

MODERN PENTATHLON

DISCOVER BRILLIANCE

HEAD OF 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 and 2022 European and World Championships. An OM herself, she competed as an athlete at both national and international level when at Millfield.

HIGHLIGHTS

- 80 athletes competed at the South West Regional Biathlon 2022 (Millfield and Millfield Prep)
- 20+ medals at the South West Regional Biathlon, including team and individual performances
- 50 athletes qualified for the British Modern Biathlon Championships and British Modern Schools' Biathlon Championships 2022
- Highly successful performances at the National Triathlon/Tetrathlon Championships by 45 Millfield athletes across age groups U13 through to U19
- 7 Athletes have been selected to be on the Pentathlon GB Pathway in 2022

COACHES



Roy Lowndes-Northcott



Mike Cleary



Kieran Smith



Andrew Fraser

SUCCESS STORIES



William Howard

William joined the school in Sixth Form in order to progress with 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

In 2009, won British Under 21 Pentathlon Championships. 25th at Olympic Games in 2012 and 3rd at the Under 21 World Championships. 2015 went on to be Senior European Champion, 2016 8th at Rio Olympic Games and World Cup final champion (mixed relay). 2017 World Cup Final Champion (mixed relay) and 11th Senior World Championships. 2018 World Cup no.4 Champion, World Cup Final Bronze leading to ranking no.2 in the World. 2020 World Cup No.1 Bronze. 2021 Qualified for Tokyo Olympics.

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MILLFIELD

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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, horse riding 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 for the GB team 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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