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**World Pentathlon  
Newsletter**

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## UIPM 2023 PENTATHLON JUNIOR WORLD CHAMPIONSHIPS



Mathis Rochat of France and Josefine Unterberger of Germany broke new ground as the first world junior champions in the new-look Modern Pentathlon after an exciting Super Saturday at the UIPM 2023 Pentathlon Junior World Championships which took place in Druskininkai (LTU)





## UIPM 2023 Pentathlon Junior World Championships

**France finish top of the medal table after historic and captivating week in Druskininkai (LTU)**

Egypt had the final say at the UIPM 2023 Pentathlon Junior World Championships when they won Sunday's Mixed Relay, claiming their third gold of a captivating week in Druskininkai (LTU).

However, it was France who came out on top thanks to its own host of emerging stars - an additional two bronze medals meant the French topped the medal table, with Germany in third.

In total, nine nations made it on to the podium in a hugely significant week for the sport, with fans around the world watching live coverage of Modern Pentathlon with the integrated Obstacle discipline for the first time.

UIPM President Dr Klaus Schormann said: "Here in Lithuania we hosted the first UIPM Junior Pentathlon World Championships including Obstacle in place of Riding. Athletes had to focus on a different kind of preparation and we could see how they had concentrated on being ready for the new discipline.

"It is another kind of dynamic, another kind of excitement. I really believe in what we are doing, based on the experience of the Youth World Championships and now the Juniors. The athletes are doing a great job of promoting this new format around the world.

"I must thank our National Federation of Lithuania for presenting us with facilities here that are unbelievably super – a clean, professional centre for different sports but which is very useful for our sport."



Farida Khalil (EGY) and Malak Ismail (EGY) proved unassailable in the Women's Relay

### WOMEN'S AND MEN'S RELAY

Egypt and France continued their dominance of under-age Modern Pentathlon on the opening day of the UIPM 2023 Pentathlon Junior World Championships in Druskininkai (LTU).

Having topped the U17 medal table with four gold medals and added two U19 world titles, the sport's African powerhouse struck first with starlets Malak Ismail (EGY) and Farida Khalil (EGY) proving unassailable in the Women's Relay.

Having each become individual world champion at U19 and U17 level respectively, the young duo had too much for the rest of the field as Lili Basa and Dorka Sara Toth of Hungary won a comfortable silver medal. Local spectators were delighted to see Giedre Gudelyte-Gudeleviciute and Teja Pakinkyte of Lithuania hang on to win bronze.

A standout time of 1min 49.10sec in Obstacle enabled Egypt (Ismail/Farid) to move into the overall lead after Poland (Ewa Pydyszewska & Adrianna Kapala) had won the Fencing discipline with 31V/13D and four bonus points.

The Swimming standings were topped by Italy (Valentina Martinescu & Giorgia Agazzotti) and the best Laser Run time of the day came from France (Cazaly Louison & Audrey Tchirikhtchian), narrowly ahead of overall 4th-placed Korea (Haeun Cho & Jiho Shin).

In the afternoon, the French kept the feelgood factor of the U19 World Championships (where they topped the medal table) intact with another victory thanks to Mathis Rochat (FRA) and Emilien Maire (FRA).

This time there was considerable drama throughout the day and Maire (FRA) prevailed in a thrilling sprint finish



During the UIPM 2023 Pentathlon Junior World Championships a global TV audience enjoyed live coverage of Pentathlon with Obstacle integrated.



Action is fast-paced on the piste during the opening day in the spa city of Druskininkai (LTU)

with Roman Popov of Ukraine, who took silver alongside Vladyslav Chekan. Bronze went to Luca Gioia and Giorgio Micheli of Italy.

Ukraine (Chekan/Popov) took a healthy lead in Fencing with 23V/9D and four bonus points, but Obstacle provide a turning point as three teams went under 1:15 to motor up the leaderboard.

France (Rochat/Maire) were quickest in 1:04.48 ahead of Lithuania (Paulius Vagnorius & Jonas Kalaminskas) and

Poland (Lukasz Zawada & Maciej Klimek).

France (Rochat/Maire) also won Swimming in 1:49.68, with Chinese Taipei (Yi Hu & Hsiang Hu) less than 1sec behind, giving themselves a 13sec overall lead over Ukraine heading into a Laser Run that provided plenty of drama and almost a shock on the finish line.

### MEDALLIST REACTION

Women's Relay gold medallist Ismail (EGY) said: "I feel very happy about this

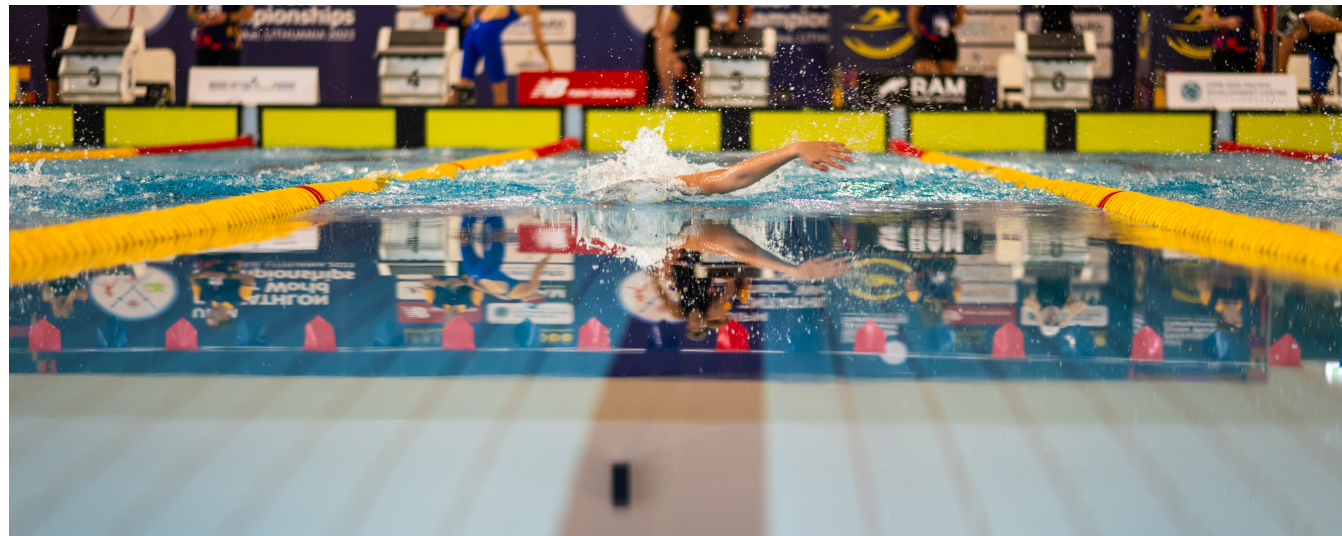
race. After Obstacle and Swimming I think we were 2min ahead of second place so it was really amazing, we didn't have to run fast, just shoot well and prepare for tomorrow's Individual qualification. It was very nice to jog around the arena.

"Obstacle was great, we were the only team to get over 200 points. I was a little bit afraid of it but I managed to do it very well and I'm proud of myself for doing that. I want to thank all my family and friends and everyone who supported me. My goal for 2024 is the Olympic Games because I qualified from the African Championships and I hope to go there and do well there.

Team-mate Khalil (EGY) added: "I'm very happy about the race, it's my first Junior World Championships and I'm only 12 years old. I want to thank my mother and father and my coaches."

Men's Relay gold medallist Rochat (FRA) said: "It's wonderful, because I've never won a medal like this in a World Championships and I'm so happy. We are lucky because we had a really good trainer in Perpignan, and he taught us





Pool action on the opening day of the 2023 UIPM Pentathlon Junior World Championships

so much. Thanks to him we managed to do a good Obstacle race.

“Now we aim for the best results in the Individual competition, and then next year I will be senior. I don’t think I have a chance to go to the Olympic Games [in 2024] but I will train as much as I can in Obstacle so that next season I will be ready.

“Thanks to my parents and to all of our physiotherapists and coaches who helped us during the year in the training camps.”



An exciting Laser Run set the tone for a week of high drama in Druskininkai (LTU)

Partner Maire (FRA) added: “First win in a World Championships and what a win, because we started a little bit badly in Fencing, but after that we did a great job in all the other sports. We are so, so grateful and happy.

“It was fun to do the new Obstacle race, because it was more difficult than the others. It can make a real difference.

“Next season I will still be Under 22 so I will focus on that and try to do some senior competitions to get as much experience as I can.

“I would like to thank my family but also all the athletes here. There is a lot

of sportsmanship between all of us, we high-five before every event and it’s nice to compete because of the atmosphere.

SUPER SATURDAY

Josefine Unterberger of Germany and Mathis Rochat of France broke new ground as the first world junior champions in the new-look Modern Pentathlon on Super Saturday.

On the penultimate day of UIPM 2023 Pentathlon Junior World Championships, France won three individual medals and there was a silver to cheer for a loud contingent of spectators from host nation Lithuania.

With fans around the world watching live coverage of Modern Pentathlon with the integrated Obstacle discipline for the first time, it was a truly special occasion as the world’s best Under 22 athletes showed how far they have already come in adjusting to the transformed sport.

Super Saturday in Druskininkai (LTU) got off to a pulsating start as Unterberger (GER) kicked in the final 300m of the Women’s Final Laser Run to overtake Katarzyna Debska of Poland, forcing her to accept silver ahead of bronze medallist Louison Cazaly of France.

With four finishers in the top 10, Egypt

took home the Women’s Team gold medal, joined on the podium by Poland (silver) and Germany (bronze).

Later, Rochat (FRA) dominated the Men’s Final having started 3rd, and his team-mate Leo Bories (FRA) fought hard for bronze behind local hero Paulius Vagnorius (LTU).

Having already won the Men’s Relay with Emilien Maire (FRA), Rochat (FRA) took his personal gold-medal tally to three as France added the Men’s Team gold, with silver going to Great Britain and Ukraine claiming bronze.

WOMEN’S FINAL

The Fencing Ranking Round had been dominated by Yeeun Kim (KOR) with an exceptional 29V/6D, but the Bonus Round was owned by two athletes who bounded up the ladder with a sustained run of success.

First Barbora Hartmanova of Czech Republic scored seven victories for a 14-point boost, and then Audrey Tchirikhtchian (FRA) won the last five bouts to remain the last woman standing.

The importance of Obstacle in the destination of the medals was underlined by the performance of Unterberger (GER), who recovered from elimination in her Semi-final with an excellent time of 45.34sec. Demonstrating great upper-body strength, her time was bettered only by Zeina Amer (EGY), who scorched the course in 44.63.

