SENIOR RACE ENTRY FORM : AUSTWICK AMBLE FELL RACE

8 miles and 1200 ft ascent

Registration is open from 10:15am. Senior Race starts at 1:00pm. Entry fee payable on the day is £10.00
Course is partially marked with flags. Please refer to the route map on the board. There are 6 manned checkpoints on the course. Please ensure that you shout out your number to the marshals as you pass.
Please keep to the recommended route and report through every checkpoint.
Please make sure that you report to the finish, and advise a marshal if you retire.
Drinks will be available at checkpoint 5 and also on the green at the finish. Other refreshments will be available during the day in the hall and in the Street Market.

RACE NUMBER_____

FULL NAME (**BLOCK CAPS PLEASE**)_____

ADDRESS_____

_____POSTCODE_____

PHONE NUMBER_____VEHICLE REG_____

Email address   _____

CLUB_____DATE OF BIRTH_____

CATEGORY (Circle below as appropriate)

MALE	**MSEN**	**M40**	**M50**	**M60**	**M70**
FEMALE	**WSEN**	**W40**	**W50**	**W60**	**W70**

EMERGENCY CONTACT:

   NAME_____PHONE_____

- 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". 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).

   Signed_____DATE_____

   PHONE NUMBER_(if different from emergency number given above)_____