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DE PENTATHLON MODERNE



**World Pentathlon
Newsletter**

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UIPM 2022 PENTATHLON JUNIOR WORLD CHAMPIONSHIPS



Rebecca Castaudi (FRA) celebrates retaining her title of women's champion at the UIPM 2022 Pentathlon Junior World Championships in Zielona Gora (POL)



UIPM 2022 Pentathlon Junior World Championships



Double champion Castaudi (FRA) enjoys repeats success alongside Koleszar (HUN)

Rebecca Castaudi of France and Mihaly Koleszar of Hungary are the new Under 22 world champions after exceptional performances at the UIPM 2022 Pentathlon Junior World Championships in Zielona Gora (POL).

Castaudi (FRA) retained the individual crown she won in 2021 having already won the Women's Relay, while Koleszar (HUN) enjoyed his first global success - each of their countries finished the competition at the top of the medal table with two golds apiece, Hungary edging it with two silvers and a bronze compared

to France's silver and two bronze.

UIPM President Dr Klaus Schormann: "I think everyone who followed this competition can say we have great, great junior athletes and a big hope for the future.

"I wish all of them the best, and some of them may be targeting the Olympic Games Paris 2024 but 100% we are focusing on Los Angeles 2028 and wishing that they can still fulfil their dream to have an Olympic sport in the future.

"Here in Drzonkow, in the city of Zielona Gora, we have a traditional centre for Modern Pentathlon since the first

Junior World Championships here in 1976. Congratulations to the organisers, under the leadership of Polish Olympic champion Janusz Peciak, our EB Member for Sport, and his whole team who have again arranged a wonderful competition."

WOMEN'S RELAY

France enjoyed the opening day of the Championships with success in the Women's Relay.

Rebecca Castaudi (FRA), who will be aiming to defend her individual junior world title later in the week, teamed up with Jessye Gomesse (FRA) to secure the gold medal with a 10sec cushion.

Host nation Poland celebrated silver thanks to Adrianna Kapala and Malgorzata Karbownik, while Italy duo Elisa Sala and Teresa Gioia completed the podium, with Tully Watt and Zara Temesi of Australia finishing 4th.

Castaudi (FRA) said: "We had a very positive start today, we were confident and most importantly very well trained because we were lucky to have various training camps in recent months.

"We have a cohesive and great team, for sure it helped a lot for us to gain advantage against other competitors today."

Asked if she had ambitions in respect of the Paris 2024 Olympic Games, taking place in her home country, the reigning junior world champion said: "We push senior athletes going to Paris 2024. We believe in them and support them. For the two girls going to Paris it matters that we are behind them."

Gomesse (FRA) added: "It's the strength

of having a collective behind. We won today, but this medal is for all the team here, all the French national team, coaches, it's an 'individual medal' but for all of us."

Sisters Charlotte Ahaus and Viktoria Ahaus of United States, competing in unison for the first time at world level, enjoyed spectacular success in the Fencing discipline.

The Americans were untouchable in the Fencing Ranking Round, scoring 29 victories for a 254-point bounty that they topped up to 258 with victory in the final bout of the Bonus Round. Their nearest adversaries were some distance behind, as France (Gomesse/Castaudi) and Australia (Watt/Temesi) each managed 22 victories.

There was plenty for local spectators to cheer when the action moved to the Riding arena, as Pola Wolska and Michalina Wierzba (POL) became the only duo to notch a clear round and the maximum score of 300.

France (Gomesse/Castaudi) remained very much in the hunt with only eight points conceded, while Italy (Sala/Gioia) and Australia (Watt/Temesi) stayed in touch with scores of 286 and 285 respectively. But the Riding round was an unforgiving experience for the Fencing champions, as USA (Ahaus/Ahaus) conceded 65 penalties and slipped back to 4th overall.

The top three in the overall standings remained neck and neck during Swimming, as France (Gomesse/Castaudi), Australia (Watt/Temesi) and Italy (Sala/Gioia) were 6th, 7th and 5th fastest in the pool respectively.

The top swimmers were from the host nation, as Kapala & Karbownik (POL) timed 2min 05.95sec.

France (Gomesse/Castaudi) started with a 4sec advantage over Australia (Watt/Temesi), with Italy (Sala/Gioia) only 2sec further behind, and the leaders controlled the race well to secure gold.





"smooth" success in the Men's Relay.

Matous Tuma (CZE) and Filip Houska (CZE) combined to great effect to end the day with a 16sec victory over silver medallists Paulius Vagnorius and Titas Purnas of Lithuania, crossing the finish line in convincing style.

The bronze medal was won by Juan Ochoa and Andres Fernandez of Guatemala, who held off a brave challenge by Great Britain duo Sam Cobb and Guy Anderson.

Houska (CZE) said: "Everything was quite smooth. We started with the best Fencing, it was amazing, but then we were a little bit scared of the Riding."

Tuma (CZE) added: "But we drew good horses, and we managed to jump over all the obstacles, and then in Swimming we did what we know we can. In Laser Run we kicked home and performed a good shooting, and that was the key."

Houska (CZE) added: "I had such a big

The big movers of the Laser Run were Poland (Kapala/Karbownik), whose time of 14min 14sec was 10sec quicker than the champions' 14:24 and enabled them to snatch silver with a 7sec margin over Italy (Sala/Gioia).

The second string of Poland (Wolska /

Wierzbna) and Italy (Giorgia Agazotti and Agnese Petricca) finished 5th and 6th respectively, with United States (Ahaus/Ahaus) achieving 7th.

MEN'S RELAY

The standard was set by Czech Republic on the second day as they enjoyed a

advantage over the others because of Matous' amazing run and shoot, so I could control it and even slow down on the last lap, so it was very comfortable.

"We would like to thank all our coaches, and we would like to keep Riding and change the rules, because Riding is amazing and we don't want to have any obstacle racing."

With 14 competing nations, only two rotations were needed in the Fencing Ranking Round and Czech Republic (Tuma/Houska) made sure they all counted with a top score of 19V/7D. They also added the four points available in the Bonus Round.

With 16V/10D, two teams immediately put themselves into podium contention – Lithuania (Vagnorius/Purnas) and Guatemala (Ochoa/Fernandez).

After the turbulence of the Women's Relay 24 hours earlier, the scene was remarkably serene during the Riding element of the Men's Relay, and four nations performed immaculately to obtain a score of 300. Clear rounds



enabled Czech Republic (Tuma/Houska) and Lithuania (Vagnorius/Purnas) to protect their positions, while Emilien Maire and Pierre Dupuy of France and Maciej Klimiek and Michal Jablonski of Poland also took the maximum points.

Finally there came a discipline that proved challenging for Czech Republic (Tuma/Houska), and it was Guatemala (Ochoa/Fernandez) who best took

advantage with an excellent swim of 1min 51.80sec to move 9pts closer to the overall leaders, who in turn stretched their lead over Lithuania (Vagnorius/Purnas) by 9pts.

France (Maire/Dupuy) impressed with a 1:53.68, with Federico Alessandro and Giorgio Micheli of Italy third-fastest (1:54.21).





With a 28sec starting cushion over Guatemala (Ochoa/Fernandez), it was always going to take a major incident to deprive Czech Republic (Tuma/Houska) of the world title, and they duly completed the circuit without alarm to earn the gold medal.

Lithuania (Vagnorius/Puronas) showed impressive conviction to turn bronze into silver, finally finishing 10sec ahead of Guatemala (Ochoa/Fernandez).

The fastest time of 12min 13sec was set by Omar Mohamed and Youssef Alyan of Egypt, with two teams timing 12:24 – Great Britain (Cobb/Anderson) and France (Maire/Dupuy).

WOMEN'S FINAL

Castaudi (FRA) retained her Women's Individual crown with another remarkable comeback in Laser Run, overcoming a big deficit exactly as she did when winning her first title aged 20 last year in Alexandria (EGY).

In the end, she enjoyed a 6sec margin of victory over silver medallist Rita Erdos (HUN), with Elzbieta Adomaityte of Lithuania holding on to bronze after an outstanding Fencing performance.

Hungary won team gold in the Women's Final after silver medallist Erdos (HUN) was backed up by Blanka Bauer (HUN) and Noemi Eszes (HUN).

Adomaityte (LTU) had already left the rest of the field playing catch-up after an excellent 25V/10D in the Fencing Ranking Round, and she added the four available points in the Bonus Round after defeating Martina Armanazqui of Argentina in the final bout.

Armanazqui (ARG) and Anna Waltermann of Germany each scored 21V/14D and added two bonus points, while defending champion Castaudi (FRA) stayed in contention with 19V/16D.

