

Please note that ALL competitors in this race must have reached their 18th birthday by January 1st, 2019.

South Wales Regional Hill Running Championships – Entry Form

South Wales Region covers the local authorities of **Bridgend, Cardiff, Merthyr Tydfil, Rhondda Cynon Taf** and the **Vale of Glamorgan** but **NO LONGER** includes that section of Caerphilly Borough which was (up to 1996) part of the former county of Mid Glamorgan.

This Pentyrch Hill Race incorporates the South Wales Regional Hill Running Championships.

Competitors are eligible to score in these South Wales championships (at no additional entry fee) if you are a registered athlete AND satisfy both of these criteria:

1. You were **EITHER** (a) **BORN** in the region, **OR** (b) have **LIVED** in the region **CONTINUOUSLY** since July 29th, 2018, **OR** (c) you are currently studying at a school, college or university in the region, **AND**
2. You have **NOT** competed in the championships of another Welsh region – East Wales, North Wales or West Wales – nor of an English county since October 1st, 2018, **NOR** have competed **FOR** another Welsh region or English county since October 1st, 2018.

If you wish to enter the South Wales Regional Hill Running Championships, you must be a registered athlete AND please complete the sections below.

TICK ONE of the elements of Eligibility Criterion 1 (Birth or Continuous Residence or Student) plus Criterion 2.

An unattached athlete cannot be scored in these championships.

Criterion1 (Eligibility): I confirm that my eligibility is:			
Birth	<input type="checkbox"/>	If you tick Birth, please name your place of Birth within the region: Born at _____	
Or Continuous Residence	<input type="checkbox"/>	Or Student	<input type="checkbox"/>
		If you tick Student, please list your place of study _____	
Criterion 2	<input type="checkbox"/> I confirm that I have not competed in the championships of another Welsh region or English county since October 1 st , 2018, nor have I represented another Welsh region or English County since October 1 st , 2018.		

Please complete this form. It would be appreciated if you would PRINT legibly!!

Name: _____ **Race Number:** _____
(issued on the night at the event)

Date of Birth _____ **Welsh Athletics/UKA Registration number:** _____

Club Name: _____

AGE GROUP – Please circle your age group

WOMEN: **WU20** **WSEN** **W40** **W45** **W50** **W55** **W60** **W65+**
MEN **MU20** **MSEN** **M40** **M45** **M50** **M55** **M60** **M65+**

Email Address (optional): _____

Emergency Tel. No. _____ **Car Registration number** _____

- I accept the hazards inherent in hill running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with the 'Fell Running – Requirements for Runners'.
- I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association nor UK Athletics shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than death or personal injury as a result of their negligence).
- I accept that the Race Organiser may use photographic or video equipment for the purpose of monitoring the race and in any event report or publicity.
- I understand that my information will be stored by the Race Organiser until after next year's event and then deleted.

Signature of competitor: _____