

# 2009 Pentathlon Championships Press Kit



August 22 & 23, 2009 - Port Coquitlam (BC)

## 1. KEY CONTACTS

- 📞 Angela Ives (President, CAMPA): 514.898.8754
- 📞 Aline Lafreniere, communications: 613.791.4032
- 📞 Diane St-Denis, media relations: 604.340.5703 \*

\* Will be on site for the duration of the competition.

## 2. SCHEDULE

### Saturday, August 22nd

- 08:00 – 11:00 Competitor Registration - PoCo Inn and Suites, 1545 Lougheed Highway
- 10:00 – 12:00 Canadian Athletes' Forum - Hyde Creek Recreation Centre, 1379 Laurier Avenue
- 13:00 – 15:00 Combined Event Clinic - Minnehada Middle School, 1390 Laurier Avenue**
- 15:00 – 17:00 Weapon check - Hyde Creek Recreation Centre, 1379 Laurier Avenue**
- 17:00 – 18:00 Technical meeting - Hyde Creek Recreation Centre, 1379 Laurier Avenue
- 18:30 – 20:30 Opening Dinner - Carnoustie Golf Course, 533 Dominion Avenue**
- 22:00 – 23:00 Gym Setup for Fence

### Sunday, August 23rd

- 07:00 – 10:00 Fencing - Hyde Creek Recreation Centre, 1379 Laurier Avenue**
- 10:30 – 12:00 Swimming - Centennial Swim Pool, Shaughnessy Street & Lougheed Highway**
- 12:00 – 13:00 Lunch (athletes) - Northside Stables, 1135 Devon Road
- 13:00 – 16:00 Ride - Northside Stables, 1135 Devon Road**
- 16:00 – 18:30 Run/Shoot - Minnehada Middle School, 1390 Laurier Avenue**
- 19:00 – 23:00 Awards Banquet - PoCo Inn and Suites, 1545 Lougheed Highway**

- 📞 Events in bold are open to media contact Diane St-Denis for information at 604.340.5703.

### **3. PARTICIPANTS**

#### **WOMEN**

#### **MEN**

##### **Youth E (10 years old and under)**

CAVALIERE, Devon (Palm Desert, CA)

##### **Youth D (11 & 12 years old)**

BECKETT, Emily (Maple Ridge, BC)  
RAGLAND, Johannah (Cherry Valley, CA)

##### **Youth C (14 & 14 years old)**

MCCULLOUGH, Naomi (Maple Ridge, BC)

##### **Youth B (15 & 16 years old)**

BECKETT, Erin Michelle (Maple Ridge, BC)      SENGER, Evan (Grande Prairie, Alb)  
WALDIE, Kevin (Grand Prairie, Alb)

##### **Youth A (17 & 18 years old)**

CAINE, Emily (Red Deer, Alb)      JAYNE, Andrew (Reno, NV)  
GILLETTE, Cathy (Maple Ridge, BC)      STEVENS, Garnett (Rockland, Ont)  
STEVENS, Mathea (Rockland, Ont)

##### **Junior (19 to 21 years old)**

CHAPMAN, Kelsey (Prince George, BC)      JAYNE, Andrew (Reno, NV)  
GARDNER, Rachael (Ottawa, Ont)      STEVENS, Garnett (Rockland, Ont)  
MCCANN, Melanie (London, Ont)      PIETRUCZUK, Christopher (Szczecinek, POL)  
MCCONIE, Rebecca (Armstrong, BC)  
REIZMAN, Lea (San Rafael, CA)  
STEVENS, Mathea (Rockland, Ont)

##### **Seniors (22 years old and over)**

CHAPMAN, Kelsey (Prince George, BC)      JAYNE, Andrew (Reno, NV)  
GARDNER, Rachael (Ottawa, Ont)      MAYNARD, Tik (Vancouver, BC)  
GRANT, Kara (Mermaid, PEI)      PIETRUCZUK, Christopher (Szczecinek, POL)  
GUSTAFSON, Elizabeth (Woking, Alb)      RIKER-FOX, Joshua (Delacour, Alb)  
MCCANN, Melanie (London, Ont)      STEVENS, Garnett (Rockland, Ont)  
MCCONIE, Rebecca (Armstrong, BC)  
REIZMAN, Lea (San Rafael, CA)  
STEVENS, Mathea (Rockland, Ont)  
VAKALIS, Donna Marie (Toronto, Ont)  
WILLIS, Lindsay (Cochrane, Alb)

