



## Nick Woodbridge

Born: 01.07.86, Wellington, Shropshire

Home: Telford, Shropshire

Lives: Bath

Started modern pentathlon: 1999

Current world ranking: 43rd (May 2009)

Career high world ranking:

Height: 188cm

Weight: 75kg

Personal bests: Fencing – 1072 pts  
Swimming – 1412 pts  
(1:55.96)  
Riding – 1200 pts  
Run/shoot – 2404 pts  
Total – 5760 pts



Coaches: Jan Bartu, Fridrich Foldes, Katy Burton

Nick and team-mate Sam Weale achieved a landmark last year by becoming the first British male pentathletes to compete at an Olympic Games since Richard Phelps in 1996.

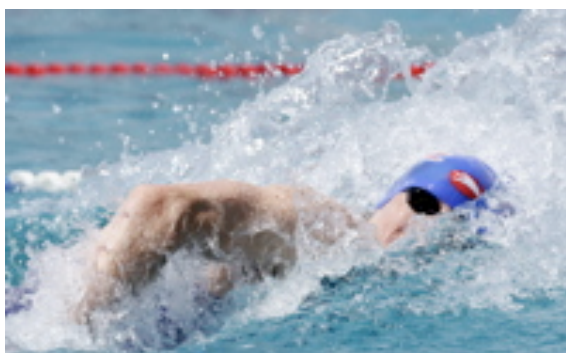
Nick's selection for the British team was announced the day after his 22<sup>nd</sup> birthday and he went on to finish 25<sup>th</sup> overall in Beijing.

His high point at the Olympics came in the pool, where he clocked a personal best of 1:55.96 for the 200m freestyle. Only Egypt's Amro El Geziry could go faster in 1:55.86. Both smashed Andrey Moiseev's (RUS) Olympic record of 1:58.88 that he set en route to gold in Athens.

Nick started his sporting career as a swimmer with Wellington Swimming Club and then joined Telford Athletics Club. He also rode from the age of three, but started riding seriously from seven and bought his own horse aged 11. By then he had also had instruction in shooting so he could compete in pony club tetrathlons and by 13 he was also fencing through Much Wenlock Fencing Club.

In 1999 he competed in his first pentathlon, the National Championships, finishing third. He admits he almost gave up fencing, but he persevered and in 2000 he won the Modern Pentathlon National Championships and was asked to travel overseas with the GB team for the first time.

Nick made his mark on the international scene for the first time by winning gold at the 2004 World Youth Championships in Bulgaria.



He followed that up with two World Cup medals and a top-20 finish at the 2006 World Championships, all while still a junior.

Nick made a strong start to 2008, with top-10 finishes in three successive World Cups and ended the 2008 season ranked ninth in the World Cup standings.

He was Britain's second highest finisher, coming eighth, in the men's competition at the Bath International in April 2009.

Nick followed that up with a 17<sup>th</sup> place finish at the Rome World Cup in May, when he had been in fourth place going into the run/shoot.

He is a member of the Pentathlon GB World Class Podium Programme and trains at the Pentathlon GB High Performance Centre at the University of Bath.

#### 2009 performances

International Budapest Cup: individual 16<sup>th</sup> – 5616 pts, Budapest, Hungary, February 2009

World Cup 1: individual 15<sup>th</sup> – 5580 pts, Mexico City, Mexico, March 2009

Bath International: individual 8<sup>th</sup> – 5742 pts, Bath, GBR, April 2009

World Cup 4: individual 17<sup>th</sup> – 5760 pts, Rome, Italy, May 2009

#### Career highlights

Olympic Games: individual 25<sup>th</sup> – 5168 pts, Beijing, August 2008

World Championships: individual 18<sup>th</sup>, team relay 11<sup>th</sup> (with Ben McLean & Sam Weale) – Guatemala City, November 2006

World Cup: individual bronze – Mexico, March 2006; individual bronze – Drzonkow, Poland, May 2007; individual 10<sup>th</sup> – Mexico City, Mexico March 2008; 8<sup>th</sup> – Millfield, Great Britain, March 2008; 9<sup>th</sup> – Madrid, Spain April 2008.

European Championships: individual 24<sup>th</sup>; Riga, Latvia, June 2007

World Junior Championships: individual 6<sup>th</sup> – Caldas da Rainha, Portugal, September 2007

World Youth Championships: individual gold – Albena, Bulgaria, September 2004

International Budapest Cup: individual 16<sup>th</sup> –5616 pts, Budapest, Hungary,  
February 2009

**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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