

**OCTOBER
2020**



UNION INTERNATIONALE
DE PENTATHLON MODERNE



**World Pentathlon
Newsletter**

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NEW FORMAT FOR OLYMPIC GAMES A STEP CLOSER

Modern Pentathlon: new Olympic format



A graphic impression of the field of play proposed for Modern Pentathlon at the Paris 2024 Olympic Games. The format is based on a 90-minute showpiece.



Olympic Games update

New Modern Pentathlon format for Paris 2024 Olympic Games moves step closer to reality

The UIPM Executive Board (EB) has voted overwhelmingly in favour of a proposed new Modern Pentathlon format for the Olympic Summer Games Paris 2024.

The new format introduces a 90-minute Modern Pentathlon, with an elimination system designed to reduce the overall length of the competition and create a more dynamic sport with a continuous flow.

The graphic on the cover page illustrates the vision of five disciplines in 90 minutes in a compact field of play, which is another cornerstone of planning for Paris 2024.

The new format is more broadcast-friendly, enabling the dramatic storylines of Modern Pentathlon to be told in a logical sequence that is easier for spectators inside the stadium and watching around the world to understand.

As a sustainable and cost-effective model for the future of Modern Pentathlon within the Olympic Games, the proposal is also compatible with the International Olympic Committee's Olympic Agenda 2020 and New Norm reforms.

The changes mark another chapter in the evolution of UIPM's flagship sport – the only sport created especially for the modern Olympic Games when it was introduced by Baron Pierre de Coubertin in Stockholm in 1912.

The proposal has been shared with UIPM's member federations, who have been invited to send suggestions and

Modern Pentathlon: new Olympic format



36 athletes

compete in each individual competition

3 semi-finals comprising 12 athletes



24 athletes

exit through elimination system



12 athletes

remain and compete in final



Maximum 1 competition

per day, for any athlete



Transition intervals

±10 min.

Can be longer for individual athletes, depending on ranking position (e.g. last rider will not be first fencer)



Riding

1 round per competition stage
12 athletes and 12 horses

Warm-up is not part of the overall 90 min. duration



Fencing

Ranking Round: In advance for all 36 athletes with points carried to Bonus Round, as usual

Bonus Round: 12 athletes in each semi-final & final



Swimming

2 heats (x6 athletes) in each semi-final & final



Laser Run

Circuit reduced to 600 metres* (x4 laps)

*Subject to further testing



Csaba Bohm (HUN) nears the finish line during the new Modern Pentathlon format in Budapest (HUN), where Fencing took place in an outdoor tent (below)

remarks before the final application is submitted to the IOC.

The IOC EB will decide on December 7, 2020 whether to approve UIPM's application package comprising the new format and a third medal event – the Mixed Relay – along with applications from 19 other Olympic International Federations to change the Paris 2024 event programme.

UIPM President Dr Klaus Schormann said: "We stand once again on the brink of a momentous landmark in the long history of our beloved core Olympic sport.

"The Modern Pentathlon was originally a five-day competition at the Olympic Games. In Atlanta (1996) it was condensed into one day, and in London (2012) we combined laser shooting with running to produce a more exciting climax. In Tokyo (2021) we will have all five disciplines within one Pentathlon Stadium.

"Now, after two years of detailed exploration and discussion between all parts of our community, the IOC and Paris 2024 and Olympic Broadcast Services (OBS), we are ready to present



something very special: a Modern Pentathlon lasting 90 minutes."

The latest EB decision follows a vote in January 2020 in support of the new format, following the creation of a New Pentathlon Working Group in September 2019. Test events took place in Budapest (HUN) and Cairo (EGY) in September 2020, resulting in positive athlete feedback.

UIPM President Dr Schormann added: "We have presented our global community with a summary of the

exciting new Modern Pentathlon format, which we hope will have a transformative effect on the profile and popularity of our Olympic sport.

"I am grateful to all parts of our global community for buying into this vision. The UIPM Executive Board has again demonstrated its commitment to innovation and we greatly look forward to presenting the IOC with our application for a new Modern Pentathlon competition format and an additional Mixed Relay category for the Olympic Summer Games Paris 2024."

Modern Pentathlon / Tetrathlon Test Events



One of the male athletes in the New Tetrathlon test event takes aim at the laser shooting range after completing his Swimming discipline

12.09.2020: Budapest, HUN

The fifth test of the New Tetrathlon format proposed for the Dakar 2026 Youth Olympic Games took place at the Csepel Club in Budapest under the auspices of the Hungarian Modern Pentathlon Association (HMPA).

The field of play consisted of an outdoor tent for Fencing and an outdoor Triathlon course including a 50-metre swimming pool.

Changes from the 2019 test events, as recommended by the New Tetrathlon Working Group, included the introduction of a Fencing Ranking Round

A female competitor approaches the transition area of the Triathlon course set up at the Csepel Club in Budapest (HUN)



Athletes navigate the Swimming course before Dorka Sara Toth (HUN) crosses the line to win

in advance of the Triathlon, a Fencing Bonus Round where victories were worth two points and an adjustment of the running course to 600m.

13-14.09.2020: Budapest, HUN

The Csepel Club again played host, along with the Nemzeti Lovasági Központ, as UIPM tested the new Modern Pentathlon format proposed for the Paris 2024 Olympic Games for the first time.

