDA) enjoy their development opportunity
UIPM celebrated 20 years in Monaco in 2019 and created a commemorative stamp to mark the anniversary.

The headquarters of the Union has been in the Principality since 1999 and the stamp was issued on August 9 by the Office des Émissions des Timbres-Postes of Monaco, a public service in charge of issuing stamps.

The value is €1.30 and 40,000 stamps were issued. A special “first day cover” edition can be seen in the picture (left)

Fox (GBR) won team gold in 1976 having already competed at the Games in Tokyo (1964), Mexico City (1968) and Munich (1972). He also made headlines in Montreal by exposing the tampered sword of Boris Onishenko of the Soviet Union, leading to his disqualification.

After retiring from Pentathlon and serving in the British Army, Fox went on to have a career in equestrian before becoming Chairman of Pentathlon GB in 1997. In the same year, he was diagnosed with a rare form of Parkinson’s disease. He has been recognised with the honours of MBE and OBE for his outstanding contribution to sport in the UK and is a recipient of the Olympic Order.

With the assistance of Joel Bouzou, President of the World Olympians Association and Vice President of UIPM, Fox (GBR) was presented with his OLY certificate by Martin Dawe, UIPM Executive Board Member and Pentathlon GB Vice President, and Dominic Mahony OLY, Olympic medalist, Vice President of Pentathlon GB and former UIPM Athletes Committee chairman.

The inclusive nature of Laser Run makes it easy to incorporate into other sporting events – which is exactly what happened when USA Pentathlon and USA Track & Field put on races side by side at a new annual gathering.

The inaugural Wolfpack All-Comer Track Meet and Laser Run featured eight USATF-sanctioned running events and seven USA Pentathlon-sanctioned Laser Runs. More than 120 athletes aged from seven from 64 were drawn from running, fencing and triathlon to take part and experience UIPM’s fastest-growing development sport – many for the first time.

The Wolfpack Pentathlon Club hosted the event at Westmont High School in Campbell, California on November 24, with many athletes enjoying their first laser pistol experience. Official times were recorded and medals were presented to the top three male and female participants in each race, with 26 original meet records established.

The Egyptian Modern Pentathlon Federation (EMPF) was represented by three-time Olympian Aya Medany, Chair of the UIPM Athletes Committee and Member of the IOC Athletes Commission, 2019 Mixed Relay world champion Eslam Hamad and EMPF President Shanf Elsien. The four-day gathering from December 14-17 was held under the auspices of Egypt’s President Abdel Fattah El-sisi and attracted 7000 participants.

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The World Youth Forum was first held
in November 2017, engaging young people and enabling them to exchange views and recommend initiatives to decision-makers and influential figures.

**National awards for Asadauskaite and coach Zadneprovskis (LTU)**

The Pentathlon community in Lithuania is celebrating after a double success at the National Sports Awards. Laura Asadauskaite, the London 2012 Olympic champion and current world No.2, was named Sportswoman of the Year for the third time having previously been honoured in 2011 and 2015.

The 35-year-old had an exceptional year in 2019, winning gold at the UIPM Pentathlon World Cup Final in Tokyo (JPN) to secure a qualification place at the Tokyo 2020 Olympic Games and backing it up with victory at the European Championships in Bath (GBR).

To add to the good feeling, Asadauskaite’s husband, Andrejus Zadneprovskis, was named Male Coach of the Year at the same awards ceremony.

Zadneprovskis, who sits on the UIPM Executive Board, starting his coaching career after retiring in 2010, by which time he had won Olympic silver in Athens (2004) and bronze in Beijing (2008).

**Progress in Asia recognised at AMPC Congress in Wuhan (CHN)**

Eleven Asian nations were represented at the 2019 Asian Modern Pentathlon Confederation Congress, which took place during the Asia/Oceania Championships & Olympic Qualifier in Wuhan (CHN).

The Tokyo 2020 Olympic cycle has already been a hugely significant period for UIPM Sports in Asia, with much more to come next year.

