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**World Pentathlon
Newsletter**

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UIPM 2019 PENTATHLON AND LASER RUN WORLD CHAMPIONSHIPS



Spectators watch the action unfold within the Pentathlon Arena at Kincsem Park in Budapest (HUN), where all five Pentathlon disciplines were on show



ROAD TO
TOKYO

UIPM 2019 Pentathlon and
Laser Run World Championships

Four athletes gain qualification
for Olympic Games as two worlds
come together in Budapest (HUN)

Four more pentathletes secured places at the Tokyo 2020 Olympic Games at the climax of the biggest UIPM Sports competition ever organised.

The UIPM 2019 Pentathlon and Laser Run World Championships in Budapest (HUN) brought together UIPM's core Olympic sport and its most popular development sport for the first time. More than 800 athletes from over 40 countries compete within the custom-built Pentathlon Arena in Kincsem Park, where spectators packed into the main tribune throughout seven days of intense competition.

The quartet who earned the right to become Olympians next year (pending the UIPM qualification criteria) were the women's gold and silver medallists, Volha Silkina of Belarus and Elena Micheli of Italy, and the men's gold and bronze medallists, Valentin Belaud of France and Jun Woongtae of Korea.

The Pentathlon World Championships was televised live or 'as live' in 144 countries, with a total of 133 hours of coverage secured by TV networks. This amounted to a total potential reach of 431 million homes.

UIPM President Dr Klaus Schormann said: "It was wonderful to be in the beautiful capital city of Budapest for one of the most important competitions in the long history of our sporting movement.

ROAD TO TOKYO: 2020 OLYMPIC QUALIFIERS	
Women	Men
Haydy Morsy (EGY)	Sherif Nazeir (EGY)
Laura Asadauskaite (LTU)	Joseph Choong (GBR)
Mariana Arceo (MEX)	Charles Fernandez (GUA)
Samantha Achterberg (USA)	Esteban Bustos (CHI)
Leydi Moya (CUB)	Sergio Villamayor (ARG)
Maria Chaves (BRA)	Lester Ders (CUB)
Lourdes Cuaspu (ECU)	Amro Elgeziry (USA)
Kate French (GBR)	Jamie Cooke (GBR)
Iryna Prasiantsova (BLR)	Valentin Prades (FRA)
Annika Schleu (GER)	Martin Vlach (CZE)
Natalya Coyle (IRL)	Lukasz Gutkowski (POL)
Gintare Venckauskaite (LTU)	Bence Demeter (HUN)
Marie Oteiza (FRA)	Justinas Kinderis (LTU)
Adelina Ibattulina (RUS)	Alexander Lifanov (RUS)
Sarolta Kovacs (HUN)	Patrick Dogue (GER)
Volha Silkina (BLR)	Valentin Belaud (FRA)
Elena Micheli (ITA)	Jun Woongtae (KOR)

Subject to Tokyo 2020 qualification criteria
Visit www.pentathlon.org/olympic-games

"We had excellent horses and great performances, and the many spectators from Hungary created a special atmosphere. To have the pool within the Pentathlon Arena like we did last year in Mexico City, I think it was super and we also enjoyed a

memorable UIPM Annual Awards gala dinner and the 2nd UIPM Pierre de Coubertin Pentathlon Day.

"We were honoured to welcome our Honorary President, HSH Prince Albert II of Monaco, here in Budapest where



Two world champions are crowned in Budapest (HUN), as Volha Silkina (BLR) breaks the tape (above) and Valentin Belaud (FRA) accepts his gold medal (right) from UIPM Honorary President HSH Prince Albert II of Monaco

there was such a special atmosphere - it truly felt like the Olympic Games. Our 1st Vice President Juan Antonio Samaranch, who is also the IOC Vice President, said: 'What a great sport we are presenting to the Olympic Family.'

"I would like to thank the local organising committee and everybody from the Hungarian Modern Pentathlon Association who contributed to the success of this ambitious project.

"Combining the two championships is not easy for an organiser but the Hungarians are a special pillar in our Union and therefore we could trust them to create a Pentathlon Arena where all five disciplines of the Pentathlon can be viewed by spectators from the same seat.





A high five for Salma Abdelmaksoud and Haydy Morsy (EGY) during the Fencing Bonus Round of the Women's Relay, and action from the Riding (below)

"We had observers from Xiamen in China here, and they have seen a good presentation of our sport to use as a platform for the UIPM 2020 Pentathlon and Laser Run World Championships."

Seventeen of the 36 participants in both the men's and women's Olympic Pentathlon competition have now been confirmed, with 19 opportunities remaining. The next opportunity to qualify will be the Asia/Oceania Championships and Olympic Qualifier Championships in Whuan (CHN) in November 2019, where six more places for each gender will be at stake.

Women's Relay: Mexico strike first thanks to Arceo & Oliver

In 2018 Mexico hosted the UIPM Pentathlon World Championships in the capital Mexico City and the positive vibes seem to have been reverberating ever since.

In April Manuel Padilla (MEX) won a breakthrough gold at UIPM 2019



Pentathlon World Cup Sofia, and three months later Mariana Arceo (MEX) became Pan American champion in Lima (PER) and qualified for the Tokyo Olympics.

On September 2, Arceo (MEX) savoured that golden feeling once again as she joined Mayan Oliver in winning the

Women's Relay on day one of the UIPM Pentathlon and Laser Run World Championships.

The Mexican duo started the Laser Run third but pushed Kim Unju and Jeong Mina of Korea back and then overtook hosts Hungary, consigning Luca Barta and Kamilla Reti to silver.

Medallists' reaction

Arceo (MEX) said: "I think every discipline was fine, it was good, and I am very happy because the competition all around us was very hard and strong."

"The Pan American Games was successful for me because of the Olympic qualification, and I am very happy to be here competing at the World Championships."

Her team-mate Oliver (MEX) added: "I am really happy with the work we've done with our coaches and with my team-mates. I'm very excited."

The two Hungary teams benefited from the backing of a home crowd inside the specially constructed Pentathlon Arena at Kincsem Park.

Barta (HUN) said: "I think we are really happy. We didn't expect the silver medal and I think we gave our best today. It was incredible. It's very important that we are at home, and the crowd was very supportive in every discipline, especially the Laser Run."



Action from the Laser Run as the Women's Relay reaches a climax

Reti (HUN) added: "All our events were good today, especially Fencing. Now I'm looking forward to taking part in the Laser Run World Championships later in the week."

Swimming

The 2019 World Championships began with an incredibly intense swimming

battle in the temporary pool installed in the field of play at Kincsem Park, where nine teams scored between 300 and 304 points.

Zhang Mingyu and Gu Yewen of China managed the fastest time (2:03.07), narrowly quicker than the world junior champions, Adelina Ibatullina and



Gold medallists Marian Arceo and Mayan Oliver (MEX) celebrate their success



Women's Relay podium

Kseniia Fraltsova of Russia (2:03.19) and the Ireland duo of Kate Coleman Lenehan and Eilidh Prise (2:03.66).

Fencing

The Fencing Ranking Round was dominated by three nations, with Korea (Kim/Jeong) emerging on top with 32V/16D and another two points added in the Bonus Round.

Hungary (Barta/Reti) and Mexico (Oliver/Arceo) each managed 30V/18D, with the home team inspiring hope of a medal among the home supporters.

Riding

There was euphoria in the stands as Hungary (Barta/Reti) scored the best round of the day, an exceptional 297 points with only three time penalties conceded.

Mexico (Oliver/Arceo) also stayed in contention for the world title with an excellent 291 and Ireland (Coleman Lenehan/Prise) moved up four places

from 8th to 4th overall with 288.

Korea (Kim/Jeong) also ensured their good Fencing work would not go to waste as they scored 283 alongside the Czech Republic duo of Barbora Ciprova and Karolina Krenkova.

Laser Run

Hungary (Barta/Reti) started first but with only a 2secs advantage over Korea (Kim/Jeong), with Mexico (Oliver/Arceo) a further 11secs behind.

Mexico (Oliver/Arceo) seized the day with an excellent 12:58.23 that saw them home in first place with a 9sec margin over Hungary (Barta/Reti), while Korea (Kim/Jeong) made sure nobody could deny them bronze.

Ireland (Coleman Lenehan/Prise), who won European silver in 2018, finished 4th after holding off a strong bid by the second-string Hungary duo Sarolta Simon and Blanka Guzi, whose time of 12:54.92 was the fastest of the day.

Men's Relay: Dogue & Nobis (GER) stand up to scrutiny

The Olympic champion stood between them and gold but Germany refused to be intimidated as they stormed to victory in the Men's Relay on day two.

As well as Alexander Lesun of Russia, Alexander Nobis and Patrick Dogue (GER) were also up against Asia's top two athletes in Jung Jinhwa and Jun Woongtae of Korea, but they kept their levels high throughout all disciplines to become worthy world champions.

Korea (Jung/Jun) pulled off a superb Laser Run to win silver, while Lesun and Danil Kalimullin (RUS) stayed strong to claim bronze. Belarus (Yaraslau Radziuk & Kirill Kasyanik), France (Alexandre Henrard & Jean-Baptiste Mourcia) and Egypt (Mohanad Shaban & Ahmed Hamed) completed the top six.

Medallists' reaction

Dogue (GER) added: "In every discipline we did a good job. We won the Fencing and for us in Swimming, we had a really good time, and then we also won the Riding with a clear round.

"The Laser Run is our strongest discipline and we started in first place, so we knew we just had to keep going and it would be fine."

Nobis (GER) said: "It's always good to win a competition and when it's the World Championships, even better. We had such a good day, everything was perfect. It's always nice to compete in a Pentathlon Arena like this, it's really cool."

Silver medallist Jung (KOR) said: "The beginning was not great, but as time went by we worked together to achieve a great result and we are really happy about that. It's great to have all disciplines in one arena, and all the facilities here are very good."

His team-mate Jun (KOR) added: "Our Laser Run was really great, it's definitely our best discipline."

Bronze medallist Kalimullin (RUS) said: "I'm very happy because it's my first senior medal, I only had junior medals until now. I had a very long break because of injury and now I'm happy because it's a World Championships."

Swimming

The pace was set by Great Britain in the Swimming pool, as Myles Pillage and Oliver Murray dominated with a winning time of 1min 44.16sec.

The United States ranked 2nd with a time of 1:47.66 thanks to Amro Elgeziry and Tyler Evans, while Korea (Jung/Jun) also performed well with 1:48.29.

Fencing

Germany (Nobis/Dogue) emerged as the kings of the piste thanks to a commanding score of 25V/11D, while Russia (Lesun/Kalimullin) stayed in touch with 23V/13D and three nations managed 21 victories.



Two team-mates share a handshake during the Swimming discipline of the Men's Relay ...



... and it's a fist bump for Germany during the Fencing before Riding takes centre stage (below)



They were China (Luo Shuai & Zhang Linbin), Poland (Lukasz Gutkowski & Daniel Lawrynowicz) and Korea (Jung/Jun), but the latter suffered a 10-point penalty and ended up with just 216 points. China (Zhang/Luo) added three victories in the Bonus Round to be the last team standing.

Riding

Far from relinquishing their lead, Germany (Nobis/Dogue) only enhanced their gold-medal chances with an exceptional ride, scoring 297 out of a maximum 300.

Belarus (Radziuk/Kasyanik) managed the same score and Russia (Lesun/Kalimullin) refused to let the leaders get away, putting 294 on the board.

