

# THE FRA SAFETY REQUIREMENTS FOR FELL RACES and RULES FOR COMPETITION

If you compete, or intend to compete, in races permitted through the Fell Runners Association (“FRA races”), you **MUST** familiarise yourself with the following fundamental aspects of the sport:

Introduction: Safety, Rules and Equipment

Part 1 FRA Safety Requirements for Fell Races

Part 2 FRA Rules for Competition

Note. For the avoidance of any doubt: “MUST” is used in an obligatory sense and non-compliance implies a disciplinary sanction will follow. “Should” is used where the FRA Committee is making a strong suggestion- it does not just mean “may”.

**Fell racing only exists because of the voluntary efforts of race organisers. The FRA will wholeheartedly support race organisers, including taking disciplinary action against competitors who fail to meet FRA requirements.**

**It should be noted that race organisers are issued with separate guidelines, which supplement this document, when they apply to register races with the FRA.**

## INTRODUCTION: SAFETY, RULES and EQUIPMENT

### i) Safety

**The philosophy of fell running is that for senior competitors, you the runner are primarily responsible for your own safety whilst competing.**

This philosophy is set out below in paragraph 1 of Part 1 FRA Safety Requirements for Fell Races (the “Safety Requirements”) which, with the Rules, indicate the part that you play in ensuring your safety, and that of others, whilst competing in FRA races.

It is essential that competitors understand the decisions that organisers may take in light of:

- \* The standard mandatory equipment requirements (paragraph 13)
- \* Retirement procedures (paragraph 10)
- \* Adverse weather conditions (paragraph 5)
- \* How entries for FRA races work (paragraph 8).

### ii) Rules for Competition

Fell running is generally informal in nature but has formal Rules, set out below in Part 2 FRA Rules for Competition (“FRA Rules”). These FRA Rules (with some style differences) are also UK Athletics Rules 400 onwards and apply to competitors, organisers and clubs who wish to compete under the auspices of the FRA. They are mandatory on those who compete, or intend to compete, in FRA races, i.e. you **MUST** read, understand and comply with them.

The most important FRA Rules from the point of view of competitors are:

- \* Rule 6 -demands that all competitors must obey the FRA Rules and any additional rules drawn up by the race organiser for each fell race
- \* Rule 7 -demands that no runner may take part in any fell race without having entered the race in accordance with the rules and the organiser's procedures
- \* Rule 8 - deals with retirement procedures
- \* Rule 10 - defines age and distance limits for junior competitors
- \* Rule 11 -explains the disciplinary process for notified breaches of FRA Rules.

There are three aspects of competing in FRA races that require particular comment:

a) Experience Required (ER)

Certain races carry an ER designation which denotes that experience as a fell runner is required for a competitor to contemplate entering and running that particular race.

Gauging whether your experience is suitable for a particular race may not be straightforward but information and advice may be obtained from a variety of sources:

- Colleagues in your running club
- Race organiser or the race website
- Researching the FRA's electronic copy of the late Bill Smith's *Studmarks on the Summits* available at: <http://www.fellrunner.org.uk/studmarks/>
- The "Races" section of the FRA Forum: <http://forum.fellrunner.org.uk/forumdisplay.php?3-Races>.

If you have any doubt about your experience to compete in a specific race, you are advised to contact the relevant race organiser to outline your fell running history and discuss with the organiser if the race is suitable for your level of experience. Be realistic and truthful about your current level of experience. Race organisers know their races and may have been organising them for many years in all weathers and underfoot conditions. Listen to what they say.

No potential competitor has the absolute right to enter any FRA event and a race organiser may refuse entry on any grounds including doubting that a competitor can safely complete the event.

b) Navigational Skills (NS)

Anyone who competes in FRA races MUST be aware that FRA Races are organised on the premise that competitors have the necessary skills to cope with the navigational problems which may occur, whatever the weather.

In many FRA races, designated with the NS abbreviation, navigational skills are essential and competitors MUST find their own way round the course. Visibility can be poor at any time of the

year and following the runner in front is not a substitute for the sound exercise of the competitor's own skills and judgement.

