



# It's a Hill, Get Over It

*Steve Chilton*

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## **It's a Hill, Get Over It** Steve Chilton

This book offers a detailed history of the sport of fell running. It also tells the stories of some of the great exponents of the sport through the ages. Many of them achieved greatness whilst still working full time in traditional jobs, a million miles away from the professionalism of other branches of athletics nowadays. The book covers the early days of the sport, right through to it going global with World Championships. Along the way it profiles influential athletes such as Fred Reeves, Bill Teasdale, Kenny Stuart, Joss Naylor, and Billy and Gavin Bland. It gives background to the athletes including their upbringing, introduction to the sport, training, working life, records and achievements. It also includes in-depth conversations with some of the greats, such as Jeff Norman and Rob Jebb. The author is a committed runner and qualified athletics coach. He has considerable experience of fell running, competing in the World Vets Champs when it was held in Keswick in 2005. He is a long-time member of the Fell Runners Association (FRA). Using a mixture of personal experience, material from extensive interviews, and that provided by an extensive range of published and unpublished sources, a comprehensive history of the sport and its characters and values is revealed.

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