

SENIOR RACE ENTRY FORM:AUSTWICK AMBLE FELL RACE 25<sup>th</sup> MAY 2015  
8 miles and 1200 ft ascent

Registration is open from 10:30am. Under 12 & Under 14 races start at 11:45am. Under 16 & Under 18 races start at 12:15pm. Senior Race starts at 1:00pm. Entry fee is payable on the day only, at £5 for seniors, £1 for juniors.

Course is fully marked with flags. Please refer to the route map on the board. There are 5 manned checkpoints on the course. Please ensure that you shout out your number to the marshals as you pass. Please keep to the recommended route and report through every checkpoint.

Please make sure that you report to the finish, and advise a marshal if you retire.

Drinks will be available at checkpoint #4 from a Land Rover, and also on the green at the finish. Other refreshments will be available during the day in the hall and in the Street Market.

The Fell Runners Association Ltd RACE NUMBER \_\_\_\_\_

FULL NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTCODE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ VEHICLE REG \_\_\_\_\_

Email (optional) \_\_\_\_\_

CLUB \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

CATEGORY (Circle below as appropriate)

MALE MSEN M40 M50 M60 M70

FEMALE WSEN W40 W50 W60 W70

EMERGENCY CONTACT:

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH BOTH THE RULES AND SAFETY REQUIREMENTS OF THE FRA. I CONFIRM THAT I AM AWARE OF THE ORGANISERS INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS RACE. I CONFIRM THAT I HAVE NAVIGATIONAL SKILLS APPROPRIATE FOR THIS RACE AND 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 AND ACKNOWLEDGE THAT I AM ENTERING AND RUNNING 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 MYSELF OR MY PROPERTY ARISING OUT OF MY PARTICIPATION IN THIS RACE.

Signed \_\_\_\_\_ DATE \_\_\_\_\_

PHONE NUMBER\_(if different from emergency number given above) \_\_\_\_\_

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