As athletes from around the world showed the importance of technique in manoeuvring the eight obstacles, local spectators cheered the performance of Teja Pakinkyte (LTU), who was 3rd-fastest in 47.71. The U17 world champions from 2023 and 2022, Farida Khalil (EGY) and Sumin Shin of Korea, also went under 50sec, showing the versatility that marks them out as contenders for future honours at senior level.

Having lurked in the background until



Super Saturday action from the piste as the Fencing Bonus Round offered an opportunity to push up

now, Malgorzata Karbownik (POL) moved to the top of the leaderboard with an excellent swim of 2:11.12, slower only than the exceptional Yuri Suzuki of Japan (2:09.20), with Valentina Martinescu of Italy also catching the eye in 2:12.57.

This earned Karbownik (POL) the right to start first in Laser Run, but only 2sec ahead of Unterberger (GER) with Debska (POL), Cazaly (FRA), U19 world champion Malak Ismail (EGY) and Shin (KOR) all within 16sec and capable of influencing proceedings.

In the end it was a fairly steady Laser Run, with only Karbownik (POL) fading out of contention and Debska (POL) catching the eye with excellent shooting and a steady progression past Unterberger (GER) leading to the day’s finest Laser Run time of 11:13.44. But Debska (POL) left the shooting range with only a 2sec lead, and the more physically imposing Unterberger (GER) executed her race strategy beautifully with a final kick to ultimately win by 5sec.

Cazaly (FRA) kept Ismail (EGY) at bay

to claim bronze after consecutive gold medals at this competition by her team-mate Rebecca Castaudi (FRA) in 2021 and 2022. Shin (KOR) and Amer (EGY) completed the top six as Laser Run world champion Elzbieta Adomaityte (LTU) climbed from 19th to finish 7th.

MEN’S FINAL

James Hulme (GBR) carried a 15-point lead from the Fencing Ranking Round (26V/9D), but Jan Toman (CZE) won the last two bouts of the Bonus Round to close the gap by four. Vladyslav Chekan (UKR) also made the top three in Fencing with 22+1 victories, while Jonas Kalaminskas (LTU) was the top performer in the Bonus Round with five scalps.

After watching Obstacle specialist Kian O’Boyle of United States light up the Qualification round with a time of exactly 25sec, all 36 finalists did their best to emulate him and five managed to go under 30sec. Lukasz Zawada (POL) was the top racer with 26.53, closely followed by Vagnorius (LTU), Connor Chow of Canada, Rochat (FRA) and Kalaminskas (LTU).



On to the Swimming pool and Matteo Bovenzi (ITA) was untouchable in a near-world record time of 1:50.80, ahead of Mohamed Ibrahim (EGY) in 1:56.15, but another big mover was Rochat (FRA), whose time of 1:57.45 propelled him to 3rd overall.

Chekan (UKR) started Laser Run with a 6sec lead but with a lot of congestion behind him, it was never going to be easy to defend his lead and Rochat (FRA) left him behind at the first shoot, and controlled the race with consummate professionalism thereafter.

Bories (FRA) always shaped as a podium contender and Hulme (GBR) was never far away, but initially Ibrahim (EGY) looked like he was destined for silver until his stamina deserted him – and Vagnorius (LTU) took full advantage as he rifled through the field with slick shooting and powerful running.

The British team's silver medal owed much to Hulme (GBR) but it was also thanks to exceptional Laser Runs by Ross Charlton (GBR, 9:47.62) and Charles Brown (GBR, 9:52.37), who had been one of the medal favourites until he struggled on the Obstacle course.

MEDALLIST'S REACTION

Women's gold medallist Josefine Unterberger (GER) said: "It feels amazing because I am still Under 19, probably, and at the European Junior Championships I already won silver, but then here my Fencing was pretty bad, so I'm so happy that I had the chance to compete here and this is the outcome.

"The first two rounds of Laser Run were not that fast and I didn't go all out, and then the last two rounds I was on her back and I saved some energy for the last metres. I stayed on her back and when we went to the track, I kicked all out.

"Obstacle is definitely a difficult challenge because in the Semi-final, I fell two times and was eliminated. I was a bit too hectic and today I slowed it down and managed quite a good time.



The Obstacle discipline was the scene of some exhilarating athleticism in Druskininkai (LTU)

"But it's definitely still a hard discipline and we have to do a lot of training."

Silver medallist Kataryzna Debska (POL) said: "I am very, very happy. It was a tough race and I ran very fast to the end."

Bronze medallist Louison Cazaly (FRA) said: "On the finish line, I already realised what it meant, because it was a big, big work all the years with my coach and my training centre.

"It was an incredible race today because



Athletes enter the pool in the Swimming discipline during the Women's Final on Super Saturday at the UIPM 2023 Pentathlon Junior World Championships

the girls in front of me were very good in shooting and I had to shoot very well, too.

"On other days, I didn't have my best shooting but today it was a World Championships and I was good in shooting, with a very big last round. I'm really glad with this performance today. Until today, Obstacle was very hard because we don't have all the same obstacles in France, but we tried again and again all week and today I learned my obstacles by heart, and I passed. I felt very good at the end of Obstacle."

Men's champion Mathis Rochat (FRA) said: "It's unbelievable for me. All the things I have been through this year, with a new environment, new coaches, everything – and it worked so well because now I am world champion. I'm so grateful to everybody.

"I watched the senior World Championships and I watched an unbelievable race from Joe Choong, and he managed his pace only to focus very well on the shooting. Just before the Laser Run, I saw all the images of this and I thought 'OK, that's what I have to do'.



Eventual winner Josefine Unterberger (GER) gets away first during the Laser Run

"I am a good runner with good pace, so I don't have to agitate myself. Next year I will be a senior and I think I will need a lot of confidence for the future, to manage to follow the best athletes in the world. It's thrilling for me to think about next year."

Silver medallist Paulius Vagnorius (LTU) said: "The feeling was incredible. The crowd was unusual for a Lithuanian competition and it really excited me.

"From the start, I put the pedal to the metal, as you say. I tried to keep a high

and steady pace, and it turned out I could keep it. It worked out."

Bronze medallist Leo Bories (FRA) said: "Today is a good day for me. In the Laser Run I wanted to go up step by step, and it was very good for me.

"It's good for my team because every day is not simple. I finished 4th in the European Juniors and I started No.1 in the Laser Run. Step by step I want to improve my shooting, which is not my speciality."





Sunday's Mixed Relay added a final chance to compete in the Obstacle discipline alongside Fencing, Swimming and Laser Run

#### MIXED RELAY

Zeina Amer and Moutaz Mohamed combined for a wonderful Mixed Relay gold for Egypt on the closing day of the UIPM 2023 Pentathlon Junior World Championships.

It was a day of consistency across all disciplines for Egypt (Amer/Mohamed) as they held off a diligent challenge from Germany with newly crowned Women's Individual champion Josefine Unterberger adding silver alongside Moriz Klinkert.

At the end of the Laser Run, a tight battle for bronze saw Elzbieta Adomaityte and Paulius Vagnorius of Lithuania dig deep to give the host nation a happy ending to a great week of competition as the world's best Under 22 athletes showed their promise and prowess.

Korea (Sumin Shin & Seung Kim) finished 4th with Poland (Katarzyna Debska & Lukasz Zawada) close behind and Guatemala (Paula Sophia Valencia Franco & Juan Ochoa) 6th.

After a wonderful season for its athletes at all age grades, the Egyptian flag has been a familiar sight on the podium and leaderboard and Amer & Mohamed (EGY) combined for an impressive 31 victories in the Fencing Ranking Round before adding four more points in the Bonus Round.

Lithuania (Adomaityte/Vagnorius) weren't far behind with 29 victories in the Ranking Round. The best performers in the Bonus Round came further down the leaderboard where Louison Cazaly and Melvin Perrier of France added 10 points and Czech Republic (Barbora Hartmanova & Jan Toman) claimed eight.

On Super Saturday, Unterberger (GER) had made a significant move towards individual gold on the Obstacles and the new discipline's importance was underlined again as she combined with Klinkert to propel Germany into the lead, thanks to a superb time of 1:17.21, 14sec quicker than Egypt (Amer/Mohamed).

Yet even the Germans couldn't match the blistering mark of Poland (Debska/Zawada) who were faultless in a time of 1:14.66.

Egypt (Amer/Mohamed) regained the overall lead with a solid swim, finishing 4th-fastest in the pool in 2:00.64, while the Germans weren't left in the middle of the 13-strong field. Three countries broke the 2min mark with Yuri Suzuki and Yousuke Tomita of Japan fastest of all in 1:57.76.

While Egypt (Amer/Mohamed) set off first, they only had a slim 4sec lead. With individual gold and silver medalists Unterberger (GER) and Debska (POL) hot on her heels, Amer (EGY) had to keep her nerve and she did just that, running and shooting well to keep the challenge at bay before Unterberger (GER) moved up on her shoulder at the changeover. Behind them, Adomaityte (LTU) had pulled the hosts into bronze contention having started 17 seconds behind Debska (POL).



The changeover in the Laser Run sends the host nation's team, Lithuania, off and running to claim a thoroughly deserved bronze medal in the Mixed Relay

#### MEDALLIST'S REACTION

Gold medallist Amer (EGY) said: "It feels great. This is my second Junior World Championships medal, counting yesterday's Team medal.

"It was a great experience and experiencing it with Moutaz. He's a great teammate, fast runner and good swimmer. We pretty much had our eyes

on gold from the beginning of the day."

Mohamed (EGY) added: "I am so very happy. It's great to be partnering with Zeina. She is so, so good in Obstacle. She is the best."

Silver medallist Unterberger (GER) said: "Yeah, it's nice to now have the full stack! Moriz was the best partner I could

have had. Fencing was not the best discipline today. But in the end we give our best and in Obstacle we jumped to the front and the rest was quite to finish second. It's quite a nice feeling because it's always a good feeling competing as a team."

Klinkert (GER) added: "Yeah, it was quite nice on the Obstacle. At least I did not make any mistakes this time because the last few times I always messed up at least one obstacle but this time I came though and it was a good time. It's fun."

Bronze medallist Adomaityte (LTU) said: "It's amazing. Until the finish I thought we couldn't make it. I thought 'is the medal slipping away?' And then he got the nitro pedal and I was so happy, I was shouting and feeling it all. I am so happy for him and for me. It's so much fun. It feels like gold! It's so many good emotions."

Vagnorius (LTU) concluded: "The first shooting was really troublesome. It threw me off. But I love the last lap. I just have the energy for it and I sent it!"



Mixed Relay medallists receive their prizes in Druskininkai (LTU)



### Interview: Kian O'Boyle (USA), Obstacle specialist and Junior pentathlete

All journeys have to start somewhere – and the experience of Kian O'Boyle of United States at the UIPM 2023 Junior World Championships underlined the possibilities and challenges created by the integration of Obstacle into Modern Pentathlon.

