

Inter Counties Fell Championships 2014



Sunday 18th May from 11:00 am

Extensively marked and marshalled off-road route from Witton Park and based on laps of the area between Witton and the summit of Billinge Woods.

**Witton Park
Blackburn**

Postcodes for Car Parking BB2 5LE Tower Road or BB2 2TA Cartmel Road

11:00 U16 & U18 Girls 5.75km / 240m

11:30 U16 & U18 Boys 5.75km / 240m

12:00 Senior Women 9.97km / 390m

13:00 Senior Men 13.6km / 534m

All these races are international trial races - see FRA website for further info.

The Senior Races are also race 1 for Men and Women in the 3 race British Athletics Mountain Running Challenge Series

Individual Race Entry Form

Race 1: 11:00 U16 / U18 Girls @ £4

Race 2: 11:30 U16 / U18 Boys @ £4

Race 3: 12:00 Senior Women @ £5

Race 4: 13:00 Senior Men @ £5

Please add "X" in the box adjacent to the event entered

Athlete's Name:

Date of Birth:

Address:

Age on Day:

Postcode:

Club:

Phone Number:

Emergency Contact Person:

Phone Number:

I understand that this race is held in accordance and that I have familiarised myself with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the organiser. 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 Organiser's liability for causing death or personal injury by negligence I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed :

Date:

If under 18, the form needs to be signed by a parent or guardian

NB. You need to be prepared to carry waterproof jacket, trousers and a whistle in the event of severe weather.

Entry on the day only in cash.