##### **Masters (40 years old and over)**

CAINE, Russell (Red Deer, Alb)  
NOBLE, Bob (Port Coquitlam, BC)



## **2009 CANADIAN MODERN PENTATHLON CHAMPIONSHIPS**

### **THE NATIONALS BY NUMBERS**

Modern Pentathlon features **5** sports (fencing, swimming, equestrian, shooting & running) combined into **4** events (As of January 2009, the shooting and running is combined into 1 event – the last of the competition).

Approximately **40** athletes from Canada as well as some from other nations will participate in this **37<sup>th</sup>** edition of the Canadian Nationals which will take place in Port Coquitlam, BC. The finals for both men and women will be on August **23<sup>rd</sup>**.

The Modern Pentathlon Canadian National Championships will take place in **4** venues in the following order: fencing @ Hyde Creek Recreation Center; swimming @ Centennial Swim Pool; equestrian @ Northside Stables; run/shoot @ Minnekhada Middle School.

**3** Olympic athletes will be competing at these Nationals: **Monica Pinette, Kara Grant, Joshua Riker-Fox**.

There are **8** categories at the 2009 Nationals: senior (+22 years), junior (19–21 years), youth A (17-18 years), youth B (15-16 years), youth C (13-14 years), youth D (11-12 years), youth E (+10 years), and Masters (Men+40 years, Women+35 years).

Over **50** volunteers will help make this event a success.

**14** horses will be used for training, warm-up and competition.

**1500** shots will be fired during the shooting portion of the Nationals.

At the last edition of the Canadian Nationals, **47** athletes participated.

## CANADIAN ATHLETES

### FAST FACTS ABOUT CANADIAN PENTATHLETES AT THE NATIONALS

At the 2008 Olympics, Canada was represented by **Monica Pinette**, **Kara Grant** and **Joshua Riker-Fox**. At the 2004 Olympic Games, **Monica Pinette** placed 13<sup>th</sup> with 5,100 points, and **Kara Grant** came in 22<sup>nd</sup> with 4,928 points. Canada's men did not qualify to compete at the 2004 Olympic Games.

**Bob Noble**, who is an elite athlete as well as the event organizer, is a three-time national masters champion. A great volunteer, Bob is also on the Canadian Modern Pentathlon Association (CAMPA) executive as the High Performance Director.

Sister and brother **Mathea and Garnett Stevens** will be the only pair of siblings competing at the 2009 Nationals. While **Russ Caine** and **Emily** will be the only father and daughter competing.

A 1st: **Monica Pinette** and her team mate **Kara Grant** were the first Canadian women to compete in the Olympic Games in Modern Pentathlon. At the 2008 Olympics, Monica was the only Canadian Team member of Aboriginal heritage. She is Métis.

Canada's **Monica Pinette** won a silver medal and **Joshua Riker-Fox** won a bronze medal in modern pentathlon at 2007 Pan Am Games.

**Rachael Gardner** began training for pentathlon in 2005 after a few years of competitive swimming. Her swim coach (**John Hawes**) recommended that she try pentathlon. After a few shooting lessons and some footwork on the pool deck, she became hooked.

**Kara Grant** finished 3<sup>rd</sup> at the World Cup in Mexico in March 2008. This is the *first* World Cup medal that Canada has ever won.

Canada's **Donna Vakalis**, teamed with British pentathlete **Louise Helyer**, won the bronze medal in the relay competition at the 2009 World Cup in Szekesfehervar, Hungary.

Canada's National Team Coach, **John Hawes**, competed at the 1972 Olympic Games in swimming and the 1976 Olympic Games in modern pentathlon.

**Joshua Riker-Fox** was the first Canadian man to qualify for a World Cup Final in modern pentathlon (in 2007 in China). Only 36 athletes qualified for the men's competition. Canada was also proudly represented by **Elena Bales**, **Kara Grant** and **Monica Pinette** who were the 3 Canadian women who qualified for the 2007 World Cup Final. There were also 36 competitors in the women's event.

