SANDF MILITARY PENTATHLON CHAMPIONSHIPS:
14 – 19 JULY 2013

This year the SANDF Military Pentathlon Championships will be held over the period 14 – 19 July at the Signal Formation in Wonderboom, Pretoria. This will also be the first time that a brand new obstacle course will be utilised for SANDF Championships.

Military Pentathlon is one of the elite CISM sport codes and requires an above average level of skills and physical fitness from participants. Athletes compete in the following disciplines:

**Shooting:** Male and female athletes shoot a total of 25 rounds on a target at 200 meters in the following order:

- Grouping fire: 5 Shots.
- Precision fire: 10 shots
- Rapid fire: 10 shots

**Obstacle Running:** 500 Meter obstacle course with 20 obstacles for males and 16 obstacles for females.

**Swimming:** 50 Meters with 4 obstacles for male and female: During this championship, athletes will swim without obstacles.

**Throwing:** Male and female athletes compete in 2 categories namely accuracy and distance throwing. Male athletes throw rings at distances of 20, 25, 30 and 35 meters and female athletes at 15, 20, 25 and 30 meters.

**Cross country running:** Male athletes run 8km and female athletes and veterans run 4 km.

Members participate in all 5 disciplines in the following 2 categories:

- Open: Up to the age of 34.
- Veteran: 35 years and older. (A separate points system will be used)

The championship will be used as criteria for the selection of the National team that will participate in the 60th World Championships in Rio de Janeiro in November. If you are fit and love a physical challenge, then do not hesitate to participate in this event. For any enquiries please contact the following members before 17 June 2013.

*For any enquiries please call Lt Col Johann Zietsman: (012) 355 5311 or 082 928 7074 or Maj Charles Beaurain: (012) 392 2626 or 082 776 8432*