The overall race opened up a little as a number of contenders suffered damage to their prospects. China (Zhang/Luo) and Poland (Gutkowski/Lawrynowicz) conceded 53 and 61 penalties respectively, while USA



Rio 2016 Olympic champion Alexander Lesun (RUS) makes his way around the Laser Run course

(Elgeziry/Evans) were eliminated after Evans (USA) suffered too many refusals.

Laser Run

Germany (Nobis/Dogue) started with a 15sec lead over Russia (Lesun/

Kalimullin), with Belarus (Radziuk/Kasyanik) a further 23sec behind and Korea (Jung/Jun) lurking behind them in 4th.

Jun (KOR) made his move into the bronze-medal position at the second



A moment of joy at the finish line for Men's Relay gold medallists Alexander Nobis and Patrick Dogue (GER)



It's synchronised diving as the Swimming gets under way in the Women's Final

shoot, but Germany (Nobis/Dogue) and Lesun (RUS) held their positions without undue difficulty.

It was when Kalimullin (RUS) took over from the Olympic champion that Jung (KOR) sensed his opportunity, and he exploited the youngster's struggles at the final shoot to move past him into the silver-medal position.

One of the highlights of the Laser Run was a rapid circuit by world junior champion Mourcia (FRA), who along with Henrard (FRA) set the fastest time of 10:34. Korea (Jun/Jung) completed the course in 10:46.

Women's Final: Silkina (BLR) claims the crown

Volha Silkina became the second women's world champion in two years from Belarus in two years as she left the competition trailing at Kincsem Park.

The 24-year-old followed in the footsteps of 2018 champion Anastasiya Prokopenko (BLR), who finished 4th

and secured a share of team gold along with 17th-placed Iryna Prasiantsova (BLR).

Silkina (BLR) had been the dominant athlete for much of the day, scoring an exceptional 270 points in Fencing and enjoying a clear ride. She protected her 31sec lead in Laser Run without alarm, as the battle raged behind her.

After an epic duel with bronze medallist Kate French of Great Britain, Elena Micheli of Italy finished second to secure a silver medal that had more significance than usual.

By finishing in the top three, Micheli (ITA) and Silkina (BLR) secured qualification places for the Tokyo 2020 Olympic Games. French (GBR) already claimed her place by winning silver at the European Championships.

Behind the top four, Annika Schleu of Germany finished strongly as usual to claim 5th place and Elodie Clouvel of France completed the top six. The quest for Tokyo 2020 qualification continues for the Rio 2016 Olympic

silver medallist. Team silver went to Great Britain (French, Joanna Muir and Francesca Summers) and bronze to Germany (Schleu, Rebecca Langrehr and Janine Kohlmann).

Medallists' reaction

Silkina (BLR) said after receiving her gold medal: "I can't believe it yet, I have a lot of emotions. We will see what happens next year because we have two very strong pentathletes and we already have two qualifications for Tokyo 2020.

"In the European Championships I took the 6th place but I didn't execute my skills properly. I knew that the World Championships was my last chance to secure a place for Belarus so that we could look forward to Tokyo in an easy way."

Aged 20, Micheli (ITA) found herself on the podium at senior level only two years after winning the world junior title. She said: "It's incredible and there are no words to describe how I feel. When I left Italy I said to myself, 'This isn't your World Championships,

you are young and there will be many more.'

"I can't explain this. I just decided to concentrate on simple things and not think big. No pressure. The running track is quite hard, but I am so happy with this performance."

French (GBR) added: "I couldn't be happier. After Europeans it was quite hard to get going again so I'm so pleased that I managed to pull out another good performance."

"I will sit down with the coaches now to make plans for Tokyo but it's still not guaranteed that I will be there because we have a strong team. I will take a well-earned break now, take some time off and look forward to next season."

Swimming

Gulnaz Gubaydullina of Russia is no stranger to success in the Swimming pool but she was pushed all the way by Alice Sotero (ITA). Gubaydullina (RUS), the 2017 world champion, timed 2:07.95 with just a slim margin of victory over Sotero (ITA, 2:08.11).

It was also close for 3rd and 4th as Clouvel (FRA, 2:08.45) narrowly beat Sarolta Kovacs of Hungary (2:08.62) to the touch.

Fencing

To have one athlete at the top of the leaderboard in Fencing is a satisfying moment for any team, but Belarus had a double helping of joy as Silkina and Prasiantsova topped the standings.

Silkina (BLR) was the queen of the piste as she scored 28V/7D in the Ranking Round and took the scalp of Clouvel (FRA) in the final bout of the Bonus Round, adding two points to her overall score.

Prasiantsova (BLR) achieved 26V/9D, one more victory than Clouvel (FRA) and Kim Sunwoo of Korea. Also prominent were French (GBR) and Micheli (ITA), each of whom scored 24V/11D. Laura



Marie Oteiza (FRA) scores a point during the Fencing Bonus Round



Action from the Riding discipline (above) as Kate French (GBR) takes aim during the Laser Run



Asadauskaite of Lithuania, who was aiming for an exceptional golden treble after winning the UIPM Pentathlon World Cup Final and the European Championships, suffered an injury that prevented her from taking any further part in the competition.

Rio 2016 Olympic silver medallist Oktawia Nowacka of Poland also did not start the Riding event.

Riding

As Riding took centre stage at the heart of the Pentathlon Arena, Silkina (BLR) strengthened her prospects even further with a clear round, one of only five on the day.

Like Kovacs (HUN) and Shino Yamanaka of Japan, the overall leader only conceded time penalties, while Langrehr (GER) and Gubaydullina (RUS) were the two athletes who managed a perfect score of 300.

Clouvel (FRA) had a major scare when her horse pulled out of a jump halfway through and took out the obstacle.

After the obstacle was rebuilt, both rider and horse regained their composure but the damage was done and the Olympic silver medallist incurred 43 time penalties.

Laser Run

Silkina (BLR) started with an exceptionally large lead of 31sec, with Micheli (ITA) and Kim (KOR) separated by only 1sec and French (GBR), Prasiantsova (BLR), Kovacs (HUN), Clouvel (FRA), Gubaydullina (RUS) and Kohlmann (GER) all within 1min of the leader.

Even a less established athlete as Silkina (BLR) would have known that she only had to hold her nerve on the shooting range to secure that coveted gold medal. And that is exactly what she did, allowing herself a wave to the crowd halfway through the final lap.

As Kim (KOR) faded, more established athletes began to gain ground on Micheli (ITA), but the 20-year-old showed remarkable steel to maintain her position, especially on the final lap

after French (GBR) briefly overtook her.

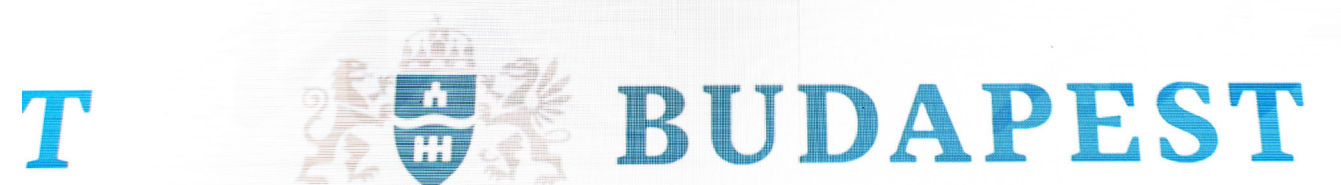
Behind them, there were some valiant bids for the podium from the likes of Prokopenko (BLR) and Schleu (GER), while Gintare Venckauskaite (LTU) and Muir (GBR) timed under 2:10 for their Laser Run, but this day was destined to be a tale of new pretenders.

Men's Final: The second coming of Belaud (FRA)

Valentin Belaud of France has had a frustrating three years since becoming world champion in 2016, but it all washed away as he crossed the line at Kincsem Park.

As Rio 2016 Olympic silver medallist Elodie Clouvel danced with joy above the finish line, her boyfriend Belaud (FRA) stood on top of the world for the second time, securing qualification for the Tokyo 2020 Olympic Games in the process.

Jun Woongtae of Korea also seized the prize of Olympic qualification as he



Women's Individual Final podium

won the bronze medal, and it would have been silver if not for the incredible finishing speed of an athlete who has truly come of age this season.

Joseph Choong of Great Britain already had his Olympic place, subject to the UIPM qualification criteria, after winning gold at the UIPM 2019 Pentathlon World Cup Final. He also finished 4th at the European Championships, and his trademark sprint was too much in the end for the impressive Jun (KOR).

Behind them, Lee Jihun (KOR) finished 4th with a team gold medal for Korea, while Robert Kasza of Hungary claimed 5th place and Rio 2016 Olympic silver medallist Pavlo Tymoshchenko of Ukraine completed the top six.

Kasza (HUN) was joined on the podium by Adam Marosi (HUN) and Bence Demeter (HUN) as the host nation celebrated team silver, and Choong (GBR) claimed bronze alongside 2018 world champion Jamie Cooke (GBR) and Tom Toolis (GBR).



Action from the Swimming pool

Medallists' reaction

Belaud (FRA) said after receiving his gold medal: "My friend told me before the Laser Run, 'you have four 800m runs and four shooting series, it's your job', and I'm so happy I did it.

"My girlfriend, Elodie Clouvel, didn't win yesterday and today I won this for

her. My third shoot was great, and I'm so grateful for the public support. In Hungary we have a great atmosphere. I'm also thankful to the French people who came here."

Silver medallist Choong (GBR) said: "If you had told me anyone would have a season like this, let alone me,



A British fencer strikes his Italian rival on the back during the Fencing Bonus Round



A capacity crowd in Budapest (HUN) watches the drama of the Riding stage

I wouldn't have believed you. I can't believe I've finished top five in every competition and won medals at the World Cup Final, the European and World Championships.

"Even though it's the end of the season I'm feeling really fit. I eased off a little in the semi-finals to be fresh for today. My second shoot was getting me down a bit, but I had enough left to claim silver."

Jun (KOR) added: "My goal was to claim the ticket for Tokyo and that's what I did, so that's why I'm so happy today. I wanted to win silver and it was a bit disappointing when [Choong] came past me at the end. I will beat him next time."

Swimming

Having already secured an Olympic qualification place with his stunning win in the UIPM 2019 Pentathlon World

Cup Final, Choong (GBR) is in the form of his life and he proved it again with a superb swim in the temporary pool within Budapest's Pentathlon Arena.

Choong (GBR) hit the wall in 1min 55.19sec, defeating his compatriot Cooke (GBR) by 0.84sec and with a big margin to the next-fastest swimmer, Marek Grycz of Czech Republic, who ducked under 2min with 1:59.81.

Fencing

An awesome performance in the Fencing Ranking Round by Lee (KOR) enabled him to take a convincing lead. His 26V/9D stood out with three more victories than his compatriot Jung Jinhwa (KOR) and Belaund (FRA), while Ilya Palazkov (BLR) scored 22V/13D.

In the Bonus Round, Vladislav Sukharev of Kazakhstan scored five victories and there were three apiece for Kasza (HUN) and Tymoshchenko (UKR).

Belaund (FRA) added two scalps and Lee (KOR) was the last man standing after adding two points to his overall score.

Riding

The standard was high in the Pentathlon Arena, at least until some of the leaders mounted their horses. It was a painful experience for the Korean athletes in first and second place, as Jung (KOR) conceded 36 penalty points and Lee (KOR) dropped 35, relegating both back into the pack.

