

ALIJARES

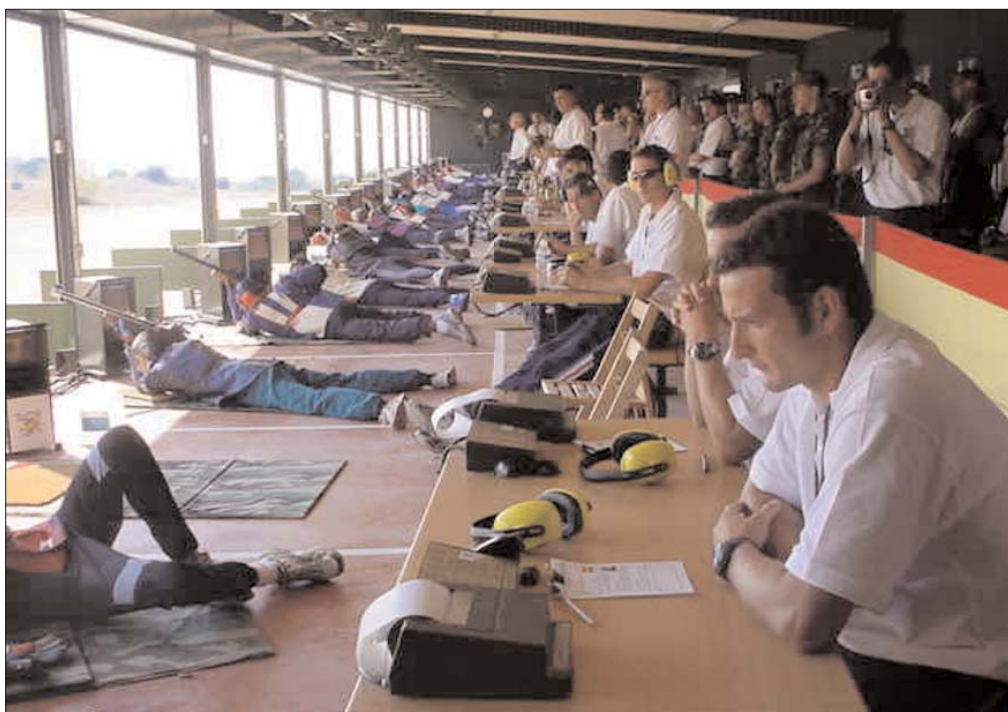


DAILY BULLETIN OF THE 51st WORLD MILITARY PENTATHLON CHAMPIONSHIP

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Two candidates to world records on the first day of the championship

The athlete from Belarus Andrei Kudzin and the Belgian Davy Van de Clout have got 200 points on shooting



HAPPY BIRTHDAY



Annemiek Heugens, from the Dutch team, turns 23

On July 20th 1980 a little girl was born in a cold and wet country. She grew up to be a member of the Dutch military pentathlon team, and now is 23. We ask everybody to congratulate her. For the men: in Holland, we kiss three times on the cheeks. GO FOR IT!

MENU



Lunch:

Macaroni with cream
Paella
Veal ragout
Vegetables cream

Dinner:

Green beans with
baked potatoes
Vegetables cream
Turkey leans
with sauce
Cod

First classified

Female Individual:

Lieutenant Berit Nybak (Norway) with 1.112,0 points
Sergeant Renate Van der Hoek (The Netherlands) with 1.105,0 points
DLP Cristina Poveda (Spain) with 1.098,0 points

Male Individual:

2nd Lieutenant Andrei Kudzin (Belarus) with 1.140,0 points
Corporal Dhabí Van de Cloto (Belgium) with 1.140,0 points
OFW Norbert Stracke (Germany) with 1.133,0 points

Team women:

Spain with 3.273,0 points
China with 3.259,0 points
Norway with 3.231,0 points

Team men:

Germany with 4.462,0 points
Belarus with 4.406,0 points
Belgium with 4.406,0 points

Changing mistakes

The Chinese athlete Linna Tian has the world record in the obstacle run discipline, with a time of 2:13'9. She got it in the championship of 2000.

