2016 FAST & FLAT

FØREST 10

10KM WALK OR RUN

10 Sunday 10 July 2016 7am

Lucky draw prizes

WIN A PAIR OF SAUCONY RUNNING SHOES

Start & Finish: Forest Hills Sports Club

Entry fee: Pre-entries R90, Race day entries R100
Over 70's are Free with proof of ID, Temp licence: R20
Registration: Pre-entries will be taken online until 4 July and at the race venue on Saturday from 2-5pm. Late entries will be taken on Sunday between 5 & 6:30 am

T-SHIRTS FOR FIRST 1000 ENTRANTS

PLUS

KIDDIES FUN RACE
Starts at 9am • Fun for the whole family
Refreshments will be on sale

Enquiries: Graeme 083 2890921 Email: foresthillsac@gmail.com

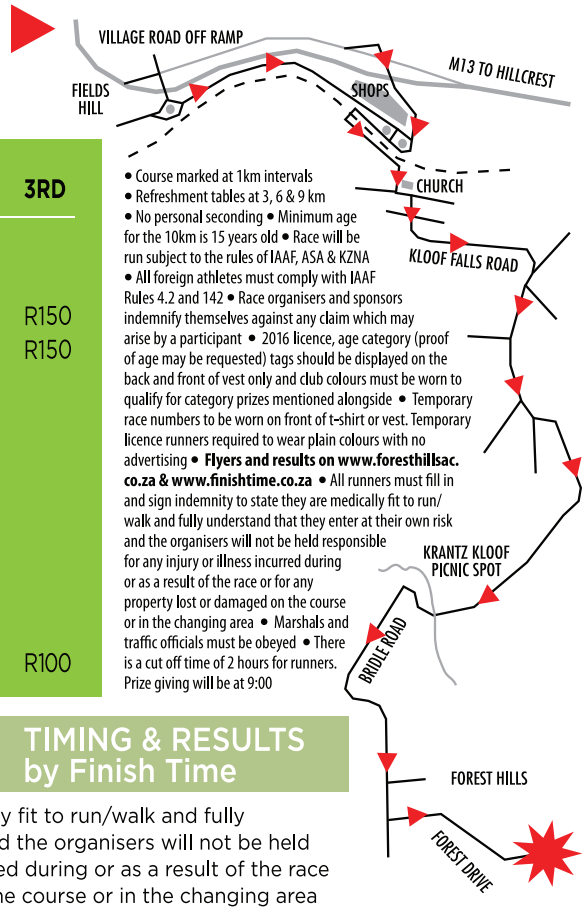
Organised by Forest Hills Athletic Club

ENTER ONLINE www.foresthillsac.co.za

How to get there

Pointer boards from Kloof and Hillcrest
GPS: 29°45'42"S and 30°49'27"E

PRIZES	1ST	2ND	3RD
JUNIOR MEN	R150		
JUNIOR WOMEN	R150		
OPEN MEN	R450	R250	R150
OPEN WOMEN	R450	R250	R150
MEN 35-39	R200		
WOMEN 35-39	R200		
MEN 40-49	R200		
WOMEN 40-49	R200		
MEN 50-59	R200		
WOMEN 50-59	R200		
MEN 60+	R200		
WOMEN 60+	R200		
WALKERS	R300	R200	R100



• Course marked at 1km intervals • Refreshment tables at 3, 6 & 9 km • No personal seconding • Minimum age for the 10km is 15 years old • Race will be run subject to the rules of IAAF, ASA & KZNA • All foreign athletes must comply with IAAF Rules 4.2 and 142 • Race organisers and sponsors indemnify themselves against any claim which may arise by a participant • 2016 licence, age category (proof of age may be requested) tags should be displayed on the back and front of vest only and club colours must be worn to qualify for category prizes mentioned alongside • Temporary race numbers to be worn on front of t-shirt or vest. Temporary licence runners required to wear plain colours with no advertising • **Flyers and results on www.foresthillsac.co.za & www.finishtime.co.za** • All runners must fill in and sign indemnity to state they are medically fit to run/walk and fully understand that they enter at their own risk and the organisers will not be held responsible for any injury or illness incurred during or as a result of the race or for any property lost or damaged on the course or in the changing area • Marshals and traffic officials must be obeyed • There is a cut off time of 2 hours for runners. Prize giving will be at 9:00

ENTER ONLINE www.foresthillsac.co.za | **TIMING & RESULTS** by Finish Time

I the undersigned state that I am medically fit to run/walk and fully understand that I enter at my own risk and the organisers will not be held responsible for any injury or illness incurred during or as a result of the race or for any property lost or damaged on the course or in the changing area

Name: _____ ID or Passport No: _____

SA Citizen: YES NO Age: _____ Male: _____ Female: _____ Licence Number: _____

Club & Province: _____

Contact Number: _____ Signature: _____

Proudly supported by Forest Hills Athletic Club