Six riders were able to celebrate a perfect score of 300, with two others achieving a clear round. Kasza (HUN) and Demeter (HUN) stimulated the home crowd into a frenzy as they achieved the maximum score, along with Fabian Liebig of Germany, Danil Kalimullin of Russia and Pavel Tsikhanau (BLR).

Somehow, despite a nervous and

at times static performance, Belaud (FRA) also joined the 300 club, earning himself the overall lead.

Laser Run

Belaud (FRA) started ahead of Choong (GBR) but only by a 2sec margin. The two leaders had a 14sec cushion over the chasing pack consisting of Lee and Jun (KOR), Kasza and Marosi (HUN), with Justinas Kinderis of Lithuania and Palazkov (BLR) very close behind them.

Choong (GBR) immediately made up the deficit at the first visit to the range, and the top two left together – whereupon Belaud (FRA) showed his rival a clean pair of heels. He quickly stretched away from Choong (GBR) and steadily increased his lead on each 800m lap, confirming his composure with a 7sec third shoot. A cool head and steady hand at the final shoot enabled him to enjoy a victory lap on the final circuit, wrapping himself in the French flag.

The Korean men have had a quiet 2019 season, seldom featuring at the business end of UIPM competitions, but today was the day they came out of their shell and it was Jun (KOR) who best controlled his nerves with an excellent Laser Run.

He bolted past Choong (GBR) at the second shoot, then continued to extend his lead, only to find that the World Cup Final champion had not misplaced his trademark fast finish. Choong (GBR) muscled past another victim on the final bend to earn a satisfying silver.

Mixed Relay: Abdelmaksoud & Hamad (EGY) show class

They had the world champion and the female pentathlete of the year chasing them, but there was no stopping Egypt on the final day of the 2019 championships.

Wearing smiles as wide as the Danube, Salma Abdelmaksoud and Eslam Hamad (EGY) celebrated a mighty



Valentin Belaud (FRA) approaches the finish line to become world champion for the second time



Male swimmers create a splash at the start of the Mixed Relay

victory that was all the more impressive for the identity of the athletes who joined them on the podium.

Silver went to the celebrated France duo of Elodie Clouvel and Valentin Belaud. Twenty-four hours earlier, Belaud (FRA) had been crowned Men's Individual world champion for the second time and his girlfriend Clouvel (FRA) was named Female Pentathlete of the Year at the UIPM 2019 Annual Awards (see full list of winners below).

Bronze went to Belarus after good partnership work between Anastasiya Prokopenko, the 2018 world champion and Female Pentathlete of the Year, and Ilya Palazkov.

Medallists' reaction

Hamad (EGY) said: "I feel fantastic. It's my first gold medal in the Mixed Relay, I had a silver medal in 2017 in the Men's Relay with my team-mate, and today we were aiming just to be on the podium to repeat the glory we had in Egypt two years ago."

"Today was an unbelievable day – we managed to lead the competition from the beginning, which is a very new experience for me. I want to say thank you to all my supporters, my coaches, the federation and my family. I had a very good competition in the individual, with a top-eight finish, which is very good preparation for Tokyo and I hope I can keep up."

Silver medallist Clouvel (FRA) said: "I'm so happy to finish with a medal from these World Championships, and with Valentin. My partner is perfect, he's the world champion, and I'm so happy and proud of this medal."

Palazkov (BLR) added: "I can run, I was starting to catch Belaud at the second shooting, but he is so powerful. We had a really good shooting and we're happy with 3rd place. We just had fun."

Swimming

Expectations were high in the home crowd after two medal-free days for



Action from the showpiece Fencing piste on Pierre de Coubertin Pentathlon Day



It's handover time for Clouvel & Belaud (FRA) and Prokopenko & Palazkov (BLR)





Unconfined joy for new world champions Salma Abdelmaksoud and Eslam Hamad (EGY) at the finish line and the celebrations continue on the podium (right)

Hungary, and there was a strong start in the pool as Michelle Gulyas and Bence Kardos set the fastest time of 1min 54.98sec.

Russia (Gulnaz Gubaydullina and Alexander Lifanov) were next-fastest with 1:55.87 and four more teams broke the 1:58 barrier – Great Britain (Jessica Varley & Joseph Choong), Cuba (Leidis Moya & Lester Ders), United States (Heidi Hendrick & Sam Ruddock) and France (Clouvel/Belaud).

Fencing

It was on the piste that Egypt (Abdelmaksoud/Hamad) asserted themselves on the competition, scoring a remarkable 33V/7D. That gave them a hefty overall lead, even though Russia (Gubaydullina/Lifanov) added two bonus points after ending the Ranking Round with 27D/13D.



The reigning world champions, Annika Schleu and Fabian Liebig of Germany, also put themselves in overall contention with 26V/14D, while Belarus (Prokopenko/Palazkov) and China (Zhong Xiuting & Li Shuhuan) each managed 24V/16D.

Riding

The Riding event was not without drama and the hopes of Belarus (Prokopenko/Palazkov) took a dent as they dropped 27 penalty points, but that was nothing compared to the ordeal suffered on horseback by Russia (Gubaydullina/Lifanov).

The Russian duo were lying in 2nd overall until their equine calamity. First Gubaydullina (RUS) had a refusal and an obstacle penalty, and then Lifanov (RUS) had even more problems – finally they scored 230 and that was the end of their gold-medal challenge.

Egypt (Abdelmaksoud/Hamad) sensed their opportunity and took full advantage with a serene round, conceding only eight time penalties. Hamad (EGY) shook his fist in delight and the backup team celebrated vigorously in the tribute, knowing that a 41sec lead would be almost impenetrable in the Laser Run.

Laser Run

Abdelmaksoud (EGY) shot well on both visits to the range, but her running speed was sluggish compared to that of Schleu (GER), who cut into her lead significantly. But when the leader handed over to her partner, Hamad

(EGY) set off like a hare on his first lap and it looked all but certain that the gold would be heading to North Africa.

Further back, there was an intriguing battle between Belaoud (FRA) and Palazkov (BLR), eventually won by the 2016 and 2019 new world champion. The fastest time of the day was set by Belarus (Prokopenko/Palazkov, 11:06.10).

Women's Laser Run: Hungary and Egypt dominate

Host nation Hungary had the edge over Egypt on a dramatic day of women and girls' competition at the UIPM 2019 Laser Run World Championships.

With Kamilla Reti (HUN) becoming the new world champion, the home team collected six gold medals and 12 in total. Egypt dominated the junior

categories and claimed 10 medals, five of them gold.

Reti (HUN) was joined on the podium by her silver medallist team-mate Sarolta Simon (HUN), while 2019 European champion and 2018 world silver medallist Pinelopi Nika of Greece won bronze after overcoming a challenge from 4th-placed Noah Berkman of Israel.

The junior gold medal went to Blanka Guzi (HUN), a bronze medallist from the 2018 championships in Dublin (IRL), with Changhin Mukthapha of Thailand winning silver and Eva Prato Luna of Great Britain picking up bronze.

Eleven nations in total won medals across the 10 age categories, with Great Britain securing eight medals and South Africa and Germany picking up two golds each. The other nations to enjoy podium time were Belarus,



Competition is intense as a batch of Laser Run youth athletes arrive at the shooting range



It's time to embark on the second lap for these highly focused young athletes

France, Portugal and Spain. UIPM President Dr Klaus Schormann said: "It was wonderful to see the high level of performances today in the Laser Run categories for women and girls.

"It was exciting to see how quickly the young athletes sprinted to the shooting range at the start, how quickly they completed their shots and then to see the quality of their running style.

"This shows that after five years of the UIPM Laser Run World Championships, the standards improve every year and we can now see that athletes of all ages are training specifically for this discipline every week. Now we have to do everything we can to provide opportunities for them to become pentathletes.

"Many of the more senior athletes said it was unbelievable to see what the kids were doing on the shooting range. Maybe they are able to fire with more freedom, without thinking about it. The cheering from the tribune contributed to a great atmosphere and motivated the athletes to really push hard."



Blanka Guzi (HUN) on her way to winning the women's junior gold medal

Men's Laser Run: Hungary and France gather glory

Hungary completed the senior double but France gave the host nation a run for their money on day two of the championships.

Richard Bereczki (HUN) became senior men's world champion in front of his

home crowd, emulating the success of Kamilla Reti (HUN) in the women's final on day one.

Bereczki (HUN) was joined on the podium by bronze medallist teammate Tamas Bence Frohlich (HUN), while Joan Gispert of Spain won silver. But while Hungary topped the table again on day two with 12 medals

including five golds, France also had a fine day with five gold medals of their own, including the junior world title.

That was won by Kylian Perrier (FRA), who held off a strong challenge from Eduardo Oliveira of Portugal to break the tape. Csaba Bohm (HUN) claimed bronze.

In the youth categories, Egypt were typically strong and their team finished the day with six medals including three gold.

Across all age categories, Great Britain performed superbly with 11 medals including four golds, and there was one new world title each for Portugal, South Africa, Italy and Austria.

Thailand had another day of success with a silver medal, while there were also podium moments for Ukraine, Denmark, Germany and Belarus.

UIPM Executive Board Member for Development, Dr Viacheslav Malishev, said: "Today we witnessed another successful day at the UIPM Laser Run World Championships, and we saw a great deal of emotion from parents and other family members greeting their children.

"Looking at the countries that were represented on the podium, it was interesting to see how many young athletes are willing to jump from Laser Run to Modern Pentathlon – they are interested in our multi-sports like Biathlon, Triathlon and Tetrathlon.

"We saw success for traditional Pentathlon countries like France, Egypt and of course Hungary, but also we saw young athletes from Nepal, from Thailand, from South Africa.

"A lot of countries are winning medals, which is difficult to do in Pentathlon, and they can win medals in individual and team categories. It underlines that Laser Run is a very good tool for development."



Some of the youngest male athletes display their running and shooting technique



Success for Tamas Gajdos (HUN) in the Masters +60 category



The Mixed Relay is all about teamwork and nowhere is this more important than at the handover



Mixed Relay Laser Run: Gold for Olympic idol Nowacka and Gutkowski (POL)

Laser Run was designed as a stepping stone to the Olympic Modern Pentathlon and the two worlds met during the final day of the 5th UIPM Laser Run World Championships.

It was Mixed Relay day in Budapest and the Rio 2016 Olympic Games bronze medallist, Oktawia Nowacka of Poland, teamed up with Tokyo 2020 Olympic qualifier Lukasz Gutkowski to become world champions.

The Polish duo defeated the local favourites, 2019 individual champions

Kamilla Reti and Richard Berezcki of Hungary, by 5.78sec in the Senior Mixed Relay while Sondos Aboubakr and Ahmed Hamed of Egypt won the bronze medal.

There was a second gold medal of the week for Blanka Guzi (HUN) in the Junior Mixed Relay, alongside Csaba



Lukasz Gutkowski and Oktawia Nowacka (POL) blow a kiss to the camera after winning the senior Mixed Relay world title in Laser Run



More success for Blanka Guzi (HUN) alongside Csaba Bohm as they celebrate victory in the junior category

Bohm. Egypt (Amira Kandil & Mohanad Shaban) won silver and Portugal (Sara Antunes & Eduardo Oliveira) took the bronze.

"In the meantime, there are so many opportunities for people from around the world to get involved in Laser Run, thanks to the UIPM Global Laser Run City Tour."

Host nation Hungary won six medals on the final day, three golds and three silver, while Egypt managed the same total (three gold, one silver, two bronze). There were golds for Great Britain, France, South Africa and Denmark.