The UIPM Pentathlon World Cup Final will take place in Seoul (KOR), followed by the UIPM Pentathlon and Laser Run World Championships and also the 71st UIPM Congress in Xiamen (CHN), as well as the Olympic Games Modern Pentathlon in Tokyo (JPN).

It was announced during the AMPC Congress that the 2020 Asian Championships will take place in Mungyeong (KOR) in late October. UIPM was represented by Secretary General Shiny Fang and Executive Board Member Kitty Chiller, who is also President of the Oceania Modern Pentathlon Confederation.

Delegates at the Asian Modern Pentathlon Confederation Congress in Wuhan (CHN)
**Tournament & Training**

**Camp Invitations**

This is an important notice for all Athletes and Competitions organizers to continuously check pentathlon.org for all information related to invitations and visa letters.

Navigate to the National Federations Portal or to www.pentathlon.org to stay up to date with all tournament news.

**Medical and Anti-Doping Corner**

**WADA PUBLISHES 2019 LIST OF PROHIBITED SUBSTANCES**

The World Anti-Doping Agency (WADA) has published its 2019 List of Prohibited Substances and Methods, an important resource for anyone involved in the UIPM Sports and the wider international sporting movement.

The list, which came into force on January 1, 2019, is accompanied by the 2019 Summary of Major Modifications and Explanatory Notes - which serves to help athletes, coaches and other support personnel to understand the latest changes - and the 2019 Monitoring Program.

"WADA is pleased to announce the publication of the 2019 Prohibited List," said WADA Director General, Olivier Niggli. "It is one of the cornerstones of the global anti-doping program. Every year, we review the List in consultation with a wide range of stakeholders. It is vital that we stay ahead of those that endeavour to cheat the system so in reviewing the List, experts review sources such as scientific and medical research, trends, and intelligence gathered from law enforcement and pharmaceutical companies."

For a substance or method to be added to the List, it must be determined that it meets two of the following three criteria: a) it has the potential to enhance or enhances sport performance; b) it represents an actual or potential health risk to the athletes; c) it violates the spirit of sport. Athletes who have a legitimate medical reason for using a prohibited substance or method that is on the List may be accommodated if they meet the criteria outlined in the International Standard for Therapeutic Use Exemptions (ISTUE).

The 2019 Prohibited List, Summary of Modifications and Monitoring Program are available for download on WADA’s website in English, French and Spanish.

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**COMPETITION / EVENT INVITATIONS**

<table>
<thead>
<tr>
<th>Competition</th>
<th>Date</th>
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<tbody>
<tr>
<td>Peridot Indoor International Competition</td>
<td>JAN 29 - FEB 02</td>
</tr>
<tr>
<td>UIPM Pentathlon World Cup Cairo (EGY)</td>
<td>FEB 25 - MAR 01</td>
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**Inside UIPM:**

**Monthly activities of President Dr Schormann**

04.-05.11.2019, Darmstadt, GER

UIPM President Dr Klaus Schormann hosted a two-day meeting of the ad hoc working group preparing the 2nd edition of the book Modern Pentathlon – From the Past to the Future in the UIPM President’s Office.

They checked documents and discussed new ideas and stories for the 2nd edition, which will be presented in November 2020 at the 71st UIPM Congress in Xiamen (CHN). The UIPM President was joined at the meeting by Alan Lunzenfichter (Member of the UIPM Culture & Education Commission), Prof Dr. Norbert Müller (Member of the UIPM Pierre de Coubertin Commission) and the UIPM Executive Board Member for Marketing, Martin Dawe.

06.11.2019, Frankfurt-am-Main, GER

UIPM President Dr Klaus Schormann met the CEO of x-bionic sphere, Richard Ungerhofer, to discuss future partnerships relating to x-bionic sphere, a multi-sport complex close to Bratislava (SVK).

They were joined by Volker Sensfelder, who works as a Financial Consultant to UIPM, and the meeting took place at the UIPM 2016 Congress venue, the Steigenberger Airport Hotel in Frankfurt-am-Main (GER).

