

Fell Running - Requirements for Runners (the “Runners’ Rules”)

The following Runners Rules apply to runners in FRA-registered races and events, and you will be expected to have read them, and to agree to comply with the requirements, as a condition of entry.

Know what you are in for.

You must be confident you are capable of completing any race you enter.

Races are categorised as A (hardest) to C (milder) on the basis of the amount of climb, and long, medium or short on the basis of distance. Races may also be designated ‘experience required’ (ER), or ‘navigational skills required’ (NS). Most race routes are not flagged except at critical points such as the start and finish and, indeed, part of the challenge of fell racing is to find the optimum route between the compulsory check-points. Fell runners are expected to be able to find their way round the course, whatever the weather. If you have any questions about a race route you should consult the Race Organiser for further information. The best way to be confident is to recce the course, and to have planned escape routes.

Comply with the Race Rules.

Race Organisers may introduce special requirements to suit their particular race (for example additional equipment, time limits, previous experience criteria), and these must be obeyed.

Use appropriate kit for the course and conditions.

You must carry at least the equipment specified by the Race Organiser. For FRA-registered AL, AM and BL races this will always include as a minimum the ‘best practice kit’:-

- **Waterproof whole body cover, hat, gloves, map of the route, compass, whistle, emergency food.**

Your waterproof whole body cover must have taped seams and an attached hood. The Race Organiser may check your kit before you are allowed to start, during the race or at the finish. If the kit list can be relaxed it will be, but don’t risk being turned away from the event. Runners often question whether this level of kit is necessary – the kit is not needed when you are running strongly, but if you have to stop because of injury or tiredness it could be a life-saver.

Race Numbers

Wear your race number on your chest, and show it to marshals at check-points.

The race number is an essential part of running the race, to check that runners don’t skip a checkpoint, and to keep track of runners who are lagging behind or have dropped out of the event. If you put on a cagoule over your number be prepared to uncover it to show to race officials at checkpoints, so that the number can be

recorded. Don't fold or cut down numbers as this makes reading them more difficult, and also conceals the sponsor's name.

Retirement

When you have registered for a race, you must inform the Race Organiser if you don't complete it, for any reason.

After you have registered with the race organisation (normally this means collecting your number before the start) you are officially 'in the race'. You must report to the Race Organiser or an official at the finish if you drop out for any reason at any time – deploying Mountain Rescue to find someone who is in the pub will not make you popular. Look out at the start for any specific retirement procedures introduced by the Race Organiser.

Juniors

A parent or legal guardian must consent to junior runners' race entries, and agree to the conditions of entry.

Juniors are those under 18. Consent by parent or legal guardian can be given by a signature on the event entry form, or by bringing a completed and signed parental consent form to the event.

The distances for Junior Fell Races are limited according to the age of the runner (as given in the Rules). Race Organisers will endeavour to match the difficulty of the course with what can reasonably be expected from fell runners of the relevant age, however runners and their parents must accept the inherent risks, and be responsible for determining whether the junior has the skills fitness and equipment to participate.

Junior runners should bring a waterproof top to all races, and should remember that when participating in a Senior race they may have to carry the full kit, as required for the Senior runners.

Personal Conduct

Behave respectfully to other competitors, race officials and members of the public sharing the same area of countryside.

Fell runners should adhere to the Country Code, for example the need to shut gates which you opened, and not to damage dry-stone walls by climbing them. Respect private property and other users of the fells.

Disciplinary action

The Race Organiser can exclude you from the race if you do not observe their race requirements and these "Runners' Rules".

The FRA may take disciplinary action such as banning a competitor from future races, and your club may also impose sanctions if your actions reflect badly on them.

Absolute 'no-nos' are quitting a race without telling the Organiser, running in someone else's vest number, or cheating on the kit requirements. Please 'do your bit' to make the race safe and enjoyable for all.

Hypothermia

You must be aware of the basics of hypothermia, the symptoms, treatments and how to avoid it.

Hypothermia is dangerous, and has been the cause of several deaths in fell running. If injury or exhaustion causes you to stop or slow down, then body heat will be lost quickly in cold wet or windy weather, and the onset of hypothermia can be very rapid unless sufficient clothing can be worn. You may also recognise hypothermia in other runners.

You should refer to the hypothermia section on the FRA web-site (or one of the many other sources of information) to become familiar with the symptoms and the actions to be taken.