

## Mike Quinn's Bob Graham Round 28<sup>th</sup> & 29<sup>th</sup> July 2017

On Saturday 14<sup>th</sup> October 2017 I was fortunate enough to attend the Bob Graham dinner and receive my certificate for completing the round.



My Bob Graham obsession began in 2007 when I was 32. A friend at work (Paul Brown) lent me a book about fell running called *Feet in the Clouds* by Richard Askwith. I was a keen fell walker at the time and enjoyed the book immensely. One of the main themes throughout the book described the author's obsession with the Bob Graham Round. This is a "big walk" that Bob Graham, a Keswick hotelier, undertook in 1932 to celebrate his 42<sup>nd</sup> birthday. He devised a route which took in 42 peaks around the Lake District. As a lover of the Lake District this really appealed as a great way to celebrate my 42<sup>nd</sup> birthday. I imagined a full day of being up on the tops in sunshine with friends enjoying the views. The reality was a little different! As a bonus I could join the Bob Graham Club which is open to anyone who can complete the route within 24 hours.

In 2010, I decided I had better start running seriously if I was going to have any chance of doing the BGR! I found building up the distance fairly easy and completed a half marathon in training within a month. In July of this year I entered the Lyke Wake Race and after suffering from severe cramps and not knowing when to stop pushing myself I ended up being air lifted to hospital. Not a great start to long distance running challenges!

In 2011 I joined Esk Valley Fell Club and started racing on the North Yorks Moors. I didn't dare tell anyone about my Lyke Wake experience in case I wasn't allowed to join! I started doing the local fell races which are quite short and tame but very enjoyable. I also started training on the fells and got lots of useful advice from members of the club.

In 2012 I started racing in the Lake District. A list of AL races completed since then is given at the end of the report. Since this time I have completed quite a few long, tough fell races in the Lake District each year with the Bob Graham Round constantly in mind throughout this time.

For 2017 I changed my training routine to include a lot more hills. I followed the recommended 10,000 feet a week for 6 months pretty religiously so that by the time of my round I had ran well over 1,000 miles and had 290,000 feet in the bank after 29 weeks of the year. To get the hills in on the Moors requires lots of hill reps or running huge distances so I was regularly up and down Roseberry Topping or the four peaks from the Wainstones to Carlton Bank. (Strava confirms I have climbed the front face of Roseberry Topping 64 times this year). I was very lucky to get company on many of these sessions, most notably Simon Deakin who seems to enjoy them even more than myself, as well as Martin Perry and Paul Williams. I also had a few big days in the Lakes doing two or three legs of the route at a time and again was lucky to have Paul join me on the two longest runs. As we were planning to do the round together this was very helpful to know that we could run together at the correct pace for a sustained length of time without him getting too frustrated at me slowing him down!

## Leg 1 (21:00 to 00:32)

Peaks - Skiddaw, Great Calva & Blencathra

Runners - Mike Quinn, Paul Williams, Dave Gibson & Clive Thornton



I had travelled across to the Lakes on Thursday 27<sup>th</sup> July and stayed with my uncle and aunt in Chapel Stile, who very kindly put us all up despite the early departures and late arrivals. On the Friday, the day we were setting off, I had a long lie in until about 11am then a nap in the afternoon before heading over to Keswick for about 6pm. There were quite a few people who came to see us off. After much deliberation I decided to go for a 9pm start time as this meant getting the dark section out of the way while we were fresh and not having to go into a second night. It was also a good time for supporters to see the start and finish and I was aiming to get to Honister for ice cream before the shop closed.

### Skiddaw

After posing for photos I kept checking my watch. It seemed to stay on 20:59 for ages! At 21:00 we set off up towards the leisure centre as the bridge to Fitz Park had still not reopened since the floods in 2016.