In the cross country discipline, the Italian athlete Giuseppe Capiello has the world record, with a time of 24:25'2. This score has been undefeated since the year 1970.



TODAY'S PROGRAMME



06:30 a 08:30	Breakfast.
08:00 a 12:00	Obstacle run.
12:00 a 15:00	Lunch.
18:00 a 21:00	Obstacle run.
20:30 a 22:30	Dinner.



WEATHER

and without changes respect to yesterday.

The temperatures for today will be around 27°. Its maximum will be 35° and minimum 21°. It will remain sunny

Wind speed will be around 12 km/h and it will blow from east. Visibility will be 25 km and humidity, around 27%.

SPANISH COOKING



POTATO OMELETTE

Ingredients (for 4 to 6 persons):

- 1 cup olive oil, salt
- 4 large potatoes (peel and cut in circles)
- 4 large eggs
- 1 large onion, thinly sliced



Add

Preparation:

Heat the oil in a 9-inch skillet; add potatoes, one slice at a time so that they don't stick. Alternate layers of potatoes and onion. Cook slowly, medium flame. Turn occasionally until potatoes are tender, but not brown. They must be loose, not "in a cake". Beat eggs in a large bowl with a fork. Salt to taste. Drain potatoes.

potatoes to beaten eggs, pressing them so that eggs cover them completely. Let sit for 15 minutes. Heat the oil in large skillet. Add potatoes-egg mixture. Lower the heat. Shake the pan to prevent sticking. When potatoes start to brown, put a plate on skillet and turn around.

KNOWING TOLEDO



Toledo's Alcazar

It is an impressive building found at the highest point of the city. The Romans used it as a palace. After the Christians reconstructed it, continued with the construction which is the origin of the square floor plan and the battlement towers at its angles. In the 16th century, King Charles V ordered Alonso Covarrubias its reconstruction once more. Its façades are all distinct according to the time period and style.



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Recep Özder
1st Lieutenant

Tell us something about the Turkish team preparation.

In pentathlon, in total range we have not got a good average. In the world championship there are usually 24, 26 countries and our place is 14th or 15th. But in the discipline of Obstacle Relay we possess the world record: 1 min 49 sec. So, our goal in the competition is being among the 10 first countries, taking part of this Obstacles Relay and even being among the first in the test.

Which is your favourite test?

My favourite discipline is the obstacle run, in which my best score is 2.18. But later I have a leg injury and I broke a ligament. After this, my score went down. In this discipline, the team can be in the six first places. We are also good at shooting, so if we do not have any problem, we can also get a good position.

What is your opinion about the facilities of the Infantry Academy?

Good. I have already been in 12 championships and the Olympic Championship in Croatia. The organization there was good and here in Spain is good, too. Usually, meals are a problem for us, but here you can choose among two or three dishes without problems. Also, we are pleased with the facilities for obstacle running, shooting, obstacle swimming and throwing. In this championship, Spain, like other countries before, can see its little mistakes in order to improve in further competitions.



Would you like Spanish wine?

Today at 13:00, the Academy offers a wine tasting in the gala dining-room for authorities, chiefs of mission, and liaison officers.

Historically, wine has been recommended by physicians for the treatment of iron deficiency anemia, to help vegetarians increase their mineral absorption and to help reduce the incidence of troublesome sleep disorders. The traditional use of wine with meals offers many benefits including aiding the digestive process, stimulating the intake of nutrients and helping reduce the risk of coronary heart disease. For over 10 years, research has indicated that moderate intake of alcohol improves cardiovascular health. In 1992 Harvard researchers included moderate alcohol consumption as one of the "eight proven ways to reduce coronary heart disease risk". However, research has suggested that specifically red wine is the most beneficial to your heart health. In 1997, researchers at the University of Wisconsin concluded that purple grape juice also reduced blood clotting. However in a 1998 study, Japanese researchers found that while grape juice still had antioxidative benefits, it did not significantly lower LDL cholesterol levels compared to red wine. You may already have tasted the benefits of the Spanish red wine, supplied by onetsponsors, Valdepeñas.