A serene Riding round saw nine athletes achieve a perfect score of 300 and

only one of the 18 finalists eliminated. Castaudi (FRA) was one of those to enjoy a clear round, along with Erdos (HUN) and Armanazqui (ARG), while Adomaityte (LTU) and Waltermann (GER) knocked over just one obstacle each to score 293.

Hana Shibata of Japan proved to be in a class of her own in the pool, with an exceptional time of 2min 13.22sec for a haul of 284 points, 10 more than next-fastest Bauer (HUN, 2:18.25).

Armanazqui (ARG) was next in the standings with 2:19.85 and that took her to the top of the leaderboard, two points ahead of Adomaityte (LTU) with Shibata (JPN) in third and Castaudi (FRA) more than half a minute off the lead.

Although faced with a 32sec deficit, Castaudi (FRA) was entitled to feel confident having erased a 49sec handicap to win gold in 2021 (when the running element of Laser Run was 4 x 800m, now 5 x 600m).

As expected, the champion soon advanced on the leaders, along with Erdos (HUN), who finished 4th last year. Armanazqui (ARG) gradually faded and by the halfway point it was only Adomaityte (LTU) who stood between Castaudi (FRA) and another gold. At the third visit to the shooting range, she grasped her chance and sprinted clear.

Behind her, also picking off her rivals one by one, Erdos (HUN) also delivered a powerful Laser Run to finish only 6sec behind Castaudi (FRA), who recorded the day's best time of 11min 20.19sec.

In the end the gap between silver and bronze was tighter, with Adomaityte (LTU) aiming to go one better than last year and finally crossing 3sec behind Erdos (HUN).

The top six was completed by Lucie Hlavackova of Czech Republic in 4th, Sharon Tal of Israel in 5th and Emma Whitaker of Great Britain in 6th.

Gold medallist Castaudi (FRA) said: "It

was all in my head. I trained a lot with my coaches and I'm very happy, it's thanks to them and the job they did.

"I was really stressed during the qualification, and my Fencing wasn't great, but overall I'm happy with all of my competition."

MEN'S FINAL

Koleszar (HUN) capped off the final 'Super Saturday' of a compelling Modern Pentathlon season with a brilliant victory over pre-competition favourite Mohamed Elgendy of Egypt, the senior world silver medallist. Bronze medallist Leo Bories (FRA) added another medal for his team.

Egypt dominated the Men's Final to win gold thanks to Elgendy (EGY), Moutaz Mohamed (EGY) and Omar Mohamed (EGY) all finishing in the top 10.

Radoslav Stoychev of Bulgaria starred in the Fencing Ranking Round, scoring 26V/8D, three more victories than the totals achieved by Koleszar (HUN),

Elgendy (EGY), Bories (FRA) and Titas Puronas (LTU).

Elgendy (EGY) made the most of his chance in the Bonus Round, winning the last two bouts for four additional points, while team-mates Moutaz and Omar Mohamed (EGY) added six and eight points respectively.

As in the Women's Final, most of the male athletes' dreams remained intact in the Riding arena, with the exception of two France team-mates whose medal quest came to an end.

Among the nine athletes who achieved a perfect score of 300 were Puronas (LTU) and Koleszar (HUN), who moved to within six points overall of Stoychev (BUL) as he dropped nine points.

So high was the standard that Elgendy (EGY) also slipped back somewhat with a 288, due mostly to a 10sec penalty for not patting the horse, which would prove crucial in the end, and Bories (FRA) with a 286.



The importance of being able to compete strongly in all five disciplines was underlined by the experience of Stoychev (BUL), who tumbled down the leaderboard with the slowest Swimming performance.

At the other end of the standings, Mathis Rochat (FRA) and Omar Mohamed (EGY) both ducked under 2:01, while a 2:04 for Koleszar (HUN) enabled him to move into the overall lead.

Koleszar (HUN) started with a 7sec lead over Yuriy Kovalchuk of Ukraine but the most important statistic was the 20sec that separated him and Elgendy (EGY), who emulated his Olympic medallist brother Ahmed by winning silver at the top level at the UIPM 2022 Pentathlon World Championships in Alexandria (EGY) in July.

While Elgendy (EGY) quickly moved up from 5th to 2nd, the leader seemed unruffled by the threat and continued to shoot with remarkable composure. Every time his rival made up ground in the run, Koleszar (HUN) retained control

with a brilliant shoot and his final Laser Run time of 10:28.24 finally proved to be a winning time, despite Elgendy (EGY) timing 10:12.23.

In the final analysis, a needless error in Riding cost Elgendy (EGY) gold, but all the medallists were more than worthy of the podium, and Bories (FRA) was dogged in his pursuit of bronze. Kovalchuk (UKR) and Purnas (LTU) finished 4th and 5th respectively, with Bence Viczian (HUN) completing the top six.

Gold medallist Koleszar (HUN) said: "To be honest, I didn't expect to win this morning, I just focused on performing in every single part of the competition as good as I could. It happened, and that's just the end of it.

"I try to shoot well, I can say I'm a pretty good shooter and sometimes it's like that and sometimes not.

"It's always amazing to compete with such great athletes from all around the world – I can't compare it to anything.

"I really love horse riding, and I feel really sorry for the next generation who are going to grow up without horse riding in Pentathlon. It's not going to be the same and I think all athletes have to try it at least once in their lifetime."

MIXED RELAY

Emma Whitaker and Charles Brown delivered a highly consistent Mixed Relay performance to seal a worthy gold medal for Great Britain on the final day of the UIPM 2022 Pentathlon Junior World Championships.

Rita Erdos and Bence Viczian held off a host of challengers to claim silver for Hungary, who performed strongly all week. In a ferocious fight for the final spot on the podium it was Lithuania duo Elzbieta Adomaityte and Titas Purnas who came out on top, giving Adomaityte (LTU) her second medal in two days after she had claimed individual bronze on Super Saturday.

Egypt's talented tandem of Amira Kandil and Youssef Alyan were 4th with Brazilian duo Mercela Mello and Matheus Nobre close behind in 5th and home favourite



Ewa Pydyszewska and Maciej Klimek finishing 6th for host nation Poland.

Third in Fencing, a perfect score in Riding, second-fastest in Swimming, Great Britain (Whitaker/Brown) put the seal on a terrific team effort with a hard-running display in the Laser Run. It was Great Britain's first medal of the week and ensured that gold would be shared among five nations across a memorable week.

In total, 23 nations took part in the annual Under 22 showpiece competition with all six Modern Pentathlon Confederations (Africa, Asia, Europe, NORCECA, Oceania and South America) represented.

Egypt's relay prowess has been a hallmark of competitions at all levels in recent years and Kandil (EGY) and Alyan (EGY) wasted little time in racing to the front of the talented field. They combined for 22 victories in the Fencing Ranking Round with Lithuania (Adomaityte/Purnas) closely behind alongside Great Britain (Whitaker/Brown) on 21 victories.

While Lithuania (Adomaityte/Purnas) were among four nations to add four points in the Fencing Bonus Round it was the Czech Republic who dominated with Lucie Hlavackova and Matej Lukes adding eight points to their tally.

There was plenty of drama as action moved to the Riding discipline. At the top of the leaderboard there were very valuable perfect scores for three contenders with Guatemala (Isabela Pondaven/Jairo Ramos), Great Britain (Whitaker/Brown) and Germany (Cicelle Leh/Christoph Lemken) all achieving the maximum. Two teams - Ireland (Isobel Radford Dodd & Ben Makin) and Estonia (Johanna Maria Jogisu & Carl Robert Kallaste) suffered elimination.

One of those eliminated teams quickly shook off their disappointment as Ireland (Radford Dodd/Makin) combined for the only sub-2min time as they swam a 1:58.90.

Behind them, Great Britain (Whitaker /



Brown) took a major stride towards the podium with a time of 2:00.02. Brazil's duo of Mello and Nobre were third-fastest with Germany (Leh/Lemken) and Hungary (Erdos/Viczian) keeping the overall leaders within their sights.

While Whitaker and Brown (GBR) enjoyed a healthy 23sec lead over their closest rivals, only 5sec separated the nations ranked 2nd to 5th, ensuring the Laser Run would be a must-watch culmination of what has been a brilliant championships.

Whitaker (GBR) set off at a great pace but a 31sec shoot opened the door slightly to her rivals. Erdos (HUN) was in sharp-shooting form and shaved almost 15sec off the lead.

Whitaker's hard running kept the field at a bay and a much improved second shoot ensured Brown (GBR) retained a healthy lead at the handover. Behind her, Pydyszewska (POL) put in a tremendous performance to lift the host nation into medal contention at the changeover.

As the men reached the range for the final time, Brown (GBR) held his nerve while Purnas (LTU) helped put pressure

on Viczian with Alyan (EGY) striving to bring Egypt back into contention.