The flow of the competition in the new 90-minute sequence (Riding / Fencing Bonus Round / Swimming / Laser Run) was tested along with the shorter breaks, with the running course again reduced to 600m and the increasing value of a touch in the Fencing Bonus Round to two points.

25-26.09.2020: Cairo, EGY

The Egyptian Modern Pentathlon Federation hosted the second test



event of the new Modern Pentathlon format proposed for the Paris 2024 Olympic Games, using the established Platinum Club venue.

Several lessons learned during the first test in Budapest (HUN) were applied to the second event, which was given competitive relevance with the staging of the Egyptian Cup. The competition was broken up into semi-finals and a final as will be the case in future Olympic Games.

A survey of participants in both Modern Pentathlon test events conducted in September 2020 found that 54% of athletes rated their experience of enjoying the competition as good, very good or excellent while 74% rated the new sequence of disciplines as good, very good or excellent.

Eiad Al Kashef (EGY) takes aim at the laser shooting range during the second test of the new Modern Pentathlon format in Cairo (EGY)



Two fencers engaged in combat in the Fencing Bonus Round during the Modern Pentathlon test event on September 25/26



Female athletes on horseback tackle the Riding course at the Pegasus Club in Cairo (EGY), where Eslam Hamad (EGY) focuses on his shooting (below)



ROAD TO TOKYO

Athlete interviews

Bence Demeter (HUN) aims to make his father – and his country – proud

History and Hungary go hand in hand when it comes to Modern Pentathlon. So it's no surprise to learn that one of Bence Demeter's drivers is the desire to become part of this heritage.

The 30-year-old from Hungary has been from an early age. Having followed his father – the 1989 European champion, Jozsef – into the sport, he became UIPM world champion at Under 19 and Junior level and picked up his first senior medal at the UIPM Pentathlon World Cup in Chengdu (CHN) in 2011.

The next few years were a tough learning curve for Demeter (HUN), as his elder team-mate Adam Marosi (HUN) continued to enjoy national and global prominence. But he turned a corner in 2017, winning the season-opening Pentathlon World Cup in Los Angeles (USA) and then silver in Kecskemet (HUN) – 12 months later he again won medals in the first two competitions of the season.

Just when it looked like the 2019 season was going to be a disappointment, with injury seeming to hamper his Olympic hopes, Demeter (HUN) did just enough at the European Championships to finish 7th and book a quota place for his country at Tokyo 2020 (later postponed to 2021).

In the latest #RoadToTokyo interview, Demeter (HUN) talks us through that tricky 2019 season and reflects on his first Olympic experience in Rio in 2016.



Bence Demeter (HUN) clears an obstacle during the UIPM 2019 Pentathlon World Championships

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

working out at home, specializing in small details I have always wanted to improve.

Q: What has been the most challenging part of the pandemic?

A: I am an extremely competitive person, so the most challenging part was and still is, living without competitions. I felt totally ready to compete in March 2020, then the postponement was announced some days before the second UIPM Pentathlon World Cup, so after that it was hard to get back my motivation to push myself to the limits.

Q: And what positive things have you seen?

A: The positive way of thinking was necessary to practise in the past months. I cared more about my private



Demeter (HUN) adapts to the cross-country course during a tight Laser Run showdown



Demeter (HUN) is a picture of concentration as he focuses on his shooting



Demeter (HUN) and team-mate Sarolta Kovacs (HUN) celebrate a Mixed Relay gold medal at UIPM 2018 Pentathlon World Cup Kecskemet

life and mental health and I can admit it has the most positive effect on my life right now. I feel balanced and stronger mentally than ever, which can be the key to success for me in 2021.

Q: Your father Jozsef was European champion. Did he inspire you to take up the Modern Pentathlon? Tell us how you started in the sport.

A: Yes, my father inspired me to start Modern Pentathlon when I was eight. We started with the base, so swimming and running. Then at 14 I started to practise all five disciplines. Sport was always an important thing in our family and my brother [Gergely] was doing Modern Pentathlon too, so I guess my father was happy that we continued the tradition. I really enjoyed the complexity of the sport and coaches saw potentials inside me, so I took it as my profession.

Q: What motivates you in training?

A: Be better than yesterday. Firstly, my goal is to secure my place at the Olympic Games in 2021. Hungarian



Demeter (HUN) composes his thoughts during a break in the Fencing Ranking Round

Modern Pentathlon has strong tradition, and we have great athletes to fight for the quota places inside the country as well. Then, if I am thinking about the Olympic Games ... of course that is the biggest motivation for me every day! If I have a good preparation close to my top performance, I could stay healthy in body and calm in mind and nothing wrong can happen in Tokyo.

Q: Describe yourself as an athlete in three words.

A: Ambitious, serious, self-organizer.

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

A: My role models in sport are my father and Andras Balczó, three times Modern Pentathlon Olympic gold medallist. Otherwise, many people inspire me, but nowadays it is hard to believe what we see on social media about someone's life, so I prefer not to mention anyone, instead bringing out the best in my own life.

Q: What is your ultimate ambition in Modern Pentathlon?

A: To get into the history of Modern Pentathlon. I also would like to develop my sport in Hungary after my retirement.

Kate French (GBR) keeps a level head during turbulent year

A calm temperament is a prerequisite for pentathletes and Kate French is one of those athletes who seems to compete – and often win – with the minimum of fuss.

