



# 10KM 5KM WALK/RUN

**27-09-26**  
**SUNCOAST LAWNS**  
**DURBAN PROMENADE**  
**07:30 AM**

**FREE** PARKING AT  
SUNCOAST!

web tickets  
AVAILABLE AT **pick n pay**



**FREE** T-SHIRTS &  
MEDALS FOR ALL!

IN ASSOCIATION WITH THE NEWLANDS ATHLETICS CLUB





# EYE CAN WALK

## RACE INFORMATION

**START / FINISH:** SUNCOAST Lawns  
**Start Time:** 07h30

**REGISTRATION ONLINE**  
1st July to 23th September 2026

**EARLY BIRD ENTRY:**  
( 1st July to 16 Sept 2026 )  
5km Fun Run : R100  
10km R/W : R 200

**LATE ENTRY:**  
(17 Sept to 26 th Sept 2026 )  
5km Fun Run : R110  
10km R/W : R220

**REGISTRATION ONLINE :**



**To Register with KZNDBS:**  
Email entry form with proof of payment to: [fundraising@bdskn.org.za](mailto:fundraising@bdskn.org.za)

**CLOSING:** 23 September 2026

**ACCOUNT DETAILS:**

Bank: FNB  
Account Number: 62334401693  
Branch Code: 221226  
Branch: Musgrave  
Account Name: KZN Blind & Deaf Society  
Reference: Full Name & Cell No.

**RACE NUMBER COLLECTION:**

Sat, 26 September 2026:  
Durban Runner,  
351 Lilian Ngoyi Road, Morningside  
09h00 – 16h00  
Sun, 27 September 2026:  
06h00 to Race Start ( Suncoast lawns )

### ENTRY FORM

Full Name:   
ID/Passport No.:   
Contact No.:  Province:   
Club:  Temporary licence required: R80-00   
ASA No.:  Gender:  Male  Female

**RACE EVENT**  10km Run  10km Walk  5km Fun Run

**AGE CATEGORY**  Junior  Open  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 consent to my data being shared with Discovery Vitality for awarding Vitality points.

Yes  No  Not a member

### PRIZE MONEY - 10KM

	1ST	2ND	3RD
Male/Female (Open)	R 1000	R 750	R 350
Male/Female (Junior)	R 750		
Male/Female (Over 60)	R 750		
Male/Female (Walk)	R 750		

Signed:

Date:



### RACE RULES & INFORMATION

1. The event will be run in accordance with the rules of WA, ASA and KZNA and all participants to abide by these rules.

2. All foreign athletes must comply with WA competition Rule 1.7, TR4.2 and ASA rule 9.

3. No personal seconding will be permitted. No Pacing permitted.

4. Runners and walkers to obey all Marshals, traffic and technical officials.

5. Age Restriction 10km : participants must be 14 years or older on race day.  
5km fun run/walk : participants must be 9 years or older on race day.

6. ASA /KZNA approved AGE category tags and Walker tags " W " must be worn on front and back of vest/crop top to be eligible for age category prizes.  
Proof of age will be required for category winners.

7. Entry fees are non-refundable.

8. Junior athletes must be 19 years or younger on 31 December in the year of the competition. Junior athletes must wear "J" on the upper front and back of vest/crop top to be eligible for prizes and must provide proof of age on race day.

Prizes must be collected on race day.  
Prize Giving : 09h30  
Race Cut off : 10h30

**ASA LICENCES/ NUMBERS:**  
Organisers/Athletes may NOT replace ASA licence/s numbers with competition/race numbers/stickers under any circumstances.

Where a competition/race number is used, it must be placed so that the ASA licence/sponsor and the ASA Province/year remains visible above the competition race number. The licence/s numerals may be covered. Athletes who fail to adhere to this rule will be disqualified (Refer to ASA Rule 26.1.7).

**TEMPORARY LICENCES:** Temporary licence/s athletes are not covered by a national insurance policy, refer to ASA rule 25.6.15. Temporary licence athletes must run in neutral colours and adhere to WA and ASA ADVERTISING rules.

Holders of a temporary licence will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.

No littering rule applies ASA Rule 28.4 and 28.5.

ASA rule 34.10.6: For safety reasons, the use of personal music players or other devices with headphones is not permitted. Any person using these devices may be disqualified.