

04 MAY 2023

# PARA PENTATHLON SPOTLIGHT: GEARING UP FOR INCLUSION IN GREAT BRITAIN AND ITALY



## Landmark day as first ever Para Laser training event a huge success in Liverpool (GBR)

April 11, 2023 will go down as a landmark day after 25 athletes with a range of physical or mental impairments attended the first ever United Kingdom Para Laser training event facilitated by John Moores University in Liverpool (GBR).

The athletes, who ranged in age from 12 to 55 years old, were supported by National Disability Organisations and local disability charities in a bid to identify athletes for the 2023 UIPM World

Para Laser Run Championships in Bath this August.

The session was led by Great Britain (GB) Pentathlon Coach Iain Aberdeen, alongside members of the UK Para Pentathlon Working Group. The day consisted of laser shoot coaching and training exercises, and exploration of the pre-existing UIPM format and classifications in Laser Run.

The athletes and coaches also co-created other ways to participate in laser activities through having access to static rowers, bikes and ski ergs to raise their heart rates mimicking the demands of a Laser Run.

Non-Executive Director of Pentathlon GB, Dr Nicola Robinson, said: "This Para Laser sport training day is the first ever in the UK and aimed at anyone who has a physical or mental impairment.

"The event, which is supported by Liverpool John Moores University internal funding and commissioned by Pentathlon GB, is so important to showcase how inclusive laser sport is and how it can be adapted for all abilities.

"Being part of this project means we are impacting local and national changes to the para-sports scene presenting an exciting new multi-sport concept."



*Great Britain has three more Para Laser training events planned before the UIPM 2023 World Para Laser Run Championships take place in Bath (GBR)*

The UK has three more Para Laser Run training days planned before the UIPM 2023 World Para Laser Run Championships on August 21, 2023 in Bath.

This will also have a National Inclusive Para Laser event for all athletes with a physical or mental impairment to take part in on August 19-20, where everyone entered will have a bespoke Laser Activity to complete and receive a medal.

The training day scheduled on June 18 will be for athletes who potentially fit into the already established classification set by UIPM and will consist of a training day with a classification workshop held at Bath University, home to the National Governing Body of Pentathlon GB.

Any international para-athlete who would like to attend this day please contact Nicola Robinson.

You can find out more about the World Para Laser Run Championships at <https://pentathlongb.org/2023wch>

## **Italian Federation launches Parapentathlon project with special event in Pesaro (ITA)**

With the aim of making further strides in sporting diversity and inclusion, the Italian Federation of Modern Pentathlon (FIPM) has launched the Parapentathlon project, which the federation also hopes will help it join the Paralympic family and move forward in the promotion and enhancement of its movement.

FIPM wants to encourage the participation of people with disabilities in sport activities and a first step in this direction will be the Parapentathlon Promotional Event, organised during the Junior and U17 Open Italian Championships which are scheduled to be held in Pesaro (ITA) from May 6-7.

The Parapentathlon Promotional Event will include a Laser Run (Men's and Women's) test which will take place on Sunday May 7 at 2.30pm.

The exciting test will involve three laps of 300m running with three sets of laser pistol shooting. For an event that is as inclusive as possible, the FIPM has decided to open it to all disability classes.

Entries are completely free of charge. For information and registration, please contact [parapentathlon@fipm.it](mailto:parapentathlon@fipm.it).