



Eden Runners



McCain's Mountain Challenge

INTERNATIONAL OPEN UPHILL FELL RACES

22nd September 2012

These are Uphill Fell Races starting at Melmerby and finishing at the top of Hartside.
There are five races –

| | | | |
|-------|------------------|----------------------------------|------------------|
| 12.00 | Under 16 (Girls) | (Age 14 and 15 as at 01.01.12) | Distance 4.3 km |
| 12.30 | Under 16 (Boys) | (Age 14 and 15 as at 01.01.12) | |
| | Under 18 (Girls) | (Age 16 and 17 as at 01.01.12) | Distance 4.3 km |
| 13.00 | Under 18 (Boys) | (Age 16 and 17 as at 01.01.12) | Distance 6.3 km |
| 13.30 | Senior Ladies | (Age 18 and over as at 01.01.12) | Distance 10.0 km |
| 14.00 | Senior Men | (Age 18 and over as at 01.01.12) | Distance 10.0 km |

The races are the final races in the McCain's Mountain Challenge and the Junior Races are the British Championships. The races are open to anyone to enter.

Entry is all pre-entry and forms should be sent in by 16th September.

All entrants should report on the day for numbers etc at the Village Hall in Melmerby.

Cars should be parked where directed. Parking is limited and it is asked that people share transport where possible.

The starts for the Under 16 and Under 18 races are outside Melmerby. Buses will be available to take runners to the starts and instructions will be given to runners as to where and when to assemble for the buses, up to ½ hour before the start of the races. There is limited parking at the starts and cars for non-officials should not be taken there.

The courses will be well flagged.

Runners should dress accordingly for the conditions and should be prepared to carry full windproof body cover if required.

The races will finish at the top of Hartside, where there is the road access and there will be refreshments and buses to transport runners back to Melmerby. Runners can run back if they wish. Anyone taking their vehicle to the top of Hartside is asked to park in the car park on the left / north side of the road about 100 metres beyond the summit and walk back to the finish.

There will be a presentation of prizes in the Village Hall at 16.00.

Details of accommodation in the area will be available on the website www.edenrunners.co.uk.

Details of the course will be available on the website www.edenrunners.co.uk – please note there will be limited access to part of the senior course prior to race day

Entry is £8.00 per person.

There is also a tee-shirt for the event for each competitor – please indicate size and colour preference accordingly.

To enter please complete an Entry Form and for Juniors have Parents Consent Form completed and send to Ron Kenyon, 30 Wordsworth Street, Penrith, Cumbria, CA11 7QY together with payment – cheques should be made payable to “Eden Runners”.

The results will be displayed on the websites www.edenrunners.co.uk and www.ukresults.co.uk

Further information from - Ron Kenyon, 30 Wordsworth Street, Penrith, CA11 7QY
Telephone 01768 864728 – Email ron@jaggedlakes.plus.com



Eden Runners



McCain's Mountain Challenge

INTERNATIONAL OPEN UPHILL FELL RACES - 22nd SEPTEMBER 2012

RACE NUMBER _____

SENIOR RACE ENTRY FORM

AGE 18 AND OVER AS AT 1ST JANUARY 2012

FULL NAME _____

ADDRESS _____

POSTCODE _____

PHONE NUMBER _____ VEHICLE REGISTRATION _____

EMAIL _____

CLUB _____

DATE OF BIRTH _____

AGE ON 1ST JANUARY 2012 _____

TEE-SHIRT DETAILS (Circle below as appropriate)

| | | | | |
|--------|-------|------------|-------|-------------|
| SIZE | SMALL | MEDIUM | LARGE | EXTRA LARGE |
| COLOUR | RED | LIGHT BLUE | ZINC | YELLOW |

EMERGENCY CONTACT:

NAME _____ PHONE NUMBER _____

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE 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 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.

