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UIPM 2019 GLOBAL LASER RUN CITY TOUR: BIG TURN-OUT FOR FESTIVAL IN RAHIM YAR KHAN (PAK)



Laser Run has returned to the Punjab region of Pakistan, where 341 athletes took part in the Global Laser Run City Tour in Rahim Yar Khan on December 25, 2019.

The first GLRCT in Pakistan took place in Lahore in November 2018, since when the Pakistan Modern Pentathlon Federation has worked to introduce the sport to more areas of the country.

In Rahim Yar Khan, hundreds of young and energetic runners, including athletes from schools, colleges and other sporting academies, took part in the presence of the Deputy Commissioner of Rahim Yar Khan, Ali Shahzad.

A spokesperson for the local organising committee said: "There was a great level of interest in Laser Run during the event. The institutional heads expressed a determination to train their athletes to participate in future events of the Pakistan Modern Pentathlon Federation to get good results in regional and international events."



“At the prize distribution ceremony, the Deputy Commissioner appreciated the efforts of PMPF and UIPM for providing healthy sports activities in their region and he asked for more and more sports events to be organized and more coaches supported to train athletes and associated clubs.”

The Global Laser Run City Tour was created in 2017 to provide an entry point to UIPM Sports for people of all ages in urban communities around the world.

Almost 100 cities were selected in 2019 as hosts of the GLRCT or the Biathle-Triathle National Tour. The full calendar for 2020 can be viewed at the UIPM website, where you can also find more information on UIPM’s various multi-discipline sports.



In September 2019, the UIPM Laser Run World Championships was incorporated into the Pentathlon World Championships for the first time in Budapest (HUN), where Laser Run also featured as a showcase sport at the 1st World Urban Games.

In December 2019, Laser Run and Triathlon both featured 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?