

PENTATHLON GB⁺

PENTATHLON EVENT DESCRIPTION

- A Modern Pentathlon is an event that combines five of the Pentathlon family of sports – Swimming, Running, Shooting, Fencing and Obstacle Course Racing (OCR). The run and the shoot disciplines combine to form the Laser Run. The swim, laser run, fencing and OCR elements are participated in separately over a 90-minute time period. Points are awarded to each competitor based upon their time achieved in all five events. The final placings are determined from the combined points score from the five disciplines.
- PGB hold our National Age Group Pentathlon Championships as part of our Festival of Multisports in the summer.
- A Pentathlon event has age groups from Under 15s right up to Masters 70+.

