

## 2018 Route Map

LASER  
CHALLENGE



EAST LONDON  
EYE HOSPITAL  
5 & 10KM

## RACE INFORMATION

Saturday, 20 January 2018

10km: 06:30am 5km: 06:45am

START &amp; FINISH at Beacon Bay Country Club

## ENTRY

10km online ENTRY: R75 (15years +)

5km online ENTRY: R40 (No Licence)

TEMP online LICENCE: R22 (10km)

<http://entrytickets.net/laser10km>

10km: R70 (15yrs +) | 5km: R35

Grand Masters - Free entry (not for online entries)

TEMP LICENCES R20 (10km)

## ONLINE ENTRIES 5 &amp; 10km

From 11 November 2017 until  
10 January 2018 at 5:00pm

## SPORTSMAN WAREHOUSE

ENTRIES From 11 January until  
17 January 2018 at 2:00pm

BEACON BAY COUNTRY CLUB ENTRIES - 10km ENTRIES From 17 to 19  
January 2018 from 5:00pm to 7:00pm. Online entries can collect their shirts,  
temporary licences and chip/numbers from Beacon Bay Country Club from  
17 January 2018 5:00pm to 7:00pm. \* T-shirts limited to first 950 entries

5km ENTRIES at Beacon Bay Country Club (on dates above) and on the  
morning of the race 5:30 to 6:30am. \* T-shirts limited to the first 450 entries

## RACE RULES

- Run in accordance with the rules of IAAF, ASA AND BORA.
- RACE NUMBERS MUST BE WORN ON THE FRONT WITH ASA 2017 LICENCES ON THE FRONT AND BACK OR TEMPORARY LICENCES TO BE WORN ON THE FRONT OF THE VEST (WITH RACE NUMBER).
- Category flashes 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 numbers will not be on the results list.
- Very important. Rule 20.4 states: "Runners are not permitted to run with animals. This is for the safety of both the animal and the athlete". Please take note of this ruling.

BEACON BAY  
EAST LONDONEAST LONDON  
EYE HOSPITALLASER CHALLENGE  
5 & 10KM

SATURDAY START &amp; FINISH

20

BEACON BAY COUNTRY CLUB

JANUARY 2018

10KM START 06:30am

5KM START 06.45am

ENTRIES @ Beacon Bay Country Club, Sportsmans Warehouse or ONLINE

ONLINE ENTRIES: <http://entrytickets.net/laser10km>

LIMITED T-SHIRTS AVAILABLE 10km 950 • 5km 450

MOBI CHIP TIMING FOR 10KM ATHLETES

# ENTRY FORM

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



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+	WALKER	GENDER	M	F	
2018 LICENCE				TEMP LICENCE							
CLUB											
EVENT	5KM	10KM	I agree to abide by the race rules as stated								
CONTACT No.											
E-MAIL ADDRESS											
EMERGENCY CONTACT											

I hereby indemnify the organisers and sponsors from any claim arising from my participation.

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

MENS AND LADIES PRIZE MONEY						
	JUNIOR	OPEN	35 - 39	40 - 49	50 - 60	60+
<b>1st</b>	<b>R100</b>	<b>R300</b>	<b>R100</b>	<b>R100</b>	<b>R100</b>	<b>R100</b>
<b>2nd</b>	<b>R75</b>	<b>R200</b>	<b>R75</b>	<b>R75</b>	<b>R75</b>	<b>R75</b>
<b>3rd</b>	<b>R50</b>	<b>R100</b>	<b>R50</b>	<b>R50</b>	<b>R50</b>	<b>R50</b>

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

**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

**LASER has become a household term in the modern world and has changed many aspects of modern life. Laser technology's rapid development and refinement has revolutionised eye surgery.**

**East London Eye Hospital has embraced the laser revolution and made a significant investment in laser technology to enhance diagnostic and surgical accuracy and thus improve outcomes of surgery.**

### LASER REFRACTIVE SURGERY (LASIK & PRK)

Laser refractive surgery helps reduce dependency on spectacles and contact lenses in people with short-sightedness, far-sightedness and astigmatism.

LASIK is the most commonly performed laser refractive procedure and East London Eye Hospital's Wavelight EX500 Excimer Laser is one of the most advanced refractive lasers in the world.

This generation of excimer laser can be defined as a delivery system that targets the goal of minimally invasive laser refractive surgery. The WaveLight EX500 Excimer Laser is the only excimer laser to operate at 500 Hz, with an average treatment time of approximately 1.4 seconds per dioptre. With a faster treatment system it reduces the amount of time and tissue ablated, delivering more laser spots per second, thus the ability

of ablating more corneal tissue in a given time.

Laser treatment is patient specific and fully customizable to perform treatments such as Wavefront Optimised and Topography guided procedures.

The powerful multi-dimensional eye tracker keeps the treatment in the right position in spite of small involuntary eye movements. These features ensure the greatest safety and precision of LASIK/PRK surgery.

Due to the high demand of Laser surgery certain requirements must be met:

- 18 years and older
- Stable refraction that fall within a suitable range
- Healthy eyes

**The East London Eye Hospital is proud to support ELAC in this LASER CHALLENGE fun run.**