

RACE NUMBER _____

- REGISTRATION FORM

MINIMUM AGE TO ENTER _____ YRS

FULL NAME _____ AGE _____

ADDRESS _____

PHONE NUMBER _____

VEHICLE REGISTRATION _____

CLUB _____

CATEGORY (TICK BELOW AS APPROPRIATE) :-

MALE _____ V40 _____ V45 _____ V50 _____ V55 _____ V60 _____ V65 _____ V70 _____

FEMALE _____ LV40 _____ LV45 _____ LV50 _____ LV55 _____ LV60 _____ LV65 _____

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH BOTH THE RULES AND SAFETY

REQUIREMENTS OF THE FRA. I CONFIRM THAT I AM AWARE OF THE ORGANISER'S INFORMATION AND

AND ACKNOWLEDGE THAT I AM ENTERING AND RUNNING THIS RACE AT MY OWN RISK, OTHER THAN THE

REQUIREMENTS IN CONNECTION WITH THIS RACE. I ACCEPT THE HAZARDS INVOLVED IN FELL RUNNING

ORGANISER'S LIABILITY FOR CAUSING DEATH OR PERSONAL INJURY BY NEGLIGENCE. I CONFIRM THAT I

UNDERSTAND THAT THE ORGANISER ACCEPTS NO LIABILITY TO ME FOR ANY LOSS OR DAMAGE OF ANY

NATURE TO MYSELF OR MY PROPERTY ARISING OUT OF MY PARTICIPATION IN THIS RACE.

SIGNED _____

Competitor/Parent or Guardian (for U18 runners)

DATE _____

9 EQUIPMENT

Competitors should arrive at races prepared to carry any or all of the following equipment:-

- a) Windproof whole body cover.
- b) Other body cover appropriate for the weather conditions.
- c) Map and compass suitable for navigating the course.
- d) Whistle.
- e) Emergency food (long races).

These requirements constitute "best practice" and are mandatory at all Category A Long and Medium races.