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# UIPM 2019 GLOBAL LASER RUN CITY TOUR: LIVING THE HIGH LIFE IN ALMATY (KAZ)



Kazakhstan joined the Global Laser Run City Tour circuit with the country's first instalment of the urban sports phenomenon in Almaty on July 7, 2019.

The first GLRCT in Kazakhstan, which hosted the UIPM Pentathlon World Cup Final in 2018, was not only a historic occasion but also a unique experiment as it took place at high altitude – 1691 metres above sea level.

The venue was the Medeo mountain sports complex near to the Shymbulak resort, and racing took place around the skating rink. More than 400 people took part, drawn from the population of Almaty and schools across the region, and they raced in categories from Under 9 to Masters 50+.



The event was organised by the Kazakhstan

Federation of Modern Pentathlon with the support of the Medeo complex and Almaty's Department of Physical Culture and Sports.

The GLRCT was created in 2017 to provide an entry point to UIPM Sports for people of all ages in urban communities around the world.

Another 100 cities [have been selected in 2019](#) as hosts of the GLRCT or the Biathle/Triathle National Tour. The full [calendar](#) can be viewed at the [UIPM website](#), where you can also find more information on UIPM's various multi-discipline sports.

In September, the UIPM Laser Run World Championships will be incorporated into the Pentathlon World Championships for the first time in Budapest (HUN), where Laser Run is also on the programme for the 1st World Urban Games.

In December, Laser Run and Triathle will both feature for the first time in the 30th Southeast Asian (SEA) Games in the Philippines.

Have you liked the [UIPM Laser Run page](#) on Facebook yet?