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How to grow Modern Pentathlon Sport in Sri Lanka with all 5 disciplines as per the new format introduced by International Federation.

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## 1.0 Introduction

Modern Pentathlon sport consists of five sports disciplines: Fencing, Swimming, Horse Riding (Show jumping), Running, and Shooting (Combined). The history of the Pentathlon sport dates back to the ancient Olympic era in 708 BC, when it consisted of Running the length of the stadium, Jumping, Throwing the spear, Throwing the discus, and Wrestling. Later, Baron Pierre de Coubertin, the father of the Modern Olympics, took on the challenge of restructuring the disciplines and introducing new ones, which are now in force. He introduced Modern Pentathlon to the fifth Olympiad in Stockholm, Sweden in 1912. Since then, Modern Pentathlon has been a permanent sport at each Olympic game.

Modern Pentathlon was introduced in Sri Lanka in 2013. The Modern Pentathlon Federation of Sri Lanka (MPFSL) was started in the middle of the year 2013 and was gazetted in 2015. It consists of an elected executive board (8 members) and its members from its affiliated ten clubs (10). The executive board members represent each affiliated club.

MPFSL is affiliated with the Union Internationale de Pentathlon Moderne (UIPM, IF), the Asian Modern Pentathlon Confederation, the Ministry of Sports, and the National Olympic Committee.

Even though the Modern Pentathlon sport consists of five disciplines, MPFSL is currently operating with three disciplines: Swimming, Running, and Shooting. Fencing has been introduced to the senior category very recently. At the moment, the Modern Pentathlon sport is only being practised in the Colombo district, which needs to be introduced to all nine districts in order to search for the best talents available in the country to fulfil the best fleet of athletes.

The Laser Run Edition is a step in the stone to MP Sport organized successfully in different areas within the Colombo district and suburbs. This edition is designed to provide a fun and exciting way for athletes to experience the sport of Modern Pentathlon. It includes a combination of running and shooting, which is the core of the sport. MPFSL needs to use the Laser Run Edition as a model to introduce athletes to the sport and to help them develop their skills to become pentathletes and bring the community together to promote the sport in the country.

In order to overcome the above challenges, MPFSL should focus to develop a comprehensive plan. Being a co-founder who introduced this sport to Sri Lanka, and the President of MPFSL, I have a mandate and responsibility to lead the team to execute plans to grow the Modern Pentathlon sport in the country and improve the performance of the sport and speed up the process of reaching the next level of the sport.

Therefore my research project focuses to overcome the above challenges and achieve goals defined by MPFSL and I believe the MEMOS course, conducted by International Olympic Committee is the best knowledge-sharing platform to minimize the knowledge gap in the above challenge at the MPFSL

Research Question: Can the growth of Laser-Run in Sri Lanka be a model for to grow of Modern Pentathlon sports in Sri Lanka and how

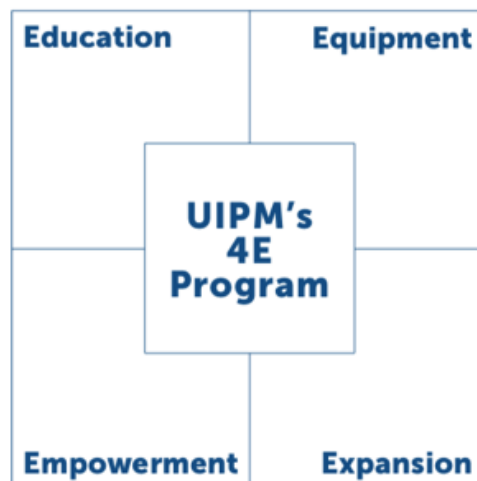
## 2.0 Literature Review

### 2.1 History of Modern Pentathlon Sport

Modern Pentathlon sport consists of five sports disciplines: fencing, Swimming, Horse Riding (Show jumping), Running, and shooting (Combined)(Modern Pentathlon Australia, 2022; MPFI, 2022) The history of the Pentathlon sport goes to the ancient Olympic era in 708 BC (UIPM, 2022a) The Pentathlon consisting Running the length of the stadium, Jumping, Throwing the spear, throwing the discus, and wrestling Later, Baron Pierre de Coubertin, the father of Modern Olympics took the challenge of re-structuring the above disciplines and introduced them with the latest disciplines which are now in force. He introduced Modern Pentathlon to the 05<sup>th</sup> Olympiad in Stockholm (SWE) 1912. Since then Modern Pentathlon was a permanent sport in each Olympic game (UIPM, 2022b)

### 2.2 UIPM and its strategic approach to Establishing the Sport

UIPM (Union Internationale de Pentathlon Moderne) is the governing body of the Modern Pentathlon sport, which consists of 06 confederations and 131 National federations around the world (UIPM World, 2022). UIPM introduced a program called “4E” (Figure 1) following the headings of Education, Equipment, Empower, and Expansions(UIPM, 2017b). It gives all the necessary tools to grow up from grassroots to elite following the Sport Pyramid providing a ladder to make Modern Pentathlon sports more accessible and reachable. ( UIPM, yearbook, pages 15-17) Sports Pyramid is the pathway to enter Pentathlon which was introduced in 2015(UIPM P &SG, 2020). It was a very attractive new audience especially the younger generation into the sport.



*Figure 1 UIPM 4E programme adapted from (UIPM, 2017b)*

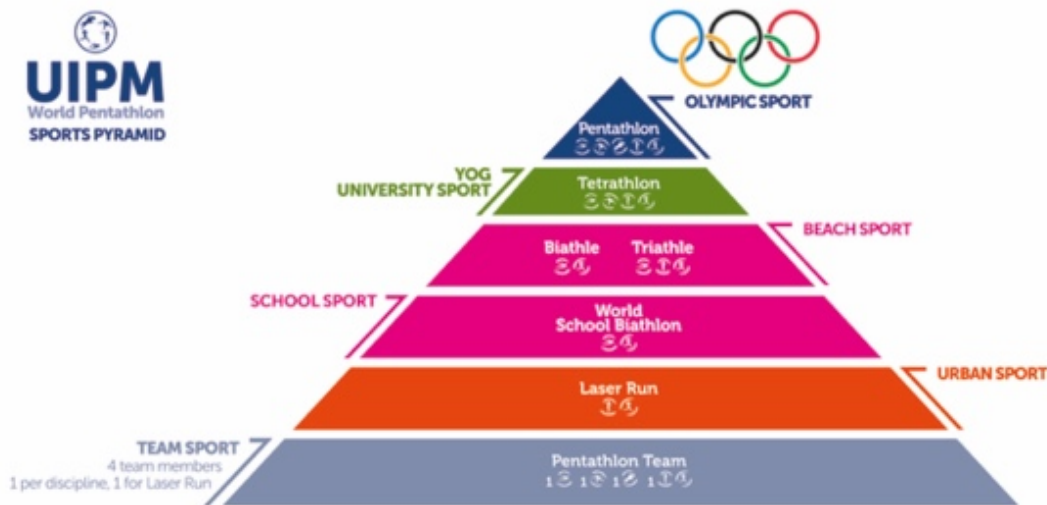


Figure 2 UIPM sports Pyramid (UIPM, 2020a)

### 2.2.1 The importance of the basement of the strategic plan – Laser run

The strategic plan of introducing the Laser-Run City Tour (LRCT) was a vital pillar of the development of the Pentathlon Sport. It gives an entry point to the Modern Pentathlon sport for all categories of people, different communities, and socio-economic backgrounds. LRCT was organized around the world and it resulted in the rapid growth of UIPM memberships and strengthened its National Federations (UIPM, 2020b).

