

NAV4 BOOKING FORM – please complete and return to:

NAV4, Joe Faulkner, High Brow, Tirril, Penrith, Cumbria, CA10 2LS

Please book me a place on the NAV4 Training Weekend on _____.

Name _____

Address _____

_____ Postcode _____

Email _____ Phone Number _____

Please enclose a cheque (payable to 'Joe Faulkner') for £95 as a deposit. The balance of £125 is due upon receipt of the Final Details to be sent to you four weeks before the **NAV4** weekend.

NAV4 Questionnaire – your responses will help us plan your the weekend.

Do you consider yourself a : Runner [] Fell runner [] First time Mountain Marathoner []
MM Improver [] Adventure Racer [] Other _____

Please tick any that apply to you.

Please list any races or events you have participated in

Can you make an assessment of your skills as listed below ?:

Poor 1 2 3 4 5 6 7 8 9 10 Good

Map Interpretation

Use of Compass

Navigation/Route choice

Equipment Knowledge

Camp / Fell Craft Experience

Can you identify any specific weakness that you are aware of and wish to address ?

Is there any specific issue you would like to focus on ?

How did you hear about **NAV4** Weekends ?

Any other comment or question ?

Signed _____ Date _____

Your booking and responses are very much appreciated – I look forward to meeting you.