



SENIOR RACE ENTRY FORM

RACE NUMBER

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Name of Fell Race			
Date of Fell Race			

Competitors Full Name		Male/Female	
Date of Birth		Age on Race Day	
Name of Athletics Club (if applicable)			

Address		Phone Number (if carried)	

Emergency Contact Name		Emergency Contact Number	
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Vehicle Reg. No (if at race)	
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Race Day Entry Fee <i>(Online Pre Entry = £6)</i>	£10
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I understand that this race is held in accordance with the Rules and Safety Requirements of the Fell Runners' Association (the FRA) (available to inspect at <http://fellrunner.org.uk/pdf/races>). I have taken steps to familiarise myself with the FRA Rules and Safety Requirements and the route of the race (available to inspect at www.manxfellrunners.org). I accept that it is my responsibility to find my own way between the stipulated control points, and that I have navigational skills appropriate for this race. I am aware of the Race Organiser's information and requirements for this race. I accept that fell running is an arduous sport and there are hazards inherent in fell running and I acknowledge that I am entering and running this race at my own risk. Other than the Race Organiser's liability for causing death or personal injury by negligence, I confirm I understand that the Race Organiser accepts no liability to me for any loss, injury or damage of any nature to me or my property arising out of my participation in this race.

I undertake to carry the following items with me throughout the race:- waterproof full body cover (including an attached hood), hat and gloves, map suitable for navigating the course, a compass, a whistle and emergency food. For short races, after considering weather conditions, the Race Organiser may announce at the start of the race a reduction in the kit to be carried. However you should come to the race prepared to carry all of the kit.

IF YOU RETIRE FROM THE RACE IT IS ESSENTIAL YOU INFORM A MARSHAL AND/OR THE RACE ORGANISER

SIGNED		DATE	
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