Competing in a Pentathlon for only the second time, the 19-year-old Ninja specialist demonstrated his athleticism and speed with a remarkable Obstacle time of exactly 25sec in the second Qualification round.

Could he possibly make the Final? O'Boyle (USA) certainly did his best to do so, having already gained eight wins in the Fencing Ranking Round.

A time of 2min 26.25 in Swimming kept him on the verge, but Laser Run proved too much of a challenge for the inexperienced competitor and he finally finished 28th overall, 10 places short of a Final berth.

UIPM News caught up with O'Boyle (USA) immediately after his competition to find out more about his journey from a Ninja gym to the Olympic Games' most challenging multi-sport – a journey that will be shared by many other athletes from around the world in the years to come.

#### Was this your first Pentathlon?

"It was my second Pentathlon – the first one I did was the National Championship in the US earlier this year.

#### When did you start Pentathlon and where did you start training?

"I started Pentathlon because my parents own a Ninja gym, and USA Pentathlon used the gym to host the Obstacle portion of the National Championship – and they invited me to do a week-long training camp ahead of the competition.



UIPM 2023 Pentathlon Junior World Championships competitor Kian O'Boyle of the USA

"I did the Junior National Championship and I won that, and I basically have been training parts of the Pentathlon for a while. I ran in high school and I started Ninja in 2019, but I've been climbing forever."

#### What is your history in Obstacle racing?

"Since 2019, I've gone to the World Championships held by various Ninja Warrior organisations. I have

also competed in Spartan as an elite racer, and I competed at an OCR Cup competition in the US."

#### What did you think of the Obstacle race here in Lithuania?

"It was really fun. The obstacles in this course were a lot easier than the obstacles I generally encounter, which I think is down partially to how new most of the athletes are to the sport. It was very fun because it allowed me to



Having got to grips with the Obstacle discipline, Kian O'Boyle (USA) is beginning to turn his eyes to the 2028 Olympic Games in Los Angeles (USA)

work on a lot of the basic moves and just go very fast."

#### And how about the sport overall, with Obstacle integrated?

"I think it definitely changes the athlete profile, because it's a totally different sport requiring very good proprioception and the ability to time things [well] – which I think is similar to Fencing. I think it fits fairly well, because the strength and other things will come from Swimming."

#### Is the LA28 Olympics a goal for you?

"I've definitely been talking about that with my coaches. I'm going to see how the sport progresses for the next couple of years, but if the sport continues with Ninja and if I am able to get to that level, physically – then absolutely."

#### Can you describe your experience here in Lithuania for your first UIPM World Championships?

"It's been very fun. I had never been to



Europe. I've tried some great food and I'm very excited to do some touring for a couple of days. I'm missing school to be here. I'm studying Mechanical Engineering at the University of Kansas, in my second year.

"I've been telling a lot of people about it – and some of those people think I should be talking to more people about it! They say, 'you're going to

the World Championships and you don't talk about it? You've only told five people?' And then they go around telling everyone.

"There is not a Ninja gym super-close, but there is a climbing club and they have some similar obstacle stuff like pull-up bars. But less than an hour's drive away, there are two or three obstacle gyms."



# VOYAGE TO PARIS 2024

Olympic Games  
countdown: Part VI



Paris 2024 torch designer Matthieu Lehanneur (right) with Tony Estanguet, President of the Paris 2024 Organizing Committee. Credit: Paris 2024

## Leading off...

**How the Olympic torch of Paris will keep the flame lit — for peace and much more**

While the Northern Hemisphere has reached that part of the year where evenings close in quicker and light is in shorter supply, the light of the Olympic Games is not far away.

Under 10 months from now the Games will begin in Paris but sooner than that the Olympic flame will light up French skies — and it will be carried atop a stunning new Olympic torch.

The torch, which will bring the flame from Olympia in Greece in time for the

Opening Ceremony will actually arrive in France for the first time in May, over two months before the Games begin. But it will also carry the message of the 2024 Games with it.

In recent weeks French designer Matthieu Lehanneur unveiled the groundbreaking version, which has three driving factors in its design: water, equality and peace.

Paris 2024 will be the first Games with complete gender parity with an equal number of men and women competing, something Modern Pentathlon has achieved since the Sydney Games in 2000. Lehanneur reflected the focus on equality in a torch design that is perfectly symmetrical, both horizontally and vertically.

A sporting gathering which has always served as a symbol of peace and unity among the world's nations, the Olympic ideal of peacefulness has been reflected in the gentle curves and rounded lines of the torch design.

"I wanted to move away from the torch appearing as an object of conquest," designer Lehanneur said at the Paris unveiling in late July. "The magic is not the torch itself, but the flame."

The Olympic flame will be lit on April 16, 2024 and will travel from Greece to Marseille, arriving on May 8, 2024. The flame will then make a 68-day journey across 65 French territories before arriving in Paris for the Opening Ceremony on July 26.

## > Paris Pointer

**Zhang (CHN) and Jun (KOR) emerge from Asian Games with eyes on bigger prizes**

The road from Hangzhou to Paris is surely not the easiest or most straightforward but the most populous city in the eastern Chinese province of Zhejiang could well prove an Olympic springboard for two athletes with very different Pentathlon pedigrees.

The 19th Asian Games in Hangzhou (CHN) featured two repeat winners but pentathlon megastar Woongtae Jun of Korea, who won the men's title, is a more familiar face on the elite circuit than the women's champion, Mingyu Zhang of China.

World No.4 Jun (KOR) already has an Olympic medal to his name after taking bronze in Tokyo, the first ever for a Korean athlete. His victory came in trademark style with a prolific all-round performance. A consistent contender across UIPM Pentathlon World Cups and World Championships in the past three Olympic cycles, the 28-year-old will be among the hottest of medal contenders next summer.

On the other hand, Zhang (CHN) could be bracketed as a quiet contender. Retaining a title she first claimed aged 16 at the 2018 Asian Games in Jakarta (INA), Zhang's re-emergence came a little more out of the blue. Now 21, she has shown signs of finding her form again.

Zhang (CHN) celebrated her first top 10 in a World Cup when finishing 7th in Budapest (HUN) and in August was an impressive 14th at the UIPM 2023 Pentathlon World Championships.

While trailblazer Cao Zhongrong (CHN) won China's maiden Olympic Modern Pentathlon medal with silver at London 2012, no Chinese woman has medalled at the Games. If Zhang (CHN) is looking for an omen, Zhongrong (CHN) also used an Asian Games gold medal to



Aged 21, Mingyu Zhang (CHN) has already won two individual Asian Games gold medals

propel himself to Olympic glory. Her own gold in Hangzhou (CHN) was enough to propel her back into the top 20 of the World Rankings.

With so much impressive growth in the Asian confederation, there will be one guaranteed piece of history in Paris: Thailand will hail its first Olympic pentathlete after Phurit Yohuang (THA) made the grade and secured a quota place in Hangzhou (CHN).

## Numbers game

**206—** The number of competing nations which are eligible to send athletes to the French capital next summer through their National Olympic Committees. It is quite the increase on the last time an Olympic Games came to the city. At the 1924 Games in Paris there were just 44 nations represented.

## Qualification latest

After the Asian Games, 34 of the 72 quota places at Paris 2024 have now been claimed. **Women:** Great Britain (2), Italy (2), Australia, China, Czech Republic, Egypt, France, Germany, Hungary, Japan, Kazakhstan, Korea, Lithuania, Spain and Uzbekistan. **Men:** Egypt (2), Australia, China, France, Germany, Great Britain, Hungary, Italy, Japan, Kazakhstan, Korea, Mexico, Poland, Switzerland, Thailand & Ukraine.

Now that almost half of the precious places in Paris have been secured, the focus will immediately shift to the remaining 38 places. The next spots up for grabs come in Santiago (CHI), which will host the 19th Pan American Games from October 20. There will be another five places each for both women and men at stake. Full details of the Paris 2024 qualification process can be found at [uipmworld.org/olympic-games](http://uipmworld.org/olympic-games)



19th Asian Games



Korea superstar Woongtae Jun (KOR) celebrates gold at the 19th Asian Games in the Men's Final

**Zhang (CHN) and Jun (KOR) celebrate gold and Paris 2024 Olympic qualification**

Mingyu Zhang of China and Woongtae Jun of Korea retained their titles as Asian Games champions on a day when 10 pentathletes won direct qualification quota places at the Paris 2024 Olympic Games.

Zhang (CHN) and Jun (KOR) both repeated their gold medals from the 18th edition of the multi-sport Games

in Jakarta (INA) in 2018. And six of the 11 nations taking part in Modern Pentathlon left with quota places for Paris 2024, with Japan, Kazakhstan and Uzbekistan joining the Chinese and Koreans on the list and Thailand attaining an historic first Olympic qualification.

Zhang (CHN) came from behind in the Women's Final, overtaking Sunwoo Kim (KOR) and team-mate Bian Yufei (CHN) to consign them to silver and bronze respectively. China won team gold

followed by Japan (silver) and Korea (bronze).

With a maximum of one Paris 2024 quota place per nation per gender, the following athletes clinched the five available spots in the Women's Final:

- Mingyu Zhang (CHN) – gold
- Sunwoo Kim (KOR) – silver
- Misaki Uchida (JPN) – 4th
- Elena Potapenko (KAZ) – 5th
- Alise Fakhrutdinova (UZB) – 7th



Caption

The comeback in the Men's Final was perhaps even more dramatic as Tokyo 2020 Olympic bronze medallist Jun (KOR) overcame a 32sec head start to finish 16sec clear of team-mate Jihun Lee (KOR), who held on to win silver ahead of bronze medallist Shuhuan Li (CHN) with Jinhwa Jung (KOR) finishing 4th. Korea won team gold with silver going to China and bronze to Japan.

The following athletes clinched the five available Paris 2024 quota places in the Men's Final:

- Woongtae Jun (KOR) – gold
- Shuhuan Li (CHN) – bronze
- Taishu Sato (JPN) – 6th
- Georgiy Boroda-Dudochkin (KAZ) – 10th
- Phurit Yohuang (THA) – 11th

Almost half (34) of the 72 places at Paris 2024 have now been allocated. The other nations taking part in Modern Pentathlon at the 19th Asian Games were India, Indonesia, Kyrgyzstan, Mongolia and Singapore.







Caption

## CHAMPIONS' REACTION

Women's gold medalist Zhang (CHN) said: "I feel very good and I want to thank all my team and coaches and my family. We had some turnover but the result is good. I didn't think I could win, 100 per cent, but I tried my best to create the best result. I hope my result

in Paris can be better than in Tokyo."