Canada's only man to qualify for the 2008 Olympics in pentathlon, **Joshua Riker-Fox** came to the sport via riding, and the Pony Club. **Kara Grant** and **Monica Pinette** also got their start at the Pony Club. Most pentathletes have a swimming background. Olympic athlete **Ian Millar** was also a Pony Club member.

The Canadian Nationals are a great place to see past as well as possible future Olympians such as **Melanie McCann**. She is working towards representing Canada in the 2012 London Olympics. Melanie is currently studying Civil Engineering Technologies at SAIT in Calgary.

**Monica Pinette** and **Donna Vakalis** have both qualified for the 2009 World Cup Final in Rio de Janeiro, Brazil, this September.

## DID YOU KNOW?

### FACTS ABOUT THE SPORT AND PENTATHLETES

**Prince Albert of Monaco** is the Honorary President of the Union International de Pentathlon Moderne (UIPM).

Modern pentathlon once had the International Olympic Committee as its governing body. It was administered by the IOC until 1948, and is now administered by the Union International de Pentathlon Moderne.

The first Canadian to ever compete at two different events at the same Olympics is **Laurie Shong** of Vancouver, B.C. He qualified and competed in both modern pentathlon, and fencing in 1992.

Canadian **Lynn Seguin (nee: Chornobrywy)** was the women's world Modern Pentathlon champion in 1983, and named as the Canadian female athlete of the year.

Discus was a discipline in ancient pentathlon, an Olympic discipline from 708 B.C. (*Source: Olympic.org*)

After the Sydney Olympic Games the most important changes of Modern Pentathlon rules were in riding (*Source: Technical Newsletter UIPM*), Another major change was made at 2008 UIPM Congress (Guatemala) combining the shoot and run into one event, which is now the last of the competition.

The Sydney 2000 Games were the first Olympics in which women participated.

Sweden and Hungary are the two nations that have won the most titles, with nine and four victories respectively in the 21 editions of the Games.

The 1996 Atlanta Olympics was the first Games during which all 5 events of modern pentathlon were on a single day. Previously the event was over 4 days.

Modern pentathlon was first contested at the 1912 Olympic Games, and was won by a Swede named **Gösta Lilliehöök**. Future American World War II **General, George S. Patton**, finished fifth (*Source: Wikipedia*).

**Lars Hall** was the first non-military winner of the modern pentathlon at the 1952 Games (Gold). In 1956, Hall finished first again to become the first repeat winner of the modern pentathlon.= (*Source: Olympic.org*).

A vote by the IOC on July 8, 2005 keeps Modern Pentathlon in the Olympic Program until 2016 (*Source: Wikipedia*).

## **GENERAL INFORMATION AND WEBSITES**

### **WEBSITES**

Canadian Modern Pentathlon Association (CAMP): [www.pentathloncanada.ca](http://www.pentathloncanada.ca)

International Modern Pentathlon Union (UIPM): [www.pentathlon.org](http://www.pentathlon.org)

Pentathlon National Governing bodies: <http://www.pentathlon.org/index.php?id=98>

A Guide to Modern Pentathlon: <http://www.modern-pentathlon.com/>

Spectator Guide (BCMPA): [http://www.bcempa.bc.ca/news\\_releases.htm](http://www.bcempa.bc.ca/news_releases.htm)

Wikipedia: [http://en.wikipedia.org/wiki/Modern\\_pentathlon](http://en.wikipedia.org/wiki/Modern_pentathlon)

Modern Pentathlon Lexicon (Sport Canada): [http://www.pch.gc.ca/progs/sc/lex/pentathlon01\\_e.cfm](http://www.pch.gc.ca/progs/sc/lex/pentathlon01_e.cfm)

Official Lexicon (Athens): <http://www.lexique-jo.org/2004/lexique.cfm?rubrique=PENT>

### **GENERAL INFORMATION & RULES FOR MODERN PENTATHLON**

UIPM Rules: Competition Rules; Disciplinary Rules; Marketing Rules; Medical Rules. <http://www.pentathlon.org/index.php?id=33>