

(PLEASE DETACH THIS PAGE AND KEEP)

SIMPLY THE BEST

Are you at the peak of your physical fitness and enjoy a challenge, then this is the show for you !

Many thanks for your interest in taking part in ITV 1's exciting new Saturday night show **Simply The Best!** This is ITV's most ambitious programme for years and will no doubt dominate Saturday night viewing. The show, presented by Phil Tufnell and Kirsty Gallagher, mixes celebrities and contestants together in a showdown at sunset, and watched live by an audience of 1500 spectators, **Simply The Best** will be a summertime extravaganza, a clash of the titans from 14 of the UK's biggest cities.

Each week two teams, made up of six gym-fit contestants (with four standbys) will battle it out for a position in the finals through a series of obstacle courses, physical and mental games, and quizzes. Interspersing the contest will be live music from the biggest chart acts, and each team will be supported by four celebrities who have ties to the city, producing an eclectic mix of challenging physical events, live music and stylish quizzes.

We are going to be travelling around the country in April/May to hold open auditions to find the best contestants to represent their city. Audition venues are yet to be confirmed, but we will be visiting the following 14 cities :

London :	18th & 19th May	Leeds :	7th & 8th May
Manchester :	6th & 7th May	Liverpool :	4th & 5th May
Birmingham :	11th & 12th May	Cardiff :	26th & 27th April
Bristol :	29th & 30th April	Leicester :	14th & 15th May
Edinburgh :	30th April & 1st May	Glasgow :	27th & 28th April
Belfast :	13th & 14th May	Portsmouth :	17th & 18th May
Newcastle :	10th & 11th May	Sheffield :	3rd & 4th May

We will be looking for extremely physically fit and active people who enjoy a challenge. It all takes place in a specially designed arena in Jersey to be filmed during the month of July 2004. If you are chosen, we will cover your travel and accommodation costs. You will need to be available for a four-day stay in Jersey to allow for travel, rehearsing and filming. We will let you know the exact dates at the audition.

We have attached an application form for **Simply The Best** for you to complete and return **as soon as possible**. The more efficient you are at returning the forms the higher chance you have of appearing on the show! Once we have received your form, we will send you a confirmation letter with the audition details.

(If you need more copies of the application form feel free to photocopy it, email us at : contestant@itv.com or call our Contestant Hotline 0901 4880101 - calls cost 15p per minute, mobile call costs may vary.)


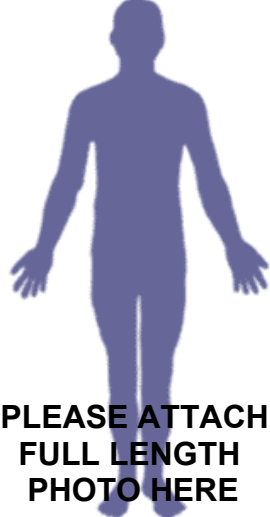
**We very much look forward to receiving your application form.
Now it's up to you to prove that you're Simply The Best !**

IF YOU HAVE ANY URGENT QUERIES PLEASE CALL 020 7612 0371

(PLEASE DETACH THIS PAGE AND KEEP)

SIMPLY THE BEST

CONTESTANT APPLICATION FORM

 <p>PLEASE ATTACH HEADSHOT PHOTO HERE</p>	 <p>PLEASE ATTACH FULL LENGTH PHOTO HERE</p>
---	---

Name: _____	Nickname: _____	
Address: _____ _____		
Age: _____	Date of birth: _____	Sex: _____
Nationality: _____		
Tel (day): _____	Tel (eve): _____	
Mobile: _____		
Email address: _____		
If you are applying as part of a team:		
Team Name:	Captain's Name:	

SPORTING BACKGROUND

- How do you keep fit? Please state how often you exercise.

- Do you play any team sports? Please state how often and if you play for a team/club.

- Please state any sport related qualifications and awards you have:

- Can you swim? Yes No

Please specify swimming level.

Excellent Good Average Poor

- Do you have any short or long term sports injuries?

PERSONAL DETAILS

- Height : _____ Weight : _____ Kg
- Waist Size: _____ Chest/Bust Size: _____ Shoe Size: _____
- Bicep size: _____ cm Thigh size: _____ cm

• Do you wear glasses?

Yes No

Contact lenses? Yes No

• Are you right-handed Left-handed

• Do you have any tattoos or piercings? If yes, please specify where and what of.

.....

• Do you have any special needs or disabilities? If yes, please give full details.

.....

• Describe yourself in 10 words

• What is your favourite hobby/pastime?

• Your best quality?

• Your worst quality?

DECLARATION

- Do you have a criminal record, or have any pending court cases?

Yes No

- If yes, please give full details:

TO THE BEST OF MY KNOWLEDGE I DECLARE THAT THE INFORMATION GIVEN IN THIS FORM IS TRUTHFUL AND ACCURATE AND I UNDERSTAND THAT COMPLETING THIS FORM DOES NOT GUARANTEE ME A PLACE ON SIMPLY THE BEST.

SIGNED

DATE

N.B. This information will be used to process your application for SIMPLY THE BEST and will no be disclosed to any other party. If you do not want this passed to any other production please tick here

**REMEMBER, THE SOONER YOU RETURN YOUR APPLICATIONS FORMS,
THE SOONER WE CAN PROCESS THEM.
PLEASE SEND COMPLETED FORMS ASAP TO:**

**SIMPLY THE BEST
ITV – 1ST FLOOR
35-38 PORTMAN SQUARE
LONDON W1H 6NU**

YOU CAN ALSO EMAIL THEM TO: contestant@itv.com

IF YOU NEED MORE COPIES OF THE APPLICATION FORM FEEL FREE TO PHOTOCOPY THIS FORM, CALL OUR CONTESTANT HOTLINE 0901 4880101 (calls cost 15p per minute, mobile call costs may vary) OR EMAIL US AT: contestant@itv.com

IF YOU HAVE ANY URGENT QUERIES PLEASE CALL 020 7612 0371