I was a bit concerned how quick the pace seemed and that I was the slowest here but I wasn't working too hard. Going up Skiddaw Clive kept sprinting ahead to take photos and updated Facebook while on the move. I think he was more excited than I was! We reached the top of Skiddaw in 77 minutes, 6 minutes ahead of schedule. I was a little bit unhappy that we'd gone too quick but felt like I hadn't pushed too hard and reasoned it was better to be ahead than behind. There were great views across Borrowdale just before the summit but at the top the head torches came out.

### Great Calva

Coming off Skiddaw we found the stile and followed the track towards Hare Crag. I got confused here in the dark and thought we had gone too far left. After an awful minute or two of panic and thinking we'd blown it already we realised we were on the right track after all.

Going up Great Calva I noticed that Dave and Clive had fallen behind a bit. At the fence corner I told Dave to miss the summit and go straight down by the fence. Paul and I went to the summit then took the diagonal line back to the fence. We were still 4 minutes ahead of schedule which was a huge relief.

### Blencathra

Clive was still behind coming down Calva and seemed to be falling further back going up Blencathra. Dave was also a little way back too. This wasn't great news to us as they were carrying our food and safety kit! Paul and I discussed our options and decided we should carry on at an easy walk. I had a spare waterproof jacket at Threlkeld but Paul didn't so I mentioned my windproof. Dave worked hard across Mungrisedale Common to catch us up and we decided that he should wait for Clive. Paul took his kit from Dave and we carried on to the summit of Blencathra and down Halls Fell ridge, Paul holding his kit like a handbag. On the way down we speculated what the roadside support would make of only two lights instead of four.

### Threkeld Stop (8 minutes)

At Threlkeld we had a quick stop (8 minutes) and I ate some crisps while Mark sorted kit for Paul and I. Clive still had my kit so Mark put my spare waterproof in his bag. Gordon got a chair out of his car and I was joined by Rich and Matthew Clark who were staying at a nearby camp-site. It was a bit surreal seeing so many people out to see us at after midnight. The three of us set off before Dave and Clive got to the cars.

## Leg 2 (00:40 – 05:08)

Peaks - Clough Head, Great Dodd, Watson's Dodd, Stybarrow Dodd, Raise, Whiteside, Helvellyn Lower Man, Helvellyn, Nethermost Pike, Dollywagon Pike, Fairfield & Seat Sandal

Runners - Mike Quinn, Paul Williams & Mark Bown

A brief summary of this section is that Mark did a brilliant job in challenging conditions not only navigating but also checking that we were both warm enough and well fed and watered.

### Clough Head

We kept a decent pace up Clough Head. I kept looking back over at Blencathra and was surprised to see head torch lights still on the descent long after we had set off. It took Clive and Dave about another hour to get off Blencathra but thankfully they both got down safely. We reached the summit of Clough Head at roughly the same time as when they got back to the cars.

### Great Dodd

No problems up to Great Dodd. I remember near the top walking behind Paul and commenting to Mark that I've spent so much time doing this on the two big recces we did together. He sympathised fully having teamed up with Paul for mountain marathons!

### Watson's Dodd

We took a while to find the track off Great Dodd even though we were very close to it as the clag was so thick. No real problems though and the summit cairn was still found easily enough despite the very poor visibility.

### Stybarrow Dodd

Other than Mark nearly falling in a big puddle while he was checking the map no problems here. Luckily for Mark, Paul and I paused to jump it and he noticed the change of pace just in time. We remembered to go left off the main track to the summit so wasted no time here.

### Raise

We followed the trace off the summit on a direct line over rough ground. Paul took a tumble here while distracted by something else which was quite amusing. We picked up the main track again just before Sticks Pass and followed it up to Raise. There was a tent pitched off to the left of the path about halfway up here which seemed a strange place to camp especially given that the wind was picking up and the tent would have been much more sheltered from this down the hill a little.

## Whiteside

Paul and Mark stopped to get some gear out as Paul was cold. I wanted to keep moving and impatiently kept walking in what I thought was the right direction but ended up taking us all a bit left so we contoured the subsidiary summit instead of going over it losing a bit more time. Mark commented that he struggled to see my head torch even though I was quite close so we were lucky not to get separated and lose even more time. I made a mental note to be more patient!