Brown (GBR) never looked back as he kicked for home and was met by teammate Whitaker as he crossed the line for gold. Viczian (HUN) held firm for silver while Purnas (LTU) held on for bronze.

Gold medallist Whitaker (GBR) said: "Personally, my first shoot was a little bit sketchy. I just ran hard and gave the handover to Charlie with a little bit of a lead. He went into it with a good pace and he nailed it. So I was quietly confident.

"It's nice to end on a high. We both had a good individual performance which we were pleased with, but no medals, so it was nice to take a medal home."

Brown (GBR) added: "Because of our strong ride, it gave us a big advantage which was quite comfortable to have but the standard of Laser Run here is insane, so you don't know what could happen if you have a bad shoot or a bad run, but it just went to plan."

New Pentathlon Discipline



Feedback reveals 88% satisfaction with Test Events

The pioneers of Obstacle Discipline, which promises to transform the Modern Pentathlon after the Paris 2024 Olympic Games, have given the concept a ringing endorsement.

Feedback from pentathletes who participated in four Obstacle Discipline Test Events run by the Union Internationale de Pentathlon Moderne (UIPM) around the world in 2022 revealed a satisfaction rate of almost 90%.

The Test Events formed part of the New Pentathlon Discipline process, launched

in response to the International Olympic Committee (IOC) decision to withhold Modern Pentathlon's place on the Los Angeles 2028 Olympic programme until UIPM could make a compelling case for its inclusion.

ATHLETE REACTION

A majority of around 200 of the Test Event participants were from the Junior (Under 22) and Youth (U19/U17) age groups, but many of the world's leading senior pentathletes have now declared personal support for the future direction of Modern Pentathlon after Paris 2024.

UIPM President Dr Klaus Schormann and Secretary General Shiny Fang were joined on October 25 by a panel of

athletes who have won senior medals at Olympic and world level for a press conference at UIPM Headquarters in Monaco.

Each of the athletes spoke in support of a statement released last week by the UIPM Athletes Committee that called on all pentathletes to embrace the opportunity presented by Obstacle Discipline and show a unity of purpose behind the slogan #OurFuture.

Elodie Clouvel OLY of France, Rio 2016 Olympic silver medallist and UIPM 2022 Pentathlon World Cup Final winner, took time out of training for her home Olympics at Paris 2024 to talk about the future direction of Modern Pentathlon.

Clouvel (FRA) said: "I am firmly convinced that for the common good, Modern Pentathlon today needs to continue to evolve and keep up with the times.

"Saying that we have to keep horse riding, as I have heard from people resistant to change, is a very selfish choice because it would cut us off from the very essence of our creator, Pierre de Coubertin, who created the [modern] Olympic Games and not the Ancient Games!"

Ahmed Elgendy OLY of Egypt, Tokyo 2020 Olympic silver medallist and Buenos Aires 2018 Youth Olympic gold medallist, added: "We need to believe in the future of our sport, so I support the new movement of the game because Modern Pentathlon deserves to remain as an Olympic sport."

Jinhwa Jung OLY of Korea, the 2017 world champion who finished 4th in the Tokyo 2020 Olympics, said: "We need to be positive and embrace change – it's all about our future."

Tamara Vega OLY of Mexico, a UIPM 2022 Pentathlon World Cup gold medallist who was Pan American champion in 2017, said: "I love this sport because it changed my life and now Pentathlon is changing its own life. The future of Pentathlon depends on this radical change and I support the long life of this sport and the future of the new generations that are behind me."

UIPM Athletes Committee Chair, **Yasser Hefny OLY**, added: "Having attended all four Test Events, I can tell you that this new discipline is going to change our sport forever. For athletes, it is an exciting new challenge that will make the sport more accessible around the world. For fans, especially young fans, it will make the sport a lot more appealing. For the Olympic Games, this will attract a whole new audience and add value to the Games.

"As athletes in Modern Pentathlon, we are always evolving and always adapting. The change from Riding to Obstacle

Discipline is the biggest transition ever – but I firmly believe that we need to embrace it and move forward to give future generations a chance to enjoy the same opportunities we have had. This is why we launched a new movement on social media last Friday, entitled #OurFuture."

The UIPM Athletes Committee wrote to the President of the World Olympians Association (WOA), **Joel Bouzou OLY**, also UIPM Vice President and a former world champion pentathlete.

Mr Bouzou wrote in response: "For sure I am a lover of Riding, but above all I am a lover of Pentathlon and this move is correct for the sport, which will evolve like all sports I know which are in the Olympic programme.

"With the new accessibility and cost reduction made by the change, Modern Pentathlon will give itself the possibility not only to remain a reference in building the most complete athlete.





- 88% of pentathletes were satisfied or very satisfied with the overall Test Event experience
- 82% of pentathletes were satisfied or very satisfied with the enjoyment of the competition
- 55% of pentathletes were satisfied or very satisfied with the level of technical difficulty
- 74% of pentathletes were satisfied or very satisfied with the physical demands of the course
- 67% of pentathletes were satisfied or very satisfied with the excitement of the head-to-head format
- 72% of pentathletes were satisfied or very satisfied with the attractiveness of Obstacle design to global audiences and youth.

PRESIDENT'S REACTION

UIPM President Dr Klaus Schormann said: "On behalf of the UIPM Executive Board I congratulate and thank everybody who was involved in this testing process that is so critical to the future direction of Modern Pentathlon.

"The feedback from participants provides us with essential data to inform next steps in the New 5th Discipline process. Not only is the overall satisfaction score very high – proving what we could see with our own eyes from the joy and excitement of athletes in all four test events – but we also have a lot of constructive feedback.

"Clearly there is room for improvement in the way the obstacle courses are set up, and the New 5th Discipline Working Group will closely study the feedback and make recommendations to the Executive Board so that we can plan carefully for the integration of Obstacle Discipline into Modern Pentathlon starting from the 2023 season, with a full implementation after 2024.

"We can say without fear of contradiction that Obstacle Discipline has caught the imagination of our global community, and it has the potential to transform our historic multi-sport into a far

Pentathletes will also become role models in numbers, which was the wish of Pierre de Coubertin and is also the aim of WOA."

TESTING PHASE FEEDBACK

After a rigorous consultation process, Obstacle Discipline was selected for testing in May 2022 as the preferred replacement for Riding, which has been one of the five Modern Pentathlon disciplines since its introduction as an Olympic sport in 1912.

The four test events took place between

June and October in Ankara (TUR), Manila (PHI), Lignano Sabbiadoro (ITA) and Zielona Gora (POL), giving almost 300 pentathletes and 100 obstacle athletes the chance to train and race on four bespoke obstacle courses.

More than 50 Junior and Youth participants spoke positively about their experience in informal interviews. And now, official questionnaires completed by the pentathletes who took part – ranging in age category from Under 17 to senior – revealed the following results:

more popular, accessible and exciting spectator sport that adds value to the Olympic Games and inspires young people in every country around the world."

UIPM CONGRESS UPDATE

Motions proposed by the UIPM Executive Board and National Federations will be put before the 72nd UIPM Congress on November 12/13 to determine the next steps as UIPM moves towards finalising a proposal for LA28 to present to the IOC Programme Commission.

Among other things, key motions on the agenda will concern:

- The amendment of UIPM Statutes to include Obstacle Discipline
- The integration of Obstacle Discipline at Junior and Youth levels in 2023
- New term limits for office-bearers to improve UIPM governance standards.

UIPM Secretary General Shiny Fang said: "The testing phase of Obstacle Discipline has been very successful and provides our global community with a sound basis for decision-making at this year's UIPM Congress, as we continue our journey back to LA28.

"We will continue to provide National Federations with as much information as possible so that they can exercise their democratic right to influence how we proceed. Debate is essential but I believe we all want the same thing: for Modern Pentathlon to not only survive but thrive within the Olympic movement."

Test Event IV: Juniors give Obstacle Discipline thumbs-up

New Pentathlon Discipline Test Event IV was held on October 7/8 in Zielona Gora (POL), where almost 100 athletes competed on a bespoke indoor course at the WOSiR Drzonkow training centre.

The two-day event, which was attended by 76 pentathletes drawn mainly from the Under 22 teams competing in the UIPM 2022 Pentathlon Junior World Championships at the same venue.

More than 20 pentathletes and two obstacle specialists were interviewed about their experience immediately after participating. The response was overwhelmingly positive with many athletes providing balanced and constructive feedback.

The most extensive interview was given by **Yaroslava Poner (KAZ)**, who said: "Today we participated in the 5th New Discipline competitions and, having already tried obstacle racing, this was much harder than previous courses. We had to work hard on it.

"I hope that in the future when the discipline will be added officially, people will start to train for this seriously and we will be able to pass it without injuries, fast



and easily.

