



NIGHT AND DAY RACE REPORT

EFFINGHAM 16/17 JULY 2016

Wow! What an Adventure packed event!

This was the second running of the 12 hour Night & Day Adventure Race, and my first attempt at planning the 12 hour endurance race since taking over Tri-Adventure. What an experience it turned out to be! Not just for me and my crew, but also for the 20 adventurers who lined up for the start at 10pm in Effingham. We had some new and some returning Tri-Adventurers at this event. We opened up the entries to solos this time as well as to pairs, which was well received.

There were 65 Checkpoints up for grabs, over the 5 challenging stages through the Surrey Hills. Planning and setting the course was a real labour of love, with some checkpoints in challenging locations. I am pleased to report that every checkpoint was visited by someone! The [results splits](#) breakdown really shows the variety of strategies and routes people took.

There were a few apprehensive faces in the event HQ once the race packs had been collected and the planning was underway. 12 hours is a long time to plan for, and there was a lot of distance to cover. Fortunately, the dry and warm weather was just right for this event, and the bright moon at the start provided some comfort for those who needed it!



The race packs had a route book which laid out what adventures the competitors had in store for them. A missing first map!, climbing, archery and abseiling, all to look forward to. After the race briefing and 10 minutes before the Start, Map 1 was handed out. 10 CPs marked on a local map from 1834 for the first stage. This sounds like a real challenge in the dark you may think, but those who stayed calm soon realised they could use one of their other maps in their packs to cross reference.

There was drama at the start when Tom Newton pulled a muscle while warming up. Also, Helen and Daniel Murphy were supposed to race as a pair, but Daniel broke his hand while training for this event. So, Helen bravely set off on her own, with Daniel's advice on how to get round Stage 1.

10pm saw the start with competitors setting off in all directions, much to the disbelief of the wedding party which was in full swing in the upstairs bar. Some couldn't resist coming and having a chat with us to find out what was going on.



With Stage 1 under their belts by about 11.30pm, competitors took to their bikes for the long ride to Transition 2 in Thursley with 16 checkpoints en route for the taking. Simon Holroyd volunteered his time to run this transition, welcoming competitors with some refreshments and a cup of minestrone soup before their run. Tom and James arrived together at Thursley with Tom leading, having collected every possible CP. After the running stage, just as dawn was approaching, it was back on the bikes again for 16 more checkpoints, and a surprise stop at Bentley Copse for some 7am activities. After a night of racing, it was great to see competitors come together again to hit the 2 hour window for the activities, giving them an opportunity to share stories and experiences from the 'dark' stages.



Arriving with tired bodies after an ascent of Barhatch Hill from Cranleigh on their bikes, Tri-Adventurers then had to take on the Climbing Wall to reach the CP. The way down was faster with an abseil before moving on to collect 30 points from the Archery. The activities were well received by some first timers to climbing and shooting arrows; that's what adventure is all about! Bentley Copse activities were a welcome break from the time in the saddle, but then it was back on the bikes for the return to Effingham to a final transition, and a short run to collect 10 more CPs.

Everyone completed the Challenge within the 12 hour limit, and congratulations to you all. What an achievement! Despite overwhelming tiredness, people still had the strength to manage a prepared breakfast of sausages, bacon, beans and scrambled egg, whilst sharing their experiences of a pretty adventurous night with one another.



All participants received a commemorative medal as they finished, and prizes were awarded to the winners of the three categories, as follows:



MALE SOLO		POINTS/TIME	
1 st	Tom Davies	705	11:56:28
2 nd	James Lea-Cox	680	11:56:06
3 rd	Joe Selby	650	11:56:32
FEMALE SOLO		POINTS/TIME	
1 st	Helen Murphy	450	11:50:05
2 nd	Mary-Ann Ochota	395	11:55:09
PAIRS		POINTS/TIME	
1 st	Caroline Wharton/Peter Akrill	505	11:56:17
2 nd	Octavia Abbott / Ann Mills	440	11:48:41
3 rd	Ray Evans / Steve Walker	345	11:19:43

Special mention about Tom Davies. Tom has been a keen supporter of Tri-Adventure for quite a few years, and his tally of 705 points out of a maximum of 760 was a tremendous achievement, but there was no holding back as James Lea-Cox was hot on his heels all the way round. We wish Tom, Nicki, and their baby girl all the best over the coming 5 months during their placement in Australia! We look forward to welcoming you back to our Winter Series.

The full race results, with splits and transition times, are available on the Tri-Adventure website [here](#).

Photos taken at the event can be found and tagged in our Facebook album [here](#).

If you have photos to add from this event, please do [email](#) them, tweet them to [@tri_adventure](#), Instagram [Tri_AdventureUK](#) or post them on [Facebook](#).

Once again, thanks for taking part and supporting this hugely challenging event. I hope your bodies are already recovering well and I look forward to seeing you again at a Tri-Adventure event. We've already started thinking about the next Night & Day event having taken your comments on board, as well as the possibility of running a 6 to 8 hour event in daylight later this year.

Thanks also to the Tri-Adventure team of Simon and Leszek who, together with myself, worked very hard to make the event as enjoyable an experience as possible for everyone taking part. I know I say this in every report but, quite simply, without you, there would be no Tri-Adventure.

I hope to see as many of you as possible this Sunday, at Holmbury St Mary.

Yours in Adventuring,

Adam