

Race Kit

EVFC races are licensed by the Fell Runners Association (FRA) and are subject to the FRA “Runners’ Rules”. You are expected to have read these rules and agree to comply with them as a condition of race entry.

FRA races are categorised as:

- A (hardest) to C (milder) on the basis of the amount of climbing.
- Long (L), Medium (M), or Short (S) based upon the distance.

Rule 3 states: Use appropriate kit for the course and conditions.

The ‘FRA Minimum Mandatory Kit’ is the mandatory minimum kit for all AL, AM, and BL races.

Race Organisers may require it to be carried at other categories of event, and/or may require you to carry more kit than this, at their discretion.

The ‘**FRA Minimum Mandatory Kit**’ comprises:

- Waterproof whole body cover (with taped seams, and an integrated attached hood),
- Hat
- Gloves
- Map of the route (must be physical, not electronic) **
- Compass (must be traditional, non-electronic) **
- Whistle
- Emergency food

** Note: All FRA races strictly prohibit the use of electronic devices using aids such as GPS for navigation. *You may carry such a device for use in an emergency situation only, but if used – even momentarily for repositioning – then you must retire from the race and declare yourself non-competitive to the race organiser.*