The acquisition of these skills is the responsibility of the competitor. To assist members of the FRA in acquiring or honing these skills, the FRA delivers bi-annual Navigation Skills Courses, details of which are available via both the FRA website and *The Fellrunner* magazine. The FRA will also advise on available external courses.

As well as navigating yourself round the route, an important factor to bear in mind is that if you are injured you may need to get yourself off the fell safely and quickly, without the assistance of others, and so escape route planning may be important.

#### c) Equipment

The requirements are set out in paragraph 13 of the Safety Requirements. These represent "best practice" at all FRA races and are mandatory in full at all category Long A and Medium A races and category Long B races. FRA races are defined in Definition 2 Race Categories in Part 2 Rules for Competition.

**Race organisers have complete freedom to impose additional equipment requirements and it is the responsibility of the competitor to ascertain whether any additional requirements are demanded.**

Race organisers may, in the event of settled fine weather confirmed by a local weather report, decide to waive some of the kit requirements for races which are not categorised as Long A, Medium A or Long B. However competitors should still take at least the "best practice" kit requirement to every FRA race and, more sensibly, additional kit that may be demanded on race day.

The core standard is for WATERPROOF (i.e. not merely windproof) whole body cover. The FRA view of "whole body cover" is an outer layer for the torso with an attached hood (an attached hood, unlike even the best hat, balaclava etc., will not blow away, be lost or left behind) and that a hat and gloves should also be carried. For the legs, the outer waterproof layer should reach the ankles; just below the knee layers are not adequate.

Although waterproof whole body cover is the core standard, organisers are allowed a degree of flexibility for Medium/Short B and all category C races which take place in settled, fine weather. In such circumstances organisers may relax the kit requirements, e.g. waterproof to windproof.

The FRA regards "waterproof" to be a garment marketed as "waterproof" (i.e. not merely "windproof") with taped seams. Such garments require maintaining (i.e. cleaning and reproofing) to maintain their waterproof quality.

The FRA has not defined waterproof nor technical criteria (although race organisers are free to do so) on the assumption that competitors will act responsibly with regard to body cover. If this assumption is wrong and race organisers, who have the right to turn away runners from their events, report the need for more demanding/ specific definitions then the FRA will re-consider its position.

It is emphasised that the FRA defines minimum standards for races and allows the race organiser, whose event it is, to supplement, in any way he or she sees fit, the minimum standards. If the

organiser demands a lightweight foil bivvy bag, mobile phone, first aid kit, head- torch-then that is what competitors MUST carry. Even when these are not required, fell runners should consider carrying such items when racing (or training) and acquiring basic or emergency first aid skills which could be useful when injuries occur.

**If you have any doubts about equipment requirements for any particular FRA race, you should make enquiries of the relevant organiser, or a member of the race organising team to whom the organiser has delegated authority, for advice.**

The equipment requirements exist to put competitors in a position to deal with the effects of the often harsh weather conditions in which FRA races are run. The FRA urges compliance with the “best practice” standard. Know what to carry and when to carry it!

## **Part 1: FRA SAFETY REQUIREMENTS FOR FELL RACES**

**Note to Race Organisers - Failure to implement the FRA Safety Requirements could invalidate an organiser’s FRA Membership and FRA Race Permit.**

### Introduction

Fell running attracts competitors with a wide range of ability and experience. Those who are unfit and inexperienced in dealing with the hazards which mountain terrain and weather present are at greatest risk of personal harm. However, anyone participating in a fell race may suffer an accident, the consequences of which could be fatal.

The race organiser takes overall responsibility for the event, which includes ensuring that the race is organised in accordance with all the FRA Safety Requirements for Fell Races and FRA Rules for Competition.

**Race organisers and competitors MUST comply fully with the following Safety Requirements.**

### 1 SENIOR EVENT

The general philosophy behind the following requirements is that the:

COMPETITOR \*has primary responsibility for his/her own safety on the fells.

ORGANISER \* has a “duty of care” to all those participating in the event to ensure that the event complies with the conditions demanded by the FRA in providing a permit and race insurance for the event

\* MUST ensure that the nature of the race and the rules relating to safety have been drawn up and formally communicated to each runner and that the event organisation is geared to monitor and control the race so that, if an incident occurs, help is directed to the needful party without delay.

