



SUDWALA CAVES

Presents

The Race of the SCREAMING MONSTER

A breath - taking half marathon , fast and furious 10km and a chilled 4.6km Eco run

When	Saturday 28 April	21.1 KM—PRE ENTRIES ONLY
Start Time - 21.1 km and 10 km	07h00	PRE-ENTRIES CLOSE ON 25 APRIL
Eco Fun Run	07h10	
Venue	Sudwala Lodge GPS co-ordinates 25.3699° S, 30.6998° E	
Entry fee	21.1 km – R 100 (Grand Masters R 50) 10 km – R 60 (Grand Masters R 30) Eco Fun Run approx. 4.6 km R 30 Temporary Licence R 25	

Due to the sensitive nature of the cave, only 350 participants will be allowed on the half marathon.
The first 120 pre-entrants will receive a free T-shirt!! (half marathon only)

PRIZE MONEY:

10 km 1st—R250/2nd R 200 / 3rd R 150

1st Junior R 150

1st 40+ R 150

1st 50+ R 150

1st 60+ R 150

1st 70+ R 150

1st Walker R 150

21.1 km : Open 1st—R350/2nd R 300 / 3rd R 250

1st Junior R 250

1st 40+ R 250

1st 50+ R 250

1st 60+ R 250

1st 70+ R 250

1st Walker R 250

ENQUIRIES:

admin@legogotevillagers.co.za

Mike 0813553026 / Andre 0845168374

Sponsored by:



Accommodation :

Sudwala Lodge—013 733 3073

Pierre's Mountain Inn 013 733 4134

Mankele Bike Park 078 801 0453

Hosted by:





HOW TO ENTER SCREAMING MONSTER

21.1 KM

On line entries only. On line entries close on 25 April or when the entry cap has been reached.

Online : www.smartentry.co.za

www.legogotevillagers.co.za

www.facebook.com/thescreeamingmonster

10 KM and Eco Fun Run - online or on race day from 05h00

Surname: _____ Name: _____

Address: _____

E-mail : _____

Identity Number _____ Age : _____ Sex : _____

Contact Number _____ Emergency Contact _____ Emergency Contact Number: _____

Club: _____

2018 Licence Number _____ Province : _____

Category :

J

Open

40+

50+

60+

70+

Entry Fees

21.1km

R100

10 km

R60

Eco Run

R 30

Temporary
licence

R25

The race will be run in accordance with the rules of IAAF , ASA and AMPU. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, arising out of their participation in the race.

Registered athletes must wear the current year's license number at the front and back of their vests.

Registered athletes must wear full club colours

Temporary licensed athletes must wear the temporary licence at the front of their Vests - the tear off slip on the temporary licence **MUST** be filled in, signed and returned to race organizer **before** the start of the race.

All licensed athletes competing for age category prizes **must** wear age category tags, clearly visible, on the front and back of their vests. Proof of age for prize winners may be required to be presented to referees before prize giving. Prizes could be withheld until ages have been confirmed.

Walkers competing for prize money **must wear W tags** on the front and back of their vests.

No seconding will be allowed.

No iPods or listening devices will be permitted to be used by athletes.

Minimum ages: 10km - 14yrs, 21.1km - 16yrs,

All traffic officers and marshal's instructions must be obeyed.

Water points will be available approximately every 3 km.

Walkers may enter for any event. The cut-off times stipulated will apply to both runners and walkers.

Please do not discard water sachets/cups in the open veld, rivers or in drains, drop them in the bins provided or directly on the road.

Entry fee is not refundable.

The referee's decision is final

I participate at own risk and hereby indemnify the organizers and sponsors from any claim that may arise from my participation.

Signature:.....

Signature.....

(guardian if under 21 years old)

