



## **PENTATHLON·GB**

### **Sam Weale**

Born: 09.02.82, Yeovil  
From: East Coker near Yeovil  
Home: Bath  
Started modern pentathlon: 2000  
Current world ranking: 21st (May 2009)  
Career high world ranking:  
Height: 1.87m  
Weight: 80kg  
Personal bests: Fencing – 1024 pts  
Swimming – 1368 pts  
Riding – 1200 pts  
Run/shoot – 2604 pts  
Total – 6044 pts  
Coach: Philipp Waeffler



Sam overcame a series of injuries to have the best season of his career to date in 2008 – winning a World Cup medal, qualifying for the Beijing 2008 Olympic Games and then finishing 10<sup>th</sup> on his Olympic debut.

His performance in Beijing was the best by a British pentathlete in an individual competition at an Olympic Games since Graham Brookhouse's eighth at Barcelona in 1992.

Sam took up the pentathlon in 2000 after progressing from doing biathlons and triathlons. The last pentathlon discipline he tackled was the riding, and he admits to finding it the most difficult.

He missed his chance to qualify for the Athens 2004 Olympics when he suffered a stress fracture to a bone in a foot a month before the qualifying competitions. He missed two years of competition because of the injury.

Sam went to Beijing carrying a knee injury, but produced a strong performance to finish 10<sup>th</sup>. He underwent surgery on the knee two months after the Olympics.

Sam also produced a terrific performance to win bronze at the World Cup in Millfield, Somerset in March 2008 – his first World Cup medal. After 12 hours of intense competition, he was just beaten to silver by Italy's Nicola Benedetti in a sprint finish at the end of the 3k run.



He ended 2008 fifth in the World Cup rankings, but didn't compete in the World Cup Final following his knee operation.

In 2008 Sam also became the first British male pentathlete to reach the finals of each World Cup event of the year for a decade.

He was ranked 22<sup>nd</sup> in the overall world rankings at the year end, making him the highest ranked British male pentathlete.

Sam made a bright start to 2009, finishing fourth at the International Budapest Cup in Hungary at the end of February – a competition run using the combined run/shoot format.

He followed that up by winning the men's title at the Bath International in March with a personal best points total of 6044. He went into the run/shoot in second, 13 seconds behind Ondrej Polivka (CZE), but crossed the finish line 20 seconds clear of him.

Then in May he finished agonisingly close to the medals in fourth at the third World Cup of the year, in Budapest - the second best World Cup result of his career.

Produced a solid all-round performance two weeks later at the Rome World Cup, going into the run/shoot in third place before dropping down the field to end the day in 12<sup>th</sup>. That performance meant he finished the 2009 World Cup season ranked eighth.

Sam has a degree in Sports Technology from the University of Bath and combined studying with training at Pentathlon GB's High Performance Centre at the University. He now trains full-time and is on Pentathlon GB's World Class Podium Programme.

When not competing he enjoys surfing, photography and golf. He also starred alongside actress Rita Tushingham and dancer Lorena Randi in Daria Martin's 2005 film Loneliness and the Modern Pentathlon, which was showcased at the Tate Modern.

Sam has an identical twin, Chris, who is a professional footballer – he is currently on Bristol City's books and has also played for Yeovil Town.

#### 2009 performances

International Budapest Cup: 4<sup>th</sup> - 6028 pts, Budapest, Hungary, February 2009

World Cup 1: individual 22<sup>nd</sup>– 5508 pts, Mexico City, Mexico, March 2009

Bath International: individual gold – 6044 pts, Bath, GBR, April 2009

World Cup 2: individual 18<sup>th</sup> – 5748 pts, Cairo, Egypt, April 2009

World Cup 3: individual 4<sup>th</sup> – 5864 pts, Budapest, Hungary, May 2009

World Cup 4: individual 12<sup>th</sup> – 5856 pts, Rome, Italy, May 2009

#### Career highlights

Olympic Games: individual 10<sup>th</sup> – 5412 pts, Beijing, August 2008

World Championships: team relay 11<sup>th</sup> (with Ben McLean & Nick Woodbridge)

Guatemala City, November 2006; individual 25<sup>th</sup>, Budapest, Hungary, May 2008.

European Championships: individual 19<sup>th</sup>, Budapest, Hungary July 2006

World Cup: individual 8<sup>th</sup> - Budapest, May 2007; individual 11<sup>th</sup> – Cairo, Egypt, February 2008; individual 16<sup>th</sup> – Mexico City, March 2008; individual bronze – 5380 pts Millfield, Somerset, March 2008.

European Junior Championships: individual bronze – 5544 pts Budapest, Hungary, July 2002

**For further information, please contact Steve Ballinger in the Pentathlon GB press office at Matchtight Ltd on 07765 071683 or visit the website [www.pentathlongb.org](http://www.pentathlongb.org)**

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