01.-08.12.2019, Manilla, PHI

President Dr Schormann visited the 30th Southeast Asian (SEA) Games, which included UIPM Sports (Triathle and Laser Run) on the programme for the first time. In Manilla he met with the President of the Fencing Confederation of Asia, Dr Celso L Dayrit, and Richard Gomez, who is President of the Philippine Fencing Association as well as the Philippine President Dr Schormann attended the Triathle and Laser Run venue of the 2019 Southeast Asian Games.
Modern Pentathlon Association.

Dr Schormann also met with other Fencing Presidents from Southeast Asia and shared ideas for close cooperation between Fencing and Modern Pentathlon relating to the development of both historical Olympic sports.

During his stay in Subic Bay, where the UIPM competitions were staged, the UIPM President took the opportunity to brief all five National Federation Presidents of the participating countries.

Cassandra Choh (SGP), Apiwat Srivardhana (THA), Peggy Lim (MAS), Anthony Charles Sunarjo (INA) and Richard Gomez (PHI) were briefed on sport-political developments and actions from 2019 and updated on important steps in preparation for the 2020 Olympic Games in Tokyo. They also discussed the necessary steps for the inclusion of UIPM Sports in the next SEA Games, which will be hosted in Vietnam in 2021.

All the Presidents were very happy when President Dr. Schormann informed them that the Executive Board of the International Olympic Committee had increased the quota for the 2022 Youth Olympic Games in Dakar (SEN) from 48 to 64 athletes.

On December 7, before the Triathlon Mixed Relay, President Dr Schormann joined President Gomez and Atty Wilma T Eisma, Chairperson & Administrator of the Subic Bay Metropolitan Authority, in a tree-planting ceremony.

They planted eight trees in memory of the first participation of athletes from the Philippines, Indonesia, Thailand, Singapore and Malaysia at the Games under the motto ‘We Win As One’.

With UIPM Technical Committee Member Bernhard Petruschinski, who coordinates activities in the region, and UIPM Development Manager Maxime Papillon, Dr Schormann visited the Clark Museum, which presents the history of the Philippines and the special history and development of New Clark City, which hosted a lot of different sports during the 2019 Southeast Asian Games.

President Dr Schormann with his fellow visitors to the Clark Museum

11.-13.12.2019, Monte Carlo, MON

President Dr Schormann attended the 10th Peace and Sport International Forum, where he was able to speak with delegates about the actions of this important movement under the Patronage of HSH Prince Albert II of Monaco, UIPM’s Honorary President and IOC Member.

The UIPM President’s visit on December 12 served to underline the commitment of UIPM to future projects aligning the two organisations, based on a Memorandum of Understanding signed in the past.

President Schormann and the UIPM Treasurer, John Helmick, also attended the Peace and Sport Awards and reception, where they met with Peace and Sport President and Founder Joel Bouzou (UIPM Vice President) and HSH Prince Albert II of Monaco.

During his three-day visit to the Principality, the UIPM President also spent time at UIPM Headquarters, where he met with Treasurer John Helmick and Secretary General Shiny Fang to discuss the financial position of UIPM at the end of season 2019 and strategy for the
The UIPM President, President Schormann and Secretary General Fang discussed with UIPM staff members the main steps for the Olympic year 2020 and briefed them about priorities like the New Tetrathlon format agreed for the Youth Olympic Games Dakar 2022 and the New Pentathlon format proposed for the Olympic Games Paris 2024. The ad hoc working groups will discuss both in detail during meetings in Frankfurt-am-Main (GER) on January 24-26, 2020.


The UIPM President attended the International Indoor Equestrian Festival, organized by the former Olympic Champions Ann Kathrin Lustenhoff and Paul Schockemoehle. President Dr Schormann met with international representatives of the International Equestrian Federation (FEI), politicians and members of the business society to share issues relating to the growing equestrian movement around the world, which is beneficial to Modern Pentathlon.

The full New Balance World Rankings are available at www.pentathlon.org.
Wishing You a Wonderful Holiday Season and a Happy New Year

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.”