"I won the test event ... to be honest, I have mixed feelings because this is a very new type of activity for us. Luckily for me, I was very fast to adapt and adjust to it. The only difficulty is that the stress from exercises is accumulated on hand load and coordination."

"Generally speaking, this sport is very much improved and it will fit any country that is able to provide athletes with such equipment and constructions."

PENTATHLETE REACTION

"It's definitely a new experience – it's tough, it's hard the first time we are trying it. But it's fun and enjoyable, and hopefully we get used to it."

– **Zeina Amer (EGY)**

"I'm a French pentathlete and today I tested the new discipline scheduled for the LA28 Olympic Games. I think it is attractive, pretty fun. I really love horse riding but I think it is a good new formula to bring more people to our sport and for media attractiveness. I

think it's a good discipline, it was really nice to do it with Finals because there is a lot more adrenaline. There was a good atmosphere and it was fun." – **Louison Cazaly (FRA)**

"I always liked this type of obstacle race like Ninja Warrior because I was watching them on TV and I always wanted to perform in this type of race. I'm really excited about this race because I competed in Lignano and I had the silver, and I became more and more experienced and I start to enjoy this new format. I'm really proud of my bronze medal." – **Milan Csak (HUN)**

"I really enjoyed this course. It's really challenging but that's what I like about it." – **Isabela Pondaven (GUA)**

"I think it's very good for Pentathlon to have this kind of sport. It's a little bit complicated because we don't have this kind of agility in our sport, so I think we need more practice to really be strong. But it's a lot of fun and it's very good to have this competition with all the

athletes." – **Jessye Gomesse (FRA)**

"I think it's fun and challenging. The OCR format is better, I think, but I tried this and it's going OK." – **Zsombor Mohl (HUN)**

"We think this new discipline is really good and fun, but also hard. I'm really sad that we quit Riding, but I think this new discipline is also really good. Post-competition, I think it was really hard and I also have to improve in this new discipline. But I'm looking forward to doing it." – **Orsolya Varga (HUN)**

"I tried this for the first time and it was really hard, and I think I need more muscle for this – the wall was really hard! But we did it, and we are really happy because of it. I really enjoyed the race and I'm happy that I came 1st. I raced against my team-mate who was in 3rd position on the first day, so I was really surprised that I could beat her. But we both enjoyed it and it was like a play for us – I'm really glad that we could try it." – **Laura Walthier (HUN)**



"I really enjoyed this competition but I would prefer horse riding. I could get used to this event, too. It was quite hard but I think with a lot of practice, we could get used to it. But I hope we can keep horse riding in Pentathlon." – **Dorottya Tatar (HUN)**

"It was tough, but after a few times it gets so exciting and you just feel the adrenaline and energy rushing through you. After the first few times it's really exciting to get everything right. Thank you!" – **Alida van der Merwe (RSA)**

"I thought it was very cool, although without special preparations and training it is very difficult to pass the course. Especially for athletes with short height. But emotions are running high!" – **Kristina Ryabova (KAZ)**

"I really enjoyed the new discipline. Everything is very good. Thank you to UIPM and Modern Pentathlon for giving us the chance to try it out today and test the new discipline." – **Tomas Lima (ARG)**

"I've just done obstacle course racing and it's really good fun, a different challenge – just different and really good." – **Sam Cobb (GBR)**

"I just tried the new discipline and I think it's very fun. I need to improve more – good luck!" – **Karlos Hernandez (ESP)**

"The race was fine – it was my first

time. It's getting harder and harder on the track. In the end, the wall was quite hard." – **Fehér Bogdan Holeczy (HUN)**

"Obstacle Discipline is very fun – a new experience. We had a lot of fun on these obstacles. It's a good change." – **Maciej Klimek (POL)**

"I think it's good for the future of Modern Pentathlon and I hope this will be the new discipline. I won the obstacle race in Drzonkow and I'm feeling amazing. I think obstacle is a really good choice to change the five disciplines in Modern Pentathlon." – **Adam Pierzchala (POL)**

"Obstacle racing is, for me, 100 per cent better than horses. What can I say more? It's just better." – **Borys Sawasciuk (POL)**

"This is the new discipline in Modern Pentathlon and I think it's very good because you can do this anywhere. Outside, if it's good weather, or inside. Underground, maybe, in summer. But horse riding is a very good discipline and I miss it very much." – **Jan Sikora (POL)**

"I won the silver medal and I feel very good, it's amazing. It's a very good competition. To do this workout, we must have lots of power." – **Pawel Miluch (POL)**

"I just competed in the obstacle test event and it was a really good experience. I'm pleased to have got silver and looking

forward to doing a bit more." – **Toby Price (GBR)**

OBSTACLE SPECIALIST REACTION

"It was very great to have the second place in this competition and I would be very happy if it would be part of the [Modern Pentathlon] competition." – **Vitali Orichowski (POL)**

"I really enjoyed the course, it was fantastic and I really enjoyed the experience. It was fun to be part of this historical moment." – **Grzegorz Niecko (POL)**

HOW IT WORKED

The obstacle arrangement in Zielona Gora (POL) closely resembled the sequences made popular worldwide by the SASUKE/Ninja Warrior TV phenomenon, as the course was constructed in collaboration with the rights holder, Tokyo Broadcasting System Television (TBS).

The course was comprised of the following eight obstacles:

- Sonic steps
- Double swing
- Tilting ladders
- Floating steps
- Globe grasper
- Single cat grab
- Ring toss
- Warped wall

Many of the current U22 generation will be maturing into senior pentathletes during the Los Angeles 2028 cycle – when a new-look Modern Pentathlon will be introduced to the Olympic Games, pending approval by the International Olympic Committee (IOC).

Both days of the Test Event consisted of a demonstration and warm-up led by obstacle specialists, followed by a free training session and then a competition, after which all athletes, coaches and observers were invited to provide official feedback.

UIPM REACTION

UIPM President Dr Klaus Schormann

said: "The juniors showed after only an hour of training what they could do and how they could compete on the obstacle course.

"We have had four tests – in Ankara for senior athletes, in Manila for nations from Asia and Oceania, and now in Italy and Poland – and everyone who has observed the test events has seen how much the athletes enjoyed the experience. They wanted to repeat and achieve a better time.

"It is clear for us that this is the way forward for the future.

"We can create a great integration of Obstacle Discipline with the other four disciplines, to open the door worldwide to all of our Member Federations and other nations that don't currently have the resources to develop full pentathletes.

"We want to have a fully accessible multi-sport for the Olympic Games, and

we are quite happy that we could test Obstacle Discipline for all age levels and performance levels.

"Now we can analyse the results together with our stakeholders to create a proposal for the IOC to get the green light from the IOC, adding excitement and accessibility and bringing new generations of youth audience to the Olympic Games."



Continental Modern Pentathlon Championships

2022 Pan American Championships: Oliver (MEX) and Hernandez (MEX) step up on road to Paris 2024

Modern Pentathlon's first steps on the road to Paris 2024 have been taken on the other side of the Atlantic.

The recent 2022 Pan American Championships in Resende (BRA) became the first competition to have a direct impact on qualification for the next Olympic Games.

The Pan American Championships offered 30 qualification spots for next year's Pan Am Games in Santiago (CHI), which will be an official qualification event for Paris 2024.

At the front of the queue of potential qualifiers is Mexico, after Mayan Oliver (ranked 19 in the world) and Emiliano Hernandez (ranked 40) took home the individual titles.

The Senior Women's Final was a tight affair but Oliver (MEX) finally ruined the party for the host nation as Marcela Mello and Isabela Abreu of Brazil joined her on the podium with silver and bronze respectively.

Hernandez (MEX) led home a strong field in the Senior Men's Final, a model of consistency across all disciplines as he kept clear of Vicente Lima of Argentina, who took silver, with bronze going to Manuel Padilla (MEX).

For good measure, Mexico also took the Senior Mixed Relay honours with Oliver (MEX) and Padilla (MEX) teaming up to impressive effect to finish clear of Ecuador (Marcela Cuaspuud & Andres Torres) in second and Argentina (Camila Fuenzalida & Vicente Lima) in third.

Athletes from almost 20 nations from





for a Riding seminar to also help those athletes who hadn't qualified for the final so they could also complete the test. In total, 19 athletes took the test with 16 of them passing. There was significant appreciation from the athletes and the coaches at the work put into organizing this added opportunity.

NORCECA Confederation President, Rob Stull OLY, said: "The 2022 Pan American Championships, organized under the guidance of Pan American Confederation President Jorge Salas by Brazilian National Federation President Celso Sasaqui and his team of staff and volunteers, were a tremendous success.

"Athletes from nearly 20 nations competed for qualification to the 2023 Pan American Games. The level of competition, venues and hospitality created great memories for the athletes of the Americas. Special thanks to the UIPM Technical Delegates Anna Ruth Orellana and Rui Lucena who worked tirelessly with the LOC to be sure the competition was of the highest standard in all areas. Obrigado Brazil!"