Laser Run is combined with Running and shooting. Shooting distance from 5-10 m and 300-600m laps for running. Shooting a target while running is challenging and it is a process of balancing body and mind (UIPM, 2022c). UIPM created Laser Run combined event in 2015, which is known as the Laser-Run City Tours (LRCT). National Federations are allowed to organize one or several events in their cities to show the creation of the entry model, (LRCT) to the world (UIPM, 2022c). The reason to develop such a segment is pentathlon sport consists of five sporting disciplines and it is very challenging to access all five disciplines under one sports umbrella. UIPM planned strategically to build easy access to pentathlon sports by doing only 2 sports disciplines (UIPM, 2022c). It is revealed that the running and shooting phases are closely related to the game's overall results. Therefore it is very important to focus on running and shooting in training. If anyone is good at running and shooting, the chances of winning the game are very high (Lim et al., 2018).

The first Laser-Run World Championship was held in 2015, at Perpignan, France. More than 200 athletes in different categories participated and it was organized for sports for all concepts (Team USA, 2015). The Second Laser Run World Championship was held in Lisbon, Portuguese. 421 athletes from 22 countries in different age groups participated and it was another big step for the development of the Modern Pentathlon. (President, Dr Schormann, uipm\_yearbook\_2016.pdf)

### 2.2.2 Other country's development of LR – Neighboring

Modern Pentathlon Federation of India (MPFI): MPFI was founded in 2010 by Mr. Namdev Shirgonkar. It was developed rapidly and won the 01<sup>st</sup> International Medal in 2012, Dubai at World Biathlon Championship. There onwards in 2013 at UIPM Biathlon/Triathlon Championship- in Cyprus, and in 2015 at

UIPM Biathlon and Triathlon world championship in Batumi- Georgia (MPFI, 2022b). The laser-run edition started and with the great success of the Laser-Run City Tour concept, MPFI could establish the sport in different areas and established the sport with easy access to Pentathlon. India could participate Modern Pentathlon event by producing pentathletes for the International arena.

Singapore Modern Pentathlon Association (SMPA): SMPA was founded in 2010 and started events with Swim and Run. Introductory events were organized in 2010 at the school level and gradually spread to the elite and senior levels (SMPA, 2010). In 2016, SMPA organized the Triathlon series and grabbed more than 50 athletes, and in 2017 Laser-Run LRCT edition kicked off with more than 100 participants (SMPA, 2010). Participation in the 30<sup>th</sup> SEA games in the Philippines and grabbing a medal was the benchmark of pentathlon sport in Singapore and in 2022, SMPA was able to produce a Pentathlete to the Asian Modern Pentathlon Championship, Almaty Kazakhstan.

### 2.2.3 Sports Culture in Sri Lanka and its Footprint of MPFSL

#### 2.2.3.1 Sri Lankan sports culture

Sport is an important element that is bound with Sri Lankan culture (artsandculture, 2022). Many traditional sports (Games) are been bound with Sri Lankan's new year festival. Sri Lankans are blessed with several traditional games which are played during the new year season in the month of April (Dailymirror/Gamini Jayasinghe, 2019). The significance of these games is that they are designed to minimize mental stress and mental comfort and consolation after hard and tedious work in agriculture (Dailymirror/Gamini Jayasinghe, 2019). Apart from these traditional games, we have many competitive sports which are in practice worldwide (MOS, 2020). Although the Ministry of sports named Volleyball the national sport, the most popular sport is Cricket (Wikipedia, 2022). Furthermore, there are 58 sports federations registered under the Ministry of Sports(MOS, 2020). 42 sports federations are registered under National Olympic Committee, and 33 are in the Olympic category (NOCSL, 2020).

#### 2.2.3.2 Modern Pentathlon Federation of Sri Lanka (Start)

Modern Pentathlon is also one of the Olympic category sports that recently started in Sri Lanka, which was introduced in Sri Lanka in 2013. The national federation for the sport was started in the middle of the year 2013 and gazetted in 2015 (Ministry of Youth Affairs, 2022) and obtained the membership from National Olympic Committee as an Olympic category sport (MOS, 2020). From 2015 onwards MPFSL strived hard to introduce the sport, attract the young generation to be a part of the sport, improve stamina, and train how to balance body and mind (Sunday Times, 2017).

**The year 2015:** Modern Pentathlon sport was introduced to the Colombo district Private schools with the help of a volunteering group attached to the MPFSL (MPFSL, 2015). It was a big challenge to attract the younger generation as the sport was not popular and recognized by any authority (MPFSL, 2018c). Further, it has multi-discipline sports under one umbrella, and the high cost of equipment and different coaches needed for each discipline were the major barriers at the initial stage (SG mpfsl, 2018). With the result of school programs, MPFSL had an opportunity to send 01 Junior athlete with a coach to the first UIPM Laser-Run world championship 2015 in Perpignan, France. UIPM supported food and Lodging, with return Air tickets to travel to France.(UIPM, 2015). It was an eye-opener for stakeholders and an opportunity to market our new sport to the sporting arena in Sri Lanka.

**The year 2016:** The number of elite sports athletes had grown with the support of a sports pyramid concept(UIPM, 2020a, p. 21,21). Easy access to Biathlon made us produce more than 25 athletes at a



competitive level in Sri Lanka (Panel of Judges, 2016). Out of 09 athletes in trials, 03 were selected to take part in the 2016 Biathle world tour in Goa- India. Sri Lanka won all three medals, Gold, and Silver,(UIPM, 2020c), and Bronze beating India and Nepal (MPFSL, 2017e). The results of this event made could to convince the minister of sports and its officials to further support the development of the sport in the country (MPFSL, 2017e). Further, it was a truly spectacular opportunity for all athletes in the region who needs to become fast and endurance athlete to represent their national teams. (Road Map report, MPFSL 2017).

**The year 2017:** MPFSL was awarded the Laser-Run City Tour bid to host the first edition of LRCT in Sri Lanka (MPFSL, 2017e; UIPM, 2017a). It was held in Sri Jayawardena Pura, Kotte on 25 June 2017. According to the event report by the Secretary General of MPFSL, it was a benchmark for the Modern Pentathlon sport in Sri Lanka(MPFSL, 2017d). The event took place in the most popular leisure park in the country and the total entries for the event were more than 150. All age categories except master's were in action more than 45 elite category participants took part across the three heats and a final. Lots of spectators watched the action of this new sport and it was a good showcase to all stakeholders including the general public (MPFSL, 2018d). It is commendable to note that more than 40 volunteers attended to support as technical officials under the guidance of UIPM experts who came to coordinate the event (MPFSL, 2017d, 2018d). Later on, a few of these volunteers who participated in this event became the highest officials of the Federation. The current Secretary General of MPFSL who is working so hard and sharing his vast knowledge to develop the sport is one of them (MPFSL, 2017a, 2018d). Most importantly, the country's leading Shoe manufacturers and leading property developers came forward as the main sponsors of the event (MPFSL, 2017d, 2018d). Further note that the universal branding package for LRCT, designed and provided by UIPM gave a big glamour to the event and was subjected to attract public attention (MPFSL, 2017d).

Later, MPFSL organized its 2<sup>nd</sup> edition of LRCT in Colombo, the commercial capital of Sri Lanka(MPFSL, 2017c, 2017b). It was recorded more than 180 in all age groups (MPFSL, 2017b). It was noticed that many National Federation's Presidents and Secretary Generals and the Ministry of Sports officials also joined and witnessed it (MPFSL, 2017b). There were two major sponsors Singer: a leading hypermarket chain in Sri Lanka and a leading energy drink company, who supported the event (MPFSL, 2017b, 2017c). All electronic media main sports news bulletins and press media carried out the news giving adequate time slots to this new sports event (Hasitha & Akalanka, 2017).

With the demand for LRCT, MPFSL made arrangements to organize its 03<sup>rd</sup> and 04<sup>th</sup> editions outside of the Colombo City area (UIPM, 2018). The 03<sup>rd</sup> LRCT edition was held in Avissawella, 50 kilometers away from the east of the capital Colombo city (MPFSL, 2018a). That event was a success and was able to grab new talents from rural areas having completed more than 120 participants in all categories (MPFSL, 2018a). 4<sup>th</sup> edition of LRCT 2018 was held in Bandaragama, 35kms from Colombo city (MPFSL, 2018b). The Start list was about 175 athletes in all categories (MPFSL, 2018b).

