

CFRA Pre-entry form for the 2019 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, & that I have familiarised myself, with both the Rules & Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information & requirements in connection with this race. 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 Organiser. I accept the hazards involved in fell running & acknowledge that I am entering & running in this race at my own risk. Other than the 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 me or my property arising out of my participation in this race.
4. I have read and understand the rules of the race and agree to abide by them.
5. I am aware that both local knowledge & navigational skills are required.
6. I have enclosed a cheque / postal order / cash for the pre-entry fee of : £14 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**. 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