

**Borrowdale Fell Race**  
 5<sup>th</sup> August 2017 at 11.00 am  
**Entry Form**

**Full name**.....

**Address**.....

**Email address**..... **Male/Female**.....

**Telephone number**..... **Mobile phone number**.....

**Date of birth**..... **Age on day of Race**.....

**Club**.....

To be eligible to compete in the Borrowdale Fell Race, runners must be aged 18 years or over and have previous experience of long, arduous fell races. If they have not completed the Borrowdale Fell Race previously, runners must have completed at least two different category A or B long or two different category A medium fell races (race categories as defined by the Fell Runners' Association) since 1<sup>st</sup> January 2015.

Entry to the Borrowdale Fell Race will be refused to any runner who cannot demonstrate such experience.

I confirm that I have completed the following qualifying races (or specify if you have completed the Borrowdale Fell Race previously, with details):-

1..... Date..... Position..... Time.....

2..... Date..... Position..... Time.....

Whatever the weather, runners must carry **WATERPROOF** full body cover (with a hood attached to the top and the seams must be taped), a hat, gloves, a map suitable for navigating round the route of the Race, a compass, a whistle and emergency food.

I accept the hazards inherent in fell running and I acknowledge that I am entering and running in 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 will carry throughout the race any equipment specified by the Race Organiser. I confirm that I have read and that I will comply with the Fell Runners' Association Requirements for Runners.

I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event.

I confirm that I am aware of the route of Borrowdale Fell Race and that I have the navigational skills appropriate for this race. I accept that it is my responsibility to find my own way between the stipulated checkpoints.

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 negligence).

**Signed**..... **Date**.....

**Post** this form, when completed, together with **a cheque for £12** (payable to Borrowdale Fell Runners) and **a stamped and self addressed envelope** to **Len I'Anson, 1 Bay View, Heversham, Milnthorpe, LA7 7EP**

The Race will be limited to 500 competitors. The first 500 entries received from appropriately experienced runners, will be accepted. No entries received after 18<sup>th</sup> July will be accepted, regardless of whether the 500 entry limit has been reached. Confirmation of acceptance (together with further details) or rejection of entry will be sent out by post as soon as practicable.