

# CFRA Pre-entry form for the 2018 Wasdale 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 understand that this race is held in accordance with, & that I have familiarised myself with both the Rules & Safety Requirements of the Fell Runners Association (FRA) as set out in 'Requirements for Runners'. I confirm that I have read all of the Race Organiser's (RO) information, rules & requirements in connection with this race & agree to abide by the rules.
4. I am aware that both local knowledge & navigational skills are required & I confirm that I have navigational skills appropriate for this race & will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the RO.
5. I accept the hazards involved in fell running & acknowledge that I am entering & running in this race at my own risk. I accept that neither the RO nor the FRA shall be liable to me for any injury to me, 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).
6. I consent to publication of my name, club & age category in race pre-entry lists & position, race number & finishing time in race results .
7. I have enclosed a cheque / postal order / cash for the pre-entry fee of : £14.00 made payable to 'CFRA' (& if hard copy 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 /M75  
Female U19G /WU21 /WU23 /WSEN /W40 /W45 /W50 /W55 /W60 /W65 /W70 /W75

Club .....

Address .....

.....

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

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

**Emergency contact is required for juniors U18** (parent/legal guardian) or if available for over 18

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

Signature ..... U18 Parent/legal guardian / Competitor over 18

## 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**. If any of your details have changed then you **must** correct or rewrite the form at registration. In **all** cases sign below to verify your details above 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