## Helvellyn Lower Man

No problems following the track. We were surprised by the summit as in the thick clag it didn't seem like a peak at all and the sheer drop behind it was not at all visible.

## Helvellyn

We visited the trig even though I'd said we didn't need to then descended to the left of the cross shelter even though I knew we should be to the right.

## Nethermost Pike

We had to shout Paul back here when he set off on the track to Wythburn! I was confused that we were crossing rough ground to the summit as we should have been on a faint path but the clag must have still been too thick to see it.

## Dollywaggon Pike

No navigational problems on this section. I fell a bit behind here and had to work quite hard to keep up. This didn't help the anxiety of the prospect of 3 big descents and 2 big climbs coming up to finish leg 2.

## Fairfield

I slipped on the descent off Dollywaggon and managed to slide on my backside for a fair distance. While sliding, I had to shout to Paul to move as I would have wiped him out! It was nice dropping out of the clag here and when we contoured around Grisedale Tarn the sky was just starting to get lighter. Mark left his bag at the col while we climbed up Fairfield. Mark took a break halfway up while Paul and I self-certified each other at the cairn. It was a big boost to see the skies in the east starting to really light up as it was nearly dawn. I got a bit confused backtracking across the pathless summit but we found the track easily enough.

## Seat Sandal

Paul descended pretty quickly back down off the summit of Fairfield. At one point he turned around and seemed surprised to see me a little way behind. "Are you ok?" he asked genuinely

concerned. "I'm fine, just not as fast as you!" I replied. This was quite a nice descent with gentle zigzags making it easy on the quads. The climb up Seat Sandal went ok but I started getting twinges of cramp on the descent. I turned off my head torch here as it was light enough to see without it. I asked Mark if he could see a red van at Dunmail as I wasn't sure if Jack would be there. It gave me a lift to hear that it was.

#### Dunmail stop (10 minutes)

At Dunmail Jack led me across the road and it was good to see so many friendly enthusiastic faces. Gordon was on roadside support again and Jack Simpson, Martin Perry, Ian Smallwood (Martin's friend), Joe Johnson and Patrick (Paul's friend) were all up and ready to go. The weather must have been bad as Joe had a waterproof on and was actually carrying some kit! Joe seemed keen to help and asked me if there was anything he could carry for me but his bum bag already seemed pretty full. I was surprised to find that my gear wasn't here but Gordon hadn't waited for Clive to come down off Blencathra. I still had my waterproof and this had been all I needed on leg 2 so wasn't concerned. Ian kept telling me to eat but would then ask me a question. When I tried to answer him he kept telling me off and to keep eating! I changed my thermal and we set off.

### Leg 3 (05:18 – 11:48)

Peaks – Steel Fell, Calf Crag, Sergeant Man, High Raise, Thunacor Knott, Harrison Stickle, Pike o' Stickle, Rossett Pike, Bow Fell, Esk Pike, Great End, Ill Crag, Broad Crag, Scafell Pike, Scafell

Runners - Mike Quinn, Martin Perry, Jack Simpson & Ian Smallwood

#### Steel Fell

The first seeds of doubt were sown in my mind on the climb up Steel Fell. My legs still felt strong but my quads were getting twinges of cramp with each step up. I was very concerned as it was still so early on. As I got over the brow of the hill I could see Paul quite a way ahead and when I got to the summit I was a little surprised to find he had kept going. Martin, Jack and Ian had waited for me and Patrick and Joe had gone on with Paul. I lost 3 minutes on this climb but was still over 20 minutes ahead of schedule. For a split second I was annoyed that Paul had gone on by himself but then caught myself. We had set up arrangements so that this would be possible and he was clearly moving a lot quicker than I was. I had also encouraged him to do this prior to the start and I quickly realised that this worked well for both of us.