**THE MOST IMPORTANT TASK OF THE RACE ORGANISER IS THE SAFETY OF COMPETITORS.**

### 2 JUNIOR EVENTS

In junior events the youth, inexperience and greater vulnerability of competitors to bad weather demands that the ORGANISER takes primary responsibility for runner safety. This involves the Organiser taking decisions on behalf of junior runners that would normally be taken by senior runners for themselves.

### 3 SIZE OF FIELD

This MUST be limited to:

- \* Numbers that the race organisation can MONITOR and CONTROL
- \* Not cause lasting environmental damage
- \* Not cause a risk of accidents to runners because of overcrowding.

### 4 COURSE DESIGN

Compulsory sections MUST NOT include hazards or dangerous sections and all courses MUST be designed so runners are not tempted to gain advantage by negotiating hazards such as rock climbs or steep unstable slopes where dislodged stones may fall on those below.

Organisers of courses which traverse high mountain or moorland terrain should plan an alternative route for use in bad weather.

### 5 ADVERSE WEATHER CONDITIONS

Should weather conditions on the hills be of such severity as to endanger competitors, or prevent marshals carrying out proper race monitoring, the race MUST either:

- \* be abandoned or
- \* The bad weather alternative route (see 4 above) used.

The main factor in organisers making a decision MUST be the safety of competitors. This decision MUST then be communicated clearly and firmly to all competitors however unpopular the decision may be received at the time.

Consultation with experienced marshals, mountain rescue personnel and consideration of an up to date weather forecast will help race organisers to arrive at a decision in marginal cases. It is preferable that more than one person reaches the conclusion but the race organiser's decision to cancel the race (or use the alternative route) MUST be complied with by all competitors who MUST NOT run the original course "unofficially".

### 6 MARKED COURSES

Bearing in mind that visibility in bad weather can be reduced to a few yards, organisers should never describe a course as e.g. "obvious" (unless the full route is marked with continuous, unbroken tape).

### 7 EVENT INFORMATION

General publicity MUST indicate:

- \* The nature of the event
- \* Severity
- \* Type of terrain
- \* Suitability, or otherwise, for novices.

Specific information MUST be available for competitors prior to the race day and displayed at the point of registration concerning:

- \* Race rules
- \* Race route
- \* Retirement procedures
- \* Equipment to be carried
- \* Checkpoint closing times.

Competitors MUST always be provided with an up to date local weather forecast on race day.

#### 8 ENTRIES

All entries for races MUST be made on the FRA standard race entry form or a race-specific entry form that includes all the items on the standard form which, unless specified to the contrary, are now mandatory. FRA entry forms are included here and on the FRA website at <http://fellrunner.org.uk/races.php>

Race organisers may collect additional information or modify the race categories to meet their specific requirements. A supplementary form may be used for this and for on-the-day updating of pre-entry information such as details of transport arrangements.

The FRA standard race entry form disclaimer attempts to protect race organisers from liability to the extent permitted by law but race organisers cannot exclude their own liability for causing personal injury or death by their negligence. Race insurance is provided on the assumption that race organisers and runners comply with the requirements published in the FRA Calendar/Handbook.

The signature (competitor or parent/legal guardian as appropriate) on the form is the formal indication that he/she is aware of the organiser's event information and requirements. The organiser MUST therefore ensure that this information is available and presented in an easily assimilable form in a prominent place.

Senior Race Entry Form: used for short senior races in which older juniors can participate.

Junior Race Entry Form: used for normal junior races.

For all juniors parental consent MUST be obtained through the standard entry form or from the Parental Consent Form for Junior Fell Runners.

## 9 COMPETITION NUMBERS

Once the event is underway, the competitor “vest” number, which MUST be worn by all competitors, is the vital, unique identifier for runners and both organisers and runners have responsibilities to ensure that runner safety monitoring works.