The 29-year-old from Great Britain describes herself as “determined, stubborn and calm” and that seems to match the outward persona that we see on the field of play.

French (GBR) is the latest in a long line of world-class women from her



Kate French (GBR) prepares to begin her Swimming discipline at the Rio 2016 Olympic Games, where she finished 5th



French (GBR) stays on course for the silver medal at the UIPM 2019 Pentathlon World Championships in Budapest (HUN) and (below) paces her Laser Run

country – in the five Olympic Games since the women's Modern Pentathlon was introduced, five British athletes have won medals. The only time the podium has eluded them was Rio 2016, when the rapidly-improving French (GBR) finished 5th.

A steady progression during the Rio cycle included her first UIPM Pentathlon World Cup medal – bronze in Sarasota (USA) in 2015 – and the Games in Brazil seemed to strengthen her self-belief. The following season, 2017, French (GBR) burst out of the blocks with a silver and a gold followed by a 6th in her three Pentathlon World Cups, and then a 6th in the Pentathlon World Championships in Cairo (EGY).

Ever since, she has been a formidable competitor on the circuit, winning two more World Cup golds and then European Championships silver and World Championships bronze in 2019. In this interview she reveals her motivations.



Q: How did it feel in 2019 when you secured a qualification place for the Tokyo Olympics by winning silver at the European Championships?

A: It was one of my most memorable

experiences competing! Having it in Bath, where we train every day, was so special. Also having all my friends and family there was incredible and something I will never forget.

Q: You finished 5th at the Rio 2016 Olympic Games. How do you reflect on that now?

A: I was really happy with 5th, but the experience of competing at an Olympic Games and coming so close to a medal has made me want to podium in Tokyo even more.

Q: If selected to compete for Great Britain at Tokyo 2020 in 2021, will you prepare any differently compared to Rio 2016?

A: Tokyo will be a different challenge to Rio due to the additional heat and humidity. Hopefully we'll be able to use ways to adapt to the conditions out there.

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

A: It was difficult as it's something I have been focused on for so long, but it was also a relief as I hadn't been able to train in a full capacity since March. In the end I feel it was the right decision, the severity of the situation around the world is much bigger.

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

A: I really enjoyed cycling during lockdown, it was a great way to keep fit and the roads have been almost traffic-free for once. All the sport centres were closed during lockdown, but luckily I was able to do some open-water swimming and running. We are back training as a team now and I'm absolutely loving it.

Q: What has been the most challenging part of the pandemic?

A: Having to adapt to the ever-changing environment in the UK, plus not being able to see family and friends as much, has been really difficult.

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

A: I did my first pentathlon at the age of 13 and instantly loved the variety of sports. I came from a riding



French (GBR) scores a touch in the Fencing Bonus Round and (below) celebrates a win



background and was intrigued at the aspect of riding an unknown horse.

Q: What motivates you in training?

A: The feeling of knowing I've worked really hard and given my best in training. This allows me to go into competition feeling well prepared and positive.

Q: Describe yourself as an athlete in three words.

A: Determined, stubborn, calm.

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

A: There are too many inspirational athletes that I admire to name just one, but I particularly admire all the female athletes showing dominance in the sporting world.

Q: What is your ultimate ambition in Modern Pentathlon?

A: To medal in Tokyo.

News from around the world



UIPM 2019 Laser Run World Championships participant Kyra Seow (SGP), aged 11, will be a Youth Ambassador for UIPM Sports in the Virtual Youth Festival

UIPM Sports community signs up for Virtual Youth Festival

Twenty-four members of the global UIPM Sports community have been selected to take part in the inaugural Virtual Youth Festival (VYF).

After a global response to UIPM's call to action, two youth athletes will promote the festival as ambassadors while 20 others will take part in the Max Fit exercise contest and two judges will work as International Technical Officials.

The participating nations are Egypt, France, Guatemala, Israel, Japan, Singapore, South Africa and Uzbekistan.

UIPM's involvement in the VYF follows the creation of two virtual sports events in 2020 - #LaserAllStars and #LaserHomeRun - designed to bring the multi-sports community together online during the COVID-19 Coronavirus pandemic.

All aspects of the VYF, including medal ceremonies, will take place online with the finals organised virtually from a hub in Bangkok, Thailand. Followers can get involved on social media with the hashtag #onespiritoneheart.

More than 60 organisations have come together to promote inclusion, health, equality, non-discrimination and peace through the VYF, created by United

Through Sports (UTS). Patronised by the International Olympic Committee, the International Paralympic Committee, Special Olympics, Sport Accord and the Global Association of International Sports Federations, the VYF integrates Olympic sport with the values of the Paralympic and Special Olympics movements.

UIPM President Dr Klaus Schormann said: "The response of our global UIPM Sports community to participate in the Virtual Youth Festival has been very encouraging and I congratulate all of the athletes and technical officials selected.

"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."

Youth Ambassadors

Two female youth athletes have been selected by UIPM to engage peers around the world in an ambassadorial capacity.

Kyra Seow of Singapore, 11, and Mariam Amer of Egypt, 18, will pre-record a short video clip to introduce themselves, share their dreams and their goals and provide a short introduction about UIPM Sports.