#### Calf Crag

The twinges of cramp continued on this section and I couldn't jog as fast as I was expecting. Martin gave me some cashew nuts which I got down well. The cramps eased a little but were replaced by feeling sick. This cycle of cramps followed by feeling sick continued for most of the leg.

#### Sergeant Man

Coming round the last bend before the summit I was surprised to see Paul and his team coming off the top. I thought he was much further ahead as I hadn't seen any sign of them previously since we'd split. This gave me a big boost as well as the fact that I was still over 10 minutes ahead of schedule despite feeling so rough.

#### High Raise

This short trudge was easy enough but it was getting cold and starting to rain.

#### Thunacor Knott

I managed to get running again off High Raise summit which was reassuring. I shouted to the pacers to miss out the first (lower) summit but they ignored me so we ended up going to both.



## Harrison Stickle

It was raining quite heavily at this point. Jack ran ahead, pulled my jacket out of his pack and held it for me so I could get it on without breaking stride. This level of support was unexpected and made me remember Martin telling me that the pacers would get me through the leg. I also remember thinking at this point that there was no way I could do a solo unsupported round. I was struggling enough with an outstanding support team. Jack (2012) and Martin (2016) have both completed the round while Ian has completed it three times!

## Pike o' Stickle

Jack took me up the easiest way to the top and I checked with him we were coming down the same way as I'm not keen on wet rock. He smiled at my concern and confirmed that we were.

## Rossett Pike

After the traverse path Jack led us on the trod which goes behind the summit. I had wanted to go over the ridge and Martin commented that he expected us to do this too but given the wind and rain we were more sheltered here. The route worked well and we were still over 10 minutes ahead of schedule.

## Bow Fell

I felt like I really struggled up here. Jack and Martin went in front and Ian stayed behind me encouraging me and trying to keep me moving. Ian kept commenting that Jack and Martin hadn't found a very good line which didn't help! He tried everything to distract me. It was when he asked about my family that it finally worked. I quite happily told him about Sophie and Lucy's running and swimming capabilities. Suddenly we had reached the top of the steep part. It was quite windy and raining hard here. Someone asked if I had waterproof trousers which I explained were still in my kit bag last seen on Blencathra. Ian stopped to get his own out while Jack and I went to the summit. At the top I noted that I was now halfway through the round and still ahead of schedule by about 10 minutes which meant I now had 1 hour spare in 12 hours. This was a big boost mentally but I also started to feel a bit overwhelmed as I had been going for so long yet was only half way.

## Esk Pike

By the time we met up with Ian and Martin again the rain had eased slightly so I didn't bother with the trousers. Near the top of Esk Pike, Kevin Barron appeared out of the clag with Joe Johnson. This was a huge boost. Kevin had set off from Langdale and bivvied out at Sergeant Man before joining up with Paul and supplying him with a much needed map. The only downside to the new faces was that we seemed to get a rubbish line down to Esk Hause presumably due to too much chatting and not enough navigating! I couldn't understand why we weren't following what I recall to be a really clear path.

## Great End

Kevin and Joe left us at Esk Hause to go back to Langdale together. I was relieved that Joe was not wandering around in the clag by himself as I do worry about his navigation! The climb up to Great End was ok and I was pleased that we were still a few minutes ahead of schedule.

## Ill Crag

Jack took us on the runners trod to the right of the main path up here at my request. I'm not sure we got it quite right as it was rougher than I remember. Ian didn't seem very impressed!

## Broad Crag

Ian led us on a grassy trod to the summit. I was amazed by this as I thought Broad Crag was just rocks and had to check this was Broad Crag. Not surprisingly it was correct.

## Scafell Pike

At the summit I was bang on 23 hour schedule (10:29am). Well over half way round and on schedule. At the time I remember Richard Askwith's recalling how he got to Wasdale 2 hours behind which was a relief as no-one could realistically expect him to continue. I must have been tired as my initial thought process was to be disappointed that everyone would expect me to continue! I soon corrected this realising that I had done a good job so far.