UIPM Executive Board Member for Development, Dr Viacheslav Malishev, said: "It was wonderful to see so much passion and determination from athletes of all ages taking part in the Mixed Relays at the 5th UIPM Laser Run World Championships here in Budapest.

"The combination of Laser Run and Pentathlon has been a great success and we are already looking forward to the UIPM 2020 Pentathlon and Laser Run World Championships in Xiamen, China.



Senior Mixed Relay podium

UIPM 2019 Annual Awards



Clockwise from left: HSH Prince Albert II of Monaco is inducted into the UIPM Hall of Fame by President Dr Klaus Schormann (right) and Vice President Juan Samaranch; Elodie Clouvel of France receives her Senior Female Athlete of the Year award; the Senior Male Athlete of the Year award goes to Joseph Choong of Great Britain (right); guests gather for a group photograph at the end of the UIPM 2019 Annual Awards Gala Dinner

Recognition for Clouvel (FRA), Choong (GBR) and HSH Prince Albert II of Monaco

Elodie Clouvel of France and Joseph Choong of Great Britain won the top prizes of Best Female and Male Athlete respectively at the UIPM 2019 Annual Awards Gala Dinner in Budapest on September 7.

Ahmed Elgendy of Egypt won the Best Junior Male Pentathlete for the second year in succession, while the Best Junior Female award went to Rebecca Langrehr of Germany.

All four of the individual athlete awards were subject to an online public vote.

There were Development Awards

for Thailand and Peru and a Best Contribution for experienced UIPM technical delegate and coach Bernhard Petruschinski (GER).

UIPM's Honorary President, HSH Prince Albert II of Monaco, was personally welcomed into the UIPM Hall of Fame a year after being officially inducted in Limassol (CYP).

UIPM 2019 ANNUAL AWARDS

BEST JUNIOR WOMAN	Rebecca Langrehr (GER)
BEST JUNIOR MAN	Ahmed Elgendy (EGY)
BEST SENIOR WOMAN	Elodie Clouvel (FRA)
BEST SENIOR MAN	Joseph Choong (GBR)
BEST COACH	Jan Bartu (CZE)
BEST MODERN PENTATHLON TEAM	Russia
BEST MIXED RELAY TEAM PERFORMANCE	Germany
BEST CONTRIBUTION TO THE SPORT	Bernhard Petruschinski (GER)
BEST OVERALL COMPETITION	UIPM 2019 Pentathlon and Laser Run World Championships, Budapest (HUN)
BEST PROMOTED COMPETITION	UIPM Pentathlon World Cup Final, Tokyo (JPN)
DEVELOPMENT AWARDS	Thailand, Peru
UIPM HALL OF FAME	HSH Prince Albert II of Monaco (MCO)

2nd Pierre de Coubertin Pentathlon Day



The Mixed Relay takes stage at the UIPM 2019 Pentathlon and Laser Run World Championships (above) on Pierre de Coubertin Pentathlon Day, as UIPM President Dr Klaus Schormann presents the Pierre de Coubertin Medal to Chloe Esposito of Australia (Kitty Chiller received on her behalf) and Honorary President HSH Prince Albert II of Monaco confers the same honour on Alexander Lesun of Russia (coach received on his behalf)

Founder of Modern Pentathlon celebrated in Budapest (HUN) ... and now it's your turn

A special ceremony took place on the podium during the UIPM 2019 Pentathlon and Laser Run World Championships to mark the 2nd Pierre de Coubertin Pentathlon Day.

This annual celebration in honour of the sport's founder was approved at the UIPM 2017 Congress in Tbilisi (GEO) and was officially inaugurated in 2018 in Mexico City (MEX).

In the presence of UIPM Honorary President HSH Prince Albert II of Monaco, Pierre de Coubertin Medals were presented to Dr Gyula Bretz, President of the Hungarian Modern Pentathlon Association, and to Rio 2016 Olympic champions Alexander Lesun (RUS) and Chloe Esposito (AUS).



The attendant dignitaries gather on the stage after the presentation of three Pierre de Coubertin Medals in Budapest (HUN)

The award for Esposito (AUS) was accepted on her behalf by Kitty Chiller, President of the Oceania Modern Pentathlon Confederation, while the prize for Lesun (RUS) was collected by XX.

Among the dignitaries on the stage was Alexandra de Navacelle Coubertin, a direct descendant of the founder of Modern Pentathlon who sits on the UIPM Pierre de Coubertin Commission and the International Olympic Committee's Commission for Culture and Olympic Heritage.

The 2nd Pentathlon Day acted as a launchpad for the #High5 campaign, which encourages people to show support for Coubertin's legacy by publishing a #High5 on social media.

Dr Gyula Bretz, President of the Hungarian Modern Pentathlon Association, receives his Pierre de Coubertin Medal from Alexandra de Navacelle Coubertin, a direct descendant of the visionary who founded Modern Pentathlon and introduced it to the world at the Stockholm 1912 Olympic Games



World Urban Games 2019



Laser Run competitors in the 1st World Urban Games in Budapest (HUN)

Laser Run showcase thrills crowds in Budapest (HUN)

Laser Run enjoyed a spectacular introduction at the 1st World Urban Games, a multi-sport festival created by the Global Association of International Sports Federations (GAISF).

UIPM's most popular development sport was one of just eight sports on the programme at Budapest's Great Market Hall (Nagyvásártételep) from September 13-15.

Many of the world's leading pentathletes, including world champions Anastasiya Prokopenko of Belarus and Valentin Belaud of France, gathered to take on Laser Run specialists in a Sprint Laser Run (4 x 400m) format.

Alongside the elite showcase on all three days there was a youth engagement programme with 840 pupils from 20 local schools (aged eight to 14) included in try-out sessions and invited on to the field of play to get a taste for UIPM's urban sporting phenomenon.

Prokopenko (BLR), Jessica Varley of Great Britain, Ilke Ozyuksel of Turkey and the Hungary duo of Kamilla Reti and Blanka Guzi emerged as the best performers on the women's side.

Ahmed Elgendy of Egypt dominated the men's individual competition, with Yaraslau Radziuk (BLR), Gergely Regos (HUN) and Tom O'Brien of Ireland also emerging with credit.

Competing one week after becoming Pentathlon world champion for the second time, Belaud (FRA) said: "It was my first experience of an Urban Games and I was really happy with the atmosphere. I think it's really nice to be able to have Laser Run and BMX, breaking and other sports together. It allows us to have a new, younger audience. It can be something great!

"The new Sprint Laser Run format changes a lot for us, because we don't train the same way because the heart is pounding much faster than for longer distances where we can use stamina; so shooting becomes much more crucial as well.

"As a pentathlete and double world champion, it is really important to



The Mixed Relay format takes centre stage during the World Urban Games Laser Run



New Modern Pentathlon world champion Valentin Belaud (FRA) takes aim

promote our sport, especially amongst younger athletes. It's true that the fact that some athletes who travel to this sort of competition, and to meet the younger ones is something great.

"To be able to speak to us, share advice with them ... I think we are doing the right thing. When I was a kid, to meet the star athletes was the reason that gave me motivation to train harder to reach a high level. So I'm happy we can help."

Varley (GBR) commented: "I absolutely love the sprint format. My speed is definitely my strength so I really enjoy it, and the shooting is so much more important in this format than when it's full distance. It's great practice and I've really enjoyed it."

Elgendy (EGY) added: "I was very happy and very proud to represent Egypt at the first edition of the World Urban Games here in Hungary. It was a nice competition and very well organised and I was so happy to win certificates after competing with the fastest Laser Runners in the world.

"I prefer the longer distance [800m] because it gives me an advantage. We don't usually train to run at this speed, but it was amazing!"

Seoul 1988 Olympic gold medallist Attila Miszer (HUN) hailed the emer-



Competition is fierce between women athletes from the start line

gence of Laser Run as a “great foundation of our sport” during the competition.

Miszer was central to the organisation of the 2019 World Urban Games in his capacity as Sports Director. He is a huge advocate of Laser Run, which is rapidly increasing participation rates in UIPM Sports and helping to increase the number of athletes who take part in Modern Pentathlon.

He said: “I think Laser Run is a great foundation for the future of our sport. As spectators here in Budapest could see, it can be organised wherever you want to – even in an office building with the shorter format.

“The targets and the pistols are absolutely secure and you can use it wherever you want to go. You can give it to

people in parks, in urban environments and even buildings. That makes a Laser Run a very strong tool to reach out to people over the coming decades.

“Laser Run enables us to showcase and promote our stars. In our era, we could not have been stars except in Hungary, which is a Pentathlon-loving nation. That’s why I think the Laser Run is an important marketing and promotional tool for us. Long live Laser Run ... and Modern Pentathlon!”

Laser Run was derived from the combined event that has become the climax of all Pentathlon and Tetrathlon competitions in recent years.

The first UIPM Laser Run World Championships took place in Perpignan (FRA) in 2015 and the UIPM Global Laser Run City Tour was introduced in 2017 to

make the sport more accessible to urban communities worldwide.

UIPM President Dr Klaus Schormann said: “What we have witnessed at this 1st World Urban Games is really a great combination of different sports, and we could see how much the athletes and spectators loved our Laser Run format.

“Officials from GAISF also enjoyed it very much. We always say that you can’t appreciate how exciting Laser Run is until you have seen it. We had international athletes and Hungarian athletes and they really enjoyed the competition, in the individual races and the Mixed Relay where there were international combinations.

“The IOC Sport Director Kit McConnell, the GAISF President Raffaele Chiulli and the World Urban Games Sport Director,

our Seoul 1988 Olympic Modern Pentathlon champion Attila Mizser, could see what we are doing in urban sport – and Laser Run truly belongs to urban sports.

“I thank to the Hungarian Modern Pentathlon Association for helping us again after the UIPM 2019 Pentathlon and Laser Run World Championships last week, and thanks to the athletes for everything they did in these days.

“This is a great presentation to the international sporting world, joining other urban sports, and we are so happy to be involved. GAISF can see that they have made a great decision. We will work hard to be included as a competition sport in the next World Urban Games in two years’ time.”

The other showcase sport on the programme was indoor rowing, while the six competition sports were BMX freestyle, roller freestyle, parkour, breaking, 3x3 basketball and flying disc freestyle.



It’s time to break away as female athletes embark on another running circuit



The leading performers are presented with their certificates

To Tokyo and beyond

Q&A with UIPM President Dr Klaus Schormann



As one of the busiest seasons in the history of UIPM Sports draws towards a close, UIPM President Dr Klaus Schormann reflects on the dramatic transformation the Modern Pentathlon movement has undergone in recent years.

A version of this Q&A article first appeared on Around The Rings.

Q: It's been quite a busy few months. How did the Pan American Championships go?

A: The Pan American Games 2019 in Lima was a great showcase for Modern Pentathlon and we were delighted to have two additional medal events this year with the Men's and Women's Relays.

Together with the Mixed Relay and the

individual events, which were Olympic qualification events, it meant we had five days of high-quality pentathlon to entertain the spectators in Lima and the huge TV and digital audience across the Americas. We saw the athletes competing very hard for the Olympic qualification places - five for women and five for men.

Q: How many athletes in total have now qualified for the Tokyo 2020 Olympics?

A: We now have 17 places for men and 17 for women confirmed, so 34 from the total of 72. All selections are subject to the UIPM Olympic qualification criteria.

