**Newcastle Athletic Club**

**“Bob Graham Round”**

*Please Note “Newcastle AC” will be attempting this challenge in a similar style to “Dark Peak Fell Runners” and accordingly most relevant information/links have been extracted from its website.*

**Date and Time:**

Friday 7th July 2017, 5:30pm, Keswick Town Hall.

**Event type:**

Open Mountain – “Personal Challenge”.

**Website:**

[http://www.dpfr.org.uk/pages/view?id=bob-graham](http://www.dpfr.org.uk/pages/view?id=bob-graham" \t "_blank)

**Distance and climb:** 66miles, 28000ft

**Schedules & Maps:** <http://www.dpfr.org.uk/pages/view/16>

**Runners:**

Phil Hodge, Dominic McInerney, Stephen Wallace,

Mark King.

**Navigators:**

Dave Troman, Steve Wathall, Paul Tierney

**Helpers:** Dale & Denise Mathers, Willy Marks, Ricky Hanna, Tim Kerr, Cathal Kielty, Patricia McKibben, Sam McNeilly, Justin Maxwell, Alan Sheilly?,

**Camper Vans:**

Charmain Wathall, Dale/Denise

***Relevant Information***

1. Travel Arrangements.

We expect everyone to make their own way to the start line. However a minibus will be available to take people from Manchester Airport on Friday 7th July (pick up from Easyjet flight 130 from Belfast International) to Keswick.

The same minibus will return to Manchester airport to connect with Easyjet flight 137 on Sunday 9th July.

Currently the nominated drivers for the minibus are Phil & Tim, another diver would be appreciated…volunteers?

Some people are traveling by Ferry and therefore arrival times at the campsite may differ. In any event, would the first to arrive please select a site big enough for us all.

Ferry times (Dale & Denise);

Larne - Cairnryan Thurs 6th  @7:30

Cairnryan - Larne Sun 9th  @ 20:00

1. Accommodation

We will use a campsite in Keswick as our “base”.

Web address : [LaneFoot Farm](http://stayinthornthwaite.co.uk/camping/%22%20%5Ct%20%22_blank)

We can provide tents – so please let us know if you need one (and I suspect most people will). We have five, 3-person tents available as well as one 6-man tent.

NB: It will be up to everyone to erect & dismantle their own tent.

Please bring your own sleeping bags etc. – although don’t expect much sleep on Friday night.

1. Event Format

The course must be completed within 24 hours.

We have decided to attempt it in a time of 23hrs 30mins.

The route covers 42 summits and is divided into 5 legs (of varying length).

A schedule (attached) of the time for each summit/leg has been prepared and this must be adhered to if we are going to complete the Round on time.

Any runner/helper who drops behind/out will be responsible for making their way back to Keswick as it would be unfair to expect everyone else to wait.

Navigators have been arranged to guide us over “Legs 1-4”. The open mountain element of “Leg 5” is relatively short and so we will endeavour to self navigate this part.

We anticipate that each leg will comprise the following people;

Navigators - 1

Runners – 4

Helpers – 3 (minimum).

Navigators – These guys will guide us over the course and will help us set the pace, which will be an average of 20 min/mile (including breaks).

Runners – We will carry very little and will fully rely on the “Helpers” for food, water, clothing etc.

Helpers – Expect to carry a pack for all (or part) of a leg. This pack will contain the participants’ food, water (1.5ltr), clothing & tracking device. The same pack will also be used to carry “Helpers” food, water etc, therefore it may be weighty!

It is necessary for Helper (when not running) to travel by car/minibus between each leg and as the travel time can be long there is little sleep on Friday night. Please note the travel time to the end of “Leg 3” is substantial and is largely via third class roads.

We hope to have two camper vans at the end of Leg 3.

At the “checkpoints” there will be a short stop (see schedule) where the helpers will “hand over” the pack to the next helper.

The runners will require help with food/water/clothing/footwear etc., so, please do what you can to assist.

1. Tracking

In order to verify that the event has been completed each runner will have a tracker in their pack (which will be carried by the helper) or, the runners may carry these themselves (to be decided on the day). Either way, progress can be monitored via the following link;

 [http://live.primaltracking.com/bobgraham17/](http://live.primaltracking.com/bobgraham17/%22%20%5Ct%20%22_blank)

1. Kit/Food Etc

There is no mandatory kit requirement, however this is an open mountain event and therefore we expect everyone to be adequately kitted out for all weathers.

“Fell shoes” are needed throughout, with Road shoes an option at the end of Leg 5.

Head Torches (& extra batteries) are required on Legs 2 & 3.

A modest “First Aid” kit will be carried on each leg, with a larger kit available at the end of each leg.

Please ensure you have enough food to last for any leg(s) you undertake.

We hope to be able to provide everyone with food/drink at the end of each leg, however please do not rely on this.

The end of “Leg 3” is remote, however there is usually a hot-food trailer at this checkpoint – so bring money.

1. Helpers for each Leg (to be agreed)

Leg 1 (4hrs 5mins). Dave Troman (Navigator), Patricia, Cathal, Tim, Sam.

Leg 2 (5hrs 4mins). Dave Troman (Navigator), Willy, Dale.

Leg 3 (6hrs 32mins). Steve Wathall (Navigator), Dale, Justin, Ricky, Willy.

Leg 4 (5hrs 10 mins). Paul Tierney & Friend (Navigators), Justin, Ricky.

Leg 5 (2hrs 38mins). Every one.

1. Terrain

The terrain is similar in many regards to “the mourne’s”, however there is a section at the end of Leg 1, which is “hairy” and a section on Leg 3, which needs to be taken with great care.

The highest areas on Leg 3 are very stony and could prove difficult (particularly if wet).

There are no designated or easily identifiable trails, so please ensure everyone sticks with the group.

Please remember Leg2 & Leg 3 will be undertaken at night and therefore please remember to bring head torches plus extra batteries.

1. AOB/Questions/ETC.

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