CSSi SA - "Securing Tomorrow, Today"
Waterfall Office Park, 28 Augrabies Rd Vorna Valley, Midrand, 1685
Generated: 2026-10-30 17:09



SMARTWATCH FORERUNNER 165/MIST GREY 010-02863-21 GARMIN

Model: 010-02863-21

Manufacturer: GARMIN

EAN: 753759326609

Product Code: 551559

R5,290

TRAIN BRILLIANTLY

You don’t just run. You’ve moved beyond that. Which is why you need Forerunner® 165 — the purpose-built GPS running smartwatch that helps you meet your goals with personalised adaptive training plans and a bright display to light up your progress.

PACE, DISTANCE, HEART RATE

This easy-to-use GPS running smartwatch provides the essential features you need to take your running to the next level — including GPS, pace, distance and wrist-based heart rate.

DAILY SUGGESTED WORKOUTS

Get workouts made for you. They adapt after every run to match your performance and recovery as

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

well as the races coming up in your Garmin Connect™ smartphone app calendar.

GARMIN COACH

Get free adaptive 5K, 10K and half-marathon training plans from expert coaches to help you take on a new challenge.

RACE ADAPTIVE TRAINING

Get ready for your race with training tips, personalised daily suggested workouts and completion time predictions based on race details you enter into Garmin Connect.

MORNING REPORT

Receive an overview of your sleep1 and training outlook as soon as you wake up — alongside HRV status and weather. You can even customise your report to show you what you want to see.

TRAINING EFFECT

With training effect, you can see how your workouts impact your fitness and understand the primary benefit from training runs and workouts.

LONG BATTERY LIFE

With up to 11 days in smartwatch mode and up to 19 hours in GPS mode, you'll get a more complete picture of your health and training.

RECOVERY TIME

Know how long to recover before your next high-effort workout based on your latest training as well as overall stress, sleep and daily activities outside of workouts.

SLEEP MONITORING AND SLEEP SCORE

Understand how your body is recovering with sleep score, get a breakdown of your sleep stages, and gain detailed insights for improved sleep quality.

BODY BATTERY ENERGY MONITORING

Track your body's energy levels to find the best times for activity and rest1. Even get details and insights on how sleep, naps, activities and stress impact your energy.

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

COURSES

Create or find existing courses in the Garmin Connect app and from favorite third-party platforms, and sync directly to your watch.

RACE PREDICTOR

Get an estimate of what your pace could be for a 5K, 10K, half-marathon and even a marathon.

NAP DETECTION

Automatically track or log your naps to see how they benefit your body and what their ideal time and duration should be.

WOMEN’S HEALTH TRACKING

Track and log your menstrual cycle or pregnancy and get exercise and nutrition education.

WRIST-BASED HEART RATE

Constant measurement of your heart rate helps you gauge how hard you work during activities, so you can stay in the know all day and night.

x WRIST-BASED RUNNING DYNAMICS

Get measurements of crucial running metrics such as cadence, stride length, ground contact time and more to help improve your running form.

VO2 MAX

See your current fitness level, and track changes over time to set goals, evaluate progress and more.

INTENSITY MINUTES

Track your moderate and vigorous activity minutes to help meet your goals.

HRV STATUS

Gain a deeper understanding of your overall health, training and recovery through heart rate variability.

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

AUDIO PROMPTS

Get audio updates about your performance when paired to your smartphone.

STRESS TRACKING

Find out if you’re having a calm, balanced or stressful day.

PULSE OX SENSOR

Track your blood oxygen saturation while you’re awake or asleep.

CROSS TRAINING

Browse the Garmin Connect app for dozens of free HIIT, strength, cardio, yoga and Pilates workouts. You can even build your own in the app and send them to your watch.

HEALTH SNAPSHOT

Log a 2-minute session to record key health stats, then generate a report to share with your health care provider.

ACTIVITY TRACKING

Keep tabs on your daily steps, calories burned, floors climbed and more from your wrist1.

FITNESS AGE

Estimate how fit you are compared to your actual age.

