The Olympic sport of modern pentathlon involves fencing, swimming, show jumping, pistol shooting and running. The sport was introduced at the 1912 Olympics by the founder of the modern Olympic Games, Pierre de Coubertin, and embraced the spirit of the pentathlon of the ancient Greek Games, where the five sports were running, jumping, javelin, discus and wrestling.

The Disciplines

**Fencing**

Athletes fence all other competitors once using electric epees. Bouts are fenced for one hit and last a maximum of one minute. Double hits are annulled. If neither fencer has scored a hit within the time limit, both athletes score a defeat. An athlete who wins 25 of their 35 bouts will get 250 pentathlon points, with each victory or defeat above or below this number worth a plus or minus score of 6 points.

A new fencing Bonus Round has recently been introduced. This additional stage to the competition gives athletes the chance to win bonus points and top up their scores.

**Swimming**

A 200m freestyle swim, where the athletes are seeded in heats according to their personal best times. The heats are seeded with the fastest swimmers competing in the final heat. A time of 2:30 is worth 250 pentathlon points with every third of a second faster or slower than this time being worth a plus or minus a score of one point.

**Riding**

Athletes ride unfamiliar horses over a series of 12 fences. The athletes have just 20 minutes in the warm-up arena over five practice jumps before coming out to compete.

A clear round within the time allowed is worth 300 pentathlon points. Competitors lose 7 points for each jump they knock down, and 10 points for a refusal to jump or a fall, which is equivalent to a 10-second handicap in the final combined event. They also lose one point for each second they are over the allocated time.

**Combined Event (running and shooting)**

The combined event begins with a handicapped start, calculated on the basis of the results after the previous events. Athletes run a total distance of 3200m, interspersed by shooting four sets of electronic targets. Only after having hit the target five times with an unlimited number of shots OR after a time of 50 seconds can the competitor start from the firing point to perform each running leg of 800m. A time of 13 minutes 20 seconds equates to 500 pentathlon points, with each second faster or slower than this time being worth a plus or minus a score of one point.
Pentathlon GB is the National Governing Body for the Olympic sport of Modern Pentathlon in Great Britain. Our head office is based at the University of Bath, along with the National Training Centre where the majority of our podium and podium potential athletes train.

We offer competitions locally, regionally and nationally for beginners and experienced competitors of all ages. As well as modern pentathlon, we run competitions for those wanting to compete in modern biathlon, modern triathlon, modern tetrathlon, biathle, triathle and laser-run.

The University of Bath

The University of Bath has long been the home of modern pentathlon in Great Britain. Those pentathletes looking to compete at an elite level will traditionally descend upon Bath for their studies while also training full time. The £30 million Sports Training Village is the hub of sports activities at the University of Bath, where the vast majority of sports facilities can be found under one roof.

2016 Season

After a slow start to the 2016 season, things have ignited lately with Jamie Cooke winning back-to-back gold medals at World Cup 4 in Kecskemét and the World Cup Final in Sarasota. The 25 year-old then finished 9th at the World Championships in Moscow, a result that saw him become the new World Number 1 in the Men’s Official World Rankings.

Freyja Prentice (7th), Kate French (8th) and Samantha Murray (9th) all recorded top 10 finishes in the final regular World Cup Series event in Kecskemét.

At the World Championships, Sam Murray and Jo Muir claimed silver in the Women’s relay with Sam finishing 16th and Kate French 24th in the Women’s individual final.

Joe Choong recorded his best ever World Cup performance by finishing 4th at World Cup 3 in Rome and Jo Muir secured her best ever Major Championships finish when she placed 5th at the European Championships in July.

Eilidh Prise (silver) and Jo Muir (bronze) both picked up medals at the Swiss Women International at the end of March, Georgia Pipes claimed a silver medal at the Milan Kadlec Memorial in Prague in May and Jess Varley also secured a second place finish at the Swiss Open Champs in the middle of July.