A special mention goes to Lithuania and Belarus, who have already secured

the maximum two places for women, and Great Britain and France who have done the same on the men's side.

Next we have the Asia/Oceania Championships and Olympic qualification event in Wuhan, China from November 11-21, where another six automatic places for each gender will be on offer (five from Asia and one from Oceania).

Q: The first combined Laser Run and Pentathlon World Championships took place in Budapest. How does the combined format work?

A: The first-ever combined UIPM Pentathlon and Laser Run World Championships was a huge success which, if anything, actually exceeded our expectations. Already we heard

so many positive words from athletes, coaches and families, many of whom travelled to Budapest to compete together with passion and determination and great team spirit in different age groups.

Arranging both world championships simultaneously is a challenging proposition for the local organisers, but we had a lot of faith in Hungary as they have been one of the pillars of our Union for many years, hosting the Pentathlon World Championships once in every decade since 1954 (1969, 1979, 1989, 1999, 2008 and 2019).

Our flagship competition has grown considerably since the last time it was here, especially in the presentation of the venue as a Pentathlon Arena where all five disciplines can be viewed by spectators from the same seat. The Hungarian Modern Pentathlon Association organised a great World Championships for Modern Pentathlon and Laser Run in Kincsem Park.

On the weekend of September 6-8 we had not only the Laser Run and Modern Pentathlon finals but also the UIPM Annual Awards Gala Dinner (Sep 7) and the 2nd Pierre de Coubertin Pentathlon Day (Sep 8), coinciding with the Mixed Relay events. We were delighted to be joined by our Honorary President, HSH Prince Albert II of Monaco, and our 1st Vice President and IOC Vice President Juan Antonio Samaranch, both of whom remarked that the scale of this championships made it feel like we were at the Olympic Games.

Other important guests included IF Presidents Sepp Fendt (FIL), Olle Dahlin (IBU), Hassan Moustafa (IHF) and Marius Vizer (IJF), and IOC Members Pal Schmitt and Daniel Gyurta.

We were also delighted to welcome Luca Pancalli (IPC Executive Board Member), Krisztian Kulcsar (Hungary NOC President), Bram Schellekens (IOC Summer Sport Manager), International Fair Play Committee President Dr Jeno Kamuti and Secretary General Sunil



Sabharwal, PASO Secretary General Ivar Sisniega, Xiamen Vice Mayor Mrs Guirong Guo, Pierre de Coubertin Foundation President Mrs Alexandra de Navacelle Coubertin and HIRH Archduke Georges of Habsburg-Lorraine.

On the Hungarian side we were joined by NOC President Krisztian Kulcsar and three Government Ministers, Dr Tunde Szabo (Sports Minister), Dr Balaz Furjes (State Secretary of Development) and Peter Sarfalvi (State Secretary of Sport).

Q: Laser Run is fairly new, but it seems to take up quite a few dates on the UIPM calendar. Tell us about it, and why it is so popular.

A: You are right, Laser Run was born as a standalone sport only in 2015 when the 1st UIPM World Championships was held in Perpignan, France. But it has been growing rapidly ever since.

The main vehicle for the growth in popularity of this sport is the UIPM Global Laser Run City Tour (GLRCT). With almost 100 events annually across all continents, the GLRCT enables people from urban communities in cities and towns right across the world to have an entry point to UIPM Sports

that they did not previously have. Our vision is that this first experience of multi-sports will lead them on a pathway through our sports pyramid, which has the core Olympic sport of Modern Pentathlon at the top.

We are delighted that Laser Run was included as a showcase sport at the 1st World Urban Games in Budapest (September 13-15), which has helped to grow the profile of our most popular development sport even more.

Q: A few years ago you had to modernize your Olympic competition structure quite rapidly. How has this paid off? What changes do you see in future?

A: I think it is fair to say that very few sports have made such dramatic changes to the presentation and format as Modern Pentathlon has in recent years.

We already had gender balance since the 1993 World Championships in Darmstadt, Germany, where we started with the one-day format. In 1994 we changed from fire pistol to air pistol, in 2008 we created the combined run/shoot and in 2010 at the 1st Youth Olympic Games in Singapore

we introduced laser shooting. This transformed the environmental impact of our sport and made it safer and more sustainable.

In 2016 we introduced the Fencing Bonus Round with an elimination format that enables us to showcase fencing, which has been wireless since 2017. The Fencing Bonus Round and Laser Run have both become a thrilling centrepiece of every competition.

Apart from this evolution in the format, we have pushed hard to promote our Mixed Relay, which has become very popular among athletes since it was introduced at the YOG and World Championships in 2010. We are determined to achieve a reward for the athletes and nations who have helped us cultivate the Mixed Relay by adding this as a third medal event at the Paris 2024 Olympic Games.

Q: The UIPM 2020 Congress is set for China. Have you decided on a city?

A: The UIPM 2020 Congress will take place in Xiamen. This was approved

by the UIPM Executive Board during a meeting in Budapest on September 5. Xiamen is a stunning urban paradise which will be a wonderful location for our Congress, where we will support every single National Federation to ensure at least one delegate from each nation will attend. We made this pledge in 2018 when Congress approved a motion to make this a biannual instead of annual event. We are focused on 150 NFs.

Q: What are some of the issues you will be dealing with?

A: Last week the UIPM Executive Board approved the concept of a New Tetrathlon format designed for the 4th Youth Olympic Games in Dakar, Senegal in 2022. A special working group will now start work on finalising the rules of this format for approval by Congress in 2020.

There will also be a large number of applications for UIPM membership to be approved. Our development team and myself are strongly recruiting new member nations as we aim for a target

of 150 national federations linked to the UIPM Congress in November 2020 in Xiamen. I'm sure there will be many other interesting motions on the table for Congress to debate and decide. As I mentioned before, our vision is to have 150 nations represented at this Congress, making it the greatest democratic exercise in the history of our movement.

Q: Modern Pentathlon doesn't appear to have a big problem with doping. Can you explain why?

A: The most important thing to say is that we have a rigorous anti-doping system that ensures we are doing everything in our power to preserve the reputation for fair play that has always been associated with this sport, and to protect clean athletes.

Why do we have very few doping cases? I believe there are a number of reasons but the main one is that Pentathlon requires a unique set of physical and psychological skills. As Baron Pierre de Coubertin envisaged, it is a test of morality as well as athleticism, and



performance-enhancing drugs have a limited impact on a sport with such complex demands. We also have a strong culture of education within our sport, which encourages fair play.

Q: Around the Rings recently published an article by Alan Abrahamson calling for shooting to be removed from the Olympic programme in light of mass killings in the States. How do you respond to people who would like to see shooting dropped from all Olympic disciplines?

There is an essential distinction to be drawn here. In 1994 we introduced air pistols and since 2010 we have only used laser pistols, shooting laser beams in the Olympic Modern Pentathlon since London 2012 and across all our multi-sports, rather than pellets or bullets.

We made this decision not only because of the negative association of using firearms, but for environmental reasons. Laser shooting is 100% safe and causes no damage to the environment, making it more attractive to young athletes (and their parents) and also

more sustainable for organisers.

Q: There have been a lot of changes to the Olympic sport programme. What are you doing to make sure Modern Pentathlon isn't dropped from the programme?

A: I hope the answers provided above will cover much of what we are doing! Our Olympic status is essential to the survival of this wonderful and unique sport, which is the only sport created especially for the Games by Baron Pierre de Coubertin when he introduced it in Stockholm in 1912. But we are no longer looking back in time, we are always looking forward and innovating to make sure our beloved sport appeals to new generations of athletes and viewers.

We have been guided very closely by the IOC Olympic Agenda 2020 in planning and implementing the recent changes to our format and those currently in the pipeline. We see our sport as a vehicle for unity, peace, education and democracy, and we don't only want to be strong within the Olympic movement – we want the Olympic movement to be stronger as a

result of our collective efforts.

Q: Is there anything else you would like to say?

A: The goals of UIPM are to follow the IOC Olympic Agenda 2020, to respect and follow the Olympic values, to promote clean sport, to protect the legacy of Pierre de Coubertin, to cultivate the interest of present and future generations, and to be represented worldwide through our various development sport and our core Olympic sport of Modern Pentathlon.

I started as UIPM President on July 1, 1993 in London with 63 NFs, and in 2020 we will have 150. I think that our Union is growing based on innovation and modernisation with many different multi-sport combinations.

Laser Run is a new highlight and our sports are now included in many different sports festivals: the Olympic Games, Asian Games, Pan American Games, Southeast Asian Games, South American Games, World Urban Games and World Military Games. We also have a World University Modern Pentathlon Championships through FISU.

UIPM 2019 Global Laser Run City Tour



Youth athletes embark on their Laser Run in the shadow of the Olympic Stadium at Montjuïc in Barcelona (ESP)

At the double for a thousand schoolkids in Barcelona (ESP)

The Olympic city of Barcelona embraced Laser Run not once but twice in the summer of 2019, engaging more than 1,000 children in UIPM's most popular development sport.

More than 600 young athletes from 30 schools flocked to the Esportiu 'Mar Bella' complex near the beach for the first Global Laser Run City Tour, kickstarting a successful week in one of Spain's biggest cities and the capital of Catalonia.

The second GLRCT had a strong Olympic resonance as it took place at the Anella Olímpica de Montjuïc, within the sports facilities created or



redesigned on the mountainside when the city hosted the 1992 Olympic Summer Games.

This event drew 522 participants from 36 schools, confirming the mass appeal and inclusive nature of Laser

Run in all urban communities where sport is encouraged.

A spokesperson for the local organising committee said: "As a relatively small sports federation, Laser Run gives us the opportunity to organize competitions



Young athletes prepare to demonstrate their running and laser shooting skills in Singapore (SGP)

that can engage between 500 and 1,000 children – which was unthinkable until this format was created. This gives us a very strong impulse to promote our sports and draw more athletes to our sport.

"At the end of the day, the feeling of happiness comes when all the teachers send us their congratulations in relation to the event, and above all for making boys and girls participate with a desire to have fun together, despite their differing ages.

"We are thankful to all participants and coaches, to the local organising committee and to UIPM for supporting this event with positive emotions."

Elite athletes use Singapore as springboard for SEA Games

The 2019 Southeast Asian (SEA) Games in the Philippines are approaching and athletes from five nations used Singapore's third UIPM Global Laser Run City Tour on August



Podium time for some of the younger competitors in Singapore (SGP)

4 to sharpen their skills ahead of the continental multi-sport showpiece.

Hosted by the Singapore Modern Pentathlon Association (SIMPA), the

GLRCT was held in conjunction with local governmental authority ActiveSG to celebrate Singapore's 54th birthday and bicentennial year. Almost 150 athletes registered for the event after

an intensive period of promotional activity. To cater for those new to the sport, laser shooting workshops were conducted weekly leading up to race day. Many grew more interested over the weeks and reached out to SIMPA for regular shooting practice even after the event.

There were nine age categories for men and women and an elite category, which attracted attendance from athletes from Singapore, Malaysia, New Zealand, Philippines and Thailand. It was the perfect chance for local and regional athletes to prepare for the SEA Games.

SIMPA also introduced a new race category called the 'kaki run'—a mixed relay race where couples, parents and their children, siblings and friends could sign up to compete in the race as a team. This category aimed to build camaraderie within the UIPM Sports community, a theme in line with Singapore's National Day celebrations.

A spokesperson for the local organising committee said: "The event was very well received by the public and the enthusiastic supporters brought with them lots of positive vibes on the day."

