

Frog Graham Round Ratification Form (ACW)

Contender's Name: _____

Date: _____ / _____ / _____

	Location	Split Time	Notes (If Any)
Start	<i>Keswick Moot Hall</i>	-	
1	Skiddaw		
2	Bassenthwaite Church		<i>Must touch churchyard wall</i>
3	Barf		
4	Lord's Seat		
5	Ullister Hill		
6	Grisedale Pike		
7	Hopegill Head		
8	Sand Hill		
9	Crag Hill		
10	Wandope		
11	Whiteless Pike		
12	Rannerdale Knotts		<i>Via Low Bank</i>
13	Low Ling Crag		
14	Mellbreak		<i>South summit</i>
15	Red Pike		
16	High Stile		<i>Wainwright 806m summit</i>
17	Horse Close		
18	Robinson		
19	Dale Head		
20	High Spy		
21	Catbells		
22	Otterbiel Island		
23	St Herbert's Island		
24	Rampsholme Island		
Finish	<i>Keswick Moot Hall</i>		

Start Time: _____

Finish Time: _____

Overall Elapsed Time: _____

Signature: _____

** Please send your completed ratification form to secretary@froggrahamround.co.uk along with a valid GPS trace and a short account of your round, details such as supporters, Strava links are all helpful. We'd also appreciate your age on the day of completion and any club you might belong to (run/swim/tri)