

F^oREST H^olls



Athletics Club

42 Forest Drive, Forest Hills

ENQUIRIES:

info@foresthillsac.co.za

F^oREST

10^o

RUN
F^oREST
RUN

26TH JULY 2026 - 6:30AM

CUT OFF 8.30 AM

PRIZE GIVING 8.00 AM



LIMITED
T-SHIRTS
available

Fast & FLAT'eish

ONLINE ENTRIES:

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

START/FINISH: Forest Hills Sports Club

Early bird entries R190 (Close 17 July 2026)

Normal entries R220 (Close 22 July 2026)

Entries capped at 1500

Temp Licenses R60.00

Over 70's are FREE with proof of ID

(Do not qualify for a T-shirt)

SATURDAY, 25 July 2026 11am - 5pm

Registration & race number collection
at the race venue

Late entries only if cap is not
reached (no shirt)

SUNDAY, 26 July 2026 5am - 6am

Registration and race number
collection **ONLY** before the start



KWAZULU-NATAL
ATHLETICS



ENTRY FEES:

EARLY BIRD	AFTER 22 JULY
R 190	R 220

- Early Bird entries close **17 July 2026**
- Online Entries close **22 July 2026** or when cap of 1500 is reached
- Late Entries at registration on Saturday **25 July 2026 (if cap is not reached)**
- 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 R60 per entry.

AGE RESTRICTION:

Minimum age on race day is 14 years of age.

Junior Athletes must be 19 and younger on the 31 December in the year 2026 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 25 July 2026

11am – 5pm at Forest Hills Sports Club.

Sunday 26 July 2026

5am – 6am at Forest Hills Sports Club.

RACE START

Sunday 26 July 2026 at **6.30am** at Forest Hills Sports Club.

Prize giving will start at 8.00am / Cut off will be 8.30am.

RACE RULES AND REGULATIONS:

- Club colours must be worn by licensed athletes.
- All licensed runners are required to display 2026 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 R60 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 subject to the rules of WA, ASA and Kwa-Zulu Natal Athletics.
- All 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.
- **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 relevant ASA rules.
- 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. There will be 3 water tables with Water and Coke.
- No Refunds.
- 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 AND FEMALE		
Category	Position	Value
Open	1 st	R600
Open	2 nd	R300
Open	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

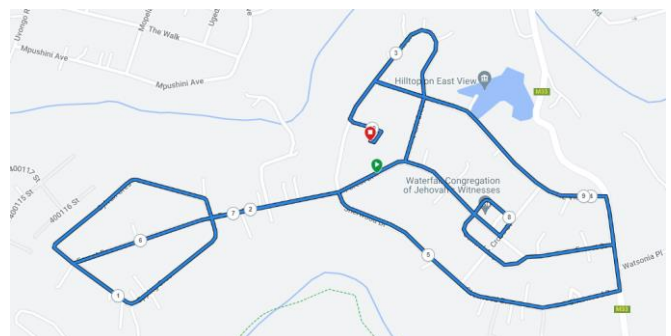
FOREST HILLS SPORTS CLUB ADDRESS:

GPS: -29.7607371,30.8222216,17 / 42 Forest Drive, Forest Hills, 3610

RACE ENQUIRIES:

Lynda Verster 082 828 0043 | **Nic Barnes** 072 255 2544

info@fhac.co.za



<https://connect.garmin.com/modern/course/288394105>