

F^oREST 10 2024

10KM fast & flat

medals for all finishers

25 August 6:30am start

t-shirts for first 500 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



ENTER ONLINE

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

ENQUIRIES: info@foresthillsac.co.za





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

RACE ENQUIRIES:

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