\* Numbers (i.e. numerals, not names) should ideally start with 1, with the last number issued coinciding with the numbers of runners starting in the race. However, it is recognised that in some circumstances (e.g. number systems linked to different age categories or Grand Prix where numbers are used by the same runner for a race series) this approach may not be practical. For pre-entry races, vest numbers should preferably be issued on the day so there are no pre-allocated but “uncollected” vest numbers.

\* Numbers issued should be consecutive (i.e. no “missing” numbers). The FRA disapproves of the use of numbers from batches left over from previous events because of the risk of number confusion. Any factor which may lead to possible confusion between vest numbers issued and the total number of runners competing MUST be eliminated. The FRA does not accept that the cost of vest numbers is a valid reason to jeopardise runner safety and it will freely advise race organisers, on request, of suitable suppliers of sponsored low cost “Tyvek” type numbers in an approved format.

\* Numbers MUST be waterproof.

\* Competitors MUST wear their number on their chest in a clearly visible way. This is so that marshals do not need to search for a number pinned elsewhere on the body.

\* Numbers MUST NOT be folded over or cut down- the background serves the purpose of highlighting the numerals against the vest.

\* Numbers should not be obscured by rucksack, bum bag etc. straps. If a cagoule is worn it is for the competitor to identify him/herself to a marshal and NOT leave any checkpoint until the marshal acknowledges the number has been recorded.

\* Competitors MUST be aware of the checkpoint procedures for recording their number.

\* If the race organiser requires the number (and time) of every competitor passing through identified checkpoints to be recorded the competitor MUST co-operate to achieve this.

\* Competitor numbers may be supplemented by e.g. “clip “cards, or electronic “dibbers”; but the vest number is the critical competitor identifier.

\* The FRA approves the use of numbers which contain, either on the lower face or the reverse side, information such as emergency contact details or medical conditions.

## 10 RETIREMENT PROCEDURES

Retirement may occur because of a decision by either the organising team or the competitor. **For a competitor decision, it is a fundamental rule of fell racing that the competitor MUST inform race control in all circumstances because until the Race Organiser is aware of any retirement, he/she remains responsible for the safety of the retiring runner.** This should be done speedily by:

- \* reporting to an identified checkpoint AND then returning rapidly and directly to the finish to report to race control
- \* reporting directly and rapidly to race control if retiring between checkpoints
- \* telephoning any race emergency number or the police (e.g. if completely lost and finding oneself in the wrong valley).

## 11 RACE MONITORING AND RESCUE PROCEDURE

- \* Robust monitoring starts with an accurate number of the competitors leaving the start line and procedures such as counting runners through a narrow “gate” are simple and reliable as are simple “squared grids” to check passing runner numbers. No single monitoring system is free from potential error and so a duplicate system, such as the use of numbered tokens, MUST always be used. Computers fail, sticky labels get wet, vest numbers are misread: and so a secondary system MUST be used to avert potential tragedy.
- \* The key individual on race day is the race organiser who MUST always be present. In cases where this is not possible (e.g. illness) a formal alternative organiser MUST be registered with the FRA Fixtures Secretary. On race day the race organiser may be called on to take critical decisions which may have life threatening consequences and the FRA considers that race organisers cannot uphold their responsibilities to competitors and compete in their own races; and so this practice is forbidden.
- \* Progress of the race should be monitored in such a way that the organiser is always in a position to make a reasoned judgement as to the need to abandon the race/ call out rescue services.
- \* Each individual runner should be checked around the course in such a manner that if the runner becomes overdue at a control point the fact is communicated quickly to race control. Since accurate timing of a call-out is often vital, (potentially a matter of life and death), it is not acceptable to wait until the completion of longer races before an alert is raised.
- \* The monitoring system used is a vital component of race organisation and is the responsibility of the race organiser. Advice on “best practice” monitoring systems is issued to race organisers and may also be obtained from the FRA Secretary. Whilst electronic developments continue to transform technical means of monitoring races, a human “sweeper”, who knows the number of competitors and can tally this with successive marshals, can be invaluable.
- \* When possible race organisers should arrange for the local MRT, Red Cross or St. John’s Ambulance to be on standby but, as a minimum, organisers should ensure that an identifiable First Aider is present at the finish where there should be an easily distinguishable and suitably equipped First Aid Post. For some events this might include sleeping bags to keep a runner warm in the event of hypothermia.
- \* The organiser MUST have an intimate knowledge of the course, terrain, possibilities for error and likely weather conditions.
- \* The FRA strongly recommends that, if it is technically feasible and appropriate for the course, all Long/Medium A and Long B races that traverse high fell country should be monitored by



