

Why try Modern Pentathlon?

Modern Pentathlon is an exciting and demanding Olympic sport which comprises of five disciplines: fencing, show jumping, swimming and a combined pistol shooting and cross country running event. The sport has a unique provenance and a fascinating history.



Highlights from 2018-19

- Old Millfieldian Arthur Lanigan-O'Keeffe rose to World Number 2 whilst still training with Millfield
- William Howard selected for the GB World and European Championships
- Hosted our first Laser Run event and opened our new Laser/Run Range

Who can do it?

Modern Pentathlon is available to all pupils as a Games option and pupils can access Laser/Run through MAP and clubs as beginners. We pride ourselves in providing expert coaching in each discipline to pupils of all abilities, from complete novices to international competitors. Full use is made of the school's expertise in riding, swimming, fencing and cross country running. All timetables are individually tailored and monitored by our full-time Pentathlon Lead Coach. The affiliated club at the school regularly enters pupils for regional, national and international competitions in biathlon, biathlon, triathlon, tetrathlon and pentathlon.

Looking forward to 2019-20

- Hosting even more events in all forms and formats
- More single-sport competitions in all five disciplines to aid athlete development
- Miss Cord joining us and Pentathlon GB full-time to help develop all athletes at all levels of the sport from Year 3 to Upper Sixth

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Tutor-in-Charge: Roy Lowndes-Northcott



High performance

The Pentathlon programme works closely with the performance programmes of swimming, athletics and fencing. This is complemented with technical coaching at our Equestrian Centre, alongside dedicated shooting and combined event coaching. As a Pentathlon GB Academy, we have close links with the sport's governing body and we are working to improve athlete development and support performance.



Several of our athletes are currently part of Sport England's Talent Programme and have access to extra specialist coaching in the region, organised and supervised by the sport's governing body, Pentathlon GB. Our programme's target-setting and monitoring processes are designed to encourage performance athletes to aim for the Pentathlon GB Pathway standards in all disciplines of the sport.



Success stories and future stars

William Howard was selected for GB at the Junior European and World Championships this year. Jack Amor and Olivia Mahony both won the British U15 Tetrathlon Championships this year. The Senior boys finished with three of the top four places at the National Schools Biathlon Championships.