The Pentathlon GB Youth team have also enjoyed international success, most recently at the Youth A (Under 19) European Championships in Spain. Harry Sykes and Josh Miller won gold in the Boys’ relay with Kerenza Bryson and Myles Pillage securing bronze in the Mixed Relay. Kerenza also won bronze in the Women’s Team competition alongside Olivia Green and Georgia Hannam.

The Under 17 European Championships are being held in Solihull, Great Britain from 27-29 August.
The 2016 Olympic Games

18-20 August, Rio De Janeiro

International Qualifying Criteria

Athletes were able to qualify by name at the following UIPM (Union International de Pentathlon Moderne) competitions:

- Continental Championships 2015: Top 8 in Europe
- World Cup Final 2015: Top 1
- World Championships 2015: Top 3
- World Championships 2016: Top 3
- Pentathlon World Ranking List as of 1st June 2016: Remaining places

Qualification competitions were ranked in hierarchical order, not chronological. The competitions were prioritized as follows: the 2015 World Cup Final, the continental championships, the 2015 World Championships and finally the 2016 World Championships.

In the case that an athlete achieved the Olympic Games Qualification standard more than once, they were allocated the sport from the competition highest up the chain and their other qualification place was redistributed.

Selection Criteria

National Federations are able to nominate a maximum of 2 athletes per gender to compete in the Olympic Games. NFs who qualify more than two athletes have the right to decide who to nominate to compete at the Games. The qualification places of qualified athletes who are not nominated by their NF is redistributed.

The British Pentathlon Olympic Team Selection Policy governs the internal team selection and it is aligned to the UIPM Qualification Process. The selection panel consists of the Performance Director, Head Coaches, National Fencing Coach, Pathway Manager and Olympic Team Leader.

Selected athletes

Great Britain’s Samantha Murray (2015 World Championships), Kate French (2015 European Championships), Freyja Prentice (2016 Ranking List), Joe Choong (2015 European Championships) and Jamie Cooke (2016 Ranking List) all achieved the Rio qualification standard. The GB selection panel chose Kate French and Sam Murray as the women’s participants with Freyja Prentice named as reserve. Joe and Jamie were both selected for the men’s event.
**Competition Schedule (All times in BST)**

**Thursday 18th August (Day 13)**

- 14:00 – 17:00  Women's Fencing Ranking Round
- 18:30 – 21:30  Men's Fencing Ranking Round

**Friday 19th August (Day 14)**

- 16:00 – 16:35  Women's Swimming
- 18:00 – 18:50  Women's Fencing Bonus Round
- 19:30 – 20:40  Women's Riding
- 22:00 – 22:20  Women's Combined

**Saturday 20th August (Day 15)**

- 16:00 – 16:35  Men's Swimming
- 18:00 – 18:50  Men's Fencing Bonus Round
- 19:30 – 20:40  Men's Riding
- 22:00 – 22:20  Men's Combined
- 22:27 – 22:34  Men's Victory Ceremony

The Fencing Ranking Round for both the Men's and Women's competitions will take place on Thursday 18th August. The remainder of the competition (Swimming, Fencing Bonus Round, Riding and Combined Event) will follow on Friday 19th for Women and Saturday 20th for Men.

This new format of holding the ranking round before the rest of the competition has been trialled this year including at the Rio test event (World Cup 2) in March and the World Cup Final in May.

**Olympic Success**

Since the inclusion of the women's event at the 2000 Sydney Olympic Games, Great Britain has done extremely well in modern pentathlon, winning five medals in the last four games.

Full list of GB Modern Pentathlon Olympic medalists:

- 1976 – Gold (Team) – Jim Fox, Adrian Parker, Danny Nightingale
- 1988 – Bronze (Team) – Graham Brookhouse, Dominic Mahony, Ric Phelps
- 2000 – Gold - Steph Cook
- 2000 – Bronze - Kate Allenby
- 2004 – Bronze - Georgina Harland
- 2008 – Silver - Heather Fell
- 2012 – Silver - Samantha Murray