the use of radios, or other suitable portable communication equipment, at strategic points. The FRA has several sets of radios specifically for loan to race organisers by the FRA Equipment Officer (see Fixtures Calendar and Handbook). Alternatively, other organisations (e.g. Raynet) may be able to provide assistance.

## 12 RELAYS

Because of the possibility of less experienced runners being included in a relay team, in addition to the procedures above, the relay organiser MUST ensure that:

- \* Every competing club has been vetted as experienced for this type of event.
- \* Sufficient copies of information/rules/safety procedures are sent to competing clubs for distribution to every competitor (and preferably made available on the internet). Clubs MUST give the organiser formal assurance that this has been done. Because relay team members may change at short notice, including on race day, it is not possible for the race organiser or his/her team to ensure personally that all members of all relay teams comply fully with FRA safety rules and procedures. It is therefore the responsibility of the relay TEAM MANAGER or CAPTAIN to ensure that all relay team members comply fully with the appropriate rules.
- \* Competitors MUST carry the equipment specified in section 13. All leg-leading runners and at least 10% of other competitors MUST have their equipment checked on finishing. Any breach of the organiser's requirements MUST result in instant disqualification of the offending team.

Note: Relays listed in the FRA Calendar each have their own particular characteristics and so the FRA Fixtures Secretary, without any dilution of the principles of competitor safety, may issue special written conditions, on an individual event basis, on request.

## 13 EQUIPMENT

**All senior runners, and those junior runners competing in races in which seniors are competing, should arrive at races prepared to carry all of the following "best practice" equipment:**

- \* WATERPROOF whole body cover (i.e. covering the torso from head to ankles).
- \* Other body cover appropriate for the weather conditions including, as a minimum, hat and gloves but also e.g. a fleece.
- \* Map of the race route and compass suitable for navigating the course.
- \* Whistle.
- \* Emergency food (long races).

The FRA recognises "waterproof" to mean a garment marketed as "waterproof" (i.e. not just "windproof") with taped seams. Such garments require maintaining (i.e. cleaning and reproofing) to maintain their waterproof quality.

The FRA has not defined waterproof nor technical criteria (although race organisers are free to do so) on the assumption that competitors will act responsibly with regard to body cover. If this

assumption is wrong and race organisers, who are always free to turn away runners from their events, report the need for more demanding and specific definitions then the FRA will re-consider its position.

These requirements constitute “best practice” for all races but are mandatory at all **Category Long A, Medium A and Long B** races as defined in Part 2 Rules for Competition, Definition 2.

However, any race organiser is encouraged to impose additional safety requirements (e.g. lightweight foil bivi bag) if appropriate and competitors **MUST** accept such requirements as a condition of race entry.

Runners who enter races listed in the Calendar should assume that they will have to carry the “best practice” kit, even though the organiser may decide to waive some of these requirements for races in categories other than Category A Long and Medium and Category B Long, in the event of settled fine weather, confirmed by a local weather report.

Organisers **MUST** ensure that whatever requirements they specify on the day are met by holding complete or random checks before and after the start of the race.

The use of GPS type equipment is not an acceptable substitute for map/ compass navigational aids. The use of “walking poles” is left to the discretion of the race organiser. The use of any equipment that restricts hearing is forbidden and competitors using such equipment **MUST** be disqualified.

Summary

Race category	Best Practice Kit	Race organiser options
Long A, Medium A, Long B	Obligatory #	May demand additional kit e.g. bivi bag
Short A, Medium B, Short B, Long C, Medium C, Short C	Recommended	May relax requirements with conditions

# i.e. Waterproof whole body cover + hat + gloves + map + compass + whistle (+ food). No exceptions.

14 HYPOTHERMIA

Hypothermia is dangerous. Most of the deaths in fell races have not been caused by injury but by hypothermia.