The 2023 Pan American Games take place from October 20 to November 5.

across North, South and Central America took part and there were plenty of medals to savour for other nations, particularly in the Junior competitions where the strength in depth across the region was clear.

Mayran Oliver (MEX) took Junior Women's gold ahead of Paula Franco of Guatemala, who claimed silver and bronze medallist Martina Armanazqui (ARG). Three other nations occupied the podium in the Junior Men's event with home favourite Matheus Nobre (BRA) taking gold, Albert Rivas silver for

Venezuela and Quinn Schulz of Canada securing bronze.

Cuba also made their mark on the medal table as they took bronze in the Senior Men's Relay.

With the Pan Am Games requiring all qualified athletes to complete an additional Riding test, those competing in Resende (BRA) were given the opportunity to take the test there.

The Riding Director, Fabiano da Silva, and the local organising committee arranged

UIPM 2022 Biathle-Triathle World Championships



Serapinaite (LTU) and Beisenbayev (KAZ) lead gold rush

The island oasis of Madeira reverberated with competition and camaraderie as the UIPM 2022 Biathle-Triathle Laser Run World Championships came to a close on October 30.

For four days, the coastal city of Machico had been a hive of athletic endeavour and community engagement as a record number of participants from all generations competed to be crowned the best in the world in Biathle and Triathle.

Almost 650 athletes representing 31 countries took to the streets, sands and Atlantic waters of Machico (POR) with some incredible performances from reigning champions and new talents emerging to top the podium.

With fans tuning in to watch the action live on UIPM.TV, the UIPM 2022 Biathle-Triathle World Championships proved another major success for Portugal, a month after it hosted an equally

memorable UIPM 2022 Laser Run World Championships in the capital city, Lisbon.

Biathle and its younger sibling Triathle are now firmly established as cornerstones of the UIPM development programme. They have proved a huge success both as an entry point to UIPM sports and as a training vessel for the running, swimming and shooting elements of Pentathlon in real race conditions.

The action in Machico (POR) continued with a UIPM Global Laser Run City Tour rounding off a festival of sport on October 31.

MEDALLISTS' REACTION

Under 15 Girls Triathle champion Simone Van Der Merwe (RSA) said: "It feels amazing. It feels amazing to win the gold medal again. I wouldn't have done it without God. I felt like I was in the better heat so I felt confident. I caught up nice."

U15 Boys Triathle champion Aly Aboelfetouh (EGY) said: "It feels good to be back on the podium. It's felt good to

be back in Portugal this week. It's been a very interesting competition with really good athletes. We all worked hard in a thrilling competition. I wouldn't say I'm a superstar, I'm an athlete trying my best. I want to thank my group and my team, especially my mom."

U11 Girls Triathle champion Reno Suzuki (JPN) said: "I was just thinking about being world champion. That was it. I am so happy."

Women's Masters 60+ Triathle champion Lynette Fischer (RSA) said: "I am very grateful to my lord and saviour for giving me the ability to run still at this age and to participate and mix with so many people who I have known for years – we meet at the World Champs every year. Even though we only see each other once a year we have become friends and I appreciate them. Without them we wouldn't have the competition. All the young ones, they get to know you and cheer you on and it's really inspiring. They lift you, it makes it so much fun."

Men's Masters 50+ Triathle champion

Emanuele Gambini (ITA) said: "I am very happy about this race because this competition is very difficult. I shot very well and swam very well and ran too. I'm very happy. I cried when I crossed the line, it was a release of tension. In Lisbon a few weeks ago, my shooting was terrible and I told my President that this would be my last competition. But now... I don't know!"

PODIUM SUMMARY

The battle for medal supremacy was an all-African affair as South Africa and Egypt shone across almost all age grades. In the end it was South Africa who came out on top with a remarkable 26 golds across the four days.

Egypt were not far behind with 22 golds, while Great Britain managed an impressive 16. In all, 13 countries across three continents topped the podium with many more finding room on the medal table, including Thailand who claimed a memorable bronze.



Ayan Beisenbayev of Kazakhstan doubled up in impressive fashion as he took gold in both the Senior Men's category in Biathlon and Triathlon with Alexandre Dallenbach of Switzerland claiming silver in both.

In the Senior Women's events Ieva Serapinaite of Lithuania lived up to her status as a top-six ranked pentathlete as

she claimed an impressive gold in Triathlon, while in Biathlon it was Lea Fernandez of France who prevented a Lithuanian double as Aurelija Tamasauskaite (LTU) took silver in both disciplines. Tokyo 2020 Olympian Mariana Arceo of Mexico claimed double bronze.

One of the highlights of the youth competitions came in the Girls'



U11 Triathlon where Reno Suzuki of Japan broke the Egypt-South Africa stranglehold on gold. There were also gold medals for Germany, Czech Republic, Portugal, Greece, Austria, Latvia and Spain.

UIPM AND PARTNER REACTION

UIPM President Dr Klaus Schormann said: "We have once again seen the very best of UIPM sports here in the beautiful environment of Machico. It was so pleasing to see a record number of athletes coming from across the world to gather together, compete and enjoy the spirit and the power of sport."

"The weather was excellent, with great conditions for high-quality and exciting racing for athletes of all ages, and the atmosphere was great. We could see how athletes from different countries started to build friendships."

"To see different continents represented on the podium, with athletes from Asia, Africa, Europe and the Americas winning medals, we have once again seen the popularity and power of Biathlon-Triathlon."

"My thanks go to the Portuguese Modern Pentathlon Federation, who have put on such a wonderful event. A special thanks to President Joao Pereira de Almeida, who I have known for 50 years. Manuel Borroso and his team presented an excellent organisation following the UIPM Laser Run World Championships in Lisbon few weeks ago. We had super support from the city government and the Mayor of Machico, Ricardo Franco."



UIPM Executive Board Member for Development, Dr Viacheslav Malishev, said: "We witnessed four fantastic days in this festival of sports. There have been a number of very pleasing signs of the continued growth and development of UIPM Sports. We welcomed new nations such as Saudi Arabia, Kuwait and Iran this week and we also saw an athlete from Thailand on the podium."

"In the beginning of its existence, Biathlon was the discipline that drew so many new fans and athletes, but what we are

seeing now is that Triathle is becoming more and more popular and we are almost reaching a perfect balance between the two, which will only continue to fuel their growth.”

Dr Joao Pereira de Almeida, President of the Portuguese Modern Pentathlon Federation (FPPM), added: “This has been a period of huge opportunity for the Portuguese federation and we are so glad that we have been able to organise a successful UIPM 2022 Biathle-Triathle World Championships.

“Just last month we hosted a record-breaking UIPM 2022 Laser Run World Championships in Lisbon, so to be able to follow up with a wonderful week on the beautiful island of Madeira was another wonderful opportunity.

“We again hope that the entire global sporting community see the pictures and see that Portugal is happy to organise competitions for the UIPM Sports family.”



News from around the world

Athletes invited to register as UIPM launches Athlete Centred Programme (ACP)

UIPM’s digital educational ecosystem is complete with today’s launch of the Athletes Centred Programme (ACP).

The goal of the latest addition to UIPM’s online platform is to support the global UIPM Sports athlete community and provide them with a space where all athlete-related resources and opportunities can be easily found. Athletes who register will find informative and engaging content on the platform.

Athletes are now invited to register for the ACP, which sits alongside the Coaches Certification Programme (CCP) and Judges Certification Programme (JCP) and is based on the following pillars:

1. Athletes Zone, with fresh information about athletes of the past, athlete of the year awards and athlete success stories away from the field of play.
2. Educational and career opportunities.
3. Resources to support athletes with dual careers including downloadable tools created specifically for




- pentathletes, like planners, checklists and cheat sheets and guidelines.
4. A fun quiz to test Modern Pentathlon knowledge.
5. Pentathlete-tailored educational series of videos and courses.
6. Athletes’ essentials and pathways for athletes to become coaches and judges.

Downloadable digital tools to help athletes to balance training and non-training routines are included:

- Day Balance Sheet
- Weekly Training Planner for Pentathletes
- Pentathlon Bag Checklist
- My Year Review
- Values Checklist
- 100 Goals for Success
- Daily Self-Reflection Tool
- Soft and Hard Skills Review
- Mid-year Pentathlon Performance Review

By the end of 2022, Pentathlete CV Templates and Guidelines for CV Writing





Based on goals examples create your own GOALS MAP by setting 2-3 goals in each area. Think what goal can you set up to say: "yes, my value [name of the value] is fully realized in this area?"