"Thanks to prior experience, SIMPA was able to hold the event smoothly, and we are determined to make it bigger and better every year."

"The plan for next year is to start publicity for the event as early as January 2020 so that all participants can be better prepared and a better show can be put on come July or August."

Young athletes handle the heat in Banha (EGY)

It has been another busy year for UIPM Sports in Egypt and the city of Banha hosted its first competition as the Global Laser Run City Tour visited Egypt for the third time.

A total of 315 athletes competed in eight



A cross section of competitors in Singapore (SGP)



Target practice in Banha (EGY)

age categories from Under 9 to Senior, with a large quota of 72 participants at both Under 13 and Under 15 level.

Racing at Banha Stadium was held in the evening due to the intense morning heat in the city, which lies 50km to the north of the capital Cairo.

A spokesperson for the local organising committee said: "The organisation was so perfect, even in a new venue. The results were processed quickly and effectively and the awards ceremony was greatly appreciated by all athletes, coaches and parents."

The Egyptian Modern Pentathlon Federation will continue a busy 2019 season by hosting a Biathlon-Triathlon National Tour in the resort of Hurghada on September 27 and another GLRCT two days later.

Dedication in full supply in Abrantes and Alenquer (POR)

The UIPM Sports community in Portugal has energetically participated in Laser Run ever since the 2nd UIPM Laser Run World Championships took place in Lisbon in 2016.

The Global Laser Run City Tour continues to satisfy the appetite for UIPM's most popular development sport across the country, and the midsummer GLRCT racing in Abrantes and Alenquer enabled organisers to build on the progress of Portimao in May.

A spokesperson for the local organising committee said: "We had two stages full of many emotions, great competitiveness and very fair play. The sun was shining, a lot of public were watching and we saw more than 200 athletes, from Under 9 to Masters C, demonstrating their athletic abilities."

#PentathlonDay party in Vitebsk (BLR)

The 2nd Pierre de Coubertin Pentathlon Day was celebrated right across the UIPM Sports world, but perhaps nowhere with more vigour than in Vitebsk (BLR) on September 8.

The Belarusian Federation of Modern Pentathlon seized the moment by organizing a Global Laser Run City Tour in the heart of one of the country's most beautiful cities – attracting an incredible 500 participants.

The Vitebsk GLRCT formed part of a sports festival in a square near the Summer Amphitheatre where the "Slavyanski Bazaar in Vitebsk" International Arts Festival is held each year.

Athletes came from sports and comprehensive schools, universities and regional enterprises, with 190 coming from the "Burevestnik-73" Vitebsk School of Sports and Athletics. There was an impressive age range of six to 77.

A spokesperson for the local organising committee said: "Many veterans of physical education and sports took an active part in the Global Laser Run City Tour in Vitebsk. Their successes and love for a healthy lifestyle were noted during the awards ceremony."



Action from the Global Laser Run City Tour in Vitebsk (BLR)



greatest number of medals was won by athletes from Vitebsk. Their success demonstrated that anyone, regardless of their initial shooting skills, can climb the podium in the Laser Run competition."

Biathle-Triathle crossover achieved in Machico (POR)

Not one but three UIPM Sports were contested by international athletes on the beautiful island of Madeira (POR) this summer.

Shortly after the 2019 European Biathle-Triathle Championships, the city of Machico hosted Portugal's latest Global Laser Run City Tour, encouraging crossover between the three development sports and enabling athletes from visiting countries to enjoy a 'bonus' competition and stay on Madeira that little bit longer.

The combined approach made it a true festival of UIPM development sports, with 140 athletes from 12 countries taking part, and demonstrated the appeal of Laser Run to Biathle and Triathle athletes.

A spokesperson for the local organising committee said: "On a very sunny day we received 140 athletes from 12 different countries at Machico, Madeira island of Portugal for the UIPM 2019 Global Laser Run City Tour.

"It was a day of new experiences for some athletes because we invited the local clubs that already had some contact with Biathle and Triathle to take part in the competition. It was a moment of discovering new capacities and sharing knowledge."

Great Britain's athletes were particularly strong, but medals were also awarded to teams from countries such as Georgia, Germany, Italy, Estonia and Ukraine. Athletes took part in age categories from Under 90 to Masters 70+.

Eyes on the prize in Lome (TOG)



Female athletes test their shooting and running skills in Machico, Madeira (POR)



A group photograph in Lome (TOG)

Portugal's latest GLRCT in Machico came in the wake of events on the mainland in Portimao, Abrantes and Alenquer, with Amadora and Braga still to come.

Teens show how it's done in Lome (TOG)

As the Laser Run craze continues to spread across all continents, another African nation has embraced the urban sports phenomenon for the first time.

Togo held its first Global Laser Run City Tour in Lome on September 7, on the eve of the 2nd Pierre de Coubertin Pentathlon Day.

Heavy rain made life difficult both for organisers and participants, who came from clubs across the city to perform at the venue in the eastern suburb of Baguida.

The standard was particularly impressive in the Under 15 age group, where 13-year-olds Kodzo Gale and Ephoe Agbodji showed an excellent mastery of laser shooting.

The duo had already represented Togo

at an international competition in Ouga (BUR) from August 15-18, as had Under 17 girls Afoefa Semanou and Ruth Djago.

The event was organised by the Togolese Federation of Modern Pentathlon (FTPM), and a spokesperson said: "We are pleased with the successful organization of this first UIPM Global Laser Run City Tour.

"It has allowed us to gain tremendous lessons for future organizations, including the second Tour, scheduled for December 28, 2019."

Second time's a charm in Novosibirsk (RUS)

Laser Run may have established itself as one of the world's most popular urban sports, but when the chance comes to align to other major sporting events, the benefits are obvious.

This was underlined when the Russian city of Novosibirsk hosted its second Global Laser Run City Tour on September 7, the eve of the 2nd Pierre de Coubertin Pentathlon Day.

With the Siberian Running Festival



Athletes leave the shooting range and embark on their next lap in Novosibirsk (RUS)



A moment of triumph and teamwork in Novosibirsk (RUS)

taking place in Novosibirsk at the same time, there were more than 12,000 spectators watching UIPM's fastest-growing development sport in the city's central square.

A total of 320 athletes, professional and amateurs, came from the Russian cities of Novosibirsk, Barnaul, Tomsk and Omsk as well as from neighbouring Kazakhstan.

Sergei Nelubov, Vice Governor of Novosibirsk region, was in attendance along with Sports Minister Sergei Akhupov, who said that Laser Run had become part and parcel of the Siberian Running Festival and had conquered the hearts of athletes and spectators.

The "Race of Generations" relay, which enabled youngsters and their parents to run and shoot together, became an interesting annex to the main competition - the youngest participant was only four years old.

A spokesperson for the local organising



National team head coach Yuri Mershi talks to a journalist during the GLRCT in Lviv (UKR)

committee said: "The seeds of the success of this competition were sewn in an advertising campaign that promoted the Global Laser Run City Tour widely beforehand, and the event was extensively covered in the media.

"Thanks to the equipment support of the UIPM, the level of preparation of athletes has risen significantly, as much as the interest in this sport among youth

has grown. The Laser Run format has gained recognition in Novosibirsk and it fosters the development of Modern Pentathlon in the region."

Pentathlon links grow stronger in Lviv (UKR)

Nearly 300 athletes from seven regions flocked to Lviv in the west of Ukraine on September 15 to join one



Young athletes enjoy the running course and keep their eyes on the prize (right) in Lviv (UKR)

of the world's fastest-growing urban sports movements.

On the same day the World Urban Games was taking place 600km away in Budapest (HUN), with Laser Run on the programme as a showcase sport, 289 competitors gathered with their coaches, parents, teammates and friends for Ukraine's latest Global Laser Run City Tour. They competed in categories from Under 9 to Masters 40+ on a day of breathless activity at the SKA sports club.

The links between Modern Pentathlon and Laser Run are becoming stronger all the time, with the first combined UIPM World Championships also taking place during the same month. Yuri Mershi, head coach to Ukraine's national Modern Pentathlon team, underlined this when he addressed the audience at the opening ceremony.

He said: "Lviv has strong Pentathlon



traditions and big potential, and Laser Run has become one of the most popular competitions in Ukraine.

"I would like to say thanks to UIPM for the great support of our sport. Because of UIPM, more and more athletes can join our sport through the Laser Run competitions format."

The head of Lviv's Regional Sport and Physical Culture Department, Himiak

Roman, added: "This competition format is very modern, dynamic and fun which is very good for all ages, not only for children."

The head of the Ukrainian Military Summer Sport Centres, Senik Ruslan, recalled that Lviv had produced many famous pentathletes such as Pavel Lednev and said he hoped the next generation of athletes would become legends of Modern Pentathlon as well.

News from around the world



The New Tetrathlon format combines the UIPM development sport of Triathlon with Fencing

UIPM Executive Board approves New Tetrathlon format for Dakar 2022 Youth Olympic Games

The UIPM Executive Board (EB) has approved a New Tetrathlon concept proposed for introduction at the 2022 Youth Olympic Games in Dakar (SEN).

A comprehensive report on a series of New Tetrathlon test events was presented to the EB during a two-day meeting in Budapest (HUN), resulting in a unanimous vote of approval with one abstention.

New Tetrathlon incorporates Fencing into the existing UIPM Sport of Triathlon, which combines Swimming with Laser Run. The new format was successfully tested in Buenos Aires (ARG), Cairo (EGY), Perpignan (FRA) and Weiden (GER) over the past five months.

The EB approved the concept and agreed to appoint a new working group, which will meet frequently over the next year to develop a framework and detailed rules.

The EB will reconvene in early 2020 in Lausanne (SUI) to review an update from the working group and recommend further steps towards the final proposal, which will be presented as a motion for approval at the UIPM 2020 Congress.

The previously annual gathering is now held every two years and the UIPM 2020 Congress was awarded to Xiamen (CHN) by the Executive Board during the second day of the meeting.

UIPM President Dr Klaus Schormann said: "We had two days of very strong conversation during this Executive Board meeting, with many important decisions discussed and decided. Now

that we have Congress every two years, it's especially important to use the EB meeting as a strong democratic forum for our sporting movement.

"We discussed in detail the proposed future concept for the Dakar 2022 Youth Olympic Summer Games, which will be the first Olympic Games to be held in Africa. The new format will now be finalised by a working group which will be assembled next week.

"We also discussed development progress in all continents and provisionally approved the membership of seven new countries to our UIPM Family. Our next meeting will take place in Lausanne in early 2020 and then there will be many motions to be voted on at the UIPM 2020 Congress in Xiamen."

UIPM already has more than 120 national member federations and the

family is growing fast towards the target of 150 by the end of 2020 after seven new applications were approved by the EB today.

In Asia, the applications of provisional members Iraq and Timor Leste will go forward to be rubber-stamped by Congress, and the EB voted to approve five applications for provisional membership from African nations Chad, Eritrea, Rwanda, South Sudan and Sudan.

Apart from the award of the UIPM 2020 Congress, two competition awards were confirmed. The UIPM 2021 Pentathlon World Championships will take place in Minsk (BLR) and the UIPM 2020 Junior World Championships will take place in Drzonkow (POL).

The Executive Board meeting took place on the eve of the finals of the first-ever combined UIPM Pentathlon and Laser Run World Championships.

Clinic sets coaches in Senegal on road to Dakar 2022

The first Olympic Games to take place in Africa is expected to create of surge of interest in sport across the continent – and the UIPM Sports community will be ready to seize the moment.

