FRA Requirements for Race Organisers 2024

Introduction

The Requirements for Race Organisers are the actions that Race Organisers (ROs) must take for their event to be licensed by the FRA. They are mandatory.

This document should be read in conjunction with the 'FRA Rules for Competition' and the 'FRA Guidelines for Race Organisers' (Senior and Junior).

FRA Requirements for Race Organisers

The RO must agree to carry out the following actions, as a condition of licensing of the event by the FRA:

1. Pre-race:

a) Consider and take appropriate steps to minimise and communicate foreseeable risks to all competitors, helpers or members of the public affected by the event where this is reasonably practicable and where the risks are beyond those normally inherent in the sport of fell running. The FRA document 'Guidelines for Race Organisers' should be consulted.

b) Categorise the race according to the criteria in Table 1 for distance and ascent.

c) Differentiate between adult and young runners, and between all participating age groups of young runners (as per the FRA Rules for Competition), in determining what steps should be taken to minimise such risks.

d) Ensure that the distance limits by age group are observed (see FRA Rules for Competition).

e) Take all reasonable steps to contact race route landowners/tenants and anyone else with an interest in the land prior to the event, and take their comments or requirements into account.

f) Limit the number of competitors to a level which is reasonably and safely manageable and which is acceptable in terms of environmental impact.

g) Use the FRA entry forms for members and non-members, or a form collecting at least the same information. The form must be completed by all runners admitted into the event, or by an adult on behalf of runners under 18. Entrants must agree to the stated conditions and rules. See also the FRA Senior and Junior 'Event Entry Requirements' documents.

h) In general publicity, state the nature of the event, the severity and type of terrain and the level of previous fell running experience required (especially the suitability or otherwise for novices). Publicity for junior races should specify age limits.

i) In particular, emphasise to all prospective entrants that the race is run under FRA rules, that the race is a *fell* race (not a trail race) and that the core principles of the sport such as self-sufficiency and self-navigation are paramount (with use of GPS etc being strictly prohibited). The FRA logo should be displayed; for online publicity, a link to the FRA's website and rules should be conspicuous.

j) On or before race day publicise and/or display specific information about the event, including: the 'FRA - Requirements for Runners'; the route (see next para); equipment that is to be carried or prohibited; a copy of the FRA race licence; a local weather forecast for the day; specific race rules (if any) covering race categories, eligibility, course

requirements, retirement procedures and closing times for checkpoints and for the finish. Copies of the FRA 'Hypothermia' leaflet, or an equivalent, should also be available.

k) Describe the route accurately and in sufficient detail for runners to plan their routes in advance. Maps may be provided (whilst adhering to copyright restrictions); however, downloadable routes such as GPX files (or equivalent) or Strava "traces" should *not* be provided. For "on-sight" navigation events or legs, maps should follow standard marking conventions with any explanatory detail required.

l) Consider in advance possible weather criteria for either abandonment of the event or (where provision is made for such) the use of a pre-planned alternative 'bad weather route'.

2. On race day:

a) Be present at the race to ensure the event takes place as planned and to manage any incidents that arise. In order to respond rapidly and authoritatively to any incidents, the RO is not permitted to run in his/her own race.

b) Require competitors, including in relays, mountain marathons and orienteering-style events, to carry the kit shown in Table 2.

c) Provide a waterproof identifying vest number or number card to be worn by competitors.

d) Use a robust system for accounting for individual race starters and finishers, with an independent backup check system to resolve any accounting issues. The RO must ensure that every individual runner is accounted for. The Guidelines give examples of suitable systems.

e) Put in place and direct a team of competent helpers of sufficient size to meet these requirements and be available at all times during the event.

f) Ensure that marshals placing and/or manning checkpoints are absolutely clear on where the checkpoints should be. Ensure that mandatory checkpoints and crossing points are clearly marked and appropriately visible, and that any flagged sections (especially through forest) can be followed easily, even in poor visibility.

g) Complete an FRA Race Organisers' Event Check List prior to the event, to be made available to the FRA on request. Retain a signed copy for one year.

h) Inform all competitors that if they retire from the race they must report to the race finish, even if they report their retirement to a marshal on the course (the "golden rule").

i) Take all reasonable steps to ensure fair competition. Note and apply the "FRA Rules for Competition" (published separately). Report to the FRA Secretary any action (by competitor, official or spectator) which could jeopardise the fairness of the competition (especially deliberate cheating), the safety of the race or the good reputation of the sport. Particular attention should be paid to the "absolute no-nos" in the Runners' Rules.

3. After the race:

a) Report to the FRA Secretary any incidents (i) requiring FRA action, (ii) which might result in an insurance claim, or (iii) involving an injury when the casualty is advised to seek hospital treatment. Good practice is also to report any learning from the event which might help other Race Organisers in similar circumstances. The FRA Incident Report Form has more details.

b) Ensure that the race results are made available in a timely fashion after the race. As a minimum, these must contain sufficient information and be legible enough that they can be used in subsequent investigations by the FRA, in the case of e.g. a disciplinary case or appeal.