GOALS MAP

FAMILY GOALS

PERSONAL GOALS

MODERN PENTATHLON AND ATHLETIC CAREER GOALS

FINANCIAL GOALS

ART GOALS


TRAVEL & ADVENTURE GOALS

OTHER GOALS

HEALTHY LIFESTYLE GOALS

SPIRITUAL GOALS

Keep the goals with you (on your phone notes, in your sport diary, at your working desk), come back to the on a regular basis and renew each 6-12 months.



will be added to the athlete library. All materials are available in (.doc) and (.pdf) formats that athletes can use digitally as well as print and added to a notepad or sports diary.

A video series 'After the finish line: Planning ahead with Pentathlon', consisting of eight initial episodes, features former pentathletes who continue to serve Modern Pentathlon at international and national levels: coaches, judges and officials.

Each episode charts the career path taken in professional sport by different interviewees. Every Thursday a new

video will be available at the platform. An interactive quiz after each episode helps athletes to check their knowledge and gain UIPM badges. This series kickstarts a new era of UIPM original courses and webinars for athletes.

The platform's Opportunities section offers athletes scholarships, internships, educational programmes, courses and sessions as well as other activities from UIPM and partners, the IOC and Athlete365 Career+, World Olympians Association (WOA) and other Olympic and international sport organizations.

The ACP platform and all resources are

free of charge. Registration is simple and, like the Judges and Coaches areas, is available on <https://edu.uipmworld.org>. The ACP section will appear automatically for athletes who already have a Coach or Judge account on the educational platform.

Through the ACP, UIPM maintains its commitment to athletes by creating and developing valuable and effective content and programmes and always listening to athletes' suggestions to make them ever more pentathlete-tailored.

UIPM Athletes Committee Chair, Yasser Hefny OLY, said: "I encourage all our athletes to register on the Athletes Centred Platform, an essential tool to enable them to discover educational opportunities and make the best out of the templates and models created to help them manage their academic careers besides doing the sport they love."

UIPM Athletes Committee Member, Natalya Coyle OLY, added: "The Athlete Centred Platform is a brilliant initiative. I know that, at the beginning of my career, I needed help planning, organising and understanding the balancing act that is the Modern Pentathlon. For those at the end of their athletic career, getting advice on CVs and the next steps is a welcome resource. I'm delighted there is something available for all levels of athletes."

Any member of the community who has suggestions, ideas or recommendations for ACP development is welcome to contact the UIPM Project Manager at projects@pentathlon.org.

UIPM signs agreement with ANOCA to stimulate sports development across Africa

UIPM has signed a Memorandum of Understanding with the Association of National Olympic Committees of Africa (ANOCA) designed to stimulate the development of UIPM Sports across Africa.

The agreement was signed by UIPM President Dr Klaus Schormann and his

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ANOCA counterpart, Mustapha Berraf, in front of Secretary General Ahmed Abu Elgasim and 54 ANOCA member nations during its General Assembly in Seoul (KOR).

Through the MoU, ANOCA agrees to provide knowledge of UIPM Sports including Modern Pentathlon, equipment, technical support and training possibilities to all African countries.

The ANOCA General Assembly was attended by Dr Thomas Bach, President of the International Olympic Committee.

It's here: E-Laser Run Version 2.0

UIPM continues to improve its first esports product with the release of E-Laser Run version 2.0.

E-Laser Run is an original creation from UIPM that combines running and shooting in a fast-paced and dynamic race including two rounds of laser pistol shooting.

The evolution of the new version is based on feedback gathered from the gaming community and includes a general game play enhancement.

The new update is available for immediate download on mobile and tablets via the Google Play and Apple App Stores.

Google Play - shorturl.at/dKNX2

App Store - shorturl.at/efgw8

Subsequent versions will be released in due course.





UIPM CCP: Sixteen coaches embark on coaching journey in Accra (GHA)





An introduction to UIPM's Coaches Certification Programme (CCP) enabled 16 male and female Modern Pentathlon coaches from across Africa to gain their first qualification.

The latest Level 1 CCP course took place in Accra (GHA) from October 17-21, coordinated by UIPM Level 3 coach and Chair of the UIPM Athletes Committee, Yasser Hefny OLY (GHA).

The intake came from Burkina Faso, Ghana, Mali and Togo, four of the many African nations focusing on UIPM Sports development ahead of the Dakar 2026 Youth Olympic Games, the first Olympic Games to be held in Africa.

Yasser Hefny OLY said: "We had a very successful UIPM Level 1 coaching







course in Accra, Ghana. I can assure you that this is a profound and meaningful step toward Africa's development.

"I was amazed at the intellectual and educational level of the participating group and, most importantly, the great desire to pass on the knowledge when

they get back to their homelands and set long-term plans to be able to participate in major competitions, as well as take part in hosting events.

"I thank the UIPM for their trust and for relying on me to teach this course. I also strongly advise repeating this model

regularly in developing countries, with a follow-up strategy to monitor the progress."

UIPM Coaches Committee Chairman Christian Roudaut said: "It was very encouraging to hear about the success of the Level 1 course in Ghana,



which enabled 16 coaches to gain a qualification through expert tuition and to refine their coaching techniques in Modern Pentathlon.

"I would like to thank Yasser and everybody involved in this successful introductory course, and we are all looking forward to Dakar 2026 and to the ongoing development of our sporting movement across Africa and around the world."

Like all CCP courses, coaches will earn their Level 1 qualification when they conclude the syllabus by completing e-learning courses covering anti-doping and harassment prevention.

For more information on the CCP please visit the UIPM Educational Platform.

UIPM JCP: New qualification for 25 officials in Kaunas (LTU)

Twenty-four members of the Modern Pentathlon community in Lithuania – and one from Ukraine – earned a

qualification during a recent UIPM Judges Certification Programme (JCP).

The course in Kaunas (LTU) accommodated all levels of technical official and was attended by several world-leading athletes alongside a new generation of community members starting out on their officiating journey.

Coordinated by Andrea Dell'Amore (ITA), UIPM JCP Educator and Technical Committee Member, the course took place from October 19-23 and was held in conjunction with the Baltic Cup held on October 22 and 23.

Nine women were among the intake, including current world No.6 Ieva Serapinaite (LTU) and two-time Olympian Gintare Venckauskaite OLY (LTU).

The course was also attended by two-time Olympic medallist Andrejus Zadneprovskis OLY (LTU), a member of the UIPM Executive Board, and former world champion Justinas Kinderis OLY, now Secretary General of the Lithuanian Modern Pentathlon Federation.

Justinas Kinderis OLY said: "Here in Lithuania we have a clear goal to host more international competitions, starting with the European Championships (U19/U17) in 2023, and it is very important that we offer a high standard of judging as part of the hosting package.

"The JCP course was very informative for our community and we look forward to practising what we learned in future competitions."

UIPM Technical Committee Chairman, Janusz Peciak OLY, added: "UIPM continues its constant effort to maintain a high level of judge education so that all competitions can be officiated with the highest possible standards.

"Organisers need to be equipped to adapt to rule changes, as you can see from the new Modern Pentathlon format designed for the Paris 2024 Olympic Games, which is now embedded in our sport. I am delighted that 25 members of our community in Lithuania and Ukraine have added or upgraded their certification."



Inside UIPM

UIPM Secretary General Shiny Fang's message

Reflecting on IOC priorities for Olympism and the fight against discrimination

In November 2021 during the International Federations (IF) Forum, the International Olympic Committee (IOC) shared and underlined a set of updated values and priorities for all IFs, which set the tone for a series of innovations in our sports including the New Pentathlon Discipline.

One year later, as we approach UIPM 2022 Congress, it feels timely to reflect on the expectations the governing body of the Olympic movement set for all IFs that want to be part of it – values and priorities that have increasingly been implemented by UIPM.

PRIORITIES FOR OLYMPISM

Access: Access to sport needs to be equal, with opportunities created to access sport backed up by investment with diverse partners.

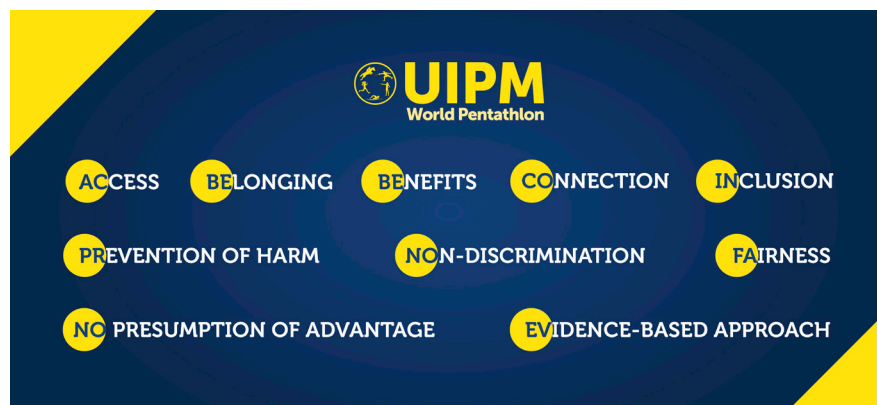
Belonging: People leave sport if they don't belong, so we need to build partnerships and create a safe, inclusive and equal community.

