



Helm Hill Runners Senior Registration Form For the Kendal Winter League Series 2017



Please complete prior to first race

Name	Date of Birth
Club	Age as of 31 st December 2016
Address	
Telephone	Mobile
Vehicle Registration and Description	
Emergency Contact Name	
Emergency Contact Telephone Number	

Within the senior race there will be an **under 21 championship**. The senior race age categories are decided by your age at the start of the year, i.e. V40 will be 40yrs old on 31st December 2016 or before.

Male	Open	MU21	MV40	MV50	MV60	MV70
Female	Open	FU21	FV40	FV50	FV60	FV70

Do you have any medical conditions, special needs or disabilities we need to be aware of? Yes/No (delete)
Details:

Doctors contact details (optional) _____

Disclaimer:

I understand that the sport of fell running often involves races over steep, hazardous and uneven terrain; sometimes in adverse weather conditions. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. 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** _____

Competitor or, if under 18, Parent/Legal Guardian must sign

Duration of Consent 8th January 2017 – 30th April 2017

KIT REQUIREMENTS – ALL runners need to carry the required kit at all races. Seniors – full waterproof body cover, hat, gloves and whistle. Runners who do not carry kit will not be allowed to race, please note that if you are found not have the correct kit and you race you will be disqualified. Follow route, all races are flagged – please only use gates and stiles.