

THE BOB GRAHAM 24 HOUR CLUB

APPLICATION FOR THE RATIFICATION OF A CLOCK-WISE ATTEMPT

Name: DAVE REYNOLDS Date of Birth: 14-1-66 Club: NEWBURNCH NOMAD

Address: 20 WHEAT LANE LATHOM L40 4BX Date: 6-6-09

1st SECTION, KESWICK to THRELKELD

Assisted on the fells by: C. LLOYD J THOMPSON

KESWICK	depart:	00:00
SKIDDAW	arrive:	01:21
GREAT CALVA	arrive:	02:04
BLENCATHRA	arrive:	03:10
THRELKELD	arrive:	03:48

24 BOWFELL	arrive:	11:42
25 ESK PIKE	arrive:	12:10
26 GREAT END	arrive:	12:35
27 ILL CRAG	arrive:	12:52
28 BROAD CRAG	arrive:	13:03
29 SCAFELL PIKE	arrive:	13:17
30 SCAFELL	arrive:	13:50
WASDALE HEAD	arrive:	14:29

2nd SECTION, THRELKELD TO DUNMAIL

Assisted on the fells by: D. RAHLS A. QUICKFALL J THOMPSON

THRELKELD	depart:	03:50
CLOUGH HEAD	arrive:	04:44
GREAT DODD	arrive:	05:15
WATSON DODD	arrive:	05:26
STYBARROW DODD	arrive:	05:36
RAISE	arrive:	05:53
WHITE SIDE	arrive:	06:03
HELVELLYN LOW MAN	arrive:	06:16
HELVELLYN	arrive:	06:22
NETHERMOST PIKE	arrive:	06:30
DOLLYWAGON PIKE	arrive:	06:42
FAIRFIELD	arrive:	07:24
SEAT SANDAL	arrive:	07:48
DUNMAIL	arrive:	08:05

4th SECTION, WASDALE HEAD to HONISTER

Assisted on the fells by: W. COFFEY M. COLEMAN

WASDALE HEAD	depart:	14:41
31 YEWBARROW	arrive:	15:29
32 RED PIKE	arrive:	16:16
33 STEEPLE	arrive:	16:37
34 PILLAR	arrive:	17:12
35 KIRKFELL	arrive:	18:07
36 GREAT GABLE	arrive:	18:47
37 GREEN GABLE	arrive:	19:03
38 BRANDRETH	arrive:	19:19
39 GREY KNOTTS	arrive:	19:28
HONISTER	arrive:	19:43

3rd SECTION, DUNMAIL to WASDALE HEAD

Assisted on the fells by: TASH FELLOWS D. MAKIN

DUNMAIL	depart:	08:17
16 STEEL FELL	arrive:	08:41
17 CALF CRAG	arrive:	09:01
18 HIGH RAISE	arrive:	09:41
19 SERGEANT MAN	arrive:	09:31
20 THUNACAR KNOTT	arrive:	09:56
21 HARRISON STICKLE	arrive:	10:05
22 PIKE O'STICKLE	arrive:	10:18
23 ROSSETT CRAG	arrive:	11:08

5th SECTION, HONISTER to KESWICK

Assisted on the fells by: B. KENNEDY C. LLOYD

HONISTER	depart:	19:52
40 DALE HEAD	arrive:	20:26
41 HINDSGARTH	arrive:	20:47
42 ROBINSON	arrive:	21:18
KESWICK	arrive:	22:52

Official Use Only	Totals
Summits
Rest Time
Running Time
Elapsed Time

An article of up to 500 words on the attempt would be welcome for inclusion in the records

Assisted on the road access points by:
Janet Makin
Brian Kennedy
TADA THE DOG

Completed forms to:

Brian Covell, 26 Westwood Avenue, Kendal, Cumbria LA9 5BB Phone: 01539 737049

within 3 months of completion of a successful attempt.

BOB GRAHAM ROUND 6.6.09

Dave Reynolds

My wife Judith said to me one day "I think you could do that fatty". She was referring to the Bob Graham Round. We both had helped several attempts from members of our club Newburgh Nomads over the years and all had been successful.

Unfortunately Judith was diagnosed with breast cancer in 2004 and sadly passed away in August 2008. We had been together for a wonderful twenty three years which I would not have changed for the world.

The rest of that year I spent in a bit of a daze until finally with Christmas and New Year out of the way I decided to stop feeling sorry for myself and do something, anything.

Waiting at Moot Hall just before midnight with my helpers Chris and John I began to feel a bit apprehensive. The training had been done and my weight had shrunk from 14st to 13st 10lbs (I'm big boned). There had been sacrifices I had stopped drinking real ale three days before the attempt.