Seow (SGP) won a gold medal at the UIPM Global Laser Run City Tour in Kuala Lumpur (MAL) in March 2019 before competing at the UIPM Laser

Run World Championships in Budapest (HUN) later in the year.

Amer (EGY) is already an experienced pentathlete who has enjoyed success in UIPM Junior World Championships and UIPM Youth World Championships as well as competing at senior level in the UIPM Pentathlon World Cup and CISM Military Games.

Max Fit

Twenty athletes from five countries in Africa (Egypt, South Africa), Asia (Uzbekistan), Europe (Israel) and NORCECA (Guatemala) will participate in the Max Fit exercise.

This competition will focus on the contestants' strength, power and stamina using standardized exercise and fitness drills across nine age groups (Under 10 to Under 18).

International Technical Officials

Two certified UIPM Judges will take part in the VYF as judges for the Finals, which take place from November 20-22.

Agnese Tomassi of France and Isamu Nogami of Japan will enrol in a series of workshops with practical elements before they join officials representing other International Federations in the multi-sport competition. The objective is to create a unified and collaborative approach towards judging the finals.

Joel Bouzou OLY re-elected as WOA President

The UIPM Vice-President, Joel Bouzou OLY, has been re-elected to serve a third four-year term as President of the World Olympians Association (WOA).

Bouzou (FRA), who is also President and Founder of Peace and Sport and President of the French Modern Pentathlon Federation (FFPM), was one of the leading pentathletes of his generation and became individual world champion in 1987.

A four-time Olympian, he won a team bronze medal with France at the Los



Pentathlete Mariam Amer (EGY), aged 18, will be a Youth Ambassador for UIPM Sports in the Virtual Youth Festival



UIPM Vice-President Joel Bouzou OLY has been re-elected to serve a third term as President of the World Olympians Association

Angeles 1984 Olympic Games. After two progressive terms at the helm of the WOA, which represents all current and past Olympians worldwide, Bouzou (FRA) was re-elected during the organisation's virtual General Assembly, attended by International Olympic Committee President Dr Thomas Bach.

Bouzou (FRA) said: "I am absolutely delighted to be re-elected President of World Olympians Association and I am grateful to our NOA membership for their strong show of support. The past two terms have been extremely rewarding as WOA flourished, grew and established its place firmly within the Olympic Movement.

"In these uncertain times, it is fulfilling to see Olympians rise to current global

social challenges – acting as beacons of hope during the pandemic, reaching out to their communities and keeping the legacy and spirit of the Games alive. WOA's mission is to ensure Olympians have the tools, support and opportunities needed to thrive throughout their lives and continue to make an important difference in this world."

UIPM President Dr Klaus Schormann said: "The impact Joel has made in supporting the global community of Olympic athletes and promoting the values of Olympism over the past eight years is truly remarkable, and we are certain he will continue to achieve great things in his third term as WOA President. As UIPM Vice-President, we are proud to have a major figure in global Olympic sport, who leads with vision and passion, at the heart of our own sporting family."

Coaches sign up to UIPM Level 4 course in December 2020

Modern Pentathlon coaches have embraced the opportunity to achieve the highest qualification available to them after a second opportunity was made available in December 2020.

The Level 4 Coaches Course provides experienced professional coaches with the chance to gain the certification of 'UIPM Elite Coach' under the Coaching Certification Programme (CCP).

Due to the COVID-19 Coronavirus pandemic, the course will take place entirely online from December 3-6, 2020. Topics covered in the syllabus include performance analysis, team management, sports psychology,

doping prevention, ethics, sports science and project development.

Vietnam launches Laser Run and Triathlon in Ho Chi Minh City

A National Federation has not yet been formalised in the country but the nascent UIPM Sports community in Vietnam staged its first Laser Run and Triathlon events in October 2020.

The Laser Run came first, drawing nine female and eight male athletes to compete during the Ho Chi Minh Junior Shooting Championships from October 14-20 at District 9 Military Command.

A Triathlon event was also staged during the Ho Chi Minh Shooting Championship, held from October 25-31 at the same venue. Five female and 11 male athletes took part.

Ms Loan, Vice President & Secretary General of the Ho Chi Minh Shooting Federation, which organised both events, said: "It was a successful introduction and all of the athletes and spectators were excited by this new sport which is very dynamic and intriguing.

"Thanks to the UIPM Level 1 Coach Certification Course in Ho Chi Minh last year and also laser shooting equipment supported by UIPM and AMPC, we could organize these events for the first time in Vietnam and witnessed that everyone on site enjoyed very much these highlight events of Modern Pentathlon.

"We will definitely organize another event in the future, as an open event for the public, if things allow after this global pandemic."

Sangwoo Park, President of the Asian Modern Pentathlon Confederation, said: "We are so happy to see these development activities by Ho Chi Minh Shooting Federation in spite of this difficult time caused by the pandemic, and we expect that they will become



Action from the Laser Run and (bottom) a group picture from Triathlon in Ho Chi Minh City (VIE)



a member of the Modern Pentathlon family soon. For this, AMPC will keep in contact with them to help and guide them together with UIPM."

Fifteen schools in Kabul (AFG) come together for Laser Run event

More than 300 athletes aged under 18 took part in a special Laser Run competition in the city of Kabul on October 28.

