

REGISTRATION 2023: INFORMATION REQUIRED

WALK 1: 9 -12 MARCH 2023 OR WALK 2: 20 -23 APRIL 2023

In order to register, you will need to have the following information at hand:

- Full Name & Surname (as on your ID document) {First name in Brackets}
- Cell no
- Email address
- Birth date - helps the system to check your ID number is correct and minimize mistakes
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- Residential Address: No & Street name, Suburb, City/Town, Postal Code
- Province
- Country
- T-shirt size: *Small, Medium, Large, X-Large or XX-Large*
- Contact details of next of kin for your ICE (In Case of Emergency) {Name & Surname / Relation / cell no. / email}
- Medical Aid Name, Plan & Membership number
- Doctor's Name & Contact number
- Blood type - *this is critical and you will need to find out what it is if you do not know*
- Chronic medication - although you take responsibility for your own medication, we need to know in case of emergency
- Allergies
- Have you completed L2L walks before? And please indicate which years.

You will need to declare that:

- I am aware that the entry fee of R2850 is non-refundable unless the event is cancelled by L2L.
- I am aware that the dates for Walk 1 are 9 - 12 March 2022 and for Walk 2 are 20 - 23 April 2022.
- I am aware that the entry fee is payable to Lighthouse 2 Lighthouse Ladies | ABSA | Savings Account | Branch: Hermanus | Branch no. 632005 | Account no.: 9310 6399 96 | Reference: Full Name & Surname.
- I know that the primary purpose of this walk is fundraising and I commit to raise a minimum of R4000 and that the deadlines for the minimum funds are as follows:
 - Walk 1: 30 November 2022 for the first R2000 and 31 January 2023 for the balance.
 - Walk 2: 28 February 2023 for the first R2000 and 31 March 2023 for the balance.
- Surplus funds can be raised until the Awards-evening in May 2023.
- I am aware that I need to be in the Hermanus area by 15:00 on the Wednesday before the Walk to collect my Tog bag (new walkers) and receive my T-shirt, 'taxi-bag' and other sponsored items.
- I am aware that my entry will only be confirmed once the Payment is received (where applicable).
- I am committed to train to be fit enough to walk 100km over 4 consecutive days at an average speed of 4km/h over varying terrain, beach sand, pebbles, gravel roads and rocks.
- I have read and understand the above Terms & Conditions.

For more information feel free to contact Roeleen Wessels at
registration@lighthouse2lighthouse.co.za.

