

## 2025 Route Map



BEACON BAY  
EAST LONDON

# LASER CHALLENGE



**10 KM** ROAD RACE



**5 KM** FUN RUN/WALK

### RACE INFORMATION

Saturday, 11 January 2025  
**10km:** 06:15am  
**5km:** 06:30am Fun Run/Walk

### START & FINISH

@ Beacon Bay Country Club

### ENTRY

**10km:** R120 (14yrs +) | **5km:** R80  
**TEMP LICENCES** R50

### RACE RULES

- Run in accordance with the rules of WA, ASA and BORA.
- RACE NUMBER MUST BE WORN ON THE FRONT WITH ASA 2024/2025 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.

### ENTER ONLINE:

From 1 Nov to 12 Dec 2024 at 5:00pm  
[entrytickets.net/laser10km](http://entrytickets.net/laser10km)



### SPORTSMANS WAREHOUSE ENTRIES:

From 13 Dec to 8 Jan 2025 at 2:00pm

### BEACON BAY COUNTRY CLUB ENTRIES:

On 9 and 10 January from 5:00pm to 7:00pm  
 - EFT and QR CODE only, no cash.

**LATE ENTRIES WILL BE AVAILABLE ON THE MORNING OF THE RACE**

EAST LONDON  
DAY HOSPITAL



# LASER CHALLENGE

**10 KM**  
ROAD RACE

**5 KM**  
FUN RUN/WALK

SATURDAY

**11**

JANUARY 2025

START & FINISH  
BEACONBAYCOUNTRYCLUB

**10km** START 06:15 am

**5km** START 06:30 am

ENTRIES ONLINE OR @ 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.

RACE NO.



**LASER CHALLENGE**

**10 YEAR anniversary**

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

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 - 59	60 - 69	70+
1st	R200	R400	R200	R200	R200	R200	R200
2nd	R100	R300	R150	R150	R150	R150	R150
3rd	R75	R200	R100	R100	R100	R100	R100

**Prize winners:** Please notify the race officials if you are unable to attend prizegiving

**FOR FURTHER INFORMATION CONTACT**  
GRAHAM REYNOLDS 082 448 0727 or grahamr@iteweb.co.za



## EAST LONDON DAY 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. This can help someone who is tired of dealing with glasses and contact lenses every day or an athlete who needs his or her vision to be as sharp as possible.

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.

### KEEPING YOU UPDATED



## EAST LONDON DAY HOSPITAL

The East London Day Hospital has expanded beyond state-of-the-art Ophthalmic care. We also offer services for Orthopaedic, Dental and Minor General Surgery procedures.

We are excited to announce that we have hosted 340 joint replacement surgeries since expanding our scope of practice in 2022.

We strive for 'Excellence in all Things' and continue to invest time and energy in developing our staff and systems. Our surgeons, nurses and support team work together to ensure that you receive exceptional care throughout your stay with us. This model of collaborative excellence is exactly how healthcare should be - Real care by Real people.

We are a growing and thriving facility with an ongoing vision to provide extraordinary outcomes. We look forward to meeting your healthcare needs in 2025.