

FOREST 10 2024

10KM
fast & flat
medals for all finishers

25 August
6:30am start
t-shirts for first 800 entrants

START/FINISH: Forest Hills Sports Club | Earlybird entry fee R190.

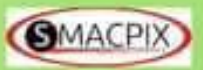
Over 70's are FREE with proof of ID | Temp license R50 | Earlybird entries close 18 Aug 2024. Online entries close 22 Aug 2024 or when cap of 1500 reached.

Late entries, registration & race number collection take place at race venue on 24 August 2024 from 2-5pm. Registration and race number collection on Sunday 25 Aug 2024 from 5-6am.

A portion of each race entry will be donated to the Jess Foord Foundation



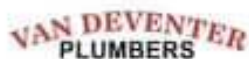
Don't forget to smile! Smacpix will be capturing all our race day pics!



ENTER ONLINE

www.foresthillsac.co.za or
eventtiming.info/forest

ENQUIRIES: info@foresthillsac.co.za



KWAZULU NATAL ATHLETICS



FOCUSED • EFFICIENT • INNOVATIVE



INSURANCE BROKERS





ENTRY FEES:

Early bird **After 22 August**

R190 R220

Early Bird entries close 22 August 2024 | Online Entries close 22 August 2024 or when cap of 1500 is reached | Late Entries at Registration Saturday 24th August | 70+ Free entry (proof of ID required)

Enter Online: www.foresthillsac.co.za or www.eventtiming.info/forest

All unlicensed entrants must purchase a temporary license at R50 per entry.

AGE RESTRICTION:

Minimum age on Race Day is 14 years of age.

Junior Athletes must be 19 and younger on the 31st December in the year 2024 and must wear a J on the upper front and back of vest in order to be eligible for prizes. Proof of age must be provided on race day for prize eligibility.

ENTRY COLLECTIONS:

Saturday 24 August 2024
12h00 – 17h00 at Forest Hills Sports Club

Sunday 25 August 2024
05h00 – 06h00 at Forest Hills Sports Club

RACE RULES AND REGULATIONS:

- Club colours must be worn by licensed athletes.
- All licensed runners are required to display 2024 license numbers on the front and back of your vest/crop top with race numbers on the front.
- All unlicensed entrants require a temporary license at R50 which must be worn on the back of the vest/crop-top and the race number must be on the front.
- The race will be run subjected to the rules of WA, ASA and Kwa-Zulu Natal Athletics.
- Unlicensed entrants to wear plain colour vests/crop tops with no advertising. 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
- **New ASA/KZNA age category tags and Walker tags(60mm-80mm) must be worn on the front and back of vest/crop top and must be clearly visible to claim prizes.**
- Proof of age must be provided if entrant qualifies for a prize category.
- Foreign Athletes must abide by WA Rule CR 1.7, TR 4.1, TR4.2 & ASA rule 9.
- No Personal Seconding.
- No Pacing permitted.

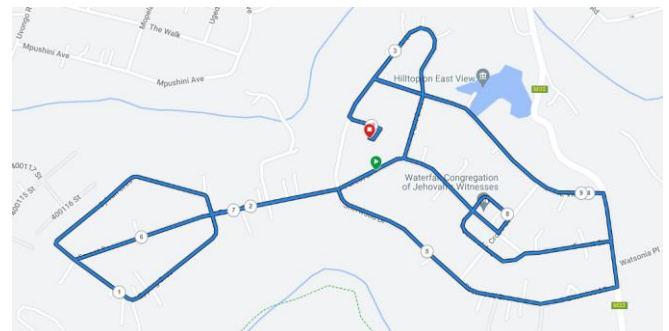
- Traffic Officers, Race officials and Marshalls must be obeyed at all times.
- All entrants participate at own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or on the premises. Temporary licensed athletes are not covered by ASA Insurance Policy.
- Litter Zones will be enforced at all Water Tables as per ASA Rule 28. There will be 3 water tables with Water and Coke.
- Cut off will be 8.30am.
- No Refunds.
- ASA Rule 34.10.6 For safety reasons the use of personal music players or other devices with headphones is not allowed. Any person may be disqualified without warning.

Prize Money Male & Female		
Category	Position	Value
Open	1 st	R600
	2 nd	R300
	3 rd	R200
Juniors	1 st	R200
Walkers	1 st	R300
35-39	1 st	R200
40-49	1 st	R200
50-59	1 st	R200
60+	1 st	R200

FOREST HILLS SPORTS CLUB ADDRESS:

42 Forest Drive, Forest Hills
GPS: -29.7607371,30.8222216,17

RACE ENQUIRIES: Jo Wild – 060 818 5843 | info@fhac.co.za



<https://connect.garmin.com/modern/course/288394105>

