

Support your sport – Join the Fell Runners Association!

- 3 x *Fellrunner* magazines a year, plus Handbook and Race Calendar
- Priority entry to English Championship races and other FRA races
- Navigation and First Aid courses at subsidised rates

The FRA organises the English Fell Championships
and the Annual Dinner and Awards

PLEASE TAKE NOTE OF THE FOLLOWING:

KINDLY REFRAIN FROM



*Telling lies to
gain entry*



*Running a race without
a number or correct kit*



*Running in another's
number*



*Going home if retired
without reporting back to
race control*

THANK YOU!

How to join the FRA?

Go to the FRA website at fellrunner.org.uk and follow the links

We look forward to welcoming you to the FRA!

FRA NON-MEMBERS SENIOR RACE ENTRY FORM 2026

Race No. _____

Race: _____ Minimum age to enter: _____

Full Name: _____

Club: _____

Date of Birth: _____ Age _____

FRA NON-MEMBER

Email Address (optional): _____

Category (Please circle)

For U20 and U23 check whether to use age on day or age at 31st 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