

# SUDWALA SCREAMING MONSTER 2024

21.1km (R220) \_\_\_\_\_ 10km (R120) \_\_\_\_\_ 4.9km Fun Run (R50) \_\_\_\_\_ Temp Lic (R40) \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Club: \_\_\_\_\_

Cell: \_\_\_\_\_ ASA 2024 licence no: \_\_\_\_\_

Category: J \_\_\_\_\_ 40+ \_\_\_\_\_ 50+ \_\_\_\_\_ 60+ \_\_\_\_\_ 70+ \_\_\_\_\_ W \_\_\_\_\_

I declare that I am an amateur and shall participate according to the rules laid down at my own risk and that I indemnify the organisers and sponsors of the race against any claim which may result from my participation.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## ASA Rules apply:

- REFEREES' DECISION IS FINAL. Obey all traffic officials and race marshals.
- The race will be run according to the rules of ASA. World Athletics (WA), and AMPU House rules.
- No seconding is allowed. No pacing of any kind is permitted.
- Ages: Athletes for the 10km race must be 14 years old on the day of the race. Athletes for the 21km race must be 16 years old on the day of the race
- Proof of age (ID) must be produced upon request on the day of the race.
- All athletes participate at their own risk and by entering the event they acknowledge that they are medically fit to participate.
- Registered athletes must wear full club colours and 2024 licence numbers on the front and back of the vest.
- Temporary licences must be fixed on the back of the vest. Remember to complete the temporary licence tear-off slip and hand it back to the organizer.
- Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize and must be fixed on all four corners and not be covered by a rain jacket or any shirt.
- Only athletes with a race number and licence numbers will be allowed into the event area.
- The race number must be worn on the front of the vest. ASA licence numbers must not be covered with any paper race numbers or race bib.
- Walkers competing for the walkers' prize must have the 'W' fixed on the left front and back of the vest, and all four corners must be fixed.
- No littering. Please make use of waste boxes at the start/finish and on the course. PLEASE RUN CLEAN.
- Category winners must be present at the prize-giving ceremony or make prior arrangements to collect their award. Failing to do so will result in the athlete forfeiting their prize money.
- No tog bag area will be available.
- Any foreign athlete must have a confirmation letter or permit from the Sports Federation required under WA rule 4 to participate in the event.
- The use of earphones is not allowed in this race and will lead to disqualification.

## PRIZE MONEY (Male & Female)

	21.1km	10km
1 <sup>st</sup> Male & Female	R1000	R500
2 <sup>nd</sup> Male & Female	R500	R300
3 <sup>rd</sup> Male & Female	R300	R200
	<b>21.1km</b>	<b>10km</b>
1 <sup>st</sup> Junior	R250	R150
<b>Category Winners</b>	<b>21.1km</b>	<b>10km</b>
40+	R250	R150
50+	R250	R150
60+	R250	R150
70+	R250	R150
Walker	R250	R150

ATHLETES PARTICIPATE AT THEIR OWN RISK. THE CLUB WILL NOT BE HELD RESPONSIBLE FOR ANY LOSSES OR INJURIES INCURRED DURING THIS RACE.