Men's gold medalist Jun (KOR) said: "I now have two individual gold medals from the Asian Games and a team gold. This is my last competition of the season and I'm very happy. I was pleased with the Laser Run, because

I had a few problems in Fencing, and then it was a great race with Jihun. We are friends as well as competitors.

"I was very happy to catch the Paris 2024 Olympic place, and now I can prepare well this year and next year. I will try to improve on my 3rd place from Tokyo."



Members of the gold, silver and bronze-medal winning women's teams from China, Japan and Korea gather to celebrate

## WOMEN'S FINAL

Bian (CHN) led the way in Fencing with 28V/8D in the Ranking Round and four additional points in the Bonus Round, winning the last bout against 2nd-ranked Kim (KOR, 26V/10D).

The Chinese performed superbly in Riding with Bian (CHN), Zhang (CHN) and Xiuting Zhong (CHN) each securing the maximum 300 points, with Kim (KOR) incurring only one time penalty. Potapenko (KAZ) also had a clear round.

Swimming was tight between the overall leaders as Uchida (JPN) made a significant gain, timing 2:07.80 with Hana Shibata (JPN) next-fastest with her time of 2:10.26.

Zhang (CHN) started the Laser Run in 3rd place, trailing Kim (KOR) by 14sec

and Bian (CHN) by 30sec, but her impressive and decisive performance enabled her to overcome both rivals in a time of 11:57.58.

## MEN'S FINAL

Lee (KOR) was on fire in Fencing, scoring 22V/6D in the Ranking Round and adding the four available bonus points to give himself a strong lead. His nearest rival on the piste was Pavel Ilyashenko (KAX), with 20V/8D. Lee (KOR) then aced Riding with a perfect score of 300, along with Jung (KOR) and Yan Chen (CHN).

In Swimming the gap was only partially reduced, as Lee (KOR) was 7th-fastest, but Jun (KOR) edged 10 points closer to his team-mate overall with a top time of 1:59.28.

It was hard to see anyone but Jun (KOR) challenging Lee (KOR) for gold, and so it proved as one of the sport's enduring superstars showed his compatriot how to manage pressure with a decisive 10:30.19.

The only athlete to complete the course faster was Shuai Luo (CHN), who had been eliminated in Riding but bounced back with a 10:22.87.

UIPM President Dr Klaus Schormann said: "This was a great competition for all our Asian nations who qualified for this Asian Games with their National Olympic Committees' support. And we can see new faces and new blood coming to our sport society – I have seen this growth in the Asian Games since 1986 with great promotion for our sport across Asia.



## Paris on her mind: Meet Elena Micheli

In the second part of our Pentathlon Personalities series, the world No.1 discusses success, friendships and her beloved dogs

Amber and Rio Micheli now have one UIPM Pentathlon World Championships gold medal each. But they're just as happy when their mother comes through the door with no medals at all. Which, ultimately, is the beauty of dogs and their constant companionship.

Elena Micheli is 24 years of age, a Carabinieri, a two-time world champion and current world No.1 pentathlete. She's also a 'dog mom', a role she takes just as seriously as her athletic career. In fact, Amber and Rio, a pair of mother-and-daughter Rottweilers, have played a big part in Micheli's soaring performances over the past 18 months.

"They and Pierpaolo, they are my best medicine," Micheli tells UIPM News from the home she shares with her dogs and boyfriend, Pierpaolo Petroni, outside Rome. "When things are going bad, with training or a competition or university, whatever, I just come back and see my dogs and they are happy anyway."

"They are always happy to see you. They might not have seen you for a while but every time you come back they are there for you. It's hello but also it seems like a big smile. Passing my time with them...is incredibly happy for me."

They can sometimes get in the way of preparation, too. Earlier this summer, as she was counting down the days to the UIPM 2023 Pentathlon World Cup Final, Micheli was walking Amber and Rio when an arch nemesis appeared.

"With humans, with everyone, my dogs are great. They are so gentle. But with cats...no!" she explains. "They literally go crazy. I was walking with them, they saw a cat and that was it. I was gone."

She took a heavy fall and feared it could affect her performance in Ankara (TUR).



Elena Micheli (ITA) relaxing at her home near Rome with her rottweilers Amber and Rio

But in keeping with how things have gone for the past two seasons, Micheli picked herself up and won. Another medal to bring home. Since making her Olympic Games debut in Tokyo (JPN) in August 2021, Micheli has competed in 11 senior competitions. She has claimed five podium places, winning four golds, and finished top 10 on every occasion but two.

The most recent gold — a second consecutive UIPM Pentathlon World Championships title in Bath in August — may have been the sweetest. Micheli and Petroni took a well-deserved break in New York City soon after and, in a quiet moment, she reflected on what it meant to be a repeat world champion.

"Actually I was on the plane and I couldn't sleep, I just couldn't get comfortable. So I sat there and started thinking about the

World Championships in Bath. I thought about my attitude after the European Games," Micheli says of the continental competition in Krakow (POL) in July, when she finished 11th and watched compatriot Alice Sotero (ITA) took gold. "It wasn't my best competition. Even if I was happy for Alice, I was sad for my performance there. I think I hadn't been focused enough, maybe thinking about other things."

"But when I came home from Poland I was sitting there thinking 'okay, the Europeans didn't go how you expected it to go. Well then demonstrate to yourself, to Elena, that you can win another World Championship!' That's the focus I had in mind all the way [in Bath]. When I crossed the line it was the first thing I thought about — you demonstrated it to Elena. It was maybe about being more



Micheli (ITA) and her compatriot Alice Sotero (ITA) have formed a close bond in recent years

grateful to myself this time. The first World Championship, you never forget it, but the second one is the one that I had been looking for."

It was the victory in Ankara (TUR) which helped Micheli book her spot at next summer's Olympics in Paris. Gold in Poland helped Sotero follow her in securing qualification. While Micheli is understandably excited at all that her second Games may promise, her first experience in Tokyo, when she finished 33rd after being eliminated from the Riding discipline, played a big part in shaping her journey too.

"After the Olympic Games, I swore to myself that I can do this," she says. "No one is going to win every time but you can be on that line, the kind of athlete where you look at them and say 'I want to be one of them, one of the elite'. After Tokyo that's what I wanted to be and it's what I achieved."

"But I must say that I didn't do this alone. When any athlete competes, there are people behind them. Three years ago, I decided to choose my coaches and we said to one another that this will be difficult but we did it...which is completely crazy. We are full of happiness. It's like taking the stairs instead of the elevator. I love to say thank you to them." Her friendship with Sotero has

blossomed too. Where in the early days they were strictly rivals, both have grown particularly close, realising they have so much in common. It just took time.

"Alice is literally a piece of my heart. We weren't previously as close friends as we are now — because of me and because of her. Alice was a bit close to herself. But as the years pass by we start to change. We started to share — our problems, our thoughts, our doubts. Alice is smart and she has such a big heart. She is able to listen and that's a good thing that not all people have. In hard moments I have always had Alice by my side. I wish to be the same for her. I really, in a friendly way, love her. I need her as an athlete but I need her as a friend too."



Micheli (ITA) pinpoints Riding as an area she has improved on since her Olympic debut in Tokyo

It may be a national stereotype but the Italian ability to speak so openly about emotional connections is refreshing. Pentathlon is very much a family affair for Micheli too. The middle sibling with two brothers either side of her, the sport has been a constant. Older brother Roberto is currently ranked 64th in the world. Younger brother Giorgio contended in the 2023 UIPM Junior World Championships in September.

But an athletic career was never something her parents pushed her towards. With all three children, Maria and Giacinto Micheli were encouraging but never overbearing.

"It's strange because my parents never did much sport. They studied," smiles Micheli. "My father is an engineer and my mother is an interpreter, she speaks about six languages. They just let us go in our sport and when we discovered that Pentathlon was the sport we wanted to do, they did what in my opinion the best parents should do: let us do it our own way and followed us. It's so cool that for all of us, my older brother, me and my younger brother, we have made our sport our job. We are doing what we love as our job. I'm a Carabinieri, they are two policemen. It's funny."

Micheli confirmed that both parents have "already booked their tickets" for Paris. In Tokyo Italy won a record 40 medals. However that number carries more weight for Micheli and Sotero. By the time they arrive in the french capital it will be 40 years since Italy's last Modern Pentathlon medal in an Olympic Games.

"It's definitely a goal that me and Alice would love to reach — that would be a huge reason of pride for our country," Micheli says.

"Being in Tokyo while Italy won so many medals was really motivating but at the same time made me feel really hungry to have the same feeling. We said it to each other, me and Alice, we weren't part of that dream in terms of that record number of medals, even if we were part of Italy's Olympic team and we could be. So we start again and now we will see in Paris."



# 3rd Mediterranean Beach Games



The Men's and Women's Finals at the 3rd Mediterranean Beach Games in Heraklion took place, fittingly, on Pierre de Coubertin Pentathlon Day

## Triathlon wins admirers during successful debut on Pentathlon Day in Heraklion (GRE)

The historic island of Crete provided a fitting backdrop as UIPM Sports made its debut in the Mediterranean Beach Games on Pierre de Coubertin Pentathlon Day.

With its exciting mix of Swimming, Running and Laser Shooting, Triathlon is a perfect fit for oceanside multi-sport events and recently featured in the Asian Beach Games and Southeast Asian (SEA) Games.

On September 9/10 it proved to be an instant match with the Mediterranean as two Individual finals and a Mixed Relay entertained fans in the capital of the Greek island of Crete. The Mediterranean Beach Games was introduced in 2015 and this 3rd edition has been the biggest yet, with more than 1500 athletes from 26 nations taking part in 13 sports. The 4th Mediterranean Beach Games will take

place in Portimao (POR) in 2027.

It was especially fitting that the Men's and Women's Triathlon Finals took place on September 9, when the Modern Pentathlon community marked the legacy of founder Baron Pierre de Coubertin with a range of online and offline celebrations.

Clemence Reboisson of France and Emanuele Tromboni of Italy put in performances that the founder of the modern Olympic Games would have admired as they were crowned Women's and Men's champions, respectively, claiming the first two gold medals of Mediterranean Beach Games Heraklion 2023 in the process.

Many dignitaries from the competing nations as well as the International Committee of the Mediterranean Games (ICMG) were among the crowds that watched the Triathlon competition on the opening day.

The action took place on the sands and

in the seas of Heraklion's Ammoudara Beach, where conditions provided a challenge with strong winds, testing waves and soft sand underfoot. But upwards of 30 competitors proved up to the challenge as they represented eight nations (Greece, Croatia, Cyprus, Egypt, France, Italy, Spain and Portugal).