In the first UIPM Sports event permitted to take place in Afghanistan during the COVID-19 Coronavirus pandemic, 10 private and five state schools came together to arrange races for students in age categories from Under 8 to Under 18.

Khushal Sarwari, President of the Afghanistan Modern Pentathlon Federation, said: "We are committed to the promotion and development of Modern Pentathlon in Afghanistan and we do all we can to give the basic right of our kids for being happy and enjoy participating in the sport events we organize.



Supported by fellow pupils, a female athlete crosses the line during the Laser Run in Kabul (AFG)

"Our Laser Run competitions are very well welcomed in the country and we are sure we will reach every kid and every village of the country to make this sport famous!"

Habiba Qasimy, Head of the AMPF Women's Committee, added: "I feel really strong when I see female participants compete, when after competition they come to me and express their greatness and appreciation for the organization of the competition.

"I feel a mixture of sadness and happiness; we feel happy and proud that our Modern Pentathlon is making it possible for them to be happy and play sport; at the same time I feel sad that due to the war our kids have been kept away from their very basic right."

The local organizing committee presented President Sharwari with a portrait of himself with the UIPM President, Dr Klaus Schormann.



Afghanistan Modern Pentathlon Federation President Khushal Sarwari brandishes a portrait of himself with UIPM President Dr Klaus Schormann

LASER RUN SPOTLIGHT

Spreading the word
in South America



Youth athletes take aim on the shooting range during one of 12 UIPM Global Laser Run City Tours to have taken place in Argentina to date

The sixth instalment of a new series looking at the growth of UIPM's most popular development sport since its launch in 2015.

South America has had the special distinction since UIPM 2018 Congress of being the only Modern Pentathlon Confederation with a 100% membership of all countries in the continent.

Major events have been instrumental in the growth in popularity of UIPM Sports in the region in recent years, with the Rio 2016 Olympic Games in Brazil and Buenos Aires 2018 Youth

Olympic Games in Argentina at the vanguard.

The unexpected disruptions of 2020 may have put the entire sporting world on pause, but Laser Run will be a catalyst for growth when restrictions on mass-participation sport ease.

In the sixth part of the Laser Run Spotlight series, we speak to representatives of National Federations in Argentina and Venezuela to find out more about their Laser Run experiences. Together the two countries have staged 17 instalments of the Global Laser Run City Tour.



Simplicity is key for organisers

Guillermo Filipi - Head coach, Argentina Modern Pentathlon Federation (FAPM)

Q: The FAPM has organized so many LR events in Argentina in different parts of the country, and always with a good number of participants. What is the secret of your success?

A: Our experience has been spectacular, as we have been able to

bring together many participants and encourage them to join our sport. The diffusion of this event is essential and its organization is simple; that's what has enabled us to cover several events.

Q: How many training sessions do children have before they begin to understand laser shooting technique well, and how often do kids have Laser Run training?

A: It has been observed that in a few sessions the children understand the shooting technique well, it is stipulated that they train twice a week.

Q: Have you been able to organize local Laser Run activities (offline or online) during the time of the pandemic?

A: Unfortunately we have not been able to organize events this year due to the restrictions imposed by our government, but we were able to do events online.



Focusing on schools and parents

Cesar Rondon - President, Venezuela Modern Pentathlon Federation (FVPM)

Q: In recent years Venezuela has been active in UIPM Sports and especially Laser Run. Even during the pandemic Venezuela was actively involved in UIPM online LR activities. How do you attract athletes to our sport?

A: Technology is present every day in all areas of life and our Venezuelan Federation of Modern Pentathlon was not an exception, and we found ourselves with the need to create our own digital tools (Instagram, Facebook and Twitter) to guarantee a better diffusion and dissemination of our sports activities.

The intention was to make the country notice the methods and mechanisms that we are developing to expand this sport and thus attract each day more children to our clubs. Another way we ensure





Action and celebrations from the UIPM 2019 Global Laser Run City Tour in Barina (VEN), one of five such events to take place in Venezuela to date

the motivation of new practitioners is through a programme designed by our technical coordinators called "Modern Pentathlon goes to School".

Q: Do parents like Modern Pentathlon and Laser Run? Do you have any suggestions for how to make parents interested in our sports so they can bring their children in?

A: We believe it fascinates them, and thanks to the perseverance and sacrifice of the parents, our sports federation has been developing a more consolidated approach to teaching athletes. The programme provides us with a series of tools with the aim of training and educating all parents as a connoisseur of Modern Pentathlon, and in this way in future they can be part of the technical group of coaches, starting in their first phase as a sports monitor.

Q: Have you created any special programmes for online laser shooting at home? How has your federation organized training during the pandemic?

A: Rather than creating a programme,



the true intention was to reinvent various strategies due to the scarce material and resources available to our federation, one of which is to develop a virtual league online from home.

Using as an example the #LaserHomeRun and #LaserAllStars developed by UIPM, our event was oriented with materials recycling (plastic containers with sand)

according to the weight of the pistol, in order that the young people will carry out shooting simulation at a certain moment with technical exercises of the race. Likewise it was used for those youth and adult athletes who simulated competition conditions.

We are truly committed to taking Venezuelan Pentathlon to the top of the podium in the world.

Inside UIPM: Secretary General's message | Shiny Fang

Thank you for your Pentathlon stories!

What a response! In this monthly message I want to thank everybody who rose to the challenge of writing a story about what Modern Pentathlon means to you.

