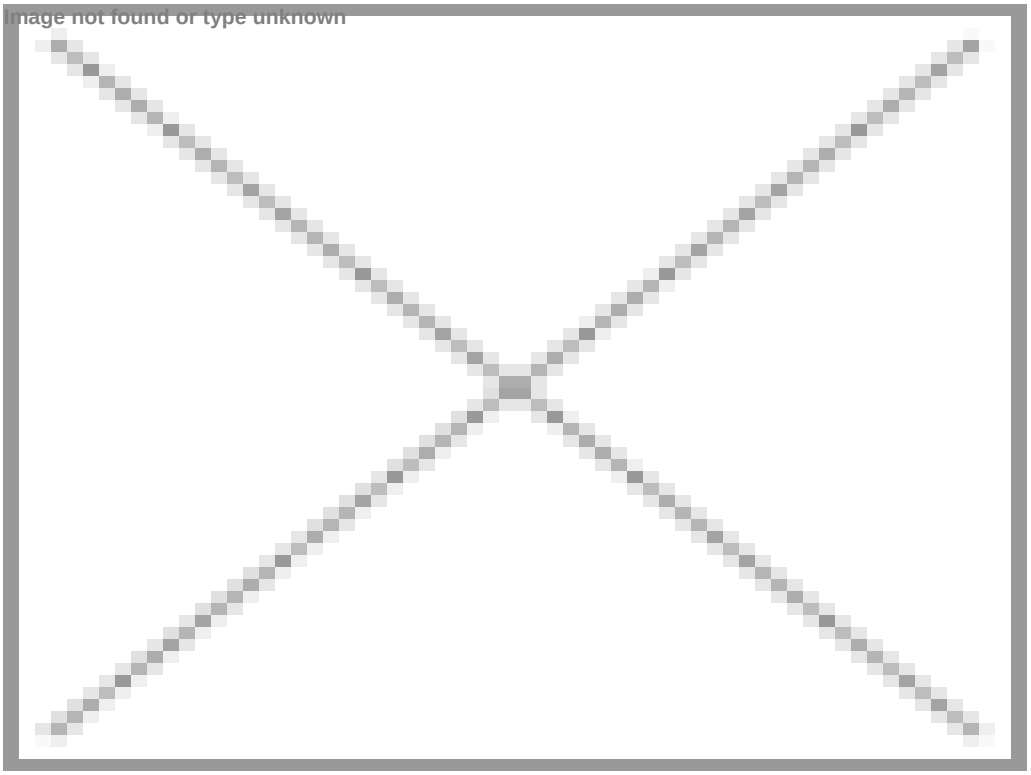
22 SEP 2022

UIPM 2022 LASER RUN WORLD CHAMPIONSHIPS: ALL YOU NEED TO KNOW



- Over 700 athletes from 26 countries ready to compete for glory in Lisbon (POR)
- City becomes first to host Laser Run World Championships for second time
- World titles on the line for all generations from Under 9 to Masters 70+

The City of Light is ready to shine as the UIPM Laser Run World Championships returns to the Portuguese capital for a competition that will shatter records.

More than 700 athletes will gather in Lisbon (POR) with representatives from 26 countries and five continents competing for glory in the seventh edition of the ever-popular competition.

The three-day gathering will be a true meeting of generations as the continuing global growth of Laser Run attracts athletes of all ages – world titles are on the line across all age grades from Under 9 to Masters 70+.

The competition will take place in the east of the city at Parque das Nacoes, a stunning riverfront

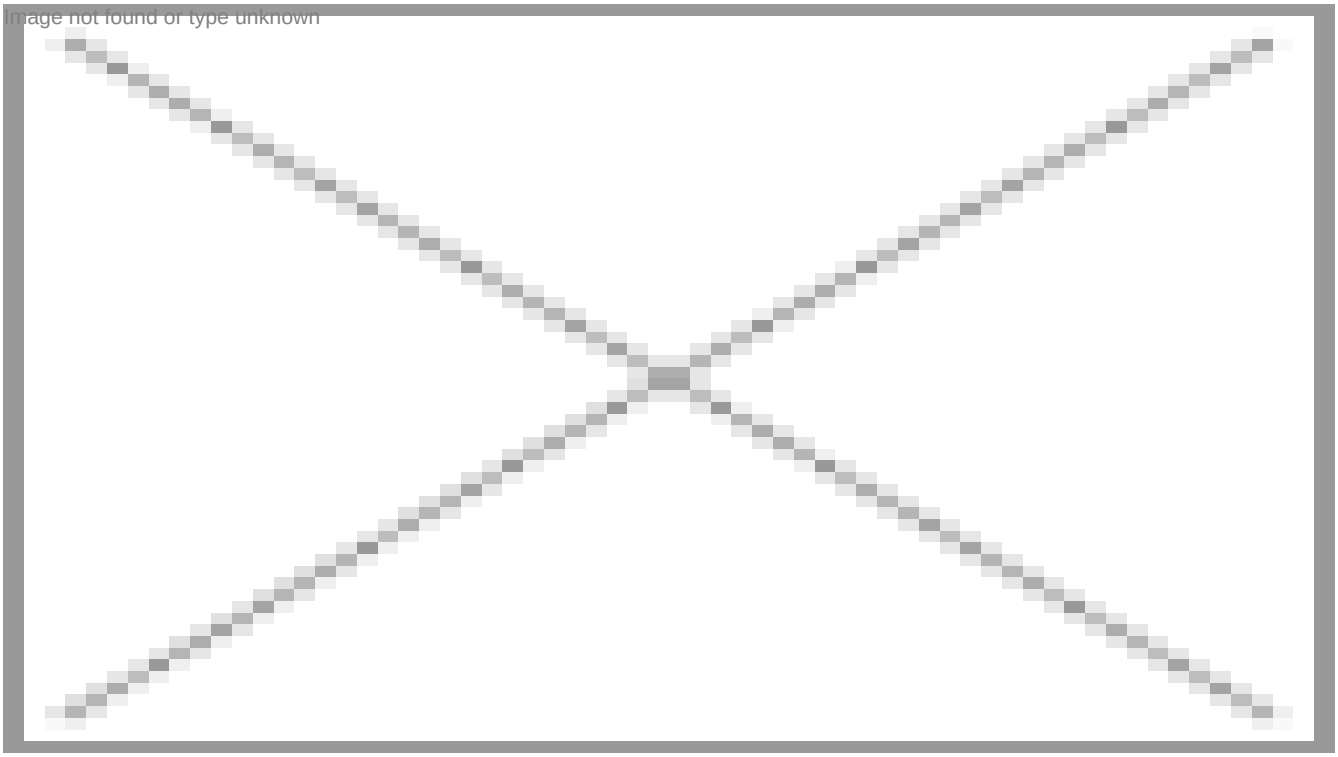
setting. Lisbon (POR) previously hosted the highly successful UIPM 2016 Laser Run World Championships and becomes the first two-time host after the instalments in Perpignan (FRA), Cape Town (RSA), Dublin (IRL), Budapest (HUN) and Cairo (EGY).