Benefits: People have many options for how they use their time – benefits can be physical, they can relate to mental wellbeing and they can consist of new opportunities.

Connection: We need to make it possible for diverse groups of people and organisations to connect, to solve problems, and to share a broad range of Olympism.

FIGHT AGAINST DISCRIMINATION

Inclusion: Everybody should be able to participate in sport safely and without prejudice. There should be no discrimination towards gender



identity and no discrimination towards expression and/or sex variations. Sports organisations should prevent these discriminations through training and capacity-building.

Prevention of harm: Sports organisations should prevent negative direct and indirect impact on athletes, whose physical, psychological and mental well-being should be prioritised.

Non-discrimination: Eligibility criteria should be established implemented fairly, in a manner that does not systematically exclude athletes based on their region, religions or financial conditions. Criteria to determine disproportionate competitive advantage may require testing.

Fairness: No athlete within a category has an unfair and disproportionate advantage. No athlete has an advantage that exceeds other advantages that exist at elite-level competitions. And we need to prevent a risk to the physical safety of other athletes.

No presumption of advantage: No athlete should be precluded from competing or excluded from competition because of an unfair competitive advantage, while athletes should not deem to have an unfair or disproportionate competitive advantage.

Evidence-based approach: Any

conclusion should be based on investigation results, and research can be oriented towards unfair advantages and demographic constraints.

Having spent the past year working hard to deliver on the mandate given by Congress last November, our entire community remains focused on one goal: to stay in the Olympic Games. To achieve that, we need to follow the guidance of the IOC.

As we approach Congress, I ask you to read and interpret this guidance carefully, and draw your own conclusions about how it impacted on actions and decisions you have seen over the past 12 months, and how it informed the declarations you have heard about the future direction of Modern Pentathlon.

Coming back to these values and priorities struck a chord with me. It was a timely reminder that everything we do is aimed at making sport more accessible, inclusive and equitable, while ensuring that sport combats discrimination and limits the risk of physical and mental harm to all who participate.

Whatever your opinion on the exact direction of travel, and whatever is decided during the upcoming Congress, these principles should be enshrined in everything we do – today and tomorrow and forever.

Inside UIPM

President Dr Klaus Schormann's activities



Left to right: Dr Klaus Schormann (UIPM President), Andrzej Krasnicki (Polish NOC President), Anna Bajan (Polish NOC Vice President)

05.10. - 09.10.2022: Zielona Gora, POL

Since 1976 the Polish Modern Pentathlon Association (PMPA) has organised international competitions in Drzonkow / Zielona Gora.

During his visit to the UIPM 2022 Junior World Championships, UIPM President Dr Klaus Schormann met with Modern Pentathlon leaders from around the world to discuss the New 5th Discipline

process ahead of UIPM 2022 Congress.

During Test Event IV on October 7-8, President Dr Schormann spoke with many participating athletes and coaches to get their feedback and share reflections on their experience after they finished the course.

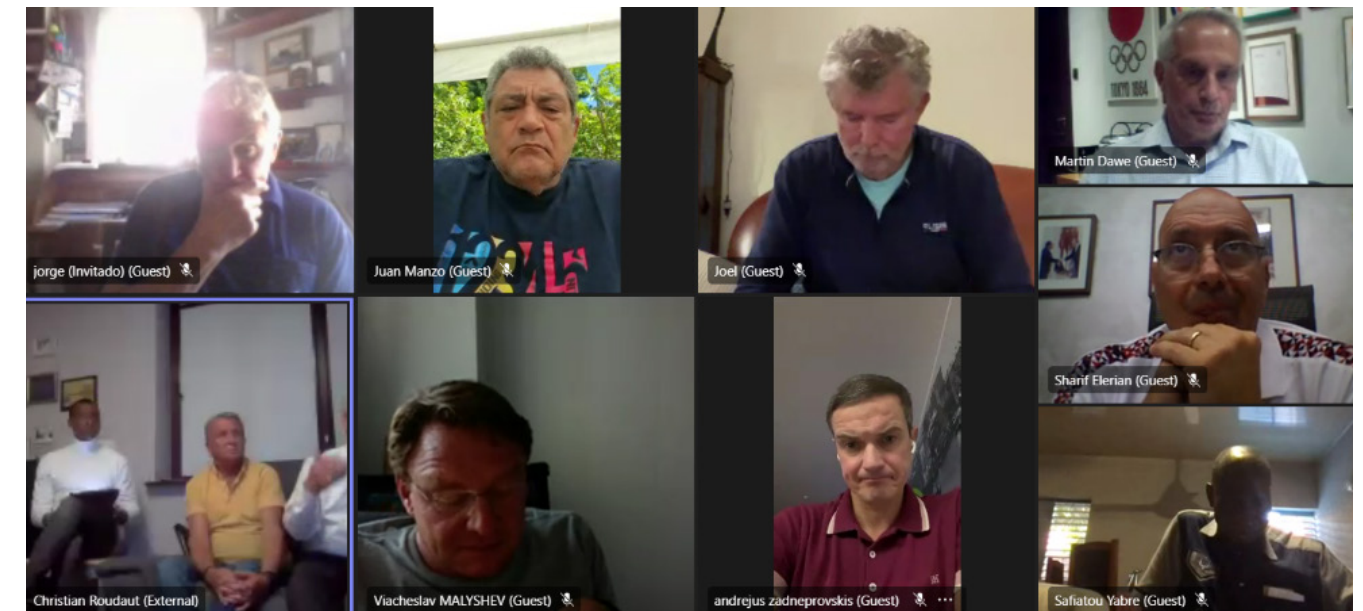
Andrzej Krasnicki, President of the Polish Olympic Committee, was in attendance and he met with UIPM

President Dr Schormann to discuss the 2023 European Games in Krakow as well as matters of international sport politics, relating to the invasion of Ukraine and how the PMPA and the wider Polish Olympic community has helped Ukrainian athletes.

President Dr Schormann received a historical medal marking 100 years of the Polish Olympic Committee from President Krasnicki.



Above: UIPM President Dr Klaus Schormann with officials and volunteers on the podium at the UIPM 2022 Pentathlon Junior World Championships.
Below: The PMPA hosts the UIPM President along with EB Members, event partners and official delegates after New Pentathlon Discipline Test Event IV.



The UIPM Executive Board meets online to discuss matters relevant to the upcoming UIPM 2022 Congress

The UIPM President was invited by the PMPA, along with Executive Board (EB) Members, event partners and official delegates, to come together for an exchange of thoughts about the Test Event.

UIPM Executive Board

On October 9, a UIPM EB meeting was held with all those present in Poland

and other Members connected via conference call. The EB prepared and discussed motions for UIPM 2022 Congress. President Dr Schormann also gave a briefing about the Test Event in the context of the entire Obstacle Discipline testing phase. They also discussed in detail the mooted 2023-2024 period of transition for Youth & Juniors to start adopting the new discipline.

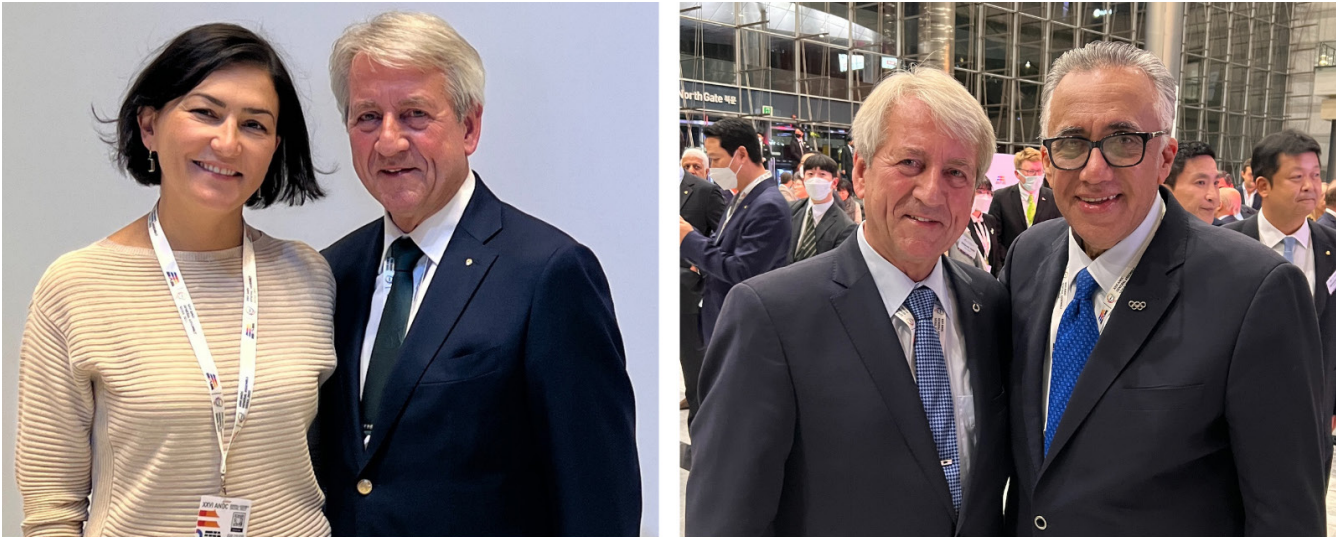
18.10. - 21.10.2022: Seoul, KOR

UIPM President Dr Klaus Schormann, accompanied by Executive Assistant Lena Nussbaumer, took part in the General Assembly of the Association of National Olympic Committees (ANOC).