## Scafell

I couldn't get going at the bottom of Lord's Rake. My feet kept slipping down. At the top of the West Wall Traverse I got disoriented and was going to head off in the wrong direction. Luckily Jack, Martin and Ian knew better! I still wasn't convinced until I recognised the cairn just before the short climb to the summit. The long descent hurt my quads and I was cramping up again. The scree section was a relief and enjoyable. Jack enjoyed it more than me though. He flew down! I slid down the grassy slope on my backside while Martin ran ahead to alert the road support crew.

## Wasdale Head Stop (10 minutes)

I got to Wasdale 14 minutes down on schedule feeling really rough and tired but knowing I had over 9 hours to complete the round so had given myself every chance to do it. After slumping in my chair Nick appeared and thrust a couple of round tablets in my hand. I hate taking pills so asked "What are these?". Nick told me salt tablets so I reluctantly got them down. He later admitted they were Ibuprofen! Elaine told me afterwards that I was almost slurring my words here and she had tipped Nick off about my reluctance to take pills. Nick then thrust another couple of long, narrow tablets in my hand. "What are these?" I asked again. "Salt tablets" he again told me! I was very confused now but got them down anyway figuring he must have been told how bad my cramp was. Nick and Rich took my shoes off to empty the stones out of

them from the scree. I probably should have changed my socks here but had it in my head I wasn't going to and didn't want to change my plan. I retied them myself while trying to eat a Pot noodle and sandwich. Neither was going down very well. I set off after 10 minutes so only 4 minutes down on schedule. This gave me a little boost.

## Leg 4 (11:58 – 17:05)

Peaks – Yewbarrow, Red Pike, Steeple, Pillar, Kirk Fell, Great Gable, Green Gable, Brandreth, Grey Knotts

Runners - Mike Quinn, Martin Perry, Nick Ray, Danny Braun, Tim Parker, Matthew Driscoll, Steve ?? (Danny's friend) and Holly the dog

### Yewbarrow

I set off with no fewer than six supporters on this section. I had wanted more support here as I was expecting to be tired and need encouragement but hadn't quite expected so many people. Both Martin and Danny had brought friends and Martin had got Tim to look after his dog! I wasn't dreading this climb too much after all the Roseberry Topping hill reps I'd done this year. I was amazed to find that the cramp from my legs had completely disappeared and I was able to climb properly. It still seemed to go on forever and I kept checking my watch very conscious of the scheduled time at the top. I was heartened to find I was still 4 minutes behind so had climbed at exactly the right place. This was a huge boost and I started to think I might be able to complete the round after all.

### Red Pike

Nick took us on the contour path to Dore Head which was fine. The climb up Red Pike was steeper than I remember but there was a bit of conversation and I remember noticing Danny walking directly behind me a couple of times. I think he tracked me most of the way on this leg (photos confirm this impression). This was very handy as any time I took off my top I thrust it behind me and he grabbed it off me then jogged in front with it if I wanted it back on. I was convinced Nick took us to the wrong summit here so went to what I thought was the correct one too.

### Steeple

Nick got a good line across Scoat Fell and dumped his bag for the out and back here. I noted how fast he went across the ridge. I thought I was moving quite well but clearly I was a lot slower than I realised. At the summit he stated "Peak number 33, 9 to go". It took me a while to confirm in my mind that this was correct.

### Pillar

I was a bit slow across the rocks off Scoat Fell but descended and climbed reasonably well. I tried to follow Nick's lines as far as possible because he is so familiar with these fells. He invariably picked a smooth grassy line through all the rocks and boulders.

## Kirk Fell

Peter Kemp appeared just before Black Sail Pass and this gave me another boost. Just a couple of sentences about how we both were doing wonders for morale. I had a scare going up Red Gully when I slipped backwards off a rock I was climbing. Nick was right there to stop me falling and try and push me back up but I noted the alarm on everyone's faces. It would have been amusing had it not been so serious. After this I was fine and again at the summit noted that I was keeping pretty much to scheduled pace on this leg.

