**Ben Everest Challenge 2020 Entry Form** Participant’s Number

 (Office Use Only)

**Name: Date of Birth:**

**Home Address:**

**Mobile Tel: Email:**

**Health:**

Please state any health problems that may relevant for the Event:

Recent injuries?

Are you on any medication, and for what ailment?

Is there anything else we need to know about your physical well-being?

**Next of Kin Details:**

Name: Relationship to you:

Address:

Telephone:

**Please state any experience of outdoor activity relevant to this event:**

**For this Event, please give us an indication of your level of fitness.**

To what level can you maintain exercise for extended periods of time, for example, a day of hill walking?

**(Please circle)** 1. Good regular hill walking fitness 2. Sport and gym training

 3. Physical work environment 4. Gentle walking/dog walking

**"I have read the entry requirements, understand the kit I need, and expected timings. I also have read and understood the Participation Statement sent to me in my confirmation email and accept and understand it"**

**Signed: Date:**