

THE BOB GRAHAM 24 HOUR CLUB

Membership

The Membership Certificate will be awarded to anyone who completes the traditional Bob Graham Round of 42 summits within 24 hours, starting and finishing at the Moot Hall, Keswick. The circuit may be either clockwise or anticlockwise.

Ratification

If the attempt is to be officially recognised and recorded it must satisfy the following requirements:

- the attempt should be **registered beforehand** with the Membership Secretary (address below);
- the contender **must** be accompanied at all times by at least one witness. During darkness it is advisable to have two or more for safety;
- after a successful attempt a detailed report should be sent to the Membership Secretary **within 3 months**. It should include the time recorded at each summit and at the beginning and end of each rest period, the names of all helpers both on the fells and at road-crossings and a general account of the attempt. The Club has a Ratification Form downloadable from its website which can be used to record times and helpers.

Advice

General

Please remember that attempting, pacing or supporting a Bob Graham attempt does not put you in any special position. Please ensure that you respect the National Park and the people who live and work in it.

Do not underestimate the task. Bad weather and physical exhaustion combine to create the most common cause of accidents in the hills. Prepare yourself to meet such conditions. Reconnoitre as much of the route as you can. Practice navigating at night. Know what to do in an emergency.

A few support teams have been guilty of causing offence by leaving litter, by careless parking, by being noisy in built-up areas in the night hours and by damaging walls and fences. Please make sure that your pacers and support teams are aware of these problems and that they do not add to them.

Marking the route

There should be no marking of the route. The Bob Graham Round is a navigational challenge. The placing of markers is forbidden. The building of cairns is not to be encouraged. If contenders and/or their pacers are unable to navigate the route in poor or bad conditions, they should not be attempting the challenge.

Should the Club receive evidence that contenders or their pacers have marked the route, the contender will not be accepted for membership of the Club. Marking the course is contrary to the spirit, ethos and traditions of the Club.

Broad Stand

Many contenders choose to cross Broad Stand between Scafell Pike and Scafell (and vice-versa for those going anti-clockwise).

You should be aware that Broad Stand is not the only route between Scafell Pike and Scafell, or vice-versa. Alternative routes exist via Foxes Tarn, Lord's Rake and the West Wall Traverse. Many contenders hold the view that these alternatives are just as fast as Broad Stand, particularly if there is any prospect of traffic on Broad Stand or the weather is poor.

Broad Stand is graded as a Difficult rock climb. Be aware of the BMC Crag Code and comply with its provisions:

<http://www.thebmc.co.uk/Pages.aspx?page=218>

The way this obstacle is tackled should be dictated by the skill and experience of the contender(s) and their support team.

Make sure you have the relevant degree of experience, and take the appropriate degree of care, if you choose to use Broad Stand. Broad Stand is regarded by the Wasdale Mountain Rescue team as an accident black spot.

http://www.wasdale-mountain-rescue.org.uk/broad_stand_blackspot_photos.htm

The same website gives some helpful guidance on how to negotiate the corner pitch of Broad Stand.

<http://www.wasdalemrt.org.uk/training~how%20to%20ascend%20broad%20stand%20-%20jun%2005.htm>

It will be a decision for you whether or not you need to protect the corner pitch, or any part of the route. If there is any gear fixed on Broad Stand, use your own judgment about whether to use *in situ* gear. Remember that you did not place this and that such gear will deteriorate over time. If you do use your own gear to assist your ascent or descent, then please ensure that this is properly removed once you have completed that section of the route.

Do not pre-fix any gear. Others use this route regularly and it is not fair or ethical to clutter the place with gear in advance of you needing to use it. Do not in any circumstances leave any gear on Broad Stand, even temporarily.

If you are in any doubt about your ability to climb Broad Stand, either generally or because of particular weather conditions, use an alternative route to Scafell or Scafell Pike as appropriate. An example would be uncertainty about using rock climbing equipment to protect Broad Stand during your passage.

The Club will regard contenders and/or their support parties who fail to take note of the guidance above about behaviour on Broad Stand as being unsuitable to be granted membership of the Bob Graham 24 Hour Club. The pioneers of the Bob Graham Round set standards which future contenders should be able, and proud, to uphold.

Wasdale parking

The Club has been contacted by the National Trust, which owns and operates the car park at Brackenclose. Many Bob Graham Round support parties make use of this facility.

The NT has been experiencing a number of problems at Brackenclose, some of which have been laid at the door of BG round support groups.

For those groups who do chose to use the Brackenclose car park, please remember that you **must** pay for the time you park there in accordance with NT tariffs; BG support teams are not somehow exempt, unless vehicles belong to NT members or life members and the member has their proof of membership (car sticker/membership card) to hand.

Please also adhere to all other NT rules that govern the operation of the car park whilst you park there.

Please remember that Brackenclose is a car park, not a campsite. Please do not pitch tents or other forms of temporary shelter in the car park. This disrupts the normal operation of the car park and the activities of those people who wish to use, and are legitimately using, the NT facility. The NT owns and operates the campsite adjacent to the car park. If your plans include sleeping overnight, please use the campsite on a normal basis, adhere to any campsite regulations and respect the other campsite users.

Please also ensure that you always respect other users of the car park and any NT staff with whom you come into contact. Please also co-operate with NT staff. If BG support parties are asked by NT staff to behave in a way that is consistent with NT rules and regulations, please do as they ask; don't argue with them or subject them to any form of rudeness.

Keswick market

Contenders who finish a round in Keswick on Saturday afternoon or early evening may encounter the Keswick market either in action or packing away for the day. Please ensure that you and your supporters behave in a way that allows the market traders and their actual or potential customers to gain access to their stalls. Completion celebrations away from the immediate area of the Moot Hall to avoid any conflict with the market are a good and sensible idea.

Disclaimer

The Bob Graham 24 Hour Club does not organise or promote or sponsor any attempt on the Bob Graham Round and cannot be held responsible for any consequence resulting from such an attempt.

Background information

This can be found in the illustrated booklet (new edition 2007)

"42 Peaks – The Story of the Bob Graham Round"

price £5.00, which is available at the following shops:

Keswick: Bookends, George Fisher, Needlesports, Rathbone Sports

Grasmere: Craglands Ambleside: Climbers Shop, F. Houldsworth

Kendal: Pete Bland Sports Workington: Hills Books

or by post from the Membership Secretary, price £6.00, including p&p, cheques payable to "The Bob Graham Club".

Membership Secretary

Brian Covell, 26 Westwood Avenue, Kendal, Cumbria LA9 5BB. Telephone no: 01539 737049.

Please send a stamped addressed envelope with any correspondence requiring a reply.

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