After completion of the LRCT series, MPFSL had an opportunity to participate in UIPM 2018 Laser Run World Championships, which was held in Dublin (Ireland) on 28<sup>th</sup>-30<sup>th</sup> September 2018(MPFSL, 2018c). We staged the top two elite athletes (Male) and ranked top 10 in the UIPM Laser-Run World ranking list. (MPFSL, 2019) .

**The year 2019:** MPFSL moved to the 04<sup>th</sup> layer in the sports pyramid, Biathle, and Triathle. Biathle Triathle National Tour was organized in Pilyandala on September 2019 (MPFSL, 2019). More than 200 athletes participated in all age group categories. The interest among the parents and the general public was

evident with the participation of large numbers to witness it (MPFSL, 2019). On completion of the BTNT/LRCT series, the next step would be the Tetrathlon (MPFSL, 2019). The President of MPFSL, declares to UIPM that it is now ready to move to the next level of Tetrathlon with the help of the Fencing Federation in Sri Lanka and prepare athletes for the upcoming Youth Olympic Games (MPFSL, 2019). This quote was highly commended and inspired by UIPM and it was circulated among all National federations in 2020 opening the message to the UIPM sports community.

*“To illustrate this we would like to share with you part of a letter written by Mr Nishanthe Piyasena, President of the Sri Lanka NF, in September 2019 (UIPM, 2020c).*

*“I am pleased to inform you that we have completed successfully the BTNT19 in Piliyandala Colombo last weekend. It was highly commended by the Ministry of Sports and National Olympic Committee of Sri Lanka and all other stakeholders”(UIPM, 2020c).*

*“A large number of school kids from schools and clubs all around the country and villages took part in the event. The interest among parents and(UIPM, 2020c) the general public for the event was evident with the participation in large numbers to witness it” (UIPM, 2020c).*

*“Since we started our sport in 2014, our athletes were able to get three Biathle and Triathle medals in 2016 (Goa) and seven medals in 2019 (Kazakhstan) and part of the first ten rankings at LR WCH in Dublin last year” (UIPM, 2020c).*

*“We are now entering Tetrathlon. Last month we have already started Fencing training with the help of the Fencing federation in Sri Lanka for our Senior and Junior categories, specially focusing on young athletes who were born in 2004/5 to prepare next YOG 2022” (UIPM, 2020c).*

Furthermore, MPFSL got the golden opportunity to take part in the 2019 Asian championships and Asia & Oceania qualification competitions for the 2020 Tokyo Olympics (Dharshana Munasinghe, 2019). Firstly, the request made by MPFSL to AMPC and UIPM for getting permission to participate in horse riding events has been accepted by the Organizing committee through the governing bodies (Dharshana Munasinghe, 2019). It was a huge success for MPFSL and financial support for both Air travel and accommodation was honoured by AMPC (Dharshana Munasinghe, 2019). The main focus was attending this event to get exposure to the Olympic-level modern pentathlon context to develop pentathletes for the international arena (Dharshana Munasinghe, 2019). The attempt was very successful when referring to the comprehensive report submitted by the Team Manager (Dharshana Munasinghe, 2019).

### *2.2.3.3 Growth of similar sports bodies in Sri Lanka that can inspire MPFSL*

#### **National Association of Fencing Sri Lanka: (NAFSL)**

Fencing was started as an amateur sport in Sri Lanka in 2008. It has been developing fast in a few years up to regional and world-level participation. NAFSL organized a National Championship (Senior and Junior) each year with the participation of more than 150 fencers from 9 clubs in 06 districts in Sri Lanka and more than 200 school-level athletes from 29 schools in the country (The Sunday Times, 2020).

The National Fencing team represented the 13<sup>th</sup> South Asian Games in Kathmandu and won 26 bronze medals. It was the most successful SAG game for fencing and brought medals to the motherland (NAFSL, 2019).

NAFSL produced an international referee (FIE) for International events which gives more exposure to the upcoming athletes, educating and updating the latest regulations (NAFSL, 2020).

#### **National Shooting Sport Federation of Sri Lanka: (NSSF)**

NSSF was founded in 2007 and registered with the ministry of sports and NOCSL in 2011. During the last 10 years shooting sport has been developed up to the Olympic level, producing more than 10 Olympians in the country including the last Olympics in Tokyo (NSSF, 2021). The structure of the federation consists of 17 clubs islandwide. The School Association is well-developed with more than 2000 athletes under 200+ schools covering all districts in the country. NSSF developed 04 ranges covering the main four cities in the country, namely Kohuwala, Welisara, Payagala, and Kurunegala. Latest Electronic Air Gun Range was built in Kohuwala, which facilitates to hold of an International Level Air Gun Championship. NSSF has developed athletes at all levels to represent major games such as the South Asian Games, Asian Games, Commonwealth Games, and Olympic Games (NSSF, 2021).

#### *2.2.3.4 Summary of the Chapter*

Modern Pentathlon is an Olympic sport that has a long history, also an international body: UIPM has a comprehensive strategy to establish, expand and promote the sport across the world. India and Singapore have proven their success in establishing the sport in their local context in the recent past. Sri Lanka, as a fresher to the sport, has started its operations under the national federation: MPFSL. However, the country is still stuck in the triathlete stage while some of the athletes have worked on tetrathlon. Fencing and Shooting have also been established on Sri Lankan soil in the recent past, furthermore studying those cases of India, Singapore and national federations such as Fencing and shooting may help to understand their strategies for developing and establishing the sport in order to develop a strong strategy for MPFSL.

## 3.0 Methodology

The aim of this study was, how to grow Modern Pentathlon Sport in Sri Lanka with all 05 disciplines as per the new format introduced by International Federation. There are 05 objectives identified.

### **Objective 1**

Investigate the MPFSL establishment in Sri Lanka there are 3 tasks to be fulfilled.

- a) Investigate the History of Establishment: This case study could be done through Interviews and Literature reviews. Past and present officials and NOC officials could be interviewed and previous reports and other relevant documents would be the resources.
- b) Analyze past achievements: The method is Literature reviews, using MPFSL past records and UIPM records on the web.
- c) Investigate the growth of Athletes and clubs: Methods are Literature reviews and Interviews. Database and past records are the resources and Present, and past officials, athletes, and club officials could be interviewed.

### **Objective 2**

investigate how this laser run was made successful in the local context.

- a) Investigate the details of The Laser Run events, and their success with statistics: Interviews and Literature reviews are suggested methods and previous and present officials, athletes of MPFSL and past reports of UIPM and MPFSL.
- b) Analyze details of ranking in each event – The literature on UIPM records and ranking would be the method of analyzing the case.

### **Objective 3**

Investigate other local federations that have shown significant growth

- a) Investigate the details of the federations: The Officials of particular national federations and National Olympic committee officials are to be interviewed and gather information from the available literature of their case studies.
- b) Examine their success stories by interviewing the said officials attached to National Federations and National Olympic Committee and review past records.

### **Objective 4**

Investigate other overseas MP federations that have shown significant growth

- a) Investigate the details of the federations: The Officials of particular other countries' MP federations officials are to be interviewed and gather information from available literature on their case studies.
- b) Examine their success stories by interviewing the said officials attached to MP National Federations and review past records.

### **Objective 5**

Analyse the findings and develop a model to implement other MP disciplines:

- a) Conduct trials and experimentations: Using the data and plan of the Laser-Run model conduct trials and experimental events. The key approach is to build a strategic plan and simulations by conducting trials.
- b) Collect feedback: To get the feedback it is suggested to interview officials of the National Federation and National Olympic Committee by using a questionnaire.

