



DEPUTACION DE TOLEDO



AYUNTAMIENTO DE TOLEDO



BAENA Consejo Regador



MONTE PINOS



SOMAR



CAJA RURAL DE TOLEDO



TRINDESCUR



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TODAY'S PROGRAM

- 05:00 to 07:00 Breakfast.
- 08:00 to 10:30 Cross country.
- 11:00 to 13:00 Touristic visit around Toledo.
- 13:30 to 15:30 Lunch.
- 19:00 to 21:30 Dinner.



WEATHER

Today it will be sunny in Toledo, though there could be scattered clouds. Temperatures will not change significantly. The maximum will be around 37° and minimum around 20°. The wind will turn to NW with a velocity of 15 km/h. There will be 20 km of visibility, and humidity will be of 52%.

SPANISH COOKING

BLACK RICE WITH SHELLFISH

Ingredients:

- 1/2 lb of calamari
- 1/2 lb cockles or manila clams
- 1 lb of mussels
- 2 spoons of spanish paprika
- 2 spoons of squid ink
- 3 cups of short-grain rice
- 2 cups chopped fresh tomatoes
- Red pepper, onion, garlic, oil and salt.



about 6 to 8 minutes. Add squid ink and rice and continue to cook, about 3 to 4 minutes. Add fish stock and bring to a boil. Arrange fish in pan and continue to cook, not stirring, for 18 to 20 minutes, or until rice is tender and liquid is absorbed. Stir in tomatoes and scallions and season with salt and pepper.

Step by Step:

Slice colamari into a 1/4 inch rings. Set all shellfish aside. In a medium size paella pan , heat olive oil adding red bell peppers, onion, garlic and paprika, and cook until softened,

KNOWING TOLEDO

"SANTIAGO DEL ARRABAL" CATHEDRAL

Cathedral of *mudejar* style. Alfons VI, the Brave, around the year 1050 passed victorious under its gate, where was hanged the decapitated head of the defeated muslim Hixem, who had also rebelled against Abderraman. It is found next to the Gate of the New Hinge. It used to be a defensive construction with holes for archers. Its ground plan is of three naves and its cross section with three semicircular apses of beautiful oration.



ALIJARES



DAILY BULLETIN OF THE 51st WORLD MILITARY PENTATHLON CHAMPIONSHIP Number 7 • July 25th of 2003

The final countdown starts



Yesterday the athletes did the grenades throwing test.

Today the athletes are facing the cross country test. And tomorrow, the obstacle relay will take to an end the 51st world championship.

At the end of the day we will finally know the winners. The results are available in the web: www.military-pentathlon.org.

CONGRATULATIONS



Today some of our soldiers celebrate the Holy Saint Santiago, patron saint of the Spanish Cavalry and Galicia. Santiago is the Spanish name of the Apostle Jakob, who is supposed to be buried in the well known city of Santiago de Compostela and so today is appointed Day of Galicia.

HAPPY BIRTHDAY



The Spanish captain M^o Jesús Sánchez Carrillo celebrates her birthday today. We want to wish her a happy day and also to congratulate her for the work done as a liaison official of the Dutch team. Shall we sing the "Happy Birthday" when we see her?

CONGRATULATIONS



We congratulate colonel Juan Carlos Zayas Unsión on his promotion during this championship. Currently, he is stationed in the Infantry Academy as Direction Staff Chief, and here he is working as a part of the organization staff of this championship.

PERFORMANCE



Tonight, music performance

The group "Filarmónica Hermética" offers tonight at 21 hours a great music performance. The audience will enjoy a typical Spanish comic performance, that will include some international songs. It will take place in the indoor soccer court of the Infantry Academy, behind the pelota court and the swimming pool. The duration will be an hour approximately.

MENU



- Lunch:**
- Spaghetti with basil cream
 - Stewed potatoes with tuna
 - Turkey
 - Sole with sauce

- Dinner:**
- Basque mixed vegetables
 - Pasta salad
 - Fried eggs, bacon and chips
 - Chicken with garlic sauce



Colonel Luis De la Chica
Director of the Spanish Physical Training School

Which is the role of the School in the championship?

The School is in charge of the technical aspect of the championship. We are three responsibilities: the organization and preparation of the tests, the adaptation of the facilities to the current rules, and the technical training of the national team. The 95% of personnel stationed in the School is taking part in the organization of the championship.

Which changes have been done in the facilities for the competition?

We have done a new grenades throwing track and some modifications in the obstacle run track to adapt it to the new rules.

And how are the results in this technical part?

I am really satisfied with everything we are getting at the sport and technical level. Everyone in the Technical Secretary, from the major to the private, has worked and is working very much. I think it will be a good experience for all of us.

Do you believe the other countries are pleased with the organization?

I think so. I have been said that all of them are very satisfied with the two aspects: the technical one and the aspect related to lodging.

You have been teaching for a long time. In your opinion, which is the most important thing in this task?

I think it is very important to give a good example as a person and as a soldier.

What your opinio about the organization of the championship?

It is perfect. The timetable of the meals are very flexible and that help the athletes a lot. Besides, it is a good detail to put at our disposal a coach every half an hour.

How long have you been in the team?

Four years, but I have been off for a time due to an injury.

Which is your favourite test?

I like the cross-country. So, I hope to do it well today.

Which is your goal in this championship?

The most important thing for me is to participate. I will carry on training hard to do it well next year.

How do you see the level of the other teams?

The Chinese team has headed the championships for a long time. But the Nordic countries are also very strong.



Sergeant Natalie Delarbre
Belgium athlete

Sergeant Delarbre point out flexibility of schedule and transport in the Spanish organization



Power and accuracy



Grenades throwing is probably one of the most difficult test in the championship, because it scores power and accuracy and requires a great concentration. Yesterday, during discipline, organization, adjusting of times and maintenance pointed out. In this task, it is well deserved to mention the work of the privates and corporals who help the judges. Besides, as well as the rest of the tests, it is important to give the results as soon as possible. To do that, the Spanish organization staff used boards in which the throwings are marked.



Lieutenant Tor Magne Howlid
Norwegian captain

The current goal of the Norwegian athletes is to win the obstacle relay test, as they did three years ago.

How long have you been training the team?

I have been participating as an athlete in pentathlon championships since 1995 , and I have been two years as the coach of the Norwegian team.

What is your opinion about the other teams?

We have had the chance of getting a medal.

We even believe that the female team could get one, though the male team will not reach the goals that we expected. In fact, the athletes are really disappointed by the grenade throwing results.

Which is now your expectations then?

In the championships of the year 2000 we won the obstacle relay test, so we hope we could do it well again.



Victor Mayorga Palacios
Captain of the Spanish team

You have been in the team for two years, how has been the evolution?

Last year, the female team had a middle level. We had three strong women and one more who did not reach the level of the others. But it is different this year, because the four women have a very high level, we hope to do it better than last year.

How long do the athletes train?

They train every day in their units, and then we meet for 5 or 6 days every month and a half. In this time, we asses together the evolution of the team and we decide if it is necessary to change our training technics.

What is your opinion about the relationship between the athletes and their coach ?

It is essential. I would say it is the base of the training. The most proper thing is a close control of the athletes, but we know it is quite difficult. Therefore, we phone them every week in order to know what they have done.

Which is your key test?

The cross country, though there are some teams that are very strong in this test, like the Russian. We hope to improve the 8th place we got last year, but it is not easy to fix a goal.

What is your opinion about the organization of this championship?

It is very good. I have taken part in the organization until the end, and I know that the work has been meticulous, with some details we thank.