



Borrowdale Fell Race

1st August 2009 at 11.00 am

Borrowdale Fell Race is sponsored by the Scafell Hotel, Rothwaite and Rathbones of Keswick



Entry Form

Full name.....

Address.....

Email address.....

Telephone number..... Mobile Phone number.....

Age on day of Race..... Male/Female.....

Club.....

To be eligible to compete in the Borrowdale Fell Race runners must have previous experience of long, arduous fell races and, if they have not previously completed the Borrowdale Fell Race, 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 Fellrunners' Association) since 1st January 2007.

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 (specify if you have completed the Borrowdale Fell Race and give details):-

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

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

I understand that the Borrowdale Fell Race is held in accordance with the Rules and Safety Requirements of the Fellrunners' Association (FRA). I have taken steps to familiarise myself with the FRA Rules and Safety Requirements and the route of the Race. I accept that it is my responsibility to find my own way between the stipulated checkpoints. I am aware of the Race Organiser's information and requirements for this Race. I accept the hazards involved in fell running and acknowledge that I am entering and running this Race at my own risk. Other than the Race Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Race Organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this Race. I undertake to carry with me throughout the Race the following items:- windproof (or waterproof if so directed by the Race Organiser) full body cover, map suitable for navigating round the route of the Race, a compass, a whistle and emergency food.

Signed.....

Date.....

Post this form when completed together with **a cheque for £5** (payable to Borrowdale Fell Runners) and **a stamped and self addressed envelope** to **Len I'Anson, 1 Bay View, Heversham, Milnthorpe, LA7 7EP**

The first 500 entries from appropriately experienced runners received before 7th July will be accepted. Confirmation of acceptance (together with further details), or rejection of entry, will be sent out by post as soon as possible.