The variety of contributions was truly impressive – everything from folk stories to real-life experiences and tributes to some icons of our sport. We even had a poem (I think it could also work as a rap!) In November 2020 we will announce the winners of the competition and publish some of the stories on the UIPM website. I can't wait to share them with you. For now, once again huge thanks to everyone who took part.

Contributors: Vikra Krasnikova (UKR), Alex Srebnitskiy (RUS), Maria Olshanskaya (RUS – aged 11), Elliot Trepess (GBR – aged 9), Wojciech Nowakowski (POL), Travis Moore (GBR – aged 10), Emiliano Hernandez (MEX), Abdul Rahman Yousufi (AFG), Emily Freund (GER), Attila Mizser (HUN), Tomas Polacek (CZE), Lily-Mae Lancaster Evans (GBR – aged 11), Michelle Watson (GBR), Abigail Garzo (GUA), Kristina Ryabova (KAZ) and the French Modern Pentathlon Federation.





AS YOU LOOK TO
THE 2021 SEASON ...


LOOK YOUR BEST

SHOP.UIPMWORLD.ORG


SWIMMING


FENCING


RIDING


SHOOTING


RUNNING

Inside UIPM: President's statement and activities

The UIPM President, Dr Klaus Schormann, has issued a statement in support of the global Modern Pentathlon community as the COVID-19 Coronavirus pandemic continues to disrupt sport and affect lives worldwide.

Dear Modern Pentathlon community,

In these days we are all affected by the COVID-19 Coronavirus which has been designated as a pandemic since March 2020.

The World Health Organisation (WHO) is communicating with governments, health institutions and also with us, the sports society of the Olympic Movement.

The International Olympic Committee (IOC), the International Federations (IFs) and National Olympic Committees (NOCs) are in close contact with WHO and medical scientists from all over the world. As UIPM President I ask you to follow with strong discipline the advice and guidance from all those authorities who have expert knowledge about how we can find a more secure world.

We as sportspeople should be good examples for other societies, showing how to protect the life of yourself and the people around you. Please try to continue your sporting life, your sporting career based on opportunities provided by your clubs or NFs.

Our Union is permanently working on new projects which we are offering to you through our website and social media such as Facebook, Instagram, Twitter and YouTube.

The UIPM Executive Board is in deep discussion with the IOC sports department about future steps in preparation for the Olympic Summer Games Tokyo 2020 hosted in 2021.



As UIPM President I am in close contact with the different Committees and focusing on the wishes of all our athletes from all generations. I am sure their trainers are giving them all kinds of support within their environment.

Let's continue to follow the Olympic motto: CITIUS ALTIUS FORTIUS.

With my best personal greetings,

Dr Klaus Schormann
UIPM President

01.10.2020: Wiesbaden, GER

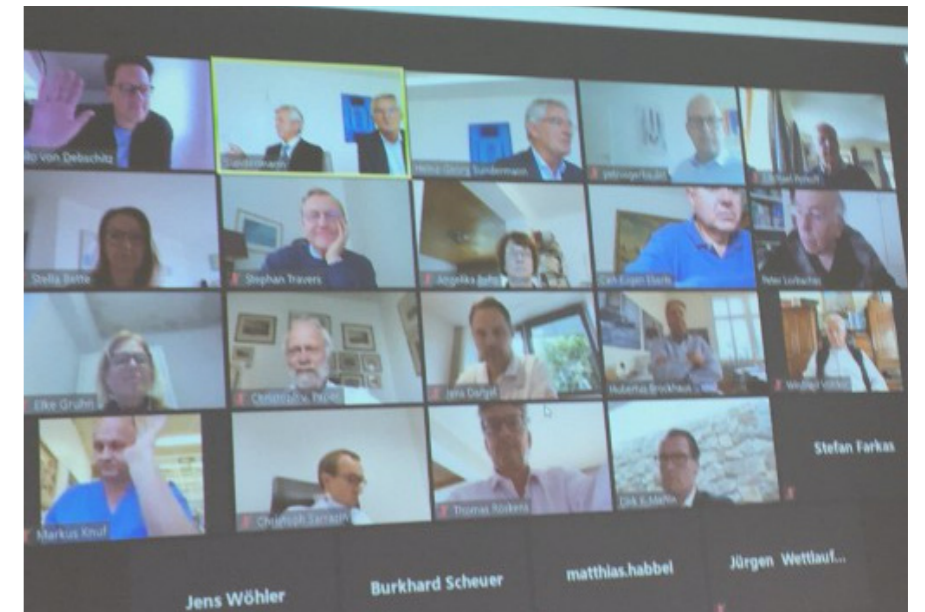
UIPM President Dr Klaus Schormann made a speech via video to the Wiesbaden Rotary Club about the Olympic Movement and the present situation about the international sport movement during the COVID-19 Coronavirus pandemic.

He answered a lot of questions linked to the postponed Olympic Summer Games Tokyo 2020, which will be hosted now in 2021. He took part following an

invitation from President Dr Heinz-Georg Sundermann, CEO of Lotto Hesse.

The same day, President Dr Schormann joined a video conference between UIPM, Olympic Broadcasting Services (OBS) and the Sport Department of the IOC.

