

FRA Requirements and Rules for Race Organisers, 2015 and 2016

1. FRA Race Requirements

The Race Organiser must agree to carry out the following actions, as a condition of registration of the event with the FRA:-

1. Consider, and take appropriate steps to minimise, foreseeable risks to all participants (whether as competitors, helpers or members of the public affected by the event) where this is reasonably practicable and where the risks are not inherent in fell running.
 2. Differentiate between Seniors and Juniors, and between all participating age groups of Juniors, in determining what steps should be taken to minimise such risks.
 3. Take all reasonable steps to contact landowners/tenants and anyone else with an interest in the land on the race route prior to the event, and take their comments or requirements into account.
 4. Limit the number of competitors to a level which is reasonably manageable and which is acceptable in terms of environmental impact.
 5. Use the FRA entry form, or a form collecting at least the same information. The form must be completed by all runners admitted into the event, or by an adult on behalf of juniors. Entrants must agree to the stated conditions and rules.
 6. Publicise or display certain information about the event, including:-
 - a. In general publicity - The nature of the event, the severity and type of terrain and the suitability or otherwise for novices. The nature of any Junior category races.
 - b. On or before race day – The FRA 'Fell Running - Requirements for Runners', the route, the equipment to be carried and a local weather forecast for the day. Specific Race Rules (if any) covering course requirements (such as 'out of bounds' areas or unusual obstacles), retirement procedures, closing times for checkpoints and for the finish.
- Copies of the [FRA 'Hypothermia' leaflet](#), or an equivalent, should also be available.
7. Decide before the event on criteria either for abandonment of the event, or for the use of a pre-planned alternative 'bad weather route'.
 8. Require competitors to carry the FRA 'Best Practice Kit' in AL, AM and BL races, including relays, mountain marathons and orienteering-style events. (see Table 1). The Race Organiser may make a local decision on kit requirements for other categories of races.
 9. Provide a waterproof identifying vest number or number card to be worn by competitors.
 10. Use a robust system for counting race starters and finishers, with a backup check system to resolve any counting issues on the day. Examples are given in the 'Guidelines'.
 11. Run the event in accordance with section 2 'Rules for Competition' and with any specific information or assurances given to the FRA Fixtures Secretary.
 12. Put in place and direct a team of competent helpers of sufficient size to meet these requirements and be available at all times during the event. If personal availability is not possible a Deputy must be appointed.
 13. Report to the FRA Secretary any incidents a) requiring FRA action, b) which might result in an insurance claim, or c) involving an injury requiring hospital treatment. Good practice is also to report any learning from the event which might help other Race Organisers in similar circumstances. The FRA Incident Report Form has more details
 14. Complete an event check list prior to the event, to be made available on request, and retain a signed copy for three years.

Table 1 – Mandatory kit requirements for Fell Race competitors

Best Practice Kit comprises:- Waterproof whole body cover (taped seams and attached hood) + hat + gloves + map + compass + whistle + emergency food	
Race Category	Race Organiser Requirements
Long A, Medium A, Long B For relays use the category of the longest leg for all legs. For orienteering events and mountain marathons use the shortest possible course which would complete the event.	'Best practice kit' is mandatory. ROs may add additional kit e.g. bivi bag

2. Rules for Competition

FRA races take place under the UK Athletics (UKA) 'Rules for Competition':-

- Rules 1 – 24, which apply to all athletics events and
- Rules 400 – 412 'Fell and Hill Running'

These rules can be found in full in the UKA publication 'Rules for Competition', or from their website. Rules 400 – 412 (in so far as they differ from the 'FRA Race Requirements') are summarised here.

Definitions

Fell Races shall be categorised according to severity and length as follows:-

- Severity/climb categories:-

Category A	Category B	Category C
Should average not less than 50 metres climb per kilometre Should not have more than 20% of the race distance on road. Should be at least 1.5 kilometres in length.	Should average not less than 25 metres climb per kilometre. Should not have more than 30% of the race distance on road.	Should average not less than 20 metres climb per kilometre. Should not have more than 40% of the race distance on road. Should contain some genuine fell terrain.

Race length categories

L (Long)	M (Medium)	S (Short)
20 kilometres or over	Over 10 but under 20 kilometres	10 kilometres or less

Rules

- In fell running, a veteran is a man or woman aged 40 or over on the date of competition.
- Team events: Runners may count in competition for their first claim fell running club only, which may be different from their first claim road, cross-country or track club if that club does not cater for fell running. To be eligible to count in British and English Championships, English clubs must be affiliated to England Athletics and English athletes must be registered with England Athletics OR be members of the FRA.
- Race Organisers must stipulate age limits for their events. The following maximum distance limits for juniors must be observed.

Ages as on the day of the race (not on 1st January). For FRA Fell Races the minimum age for competition is six years.

Under 8	Under 10	Under 12	Under 14	Under 16	Under 18
1 kilometre	2 kilometres	3 kilometres	5 kilometres	7 kilometres	10 kilometres

For paired Mountain Marathon style orienteering events, over one or two days, where one of the two runners is under 18, the other runner must be over 20 and must also be the parent or legal guardian of the junior runner. The minimum age for the junior runner is 14 and the following straight line distance limits must apply for each day of the event.

Under 16	Under 18
20 kilometres	25 kilometres

- The FRA executive committee is empowered to take whatever action is deemed necessary on a report in writing of the breach of any of these Rules by competitors or organisers at an “official FRA fell race.” There is a right of appeal to UK Athletics. The following time scales shall be adhered to in any such process:
 - Notification shall be in writing to the FRA Secretary within fourteen days of the event in question.
 - The FRA executive shall investigate and conclude its findings and make a decision within seven weeks of the event in question.
 - Notification of the FRA’s decision will be given in writing to the parties concerned within eight weeks of the event in question.
 - The above are maximum time scales; the process would be expedited as rapidly as possible, hopefully in a briefer time span than outlined above.
- Race entry fees for FRA-registered events shall be the same for all entrants in each category of event (senior, junior under 8, junior under 10 etc). Pre-entry and entry on the day may be charged at different rates. A small variation to allow for the different costs of on-line or credit card administration is permissible.