Competitors and organisers should be aware that if injury to runners causes them to stop or slow to a walking pace then body heat is lost quickly. In cold, wet or windy weather the onset of hypothermia can be very rapid unless sufficient warm clothing is worn. This fact should influence decisions on the extra equipment runners should be required to carry in poor or unsettled weather conditions. If necessary, the fact that the weather creates a high risk of hypothermia should be stressed to competitors.

An Appendix **HYPOTHERMIA** summarises key facts for organisers and competitors.

**Hyperthermia** can also be a risk for runners and runners /organisers should be conscious of the need to carry/provide sufficient fluids.

## 15 RACE MARSHALS

Race marshals should:

- \* be experienced fell walkers or runners who are dressed and equipped to withstand severe weather conditions over a prolonged period.
- \* carry first aid and sustenance, as appropriate, depending on such factors as the length, severity and remoteness of the event, to help competitors in an emergency.
- \* have a thorough understanding of the race organisation's monitoring procedure and have tested any communications system (e.g. radio, mobile phone) in use. Reliable communication between checkpoint marshals and race control is more important than siting marshals at "landmark" checkpoints that suffer from inadequate communications.

Dependent on:

- \* The length and severity of the race
- \* The remoteness and altitude
- \* The available communications
- \* What other forms of shelter exist

Critical checkpoint marshals MUST be:

- \* Able to contact race control
- \* equipped with some form(s) of shelter: a tent and/or a KISU (Karrimor Instructor Survival Unit for sheltering several mutually warming people) and/or a 'Blizzard' emergency bag (reflective insulated bag for one person).
- \* Prepared and able to gather and accurately record competitors' race numbers, and ideally times.

If for any reason (e.g. weather conditions), the monitoring procedures cannot be carried out as planned then race control MUST be informed.

The role of race marshal carries great responsibility for the safety of runners and in extreme circumstances the demands are unlikely to be met by a single person. It is essential that marshals receive the same "briefing" because of the likelihood that they will be communicating directly with each other and that the documentation used to record runner numbers is in the same format as that used by the race headquarters team (e.g. numbered grids). Race organisers should consider whether two (at least) marshals operating fewer checkpoints provides for better runner safety than more single-manned checkpoints.

## Part 2 FRA RULES FOR COMPETITION

## NOTE TO ORGANISERS

*Failure to comply with the FRA Rules for Competition could invalidate an organiser's FRA Membership or Race Permit.*

### INTRODUCTION

These Rules have been drawn up for the conduct of the sport of fell-running. They apply to competitors, organisers and clubs who wish to compete under the auspices of the FRA. When a fell race is held in compliance with these Rules, registered and advertised as such, then the race will be recognised by the FRA as being an "official FRA fell race." This recognition involves publication of the race details in the FRA Calendar, "The Fellrunner" magazine or on the FRA website and payment of the appropriate registration fee. This will ensure that the race is deemed to have a permit and is covered by UK Athletics insurance.

### DEFINITION ONE: "OFFICIAL FRA FELL RACE"

An "official FRA fell race" is one held under FRA Rules for competition and UKA Rules for competition in so far as they concern fell-running.

### DEFINITION TWO: RACE CATEGORIES

A fell race is one run on fell, hill or mountain terrain and shall be categorised as follows:

#### Category "A"

- a. Should average not less than 50 metres climb per kilometre
- b. Should not have more than 20% of the race distance on road.
- c. Should be at least 1.5 kilometres in length.

#### Category "B"

- a. Should average not less than 25 metres climb per kilometre.
- b. Should not have more than 30% of the race distance on road.

#### Category "C"

- a. Should average not less than 20 metres climb per kilometre.
- b. Should not have more than 40% of the race distance on road.
- c. Should contain some genuine fell terrain.

### DEFINITION THREE: RACE LENGTH CATEGORIES

- a. A category "L" (long) race is 20 kilometres or over.
- b. A category "M" (medium) race is over 10 kilometres but less than 20 kilometres.
- c. A category "S" (short) race is 10 kilometres or less.

