

**FRA MEMBERS' FORM ONLY**

Race No. \_\_\_\_\_

**SENIOR RACE ENTRY FORM 2026**

Race: \_\_\_\_\_ Minimum age to enter: \_\_\_\_\_

Full Name: \_\_\_\_\_

Club: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ FRA Membership No. \_\_\_\_\_

Email Address (optional): \_\_\_\_\_

**Category (please circle)****For U21 and U23 check whether to use age on day or age at 31<sup>st</sup> December**

FEMALE	FU20	FU23	FSEN	F40	F45	F50	F55	F60	F65	F70	F75
MALE	MU20	MU23	MSEN	M40	M45	M50	M55	M60	M65	M70	M75

Address: \_\_\_\_\_

\_\_\_\_\_  
Postcode: \_\_\_\_\_

Phone No: \_\_\_\_\_ Vehicle Registration: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

- I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read, and will comply with, the FRA "Requirements for Runners", **and especially the "absolute no-nos" of fell running.**
- I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, 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).
- I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists, and to the sharing of all the above details with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport.

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Competitor or, **if under 18**, Parent/Legal Guardian or refer to Parental Consent Form**FRA MEMBERS' FORM ONLY**

Race No. \_\_\_\_\_

**SENIOR RACE ENTRY FORM 2026**

Race: \_\_\_\_\_ Minimum age to enter: \_\_\_\_\_

Full Name: \_\_\_\_\_

Club: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ FRA Membership No. \_\_\_\_\_

Email Address (optional): \_\_\_\_\_

**Category (please circle)****For U21 and U23 check whether to use age on day or age at 31<sup>st</sup> December**

FEMALE	FU20	FU23	FSEN	F40	F45	F50	F55	F60	F65	F70	F75
MALE	MU20	MU23	MSEN	M40	M45	M50	M55	M60	M65	M70	M75

Address: \_\_\_\_\_

\_\_\_\_\_  
Postcode: \_\_\_\_\_

Phone No: \_\_\_\_\_ Vehicle Registration: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone No: \_\_\_\_\_

- I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read, and will comply with, the FRA "Requirements for Runners", **and especially the "absolute no-nos" of fell running.**
- I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, 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).
- I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists, and to the sharing of all the above details with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport.

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Competitor or, **if under 18**, Parent/Legal Guardian or refer to Parental Consent Form