

The “Runners’ Rules”

EVFC races are licensed by the Fell Runners Association (FRA) and are subject to the FRA “Runners’ Rules”. You are expected to have read these rules, and agree to comply with them as a condition of race entry.

These rules should be read in conjunction with the FRA Rules for Competition.

1. Know what you are in for – you must be confident you are capable of completing any race you enter.
2. Comply with the Race Rules.
3. Use appropriate kit for the course and conditions.
4. Race numbers: wear your race number on your chest and show it to marshals.
5. Retirement: when you have registered for a race, you must inform the Race Organiser if you don’t start or don’t complete the race, for any reason.
6. Junior: a parent or legal guardian must consent to junior runners’ race entries and agree to the conditions of entry. *Juniors are those aged under 18 on the day of the race.*
7. Personal conduct: behave respectfully to other competitors, race officials and members of the public sharing the same countryside.
8. Disciplinary action: the Race Organiser can exclude you and the FRA can ban you if you do not observe race requirements and these “Runners’ Rules”.
9. Hypothermia: you must be aware of the dangers of hypothermia, its symptoms, its treatment, and how to avoid it.

FRA races are categorised as:

- A (hardest) to C (milder) on the basis of the amount of climbing.
- Long (L), Medium (M), or Short (S) based upon the distance.

All FRA races strictly prohibit the use of electronic devices using aids such as GPS for navigation.

You may carry such a device for use in an emergency situation only, but if used – even momentarily for repositioning – then you must retire from the race and declare yourself non-competitive to the race organiser.