SIGNED _____ DATE _____

PHONE NUMBER _____ (if different from emergency contact number given above)

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McCain's Mountain Challenge

INTERNATIONAL OPEN UPHILL FELL RACES - 22nd SEPTEMBER 2012

RACE NUMBER _____

JUNIOR RACE ENTRY FORM

FULL NAME _____

ADDRESS _____

POSTCODE _____

PHONE NUMBER _____ EMAIL _____

CLUB _____

DATE OF BIRTH _____

CATEGORY - AGE ON 1ST JANUARY 2012 (Circle below as appropriate):

| | | |
|------|-----|-----|
| BOY | U16 | U18 |
| GIRL | U16 | U18 |

TEE-SHIRT DETAILS (Circle below as appropriate)

| | | | | |
|--------|-------|------------|-------|-------------|
| SIZE | SMALL | MEDIUM | LARGE | EXTRA LARGE |
| COLOUR | RED | LIGHT BLUE | ZINC | YELLOW |

ACCOMPANYING ADULT OR OTHER EMERGENCY CONTACT:

NAME _____ PHONE NUMBER _____

VEHICLE REGISTRATION _____

PARENTAL CONSENT

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE 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 ACCEPT THE HAZARDS INVOLVED IN FELL RUNNING AND ACKNOWLEDGE THAT MY CHILD ENTERS AND RUNS THIS RACE AT MY RISK. ALTHOUGH THE ORGANISER TAKES PRIMARY RESPONSIBILITY FOR THE SAFETY OF JUNIORS, I CONFIRM THAT I UNDERSTAND THAT THE ORGANISER ACCEPTS NO LIABILITY TO ME FOR ANY LOSS OR DAMAGE OF ANY NATURE TO MY CHILD OR OUR PROPERTY ARISING OUT OF HIS/HER PARTICIPATION IN THIS RACE OTHER THAN THE ORGANISER'S LIABILITY FOR CAUSING DEATH OR PERSONAL INJURY BY NEGLIGENCE.

SIGNED _____ DATE _____

Parent/Legal Guardian (Signature not required if valid Parental Consent Form presented)

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

PARENTAL CONSENT CONFIRMED BY (Please tick as appropriate):

RACE ENTRY FORM _____ PARENTAL CONSENT FORM _____ OTHER _____ (Specify below)



Eden Runners



McCain's Mountain Challenge - 22nd September 2012

PARENTAL CONSENT FORM FOR JUNIOR FELL RUNNERS

RACE NUMBER _____

PART 1 - CHILD'S DETAILS

First name: _____ Last name: _____

Date of birth: _____

Address: _____

Postcode: _____

Relevant medical information (any conditions requiring treatment, medication, allergies):

Any other relevant information (e.g. dietary):

PART 2 - PARENT'S OR LEGAL GUARDIAN'S DETAILS

Name: _____ Relationship to child _____

Telephone numbers: (Landline) _____ (Mobile) _____

Alternative emergency contact:

Name: _____ Tel number: _____

PART 3 - PARENTAL CONSENT

(1) I consent to my child, whose details are set out in Part 1, taking part in McCain's Mountain Challenge on 22nd September 2012.

(2) I understand that fell races are held in accordance with both the rules and safety requirements of the FRA and that activities are carried out in accordance with the FRA Welfare Policy.

(3) I accept the hazards involved in fell running and acknowledge that my child takes part in these activities at my risk. Although the organisers take primary responsibility for the safety of children in these activities, I confirm that I understand that they accept no liability to me for any loss or damage to my child or our property arising out of his/her participation, other than the organiser's liability for causing death or personal injury by negligence.

(4) In the event of any illness/accident during these activities, I consent to any necessary medical treatment being administered to my child, including anaesthetics.

Signed: _____ (Parent/legal guardian) Date: _____

For Juniors to enter please complete an Entry Form and Parents Consent Form and send to Ron Kenyon, 30 Wordsworth Street, Penrith, Cumbria, CA11 7QY together with payment - cheques should be made payable to "Eden Runners".