BUILT-IN GNSS

Our built-in sensors connect to multiple satellite systems so you track where you run, and get accurate stats, including distance and pace.

WRIST-BASED RUNNING POWER

See how much power you’re applying to the trail or road so you can manage effort and fine-tune training.

BUILT-IN SPORTS APPS

Tap in to 25+ built-in activities, including cycling, open-water swimming, strength training and more.

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

TRACK RUNNING

Record accurate lap distances, and see your distances in metres.

PACEPRO FEATURE

Plan race-day strategy with GPS-based pace guidance for a selected course or distance.

SAFETY AND TRACKING

If your watch senses that an incident occurred, it will send a message with your live location3. Or if you feel unsafe, you can do it manually.

GARMIN PAY CONTACTLESS PAYMENTS

Breeze through checkout lines or transit systems with participating providers.

SMART NOTIFICATIONS

Receive emails, texts and alerts on your watch when paired with your iPhone® or Android™ smartphone.

LIVETRACK FEATURE

Friends and family can follow your real-time location3 and view preplanned courses.

GARMIN CONNECT APP

See your health and fitness information, connect with friends and more.

CONNECT IQ STORE

Add watch faces, data fields and apps to your paired watch.

- Long battery life
- Sleep monitoring and sleep score
- Race predictor
- Nap detection
- Women’s health tracking

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

- Wrist-based running dynamics
- Stress tracking
- Pulse ox sensor

Summary: Garmin Forerunner 165. Display diagonal: 3.05 cm (1.2"), Display technology: AMOLED, Display resolution: 390 x 390 pixels, Touchscreen. Flash memory: 4 GB. GPS (satellite). Weight: 39 g. Band material: Silicone, Band colour: White | Vendor Homepage: https://www.garmin.com/en-AU/p/1055469/pn/010-02863-21 | Display diagonal: 1.2 | Display technology: AMOLED | Display size (HxV): 30.4 x 30.4 | Colour display: Yes | Display type: Digital | Display resolution: 390 x 390 | Touchscreen: Yes | Mobile operating systems supported: Android/iOS | Flash memory: 4 | Band material: Silicone | Lens material: Glass | Shape: Round | Wrist size range: 126 - 203 | Market positioning: Smartwatch | Watch case size: 43 | Suggested gender: Unisex | Buckle colour: Silver | Watch case colour: Grey | Watch case material: Polymer | Band colour: White | Closure type: Single prong strap buckle | Protection features: Water resistant | Water resistance: 5 | Heart rate monitor: Yes | Blood oxygen sensor: Yes | Distance travelled: Yes | Calories burned: Yes | Accelerometer: Yes | Activity tracker: Yes | Personal info management (PIM): Alarm clock/Calendar/Countdown timer/Stopwatch | Alarm clock: Yes | Ambient light sensor: Yes | Barometric altimeter: Yes | Calendar: Yes | Calendar notifications: Yes | Electronic compass: Yes | Find my phone function: Yes | Music control: Yes | Recommended activity: Cycling/Running/Swimming | Smart notifications: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Timer: Yes | Weather forecast: Yes | Barometer: Yes | Thermometer: Yes | Altimeter: Yes | Mobile network connection: Yes | ANT+ enabled: Yes | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | Bluetooth: Yes | Near Field Communication (NFC): No | Wi-Fi: No | Battery type: Built-in battery | Battery life: 11 | Battery life (GPS mode): 19 | Built-in battery: Yes | Rechargeable battery: Yes | Sports activity apps: Connect IQ | Width: 43 | Depth: 43 | Thickness: 11.6 | Weight: 39 | Cables included: USB Type-C | Charger: Yes | Manual: Yes | Unit Calculated Weight: 0.13 | Battery weight: 10 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.039 | Unit Calculated Volume: 0.000686 | Units per Shipping Box: 1 | Units per Pallet: 0 | Shipping Box Height: 7 | Name: SMARTWATCH FORERUNNER 165/MIST GREY 010-02863-21 GARMIN | Model name: Forerunner 165

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950