

2026 Route Map

LASER
CHALLENGE

10 KM ROAD RACE



5 KM FUN RUN/WALK

RACE INFORMATION

Saturday, 10 January 2026

10km: 06:15am

5km: 06:30am Fun Run/Walk

START & FINISH

@ Beacon Bay Country Club

ENTRY

10km: R130 (14yrs +) | 5km: R90

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 2025/2026 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
20 Dec 2025
at 5:00pm
entrytickets.net/laser10km



SPORTSMANS WAREHOUSE ENTRIES:

From 22 Dec 2025 to 7 Jan 2026 at 2:00pm

BEACON BAY COUNTRY CLUB ENTRIES:

On 8 and 9 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 HOSPITALLASER
CHALLENGE10 KM
ROAD RACE5 KM
FUN RUN/WALK

SATURDAY

10

JANUARY 2026

START & FINISH
BEACON BAY COUNTRY CLUB

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



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+	70+	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 prizегiving							

FOR FURTHER INFORMATION CONTACT

GRAHAM REYNOLDS 082 448 0727 or grahamr@iteweb.co.za

EAST LONDON DAY HOSPITAL THE EYE CENTRE

LASER EYE SURGERY

SEE THE FINISH LINE – CLEARLY!

Tired of glasses or contact lenses? Excimer Laser Vision Surgery at East London Day Hospital uses advanced Wavelight EX500 laser technology to gently reshape the cornea and correct vision problems like short-sightedness, long-sightedness, and astigmatism.

Performed by our specialist ophthalmic surgeons, this quick procedure can help you enjoy life (and your next run) with crystal-clear vision and lasting freedom.

East London Day Hospital - Precision. Clarity. Confidence.

Proud sponsor of the East London Day Hospital Laser Run.

EXCELLENCE IN EVERY STEP

EAST LONDON DAY HOSPITAL

At East London Day Hospital, we believe health is about movement, vision, and living life to the fullest. What began as a centre of excellence in Ophthalmic Surgery has grown into a leading multidisciplinary facility offering Orthopaedic, Dental, and Minor General Surgery services.

Since expanding our scope in 2022, we've proudly performed over 582 successful joint replacement surgeries, helping patients regain mobility, independence, and confidence.

Our surgeons, nurses, and support teamwork in perfect rhythm - just like a winning marathon team - ensuring precision, safety, and exceptional care every step of the way.

We continue to invest in our people and our systems to deliver on our commitment to "Excellence in all Things."

Here's to clearer vision, stronger strides, and healthier tomorrows.

East London Day Hospital – Where precision meets progress.