

# CFRA Pre-entry form for the 2018 Ennerdale Horseshoe Fell Race

1. Please enter me for the above race.
2. I declare that I am an amateur as defined by AAA/UK Athletics' Rules for Competition.
3. I accept the hazards inherent in fell running & acknowledge that I am entering & running this race at my own risk. I confirm that I am aware of the rules imposed on me by the Race Organiser & that I will comply with them. I confirm that I have read & will comply with, the "Fell Running – Requirements for Runners". I acknowledge & agree that I am responsible for determining whether I have the skills, equipment & fitness to participate in this event.
4. 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).
5. I have read and understand the rules of the race and agree to abide by them.
6. I am aware that both local knowledge & navigational skills are required.
7. I have enclosed a cheque / postal order / cash for the pre-entry fee of : £13.50 made payable to 'CFRA' (& if details are required a self addressed envelope).

Please use BLOCK CAPITALS for the following details :-

Name.....

Age on the day of the race ..... Date of Birth ...../...../.....

Category:-

Male U19B / MU21 / MU23 / MSEN / M40 / M45 / M50 / M55 / M60 / M65 / M70

Female U19G / WU21 / WU23 / WSEN / W40 / W45 / W50 / W55 / W60 / W65 / W70

Club .....

Address .....

.....

Post Code ..... Tel. No ..... Mobile .....

e-mail (if available) .....

**Emergency contact details - (desirable for competitors aged over 18) :-**

Name ..... Tel. no..... Mobile.....

Signature .....

## Please note :

The lower age limit for the Ennerdale & Wasdale fell races is 18, for the Scafell Pike 16, **on the day of the race**. This form now carries the FRA disclaimer, so you will not now be required to fill out a second registration form at the race. **But**, if any of the above details have changed then you **must** correct or rewrite the form at registration. In all cases sign below to verify details are correct.

Signature (at race registration) .....

Please record your car registration below so if you don't reach the finish we can verify if your car is still present :-

Car registration.....

D i b b e r N u m b e r

R a c e N u m b e r