

**NAV+art BOOKING FORM** – please complete and return to:

**NAV+art, Joe Faulkner, High Brow, Tirril, Penrith, Cumbria, CA10 2LS**

**Please book me a place on the NAV+art Training Weekend in \_\_\_\_\_ 2008**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

Please enclose a cheque ( payable to 'Joe Faulkner' ) for £85 as a deposit. The balance of £80 is due upon receipt of the Final Details to be sent to you four weeks before the **NAV+art** weekend. Deposits are not refundable unless notified prior to this date.

**NAV+art Questionnaire** – your responses will help with planning 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, or outline your experience.

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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 **NAV+art** Weekends ?

Any other comment or question ?

Signed \_\_\_\_\_ Date \_\_\_\_\_

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