## Great Gable

At Beck Head I eventually took a bite out of the banana Danny was carrying. I couldn't get any more down so gave him it back in a soggy state. He didn't complain at all! Nick took us on what seemed a very unusual route up here. As I recall it seemed to go diagonally from left to right and kept the climb at a gentler gradient. It was also grassy near the top. At the summit I noted that I was only 11 minutes behind 23 hour schedule which meant I had nearly 5 hours for 4 hours running. I felt very happy here. A runner in yellow reached the summit at almost exactly the same time we did. This turned out to be Steven Pugh, a fellow member of Esk Valley Fell Club. Going up Skiddaw Clive had told me he might be coming to support. He didn't seem surprised at all that he met us here but the chances of us both arriving at the same time must have been very slim.

## Green Gable

The descent off Great Gable was easy enough and I was entertained by Nick and Peter discussing the lines for Borrowdale next week. I checked that Martin was paying attention as he is doing the race too. The climb up to Green Gable was as short as I remember which was good. Another peak ticked off.

## Brandreth

I felt like I was still moving quite well on the descent off Green Gable. I also felt ok on the short climb up Brandreth and was quite chatty along here. On reflection this was the part of the round I enjoyed the most as I felt I was moving ok and confident I was going to do it. Nick mentioned that if I pushed a little I could go sub 23 hours. He said that "22:59 sounds a lot better than 23:01". I was having none of it! As Martin was in earshot I told him the aim was below 23:40 which was Martin's time in 2016. Martin had had awful weather to contend with though.

## Grey Knotts

No problems across the plateau to Grey Knotts.

## Honister Stop (8 minutes)

I was really happy here knowing I had nearly 4 hours for the last leg which meant I was almost certainly going to do it. Elaine also looked a lot happier after seeing the state of me at Wasdale. Nick had run ahead to put in my order of an ice cream. By the time I got there it had started to melt. Lucy had hold of it and it was dripping onto her fingers. It went down really well and I was considering asking for another one when Nick announced there was no point hanging around! Paul's Dad told me I looked a lot better than Paul did which raised my spirits even more! Peter asked me if I was changing into my road shoes at Little Town. I was really pleased with how delighted Nick and Peters' reaction was when I told them I didn't have any road shoes!!

This photo doesn't show it but I was actually very happy at Honister!



## Leg 5 (17:13 – 20:32)

Peaks – Dale Head, Hindscarth, Robinson

Runners - Mike Quinn, Nick Ray, Peter Kemp, Richard Clark & Matthew Clark (age 12)

### Dale Head

I was in no rush up here and took a lot longer than was really necessary. A walker, seeing that I looked a bit tired, asked me how many peaks this would be and I was delighted with the shock on her face when I told her forty. About half way up we met Hanne who was coming down. She came back up with me and updated us on Paul who was apparently going slower than I was and whose support team had struggled to get to Honister on time due to an accident on the road. Mark had decided to accompany him at short notice. I started to feel tired again up here and, on reflection, had mentally stopped at Honister. I had to get myself going again. Noting that I had taken nearly 10 minutes longer than I should got me motivated.

### Hindscarth

A nice short descent of which I remember Matthew racing past Peter followed by a walk to the summit. I noted with relief that I had done this leg on schedule and relaxed again. At the summit we could see some runners coming off Robinson which was Paul and his crew.

### Robinson

My feet started to hurt on this descent and I realised that my toes had gone numb. Matthew was clearly wanting to go a lot quicker than I could manage so I asked him to climb up to the skyline and check where the summit cairn was. He disappeared into the distance in no time. At the top of Robinson I raised both arms in triumph. All that remained was getting back to Keswick.

### Keswick

I stopped to take my shoes off as the soles of my feet were hurting and it felt like I had stones in them but there were none. I now know that I'd damaged the nerves in my feet and three months later both of my little toes are still numb. We took a direct line off Robinson where wild blueberries were growing. Nick, Rich and Matthew spent a while picking me a handful while I continued very slowly down the soft, tussocky grass. They were delicious.

