

31 x 1500 Ft Howgill Fell Run (course by Alan Evans 1985)

June 4th 1987. Hugh Symonds.

	<u>Hill</u>	<u>Time</u>	<u>Elapsed Time</u>
1	Wandale	1:56	0
2	Harter Fell	2:13	17mins
3	Knott	2:22	26
4	Grere Fell	2:33	37
5	Green Bell	2:39	43
6	Hooksey	2:51	55
7	Randygill Top	2:58	1hr 2 mins
8	Kensgriff	3:05	1:09
9	Yarlside	3:15	1:19
10	Hazelgill Knott	3:33	1:37
11	West Fell	3:44	1:48
12	Langdale Knott	3:51	1:55
13	Middleton	4:09	2:13
14	Simon's Seat	4:20	2:24
15	Docker Knott	4:29	2:33
16	Uldale Head	4:40	2:44
17	Rispa Pike	4:47	2:51
18	Hare Shaw	4:56	3:00
19	Blease Fell	5:03	3:07
20	Linghaw	5:27	3:31
21	Fell Head	5:41	3:45
22	Busk Howe	5:49	3:53
23	White Fell Head	5:54	3:58
24	The Calf	5:58	4:02
25	Bram Rigg Top	6:02	4:06
26	Great Dummacks	6:07	4:11
27	Calders	6:12	4:16
28	Arant Haw	6:22	4:26
29	Sickers Fell	6:29	4:33
30	Crook	6:37	4:41
31	Winder	6:45	4:49

Total time Top to Top - Wandale to Winder : 4 hours 49 minutes.