

## 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 2019-20

- At the Regional Triathlon, Millfield's U15 girls' team placed second
- Millfield hosted the South West Biathlon with a record 500 entries
- At the National Biathlon, Millfield won Gold in the U14 and U17 girls' team categories
- Pentathlon GB hosted a Youth Talent Camp at Millfield

## Who can do it?

Modern Pentathlon is available to all students as a Games option and students 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 students for regional, national and international competitions in biathlon, biathlon, triathlon, tetrathlon and pentathlon.

## Looking forward to 2020-21

- Hosting even more events in all forms and formats
- More single-sport competitions in all five disciplines to aid athlete development

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## 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 standard.



## 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.

