

SUDWALA SCREAMING MONSTER



HOSTED BY: BELLAS ATHLETICS CLUB



Accommodation:
info@mankele.co.za
078 801 0453

START & FINISH
MANKELE
ADVENTURES

11 APRIL '26
@6:30am



NOT CANCELLED

MEDALS TO ALL
FINISHERS
ENTRIES CLOSE
6 APRIL

T-SHIRTS
AVAILABLE AT R180
T-SHIRTS ORDERS
CLOSE 11 MARCH

ENTRY FEES
FUN RUN R50
10KM R130
21.1KM R230
TEMP LICENSE R50



Nonhlanhla
Mthethwa
0825552859
ONLINE ENTRIES:
WWW.ENTRYGEEK.COM



Sudwala Screaming Monster 2026

FUN RUN (R50) _____ 10KM (R130) _____ 21.1KM (R230) _____ TEMP LIC R50: _____

T-shirt for sale for Fun Run and Supporters: R180 _____

First Name: _____

Last Name: _____

ID Number: _____

Gender: _____ Age: _____

Cell / Tel No: _____ Email: _____

Club: _____ ASA 2026 No: _____

Category: J _____ | S _____ | 40+ _____ | 50+ _____ | 60+ _____ | 70+ _____

Tshirt Size: XS _____ | S _____ | M _____ | L _____ | XL _____ | XXL _____

REFEREES' DECISION IS FINAL

Obey all Traffic Officials and Race Marshals.

The race will be run according to the rules of ASA, WA & AMPU House rules.

Any Foreign athlete will be subject to World Athletics Rule 4.2 and must provide a clearance permit from their home federation in order to participate in the event. Such permit must be presented to the organisers. No seconding will be allowed. No pacing of any kind.

Ages: Athletes for 10km must be 14 years or older on the day of the race.

Athletes for 21.1km must be 16 years or older on the day of the race

Athletes for 32.1km must be 19 years or older on the day of the race

Athletes for 42.2km & Ultra marathon must be 20 years or older on the day of the race

Proof of age (ID) to be produced upon request on day of race.

Junior winners need to provide Birth certificate with fixed ID photo attached on the birth certificate

By entering this event, all athletes declare that they run at their own risk and indemnify the

organizer/sponsor of any responsibility for injuries or losses

ASA Registered athletes must wear full registered club colors on race day.

Both 2026 license numbers must be worn one on the front and one on back of the vest.

If a race bib is issued it must be worn on the front of the vest over the ASA license, but must not cover the ASA logo and Province name.

Temporary license must be worn at the front on the vest. When a race bib is issued it must be worn at the back of the vest and the race bib in front of the vest

Remember to complete the Temporary license tear off slip immediately 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 4 corners and not be covered by rain jacket or any shirt.

Do not cover ASA Logo & province logo at the top of the license number with any paper race numbers /race bib.

Category winners must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money

No littering, please make use of waste boxes on the route – RUN CLEAN

All participants must take note that photographs might be taken at the event and placed on social media.

The use of earphones during the race will lead to disqualification.

Contact details of the race organizers: Nonhlanhla Mthethwa 0825552859

'I declare that I participate in this event at my own risk and indemnify the organizers/sponsors against any injuries or loss. Athletes who are using medication to treat an illness or condition that falls under the prohibited list should complete a Therapeutic Use Exemption (TUE) before entering the event and obtain authorization from SAIDS to take the necessary medicine or method.'

Competitor's Signature: _____ Date: _____



4 HOUR CUTT-OFF FOR 21KM

Prize Money
Male & Female

21km

1. R2500
2. R2000
3. R1500

+40 R750

+50 R750

+60 R750

+70 R750

10km

1. R1500

2. R1250

3. R1000

Junior Top 5
R500

+40 R500

+50 R500

+60 R500

+70 R500