

## BRITISH CHAMPS March 2022 - Mike Smithard

**Congratulations to Sara Campbell on her 3<sup>rd</sup> place in W55! Sal Chaffey of DVO was the winner with Lesley Ross of OD 2<sup>nd</sup>.**

**Also, Chris Smithard in action after 1 hour 50 mins (and uphill to the last control).**



### **The W55 race.**

Looking at Winsplits, Sal ran away from Lesley and Sara over the first 6 controls then lost the lot on the long leg to 7 (about a 10min leg, quite a bit of route choice and up the hill), then it was nip and tuck between the three of them till a 10 contour hill up to 11 when Lesley showed them a clean set of heels taking 90secs out of both then having the fastest splits on the next two but then lost it all at the second last control! Sara was then level with her in 2<sup>nd</sup> but lost out by 24 secs for 2<sup>nd</sup> place on the slog up the hill to the last two and the up-hill run-in. Well done!

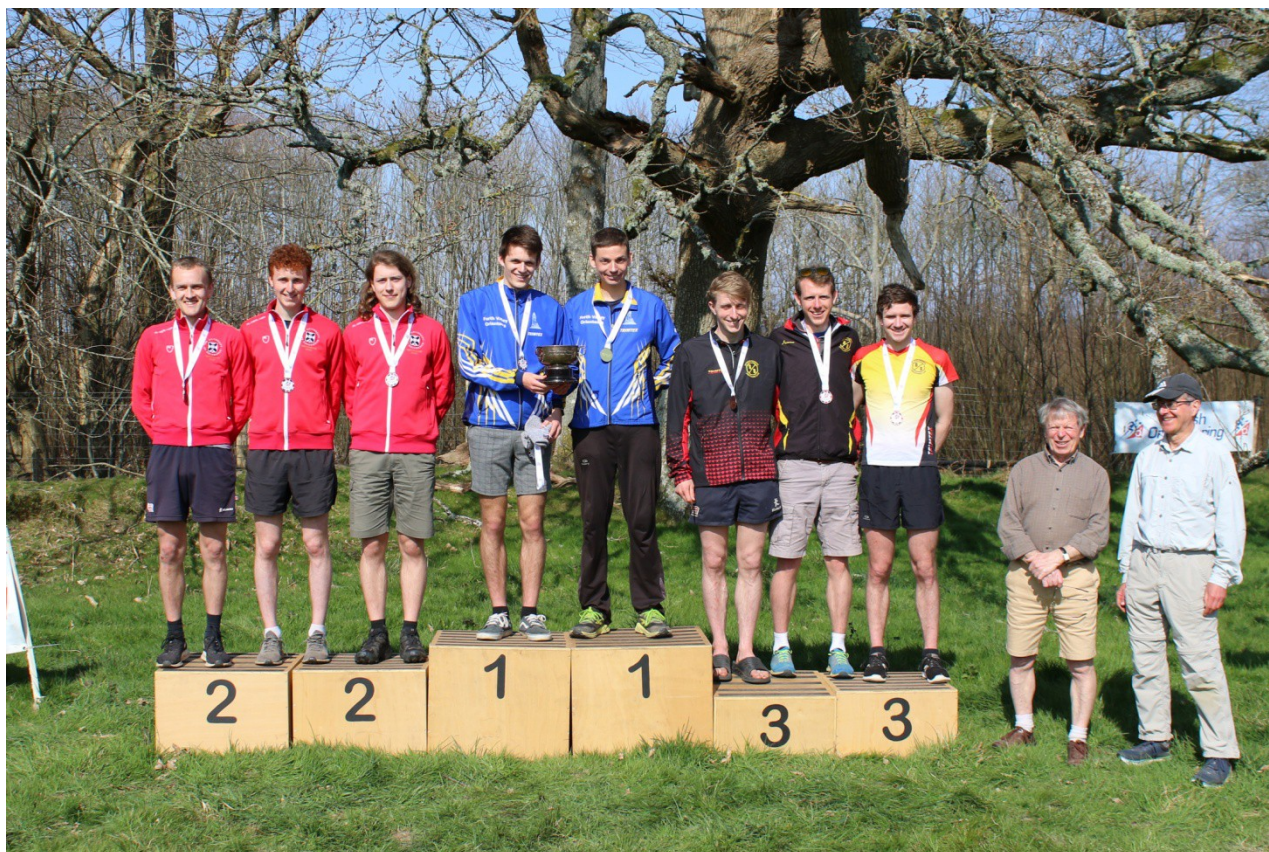
Not many Deesiders there overall but a 2<sup>nd</sup> (club only) member and a former junior member made an impression. Chris Smithard showed his stamina and strength in the M21E class – losing a minute at no 3 in the rhodos and a couple more at control 16, he was then lying 6<sup>th</sup>, many minutes adrift of those trailing in GG's wake. Still 6<sup>th</sup> after 80 minutes of running at control 24, 5 minutes behind Peter Bray and 4 behind Sas Chepelin who had caught and passed Chris, the tide turned and, with those 2 losing 2.5 and 1.5 mins in misses and Nathan Lawson going awol at one control, the chase was on. With all his splits from control 27 to 33



in the top 3 and the other two tiring in the final half hour of running (Chris was faster than GG from 27 to the finish), Chris stormed home, sadly 10 seconds adrift of 3rd and a further 1 second from 2<sup>nd</sup> to miss out again on the top 3 after his 4 second miss at the Middle Champs recently. He did manage to pass Oli Johnson (an M40) going to the last control though so finished 4<sup>th</sup>.

Meanwhile, Phil (CompassSport cover boy) Vokes was one of eight M21E's to mis-punch at the same control – well, he said, they both had a 1 and a 4 in their number. Whilst a couple of very good runners were among them, their times wouldn't have placed them ahead of Chris.

**Relay day** and Chris (FVO – with Graham Gristwood and Peter Molloy (M20E winner, not a bad step-in! -running instead of Alistair Macleod (COVID)) - and Phil Vokes (OD – with Nathan Lawson and Duncan Birtwhistle) both in good teams in Men's Open. Doesn't matter about names on paper, they still have to do it. Chris took over 2 minutes down after leg 1 in 4<sup>th</sup> and came back 2 mins down in 2<sup>nd</sup> to hand over to GG who did what was necessary to come back 1<sup>st</sup>. Meanwhile, Phil came back with FVO on first leg (6<sup>th</sup>), Duncan pulled up to 3<sup>rd</sup> which place Nathan kept so two former DEE juniors (Chris is still a DEE member but FVO is his first claim club) on the podium!



Chris is on Peter Molloy's left (ie the right hand person), Phil is between Nathan (on Phil's right)) and Duncan in 3<sup>rd</sup> place. Grace Molloy (multi JWOC medallist, 10<sup>th</sup> in WOC sprint last year) is Peter's sister, Nathan ran in the Sprint WOC last year with Chris. EUOC were 2<sup>nd</sup>.

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