

Junior Sprint Fell Relays, Ilkley Moor

Mass start at 6pm

Details: Near Darwin Gardens, Wells Rd, Ilkley. Registration from 5pm.

Teams of 4: £4 per team: course is 4 laps of the U9 Fell course (0.5mile) with the first lap 100m longer; 3 categories – all boys, all girls and mixed (2 of each); 2 competitions – Younger (6 to 10 years) and Older (11 to 14 years); Younger boys / girls can be competitive in the older competition. Ice pop to all finishers. Medals to winning team in each category in both competitions. Please note in order to be awarded a medal an individual can only be competitive in ONE team and for the team to be awarded medals all 4 runners must be competitive.

Team Name:.....

Category (circle one) all boys all girls mixed (2 of each)

Competition (circle one) Younger (6 to 10 yrs) Older (11 to 14 yrs)

Competitive or non-competitive team (circle one) – see note above

Runners Names (in running order) – AGE ON THE DAY

Leg 1..... Age.....

Leg 2..... Age.....

Leg 3..... Age.....

Leg 4..... Age.....

Notes

The junior relay course is flagged and marshalled, however parents / accompanying adult must be happy with the course and confident that all the children within the team are capable of running in the race. A parent / accompanying adult should read and sign the FRA disclaimer below on behalf of all the juniors within the team.

FRA Disclaimer

I understand that this race is held in accordance with both the Rules and the 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 in 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 the race.

Signed (adult).....

Print name.....