

# ENGLISH CHAMPIONSHIPS

## Langdale Fell Race

This years Langdale Fell Race was the final counter in the English championships. Before the race we were standing in fourth position just behind Dark Peak. The battle for first place was between Pudsey and Bramley (who had to finish first to secure the championship) and Borrowdale.

We had to finish second in order to catch Dark Peak.

The week before the race was beset by injury George Ehhardt had to pull out with the recurrence of an old injury, Andrew Horsfall had badly sprained his ankle at the Ian Hodgson the week before and so was out of the running. On the day 16 toddlers were on the start line.

The weather on the day was pretty reasonable for Langdale i.e. you could see where you were going for some of the race!! The rocks were particularly greasy after the rain the day before which made the contour round Esk Pike and descent off Bowfell difficult for those like myself who are not good on slimy rocks.

The mist was hanging over Bowfell and the Crinkles and all the runners in front disappeared. Several members had fun round the Crinkles with Mark Goldie temporarily misplaced and Rhys managing to follow an Ambleside vest completely the wrong way off into the wrong valley (he's just trying to get more toilet seat points!). Yours truly managed to successfully find the "Dave Wilson" route around the Crinkles complete with my entourage. Peter & I also bypassed the bad step without Peter falling over & splitting his head open.

Jon Wright, Andrew Wrench and Alex Whitem ran most of the race together. Alex said that he was hanging on for grim death as he didn't have a clue where he was. It was also a bit of a shock when Jon launched himself off the bad step – he wasn't expecting that. Alex suffered at the end but they finished in a very respectable 20<sup>th</sup> (Jon) 23<sup>rd</sup> Andrew & 26<sup>th</sup> Alex. Chris Smale was next counter with Mark Harris (out of retirement) making up the team.

This result placed us in 5<sup>th</sup> position behind Bowland, which secured our 4<sup>th</sup> position overall

This is an absolutely awesome result for such a small club. Never before have we finished so high up the tables. The team spirit this year has been fantastic, it's been good to see the newer runners getting involved and all encouraging each other.

Next year the likes of Shaun Godsman, Mark Goldie Alex Whitem can only get better and if Jon, George, Andrew's Wrench & Horsfall and Chris continue to run as well then who knows what we can do.

### **Final placings**

**Chris finished 4<sup>th</sup> in the V40's**

**Moyra a gold medal in lady v60**

**Derek Clutterbuck silver in V70's.**

**Next its the Calderdale Way so keep on training**

## **Ian Hodgson Mountain Relay**

This year we had two teams in the Ian Hodgson Relay a ladies and a mens.

Our mens team finished 13<sup>th</sup> and the ladies 64<sup>th</sup> (we weren't last)

I hope to have a full report next month.

It is an excellent event and the first time we've ever entered. There was talk that this was going to be the last time it was run but thankfully new race organisers have been found.