#### DEFINITION FOUR: CLUBS

A “club” as referred to in these Rules indicates a club which is affiliated to a UKA Regional Association.

#### DEFINITION FIVE: NATIONAL COMMITTEES

For the purpose of Rule 3 the term “National Committees” refers to:-

- a. Fell Runners’ Association (England).
- b. Northern Ireland Mountain Running Association.
- c. Scottish Athletics Hill Running Commission.
- d. Welsh Athletics.

#### RULE ONE

UKA Rules for Competition - Effective from 1st April 2012 (ISBN 978-0-9547401-2-2): Rules 1-24 apply to fell-running.

#### RULE TWO

In fell-running, a veteran is a man or woman aged 40 or over on the date of competition.

#### RULE THREE

All official UKA fell races must be registered with the National Committee of the Territory or Home Country in which the event takes place. Registration with the FRA will be affected by supplying the Fixtures Secretary with relevant details of the race on the form provided and by its subsequent appearance in the Fixtures Calendar or in “The Fellrunner” magazine or on the FRA Website. A nominal charge may be made to cover Calendar publication.

#### RULE FOUR

“Official FRA fell races” must be advertised and decided under FRA and UKA Rules for Competition. Such advertisement may be abbreviated to read “under FRA Rules.”

#### RULE FIVE

All “official FRA fell races” must be organised to comply with the FRA Safety Requirements for Fell Races.

#### RULE SIX

All competitors must obey the FRA Rules for Competition and any additional rules drawn up by the race organisers for each fell race.

#### RULE SEVEN

No runner may take part in any fell race without having entered the race in accordance with the rules and procedures.

#### RULE EIGHT

All competitors must ensure that if they retire from a fell race for any reason the fact is reported as soon as possible to the race officials, including those at the finish. Race organisers MUST report infringements of this rule to the FRA Secretary.

#### RULE NINE

- a. Team events: Runners may count in competition for their first claim fell-running club only, which may be different from their first claim road, cross-country or track club if that club does not cater for fell-running. To be eligible to count in British and English Championships, English clubs must be affiliated to England Athletics and English athletes must be registered with England Athletics OR be members of the FRA.
  
- b. Club membership: UKA Rule 5 regarding club membership and first claim status applies to all athletes. Information about the waiting period required between ceasing membership of a club and competing as a team member of another club is given in UKA Rule 5. (Note that this does not prevent an athlete running for another club immediately on resigning from his previous club, simply that he cannot count for them in a team during the waiting period.)

Claims for exemption from this Rule may be made to the appropriate Regional Eligibility Committee in accordance with UKA Rule 6.

#### RULE TEN

Race organisers must stipulate age limits for their events but the following maximum distance limits for juniors must be observed.

Ages as on the day of the race.

For FRA Fell Races the minimum age for competition is six years.

Under 8-	1 kilometre
Under 10 -	2 kilometres
Under 12 -	3 kilometres
Under 14-	5 kilometres
Under 16-	7 kilometres
Under 18-	10 kilometres

For paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or guardian of the junior runner. The minimum age for the junior runner is 14, and the following straight line distance limits must apply for each day of the event.

Under 16-	20 kilometres
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Under 18- 25 kilometres

RULE ELEVEN

The FRA executive committee is empowered to take whatever action is deemed necessary on a report in writing of the breach of any of these Rules by competitors or organisers at an “official FRA fell race.”

There is a right of appeal to UK Athletics.

The following time scales shall be adhered to in any such process:

- a. Notification shall be in writing to the FRA Secretary within fourteen days of the event in question.
- b. The FRA executive shall investigate and conclude its findings and make a decision within seven weeks of the event in question.
- c. Notification of the FRA’s decision will be given in writing to the parties concerned within eight weeks of the event in question.

The above are maximum time scales; the process would be expedited as rapidly as possible, hopefully in a briefer time span than outlined above.

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Senior Entry Form

Junior Entry form

Parental Consent Form for Junior Fell Runners

HYPOTHERMIA

NB This whole of this document is located on <http://www.fellrunner.org.uk/pdf/committee>

GWB 1<sup>st</sup> September 2013