

# Modern pentathlete aims to be the best

□ Kris Holdenried is making his presence felt in the modern pentathlete scene.

**AL RIVETT**  
Metroland Staff

A local modern pentathlete has risen to the top of international prominence in the sport in just two years.

In his most recent conquest, Kris Holdenried, 20, of Claremont, helped the Canadian team capture the silver medal at the Pan-Pacific Modern Pentathlon Championship in Santiago, Chile back on Dec. 6.

Modern pentathlon sees athletes compete in five different sports - fencing, swimming, horseback riding, running and shooting - all within one day in a test of all-round skill, strength and stamina.

Along with Rob Myatt of Scarborough and Alain Williams of Montreal, Holdenried and the Canadian team competed against seven other countries - the United States, Mexico, Guatemala, Chile,

Peru, Korea and Australia.

Rebounding from a disappointing sixth-place finish in the rapid-fire target shooting portion, the Canadians' medal hopes were buoyed by a third-place finish in the 300-metre swim, a second in fencing and a third in the four-kilometre run going into the fifth and final event of the pentathlon - the riding event.

With a particularly strong performance in stadium equestrian jumping, the Canadians were able to overtake the Mexicans to win the silver medal, behind the Korean team.

The Canadians also won the bronze medal in the relay event at the Pan-Pacific championships, a competition Holdenried describes as a "true team event" encompassing all five sports.

Holdenried was pleased with his individual scores in four of the five events at the Pan-Pacific championships which paved the way for Canada's silver medal.

"Personally, yes, my (overall) score was my best. I could have done a lot better, but that will come in the future," says Holdenried, in his second year of international business studies at Concordia University in Montreal.

At the Pan-American Modern

Pentathlon Championships in Guatemala City, Guatemala in October, Holdenried and Myatt were joined by Mike Crowle of Montreal to claim the silver medal for Canada in the team competition and a bronze in the relay.

Holdenried started competing in modern pentathlon events two years ago.

A top swimmer with the Pickering Swim Club and an accomplished equestrian rider with the Pickering Pony Club at Dreamcrest Equestrian Centre near Pickering, he says the modern pentathlon was the natural next step for him.

"I did a sport called Tetrathlon (shooting, swimming, riding and swimming) with the Pickering Pony

Club and I really enjoyed that. My friend (Rob Myatt) started in modern pentathlon, so I started in the same sport. It was a natural progression for me."

At his first appearance at the Canadian National Junior Modern Pentathlon, Holdenried captured the gold medal.

That initial taste of success has paved the way for more successes on the international stage this year.

While swimming and riding are his best sports of the five involved in the modern pentathlon, Holdenried says his work in fencing, running and shooting are now beginning to pay dividends.

He placed second at last year's National Junior Fencing championships in Montreal.

He currently works out with Canada's national fencing team in Montreal and is a member of Concordia's Mousquetaire Fencing Club.

"I really love fencing. It's probably my favorite sport right now."

He'll continue to train 36 to 40 hours per week in preparation for a busy summer of competition next year.

Holdenried will take part in World Cup events in the European countries of Slovakia, the Czech Republic and Germany.

The highlight is the World Junior Modern Pentathlon Championships in Madrid, Spain in September.

He expects to finish in the top 10 in the world.

## ATHLETE OF THE WEEK



**SCOTT ASSINCK**

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## YTV honors Marcelli

Stouffville area moto cross racer Peter Marcelli has been nominated Youth Television Network's (YTV) Athlete of the Year.

The 19-year-old Ninth Line resident finished second in the Canadian Motorcycle Association's Ontario 250 c.c. class circuit in his rookie season this year.

The network will announce the winner of the award next March.

Marcelli will be in attendance signing autographs at the upcoming International Motorcycle Super Show at the International Centre Jan. 7-9.

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