

# The La Sportiva Lake District Mountain Trial Sunday 15<sup>th</sup> September 2019

## Organisers' Report

### Summary

The 65th Mountain Trial was run from Stool End Farm, Great Langdale. Dan and Karen Parker set three courses on the high central fells with significant route choices and no shortage of climb and descent. After overnight rain and high wind, a calmer day followed with cloud hovering over the highest summits. Greasy rock and wet grass slopes required sure footing, and ensured that navigation and endurance were well tested.

The number of entries (270) was marginally lower than last year. It was a successful day with no major incidents. However, one competitor required hospital attention for a gashed shin.

### Venue

Stool End Farm was the selected venue this year, and no stranger to hosting such events. Farmers Keith and Jean Rowand were welcoming hosts. The large parking field is well-drained so parking on the grass was not a problem despite the overnight conditions. There was sufficient hard standing for all the camper vans, and tents were segregated from vehicles. About 40 people camped overnight in the field. A large barn was used for registration, download and event management. Mains power and lighting were provided, and used. Lakes Loos delivered five portaloos, five trestle tables and twenty chairs for competitor use. Podium Catering provided the post-race meal and Matthew Bland brought the Pete Bland mobile shop.

### Weather

The MWIS forecast anticipated westerly winds of 15 to 25mph with local gusts of 30mph on the tops. Occasional rain was expected, with extensive cloud and possibly hill fog. At 7 a.m. the forecast was assessed against the bad weather criteria and it was clear that there was no need to resort to bad weather courses. By observation, actual conditions were better than forecast.

### Sponsorship

Lyon equipment continued to be the main sponsors under their La Sportiva brand. They supported a substantial prize list, provided race numbers (and safety pins!), vouchers for 2 pairs of La Sportiva shoes and made a large contribution towards the expenses of the event. They also loaned the start gazebo (3mx3m), flying pennants, and banners and table covers for display in the barn. Pete Bland Sports provided a significant contribution to the prizes and were very helpful in preparing the extensive number of prize envelopes. The YHA again provided three prizes for the first YHA members in each Trial who hadn't won another prize.

### Maps

A3 sized, pre-marked Harvey maps were used. They were printed on waterproof paper and were clear and legible, with printing by BML. The scale for the Classic was 1:30000, for the Medium 1:25000 and for the Short 1:20000. As in the last two years, the map was printed on waterproof paper and laminated on both sides. No issues this year with map distribution as it was dry.

**Planners:** Dan & Karen Parker      **Controller:** Mike Hind

### Entries

Entries opened in April and closed on 27<sup>th</sup> August. A few late entries (with a £3 surcharge) were accepted until six days before the race when the start lists were finalised and distributed. About 90 of the entrants had not previously completed a Trial. 43 of those were on the Short course.

Classic Trial 105 entries (including 12 women), Medium Trial 53 entries, Short Trial 112 entries (2018 – Classic 89 – 8 women, Medium 74, Short 116)

Total: 270 (279 in 2018) Note that the Trial was the same weekend as the British Sprint and Middle Distance Orienteering Championships this year.

The Pairs option was even more popular with 24 pairs entering the Short Course (21 pairs in 2018).

SportIdent took the entries. Start time allocation was based on the runner's stated preference. Most people were allocated a random start time within their preferred block although the top runners were "seeded" to split them up a bit. Some runners were deliberately placed at the start of the early blocks.

All entries were checked to ensure that the runners had appropriate experience. 6 people paid £5 on the day to transfer to the Short course.

## **Courses**

Classic Trial 27.2 km 2150 m of ascent

Medium Trial 19.0 km 1500 m of ascent

Short trial 12.6 km 1190 m of ascent

## **Numbers of Runners**

Classic Trial 82 started. 66 completed the course and 16 retired or were disqualified (one person failed to download).

Medium Trial 48 started. 46 completed the course and 2 retired.

Short Trial 99 started. 95 completed the course and 4 retired. (24 pairs started, 23 pairs completed).

Total: 229 started (235 started in 2018). 207 completed their course. (207 completed their courses in 2018).

## **Permissions**

Permissions were obtained from the National Trust (Neil Winder – Area Ranger) and Lowther Estate Trust (Anne Forrester). A fee was payable to the NT Tenant Farmer for use of the venue, and to Lowther Estate Trust for competitors crossing their land.

## **Safety**

Raynet provided radio communication to two checkpoints.

Derek Allison provided First Aid cover.

There was a full and thorough kit check for each competitor before the start.

Langdale and Ambleside Mountain Rescue Team (LAMRT) were informed of the event three weeks in advance.

## **Results Processing**

Andrew Leaney of SPORTident provided a very efficient service on the day. The results were posted on the SportIdent web site, on WinSplits and RouteGadget. <.67?> competitors drew their routes on the RouteGadget site.

## **Results**

The Classic course was won by Neil Talbott (Ambleside AC) in a time of 4.36.23 with the evergreen Andrew Schofield (Borrowdale) in 2<sup>nd</sup> place 14.57 behind. Jack Wright (Ambleside) was 3<sup>rd</sup> in 4.53.19. Hollie Orr (Black Combe Runners) was first lady home in 5.40.43 and 20<sup>th</sup> place, closely followed by Helen Fallas (Carnethy) 5.44.07. Third lady in 31<sup>st</sup> place was Sue Richmond (Dark Peak) in 6.14

Allan Miller (Kendal AAC) completed his 21<sup>st</sup> Trial in a time of 8.27.04

On the Medium course, Zoe Harding (Edinburgh Univ. H&H) was the impressive outright winner in 3.15.34 and nearly 40 minutes ahead of 2<sup>nd</sup> placed Robert Finch (Southampton OC) in 3.54.58, with Matthew Smith (Forth Valley Orienteers) in 3<sup>rd</sup> place in a time of 4.06.38. Second lady home was Steph Jones (Ambleside) in 5<sup>th</sup> place 4.10.56 with 8<sup>th</sup> placed Michelle Foxwell (Ambleside) the third lady in 4.26.49.

In the Short Course, overall winner was Ben Kent (Helm Hill) in 2.28.08 He also won the Harry Chapman trophy for first Under 21 and the Harry Chapman prize. 2<sup>nd</sup> was Joe Todd (Kendal AAC) by a whisker - 4 seconds – with Tim Culshaw (Glossopdale) 3<sup>rd</sup>.

First pair was Kirsty Bryan-Jones / Euan Patton (Dark Peak) in 2.58.10

## **Helpers**

14 people helped the organisers at the venue on the day, and a further 5 people acted as checkpoint marshals. Tony Richardson co-ordinated the checkpoint marshals before and during the event.

## **Website**

The website [www.ldmta.org.uk](http://www.ldmta.org.uk) has been updated, together with the completions lists. Any photographs available can be added to the Image Gallery in due course.

## **Publicity**

The results are on the FRA website and were in the 10<sup>th</sup> October edition of Athletics Weekly. Results have been sent to the Fellrunner magazine. There was an article and picture in the Westmorland Gazette.

David Wolfendale - Organiser