

Cop Hill Fell Race



Sunday 4th November 2018 - 10.30 start

Meltham Sports and Community Centre, Mean Lane, Meltham HD9 5QT

A multi terrain trail, two lap course, covering approx. 6.1 miles.

Minimum age of entry is 17. Run by Meltham A.C. under FRA rules.

Open to all Individual, Vets and Team prizes.

Incorporating the YVAA Fell Championships

(usual 5 year age categories for all YVAA affiliated club members)

£5 (affiliated). £7 (non-affiliated)

Cop Hill Fell Race incorporating YVAA fell championships

Full Name: _____ Club: _____ DoB: _____ Age: ____

Category (Please circle below as appropriate)

* **WOMEN:** WU23 WSEN W40 W45 W50 W55 W60 W65 W70

* **MEN:** MU23 MSEN M40 M45 M50 M55 M60 M65 M70

Address: _____ Postcode: _____

Phone No. _____ Vehicle Registration _____

Emergency Contact: _____ Phone No: _____

Email Address (optional not mandatory): _____

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 _____

Competitor or, **if under 18**, Parent/Legal Guardian or refer to Parental Consent Form