He made a sport-political statement about the importance of strong TV coverage based on the new format of Modern Pentathlon for the Olympic Summer Games Tokyo 2020 hosted in July/August 2021 and the future format linked to Paris 2024. The conference was coordinated by the UIPM Secretary General, Shiny Fang.



Members of the Wiesbaden Rotary Club during Dr Schormann's speech

05.10.2020: IOC / IF video conference

President Dr Schormann took part in a video conference (pictured below) with IOC President Dr Thomas Bach and all Presidents and Secretaries General

of Olympic Summer Sport International Federations (IFs).

President Bach gave a very detailed briefing about the latest situation of

preparatory steps by Tokyo 2020 and various IOC departments. He asked the IFs for a strong and open dialogue between the IOC Sport Department and the Tokyo 2020 Organizing Committee.





IOC President Dr Thomas Bach addresses the video conference (above) along with Sport Director Kit McConnell (below)

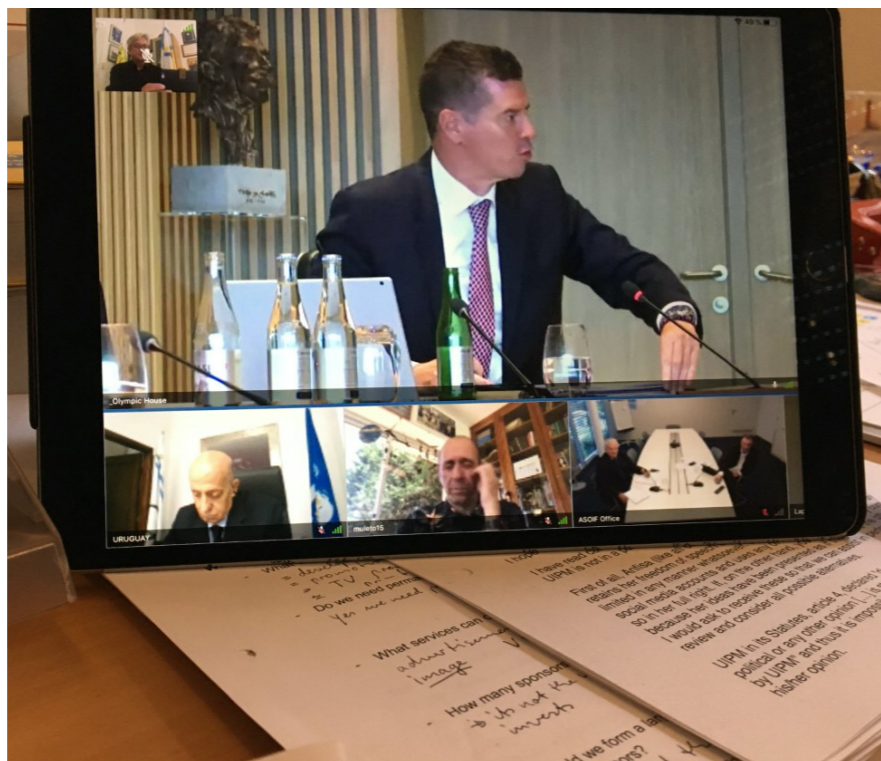
The IF Presidents – including the UIPM President – briefed the IOC President about actions for their sport community and presented thoughts and hopes for a new and better future after the pandemic.

IOC Sport Director Kit McConnell underlined the fruitful communication and cooperation between the IFs and Tokyo 2020. The IOC and IFs are focusing with unity on a successful Olympic Summer Games Tokyo 2020 hosted in 2021.

13.10.2020: EB / IOC video conference

UIPM President Dr Klaus Schormann chaired a UIPM Executive Board (EB) video conference, in which IOC Sport Director Kit McConnell also took part.

The main item on the agenda was



the new Modern Pentathlon format proposed for the Olympic Summer Games Paris 2024.

Following the meeting, the EB approved the new 90-minute showpiece format, which includes an elimination system. This vision for Paris 2024 is designed to raise the profile and popularity of Modern Penathlon, and the IOC EB will decide on the proposed format and UIPM's application for a Mixed Relay on December 7.

