

BOB GRAHAM ROUND: 9-10 JUNE 1995

Letter of Application to Fred Rodgeron (secretary BG Club)

Dear Fred, Please find enclosed a copy of my schedule and application of a clockwise attempt on the Bob Graham completed last weekend.

I set off with six other contenders, all from Dark Peak Fell Runners at 7:00pm from the Moot Hall. All seven of us got round, no doubt you will be hearing from the others soon. We think this is a club record for seven successful contenders (historians in the club remember one other "seven" but one had already done it once before. We would be interested to know of other largish parties from another club that have got round.

The 7pm start followed by a "schedule perfect" ascent of Skiddaw later saw us descending Halls Fell still with enough light to move with confidence. The weather for the complete 24 hours was essentially dry and cool (good running weather). WE had almost a full moon which misted over a little on the Helvellyn ridge, torches were helpfull but not always crucial. It was only over Great gable, many hours later, that damp mist came in and made the rocks a bit wet and greasy.

Two failed attempts last year made me determined this year but early season flu kept me out of some long training runs. However, I managed our club's own 56 mile (15 hour) challenge plus a double length Helvellyn ridge run and contributed to a Pennine Way relay, notching 55 miles over two days.

Notwithstanding, I started, as always, doubting I had trained enough!

Food consumed during the attempt included H5, staminade, Isostar and water drinks with tea on the road crossings and the food: jam, cheese and pickle, bacon (not recommended) sandwiches, rice pudding, apple pie, fruit cake, malt loaf, fruitini, figs, cereal bars, apples and bananas, pastilles, dates, some chocolate (though not much in the last 8 hours). As the hours went by I had to fight a creeping sense of dehydration and I was immensely grateful to all the supporters, particularly those who did extra legs to bring water in.

I went OK-ish on the first two sections though suffering leg ache and stiffness after Steel Fell but began to pick up strongly coming into Wasdale. Yewbarrow was as bad as I always feared (!), with Kirkfell and gable proving equally challenging.

The descent into Honister killed the "quads" but it was delightful to be checked in knowing we had time to finish inside 24 hours. The last ascent up Dale Head seemed to take forever. The descent off Robinson exaggerated the pain and the road race (!) between five of us at the end had me gritting my teeth to hang on. Needless to say I was pleased, relieved and emotional to get back to the Moot Hall.

Colin Lago