Reboisson (FRA) was victorious in the Women's Final with silver going to Alice Rinaudo (ITA) and Lea Fernandez (FRA) claiming bronze. In the Men's Final, Duarte Taleigo of Portugal earned silver as he finished runner-up to Tromboni (ITA). Bronze was secured by Nikolas Papadimitriou of host nation Greece.

On September 10, France claimed its second gold when Fernandez (FRA) teamed up with compatriot Ugo Fleurot (FRA) for victory. Silver went to the Italians, with Egypt taking bronze to ensure five of the competing nations made it on to the medal table.

### MEDALLISTS' REACTION

Women's champion Reboisson (FRA)



Heraklion's Ammoudara Beach was the site where upwards of 30 competitors from eight different nations competed at the 3rd Mediterranean Beach Games

said: "It is an honour for me to become the first gold medal winner at the 3rd Mediterranean Beach Games Heraklion 2023!"

"It was a very tough race. My goal was the first place, just as I had done in the European Championships. I had a bad round in shooting, so in the last round I knew that I had to make five out of five shots and move very quickly, in order for me to return to the top spot. Then I did the last Running lap very fast and everything was OK for me."

Silver medallist Rinaudo (ITA) said: "I came here to do my best and search for the victory, but I am very happy with the second place. I fought until the end and I did everything I could."

Bronze medallist Fernandez (FRA) added: "I did very well in Running and Swimming, but I was horrible in Shooting. Still, I'm pleased with the

3rd place and the bronze medal that I won, because it is an improvement for me after the 4th place at the UIPM 2022 Triathlon World Championships in Madeira."

Men's champion Tromboni (ITA) said: "I'm very happy for this victory. The beginning wasn't good for me and I was among the last athletes, but I was confident that I would be able to finish very strong. I like the vibe and the location here. This is a new experience for me, my first medal in an international competition. I couldn't ask for more."

Runner-up Taleigo (POR) added: "I am very pleased with myself. This time I managed to do a great shooting, it was almost perfect and I think that it made all the difference for me."

Bronze medallist Papadimitriou (GRE) said: "To be honest, I wasn't expecting to win a medal here. I didn't expect to

be so consistent in Shooting, due to the strong wind, but since I did well in Shooting I managed to perform well in Running and Swimming, too."

### PRESIDENT'S REACTION

UIPM President Dr Klaus Schormann said: "It has been wonderful to see Triathlon so well received in its debut at the Mediterranean Beach Games in recent days. I commend our colleagues at the ICMG and local organisers, volunteers and the city government here in Heraklion for a very successful competition."

"I was pleased to welcome Mr Davide Tizzano, the President of ICMG, as well as many NOC Presidents who visited our competition over the past two days. They were all intrigued and impressed with our sport of Triathlon, which is a great fit for multi-sport events, particularly Beach Games."



# UIPM PARA SPORTS SPOTLIGHT

Catching up with  
Brian Douglas (USA)



Brian Douglas (USA) is currently studying Kinesiology at the University of Virginia where he hopes to continue and to specialise in biotechnology

## Para Pentathlon trailblazer Brian talks us through university life and his current sporting outlook

In July 2019, UIPM News first explored the remarkable story of Brian Douglas, a double amputee who at the age of 16 had already become an inspiration as he blazed a trail for the UIPM Para Sports movement.

Douglas competed in the US Pentathlon National Championships at Youth A (Under 19) level and also took part in the senior competition and 12 months later told UIPM how his unique journey was developing. Three years on, we check back in with the 19-year-old to catch up on where life and sports have taken him since...

## We last heard from you in 2020 when you were still in high school and recovering from a recent shoulder injury. Where are you at now?

I'm in my third year of my kinesiology degree at the University of Virginia in Charlottesville (USA). At first I really wanted to do prosthetics and orthotics but then I got more and more interested in the general biotech field. It's been a really enjoyable area of study for me.

## Have your studies helped your athletic career?

Right now I'm in muscular and skeletal anatomy, exercise physiology and nutrition for the athlete. All those courses tap in to different things that have to do with exercising, optimal

nutrition, optimal exercise, what happens to the body in terms of hormonal regulation, muscular-skeletal effects on the body of exercise.

It helps you imagine, almost, the motions and movements. That's what I've got from studying this major while playing sports. One general difference which kinesiology makes to the experience of an athlete playing sports is that you're much more intentional, you know the reasons and the scientific backing for what you're doing, whether that's movement or nutrition.

## What does the sporting side of your life look like right now?

With Pentathlon having so many disciplines, it's not a sport that I felt I

wanted to pick up and put down. If I am going to play a sport seriously, I am going to devote the most time I can afford to it to become the best I can in that sport.

I felt that I didn't have the amount of time in my budget right now to be competing in Pentathlon seriously. So currently what my sporting world looks like is, I am the president of the club wrestling team at the University of Virginia and I am on the wheelchair tennis club here too.

## How are they going?

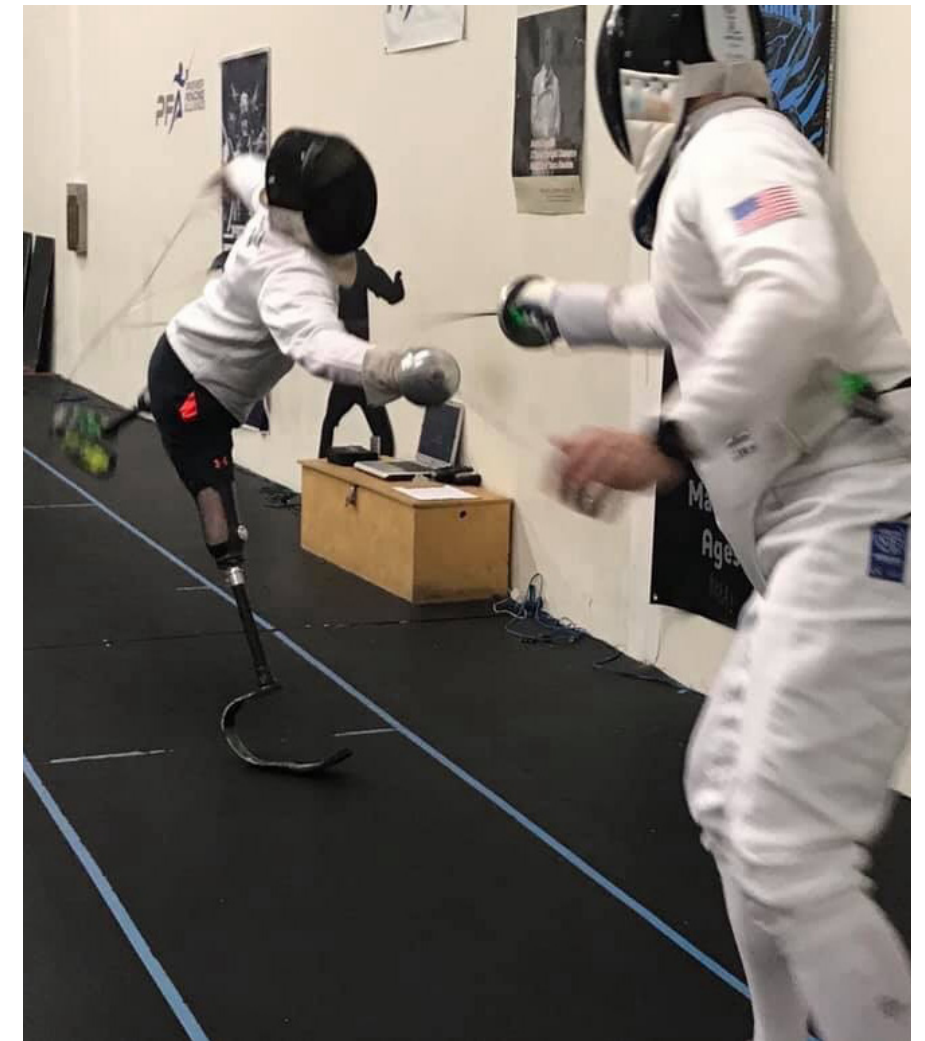
My shoulder injury has healed fully. There's no pain or side effects from that. With the wrestling club we're looking to get affiliated this year so that we can compete with other schools. As far as wheelchair tennis goes, the scene is pretty new in a collegiate sense. Wrestling helps me deal with a lot of my negative emotions. It's almost like a zen experience. You stop thinking, you live in the moment. It's almost therapeutic.

But it's a hobby, whereas wheelchair tennis is where my competitive edge comes back out. UVA [University of Virginia] started the team two years ago in my freshman year. The main barrier right now is funding. Because we're a new sport, we're not yet sanctioned under the university athletics.

We're a club sport instead of being varsity sport, which is where I hope we can and should be. We have six members and four of us travel and have at least three to four tournaments each semester where we go and compete for the University of Virginia.

## Do you see yourself coming back to Pentathlon and, if so, do you think your current sports can be a benefit?

Like every other 19-year-old, I'm really not sure of the trajectory of the rest of my life around me. But everything is a possibility. I definitely think wheelchair tennis and even wrestling can have positive impacts on other sports. Wrestling helps with cardiovascular endurance and we all know that that's



Brian Douglas competed at the US Pentathlon National Championship at Youth A (Under 19) level

a really important part of Pentathlon for Swimming and Running.

Wheelchair tennis is amazing for hand-eye coordination so, you know, running into the booth and having to shoot right after you've just run is a challenge, but wheelchair tennis can have a positive impact for that. The same for tennis. It would make a huge difference to come back to Pentathlon and Fencing specifically after my work in wheelchair tennis.

## Have you seen the addition of the Obstacle discipline? Would that make you excited to return?

Yeah, I haven't done a deep dive but definitely saw some stuff on Instagram on it being added. The American Ninja Warrior aspect sounds cool. I'm not sure exactly how I would do with it, but I would definitely give it a try.

## What are your goals as you look towards 2024 – and beyond?

I would say my goals are maybe less sporting-focused than they once were, because of where I am in my studies. My goal for now is to graduate with my kinesiology degree and hopefully pursue a graduate degree. My preferred Masters degree would be in commerce and biotechnology. That would be awesome if I can get that.

My main sporting goal for now would be to get wheelchair tennis sanctioned as a varsity sport under UVA athletics because I do think adaptive sport is very, very important. We should continue to put an emphasis on that in any environment where it is not present currently. I believe everyone has the right to sport and without the avenue to pursue a sporting activity, it is impossible to exercise that right.



## News from around the world



### UIPM appoints Ad-hoc Working Group to manage FISO integration

Dr Klaus Schormann, President of the Union Internationale de Pentathlon Moderne (UIPM), will chair a seven-person Ad-hoc Working Group charged with formalising UIPM's integration of the Federation Internationale de Sports d'Obstacles (FISO).

