

2022 Route Map

BEACON BAY  
EAST LONDON



LASER  
CHALLENGE



10 KM ROAD RACE

5KM Virtual FUN RUN

RACE INFORMATION

Saturday, 15 January 2022  
**10km:** 06:30am  
**5km:** Virtual Fun Run/Walk

START & FINISH

@ Beacon Bay Country Club (10KM)

ENTRY

**10km:** R100 (14yrs+) | **5km:** R60  
**TEMP LICENCES** R35 (10km)

SPORTSMANS WAREHOUSE ENTRIES

From 15 December until 13 January 2022  
 at 2:00pm

RACE RULES

- Run in accordance with the rules of IAAF, ASA and BORA.
- RACE NUMBER MUST BE WORN ON THE FRONT WITH ASA 2021/2022 LICENCE ON THE FRONT AND BACK OR TEMPORARY LICENCE TO BE WORN ON THE FRONT OF THE VEST (WITH RACE NUMBER).
- **Category flash** must be worn on the front and back of the vest.
- **Very important.** In terms of the rules of ASA you may not run or walk with headphones. Please take note of this rule as you may be disqualified.
- Athletes finishing without their race number will not be on the results list.
- **Very important.** 5km Virtual Fun Run can be any route or time of your choice, within curfew on 15 January 2022.

**NO ENTRIES AT THE START**

EAST LONDON  
EYE HOSPITAL



LASER  
CHALLENGE

10 KM  
ROAD RACE

5KM  
Virtual  
FUN RUN/WALK

SATURDAY  
15  
JANUARY 2022

START & FINISH  
BEACON BAY COUNTRY CLUB

10KM : START 06:30am  
 5KM : Virtual RUN/WALK

ENTRIES @ Sportsmans Warehouse

LIMITED T-SHIRTS AVAILABLE

MOBI CHIP TIMING FOR 10KM ATHLETES

# ENTRY FORM

Fill in your details on the Entry Form and mark with crosses (X) where applicable.



<b>FIRST NAME</b>																				
<b>SURNAME</b>																				
<b>ID NUMBER</b>																				
<b>DATE OF BIRTH</b>	D	D	M	M	Y	Y	Y	Y	<b>AGE</b> (on race day)											
<b>CATEGORY</b>	JUNIOR	OPEN	35+	40+	50+	60+	<b>GENDER</b>	MALE	FEMALE											
<b>LICENCE No.</b>							<b>TEMP LICENCE</b>													
<b>CLUB</b>																				
<b>EVENT</b>	10KM	5KM VIRTUAL FUN RUN	<b>NATIONALITY</b>																	
<b>CONTACT No.</b>																				
<b>E-MAIL ADDRESS</b>																				
<b>EMERGENCY CONTACT</b>																				

I hereby indemnify the organisers and sponsors from any claim arising from my participation. I agree to abide by the race rules as stated.

**SIGNATURE** \_\_\_\_\_ (Guardian if under 18)

MENS AND LADIES PRIZE MONEY						
	JUNIOR	OPEN	35 - 39	40 - 49	50 - 60	60+
<b>1st</b>	<b>R200</b>	<b>R400</b>	<b>R200</b>	<b>R200</b>	<b>R200</b>	<b>R200</b>
<b>2nd</b>	<b>R100</b>	<b>R300</b>	<b>R100</b>	<b>R100</b>	<b>R100</b>	<b>R100</b>
<b>3rd</b>	<b>R75</b>	<b>R200</b>	<b>R100</b>	<b>R100</b>	<b>R100</b>	<b>R100</b>

**PRIZE WINNERS:** Please notify the race officials if you are unable to attend prizегiving

**FOR FURTHER INFORMATION CONTACT**  
**GRAHAM REYNOLDS** 082 448 0727 or [graham@isat.co.za](mailto:graham@isat.co.za)

# EAST LONDON EYE HOSPITAL

## THE EYE CENTRE

### LASER EYE SURGERY

**HAVE YOU EVER THOUGHT OF GETTING RID OF YOUR GLASSES?**  
**LASIK Eye Surgery is a popular procedure used to correct the vision of people who are near-sighted, farsighted, or have astigmatism. The motivation could be from someone who is tired of dealing with glasses and contact lenses every day to an athlete who needs his or her vision to be as sharp as possible, LASIK makes having perfect vision a reality for many.**

**This procedure can be carried out at the East London Eye Hospital, by an ophthalmologist (a specialised eye surgeon), using the state of the art Wave Light EX500 laser. This is one of the fastest and also one of the safest excimer lasers available today.**

Laser correction surgery has become popular because of the benefits patients receive almost immediately after the procedure. Some of these benefits include:

- Around 96% of patients will have their desired vision after the procedure.
- There is very little discomfort associated with the procedure.
- Quick recovery. Most patients return to their normal schedule in a few days.
- You save time and money that would otherwise be spent on glasses or contact lenses.
- Provides the freedom from glasses and contacts so you can enjoy the beach, swimming, golf, tennis, scuba, or just playing with your children.

and making him see that he wanted to return to Cleveland, but we're not saying it didn't either.

**ELTON JOHN** - Do you have any idea how expensive it is to fit 5,000 pairs of gaudy custom glasses with prescription lenses? Let's just say Sir Elton John is saving a fortune thanks to LASIK.

**COURTNEY COX** - Once F.R.I.E.N.D.S. hit its big time, Courtney's first big purchase was LASIK to rid her of wearing glasses constantly while reading scripts.

**KIM KARDASHIAN** - Kim always loved the way she looked in glasses, but she quickly scheduled her LASIK eye surgery to fix her vision.

**BRAD PITT** - Let's be honest, Fight Club would have been a totally different movie if Brad Pitt had been forced to wear glasses.

And the list goes on!  
<https://www.virginiaeyeconsultants.com/news/27-celebrities-you-wont-believe-had-lasik-eye-surgery/>

Even celebrities and professional athletes are getting LASIK eye surgery to improve their vision:

**TIGER WOODS** - Tiger is extremely driven to be the best golfer that has ever lived. His poor vision is something he always felt held him back and that LASIK eye surgery was the right move.

**LEBRON JAMES** - We're not saying his LASIK is responsible for his two championship wins

To qualify for this life changing procedure, you need to be over 18 years old, have healthy eyes and have a stable refraction (i.e. your prescription of your glasses has stayed the same for the last 2 years).