

**FRA MEMBERS  
SENIOR RACE ENTRY FORM ~~2020~~ 2021**

Race No.

Race: Wasdale Horseshoe Fell Race Minimum age to enter: 18 on day

Full Name: \_\_\_\_\_

Club: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_ FRA Membership No. \_\_\_\_\_

Email Address (optional): \_\_\_\_\_

Category (Please circle)

For U/21 and U/23 check whether to use age on day or age at 31/December

WOMEN WU21 WU23 WSEN W40 W45 W50 W55 W60 W65 W70 W75

MEN MU21 MU23 MSEN M40 M45 M50 M55 M60 M65 M70 M75

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone No: \_\_\_\_\_ Vehicle Registration: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

- I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with, the FRA "Requirements for Runners".
- I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence).
- I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists, and to the sharing of all the above details with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport.

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Competitor or, **if under 18**, Parent/Legal Guardian or refer to Parental Consent Form

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## Support your Sport – Join the FRA

3 fine Fellrunner Magazines each year  
Annual Handbook and Fixtures Calendar  
Navigation and First Aid courses at subsidised rates  
The FRA organises the English Fell Championships  
and the Annual Dinner and Awards

PLEASE TAKE NOTE OF THE FOLLOWING:-

## KINDLY REFRAIN FROM



Telling lies to  
gain entry



Running a race without  
a number or correct kit



Running in another's  
number



Going home if retired  
without reporting back to  
race control

## THANK YOU!

### How to Join the FRA?

Go to the FRA website at [fellrunner.org.uk](http://fellrunner.org.uk) and follow the links

We look forward to welcoming you to the FRA

## FRA NON-MEMBERS SENIOR RACE ENTRY FORM ~~2020~~ 2021

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Club: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_

**NON-MEMBER**

Email Address (optional): \_\_\_\_\_

Category (Please circle)

For U/21 and U/23 check whether to use age on day or age at 31/December

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MEN MU21 MU23 MSEN M40 M45 M50 M55 M60 M65 M70 M75

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone No: \_\_\_\_\_ Vehicle Registration: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

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Signed: \_\_\_\_\_ Date \_\_\_\_\_

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