

Kendal Cross Country Report

This may have been my 20th year of XC racing, give or take, but it was my maiden voyage as XC captain – what could possibly go wrong?

Certainly not the weather. You could not have picked a nicer October day – warm, clear skies, trees just on the turn into autumnal glory, ground firm with virtually no mud in sight. The law of averages says at least one of the remaining fixtures will be cold, wet and miserable, but that's for another day.

Wesham had 19 men and 7 women out for the first of four XC's for the 2025/26 season, with Liverpool, Blackpool and Lancaster still to come, of the Mid Lancs cross country. The Mid Lancs cross country consists of member clubs from Lancashire, South Cumbria and Liverpool or what was the old Lancashire boundaries.

With my XC co-captain Kay away celebrating Steve's birthday in the peak district, my old road co-captain Kirsty stepped up to take her place, which was much appreciated. Also when I got there Clare Belfield had already got the numbers (thanks Clare!) another job I didn't have to worry about. The tent was easy enough to put up, although a bit more challenging to get back in the bag – a feat almost as hard as the racing (and taking just as long to do!) I had nearly everyone's number – well apart from Max's. After a failed attempt to rectify this with the ML chairman, a second attempt with top negotiator Adam proved more successful.

The course was firm underfoot, neither being too soft or rock hard. There was enough undulations to make it interesting but not too hard. This is a great venue for cross country – easy to get to, ample parking, and in glorious countryside. The temperature was just about perfect for running and the sun was shining.

The women's A team, consisting of Helen Lawrenson (52nd), Cara Rawlinson (74th) and Alona Versinina (96th) came 23rd (out of 29) placing them mid table in division 3, with the B team (Kat Fawcett (114th), Clare Belfield (118th) and Anne Berry (120th) placing 29th. Kirsty Holland placed 130th.

The men's A team, consisting of Adam Wilding (12th), Tom Bamber (25th, 4th M45), David Taylor (44th), Mark Belfield (48th), Tom Crabtree (50th) and Chris Hastwell (70th) came 4th (of 24 teams) which puts them at the top of Division 2. The B team of Stephen Dunn (83rd), Chris Haines (93rd), Tony Terras (102nd), Steve Wilson (106th), Will Parkinson (107th) and Steve Myerscough (125th) were 15th which puts them 3rd in Division 3. The men's over 40's were 4th (out of 16), the over 50's 5th (out of 16).

Supervet Phil Quibell won the men's V70, with John Collier 3rd and Dave Young 6th. Phil and John comprised the winning MV70 team.

Special mention also for the inspirational Alek Walker who ran (finishing 164th), following completing the Rivington half marathon only hours earlier.

Also finishing for the men were Max Watson (160th – also first XC), Nigel Shepherd (192nd - and second race of the day), and Robert Danson (212th).

The course measured 3.89 miles for the women and 5.94 miles for the men.

The Mid Lancs XC returns with Sefton Park XC on Saturday 22nd November.