



Athletics Club

42 Forest Drive, Forest Hills

ENQUIRIES:

info@foresthillsac.co.za

27TH JULY 2025

06h30

Limited T-SHIRTS available

Goodie bags to all entrants

FINISHERS MEDALS

RUN
FOREST
RUN

FOREST
10

Fast & Flat



ONLINE ENTRIES:

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

START/FINISH: Forest Hills Sports Club

Early bird entries R190/Close 20th July 2025

Normal entries R220/Close 24th July 2025

Entries capped at 1500

Temp Licenses R50

Over 70's are FREE with proof of ID - do not qualify for a T-shirt

Late entries (no shirt, registration & race number collection take place at the race venue on 26th July 2025 from 2 - 5pm

Registration and race number collection **ONLY** on Sunday 27th July 2025 from 5 - 6am



KWAZULU-NATAL
ATHLETICS



INYATHI TOOLS



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laser cutting service

electroeez
HYDRATION DONE RIGHT

GALDERMA
EST. 1981

