



**2023 NATIONAL
LASER RUN
CHAMPIONSHIPS**

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EVENT BULLETIN – 7 June 2023

The countdown is well and truly on, with just 3 days until we celebrate the season with the 2023 MPA Laser Run National Championships. It will be fabulous to have our entire community together again.

Please find within this bulletin further information to ensure your experience is the most fulfilling possible. All information will be posted on our website event page as another reference point for you <https://modernpentathlon.org.au/7274-2>

We are really looking forward to welcoming you all to the 2023 Australian Championships.

Competition Venue

The Laser Run National Championships will be held at Bankstown Sports Athletics Club:
Bankstown Sports Athletics Club
McClellan St
Georges Hall NSW 2198

PARKING – There is ample parking available at the Bankstown Sports Athletics Club.

ON ARRIVAL – Please make your way to the Registration Desk & check in.

Event Schedule

SUNDAY 11th June		
Time	Event	Location
9:00 AM	Registration & Warm up available	Bankstown Sports Athletics Club McClellan St Georges Hall NSW 2198
10:00 AM – 1:00PM	Laser Run Championships	
11:30AM – 1:00PM (approx.)	Laser Run 'novice' event (5m)	
1:00PM – 1:30PM	Presentation	
2:00PM – 3:30PM	OCR introduction / 'come and try'	Ninja Warrior Western Sydney, 19/380 Marion Street, Condell Park NSW 2200

Entry List

If you find an error, or you would like to make an edit, please email Kim pathways@modernpentathlon.org.au ASAP please.

First Name	Last Name	Gender	Division
Andrew	McLean	Male	Masters 60+
Edward	Mordue	Male	Masters 60+
Genevieve	Janse van Rensburg	Female	Seniors
Gaia	Urbano	Female	Seniors
Aleska	Van Heekeren	Female	Seniors
Max	Clarke	Male	Seniors
Rhys	Lanskey	Male	Seniors
Timothy	Oliver	Male	Seniors
Amos	Vagg	Male	Seniors
Lizzy-Violet	Ferguson	Female	Under 11
Anna	Harrington	Female	Under 11
Ava	Harrington	Female	Under 13
Peyton	Lee	Female	Under 15
Mitchell	Pointon	Male	Under 15
Xanthe	Wade	Female	Under 15
Finnley	Clarke	Male	Under 15
Zoe	Addinsall	Female	Under 17
Indigo	Harris	Female	Under 17
Analiiese	Murphy	Female	Under 17
Colby	Devlin	Male	Under 17
Jack	McKerron	Male	Under 17
Zara	Temesi	Female	Under 19

Informal 'Laser Run', Come & Try & Family BBQ

WHERE: Campbell Hill Pioneer Reserve

WHEN: Saturday, 10th June

TIME: 1:00pm – 4:30pm

We would like to create the opportunity for our community to get together outside the competition arena, and to give parents, supporters and new athletes a fun taste of laser running with a novelty 'laser tag' event (including a relay) and an opportunity to learn how to use a laser pistol, ahead of the laser run novice event on Sunday.

MPA will provide BBQ facilities and a range of bread, sauce and pre-made salads – please BYO meat and drinks. Please advise us as soon as possible if there are any changes below;

Ferguson	3	Mordue	2
Harrington	3	Oliver	1
Lee	3	Urbano	1
McLean	1	Vagg	1

Preparation Advice

- Ensure you have reusable water bottles; they can be easily refilled via the numerous water fountains situated around the facility. Keep hydrated throughout the competition
- Running spikes are permitted for this event.
- Ensure you have your race food prepared and bring it on the day to ensure you can perform at your best. Ensure you stick to food you know that will fuel your performance
- The spare targets on the laser-run are going to be labelled R1 & R2 (Reserve Targets) instead of UIPM S1 & S2.
- Athletes to bring their fully charged named Eco Aims targets to the event. Please clearly label your target.
- Ensure that your Laser Pistols are fully charged.

Racing Uniform Standard

To compete in the Australian Championships, athletes must not wear their Australian/National uniform.

Running spikes are able to be worn for this event.

Athletes must wear their State or Club/Hub modern pentathlon uniform. If the athlete does not belong to a club, athletes may compete in suitable running attire of their choice. Whilst it is preferable to wear their state's color's (examples listed below), it is not essential. However, No conspicuous major branding please.

State Colours;

State/territory	Main colour	Secondary colours
Australian Capital Territory	Blue	Gold and White
New South Wales	Sky Blue	Navy Blue and White
Northern Territory	Red Ochre	Black and White
Queensland	Maroon	White and Gold
South Australia	Red	Gold and Dark Blue
Tasmania	Bottle Green	Yellow and Maroon
Victoria	Navy Blue	Silver and White
Western Australia	Gold	Black and White

Podium Uniform Standard

The top 3 final placed Athletes, in any age group, in any National event, must adhere to the following Podium Standards.

These are as follows;

1. CLUB/STATE MODERN PENTATHLON TRACKSUIT – TROUSERS, JACKET (ZIPPED UP) AND POLO SHIRT.
2. NO AUSTRALIAN UNIFORM IS TO BE WORN ON THE PODIUM.
3. NO SHORTS, T-SHIRTS, SINGLETS WILL BE ACCEPTED ON THE PODIUM.

If an athlete does not belong to a club, they will need to wear a pair of 'non-conspicuous branded' tracksuit - long pants and long-sleeved jacket (zipped up) (ie; no nike, adidas, champion etc brands thanks). Preferably in your State Colours please. State Fencing Tracksuit, State Athletics or Swim Tracksuit is encouraged.

Know the Rules

It is imperative you clearly understand the rules of racing. Our primary aim as event organiser, is to ensure everyone has their best race at the National Championships and avoid incurring unnecessary time penalties, disqualifications or appeals. The UIPM rules can be found [HERE](#)

COVID-19

MPA is committed to taking all preventive measures against COVID-19 infection during competition, following all the state government and MPA recommendations.

Appropriate measures will be implemented to ensure a safe environment for all.

Sport Integrity

Did you know, as an athlete and member of Modern Pentathlon Australia, you can be tested or investigated for doping at any time? Modern Pentathlon Anti-Doping Policy applies to athletes, coaches, and managers at all levels of competition. This means as an athlete you could be tested for banned substances at a competition, at training, and even at home.

Importantly, some medications and supplements can lead to a positive test, even if you didn't know they included a banned ingredient. If you do test positive, you may be banned from competing in all sport for up to four years. That means no competing, no training with your team, no coaching, and no playing another sport to stay fit.

To learn more, you can download the free Sport Integrity app and check out the section on rules, use the medication checker and check your supplements. [SIA RESOURCES](#)

CLEAN SPORT IS YOUR RESPONSIBILITY



SPORT INTEGRITY
AUSTRALIA

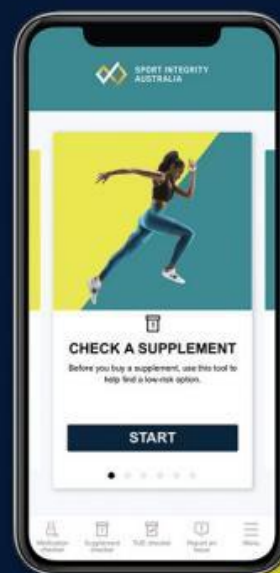
SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

The App also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the App from the Apple Store and Google Play store here.



ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: elearning.sportintegrity.gov.au
- Visit the site for courses on integrity topics including: Clean Sport 101, Child Safeguarding in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



QUESTIONS?

Email: education@sportintegrity.gov.au

Phone: 1300 027 232



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