The formation of the Working Group is the next step in the process to deliver on the Memorandum of Understanding signed by the UIPM and FISO Presidents in Bath (GBR) in August. This agreement will enable UIPM to oversee the global Obstacle sports movement, following the integration of Obstacle as a discipline of Modern Pentathlon, with the mutual aim of increasing audience and participation numbers across a wider multi-sports portfolio.

Following a vote of approval from the UIPM Executive Board, the Working

Group will comprise President Dr Schormann as Chair, UIPM Vice President Joel Bouzou OLY, NORCECA Confederation President Rob Stull OLY, UIPM Secretary General Shiny Fang, FISO President Ian Adamson, Alberto Agra and Panna Utpaul.

Alberto Agra, a prominent attorney and former Solicitor General and Justice Secretary of the Philippine Government who chairs the Philippine Reclamation Authority, is President of the Asia-Pacific Obstacle Sports Federation.

Panna Utpaul, a hotelier who is Vice President Operations of Playa Hotels & Resorts across the USA and Jamaica, is President of the Pan American Obstacle Sports Federation.

The Working Group is scheduled to meet for the first time in November 2023, at the end of a season in which:

- Obstacle was successfully

introduced as a Modern Pentathlon discipline in the UIPM 2023 Junior, U19 and U17 World Championships

- The new discipline was integrated into numerous regional and national Modern Pentathlon competitions at under-age level, following the provision of resources to support athletes, coaches and organisers
- UIPM co-hosted the FISO 2023 Ninja World Cup USA and FISO 2023 OCR World Championships

### UIPM Pierre de Coubertin Pentathlon Day: 'His philosophy is a part of our DNA'

Five years after its inauguration during the UIPM 2018 World Championships in Mexico City (MEX), Pierre de Coubertin Pentathlon Day returns today with the UIPM Sports community celebrating the legacy of



Five years after the first celebration of Pierre De Coubertin Pentathlon Day, the day was again marked within the UIPM sports community

Modern Pentathlon's founder online and offline.

UIPM President Dr Klaus Schormann, speaking from the 3rd Mediterranean Beach Games in Heraklion (GRE) where Triathlon is on the programme, said: "Pierre de Coubertin, the founder of the modern Olympic Games and creator of Modern Pentathlon, was inspired by the ancient Olympic Games. He was guided by its spirit and during his lifetime focused always on the time to come.

"We in the Modern Pentathlon society cherish carry this forward day by day – his philosophy is a part of our DNA.

"Through ongoing innovation we are modernising our multi-sport, taking care of Coubertin's legacy and celebrating his heritage, promoting the interests of young generations in a never-ending evolution.

"The yearly celebration of Pierre de Coubertin Pentathlon Day on 9 September is a legacy in itself. Today

our sport makes its first appearance in the Mediterranean Beach Games, which by poetic coincidence is taking place in Greece – the ancient home of the Olympic Games."

Yasser Hefny OLY, Chair of the UIPM Athletes Committee, added: "Pierre de Coubertin Day is very special to all who love sports, particularly the Modern Pentathlon family. He is the great man who gave all worldwide sports fans the most beautiful month we experience every four years, the month of the Olympic Games, which is full of fun, excitement, challenge, and intense emotion.

"Coubertin is the one who was able to create an event that equalises all races and ethnicities. I am sure that if he were with us now, he would be proud of our progress in our sport to keep up with the new trends and the evolution of sports fans' general way of thinking and evaluation."

Alexandra de Navacelle de Coubertin, UIPM Pierre de Coubertin Commission

Member, said: "Pierre de Coubertin believed that the Modern Pentathlon captured the essence of the Olympic spirit because it required athletes to excel in a variety of athletic and intellectual disciplines. The five components of the modern pentathlon tested an athlete's physical fitness, mental toughness, adaptability, and versatility.

"UIPM are doing an incredible job at keeping the spirit and intention of this discipline alive by constantly adapting it to modern days, improving its format and introducing ongoing innovative solutions to make it more accessible and in touch with its time."

### UIPM Judges Certification Programme: New wave of graduates at Mediterranean Beach Games in Heraklion (GRE)

With a little piece of history made on the Greek island of Crete this month when UIPM Sports made its Mediterranean Beach Games debut, the future came into focus too.





UIPM President Dr Klaus Schormann was on hand to congratulate the students at the UIPM JCP course in Heraklion on the island of Crete (GRE)

Twenty new students took their first steps on the judging journey as they took part in a successful week-long UIPM Judges Certification Programme course which coincided with the competition taking place in Heraklion (GRE).

Heraklion 2023 was the third edition of the Mediterranean Beach Games with Triathlon, a sport particularly well suited to multi-sport events that take place on sand, included for the first time.

Across four days in the run-up to the opening Triathlon competition, 20 students from the host nation and two more from Portugal were introduced to the art of judging and honed their skills under the expert eye of UIPM Educator Rui Lucena (POR).

The course ran from September 6-9 with an impressive 13 women and nine men earning a Level 1 certification which enabled them to help oversee the Triathlon events, which included two enthralling Individual Finals and a Mixed Relay.



Twenty new students took part in the UIPM Judges Certification Programme course in Heraklion (GRE)

Rui Lucena, who is also Executive Director of the Portuguese Modern Pentathlon Federation, said: "A very gender-balanced group of diverse ages came together and, despite it being their first contact with Triathlon, they all responded very well to the course, always with a huge motivation to learn and to be able to carry out their duties at the Mediterranean Beach Games Heraklion 2023.

"It was a great experience to be an educator for this fantastic group."

UIPM Executive Board Member for Sport and UIPM Technical Committee Chair, Janusz Peciak OLY, said: "The UIPM Judges Certification Programmes occupies an absolutely crucial role in the development and growth of our sports. I am always so pleased to hear reports of another successful course.



Student athletes will be pioneers in Obstacle Laser Run when the 2nd FISU World University Championships Modern Pentathlon takes place in Kaunas (LTU)

"The course in Heraklion (GRE) is particularly positive because it focused on Triathlon which with its exciting mix of running, swimming and shooting has proven to be a key growth sport for UIPM. I thank Rui Lucena, our dedicated instructor and congratulate all of our new judges."

#### 2nd FISU World University Championships Modern Pentathlon to be held in Kaunas (LTU) in 2024

Student athletes will become pioneers in Obstacle Laser Run when the 2nd FISU World University Championships Modern Pentathlon takes place in Kaunas (LTU) in 2024.

The competition was inaugurated in Budapest (HUN) in 2018 with the intention of being hosted every four years, before the COVID-19 pandemic interrupted the sequence. Two-time senior world champion Elena Micheli of Italy and Tokyo 2020 Olympic silver medallist Ahmed Elgendy of Egypt were among the individual medallists in 2018.

Obstacle Laser Run is one of several new multi-sport permutations enabled by the integration of Obstacle into Modern Pentathlon, providing a highly accessible and dynamic format.

UIPM President Dr Klaus Schormann said: "Modern Pentathlon has always been strongly aligned to education, with a large proportion of pentathletes training and competing during university courses and going on to have successful professional careers both inside and outside of the movement.

"I am delighted that the FISU World University Championships Modern Pentathlon will return in 2024 for its second instalment, enabling student athletes from around the world to gather in a highly competitive and social environment where they can test the exciting new format Obstacle Laser Run. The development of UIPM's worldwide partnership with universities is facilitated by the integration of Obstacle, making our sport more accessible globally.

"Lithuania is a very active nation within our movement and I have no doubt the 2024 competition in Kaunas will be arranged at the same high level as the UIPM 2023 Junior World Championships in Druskininkai, with the UIPM 2024 U19 World Championships also heading to Lithuania."

FISU Sports Director Juan Carlos Holgado added: "After the pandemic

break, FISU is delighted to offer university athletes in Modern Pentathlon a high-level international event to challenge their performance in the 2024 season with a World Championships in Lithuania.

"We know that the sport is under a critical renovation process, and we are proud to support the UIPM in its efforts to move Modern Pentathlon to the next level. This championship is another fantastic opportunity to evaluate the recent changes and find any possible room for improvement.

"FISU is pleased to assist development efforts proposed by our partners, the international federations, by testing rules, new sports equipment, new technologies, results systems or even new disciplines in our events. This is the case with UIPM and is a clear example where FISU supports innovation in the sport through a fruitful partnership with its stakeholders supported by the FISU family.

"I am convinced this will be a successful event in all areas due to the close collaboration between our University Sports Federation in Lithuania, the Lithuania Modern Pentathlon Federation and UIPM."





Youth athletes competed in age categories from U11 to U19 in the first African Youth Triathlon and Laser Run Championships

**Kids make history in African Youth Triathlon and Laser Run Championships in Abidjan (CIV)**

Youth athletes from seven countries gathered in Abidjan, Ivory Coast for the historic first African Youth Triathlon and Laser Run Championships.

The athletes, supported by coaches and National Federation leaders, competed across numerous age categories from Under 11 to Under 19, demonstrating their skills in swimming, running and laser shooting.

Francois-Xavier Akonde, President of the Ivory Coast Modern Pentathlon Federation and African Modern Pentathlon Confederation (CAPM) Vice President in charge of development, said: "It was a very nice meeting for our first organisation of this competition. A very nice initiative that shows what we are starting to do in Africa, encouraging competition among young people as they are the future of Modern Pentathlon."

Left to right: Ismaila Lingany (CAPM Secretary General); Delia Diedericks (EB Member of South Africa NF); Francois-Xavier Akonde (CAPM Vice President, President of Ivory Coast Modern Pentathlon Federation); Frans van Niekerk (South Africa NF President); Sylvestre Zare (UIPM EB Member, CAPM President)



**Inside UIPM**  
Secretary General Shiny Fang's message

**Why Asia is embracing the game changer ...**

You may have read this a few times lately, but the integration of Obstacle into Modern Pentathlon is a true game changer. With every week that passes, the feeling grows stronger that compelling opportunities lie ahead for young and new Modern Pentathlon countries.

UIPM Sports was presented in two continental multi-sport Games in September – the Mediterranean Beach Games and the Asian Games, with Triathlon and Pentathlon respectively. Our flagship sport will be included in the Pan American Games in October as well.

While the Mediterranean Beach Games provides opportunities for athletes from Africa and Europe to enjoy the very accessible sport of Triathlon on the beach, Modern Pentathlon in the Asian Games is both traditional and contemporary, with young National Federations such as India, Thailand and Indonesia – among others – participating in the latest edition in Hangzhou.

In between the Asian Games, we had a lot of communication with multiple Asian NFs and National Olympic Committees, some with and some without Pentathlon embedded, and their first reaction did not surprise us. They expressed a feeling that finally they can become more involved in Modern Pentathlon thanks to the innovation of the integrated Obstacle discipline.

