

Fast Flat Course! Test your speed

Organised by  
Forest Hills Athletic Club

Sunday 11 July 2010 - 7am

# FOREST 10

**Goodie bag for first 800 finishes • Lucky draw prizes**

Start & Finish - Forest Hills Sports Club • Runners & Walkers 10km

Entry fee: R40,00 Over 70's are Free with proof of ID

Temporary licence: R20,00 • Registration: Entries will be taken at the  
start on Saturday from 2-5pm and on Sunday from 5am

Enquiries: Lucy Kewley 082 868 2723 or Heidi Paul 083 3112018  
email [hpaul@stmarys.kzn.school.za](mailto:hpaul@stmarys.kzn.school.za)



## NEW Kiddies Fun Race

**Starts at 9am • Great prizes to be won • Fun for the whole family • Refreshments will be on sale**



## INDEMNITY

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/Passport Number: \_\_\_\_\_

SA Citizen: Yes  No  Age:  Male  Female

Race Number: \_\_\_\_\_

Club & Province: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Signature: \_\_\_\_\_

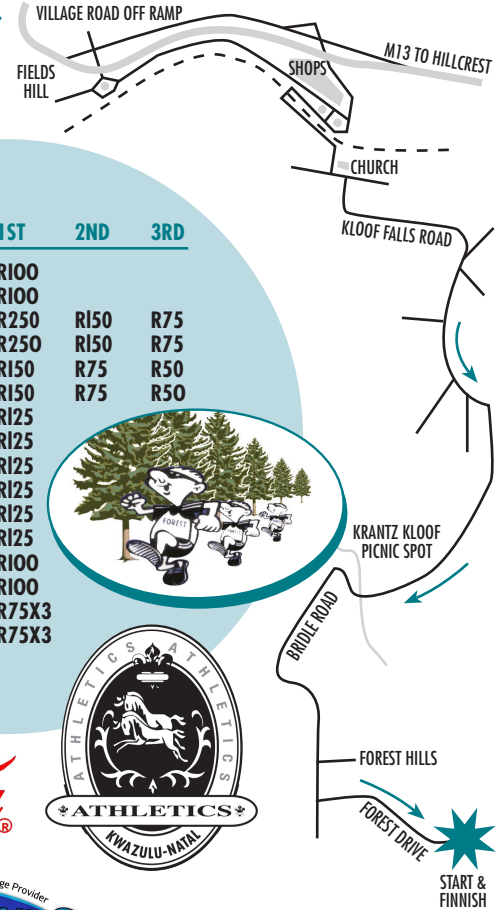
- Course marked at 1km intervals
- 3 Refreshment tables at 3, 6, 9 km
- No personal seconding
- Minimum age for the 10km is 15 years old
- Race will be run subject to the rules of IAAF, ASA & KZNA
- All foreign athletes must comply with IAAF Rules 4.2 and 142
- Race organisers and sponsors indemnify themselves against any claim which may arise by a participant
- 2010 licence, age category and walking 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.

- Results and flyers on [www.foresthillsportsclub.co.za](http://www.foresthillsportsclub.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
- There is a cut off time of 2 hours for runners and walkers. Prize giving will be at 9.30am

## HOW TO GET THERE

Pointer boards from Kloof and Hillcrest



PRIZES	1ST	2ND	3RD
JUNIOR MEN	R100		
JUNIOR WOMEN	R100		
OPEN MEN	R250	R150	R75
OPEN WOMEN	R250	R150	R75
MALE WALKER	R150	R75	R50
FEMALE WALKER	R150	R75	R50
MEN 35-39	R125		
WOMEN 35-39	R125		
MEN 40-49	R125		
WOMEN 40-49	R125		
MEN 50-59	R125		
WOMEN 50-59	R125		
MEN 60+	R100		
WOMEN 60+	R100		
OPEN MEN'S TEAM	R75X3		
OPEN WOMEN'S TEAM	R75X3		



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