

FOREST 10

10KM RUN
WALK

31 JULY 2022 6:30AM

T-SHIRTS FOR THE FIRST 500 ENTRANTS



START & FINISH: Forest Hills Sports Club

ENTRY FEE: R170. No late entries after closing date

Over 70's are Free with proof of ID, Temp licence: R50

ENTRIES CLOSE 28 JULY 2022 Registration and race number collection will take place at the race venue on Saturday 30 July from 2-5pm and Sunday 31 July from 5-6am

ENTER ONLINE: www.foresthillsac.co.za

ENQUIRIES: forest-10@foresthillsac.co.za



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SUPERSPAR 

WATERFALL



ENTRY FEES:

Early bird	After 11 July
R170/R220	R180/R230

Early Bird entries close 11 July 2022 | Online Entries close 28 July 2022 or when cap of 1500 is reached | Regrettably absolutely NO late entries | T-shirts for first 500 entrants | 70+ Free entry (proof of ID required)

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

R5 of every entry will be donated to **PinkDrive**.

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 2022 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 30 July 2022
12h00 – 17h00 at Forest Hills Sports Club

Sunday 31 July 2022
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 2022 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.
- New ASA/KZNA age category 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 4.2, 22.1 & 142 & 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.

COVID PROTOCOLS:

- Covid Regulations to be adhered to at all times
- Entries limited as per government regulations
- Sanitizing Stations will be available at the Start and Finish

Prize Money (in the form of Vouchers) 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 | jowild@hotmail.co.za