The data collection was very important to complete the project. Appropriate data collection qualitative and quantitative, leads to completing the project in a success. According to the discussion with the tutor, I am moving forward with the methodology of data collection according to table figure 1.0 as shown below. The flow chart of the data collection methodology is shown in Table 1 and Figure 3

*Table 1 Data collection methodology*

<b>Objective</b>	<b>Task</b>	<b>Key approach</b>	<b>Method</b>	<b>Target resources</b>
Investigate the establishment of MPFSL in the local context (Study 01)	Investigate the History of the establishment	Case study	Interviews	Present, past officials, NOC officials
			Literature review	Past reports
	analyze Past achievements	Case study	Literature review	Past reports, UIPM web
			Interviews	Present, past officials, athletes, club officials
	investigate the growth of Athletes and clubs	Case study	Literature	Past reports
			Interviews	Present, past officials, athletes, club officials
Investigate how did this laser run make success in the local context (Study 02)	Investigate the details of The Laser Run events and their success with statistics	Case study	interviews	Present, past officials, Athletes
			literature	Past reports, UIPM records
	Analyze details of ranking in each event	Case study	literature	UIPM records
Investigate other local federations that have shown significant growth (Study 03)	Investigate the details of the federations	Case study	interviews	Present, past officials of those NFs, NOC officials
			literature	Past reports
	Examine their success stories	Case study	interviews	Present, past officials of those NFs, NOC officials
			literature	Past reports
Investigate other country's MP federations that have shown significant growth (Study 04)	Investigate the details of the federations	Case study	Interviews	Present, and past officials of those MP national federations
			Literature	Past reports

	Examine their success stories	Case study	Interviews	Present, and past officials of those MP national federations
			Literature	Past reports
Apply the success model of Laser-Run to implement other MP disciplines (Study 05)	Conduct Trials and experimentations	Strategic planning and simulations	Compose plans and conduct trials	With NF and athletes, NOC, MP clubs
	examine their success stories	Case study	Interviews, questionnaire	

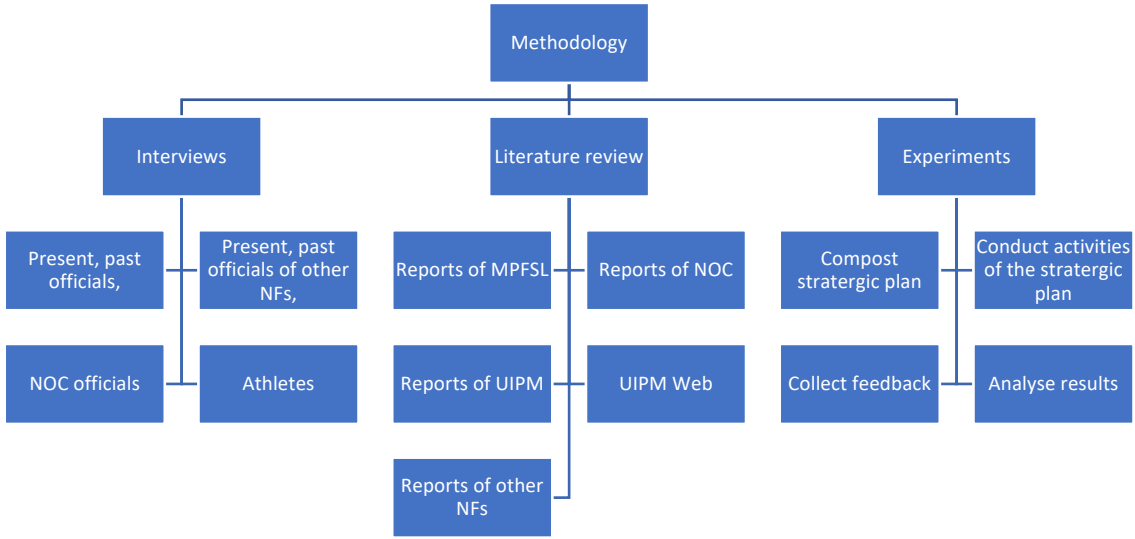


Figure 3 Data collection methodology- flow chart

To fulfil the Interview procedures, the interview guide was used as shown in Table 2, Set of questions which were asked during the interviews are presented in Appendix 1.

Table 2 Interview guides

Interviews with MPFSL officials/ athletes	
Section	Question outline
Section 01	Basic information of the interviewee: Name, experience, past experience, involvement with MPFSL, position
Section 02	History of establishment The growth of Athletes and clubs
Section 03	The details of the past Laser Run events, The details of the success of those events, feedback..etc

Interviews with other NFs officials	
Section	Question outline
Section 01	Basic information of the interviewee: Name, experience, past experience, involvement with NF, position
Section 02	The details of the federations examine their success story and how they achieved good levels
Section 03	Their perspective on MPFSL to reach the good levels

Interviews with NOC officials	
Section	Question outline
Section 01	Basic information of the interviewee: Name, experience, past experience, involvement with MPFSL, position
Section 02	History of the establishment of MPFSL Their view on the growth of Other NFs as individual cases

Figure 1.2 Interview Questionnaire

3.1 Sources of Interviews:

1) National Federations:

The national shooting sport federation, the National Association of Fencing Sri Lanka, and the Amateur rowing association of Sri Lanka were contacted and 03 higher officials were interviewed. All 03 officials accepted my request for interviews and extended their support to my project without any hesitation. These National Federations are well-established in Sri Lanka and already produced International ranking athletes and produced medals for the motherland. Shooting and Fencing federations are very relative to Modern Pentathlon sports because these two sports are included in the Pentathlon sport context. Rowing sport is well organized in Colombo and the suburbs with many school participations. The secretary general of the Modern Pentathlon Federation of Sri Lanka was interviewed to learn about the current development and its status in Sri Lanka. They were interviewed face-to-face meetings and over the telephone.

2) Modern Pentathlon national federations overseas.

03 National federations of Modern Pentathlon sports in Asia were contacted and requested interviews. Korean Modern Pentathlon Federation, Modern Pentathlon Federation of India and Singapore Modern Pentathlon Association agreed to share the information required by me. All those National Federations produced World champions and won international medals. It was easy for me to conduct the interviews by phone.

3.2 Methodology of analysis and the way forward:

07 interviews were carried out during the research and started with research questions. Identified key points mostly repeat themselves and Identified themes begin with the big picture. The data gathered by interviews coded to manageable tables and thereafter proceed to identify key actions from interviews, Possible activities to reach actions and What is required to be carried out as recommendations.

## 4.0 Results

In order to answer the research question, I have completed 06 interviews consisting of 04 of National sports federations and 03 of Modern Pentathlon National Federations of foreign countries (Table 3).

*Table 3 National and International Federation which were interviewed*

#	Name of the federation
1	National Shooting Sport Federation
2	National Association of Fencing Sri Lanka
3	Amateur Rowing Association of Sri Lanka
4	Korean Modern Pentathlon Federation
5	Modern Pentathlon Federation of India
6	Singapore Modern Pentathlon Association
7	Modern Pentathlon Federation of Sri Lanka

Based on the results of the interviews following themes emerged through the thematic analysis (Table 4)

*Table 4 Emerged key themes*

Area	Emergded Themes
Rationale with history	Historical attachment
	Promote as a leisure activity
Kids/Junior attraction	The success of school-level introduction
	The impotence of Junior Development activities
	Improve the enthusiasm of Junior Participation
Structure	Importance of club/assons in structure to development
	More member clubs create Different level of responsibilities
	Active clubs brings good strength
Int'l Participation	Importance of international exposure
	Participation is equally important as medal winning
Funding	importance of having permanent sponsor
	Events and ad hoc sponsors also important income sources
Infrastructure facilities	Permanent and sharing facilities important to grow the sport
Coaching programs and coaches	Having Permanent Int'l coach for long term helpful to develop sport at the beginning
	Local coaches who trained under experts are also a good solution
Sponsors	Permanent sponsors at an earlier stage were very helpful. Ad hoc sponsors also play a major role.
Strategic plan Long-term/Short term	Very important to have a Strategic plan in practice
Laser/Run competition	LR is a Step in stone to MP sport.
	LR Introduce to schools to grow interested
New format - Obstacles	All welcome the new discipline to MP sport



## 4.1 Elaboration of the results

Each main theme is described with the emerging sub-themes in the following sections

### 4.1.1 Rationale of establishing each federation with history:

Local NFs context: The shooting sports in Sri Lanka have a connection with our history that dates back to the colonial period. Fencing was connected to our ancient kingdoms which were used for civil war and local riots. Rowing sports, however, was introduced by expatriates as a leisure sport in Sri Lanka. The first rowing club in Sri Lanka was established in Colombo in 1876.