Following the International Olympic Committee's historic decision to award the 2022 Youth Olympic Games to Dakar in Senegal, UIPM has already come up with a new format for the competition (see above) and now plans are being developed on the ground.

UIPM staged a coaching clinic in the YOG host city from August 24-30 for 12 aspiring coaches. This followed the Level 1 UIPM Coaching Certification Programme course that took place in 2018, and it was an entirely practical course.

The UIPM Instructor was Simon Casse (FRA), who oversaw training sessions across Laser Run, Swimming and Fencing at Dakar Stadium and on nearby beaches.

Viacheslav Malishev, UIPM Executive Board Member for Development, said: "This is a very exciting time for our sporting movement in Africa. Not only is Laser Run becoming increasingly popular across the continent thanks to the Global Laser Run City Tour, but now our National Federations can make plans for the first-ever Youth Olympic Games in the region.

"Dakar 2022 provides a wonderful opportunity to advance our development programme in Africa, but it is important that we leave no stone unturned in preparations, and that is why a special UIPM coaching clinic took place recently in the city.

"Coaches in Senegal and other African



Graduates from the UIPM coaching clinic in Dakar (SEN)

countries can be sure they will have numerous opportunities to progress and gain certification as they hone their coaching techniques under the supervision of our UIPM Instructors.”

Kohlmann (GER) and Shugarov (RUS) stand out in Olympic ranking event in Drzonkow (POL)

With 38 Tokyo 2020 Olympic qualification places still up for grabs, a high-quality field assembled in Drzonkow (POL) for the International Polish Open from September 12-15.

In the women's competition on September 14, Janine Kohlmann of Germany claimed gold and maximum Olympic ranking points with a convincing victory, winning by 29sec from silver medallist Alessandra Frezza of Italy. Local favourite Anna Maliszewska of Poland finished a further 4sec behind and picked up bronze having started the Laser Run in 8th place.

The men's entry of 38 demanded a



Fencing action from Dakar (SEN)

qualification round, and when the final came on September 15 it was similar to the women's event as one athlete stood out.

Ilya Shugarov of Russia took a large lead into the Laser Run and eased to victory with an intense battle for the medals taking place behind him. To the delight of home supporters, Sebastian

Stasiak (POL) won silver by 4sec from bronze medallist Ondrej Polivka of Czech Republic having started the Laser Run in 16th place, with Daniele Colasanti (ITA) and David Kindl (CZE) in close pursuit.

Janusz Peciak, UIPM Executive Board Member for Sport and Technical Committee Chair, said: "This was



The Women's Individual podium at the International Polish Open in Drzonkow (POL)

a very well organized competition. There were judges from Japan, Czech Republic, Italy, Russia and Poland and the most important thing was that athletes and coaches had great conditions in which to participate.

"We had athletes from 24 countries across all continents and many countries that have not been very active before in Pentathlon, like New Zealand, Belgium and Kyrgyzstan. Also Turkish athletes are getting better and better."

Clouvel & Belaud (FRA) take top prize at 2019 Kremlin Cup

What do world champions do after becoming world champion? They immediately return to competition, aiming to extend that winning feeling.

The 2019 Kremlin Cup in Moscow (RUS) on September 22 attracted four athletes who had won gold medals at the UIPM 2019 Pentathlon World Championships in Budapest (HUN) only two weeks earlier.

Men's world champion Valentin Belaud of France, who also competed in last week's World Urban Games in Budapest (HUN), returned to the top of the podium after winning gold in the Mixed Relay alongside Elodie Clouvel (FRA).

Silver went to the experienced Lithuania duo of Laura Asadauskaite and Justinas Kinderis, while Germany joined them on the podium after Annika Schleu and Marvin Dogue secured bronze.

The new women's world champion, first-time winner Volha Silkina of Belarus, had to settle for 5th place alongside Ilya Palazkov (BLR), while Mixed Relay world champion Salma Abdelmaksoud had a tough day for Egypt alongside Ahmed Elgendy, finishing 11th.

Many other stars of the 2019 season took part, including junior world



Valentin Belaud (FRA) prepares to embrace team-mate Elodie Clouvel as they claim gold



A 2019 Kremlin Cup banner sends out a welcome message to international guests during the Riding

champion Adelina Ibatullina and junior European champion Andrei Zuev of Russia, as 12 teams from 11 nations competed in the Mixed Relay format.

The ninth instalment of Russia's annual one-day Pentathlon showpiece was covered by numerous TV channels, including Match TV, Russia 24, Russia Today and Moscow 24.

A spokesperson for the local organising committee said: "It was a real sporting celebration of the top athletes from 11 nations (Belarus, Czech Republic, Egypt, France, Germany, Georgia, Hungary, Italy, Lithuania, Poland and

Russia) followed by a farewell reception where the athletes were able to relax at the end of a long season."

UIPM Vice President Aminov hails opening of Pentathlon coaching academy in Smolensk (RUS)

Aspiring Modern Pentathlon coaches have a new opportunity to further their education after the opening of a Modern Pentathlon department at the Physical Culture Academy in Smolensk, Russia.

From September 1, students from all parts of the world have been given



All smiles on the podium at the end of the 2019 Kremlin Cup in Moscow (RUS)

an opportunity to receive high-performance education on a daily basis at the Academy, which is fully equipped with a swimming pool, fencing hall, shooting range, track-and-field stadium and riding field equipped with obstacles.

The Academy is fully residential, allowing students to stay on campus all year round in line with their studies, and welcomes students from Belarus, Moldova, Ukraine, Latvia, Lithuania, Bulgaria, Kazakhstan, Kyrgyzstan and Uzbekistan interested in becoming Modern Pentathlon coaches at the highest level.

The new department is the result of three years' hard work by Viacheslav Aminov, UIPM Vice President for

Business Affairs and President of the Modern Pentathlon Federation of Russia, who said he "knew how important the educational platform is for Modern Pentathlon coaches".

VP Aminov is also working on the establishment of the newly-constructed Severny Academy in Moscow (RUS), a high-tec and interactive Modern Pentathlon museum.

He said: "It will be interactive, highly aesthetic and interesting for athletes, young athletes and their parents.

"We have collected a lot of materials from former athletes and we hope it will be a cultural legacy for many generations."

Ozyuksel (TUR) wins top award for 'contribution to Olympic values'

Ilike Ozyuksel of Turkey has been honoured with one of her country's top athlete awards.

The regular UIPM Pentathlon World Cup medallist received the Mustafa V Koc Sports Award at a glittering ceremony in Istanbul (TUR) on September 24, at the end of another prolific season on the elite Pentathlon circuit.

After winning silver at UIPM Pentathlon World Cup Szekesfehervar, her fourth Pentathlon World Cup medal, Ozyuksel finished 10th at the UIPM Pentathlon World Championships in Budapest (HUN) and ended the season ranked 14th in the world rankings.

The 22-year-old also set a new women's world record for the Laser Run component of Modern Pentathlon during the 2019 European Championships in Bath (GBR), where she timed 11min 22.69sec and gained 618 Modern Pentathlon points.

Her award was presented by two International Olympic Committee dignitaries, Executive Board Member Prof Dr Ugur Erdener (President of the Turkish Olympic Committee) and Athletes Committee Chair Kirsty Coventry.

UIPM President Dr Klaus Schormann also attended the ceremony, having contributed insights to the feature film about the athlete that was played before she received her honour.

UIPM 2019 Biathle-Triathle National Tour: A big step forward in Piliyandala (SRI)

The Biathle-Triathle National Tour moved to Asia for the fourth round of the 2019 circuit – and Sri Lanka's sporting community welcomed it with open arms.

Almost 200 athletes took part from U11 to senior, across Biathle, Triathle and even Laser Run at Central College in Piliyandala. Young people came from schools, clubs and villages from all around the country to take part.

Interest was evident with large numbers of people watching, and the success of the event was underpinned by the work of 15 volunteers from various

universities and the private sector who took on the challenge of organisation.

Nishanthe Piyasena, President of the Modern Pentathlon Federation of Sri Lanka, said: "Our next focus is to cultivate Tetrathlon among Sri Lankan athletes in order to participate in the Youth Olympics in 2022 and World University Championship in 2020 and uplift the Modern Pentathlon sport to the next level.

"We expect the Ministry of Sport, the National Olympic Committee of Sri Lanka and other well-wishers who love the multi-sport culture to assist preparing our athletes to participate in Asian Championships, World University Championships and qualification events for the next YOG in Dakar."



Ilike Ozyuksel (TUR) receives the Mustafa V Koc award for demonstrating high Olympic values



Young girls hone their skills in laser shooting and running during the Biathlon-Triathlon National Tour in Piliyandala (SRI)

Viacheslav Malishev, UIPM Executive Board Member for Development, said: "Biathlon and Triathlon are two of the pillars of UIPM's global development programme, enabling athletes to transition between running, swimming and, in the case of Triathlon, laser shooting and enhance their chance of becoming pentathletes."

"I am delighted that the UIPM Biathlon-Triathlon National Tour is up and running

again and I congratulate everybody involved in this year's event in Sri Lanka on an excellent competition that was clearly enjoyed by many people."

Twelve countries taste gold at European Masters Championships in Gyomro (HUN)

Almost 70 athletes from 17 National Federations including Egypt gathered in Gyomro, Hungary, for

the ECMP Masters Open European Championships.

The 13th running of the continental championships took place from September 19-22 and included Men's, Women's and Mixed Relay events alongside the individual categories across Pentathlon and Tetrathlon.

The overall individual winners in the Pentathlon category were both from Great Britain, Sophie Saudo and Ed



A group photograph shows the enjoyment and engagement of athletes in the Biathlon-Triathlon National Tour in Piliyandala (SRI)

Norton, while there were gold medals for Russia and Hungary (men), and Latvia and Switzerland (women).

In the Tetrathlon categories the overall individual winners were Javier Alonso of Spain and Barbara Oettinger of Germany. Gold medals also went to Ukraine, Czech Republic, Hungary, Russia and Monaco.

The competition was organised by the Gyomro-based Pentathlon and Riding Club Trion SC and supported by the Hungarian Modern Pentathlon Association (HMPA) as well as international and local members of the Masters community.

UIPM Masters Committee Chair Peter Engerisser (GER) said: "It was a wonderful, amicable gathering and the whole event was professionally supported by a team of experienced judges and Pentathlon organizers. Many thanks to the competition



Action from the Swimming pool in Gyomro (HUN)

director Gabor Molnar, technical director Tamas Varga, chief judges Tunde Szeles and Zolt Farkas and the whole LOC.

"The horses were of the finest quality, as were the 40 stands at the laser shooting range and the Fencing venue was state of the art. My thanks therefore



Action from the Riding stage of the European Masters Championships



Male and (below) female competitors demonstrate their commitment in the European Masters Championships in Gyomrő (HUN)

go to the HMPA and their President, Dr Gyula Bretz, who provided us with the shooting range as well as horses from the UIPM Pentathlon and Laser Run World Championships that took place two weeks before in Budapest."

Skin cancer and sport: The latest advice from Prof Dr Ockenfels

One of the leading medical experts in the UIPM movement has continued his campaign to raise awareness among athletes of the dangers of skin cancer.

Prof Dr Hans-Michael Ockenfels, Chair of the UIPM Doping Review Panel, gave an interview to the German newspaper Welt am Sonntag in which he issued new warnings about the threat.

