

BEYOND THE BOB GRAHAM ROUND

by Steve Parr

The Bob Graham Round of 42 Lakeland summits is becoming a "well-trodden", 24 hour challenge for those who enjoy long days on the fells. In July 1984 I completed a round of all the 61 Lakeland summits of 2,500 feet or over, covering 116 miles and 42,550 feet of ascent in a fraction over 43 hours. In keeping with the traditions of the Bob Graham Round, my starting and finishing point was at the Moot Hall in Keswick, and my route took me through Buttermere, Wasdale, Wrynose Pass, Little Langdale, Ambleside, Kentmere, Kirkstone Pass and Threlkeld.

I would like to see this round established with a 48 hour time limit and successful completions and attempts recorded as with the Bob Graham Round. Apart from being a physical challenge, the 2,500 Round tests one's mental approach and organisational back-up. The mountain scenery traversed is unrivalled and the section from Little Langdale to Kentmere is a pleasant interlude between two days' efforts. My completion of the 2,500 Round is the fastest to date and the first to be completed within 48 hours covering the whole route on foot. My success was built upon the shoulders of many other people. Barry Johnson and Jim Loxham completed the round in 1983 in 47 hours after several attempts, but bad weather prevented them from covering the whole route on foot and it was this that first gave me inspiration. There have been other traverses of the 2,500 foot summits, including Jim Loxham's route from Kentmere to Conistone, and the Rucksack Club's 76 summit traverse from Dunnerdale to Hartsop over about 3 days in 1968. My success was also due to the tremendous support given by Clayton club-mates, friends and relatives. A support team of over 20 people worked through poor weather conditions and unsociable hours to lend invaluable assistance.

I am indebted to them all for helping me to complete an ambitious journey which will give me satisfaction and happy memories for many years to come. For further details contact: Steve Parr, 21, Withnell fold, Withnell, Chorley. Lancs. PR6. 8BA. Tel: Brinscall 830241.

2,500' Plus - A Round of 61 Lakeland Peaks

Total Time: 43hr. 1min. 40sec. Total Distance: 116 miles. Height Gained: 42,550' All the 61 Lakeland summits of 2,500' or more in a continuous round. 28th - 29th July, 1984.

Summit/Stage	Distance (miles)	Height gained (feet)	Interval time	Actual time
Keswick-Moot Hall				1.06 am
Grosedale Pike	3 ³ / ₄	2550	90	2.36
Mopgill Head	1	350	59	3.35
Crashmoor	1 ³ / ₄	900	44	4.19
Wanlope	1	150	21	4.40
Crag Hill	1	300	15	4.55
Sail	1	100	8	5.03
Buttermere-Fish Hotel	3	-	30	5.33
depart	11 ¹ / ₄	4150	Rest 7	5.40
High Stile	1 ¹ / ₄	2300	68	6.48
Green Gable	4 ¹ / ₂	2050	89	8.17
Great Gable	1	500	12	8.29
Kirk Fell	1	650	31	9.00
Pillar	2	1000	42	9.42
Scafell	1 ¹ / ₄	350	18	10.00
Sleeper	1	50	5	10.05
Haycock	1	450	17	10.22
Red Pike	1 ¹ / ₂	500	22	10.44
Wandale Head Hotel	2 ¹ / ₄	-	35	11.19
depart	15 ¹ / ₄	7850	Rest 6	11.25
Lingwell	2 ¹ / ₄	2400	53	12.18 pm
Scafell	1 ¹ / ₂	800	34	12.52
Scafell Pike	1 ¹ / ₄	500	23	1.15 pm
Broad Crag	1	250	8	1.23

Summit/Stage	Distance (miles)	Height gained (feet)	Interval time	Actual time
Ill Crag	½	150	8	1.31 pm
Great End	¾	250	14	1.45
Esk Pike	1½	450	17	2.02
Allen Crag	¾	200	15	2.17
Glaramara	1¾	550	27	2.44
Langstrath	1½	-	28	3.12
High Raise	1½	1800	43	3.55
Rossett Gill	2¾	500	31	4.26
Bowfell	¾	1000	36	5.02
Shelter Crag	1	400	22	5.24
Crinkle Crag	½	300	12	5.36
Three Shire Stone	2¾	-	36	6.12
depart	19¾	9550	Rest 8	6.20
Grey Friars	2	1300	48	7.08
Dow Crag	2¾	400	44	7.52
Coniston Old Man	1	500	20	8.12
Brim Fell	½	50	6	8.18
Great Carru	1½	150	24	8.42
Swirl How	½	100	5	8.47
Wetherlam	1	550	23	9.10
Greenburn Beck	1	-	25	9.35
Little Langdale-Ford	1½	50	17	9.52
depart	11¾	3100	Rest 48	10.40
Skelwith Bridge	2½	300	41	11.21 pm
Waterhead	2¾	100	32	11.53
Troutbeck	3	700	65	12.58 am
Hartrigg Farm	4½	1100	112	2.50
depart	12½	2200	Rest 141	5.11
Harter Fell	2¾	2000	64	6.15
High Street	1¾	800	25	6.40
Kidsty Pike	1¾	200	13	6.53
High Raise	¾	150	22	7.15
Rams Gill	½	100	7	7.22
Thornthwaite Crag	2½	450	39	8.01
Caudale Head	1	500	19	8.20
Kirkstone Pass	1¾	100	45	9.05
depart	12½	4300	Rest 10	9.15
Red Screen	¾	1050	25	9.40
Dove Crag	2	1000	45	10.25
Hart Crag	¾	250	12	10.37
Greathigg Man	1½	300	28	11.05
Fairfield	¾	450	20	11.25
St Sunday Crag	1½	550	30	11.55
Grisedale Tarn	1½	-	15	12.10 pm
Dollywagon Pike	¾	1050	34	12.44
Nethermost Pike	¾	350	13	12.57
Helvellyn	¾	250	18	1.15
Colstycan	¾	200	14	1.29
Helvellyn Low Man	1	450	19	1.48 pm
Whiteside	¾	150	14	2.02
Raise	¾	150	10	2.12
Stybarrow Dodd	1	350	18	2.30
Watson Dodd	¾	50	11	2.41
Great Dodd	¾	250	13	2.54
Threlkeld	¾	50	66	4.00
depart	21	6900	Rest 11	4.11
Blercathra	1½	2450	54	5.05
Skiddaw House	2¾	250	48	5.53
Skiddaw	2½	1600	66	6.59
Skiddaw Low Man	1	200	20	7.19
Keswick Moot Hall	1½	4500	43	8.01.40