

# **ARC COMPETITION RULES FOR FELL RUNNING**

## **NOTE TO ORGANISERS**

Failure to comply with the ARC Competition Rules for Fell Running could invalidate an organiser's insurance cover.

### **DEFINITION – RACE CATEGORIES**

A fell race is one run on fell, hill or mountain terrain and shall be categorised as follows:

#### **Category “A”**

- a) Should average not less than 250' (76m) climb/mile (1.6k)
- b) Should not have more than 20% of the race distance on road
- c) Should be at least one mile (1.6k) in length

#### **Category “B”**

- a) Should average not less than 125' (38m) climb/mile (1.6k)
- b) Should not have more than 30% of the race distance on road

#### **Category “C”**

- a) Should average not less than 100' (30.4m) climb/mile (1.6k)
- b) Should not have more than 40% of the race distance on road
- c) Should contain some genuine fell terrain

### **DEFINITION- RACE LENGTH CATEGORIES**

- a) A category “L” (long) race is twelve miles (19.3k) or over
- b) A category “M” (medium) race is six miles (9.6k) and over but under twelve miles (19.3k)
- c) A category “S” (short) race is under six miles (9.6k)

### **RULE ONE**

ARC Rules for Competition Rules 1-18 apply to Fell Running

### **RULE TWO**

In fell running, a veteran is a man or woman aged 40 or over on the date of competition.

### **RULE THREE**

All fell races held under ARC Rules must be registered with the ARC Permit Secretary before the event takes place. Registration is by application to the Permit Secretary with relevant details of the race on the form provided and by paying the appropriate Permit Fee.

### **RULE FOUR**

Fell races held under ARC Rules must be advertised and decided as under ARC Rules for Competition.

### **RULE FIVE**

All fell races held under ARC Rules for Competition must be organised to comply with the ARC Safety Requirements for Fell Races. A copy of these may be downloaded from the ARC website [www.runningclubs.org.uk](http://www.runningclubs.org.uk)

#### RULE SIX

All competitors must obey the ARC Rules for Competition and any additional rules drawn up by the race organisers for each fell race.

#### RULE SEVEN

No runner may take part in any fell race without having entered the race in accordance with the rules and procedures.

#### RULE EIGHT

All competitors must ensure that if they retire from a fell race for any reason the fact is reported as soon as possible to the race officials, including those at the finish.

#### RULE NINE

Race organisers must stipulate age limits for their events but the following maximum distance limits for juniors must be observed. Ages are as at 1<sup>st</sup> January in the year of competition.

- Under 8\* - 0.5 mile (0.8k)
- Under 10 - 1 mile (1.6k)
- Under 12 - 2 miles (3.2k)
- Under 14 - 3 miles (4.8k)
- Under 16 - 4 miles (6.4k)
- Under 18 - 6 miles (9.6k)

\* For ARC Fell Races, the minimum age for competition is six years.