Shooting test starts the 51st World Military Pentathlon Championship



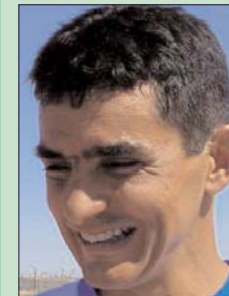
The competition has begun with the shooting test. At 9 o'clock in the morning, women were ready to shoot, and at the 10:30 men have begun. The test has been done in 20 competitors batches, of 45 minutes each one. In female style, the winner has been the Norwegian athlete Berit Nybak. In male one, Andrei Kudzin, from Belarus, has got the first place. Spanish female team is headed the classification, and the Germanian one has done it as well in the male table. Congratulations!



The organization staff of this world championship has arranged a tourist visit around the city of Toledo, guided by qualified local people. This tour will pass by the Monastery of San Juan de los Reyes, the Santo Tomé Church, that holds the most famous picture of El Greco, "The burial of Count Orgaz", and the Cathedral. To enjoy this visit, all the participants will have to take their creditation card.



Yesterday, 21st of July, was the Independence Day of Belgium. All started in 1830 with a revolution that faced Holland and Belgium during nine months and finished with the victory of the last one. Leopoldo I was crowned officially King on 21st of July, in 1831, a especially symbolic date to all the Belgian citizens because it was the birth of their present nation.



Carlos Silva
Sergeant first class

Sergeant Carlos Silva is one of the members of the Brazilian national team, one of the favourite teams in this pentathlon competition. Besides, this team is detaching, during this world championship, by their good behaviour, politeness and fair play.

How has been your training?

We have been training for two months in a very hard and steadily way, but we are very well and we are looking forward to doing a good championship here in Toledo.

What is your target?

I hope to do a good competition. But it is going to be a difficult task because Toledo has a very dry climate and very high temperatures.

Which would be for you a good temperature to compete?

20° or 25°C would be fine for me. But I suppose the weather conditions will affect all of us in the same way.

What is your opinion about the facilities of the Academy?

They are excellent. We are amazed by the Spanish organization.

Which has been your best scores?

I have been twice the world champion, in 1996 and 2001.

Which is your favourite discipline?

I feel comfortable in the obstacle run, because it requires to be skilled and to have much agility. I think is also important a great breathing capacity. And I believe I have these qualities.



General José Mena Aguado
Personnel Commander

What does it mean for the Army to be host of this championship?

This military pentathlon is the 51st organized by the CISM, and we have participated in 23 editions. It was logical for us to assume this responsibility some day, showing that we are at the same level of other countries.

What do you think about the organization?

We have been almost a whole year preparing it. The result is very satisfactory. All facilities where the test are going to be done looks magnificent and I think that the detailed planning of the different activities is excellent.

What's about the spirit of the Spanish team?

I have noticed that our spirit is on the top and they are ready to do their best in all the disciplines.

Which position would be good for us?

The degree of training of the other countries is very high, and some of them are usually holding the top positions. For us it would be a complete success to be in the first eight places in the men team and in the first four in the women one. Even though we do not get the expectations of our teams, the athletes merit will not become tainted. They have been working hard during all these months and I know it has been a great effort for them.

How many pentathlon championships have you taken part in?

In 10 or 12. I have participated in four of them at national and world level.

Which has been your better scores?

I got 2:31 in obstacle run, and 193 points in shooting.

How is the spirit of the Spanish team?

We are in high spirits and in our minds, and we want to reach the best scores. Perhaps we are a little pressed by the fact that our country is organizing the world military pentathlon championship, because it encourage us to get the best place as possible and not to disappoint the people that support us.

How do you see the other countries level?

China, Turkey or Chile are good, but there are another countries that are below as.

How do you manage your training with your life in your unit?

Well enough, because my work has to do with sports and my commanders make me easy to train and keeping myself in good shape.



Salvador Gil Martínez
Private

He has already done the shooting test and he hopes to get better scores in the other disciplines