Overseas NFs of MP sports: KMPF started in 1982, just before Seoul Olympics in 1988. MP sport had been included to Seoul Olympics and it was the main reason to start the sport in the country. In India, it was started with the help of swimming coaches and athletes who are keen to do multi-sport with swimming. Singapore started to promote MP sports with biathle and triathle with laser run in 2009.

*Table 5 Rationale of establishing each federation*

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
Historical attachment	Started with rationale /attached to Sri Lankan history	The Rationale with Fencing in Sri Lankan History	The sport had been introduced by expatriates to society as a leisure and pleasure activity.	Started in 1982 just before Seoul Olympics in 1988	Started in 2010, with the help of Swimming coaches.	Started in 2009.	No rationale / to be developed with a new format
Promote as a leisure activity							

MPFSL didn't have any rationale with Sri Lanka's history to start the sport in the country, which was started in 2013 for the purpose of developing physical and mental development. ARASL said that rowing sport started as a leisure sport by expatriates in Colombo and, the Colombo rowing club was started for the same purpose (Table 5).

### 4.1.2 Kids/Junior attraction:

In the local context, NSSF highlighted that approximately 7500 kids are involved with the sport in different areas and districts. The junior development program is very successful at NAFSL and the junior national championship is conducted every year successfully. ARASL was introduced to schools and universities in the 1980s now they conduct interschool regattas.

In overseas KMPF said that the MP was introduced to schools joining with other sports disciplines which is under MP umbrella. It was a successful model, that interschool competitions also conduct together with other member sports disciplines in schools. MPFI said all schools welcome MP sport as it is a new sport under the Olympic umbrella. SMPA said MP sport is very popular among other sports with high attraction at the school level. MPFSL said only 100-200 school children are involved in MP sports in the country and there are many challenges while introducing MP sports as a new sport to the schools (Table 6).

Table 6 Kids/Junior attraction

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
The success of school-level introduction	Attracted kids to sports/ 7500 kids on board	Junior development program every success	Spread in schools and universities in 80's	Youth development is important as our sport changes every year, and can do it through other sporting events.	Schools welcome this sport as a new Olympic-style sport	Very High attraction in Singapore	Only 200 kids so far
The impotence of Junior Development activities							
Improve the enthusiasm of Junior Participation							

#### 4.1.3 Structure of each Federation

Local federations: NSSF said 17 clubs are affiliated to the federation and all VP are assigned to look after different categories of shooting sports such as Rifle shooting, pistol shooting etc. NAFL pointed out that at the initial stage, they had 9 clubs, under one company. Later it has been distributed to cover different areas, and now those represent that particular area. ARASL said earlier stage 06 associations were established by expatriates and now they have 18 clubs and a school association with 12 schools. In Korea, KMPF has 16 local city federations and their office consists of 10 workers. MPFI has 26 state associations in their structure. SMPA doesn't have any clubs or associations affiliated with the NF. MPFSL has 08 active clubs and only 01 positions available for VP as per the current constitution (Table 7).

Table 7 Structure of each federation

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
Importance of club/lessons in structure to development	Very important structure. VP's for different categories Developed active 17 clubs.	Starting structure of fencing association: Started with 09 clubs all under one company. Now Same structure but all clubs are distributed to areas	Starting with Expatriates with 06 association. Now 18 clubs and School assn with 12 schools.	16 local city federation and 10 employees working for KMPA	26 state associations are involved in the NF	There is NO clubs or Association affiliated with NF.	Only 01 position is available for VP in the current constitution. Only 08 active clubs are available
More member clubs create Different level of responsibilities							
Active clubs brings good strength							

#### 4.1.4 International Participation

International participation in Shooting sports is very high. NSSF said their athletes have been participating in all regional and world championships every year and also participated in the Olympics games too. Fencing sport too participated in many regional and world level championships and looking forward to participating in major games. Rowing sport participated in International regattas at the very beginning when rowing sport was introduced to Colombo by expatriates. KMPF said that they are participating in world championships continuously and all other major games. They won many medals including the recent Olympics. MPFI participated in regional championships and a few world cups too. SMPA participated in regional, and world championships and regional games. MPFL participated in regional championships and Olympic qualifying championships (Table 8).

*Table 8 International Participation*

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
Importance of international exposure	Level of participation at International arena is very high	Foreign event participation is high	Started mostly Int'l regattas at the beginning of NF.	Regional /world championships and Olympic games with Medals	Regional/ World cup championships	Regional/WC H/Games	Less international participation at the moment
Participation is equally important as medal winning							
Importance of international exposure	Level of participation at International arena is very high	Foreign event participation is high	Started mostly Int'l regattas at the beginning of NF.	Regional /world championships and Olympic games with Medals	Regional/ World cup championships	Regional/WC H/Games	Less international participation at the moment
Participation is equally important as medal winning							

#### 4.1.5 Funding

NSSF's main funding source from events and ad hoc sponsorships for competitions. NAFSL said they had main sponsorship for the whole year in the beginning when the sport was introduced and started the Fencing Federation. The rowing federation said that expenditure of event participation and other programs was shared with the participants and later it was borne by ad hoc sponsors.

Korean Modern Pentathlon Federation said that the full annual budget is covered by one sponsor and it has been continuing for many years. MPFI is getting government funds, private donors and well-wishers as it is operating as a nonprofit organization. SMPA's main funding source is competitions and ad hoc

sponsorships. MPFSL mainly depends on ad hoc sponsorships for events and also getting grants from UIPM and AMPC (Table 9).

Table 9 Funding

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
importance of having a permanent sponsor	Sources of funding by having competitions	Had a permanent sponsor at starting stage, MAS holding but now ad hoc by events	Earlier stage 50% was shared with participants and later by NF with sponsors. NO permanent sponsor yet	Long-term permanent sponsor covering annual budget	Events/state gov/donations from well-wishers as it is Non-profit org.	Ad hoc /Event sponsorships	Grants/events/ad hoc sponsors
Events and ad hoc sponsors are also important income sources							

#### 4.1.6 Infrastructure facilities

NSSF developed their own shooting range for training which could be shared with MPFSL too in future. NAFSL has permanent fencing ranges in different locations and they are ready to conduct main competitions. ARASL has a permanent facility for rowing with a fully equipped clubhouse. In Korea, KMPF has permanent facilities and shared facilities with other sports for all five disciplines. MPFI and SMPA don't have permanent facilities only shared facilities for all five disciplines. MPFSL doesn't have permanent facilities but shares with other sports and authorities (Table 10).

Table 10 Infrastructure facilities

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
Permanent and sharing facilities important to grow the sport	Developed infrastructure for kids Sharing facilities with MPFSL possible	Have permanent fencing ranges in different locations.	Permanent facility available with club house and other amenities	Permanent and ad hoc facilities for five disciplines.	Sharing facilities available	Not permanent but shared	NO infrastructure available Sharing with other sports.

#### 4.1.7 Coaching Programs and Coaches

No foreign coaches are involved for the long term but a fleet of local coaches are trained by foreign coaches. NAFSL had a permanent foreign coach for 09 years and later many coaches from overseas conducted coaching programs and trained local coaches. ARASL hired a foreign coach recently under the high-performance program conducted by the Ministry of Sports. Korean federation said that they hired a foreign coach at once, early stage of the inception of the federation and thereafter local coaches have been used for training. MPFI and SMPA said that they conducted only level 1 coaching courses and trained their local coaches and there was no long-term foreign coach being used for development. MPFSL doesn't have any foreign coaches for long-term training but conducted level 1 coaching programs by foreign experts (Table 11).