I struggled to keep up a jog down the road but was walking strongly enough on the uphill parts. Peter wanted to go across some fields at Stair but I didn't know this route and wanted to stick with what I knew. He didn't seem very impressed but didn't complain. Just outside of Portinscale I started to feel sick. I stopped to try and be sick but could only retch. I had nothing inside of me and yet was struggling to eat or drink anything.

On reaching the main road into Keswick I put my top back on and tried to jog down the street. I thought I was doing quite well until I noticed Gordon walking behind us and keeping up. I told him off for making me look bad! After the mini-roundabout I had a huge surge of adrenaline and ran (relatively) powerfully up to where Sophie was waiting to jog the last stretch with me. Lucy was supposed to be here too but she was waiting at the finish. I jogged up the final climb to the Moot Hall holding hands with Sophie. She asked me why we were going so slow so I tried to speed up. There were quite a lot of supporters waiting to cheer me in and a few other puzzled looking people wondering why they were cheering such a slow jogger. Lucy was at the Moot Hall and I gave her a hug before touching the door. I stopped my watch on 23:32 after posing for a photo.

I was close to tears as I suspected I might be. Elaine came and gave me a kiss. Nick said "Welcome to the club" and I gave my supporters hugs and hand shakes. Paul congratulated me then apologised for splitting up. I reassured him it was the right thing to do. He had finished in 22:52 and had a lot of clothes on by the time I had finished! We posed for more photos together with our daughters then I needed to sit down.





## Afterwards

I suddenly felt really sleepy and was getting cold. I realised there was nowhere to change so got some warm clothes on my top half. I was alarmed at how quickly my body seemed to be shutting down. I knew I needed to eat but still felt sick. A couple of men, who I didn't know, congratulated me and told me that they had done the round previously and knew what I had been through. The tip of my tongue went numb and I was struggling to speak. I had to be virtually carried to the car! Good job I hadn't booked a restaurant for everyone which I had thought would have been a good idea. On the way back to Langdale Elaine had to stop the car so I could be sick. This wouldn't have been too bad apart from that it happened to be right in the middle of Ambleside so there were a few horrified onlookers!

I am indebted to many people for the success of my Bob Graham round. It would not have been possible without the amazing support from family and friends. So many people gave up their time to come and help me which is very humbling. In particular I need to thank Elaine, Sophie and Lucy who have been very patient with me in allowing me the time I needed to train for this and also their support on the day.

Here is a photo taken just after we set off showing just some of the many people who helped.



## Lake District AL Fell Races Completed prior to BGR

I feel the 5 years experience of doing long, tough Lake District fell races helped me to prepare for the Bob Graham. It also enabled me to meet Jack, Nick and Peter who supported me on the round. Here is a list of the AL races I did prior to the Bob Graham Round.

### 2012

April 2012	TWA
May 2012	Ennerdale Horseshoe (met Jack Simpson)
June 2012	Duddon Valley (met Nick Ray)
July 2012	Wasdale (met Peter Kemp)
September 2012	3 Shires
October 2012	Langdale Horseshoe

### 2013

April 2013	TWA
May 2013	Old County Tops
June 2013	Duddon Valley

### 2014

April 2014	TWA
May 2014	Old County Tops
May 2014	Ennerdale Horseshoe
June 2014	Duddon Valley
July 2014	Wasdale
August 2014	Borrowdale
September 2014	Lake District Mountain Trial (retired)
September 2014	3 Shires
October 2014	Langdale Horseshoe

### 2015

May 2015	Old County Tops
August 2015	Borrowdale
August 2015	40 Peaks at 40 (about two thirds of a Bob Graham)
September 2015	Lake District Mountain Trial

### 2016

May 2016	Old County Tops
September 2016	Lake District Mountain Trial

### 2017

April 2017	TWA
May 2017	Old County Tops
June 2017	Great Lakes Run