

Leap Frog Relay Ratification Form (ACW)

Team Name: _____

Leg One Name(s): _____

Leg Two Name(s): _____

Leg Three Name(s): _____

Leg Four Name(s): _____

Date: _____ / _____ / _____

	Location	Split Time	Notes (If Any)
Start	<i>Keswick Moot Hall</i>	-	
1	Skiddaw		
2	Bassenthwaite Church		<i>Must touch churchyard wall</i>
-	[Beck Wythop]*		<i>End of Leg One</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		<i>End of Leg Two</i>
14	Mellbreak		<i>South summit</i>
15	Red Pike		
16	High Stile		<i>Wainwright 806m summit</i>
17	Horse Close		
-	[Crag Wood]*		<i>End of Leg Three</i>
18	Robinson		
19	Dale Head		
20	High Spy		
21	Catbells		
22	Otterfield Island		

** 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)

23	St Herbert's Island		
24	Rampsholme Island		
-	[Calf Close Bay]*		<i>End of Leg Four</i>
Finish	Keswick Moot Hall		

*** Beck Wythop, Crag Wood and Calf Close Bay are not mandatory control points on the Frog Graham Round, but for the purposes of the Leap Frog Relay it is assumed these are where the contender(s) will complete their leg**

Start Time: _____ **Finish Time:** _____

Overall Elapsed Time: _____

Signatures:

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