

# FRA PRINCIPLES OF FELL RUNNING

*“...let us spend as much time as we can afford running on the fells with a minimum of rules and regulations commensurate with safety and fair competition”*

Peter Knott, FRA Chairman 1979-1982, writing in Fellrunner July 1980.

Fell running is a traditional activity with a long history in the UK and Fell Races are held on a wide variety of courses on fell, hills and mountains. The Fell Runners Association (FRA) exists to support and regulate the sport according to the following principles.

- Fell running is a unique activity, requiring athletic ability and mountain craft. It enables fell runners to enjoy some of the wildest and most remote places in the country.
- Fell running is challenging, with some inherent hazards. Senior runners at any event are responsible for their own safety, just as they would be if they were training. Junior events will place less extreme demands matched to the level of the participants.
- Fell races are at the heart of the sport and include a wide variety of events, ranging from short races which are largely a test of running ability to very long races where mountain craft, route choice and navigation are key elements.
- Self-sufficiency and self-navigation (without the assistance of technologies such as GPS) are central to the ethos of fell running and especially fell racing.
- Race organisers are key to the sport, creating events which are fun, which provide a running challenge to tax even the most able and which work within the constraints of the race venue. This makes each race unique and the FRA will support the organiser in applying specific rules to maintain the character of the race.
- Races should be organised fairly.
- Races should be organised in a way that helps runners manage their own safety.
- Races which comply with certain basic requirements (the 'Fell Racing Rules and Requirements') may be registered as an FRA fell race.
- Fell running is a non-commercial sport. Races should be run on a not-for-profit basis.
- Fell running is a friendly sport and all participants should conduct themselves with respect for others. Fell runners will help others in distress and treat other runners, race officials and members of the public with courtesy.
- Fell runners should be good neighbours. FRA events respect the countryside and are run with permission from land-owners and managers. Race Organisers take note of the effect the event has on the local community and will seek ways to make fell racing acceptable to non-participants.

The FRA supports fell running in a number of ways including:

- registration of fell races, which then benefit from insurance, and the organisation of Championships
- publishing details of future events and the results of those already completed
- investing in the future of the sport through sponsorship of junior participation and coaching
- publishing the Handbook and Fixtures Calendar and the Fellrunner magazine
- education of fell runners, for example by holding courses for people wishing to become coaches, proficient navigators and first aiders
- publishing good practice guidelines for runners and race organisers
- maintaining a website to provide race results, a discussion forum and other services
- maintaining links with UK Athletics and with International Mountain Running organisations, to ensure that English fell runners are fully represented in these related disciplines.

The FRA is principally funded by Members' contributions.