

Great Britain selection for Alex Fraser

Congratulations to Marlins Club member, Alex Fraser, who has been selected to represent Great Britain at Modern Pentathlon at a Youth A (born 1992 or later) International event at Bath University on March 27th.

Alex is one of 17 boys in the GB team who will be competing against pentathletes from Germany, Latvia, Spain, Singapore and Canada. This will be Alex's 5th international event, but his first on home soil, having previously competed in Germany, Czech Republic & Portugal (twice).

The selection is reward for Alex's dedication and commitment. For the past 2 years he has been on the MPAGB's Talent Development programme under the guidance of the national youth performance manager who sets Alex's training program and performance targets in collaboration with his local coaches. Alex trains on at least 2 of the 5 disciplines 6 days a week. Most days he gets up at 5.30 to train before school as well as during lunch hour or after school. A typical week will entail over 15-20 hours of training. There are also regular camps with the national youth squad at Bath or at the MPAGB's national performance centre in Hartpury, Glos.

In addition to his pentathlon and academic commitments, Alex also finds time to swim and play water polo for Marlins. The water polo, in particular, provides useful cross training and conditioning as well as an opportunity to play a team sport for fun.

Good luck Alex! March 8 2010

Some photos of Alex in action below:



With the GB team at European Youth Championships, Abrantes Portugal, July 2009



Running in the Combined Event at GB Youth B Trials, Bath December 2009



Scoring a hit in fencing at GB Youth B Trials, Bath December 2009 (Alex on Left)