During the trip, President Dr Schormann met with NOC Presidents and IOC



Left to right: Seung Min Ryu (IOC Member and Olympic Programme Commission Member); Dr Thomas Bach (IOC President); Dr Klaus Schormann (UIPM President); Lena Nussbaumer (UIPM Executive Assistant); Dongkook Chung (KSOC EB and UIPM Technical Committee Member)



UIPM President Dr Klaus Schormann joins various leaders of international sport in Seoul (KOR), clockwise from top left: Cristina Vasilianov (NOC SG of Moldova); Luis Mejia Oviedo (NOC President Dominican Republic, IOC Member); HRH Prince Feisal Al Hussein (NOC President of Jordan, IOC EB Member); Robin Mitchell (ANOC President); Sir Craig Reedie (Honorary Member IOC, ANOC 'Contribution to Olympic Movement' winner, former WADA President)



President Dr Schormann and Lena Nussbaumer with Juan Antonio Samaranch Jr (IOC Vice President and UIPM 1st Vice President)

Members and discussed the changes in Modern Pentathlon since the decision by UIPM 2021 Congress to seek an alternative discipline to Riding after the Olympic Games Paris 2024. The clear message given by the NOCs was that they were in favour of Modern Pentathlon's evolution, especially with the focus on accessibility, cost reduction and increased fairness for athletes.

Among the NOC representatives was Gene Sykes, the incoming Chair of the United States NOC (USOPC), who confirmed that NBC – the US Olympic broadcasting rights-holder which televises *Ninja Warrior* on primetime – likes the direction of travel and supports the changes being implemented by UIPM.

Also, NOCs that do not have Modern Pentathlon Federations expressed their interest to create new NFs that will



enlarge their offer of sports. They were also very interested in Biathlon-Triathlon and Laser Run competitions.

Throughout the trip the UIPM President was supported by the Korean Modern Pentathlon Federation and Sangkeong

Left to right: Lena Nussbaumer, Sharif Elerian (NOC Egypt SG; UIPM Vice President); Dr Klaus Schormann (UIPM President); Kee-Heung Lee (NOC President of Korea; IOC Member); Khunying Patama Leeswadtrakul (IOC Member and Chair of Olympic Culture & Heritage Commission) her husband Yasuhiro Yamashita (NOC President of Japan, IOC Member); Kim Jong-Hoon (Honorary Ambassador of NOC Korea)



Left to right, above: UIPM President Dr Klaus Schormann, Kuisung Choi (UIPM Honorary Member), Hyunjun Kim (AMPC President); below: Dr Joao de Almeida (President NF Portugal); Dr Mahdi Goudarzi (President NF Iran); UIPM President Dr Klaus Schormann; UIPM EB Member Dr Viacheslav Malishev

Yeo, Secretary General of Asian Modern Pentathlon Confederation (AMPC).

MOU between ANOCA & UIPM

On October 21, UIPM President Dr Klaus Schormann and Mustapha Berraf, President of the African National Olympic Committees Association (ANOCA), signed a Memorandum of Understanding designed to stimulate the development of UIPM Sports across Africa. The signing of the MOU took place during the ANOCA General Assembly, attended by 54 African nations.

UIPM meets AMPC

On October 21, UIPM President Dr Schormann had also a meeting with AMPC President Hyunjun Kim and EB Members from the Korean Modern Pentathlon Federation. The meeting was also attended by UIPM Honorary Member Kuisung Choi. The main topics were sports development in Asia, with special focus on the 2023 Asian Games in Hangzhou



(CHN) and the UIPM 2023 Biathle-Triathle World Championships in Bali (INA).

26.10. - 30.10.2022: Machico, POR

UIPM President Dr Klaus Schormann attended the UIPM 2022 Biathle-Triathle World Championships on the island of Madeira and had important meetings with the National Federations of Saudi Arabia, Iran and Kuwait.

All three Federations have invited the UIPM President to visit their country as they aim to move forward with development steps to build up their Modern Pentathlon Federation with the aim of training athletes to take part in Pentathlon World Cups and World Championships. All three countries expressed their happiness of the evolution of Modern Pentathlon in the coming years that promises to make the sport more accessible around the world.

Mrs Razan Alayed from Saudi Arabia expressed a big interest and wish to host a UIPM competition in 2023 or 2024, such as a Junior or Youth World Championships, and to become a strong partner in future after 2024 when the sport will begin a new era at all levels.

Iran also showed an interest in increasing the activities of its National Federation, which is currently under one umbrella with Triathlon. NF President Dr Mahdi Goudarzi was very happy to speak with UIPM President Dr Schormann and EB Member for Development Dr Viacheslav Malishev, explaining the situation in his country and what it would mean for the sport if Riding were replaced. Dr Schormann and Dr Malishev gave him ideas about what could be done in future years.

UIPM President Dr Schormann also had a talk with Kuwait NF Secretary General Faisal Fahad Al Hamad, who explained that so far Modern Pentathlon in Kuwait is running as a Commission but they want to become a full member of the NOC soon.



Dr Malishev and President Dr Schormann with Fahad Al Hamad (Secretary General of the Kuwait Modern Pentathlon Commission)



Left to right: LOC official; Dr Joao Pereira de Almeida (President NF Portugal); Ricardo Franco (Mayor of Machico); Dr Klaus Schormann (UIPM President); Dr Viacheslav Malishev (UIPM EB Member); Razan Alayed (EB Member of Saudia Arabia NF); Gary Lu (CEO of UIPM sponsor Absolute Fencing)

Pentathlon World Rankings

The PWR is updated live at www.pentathlon.org after each competition. PWR as at 31 October 2022:

WOMEN			
RANK	NATION	NAME	POINTS
1	HUN	Michelle GULYAS	205
2	ITA	Elena MICHELI	198
3	FRA	Elodie CLOUVEL	194
4	GBR	Jessica VARLEY	193
5	TUR	Ilke OZYUKSEL	171
6	LTU	Ieva SERAPINAITE	168
7	GBR	Olivia GREEN	161
8	GBR	Charlie FOLLETT	160
9	EGY	Salma ABDELMAKSOU	157
10	KAZ	Elena POTAPENKO	147
11	GER	Rebecca LANGREHR	138
12	JPN	Misaki UCHIDA	131
13	KOR	Sunwoo KIM	131
14	CZE	Karolina KRENKOVA	130
15	CZE	Veronika NOVOTNA	127
16	HUN	Blanka GUZI	127
17	MEX	Tamara VEGA	127
18	HUN	Sarolta SIMON	126
19	MEX	Mayan OLIVER	123
20	EGY	Malak ISMAIL	123

MEN			
RANK	NATION	NAME	POINTS
1	GBR	Joseph CHOONG	206
2	HUN	Balasz SZEP	181
3	HUN	Csaba BOHM	180
4	KOR	Woongtae JUN	179
5	FRA	Christopher PATTE	172
6	CZE	Martin VLACH	171
7	KOR	Changwan SEO	167
8	FRA	Valentin PRADES	164
9	HUN	Richard BERECKZI	150
10	HUN	Bence DEMETER	148
11	FRA	Valentin BELAUD	140
12	EGY	Mohamed ELGENDY	139
13	ITA	Giuseppe PARISI	138
14	KOR	Jinhwa JUNG	138
15	GER	Marvin DOGUE	129
16	CZE	Jan KUF	128
17	GER	Christian ZILLEKENS	127
18	CZE	Marek GRYZ	126
19	ITA	Matteo CICINELLI	123
20	HUN	Gergely REGOS	123

The latest UIPM World Rankings, World Cup Rankings and Olympic Games Rankings are all available at www.pentathlon.org



Baron Pierre de Coubertin

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

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