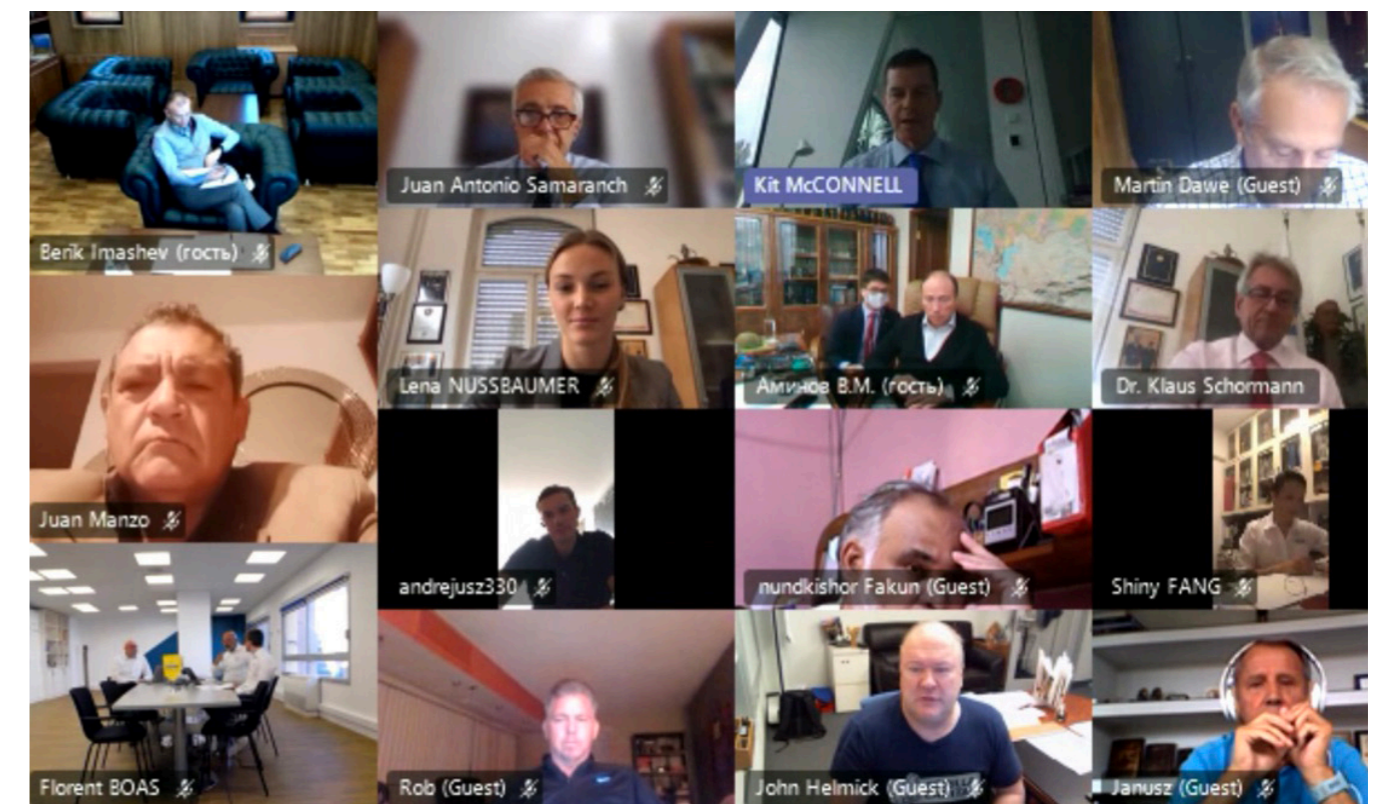
14.10.2020: UIPM Archive

The Olympic champion from Beijing 2008, Lena Schoeneborn of Germany, visited the UIPM President's Office and UIPM Archive together with her husband Alexander Nobis and another pentathlete who competed at world level for Germany, Claudia Knack.

Lena Schoeneborn (GER) retired in 2018 and recently gave birth to her first baby. Alexander Nobis (GER) retired in



UIPM President Dr Klaus Schormann chairs the Executive Board meeting from his Presidential office



President Dr Schormann and members of the UIPM Executive Board and staff are joined in the conference by IOC Sport Director Kit McConnell



Left to right: Dr Klaus Schormann at the UIPM Archive with former athletes Alexander Nobis (and baby daughter), Lena Schoeneborn and Claudia Knack, Executive Assistant to the UIPM President Lena Nussbaumer and archivist Ilona Knack



Left to right: DOG Vice-Chair Wilhelm Roth, Olympic swimmer Dr Hans-Joachim Klein, DOG Vice-President Till Luft and UIPM President Dr Schormann

September 2020 having won three gold medals at the UIPM Pentathlon World Championships in 2015, 2017 and 2019.

15.10.2020: DOG Session

At a meeting of the Darmstadt section of the German Olympic Society (DOG), the UIPM President gave a presentation about the postponed Olympics. He spoke about the close contact between the IOC, IFs and Tokyo 2020 organisers in relation to finances and important steps linked to athletes, who are the centre of the Olympic movement.

Olympian Dr Hans Joachim Klein gave a presentation of his life as a world-class swimmer – he won a bronze and three silver medals in Tokyo 1964 as an amateur athlete, creating unforgettable memories for his life as a very successful person in politics and business.

19.10.2020: DOSB Session

A session entitled 'International Sport during and after the Pandemic' brought together experts from the Ministry of the Interior of Germany and the German Olympic Sports Federations (DOSB) as well as German IF Presidents and Vice-Presidents.

UIPM President Dr Schormann gave a briefing about projects arranged since summer and upcoming offerings to National Federations. They also discussed the high value of Olympic sport and the value of close cooperation inside the international sport society together with media and business.

26.10.2020: Darmstadt, GER

Pagona Sonndag (former Executive Assistant to the UIPM President) returned to the office from her maternity leave. She will work part-time and provide support based on her extensive work experience.



Dr Klaus Schormann during the DOSB Session with (below left) DOSB Chief of International Relations Katrin Grafend and (below right) World Archery Vice-President Joerg Brokamp



Left to right: Lena Nussbaumer, Dr Klaus Schormann and Pagona Sonndag

FROM THE ARCHIVES

Target practice for
Captain William
Grut (SWE)



Capt William Grut (SWE) practises his shooting. Aged 33, the Swedish army officer and former Olympic swimmer won Modern Pentathlon gold at the London 1948 Olympics, becoming his country's sixth gold medallist in the sport



Baron Pierre de Coubertin

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

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