



KwaZulu-Natal  
**blind&deaf**  
SOCIETY

# EYE CAN WALK



**2023**

**10km/5km**  
**(Run/Walk)**



**Help raise  
Awareness  
for the Blind**

For  
**5km Walk/Run**  
all participants will be  
given blindfolds and  
encourage participants to  
walk in pairs, with one  
participant being blind  
folded and the other  
leading.

**Sunday, 1st October 2023**

**Time : 10km – 06h30**  
**5km – 07h30**

**Kingspark Athletic Stadium**  
**Masabalala Yengwa Avenue**

 **Discovery  
Vitality**

**Vitality Points**  
**5km - 300**  
**10km - 600**

**Cost:** 5 km : R 90  
10km: R 160 ( Licensed Runners/ walkers)  
10km : Unlicensed Participants : ADD R 50 for KZNA Temp Licence

**Late Entry : 5km : R 100      10km : R 180**

**First 1000 entrants will receive a Free T-SHIRT**  
**Medals to all Finishers**

QUERIES : YEGESHNE ( KZN BLIND AND DEAF ) 031 309 4991 • Email : fundraising@bdskzn.org.za  
ANAND ( VERULAM A.C ) 083 783 6363 Email : anaicker@yahoo.com

In association with Verulam AC, assisted by Checkstar Verulam Falcons



# EYE CAN WALK

## RACE INFORMATION

START & FINISH: Kingspark Athletic Stadium

Start Time: 10km 06h30 5km 07h30

### Registration:

Online Entries open on 18 Aug 2023 - 27 Sep 2023

Kingspark Athletic Stadium

Sat – 30 Sep 2023 – 10h00 to 16h00

### ENTRY FEE:

5km Fun Run/Walk: R90

10km Run/Walk R160 (late entry R180)

Temporary License 10km – R50

REGISTRATION:

ONLINE: <https://finishtime.co.za/> CLOSES: 27 September 2023

KZNBDS: Email entry form with Proof of payment CLOSES: 27 September 2023

### ACCOUNT DETAILS:

Bank: FNB

Account Number: 62334401693

Branch code: 221126 Branch Musgrave

Account Name: KZN Blind and Deaf Society

Reference: Full name & Cell no.

### Late Entry, Race Number and T-shirt Collection

Saturday 30 September 2023

Kings Park Athletic Stadium

10h00 – 17h00

Sunday 01 October 2023

Kings Park Athletic Stadium

05h30 – Race start

**Prizegiving 10km – 08h30**

### ENTRY FORM:

Full Name:

ID/Passport Number:

Contact Number:  Province:

Club:  Temporary License Required:  Yes  No

ASANumber:  Sex:  M  F

Race Event:  10kmRun  10kmWalk  5km Fun Run

AgeCategory:  Junior  Open  35 – 39  40 – 49  50 – 59  60+

By entering this race, which forms part of the Discovery Vitality Run Series, you hereby agree to share relevant personal information with Discovery Vitality (Pty)Ltd and related third parties.

For Vitality members: I hereby consent to my data being shared with Discovery Vitality for the purpose of awarding Vitality points

Yes  No  I am not a Vitality member

For Vitality members: I hereby consent to my data being shared with Discovery Vitality for the purpose of entry into the Fitbit competition.

Yes  No  I am not a Vitality member

### PRIZE MONEY: 10km

	1st	2nd	3rd
Male	R750	R500	R250
Female	R750	R500	R250
Junior Male	R500		
Junior Female	R500		
Over 60 Male	R500		
Over 60 Female	R500		

Queries contact : Anand Naicker 0837836363 | KZNBDS 0681872167

### Race Rules & Information

- The race will be run in accordance with the rules of WA ASA and KZNA and all participants to abide by these rules
- All foreign athletes must comply with WA competition Rule 1.7 and ASA rule 9
- Refreshments will be provided along the route and no personal seconding will be permitted
- Runners and walkers to obey all Marshalls, traffic and technical officials
- Age Restriction 10km – participants must be 14 years and older on race day.
- 5km Fun Run – participants under 12years must be accompanied by an adult
- Proof of age will be required for age category winners
- ASA/KZNA approved age category tags and Walker tags must be worn on top front and back of vest/crop top to be eligible for age category prizes
- Entry fees are non-refundable.
- Junior athletes, 19 years or younger on 31 December in the year of the competition,

must wear a "J" on the upper front and back of vest/crop top in order to be eligible for prizes and must provide proof of age on race day.

- ASA LICENSE NUMBERS: Organisers/Athletes may NOT replace ASA license numbers with Competition/Race Numbers/Stickers under any circumstances. Where a Competition/Race Number is used, it must be placed so that the ASA License Sponsor and the ASA Province/ Year remains visible above the Competition/Race Number. The License numerals may be covered. Athletes who fail to adhere to this rule may be disqualified. (Refer to ASA Rule 26.1.7)
- TEMPORARY LICENSES: Temporary licensed athletes are not covered by a national insurance policy. Refer to ASA Rule 25.6.15.
- Unregistered athletes running with Temporary licenses must run in neutral colours and adhere to WA and ASA rules.
- Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.

Signed:

Date: