

ALIJARES



DAILY BULLETIN OF THE 51st WORLD MILITARY PENTATHLON CHAMPIONSHIP

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Hability and speed in the obstacle run discipline

Civilians and soldiers have enjoyed
the development of the test



Obstacle run is one of the hardest tests in the military pentathlon.

Expectation has marked the test of today: the obstacle run. All the spectators, civilian and military, have enjoyed the development of the event, which was characterized by the speed and the starting of the

competitors in the races in time. Two competitors started every four minutes in the morning, and every three minutes from the moment that the best qualified athletes began. The event was even harder due to the heat.

HEALTHY OLIVE OIL



Today, at 12 o'clock, the Academy offers an olive oil tasting, in the Gala dining-room for authorities, chiefs of mission and liaison officers.

Olive oil is an integral part of the "Mediterranean diet" which has been shown to have a remarkable variety of health benefits. You may already have tasted the delicious olive oil in the salad buffet, supplied by one of our sponsors.

CONGRATULATIONS:



Promotion during the championship

We congratulate one of the military who belongs to the organization of this championship on his promotion to Major. He is Santiago Pérez Tellez, currently stationed in the Royal Guard, and who is doing a distinguished work in the Public Relations Section in this world championship.

MENU



Lunch:

Veal shoulder with
tomatoe sauce
Rice and chicken
Veal steak with
lemon sauce

Dinner:

Cabagge in Garlic
sauce
Chicken soup with
noddles
Swordfish and mixed
vegetables
Sausages and purée

Final Placings

Women´s Singles:

Lieutenant Linna Tian (China) with 2:17,4
Lieutenant Li Yin (China) with 2:19,6
WO Elena Simonova (Russia) with 2:24,4

Female Teams:

China with 3.399,0 puntos
Russia with 3.184,1 puntos
Latvia with 3.094,5 puntos.

Absolute Placings

Women´s Single : Lieutenant Linna Tian
Men´s Single: 2nd Lieutenant Yanfeng Zhu

Men´s Singles:

Captain Daibao Liao (China) with 2:18,4
2nd Lieutenant Yanfeng Zhu (China) with 2:18,6
Lieutenant Øystein Sylta (Noruega) with 2:19,7

Male Teams:

China with 4.540,4 puntos
Brazil with 4.385,7 puntos
Ecuador with 4.361,2 puntos

Teams Absolute Placings

Female: China
Male: China

BRAVO THAILAND!



**Sergeant First Class
Pablo Varas**

Coach of the Spanish male team

How long have you been training the team?

I have been two years with some competitors separately, and one year training the team.

What is your trajectory in the sport environment?

I train personnel for military marathon and triathlon and they are getting good scores. I began as an athlete, but after several injuries I started to get degrees as a trainer and here I am.

Is the team well prepared?

This year we have had many injuries and, therefore, we had no good predictions at the beginning. But now we are recovered and with a good state of mind.

Which is your target in this championship?

In this kind of championships, it is difficult to mark a goal. This year, the Syrian team is better prepared than we are. So, as we were 8th the last year, we could consider a 9th position this year, though we might get a better position...

Do you think that the fact of competing here has affected in some way to our national team?

In my opinion there is no pressure from the organization to the team, but I could notice that concentrations had increased in number.

How is the experience of guiding a team?

It is a real nice experience. I have learnt a lot of everybody.



The team from Thailand has come to the championship as a guest and not as a competitor. But anyway, they have decided to take part in the obstacle run test, where they have shown everybody their strength and their interest in participating in the next competitions. In this event, the Chinese team has stood out from others once again, and it has been in the top of both the men's and the women's singles qualifications. In the absolute placings, the Spanish female team is in the second position. All along the day, spectators have enjoyed the great ability and the many skills of the competitors. And they also enjoyed the soft drinks and the pieces of fruit offered by the organization to fight the intense heat.



Lieutenant Colonel Anton Frumen
Chief of mission of Uzbekistan

The target of the team of this country is improving the results got in the last competitions and getting more experience

What is your opinion about the organization of this championship?

It is very good. My first impression of the Spanish organization has been the very open people, the sun, clear water, clear air... I am very happy of staying in Spain.

And what about the facilities?

I think the obstacle run track is not very quickly because it has several curves. In a more straight track, we all could get better

results. The other tracks are good.

What is the level of the Uzbekistan team?

Our level is a little down of the middle of the classification. But I think our weather and yours are alike, and it helps us, so probably we can get better results here.

Which discipline does your team prefer?

Grenades throwing.

What is your target?

To improve the results.



**First Sergeant
Carlos Huertas**
Liaison Officer of Thailand

What has encouraged you to be here?

They offered me this task last year and I was very interested, because I could increase my knowledge of other countries and practice my English.

Which is exactly your duty as a Liaison Officer?

My work is to advice the chiefs of mission of Thailand about the programme so that they can manage themselves in this championship. I also have to go with them to the different social activities.

Is there any additional difficulty due to their different customs?

There is no problem at all. They are very polite and disciplined. They do strictly everything we tell them.

What aspect have impressed them more of Toledo?

When they arrived they asked for bulls and bullfighters. They also were surprised by the fact we have four seasons and by the extremely dry weather here in Toledo.

Have you ever been in other activities related with pentathlon?

No, I have never been in a pentathlon championship and I am really amazed of the organization.

What about the experience?

It has been a very positive personal experience.

How is the level of the Slovenian team?

It is not too high because we have not been participating in military pentathlon for much time, and we need more experience. This year Slovenia have only three competitors, so we can not compete as a team. Some new competitors have to take part in the team and to start working. So, I hope next year the results will be better.

Which are the disciplines preferred by the Slovenian competitors?

We are quite good in shooting, grenades throwing and swimming, but we are the worst in obstacles run because we haven't got the proper facilities for training in Slovenia.

Which is your target in this competition?

We expect to improve our personal results.

What is your opinion about the Spanish facilities?

They are incredible, extremely good. I hope we can have these facilities in Slovenia some time.



1st Lieutenant Anton Frumen
Chief of mission of Slovenia

There are only three competitors from Slovenia, so they can not compete as a team in this championship



TODAY'S PROGRAMME

- 06:30 a 08:30** Breakfast.
- 08:30 a 08:40** Participation outside the competition.
- 09:00 a 14:14** Obstacle swimming.
- 12:00 a 15:00** Lunch.
- 19:00 a 21:30** Dinner.



WEATHER

Today the sun will shine in Toledo. The sky will remain clear and the temperatures will be without changes. The maximum will be around 37° and the minimum around 17°. The wind will turn to NW with a velocity of 6 km/h. The visibility will be 20 km/h and the relative humidity of 52%.

SPANISH COOKING

SANGRÍA

Ingredients:

- Lemons
- Limes
- Apples
- Red wine
- Brandy
- Sugar

Preparation:

Slice lemons, limes, oranges, and apples into thin slices leaving the skin on. Put them into a large pitcher. Pour the wine into the pitcher, so that it covers the fruit. Cover and put in the fridge to marinate for a minimum



of four hours. After the fruit has marinated, stir in orange juice and brandy to taste, depending on how strong you wish the sangria to be. If it is bitter add sugar to taste.

KNOWING TOLEDO

The gate of Bisagra

Nowadays it is the main gate of the city, and the first one at our path when we arrived to the city.

Even though it is of plateresque style, its origin is Renaissance; reconstructed by Charles I in 1575.

Over its façade, there is an enormous imperial shield of the city displayed; on the façade facing the city, there is the shield of Charles I.



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