*Table 11 Coaching programs and coaches*

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
Having a Permanent Int'l coach for the long term helpful to develop sports at the beginning	No foreign coach, but a fleet of coaches with int'l levels	Had a permanent international coach for 9 years. Overseas training for coaches several times.	Hired foreign coach in SL recently under the HP scheme by MOS.	Foreign coaches are hired only once and then they produced local coaches at the international level	Level 1 coaching prog in India NO long-term int'l coaches	Conducted Level 1 coaching courses/NO international coach in Singapore for the long run	Level 1 coaching course in CMB , NO foreign coach recruited for long-time training
Local coaches who trained under experts are also a good solution							

#### 4.1.8 Sponsors

NSSF doesn't have any permanent sponsors and ad hoc sponsors support event by event. NAFSL had a permanent sponsor at the beginning and ARASL only had ad-hoc sponsors, not permanent sponsors. KMPF has a permanent sponsor to cover the full annual budget for long years and No permanent sponsor for SMPA and ad hoc sponsors support for events. MPFSL doesn't have a permanent sponsor and ad hoc sponsors are supporting each event (Table 12).

Table 12 Sponsors

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
Permanent sponsors at an earlier stage were very helpful.	No permanent sponsor/ ad hoc by events and donations	Had a permanent sponsor at starting stage, MAS holdings	No permanent sponsor but have ad hoc sponsors for each project	Permanent sponsorship available to cover the full annual budget	Ad hoc sponsors/NO permanent coaches	NO permanent sponsor/adhoc	Grants/Events/Ad hoc sponsorship
Ad hoc sponsors also play a major role							

#### 4.1.9 Strategic Plan

It is revealed that all National Federations have long-term Strategic plans but those are not fully implemented or in practice. KMPF has implemented and followed its strategic plan for the long term and short term. MPFI has developed the strategic plan but couldn't be implemented yet. SMPA has developed and implemented its short-term and long-term strategic plan and it's in practice now. MPFSL has not done a comprehensive strategic plan yet.

#### 4.1.10 Initiation of the Laser run competition

KMPF said that the Laser run model started in 2017 and it was organized within their main event but not as a separate event. MPFI stressed that the laser run was conducted as a separate event and it helped a lot to grow the participation in MP sport in India. SMPA also said that Laser run is the main model which was introduced to schools to grab more youth athletes which was very successful. MPFSL conducted 05 Laser run events in different areas and it helped immensely to attract youth and senior athletes to the sports (Table 13).

Table 13 Initiation of the Laser run competition

Themes	National Shooting Sport Federation	National Association of Fencing Sri Lanka	Amateur Rowing Association of Sri Lanka	Korean Modern Pentathlon Federation	Modern Pentathlon Federation of India	Singapore Modern Pentathlon Association	Modern Pentathlon Federation of Sri Lanka
LR is a Step in stone to MP sport.	N/A	N/A	N/A	After MP sport evolved, LR started. Not a separate event but one of the main events.	LR is conducted as one event. LR Helped to grow MP sport	LR point of source. Introduced to schools to grow interest	Successfully conducted 5 events and main gate opener to MP sport
LR Introduce to schools to grow interested							

#### 4.1.11 New format- Obstacles

Obstacle as the new format replaced horse riding is most welcome by KMPF, MPFI and SMPA all 03 modern pentathlon national federations. KMPF revealed that all necessary steps have been taken to host a few obstacle events in the upcoming season. MPFI said that they have already planned to manufacture obstacle equipment locally and they are willing to organize events as soon as possible. SMPA is getting ready to start the new format and now studying the process. MPFSL most welcomes the new format replacing horse riding discipline. They have not yet planned to organize any events but are still following up on the technical details of it. (Table 14)

*Table 14 New format- Obstacles*

<b>Themes</b>	<b>National Shooting Sport Federation</b>	<b>National Association of Fencing Sri Lanka</b>	<b>Amateur Rowing Association of Sri Lanka</b>	<b>Korean Modern Pentathlon Federation</b>	<b>Modern Pentathlon Federation of India</b>	<b>Singapore Modern Pentathlon Association</b>	<b>Modern Pentathlon Federation of Sri Lanka</b>
Most welcome the new discipline to MP sport	N/A	N/A	N/A	Most welcome the new format. Planned to start in local events	Most welcome and already planned to manufacture locally and start events this summer	Most welcome and getting ready to start in local context	Most welcome and not yet plan to conduct an event.

## 5.0 Discussion and Recommendations

Based on the results, certain key actions were identified for each thematic area as presented in Table 15. Those actions were further discussed with possible activities for each action and the required resources to conduct those activities.

*Table 15 Initiation a model for activities*

<b>Themes</b>	<b>Identify key actions From interview</b>	<b>Possible Activities to reach actions</b>	<b>What we required</b>
<b>Historical attachment</b>	Need to link SL historical roots with MP elements	Adopt with historical riots	Conduct workshops/events/
<b>Promote as a leisure activity</b>	Conduct MP as Leisure and fun events	Urban promo/cmb	Permits from local government
		Seasonal events	MOU with org
		Commercial locations	Agreements with comm entities
<b>Success of school level introduction</b>	Introduce to Schools	Organize workshops/awareness programs/test events at schools	Connect schools through Education ministry/Provincial gove/International schools.
<b>Impotence of Junior Development activities</b>	Knowledge sharing the importance	Use coaches /referees to share knowledge with school kids	Make a plan between NF and Schools to conduct sessions
<b>Improve the enthusiasm of Junior participation</b>	Qualified Educators should be taken to NF	Conduct training programs for TOs and administrators	Seek assistance from IF and RC to source experts
<b>Importance of club/assns in structure to development</b>	Enroll more clubs and associations	Invite interested groups to set up clubs	Grant memberships and affiliate as member clubs
<b>More member clubs create Different level of responsibilities</b>	Identify club members skills	Organize interclub events/programs	Invite members to hold positions and take responsibilities
<b>Active clubs bring good strength</b>	Clubs needed to be active	Make different platforms /encourage to perform as clubs	Make event plan for the year
<b>Importance of international exposure</b>	Athletes need international event experience	Choose suitable event from Int'l event calendar and participate	Plan ahead to fulfill formalities with MOS/NSC  Find Sponsorships/Grants/Donations with relevant parties
<b>Participation is equally important as medal winning</b>	Until win medals participation is important	ACH/WCH/ Games should be participated to get mix exposures	
<b>Importance of having permanent sponsor</b>	Permanent sponsorship needs to carry out plans uninterrupted	Develop a marketing plan to attract permanent Sponsor	Use personal contacts/business networks
<b>Events and ad hoc sponsors also important income sources</b>	Ad hoc sponsors needed to get extra support	Develop event marketing proposal to attract sponsors	Through personal contacts/open forums to grab potential sponsors
<b>Permanent and sharing facilities important to grow the sport</b>	It is very important to build infrastructure Permanent/sharing for all sports	Search suitable venues for different disciplines/formats	Make arrangements/agreements with NFs and other event owners.
<b>Having Permanent Int'l coach for long term helpful</b>	Hiring a coach from international to train athletes	Finding out most suitable Coach/experts to train our athletes	Make MOU/Agreement/Contract between parties for arranging funds and logistics



<b>to develop sport at the beginning</b>			
<b>Local coaches who trained under experts also a good solution</b>	Bring coaching expert to SL	Conduct coaches' training programs by experts.	IF assistance and guidance for experts. Sponsorships for local logistics
<b>Permanent sponsors at earlier stage very helpful.</b>	Attract a principle sponsor	Develop a marketing plan to attract permanent Sponsor	Use personal contacts/business networks
<b>Ad hoc sponsors also play major role</b>	Attract sponsors for particular events	Develop event marketing proposal to attract sponsors	Through personal contacts/open forums to grab potential sponsors
<b>Very important to have Strategic plan in practice</b>	Build a comprehensive strategic plan for NF	Organize a knowledge sharing session	Consult an experts with the support from NOC/IF
<b>LR is a Step in stone to MP sport.</b>	Conduct LR events around country	Organize mega LRCT editions on selected areas	Agreements with venues/sponsors
<b>LR Introduce to schools to grow interest</b>	Introduce LR events to Schools	Conduct workshops/LR test events	Permissions/other formalities
<b>Most welcome the new discipline to MP sport</b>	Start study the event and send athletes for test events	Conduct trial events with basic requirements	Find and source obstacle equipment and technical knowledge

## 5.1 Proposed directions to formulate the final plan

Following directions are proposing to the plan

### 01. Very important to have a Strategic plan in practice

Having a strategic plan in place at a national federation is essential for the development of the sport in the country. It is recommended to organize a knowledge-sharing session such as workshops, and discussions, and interact with stakeholders to build a comprehensive strategic plan for MPFSL. In order to develop a strategic plan for MPFSL, it is important to consult with the National Olympic Committee (NOC) and the International Federation (IF) for the sport. The NOC and IF can provide valuable insight into the sport, its current state, and the best strategies.

