

# MODERN PENTATHLON

DISCOVER BRILLIANCE

## LEAD COACH FOR MODERN PENTATHLON

Antonia Cord

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Antonia is currently a Pentathlon GB Pathway Coach and the South West Regional Academy Lead. She has also coached on the domestic and international circuit including the 2018, 2019, 2022 and 2023 European and World Championships. An OM herself, she competed as an athlete at both national and international level when at Millfield.

## COACHES



Mike Cleary



Roy Lowndes-Northcott



Andrew Fraser



Kirsty Rogers

## HIGHLIGHTS

- Eighty athletes competed at the South West Regional Biathlon 2023 (Millfield and Millfield Prep)
- Students achieved over 20 medals at the South West Regional Biathlon, including team and individual performances
- International qualifications and selections for the Great Britain team including laser run, biathle and triathle. International medals across all three disciplines for Millfield athletes in 2022/23
- International selections for the U17 and U19 Tetrathlon at the European and World Championships
- Highly successful performances at the National Triathlon/Tetrathlon Championships by 45 Millfield athletes at U13 to U19 level
- Seven athletes were selected onto the Pentathlon GB Pathway in 2022

## SUCCESS STORIES



William Howard

William joined Sixth Form in order to progress his pentathlon training. He was selected to represent GB at Junior European and World Championships and was National Tetrathlon Junior Champion in 2019.



Arthur Lannigan-O'Keefe

Arthur won the British Under 21 Pentathlon Championships in 2009. He came 25th at the 2012 Olympic Games and third at the U21 World Championships. He became Senior European Champion in 2015, in 2016 came 8th at the Rio Olympic Games and became World Cup Final Champion (mixed relay). In 2018 he ranked number two in the world. In 2021, he competed in the Tokyo Olympics.

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## THE PROGRAMME

### WHAT TO EXPECT

We provide a truly athlete-centred experience with significant access to expert coaches. We pride ourselves in the individual nature of our training programmes and our commitment to each athlete achieving their sporting goals at whatever level they may be. We are a busy and active club in the associated sports of laser-run, modern biathlon, biathle, modern triathlon, triathle and modern tetrathlon.

Modern Pentathlon is an exciting and demanding Olympic sport, which comprises five disciplines; swimming, fencing, obstacle course racing and laser-run (laser pistol shooting and running as a biathlon). The sport has a unique provenance and a fascinating history. 2021 saw a superb Olympic performance from Team GB with double gold in Tokyo, helping to raise the profile of the sport.

The programme at Millfield makes use of the school's expertise in each of the disciplines of swimming, middle-distance running, fencing, laser-running and riding. Facilities are all on campus and within a short walk of each other. Laser shooting is embedded within running sessions each week and is delivered by our team of experienced coaches. Our programme is designed in line with the latest and best innovations and techniques available in this sport thanks to our close connections with the governing body.

### WHO CAN DO IT?

Modern Pentathlon is open to all as a games option all year round. Although a busy programme consisting of multiple sports, it is possible to pursue pentathlon alongside a range of other sporting and co-curricular activities and no two training programmes are the same. We have no selection or qualification standards, all levels of ability and experience are welcomed and catered for.



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