4. Championship races.

Additional requirements apply to Race Organisers for Senior English Championship Races. Such organisers must:

a) Provide guaranteed entry for runners on the English and (for British Championship races only) British guaranteed entry lists and allow a window of one week for runners on those lists to take up their place before opening entries more widely.

b) For English Championship races not in the British Championship, provide a subsequent one-week priority entry window for FRA members, making available 80% of the race's total entry capacity. The remaining 20% of places must be made available openly.

c) Pay particular care to the requirements above regarding the race route (e.g. paras 1(k), 1(l) and 2(f)) and the need to ensure fair competition.

5. Change of Race Organiser

Any change of RO must be registered with the Fixtures Secretary by submitting a new licence application prior to the event unless a last-minute illness/emergency prevents this, in which case the Fixtures Secretary should be notified before the race and a new licence application submitted retrospectively at the earliest possible opportunity. A replacement RO takes on all the organiser responsibilities and obligations for the event.

6. Race categories

Fell races shall be categorised according to length and amount of ascent as follows:

Table 1

Standard fell races: Length categories

L (Long)	M (Medium)	S (Short)
20 kilometres or over	Over 10 but under 20 kilometres	10 kilometres or less

Standard fell races: Race severity categories

Category A	Category B	Category C
Should average not less than 50 metres climb per kilometre Should not have more than 20% of the race distance on road. Should be at least 1.5 kilometres in length.	Should average not less than 25 metres climb per kilometre. Should not have more than 30% of the race distance on road.	Should average not less than 20 metres climb per kilometre. Should not have more than 40% of the race distance on road.

All FRA races must contain genuine fell terrain. See also 'FRA Race Licensing – A Guide for ROs'.

Other categories

Races which require on-sight navigation should be classified as Orienteering (O) or Mountain Marathon (MM) events. Typically, the 'O' category should be used for races using large-scale (e.g. 1:10,000) orienteering maps with 5m or 10m contour intervals and the MM category for races using smaller scale mountain navigation maps (e.g. 1:30,000 or higher) with 15m contour intervals.

Where a self-sufficient (or largely self-sufficient) overnight camp is involved, the event should be classed as MM. Race Organisers may also choose the MM category where the event covers terrain which is higher, more difficult or more exposed than would be expected in an orienteering race.

Relay races are categorised separately. Team captains and runners should consult the race details for specific details of legs, some of which may include on-sight navigation.

7. Age limits for young runners (under 18)

Race Organisers must stipulate age limits for their events. The minimum age for entry to a fell race is 6 years on the day of the race.

The maximum distance limits for young runners (specified in the FRA Rules for Competition) must be observed.

The FRA Rules for Competition stipulate additional requirements for mountain marathon-style (MM) or orienteering (O) events where one runner is under 18 years of age. Depending on the nature of the event, race organisers should consider whether to require previous relevant experience (from either the accompanying adult or junior or both).

Table 2 - Kit requirements for FRA fell races

Race category	Kit requirements	Notes
Long A, Medium A, Long B	FRA Mandatory Minimum Kit **plus** any additional kit specified by Race Organiser	FRA Mandatory Minimum Kit is listed below. Additional Race Organiser requirements may include, for example, a thermal layer, bivvy bag, torch, water etc.
Short A, Medium B, Short B, all category C races	As Race Organiser specifies	Best practice is to carry FRA Mandatory Minimum Kit, but specific requirements are at the Race Organiser's discretion.
Relays	As above, depending on length of longest leg.	For relays, use the category of the longest leg for all legs.
Orienteering events and mountain marathons	As above, depending on length of the shortest possible course.	For orienteering events and mountain marathons, use the shortest possible course which would complete the event.

Note 1: FRA Mandatory Minimum Kit (for Long A, Medium A and Long B races) comprises:
waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route and compass (see Note 3), whistle and emergency food

Note 2: The use of any GPS watch or device (or equivalent) for navigation is strictly forbidden in all FRA races. See also further information below.

Note 3: Maps must be physical (not electronic) and compasses must be traditional (non-electronic) type. The use of electronic compasses is not permitted.

Prohibited equipment

All FRA races strictly prohibit the use of electronic devices using aids such as GPS for navigation or position fixing, even momentarily. Full details are given in the FRA Rules for Competition.

The use of such a device to display distance travelled, time, speed or altitude is allowed, as is recording of an actual route for post-race analysis.

Race organisers, especially of mountain navigation events, may require that competitors surrender devices capable of providing navigational assistance (including mobile phones), or have such devices placed in sealed bags by the organiser for verification at the race finish, end of stage or overnight camp.