

# PENTATHLON GB<sup>+</sup>

## LASER RUN EVENT DESCRIPTION

- A Laser Run is an event that combines two of the Pentathlon family of sports – Shooting and Running. The shoot and the run elements are participated in together in the form of a relay. The distances run and the number of times an athlete takes part in their shooting elements are determined by the age of the athletes. The final placings are determined by the positions of the athletes across the finish line at the end of the Laser Run race.
- PGB run a Schools Laser Run programme which includes a qualifying round running from the 1st of February to the 31st of May. Athletes record a time at any qualifying event across the country which gives them a position in our National Rankings List. The top athletes from each age group at the end of the qualifying window are invited to enter the GB Schools Laser Run National Championships in July! At this event, we crown our National Schools Laser Run Champions!
- PGB also hold our European and World Laser Run Qualifiers as well as our National Age Group Laser Run Championships in July.
- A Laser Run event has age groups from Under 9s right up to Masters 70+