Meanwhile, all of them expressed the sentiment that they treasure the history and identification of Modern Pentathlon with Riding, but they really hope their athletes can have



sustainable ambitions of competing in the Olympic Games and other multi-sport Games with the transformed five-discipline sport.

The Obstacle discipline certainly opened the door for a lot of non-Pentathlon countries to not only become future UIPM NFs, but also to be able to recruit and eventually send athletes to more events. Although in reality there might be still some difficulties and it will take time for our sport to be developed and improved in their countries, at least the transition gives them hope of possibilities and opportunities.

So what has been recognised during the recent integration of Obstacle in Modern Pentathlon competitions?

- Clearly, there is a need for:
- more training guidelines for coaches and athletes
  - more training and education for judges
  - more guidance and discussions to enable NFs to find solutions to integrate Obstacle for individual athletes
  - more TV production experience of head-to-head racing for the future, to be ready for senior events from 2025 on.

Once again, we are expecting a positive outcome from the IOC Session in Mumbai in October to confirm our inclusion in Los Angeles 2028, and regardless of the result, the journey of a new Pentathlon has started and will continue to inspire youth generations together for decades to come...



## Inside UIPM

### President Dr Klaus Schormann's activities

**04.09.2023: German Olympic Academy**

UIPM President Dr Klaus Schormann met the Director of the German Olympic Academy (DOA), Dr Gerald Fritz, in Darmstadt (GER).

They discussed educational issues for young athletes and sport society in general, to work out special Olympic educational tools linked to the Olympic Summer Games 2024. President Dr

Schormann sits on the IOC Olympic Culture & Education Commission, which cooperates with the Olympic Academies and the IOA in Olympia (GRE), based on the philosophy of Baron Pierre de Coubertin.

**08.09. – 13.09.2023: Heraklion, GRE**

UIPM President Dr Schormann thanked the President of the International Mediterranean Games

Committee (CIJM), Davide Tizzano, for the inclusion of Tetrathlon in the 3rd Mediterranean Beach Games.

During the competition they discussed the future inclusion of Triathlon in the Mediterranean Beach Games and the possibility to expand the competition with the addition of Obstacle to create a new Tetrathlon. More than 10 National Olympic Committee (NOC) Presidents visited the competitions and gave their clear support for the future



Left to right: UIPM Vice President Sharif Elerian, Davide Tizzano (CIJM President), UIPM President Dr Klaus Schormann, Alain Lunzenfichter (Member of CIJM Media Commission and UIPM Pierre de Coubertin Commission)



Left to right: UIPM Development Manager Maxime Papillon, UIPM President Dr Klaus Schormann, Hellenic NF President Theodora Palli, UIPM Technical Delegate Rui Lucena

of Modern Pentathlon with Obstacle integrated.

Theodora Palli, President of the Hellenic Modern Pentathlon Federation, and her team contributed strongly to the success of the competition held in Heraklion on the Greek island of Crete.

**14.09.2023: Vilnius, LTU**

The UIPM President visited Daina Gudzinviute, Lithuania NOC President and IOC Member en route to the UIPM 2023 Pentathlon Junior World Championships in Druskininkai (LTU). President Dr Schormann was accompanied by the Lithuanian Modern Pentathlon Federation President, Aistis Baronas.

They had a long discussion about Modern Pentathlon and the performance of Lithuanian pentathletes, emphasising the Olympic gold and silver medallist Laura Asadauskaite as an example. They also reflected on the international UIPM competitions that the NF organised successfully in Vilnius and Kaunas over the past years as well as this year's European U19/U17 Championships in Druskininkai and the 2nd FISU University World Championships Modern Pentathlon that will be held in Kaunas in 2024.

NOC President Gudzinviute underlined during a briefing about the new format of Modern Pentathlon that the integrated Obstacle discipline gave many young athletes more opportunities to participate in the multi-sport of Modern Pentathlon.

President Dr Schormann shared updates on the political landscape

UIPM President Dr Klaus Schormann with Daina Gudzinviute, Lithuania Olympic Committee President and IOC Member, during their meeting in Vilnius (LTU)







Left to right: Antanas Urbonas (Druskininkai Head of Culture & Tourism); Justinas Kinderis (Secretary General of Lithuanian MPF); Aistis Baronas (President of Lithuanian MPF); Dr. Klaus Schormann (UIPM President); Simonas Kazakevicius (Vice Mayor of Druskininkai)

within international sport affecting the Olympic Movement. He received a special award for ongoing support of the Olympic movement in Lithuania.

#### 15.09. – 17.09.2023: Druskininkai, LTU

On the first day of his visit to the UIPM 2023 Pentathlon Junior World Championships, President Dr Schormann briefed the Deputy Mayor of Druskininkai, Simonas Kazakevicius, about the changes of Modern Pentathlon through the replacement of Riding. With Obstacle as a new discipline Modern Pentathlon adopts a more urban format for the future and new possibilities come up for young athletes.

The Deputy Mayor and head of culture and tourism of Druskininkai, Antanas

Urbonas, gave a presentation of the city linked to sport and culture.

Lithuanian NF President Baronas expressed his willingness to maintain a close partnership with UIPM, offering training sessions for international athletes and organising future competitions.

NF Secretary General and 2013 world champion Justinas Kinderis OLY joined all meetings and provided the UIPM President with information about national development and partnerships between Baltic countries.

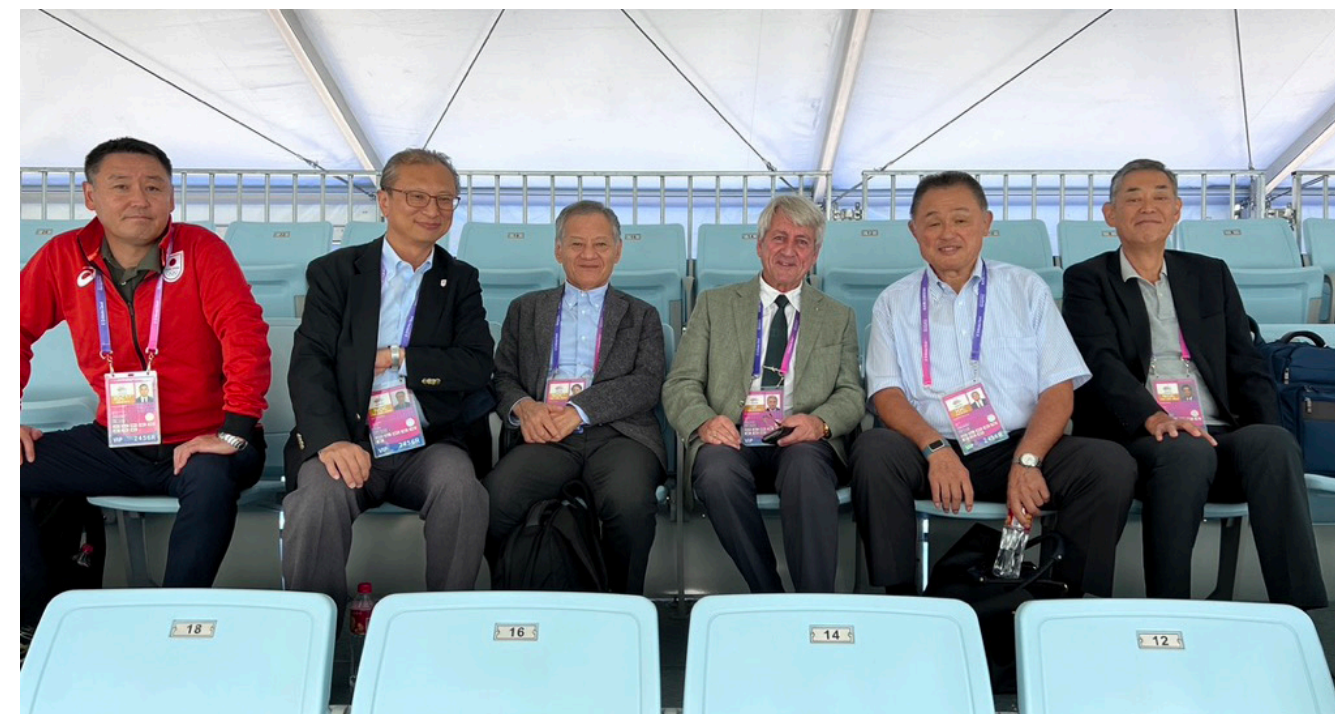
#### 20.09. – 28.09.2023: Hangzhou, CHN

At the beginning of the 19th Asian Games, the Asian Modern Pentathlon Confederation (AMPC)

convened its General Assembly and had a meeting with the UIPM President Schormann to update him on the ongoing developments across Asia.

Additionally, Dr Schormann informed AMPC about current issues of sporting politics such as the possibilities for neutral athletes with Russia and Belarus passports to participate in UIPM competitions, and he outlined UIPM's future plans regarding the integration of the Obstacle discipline in Modern Pentathlon.

At a welcome dinner for the Asian Games, organized by the Hangzhou Sports Bureau (HAGOC) and Gao Zhidan (Director of China's State General Administration of Sports), the UIPM President was joined by 1st Vice President Juan Antonio Samaranch and Secretary General Shiny Fang in thanking and congratulating the



Above: UIPM President Dr Klaus Schormann with a delegation from the Japanese NOC during the Modern Pentathlon Women Finals at the Asian Games in Hangzhou (CHN). Seated to the right of President Dr Schormann is NOC President Yasuhiro Yamashita (IOC Member). Below, left to right: Capt Suriyan Samranjai (Thailand NF EB Member); Adm Sutheepong Kaewtab (Thailand NF VP); Cassandra Choh (AMPC VP and Chair, UIPM Women's Commission); Rajendra Shrestha (AMPC EB Member and Nepal NF President); Sangkeong Yeo (AMPC Secretary General); UIPM President Dr Klaus Schormann; Valerii Novikov (AMPC VP); Adm Pinyo Tolieng (Thailand NF Secretary General); Adm Sauwanee Uthaisang (Thailand NF Treasurer)







Above, left to right: Binaya Bikram Shah (Honorary President of International Soft Tennis Federation); Raja Randhir Singh (Acting President of the Olympic Council of Asia) with his wife; UIPM President Dr Klaus Schormann and Secretary General Shiny Fang. Below, left to right: Vitaly Logvin (President of the Pan-American Fencing Confederation); HH Engr Sheikh Salem Bin Sultan Alqasimi (President of the Asian Fencing Confederation); Mrs Karin Schormann and Dr Klaus Schormann (UIPM President); Juan Antonio Samaranch (IOC Vice President, UIPM 1st Vice President); Shiny Fang (UIPM Secretary General); Sangkeong Yeo (Secretary General of the Asian Modern Pentathlon Confederation, AMPC)



Above, left to right: Hyunjun Kim (AMPC President); Keeheung Lee (IOC Member, Korean NOC President); Dr Klaus Schormann (UIPM President). Right: President Dr Schormann shakes hands with the Prime Minister of Korea, Ducksoo Han

Local Organising Committee on the excellent organization and hospitality of the Asian Games.

