



Presents The Race of the SCREAMING MONSTER

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

When Wednesday 1 May 2019 **21.1 KM—PRE ENTRIES ONLY**

Start Time - 21.1 km and 10 km 07h00 **PRE-ENTRIES CLOSE ON 28**

Eco Fun Run 07h10 **APRIL**

Venue Sudwala Lodge GPS co-ordinates 25.3699° S, 30.6998° E

Entry fee 21.1 km – R 100 (Grand Masters R 50) R 110 on race day
 10 km – R 60 (Grand Masters R 30) R 70 on race day
 Eco Fun Run approx. 4.6 km R 30
 Temporary Licence R 30

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).

Category	10 KM			21.1 KM		
	1st	2nd	3rd	1st	2nd	3rd
Open	R350	R200	R150	R450	R300	R250
40+/50+/60+70+/Juniors/Walker	R150			R250		

<https://www.facebook.com/thescreeingmonster/>

<http://sudwalacaves.com/2019-race-of-the-screaming-monster/>

KIDS JUMPING CASTLE

BEER GARDEN

DELICIOUS FOOD

FREE PRE RACE COFFEE

LEG MASSAGES (NOMINAL FEE)

SPOT PRIZES INCLUDING A FREE WEEKEND AT SUDWALA LODGE (FOR 2 PERSONS)

ENQUIRIES:

admin@legogotevillagers.co.za

Mike 0813553026 / Andre 0845168374

Hosted by:



Sponsored by:

www.legogotevillagers.co.za



Accommodation :

Sudwala Lodge—013 733 3073

Mankele Bike Park 078 801 0453



HOW TO ENTER

SCREAMING MONSTER

On line entries close on 28 April or when the entry cap has been reached. (NO FAXED ENTRIES / NO DIRECT DEPOSITS). Entries will be taken on race day if the entry cap has not been reached. Updates will be posted on Facebook: @ScreamingMonster

Online : <https://www.entryrush.co.za/> Entry Cap: 21.1 km—350

RACE DAY ENTRY FORM :

Surname: _____ Name: _____

Address: _____

E-mail : _____

Identity Number _____ Age : _____

Contact Number _____ Emergency Contact _____ Emergency Contact Number: _____

Club: _____

2019 Licence Number _____

Category : J Open 40+ 50+ 60+ 70+

Entry Fees 21.1km R110 10 km R70 Eco Run R 30 Temporary licence R30

- 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)