### 02. Historical attachment:

MP sports need to link Sri Lankan historical roots with sporting elements such as fencing, swimming, running, shooting and horse riding. Sri Lanka had a long and complex history with different types of kingdoms including the Anuradhapura Kingdom, Polonnaruwa Kingdom, and Kotte Kingdom and faced many civil wars and riots against local Sri Lankans and later with Portuguese, Dutch and English until Sri Lanka gained independence in 1948. During such times The Uva rebellion, the Kandy rebellion, and the Matale rebellion which was against to British colonial rule are very famous. Those rebellious stories are adapted to education streams in the country to educate how Sri Lanka was protected by brave soldiers. Those who are very good at all 05 disciplines are very valuable for the kingdom and they are the best fighters for the team. Modern Pentathlon makes perfect athletes as well as the best fighters for any occasion.

It is recommended to conduct educational programs, workshops and promotional events

focusing on the history of rebellions in Sri Lanka and the importance of multi-talented soldiers who can do swimming, running, shooting, fencing, and riding. It should cover topics such as the history of rebellions in Sri Lanka, the importance of multi-talented soldiers, and the strategies used by the rebels to win battles. The discussions should focus on the importance of having a diverse set of skills and how they can be used to gain an advantage in battle. The promotional events should include activities such as public speaking, debates, and exhibitions to raise awareness about the history of rebellions in Sri Lanka and the importance of multi-talented soldiers.

### **03. LR is a Step in stone to MP sport**

It is necessary to conduct Laser Run events around the country to attract new athletes to the sport. LRCT is a very attractive model to introduce different areas to popular MP sport and so far, it has been a successful model in providing a platform to enter new athletes into sport. MPFSL need to find out proper venues and obtain permission from the authorities to hold events. Also, it is important to reach MOU and agreement with relevant parties.

### **04. Promote as a leisure activity:**

MP sport also could be promoted as a leisure and fun event. It could be organized in the capital city, Colombo and the suburbs as the first step. Seasonal and traditional events such as New Year festivals in April could be used to promote Shooting and running segments to attract the public to the sports at different levels of ages.

### **05. Kids/Junior attraction**

It is revealed the importance of promoting sports at school and junior levels. Workshops and educational events such as test events and talent search events could be organized at selected schools as a pilot projects. As the first phase, it is recommended to introduce Private International schools, and zonal provincial schools. Afterwards, National schools could be connected through the Ministry of Education.

### **06. Importance of junior development activities**

Develop a comprehensive plan between NF and schools to promote MP sport at the junior level. NF should create a network of coaches and referees to help them share their knowledge and experience with physical education teachers and students.

### **07. Improve the enthusiasm of Junior participation**

NF should enhance the knowledge of educators who are assigned to educate juniors at the school level. NF can get assistance from IF (UIPM) and RC (AMPC) to bring down experts to train local educators who are working with NF. The first step in introducing Laser-Run to schools is to create awareness of the sport. This can be done through various methods such as creating promotional materials, hosting test events, and providing information to teachers and students. The formalities and procedures should be followed to reach schools from relevant authorities.

### **08. Importance of clubs/Associations in structure to develop**

It is very important to develop a strong structure of NF by enrolling new member clubs and associations. It could do through invitations amongst interested groups in society.

### **09. More member clubs create different levels of responsibilities**

Different kinds of member skills could be identified through events and programs conducted by NF. Each member could hold different responsibilities of NF at different levels. It is suggested to assign each member to take the responsibility to promote different formats such as Biathle, Triathle, laser run etc.

#### **10. Active clubs bring good strength**

More active clubs bring more strength to the Federation. NF should provide opportunities, making different platforms to perform.

#### **11. Importance of international exposure**

NF needs to encourage athletes to participate in International events and gain experience. It is very important to plan ahead with formalities governed by the Ministry of Sports and the national selection body etc.

#### **12. Participation is equally important as medal winning**

NF should guide athletes and technical officials to take part in major championships (International) to gain world rankings to uplift the level of the athletes in Sri Lanka. NF is responsible to find out sponsorships, grants and donations to make it happen.

#### **13. Importance of having a permanent sponsor**

Permanent sponsorship is essential for NFs to be able to carry out their activities and programs without interruption. It provides a steady source of income that can be used to fund operations. NF should have very strong marketing plan to attract sponsors through personal contacts and existing business networks.

#### **14. Events and ad-hoc sponsors also important income sources**

Events and ad-hoc sponsorships are important sources of income for many organizations. Events, fundraisers, and other special occasions can bring in money, while ad-hoc sponsorships can provide a steady stream of income to the federation through a proper marketing plan implemented by NF.

#### **15. Permanent and sharing facilities important to grow the sport:**

MP sports should have five different types of venues. It is a big challenge to have the same venue for all five disciplines. It is suggested to share the venues with other NFs by making MOUs for the long term and short term.

#### **16. Having a Permanent Int'l coach for the long term helpful to develop sports at the beginning**

MPFSL needs to find out a suitable coach/expert to train athletes and work together in Sri Lanka for a longer period. Thereafter, funding and logistics have to be sorted with the help of IF or NOC or MOS in Sri Lanka through MOU.

#### **17. Local coaches who trained under experts are also a good solution**

MPFSL could organize a coaches training program to train local coaches with the help of UIPM, AMPC and Olympic solidarity through NOCSL.

#### **18. Most welcome the new discipline to MP sport**

The introduction of new discipline obstacles to MP sport is a welcome development. This will help to create a more challenging and exciting environment for athletes to compete in. It is recommended to conduct trial events with basic requirements of obstacles. MPFSL needs to find sources to build the venue of obstacles and technical knowledge to introduce the new discipline to MP sport in Sri Lanka.

### **5.2 Master plan to implement the results**

As per the above study it is highlighted that Laser Run edition is very important to develop Modern Pentathlon sport in any country as well as in Sri Lanka. MPFSL expressed the Laser Run edition was very

successful at the initial stage in 2017 and 2018. During the interview with the Secretary General of MPFSL and on literature review it is revealed the Laser Run edition was conducted successfully and helped to bring young athletes to the sport which is very strong pillar to build up modern Pentathlon sports in the country. Laser Run edition touched the area of Youth development, School level introduction, Improve the enthusiasm of junior participation etc. It means that the Laser Run edition could be used as the best model to grow the sport in the country.

Figure 4 and table 16 explains the master plan based on the analytical findings related to the Laser Run edition in all over the world in order to implement and grow the full modern pentathlon sport in Sri Lanka.

