

Edinburgh Festival Fringe REVIEW – Lloyd Langford, Galoot ****

☒ We've overheard more than one* Cowgate conversation this festival about people's lists of 30 things to do before they turn 30 (basically a [bucket list](#) condensed into a [smaller amount of time](#)). Coincidentally, stand-up [Lloyd Langford](#) (29) has spent this year attempting to take more risks, in a battle against his tendency towards introversion. His methodology is not to bungee jump, travel round Peru on foot or experiment with [double denim](#), however. Instead, he's just trying to be more of a [Galoot](#).

A galoot, Lloyd explains for those who have not read the publicity for the show they're about to see, is someone a bit silly. Obviously your instinct is to be embarrassed when you do something daft, but Langford has a theory that allowing your inner idiot to shine through sometimes is a good thing.

To prove his point, he takes us through a series of anecdotes about galoots or galootish behaviour – some exhibited by the man himself and some by third parties – and their repercussions. Hopefully by the end of the show it'll be a little bit clearer it's a good idea to be a bit of a galoot and take a risk (perhaps doing something about it when you really fancy someone) and when not to (say, in the company of a dangerous predator).

Langford is relaxed and cheerful on stage, chatting to the audience in the venue next door as easily as his own. He takes us through a series of apparently unrelated stories about pirates, public transport, and pop stars. The show is constructed to have a meandering feel, a bit like having a chat with a mate at the pub, and it's a style he inhabits completely. Everything feels very real, from his outrage at

the smugness of Jessie J to his awe at the naivety of [Chuck Wepner](#), and the audience love every minute.

By turns candid, silly and angry, this is a fun show with laughs all the way through, and definitely good value for your money. Parts of it might even make you think. (Don't let that put you off though; there are plenty slightly off-colour jokes to balance it out.)

Go and see if: you've ever felt strange or foolish. This will help you get over it.

Venue: Gilded Balloon Sportsman's Bar

Time: 9.30pm

Tickets: Weekend (and 2for1): £11.50/£10 Midweek: £10.50/£9.00

Box office: www.gildedballoon.co.uk

*Two.