



## **Dorset Pentathletes – A Background**

### **What do we compete in?**

Biathlon: Timed swim/run

Biathle: Timed continuous run/swim/run

Triathlon: Timed swim/shoot/run

Tetrathlon: Timed and points swim/shoot/fence/run

Aquathlon and Triathlon: Timed swim/cycle/run

### **Who competes?**

The Dorset Pentathletes club has over 100 children between the ages of 9 yrs & 18yrs and 30 senior athletes, who take part in various swim/run events.

The clubs main membership is from Weymouth Swimming Club, West Dorset Warriors Swimming Club, Tornadoes Swimming Club of South Dorset and Poole Swimming Club, plus other athletes from around the Dorset area.

The club is affiliated to the Pentathlon GB

### **Where we compete?**

Team members taking part in local, Regional, National and International Championship events

### **Results**

The club has had great success over the past few years-

42 athletes qualified for the National Biathlon Championships  
Top club at the National Biathlon Championships for both 2007 & 2008  
Athletes winning team and individual categories  
We have National, European and World Champions

### **World Biathle Championships**

2007 - 12 members of the team-represented Great Britain at the World Biathle Championships at Monaco  
Athletes won the following -  
Gold in the girls 14 & under category  
Bronze in the girls 10 & under category.

The remainder of the selected Dorset Pentathletes athletes all finished in the top ten.

2008 - 21 athletes selected for the Great Britain team for the World Biathlon Championships in Cape Town, South Africa.

Gold in girls 16 & under category, girls 14 & under and Masters male Over 50

Silver in female Over 50

Bronze in Masters male over 40 and the boys 10 & under

We had a further 7 athletes finish in the top 10

### **Who runs what?**

Mick Flaherty is the Dorset Pentathletes coach and has coached the Great Britain Biathlon team for the past 10yrs. He also organises several biathlon and biathlon events locally as well as regular training session at Weymouth beach and the Portland Osprey Centre.

Within the club set up we have many parents who help by officiating at the competitions and undertake general training activities. We have a treasurer who looks after the finances of the club. We do not charge a club membership fee and try to keep charges for all training sessions and races at a minimum to make the sport as accessible as possible to anyone who might be interested in taking part.

### **The Aims**

The aims of the club are:

Accessibility – Open to all

Training – General Fitness in Multidiscipline events

Youth and Adults – Competing at all events

Have a go - finding your own level setting your own goals

Elite Training – Attending National and International Events