*Table 16 Master Plan*

Priority	Recommendation	Action	Lead	Resources	Timeline	Proposed budget /LKR
1	Start working according to the Strategic plan	Organize a knowledge sharing session	President/ Secretary General	Time/workshop conducting expenses	2023/ Already started	350,000.00
2	Activities to embed historical attachment	Need to link SL historical roots with MP elements	Secretary General/Development sub committee	Time/development workshop expenses	2023	350,000.00
3	Promote LR as a leisure activity	Conduct MP as Leisure and fun events	Secretary General/Exco	Sponsorship/event budget	2023	600,000.00
4	Junior attraction /development activities	Knowledge sharing the importance	EXCO/Qualified educators for MP sport	Grant/Event budget	2024/25	450,000.00
5	Expand Structure with Clubs/Association	Enroll more clubs and associations	President/Exco	Time/ awareness campaign budget	2024	350,000.00
6	Strengthen active clubs and Int'l exposure	Identify club members skills	Secretary General	Time/ administrative expenses	2024/25	400,000.00
7	Bring permanent sponsor/ ad hoc sponsorship	Develop a marketing plan to attract permanent Sponsor	President/ Secretary General	Consultation expenses for marketing expert	2024/25	550,000.00
8	Set up Permanent facilities or share	Search suitable venues for different disciplines/ formats	Exco	Time/ Sponsorship	2025/26	1,100,000.00/ event
9	Bring Int'l Coach for training or train local coaches under experts	Hiring a coach from international to train athletes	President	Grants/ Sponsorship	2025/26	3,300,000.00/ year
10	Introduce new discipline	Start study the event and send athletes for test events	President/ Secretary General	Grants/Sponsorships	2024/25	-Not known yet
11	Reach to regional and Int'l medals for Pentathlon	Follow the Master plan emerged by the study	President/Exco	Time/Annual budgets	2027/8	10,000,000.00 Per year

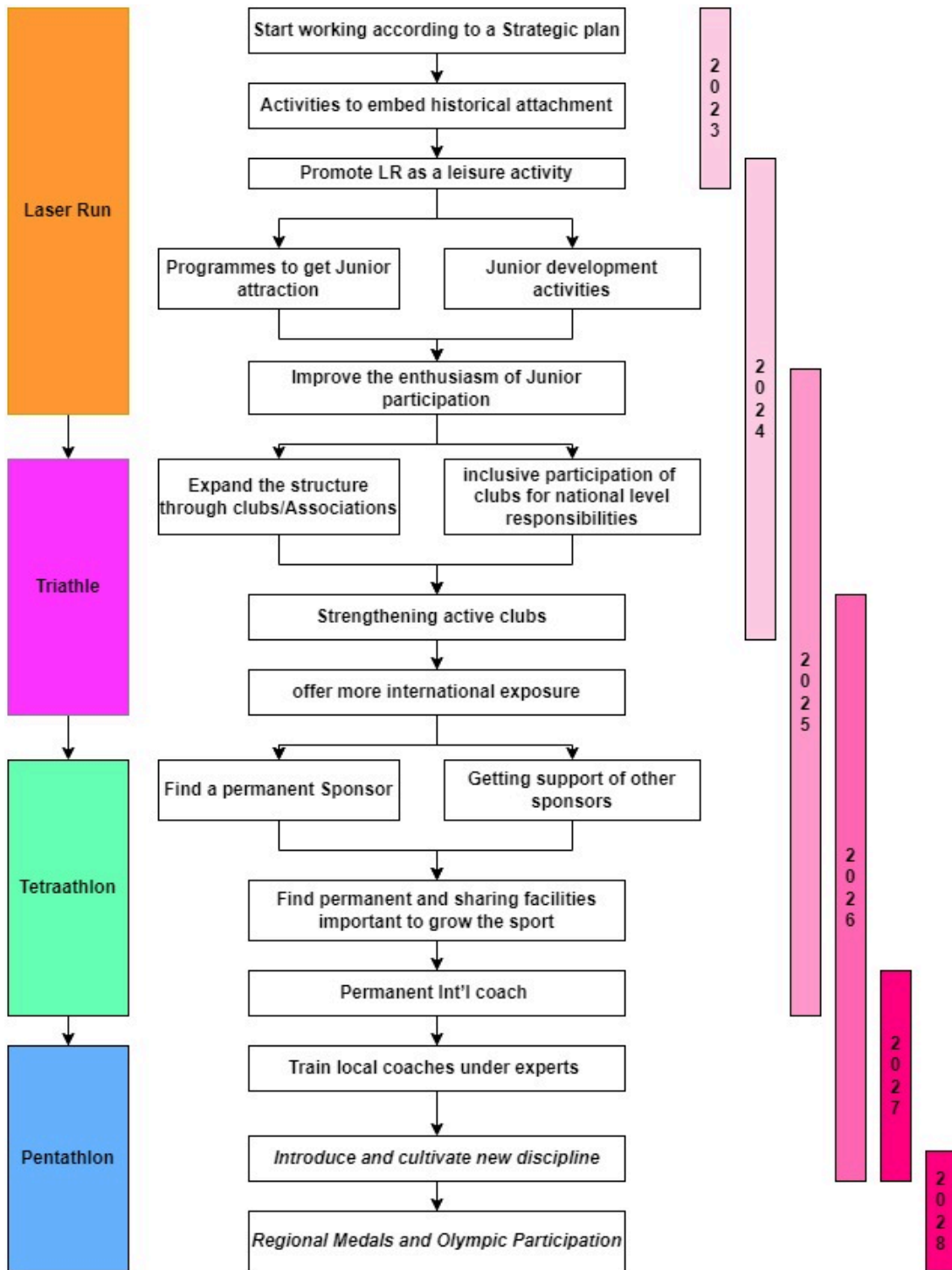


Figure 4 Master Plan

## Conclusion

The main objective of this study was to analyze the current position of the Modern Pentathlon Federation of Sri Lanka to build up a comprehensive plan to grow the sport in the country covering all provinces. At the same time, it was found the importance of the Laser-Run edition which was successfully conducted to grab the youth to sport and also helped as a step in stone to the Modern Pentathlon sport. The implementation of Laser run segment was identified as the inspiration to formulate the plan. The analysis was conducted through qualitative data analysis based on the results of the interviews. The interviews were conducted through successful National Sports Federations and Overseas Modern Pentathlon Federations which could inspire us to bring the sport to the next level. Most themes found during this research, such as promoting it as a leisure activity, Improving the enthusiasm of Junior participation, the Importance of having a permanent sponsor, and LR Introduce to schools to grow interest are very important to build up the sport in many ways.

The results of this entire study, and findings could be used to improve the future development plan and also it will help to complete the Federation's strategic plan which has already been started with the guidance of the National Olympic Committee and an International expert who has visited Sri Lanka recently.

It's also clear that the outcomes of this comprehensive study have the potential to contribute significantly to enhancing future development plans and aiding in the creation of well-rounded athletes capable of tackling various challenges in life. The goal of producing a pentathlete for society goes beyond just preparing individuals for Olympic-level competitions. It also represents a form of social responsibility aimed at meeting the demand for versatile and multi-talented individuals within the country.

This study was fulfilled with concepts and theories learnt in the MEMOS classes, and practical approaches enriched by my colleagues in sports administrations at different levels. I wish to place my sincere appreciation for the great job done by all professors who delivered lectures at MEMOS sessions, especially to my tutor to complete the study for the betterment of Modern Pentathlon Sport in Sri Lanka.

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## Appendix 1 Interview Questionnaire

#	For National Sports Federations in Sri Lanka /Overseas MP National Fedrations
1	Start date/History
2	Clubs/Association /Structure
3	Affiliations
4	International participation/WCH/ACH/Medals?
5	Sponsors?
6	Other sources of funding
7	Have you recently used a foreign coach in Sri Lanka for training athletes?
8	Do you have International Judges/Referees?
9	Have you sent athletes to overseas training
10	What is the latest rank of your federation in Sri Lanka?
#	For Overseas Modern Pentathlon Federations
1	Start date/History
2	Clubs/Association/Structure
3	Affiliations
4	International participation/WCH/ACH/Medals.
5	Sponsors
6	Other sources of funding
7	Have you recently used foreign coaches in your country for training athletes?
8	Do you have International Judges/Referees?
9	Have you sent athletes to overseas training
10	Did you conduct Laser Run events?
11	Did you recently participate new format competition (without horses)