

Rules for UK British Fell & Hill Relay Championship 2017

- All competing clubs must be affiliated to UK Athletics.
- Each team will consist of six runners:
 - Leg 1 – Solo (8.8km ascent 632m)
 - Leg 2 – Pairs (14.9km ascent 900m)
 - Leg 3 – Pairs (navigation leg)
 - Leg 4 – Solo (8.2km ascent 632m)
- Runners can only compete in a single leg (no ‘doubling up’).
- Runners should be the ones declared (i.e. no unauthorised substitution).
- Team members must be first claim members for their club, and wear the club vest.
- For Legs 2 and 3, pairs must remain in contact at all times and finish together.
- Team members must be experienced fell runners who have run in at least two category ‘A’ fell races.
- The organisers reserve the right to refuse entry to any club failing to fulfil these criteria. Experience of team members may be checked against available results databases.
- This event is a senior competition for athletes aged 18 and over, but following consultation with the race referee, team captains may enter a suitably experienced 16-17 year old runner on Leg 4 which will be flagged and marshalled to the standard required for junior races.
- Navigation skills will be required on Leg 3, and may be required in poor weather on Legs 1 and 2.
- Team Captains are responsible for ensuring that ALL team members are suitably qualified and experienced to compete in their respective leg. Team Captains are responsible for ensuring that they declare all of their team members, including name and date of birth, before the closure of the online team declaration window.
- FRA rules for competition and the FRA safety requirements for fell races will apply throughout the event.

- Full FRA kit requirements will apply irrespective of weather conditions, though late October in Llanberis can see anything from weak sunshine to blizzard conditions.
- Each team member is responsible for dinging (punching) the RaceTek unit at each control point. Teams failing to punch the correct set of controls on all 4 legs will be disqualified. After holding the RaceTek band to the control unit it must be held there until 1 flash is seen and 1 beep is heard. Removing the RaceTek band too quickly will result in a miss punch and subsequent team disqualification. Be aware that other control units at the same control site will also be beeping as they are punched.
- All competitors must have read & accept the following standard FRA disclaimer statement:

I understand that this race is held in accordance with both the Rules and Safety Requirements of the F.R.A. I confirm that I am aware of the organiser's information and requirements in connection with this race, & that I have read, & will abide by the rules set out in the Safety Rules document. 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 myself or my property arising out of my participation in this race.

CARRYING KIT

- **Rule 9 of the FRA Safety Requirements will be enforced**
- **Every competitor on every leg must carry:**
 - **Windproof whole body cover**
 - **Other body cover appropriate for the weather conditions (waterproofs/hat/gloves)**
 - **Map (provided) and compass suitable for navigating the course**
 - **Whistle**
- It is the responsibility of the team captains to ensure that their team members are aware of this rule and comply with it. Non-compliance will result in disqualification.
- Kit checks will take place in a holding pen before the start of each leg, so runners will need to allow time for this to occur before commencing their leg.
- **NO KIT NO RACE!**
- **All Leg winners and at least 10% of other competitors will have their kit checked on completion, and any transgression of the kit requirements imposed on the day WILL result in team disqualification.**