Skiddaw on time. Weather a bit gusty but not too bad. Didn't hit the path straight away but not worried as we had decided to cheat and use a GPS. Calva. Blencathra. Up on time.

Chris Lloyd had recced Halls fell the previous Monday. He told me lovely runnable path to the right then cut in left. I'm not saying we went too far left but what I had thought was a rock that had rolled on to my foot bruising it may have been a traffic cone from the M6. Chris said I was very quiet when we finally got to Threlkeld.

Dave Ralphs and Andy Quickfall were waiting for us with tea and porridge. John Thompson was going to carry on with them for leg 2.

Clough Head felt easy after coming down from Blencathra. At the top I decided to put all my warm clothes on. Unfortunately Andy and John didn't.

The weather was not good.

All the Dodds, Raise, Whiteside. Dave Ralphs was doing a great job looking after me and even trying to shield me from the snow, hail and wind. At this point Andy shouted us and, with a head looking like a lolly ice, said he was dying and had to go down. Dave and I agreed. At Lower Man John started staggering about. It turned out his contact lenses had frozen to his eyeballs. Now luck would have it there was a team ahead just approaching Helvellyn, I quickly asked Dave if he would take John down as he might struggle on his own and Dave reluctantly agreed.

I ran to the summit and met Ann Johnson, John Mayne and another chap. I asked if they could confirm my remaining summits and without any hesitation they said yes.

I was told later that John was just a walker and didn't do fell races. Well I can confirm he is a faster walker than I am a runner! He completed his round in 22.03.

Ann gave me water and a bar and John gave me some of his energy drink and I can't thank them enough for their help.

Running down to Dunmail I was relieved to see both John and Andy looking none the worse for their ordeal but I could see it in their eyes that they knew I would remind them of this day for the remainder of their natural lives.

My road support team were Janet Makin from Achilli Ratti and Brian Kennedy from Newburgh Nomads. They were superb. I was fed, changed and off with military like precision. My helpers on this leg were Tash Fellows, navigator Dave Makin guru and Ozzy Kershaw who I think was on day release from the local psychiatric unit .I also had several others along for the crack (a laugh, not drugs).

Steel fell not bad, Calf Crag, Sergeant Man, High Raise. Now I'm tired. Ozzy tries to cheer me up by telling me I can pack in anytime and I could be sitting in the Old Dungeon Gill enjoying a pint in no time. Tash's navigation is spot on. It's wet but not too bad. After Bowfell I realise I'm walking a lot, the rocks are slippery and I'm beginning to feel a bit fed up. Ozzy tells me there is plenty of room for a lift back from Wasdale. My spirits are lifted at Broadstand were I see Chris Lloyd and Harry Johnson manning the ropes. It is pouring down now and water is gushing over the edges. They pull, push and cajole me up. I instantly forgive Chris for taking me via Penrith on leg 1 and Harry who is seventy four is fantastic. He must take stimulants.

Scafell done, sore knees running down, I wonder if anyone has ever written that before at this point?

I realised at Wasdale that I had an hour and a half to play with even though I knew the wheels could still come off. I did ask Brian if he knew why I was doing this. He just laughed.

On leg 4 there was Wally Coppelov, my navigator, plus at least eight others. Yewbarrow no problem and then to be honest I walked all the way to Honister. Sometimes I did think I was running but Wally soon put me straight by pointing at my shuffling and saying "that's not running". I got to Honister at 19.43.

At Honister it felt like a party atmosphere. Brian Kennedy and Chris Lloyd (he gets everywhere) navigated and a huge contingent of Newburgh and Achilli Ratti accompanied me on leg 5 in what turned out to be a pleasant stroll but with sore knees for me on a lovely evening. We did nearly miss Robinson as we followed Sean Makin who casually said later "oh I never do that one".

At the church I changed into running shoes and my Newburgh vest and set off, I had only got to the Swinside pub when after twenty two hours plus I fancied a comfort stop. Now I wondered if I did it at the side of the road would it be the same fine as for a dog owner? Or would one of my helpers have a plastic bag handy and scoop it up.

I decided to wait.

As we ran to the Moot Hall there were camera flashes, clapping and cheering from friends and good natured revellers. I finished in 22.52min. I shook hands and was patted on my back and congratulated. A few people said Judith would have been proud of you and I thought this is when I'm going to cry but I didn't. I have made up for it since.

It sounds crazy but I feel she's with me all the time.

A big thanks to all involved and it goes without saying I could not have done it without you.