Modern Pentathlon took centre stage at the beginning of the competition with 10 quota places at stake for the Paris 2024 Olympic Games. During the Women's Final, President Dr Schormann met with Japan NOC President Yasuhiro Yamashita (IOC Member). During the Men's Final, the UIPM President and AMPC President Hyunjun Kim were honoured to meet with the Korea Prime Minister, Ducksoo Han, and Korean NOC President, Keeheung Lee.

During his stay in Hangzhou (CHN), the UIPM President visited numerous sports to get a clear picture of the Games and the diverse spectator experience. He discussed various political matters related to the development of sport in Asia and worldwide with international colleagues, including the Acting







Above: UIPM and AMPC Presidents Dr Klaus Schormann and Hyunjun Kim meet again with the Korean Prime Minister, Ducksoo Han (4th from right), and Korean NOC President Keeheung Lee (3rd from left). Below left: Andru Subowo; Lena Nussbaumer (UIPM Executive Assistant); Karin Schormann; Rita Subowo (FIVB VP; former President of Indonesia NOC; former IOC Member); Dr Klaus Schormann (UIPM President)

President of the Olympic Council of Asia, Raja Randhir Singh.

On September 28, the UIPM President Dr Klaus Schormann had a working meeting with the new President of the International Military Sports Council (CISM), former pentathlete Col Nilton Rolim.

They discussed the development of Modern Pentathlon within the military movement and what impact the new Obstacle discipline will have. Furthermore, they strengthened the partnership between CISM and UIPM and looked forward to the 2024 CISM Military World Championships.



Above, left to right: Raja Randhir Singh (OCA Acting President); Dr Klaus Schormann (UIPM President); Nilton Rolim (CISM President). Below: President Dr Schormann joins the unveiling of a countdown to the UIPM 2024 Pentathlon and Laser Run World Championships in Zhengzhou (CHN) with Hongmin Chen (Deputy Mayor of Zhengzhou Municipal People's Government)

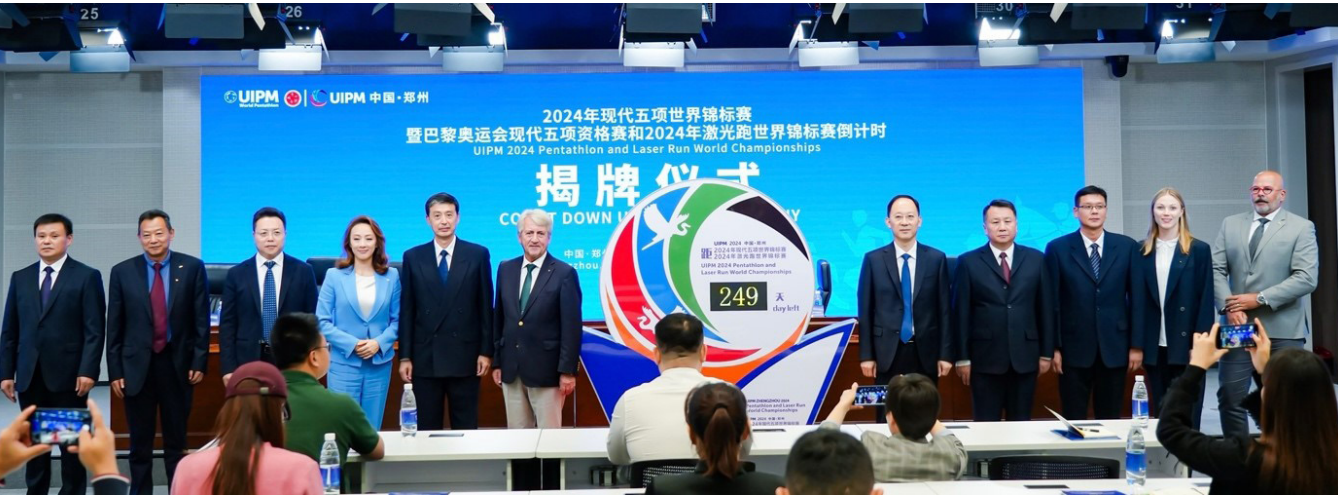


26.09. – 27.09.2023: Zhengzhou, CHN

UIPM President Dr Schormann, together with Secretary General Fang, took a break from commitments in Hangzhou (CHN) to visit the venue for the UIPM 2024 Pentathlon and Laser Run World Championships in the city of Zhengzhou.

UIPM's flagship event will finally go to China four years after being postponed because of the COVID-19 pandemic, and the competition will take place in a state-of-the-art Pentathlon Stadium with all five disciplines accommodated in one field of play. President Dr Schormann and Mrs Fang took part in a press conference before unveiling a





Above: UIPM President Dr Klaus Schormann, Secretary General Shiny Fang, Operations Director Alexandre Franca and Executive Assistant Lena Nussbaumer join officials and athletes at the press conference and unveiling of a countdown plaque for the UIPM 2024 Pentathlon and Laser Run World Championships in Zhengzhou (CHN). Below: a working meeting about UIPM's flagship competition taking place in June 2024

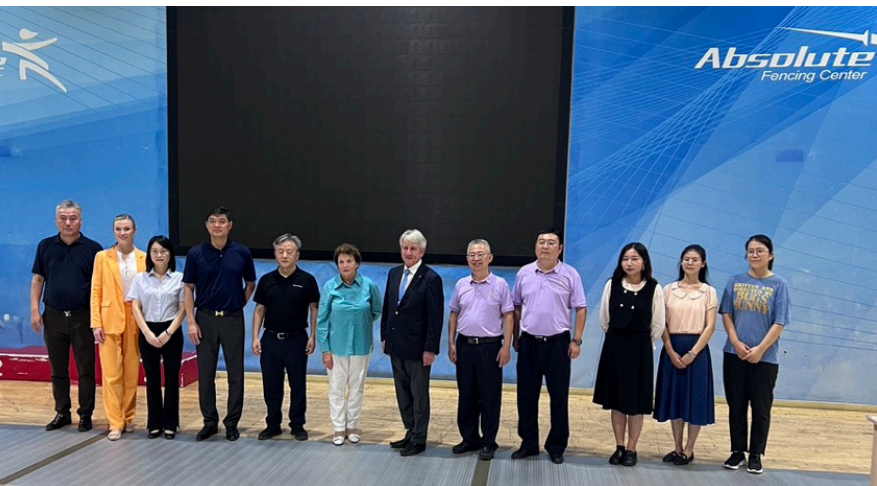


countdown plaque for the combined 2024 competition where Laser Run will take place from June 7-9 and Modern Pentathlon from June 10-16.

They were joined at this official function by Daoming Ji and Bin Zhang (Chairman and Secretary General of the Chinese Modern Pentathlon Association), Jiyang Li (Deputy Director of the Henan Provincial Sports Bureau), Hongmin Chen (Deputy Mayor of Zhengzhou Municipal People's Government), Ning Liu (Deputy Director of the Zhengzhou Sports Bureau) and Yingqiang Geng (Secretary of the Party Committee and Chairman of Zhengzhou Tourism and Sports Group).



Above, left to right: Qian Minyan (Jiangsu Xishan Senior High School Deputy Principal); Xia Leizhen (Principal); Dr Klaus Schormann (UIPM President); Wang Xiaojian (Deputy Principal). Right and below: President Dr Schormann receives a special award from Principal Leizhen and enjoys discussions with the School Principals and pupils, together with Absolute Fencing CEO Gary Lu



29.09. – 30.09.2023: Wuxi, CHN

The UIPM President visited the factory of UIPM sponsor Absolute Fencing and discussed upcoming projects in 2024 with CEO Gary Lu.

Together they visited Fencing training facilities and the sport complex of the Jiangsu Xishan Senior High School. With Principal Mr Leizhen Xia they discussed the long partnership between UIPM and the high school, which in 2017 received the UIPM Pierre de Coubertin Medal for their strong development of sport as an important educational tool.

Dr Schormann was appointed to the position of the Sports Development Consultant for Jiangsu Xishan Senior High School on September 29 by the Principal, Xia Leizhen.



## Pentathlon World Rankings

The PWR is updated live at [www.pentathlon.org](http://www.pentathlon.org) after each competition. PWR as at October 2, 2023:

### MEN

RANK	NATION	NAME	POINTS
1	EGY	Mohanad SHABAN	210
2	GBR	Joseph CHOONG	210
3	MEX	Emiliano HERNANDEZ	205
4	KOR	Woongtae JUN	180
5	HUN	Csaba BOHM	179
6	EGY	Ahmed ELGENDY	177
7	KOR	Changwan SEO	159
8	ITA	Giorgio MALAN	154
9	FRA	Valentin PRADES	152
10	FRA	Valentin BELAUD	150
11	GER	Marvin DOGUE	149
12	CZE	Martin VLACH	148
13	CHN	Linbin ZHANG	146
14	JPN	Taishu SATO	141
15	EGY	Mohamed ELGENDY	140
16	HUN	Balazs SZEP	140
17	KOR	Jihun LEE	135
18	GBR	Myles PILLAGE	129
19	CZE	Marek GRYCZ	128
20	CHN	Shuai LUO	124

### WOMEN

RANK	NATION	NAME	POINTS
1	ITA	Elena MICHELI	208
2	ITA	Alice SOTERO	201
3	GBR	Kerenza BRYSON	190
4	GER	Rebecca LANGREHR	176
5	TUR	Ilke OZYUKSEL	173
6	LTU	Laura ASADAUSKAITE	168
7	FRA	Marie OTEIZA	160
8	GBR	Olivia GREEN	159
9	HUN	Michelle GULYAS	157
10	MEX	Mariana ARCEO	157
11	LTU	Ieva SERAPINAITE	153
12	ESP	Laura HEREDIA	153
13	FRA	Elodie CLOUVEL	149
14	LTU	Gintare VENCKAUSKAITE	148
15	EGY	Salma ABDELMAKSoud	142
16	GBR	Jessica VARLEY	139
17	HUN	Blanka GUZI	136
18	KOR	Seungmin SEONG	130
19	CHN	Mingyu ZHANG	126
20	ITA	Alessandra FREZZA	124

The latest UIPM World Rankings, World Cup Rankings and Olympic Games Rankings are all available at [www.pentathlon.org](http://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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