

# Voices from the Hills

Pioneering women fell and mountain runners

Steve Chilton



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## ABOUT THIS BOOK

*Voices from the Hills* is the story of the barriers encountered by the first female fell runners who fought to participate in the early days of this male-dominated sport. Despite experiencing discouragement and resistance, these women responded with personal courage and self-confidence. Thanks to them, women now compete at traditional fell races, international mountain races and endurance challenges such as the Bob Graham Round in increasing numbers.

Told predominantly through interviews with pioneering female athletes who recount their lives and running careers, this is the story of a fight for equality of opportunity and reward.

## ABOUT THE AUTHOR

Steve Chilton is the author of four previous books on fell and mountain running, all highly regarded both inside and outside the sport. He is a long-time member of the Fellrunners Association and has run in many of the classic fell races and mountain marathons. Steve is also a former Chair of the Society of Cartographers and of the ICA Commission in Neocartography.

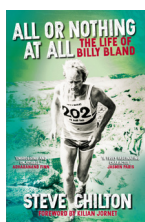
## ABOUT THE FOREWORD AUTHOR

Jasmin Paris is a former national fell running champion who has set records for the Bob Graham Round and the Ramsay Round. She is known internationally as winner of the 2019 Spine Race.

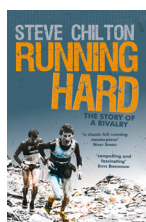
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*Rachel Hewitt, author of In Her Nature*

'A valuable and detailed record of the women who broke through the barriers.'  
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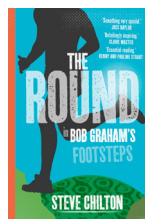
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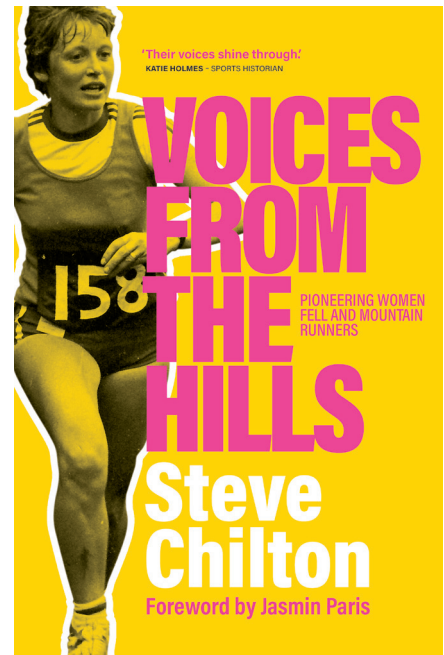
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