

FOREST 10 2023

10KM | **30 JULY 2023**
FAST & FLAT | **6:30AM START**

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 27 JULY 2023**
Registration and race number collection will take place at the race venue on Saturday 29 July
from 2-5pm and Sunday 30 July from 5-6am



ENTER ONLINE

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

ENQUIRIES: info@foresthillsac.co.za





ENTRY FEES:

Early bird **After 07 July**
R170/R220 R190/R240

Early Bird entries close 7 July 2023 | Online Entries close 27 July 2023 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)

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 2023 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 29 July 2023
12h00 – 17h00 at Forest Hills Sports Club

Sunday 30 July 2023
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 2023 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 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.

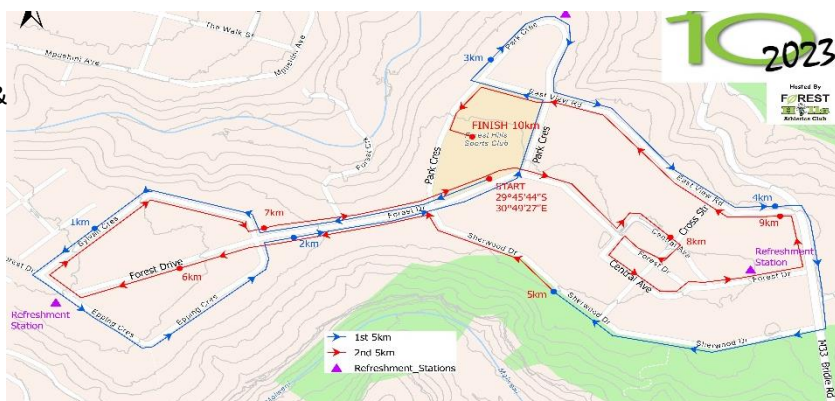
Prize Money Male & Female		
Category	Position	Value
Open	1 st	R600
	2 nd	R300
	3 rd	R200
Juniors	1 st	R200
Walkers	1 st	R300
35-39	1 st	R200
40-49	1 st	R200
50-59	1 st	R200
60+	1 st	R200

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



Hosted By
FOREST HILLS
Athletics Club