

## Frog Graham Round Ratification Form (CW)

Contender's Name: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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

Start Time: \_\_\_\_\_

Finish Time: \_\_\_\_\_

Overall Elapsed Time: \_\_\_\_\_

Signature: \_\_\_\_\_

\*\* Please send your completed ratification form to [secretary@froggrahamround.co.uk](mailto: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)