**TIME SHEET 2 ten-tops-tri [clockwise run]**

|  |  |  |
| --- | --- | --- |
| **PLACE** | **TIME**  | **WITNESS [sign,print,email address]** |
| **START SWIM** |  |  |
| **FINISH SWIM** |  |  |
| **START BIKE** |  |  |
| **1.HONISTER TOP** |  |  |
| **2.NEWLANDS TOP** |  |  |
| **3.WHINLATTER TOP** |  |  |
| **4.HARDKNOTT TOP** |  |  |
| **5.WRYNOSE TOP** |  |  |
| **6.KIRKSTONE TOP** |  |  |
| **FINISH BIKE** |  |  |
| **START RUN** |  |  |
| **7.SKIDDAW** |  |  |
| **8. HELVELLYN** |  |  |
| **9.SCAFELL PIKE** |  |  |
| **10.SCAFELL** |  |  |
| **FINISH!!!** |  |  |

**CONTENDER CONFIRMATION OF COMPLETION AS DETAILED ABOVE**

**NAME SIGNATURE DATE**

**I also confirm I rode out all the cycle climbs and wished to be considered as a record time [ ]** tick if appropriate