

## Langdale Horseshoe 2012 – 14m 4000ft

This was my first time running this Lakeland Classic. Driving past Threlkeld and Thirlmere on the way to the Old Dungeon Ghyll the weather looked cracking, blue sky and a crisp feeling in the air. However from Dunmail Raise the low cloud seemed dominant and looked to provide an 'interesting' race from a navigational point of view.



There were 4 NFR representatives (myself, Andy, James, Dave). I managed to catch a word with Andy prior to the start; though clearly missed the photo opportunity – sorry).

Following a minutes silence for Darren Holloway, thoughts of what lay ahead, and the mention of a pasty for everyone at the finish the 'stampede' set off at 11am. The ground throughout the race was very wet and slippy, on numerous occasions did I find myself on my backside or indeed seeing others on theirs. As it turns out, the weather cleared perfectly, except for one short shower (great rainbow though). This made navigation reasonably easy and meant direct routes up Bowfell, around the first few crinkles, and up and down Blisco. Other points worthy of note were trying not to disappear into Martcrag Moor, the route under Esk Pike, which could best be described as 'interesting' and potentially 'lethal', the 'Bad Step' where I helped a fellow runner who "just couldn't find the way down"!

I finished in 30<sup>th</sup> place overall in around 2hrs 38mins so was pretty pleased with my day out on the fells. I managed to speak to James Charlton at the finish and he seemed to have enjoyed his day too; certainly shorter than some of the races he told me he's completed recently. The meat pasty was provided at the finish as promised; and was worth the wait! An excellent day all round and will certainly be back next year.



Mark Clarkson