The UIPM 2022 Laser Run World Championships runs from September 23-25, beginning with Women's Individual competitions. Scroll down for the full schedule.

First introduced as a standalone sport by the UIPM in 2015, Laser Run has been a runaway success story as its dynamic and ultra-accessible appeal has seen the sport adopted by athletes and fans across the world.

Laser Run, which is also the final discipline of Modern Pentathlon, combines running and shooting in fast-paced and dynamic races including four rounds of laser pistol shooting from 5m-10m distance and four laps of a course measuring 300m-600m. Athletes have to hit the target five times before they can begin the next run.

The UIPM Global Laser Run City Tour continues to spread the word and create opportunities for all ages of athlete. In the past month alone there have been GLRCT competitions as far and wide as Thailand, Iraq, Argentina, Togo, Latvia, Uzbekistan and Ukraine.



Para Laser Run

Sixteen para athletes have arrived in Portugal for the Para Laser Run World Championships. This is the largest number of para-athletes at a UIPM event and covers the full range of para classifications for Laser Run – encompassing physical, visual and intellectual impediments.

UIPM Para Sports Coordinator Radka Zapletalova noted that "a short and sharp course with 300m loops is being utilised to create an exciting and fast-moving competition".

Assisting the UIPM team is Modern Pentathlon New Zealand President Kaewruethai Collings, who has run numerous Para Pentathlon events, and New Zealand Para Advisor Shannon Cleave, who will advise and also compete in the visually-impaired category.

While the para movement in Modern Pentathlon is still in its infancy, the UIPM Para-Pentathlon Commission has strong plans to grow athlete numbers exponentially over the coming years, as the sport continues to promote accessibility and universality.

UIPM comments

UIPM President **Dr Klaus Schormann** said: “On behalf of the UIPM Executive Board I am delighted to see such great enthusiasm for the UIPM 2022 Laser Run World Championships, where there will be a record attendance of more than 700 athletes.

“All National Federations sending athletes to this competition have underlined what we already knew – that Laser Run is a very powerful development tool at the base of the UIPM Sports Pyramid. It is also a lot of fun, and I wish all competitors an unforgettable weekend in Lisbon.

“Thanks to the Portuguese Modern Pentathlon Federation for hosting this World Championships for a second time – Portugal is truly a pillar of our movement, providing wonderful urban and beach facilities and many competitive athletes across various age groups.”

UIPM Vice President **Sharif Elerian (EGY)** said: “The UIPM 2022 Laser Run World Championships promises to be an incredible example of just how popular the combined sport has become. It is worth remembering that it is just seven years since UIPM first introduced Laser Run as a standalone sport. And now here we are, with more than 700 athletes gathering in Lisbon competing to be the best in the world at their age grade.

“I am very proud that Egypt will be one of the best-represented nations in Lisbon, but with 26 countries represented it will be a truly global gathering and a great way for most of the pentathlon world to reunite after the pandemic. It is clear that across the world, so many athletes are drawn to the dynamic mix of athleticism and dexterity that Laser Run provides. I wish the best of luck to all those taking part in Lisbon.”

Chair of the UIPM Coaches Committee, **Christian Roudaut (FRA),** said: “The seventh edition of the UIPM Laser Run World Championships will take us back to Lisbon, which was such a great host city for the 2016 instalment. Six years later, it has become clearer to all of the coaches in the UIPM family how Laser Run can be a great introduction for young and new athletes to our sports.

“It is at the base of our sports pyramid for a reason — because it can be a foundational building block, testing athletes’ abilities to maintain their poise and performance across running and shooting. This is a hugely exciting time for Modern Pentathlon with the testing of a new discipline proving successful so far and continuing at pace. The enduring success of Laser Run since its introduction is proof that change can be transformative and bring in waves of new athletes and fans to strengthen our global sporting movement.”

Watch and follow

The UIPM 2022 Laser Run World Championships will be streamed live on UIPM.TV with results available at the UIPM website and via the UIPM Central app.

Follow World Pentathlon on Facebook, Twitter and Instagram throughout the Pentathlon World Cup for additional content, and visit the UIPM website or download the “UIPM Central” app to keep

track of results.

Competition schedule

UIPM 2022 Laser Run World Championships

(UIPM.TV start times in brackets, WEST)

September 23: Women’s Individual (8.55am)

September 24: Men’s Individual (8.55am)

September 25: Mixed Relay (8.55am)