Prof Ockenfels is an internationally renowned dermatologist and one of the leading authorities in skin cancer prevention and awareness in sport. About 16,000 patients are treated each year at his clinic in Germany. Skin cancer is the most common type of cancer in Central Europe today, Prof



Ockenfels said in the interview, and this is particularly dangerous to athletes who train and compete outside for many hours of the day.

Athletes are found to have an 8-10 times higher risk of developing white skin cancer and Prof Ockenfels said that despite this danger, athletes and sports clubs are not yet sufficiently aware of it. He advised to avoid the sun where possible between 11am and 4pm, especially younger athletes. He said the increase in the number of

cases was due to the changing training and competition conditions such as the relocation of winter training camps to southern climates and the increase of competitions in summer.

He said that permanent UV radiation had an effect on parts of the body such as the face or the back of the hand, where cancer most frequently develops. The concentration of cancer-inducing UVA and UVB rays, measured by the UV index, is highest at midday.

Tournament & Training Camp Invitations

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

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

COMPETITION / EVENT INVITATIONS

**South American
Senior and Junior
Championships
Buenos Aires
(ARG) OCT 7-9**

**UIPM Biathlon-
Triathlon World
Championships
St Petersburg
(USA) OCT 23-27**

**2019 Asian
Championships &
Olympic Qualifier
Wuhan (CHN)
NOV 11-21**

Medical and Anti-Doping Corner

WADA PUBLISHES 2019 LIST OF PROHIBITED SUBSTANCES

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

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

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

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

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



Inside UIPM: Monthly activities of President Dr Schormann



The UIPM Executive Board meets in the New York Palace Hotel in Budapest (HUN)

04.09.-09.09.2019, Budapest, HUN

UIPM President Dr Klaus Schormann fulfilled a wide variety of prestigious engagements during the first-ever combined UIPM Pentathlon and Laser Run World Championships.

The week began with a two-day UIPM Executive Board Meeting at the historic New York Palace Hotel (September 4-5), chaired by the UIPM President.

The Executive Board approved a new tetrathlon concept proposed for introduction at the Youth Olympic Games Dakar 2022 and awarded a number of UIPM competitions and events. Xiamen (CHN) was chosen to host the UIPM 2020 Congress while



Members of the UIPM Executive Board gather for a photograph during their two-day meeting



UIPM President Dr Klaus Schormann and Hungary's Sports Minister Dr Tunde Szabo speak at the UIPM World Championships opening ceremony



the UIPM 2021 Pentathlon World Championships will take place in Minsk (Belarus) and the UIPM 2020 Junior World Championships will take place in Drzonkow (Poland).

UIPM's family of member federations

continued to grow after seven new nations - Iraq, Timor Leste, Chad, Eritrea, Rwanda, South Sudan and Sudan - had their applications approved.

On September 5, President Dr Schormann spoke at the official opening

ceremony of the championships at Kincsem Park, along with Hungarian Sports Minister Dr Tunde Szabo and Dr Gyula Bretz, President of the Hungarian Modern Pentathlon Association.

On September 7, in the company of



IOC and UIPM Vice-President Juan Antonio Samaranch meets the Hungarian President in the presence of HSH Prince Albert II of Monaco



Mr Samaranch, HSH Prince Albert II of Monaco and Dr Schormann during their meeting with HEM Janos Ader

HSH Prince Albert II of Monaco (UIPM Honorary President, IOC Member and Head of State) and the IOC and UIPM Vice President Juan Antonio Samaranch, President Dr Schormann had an audience with HEM János Áder, President of the Republic of Hungary, in the Presidential Palace.

They discussed issues of sporting politics and International Federation activities in Hungary. President Áder underlined the strong wish of Budapest to present another Olympic bid for 2032.

During his stay in Budapest, the UIPM President also met with Sports Minister Dr Szabo to discuss future close cooperation linked to UIPM Pentathlon World Cup Budapest, which is set to become an annual event from 2020. They also looked ahead to the 100-year anniversary of Modern Pentathlon in Hungary in 2027.

Dr Schormann accompanied UIPM's Honorary President in attendance at the



UIPM President Dr Klaus Schormann is personally greeted by Hungary's President, HEM Janos Ader

UIPM Pentathlon and Laser Run World Championships on September 7-8, and on the evening of September 7 His Serene Highness was personally inducted into the UIPM Hall of Fame at the UIPM 2019 Annual Awards Gala Dinner.

HSH Prince Albert had been inducted during the UIPM 2018 Congress in Limassol (CYP), but he accepted his UIPM Hall of Fame plaque in person in Budapest (HUN) and made a touching speech about his lifetime involvement in sport and his passion for Modern Pentathlon.

On September 8, the 2nd Pierre de Coubertin Pentathlon Day was celebrated with a special ceremony at Kincsem Park.

The UIPM President addressed spectators with a short speech about the precious legacy of Coubertin, who founded Modern Pentathlon and introduced it to the Olympic Games in Stockholm in 1912.

A speech was also delivered by Alexandra de Navacelle Coubertin, a direct descendant of the founder of Modern Pentathlon who sits on the UIPM Pierre de Coubertin Commission and the International Olympic Committee's Commission for Culture and Olympic Heritage.

In the presence of UIPM Honorary President Prince Albert II of Monaco, Pierre de Coubertin Medals were presented to Dr Gyula Bretz (HUN) and to the Rio 2016 Olympic champions, Chloe Esposito of Australia and Alexander Lesun (RUS).

On September 9, the UIPM Business Affairs Committee, chaired by Martin Dawe, and the Medical Committee, chaired by Dr Natalja Ofitserova, met in Budapest - and there was also a special gathering of the ad hoc commission "Future Presentation of Modern Pentathlon", which the UIPM President chaired. A working group will continue to discuss this important subject early in 2020.



A VIP group photograph at Kincsem Park in Budapest (HUN) during the UIPM World Championships



Left to right: UIPM President Dr Klaus Schormann, Honorary President HSH Prince Albert II of Monaco and Vice President Joel Bouzou enjoy watching the action at Kincsem Park





Dr Schormann presents certificates to leading performers in Laser Run at the World Urban Games

13.09.-15.09.2019, Budapest, HUN

UIPM President Dr Klaus Schormann visited the 1st World Urban Games, where Laser Run was on the programme as a showcase sport.

President Schormann had meetings during the competition with GAISF President Raffaele Chiulli, IOC Sport Director Kit McConnell and Yumilka Ruiz, Cuba's two-time Olympic volleyball champion and a member of the IOC Sport and Active Society Commission and former member of the IOC Athletes Commission.

Other VIPs who observed the competition included Paris 2024 Olympic Games Sports Director Jean-Philippe Gatien and World Urban Games CEO Attila Miszer. Numerous high-profile UIPM pentathletes took part alongside Laser Run specialists.



IOC Sports Director Kit McConnell (far left) and UIPM President Dr Klaus Schormann (far right) join some of the top performers at the finish line



16.09.2019, Frankfurt-am-Main, GER

In his capacity as an Executive Board Member of the German Olympic Academy, the UIPM President took part in discussions about a Youth Olympic Games camp in Lausanne (SUI), the Olympic Games Tokyo 2020, seminars in the Olympic Academy in Olympia (GRE) and how to enlarge the annual Olympic Day through National Federation activities.

24.09.2019 Istanbul, TUR

The UIPM President was a guest at the 2019 Mustafa V Koc Sports Award, where Turkey's most prestigious award was presented to the pentathlete Ilke Ozyuksel (TUR).

The award was presented by Caroline N Koc, Member of the Board of Directors of Koc Holdings, Turkey's largest industrial conglomerate.

President Dr Schormann was invited onto the stage along with two IOC dignitaries, Vice President Prof Dr Ugur Erdener (President of the Turkish Olympic Committee) and Athletes Committee Chair Kirsty Coventry.

The UIPM President also contributed insights to the feature film about Turkey's leading pentathlete that was played before she received her honour.

27.09.-30.09.2019, Doha, QAT

UIPM President Dr Klaus Schormann visited the first IAAF World Athletics Championships to be held in Qatar.

He took the opportunity to brief IOC Members about actions of UIPM relating to the worldwide development of Modern Pentathlon and spoke about the future presentation of the sport at Youth Olympic Games 2022 Dakar and the Olympic Summer Games Paris 2024.

With international colleagues he also discussed general preparations for Tokyo 2020, focusing on preparations for hot and humid weather conditions.



Dr Schormann with fellow members of the German Olympic Academy Executive Board



Dr Schormann on the stage in Istanbul (TUR) with Caroline N Koc, Ilke Ozyuksel, Kirsty Coventry and Dr Ugur Erdener



The UIPM President in Doha (QAT) with IAAF President Lord Sebastian Coe and Olympic Council of Asia President Sheikh Ahmad Al-Fahad Al-Sabah



New Balance
World Rankings

The PWR is updated live on www.pentathlon.org after each competition. PWR as at September 30, 2019:

MEN			
RANK	NATION	NAME	POINTS
1	GBR	Joseph CHOONG	210
2	FRA	Valentin PRADES	176
3	GER	Marvin DOGUE	172
4	FRA	Valentin BELAUD	168
5	UKR	Pavlo TYMOSHCHENKO	167
6	GER	Patrick DOGUE	164
7	GBR	Jamie COOKE	162
8	CHI	Esteban BUSTOS	157
9	EGY	Ahmed ELGENDY	151
10	LTU	Justinas KINDERIS	151
11	KOR	JUN Woongtae	151
12	RUS	Alexander LESUN	145
13	CZE	Jan KUF	145
14	HUN	Adam MAROSI	136
15	CZE	Martin VLACH	135
16	GER	Fabian LIEBIG	135
17	CHN	LI Shuhuan	129
18	HUN	Bence DEMETER	128
19	CHN	ZHANG Linbin	128
20	EGY	Eslam HAMAD	127

WOMEN			
RANK	NATION	NAME	POINTS
1	LTU	Laura ASADAUSKAITE	195
2	GBR	Kate FRENCH	186
3	FRA	Elodie CLOUVEL	183
4	GER	Annika SCHLEU	179
5	BLR	Volha SILKINA	172
6	ITA	Elena MICHELI	170
7	RUS	Gulnaz GUBAYDULLINA	164
8	LTU	Gintare VENCKAUSKAITE	161
9	RUS	Uliana BATASHOVA	158
10	FRA	Marie OTEIZA	156
11	HUN	Sarolta KOVACS	152
12	BLR	Iryna PRASIANTSOVA	150
13	BLR	Anastasiya PROKOPENKO	150
14	TUR	Ilke OZYUKSEL	146
15	MEX	Mariana ARCEO	145
16	HUN	Tamara ALEKSZEJEV	144
17	GBR	Joanna MUIR	142
18	KOR	KIM Sunwoo	142
19	RUS	Anna BURIK	137
20	IRL	Natalya COYLE	134

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

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27 Feb-3 Mar	Pentathlon World Cup Cairo EGY	27-30 Jun	UIPM 2019 Pentathlon World Cup Final Tokyo, JPN
10-14 Apr	Pentathlon World Cup Sofia BUL		
02-06 May	Pentathlon World Cup Szekesfehervar HUN	02-08 Sept	UIPM 2019 Pentathlon World Championships Budapest, HUN
21-26 May	Pentathlon World Cup Prague CZE		

HOW TO GET NEWS EDITS AND HIGHLIGHTS?
Contact: media@pentathlon.org



UIPM
BIATHLE/TRIATHLE
World Championships
Saint Petersburg, Florida, USA 2019
24-27.10.19



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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