



Tri-Adventure Race Report

Albury 4 December 2016

A beautiful, crisp, Winter morning welcomed us to Albury Cricket Club, as we arrived to set up the event on Sunday. The sun was just beginning to light up the eastern sky with a rose coloured glow, and the fresh frost crunched under our feet. What a glorious setting for our last event of the year!

There was a really good turn out this time, and it was really inspiring to see that almost half of the participants were entering one of our Adventure Races for the first time. We were also pleased to welcome back, after quite an absence, several participants who had taken part in events under the previous ownership; - I hope you were glad to be back, and we look forward to seeing you again!

I take a lot of time thinking about the courses I set out, so it was very rewarding to hear so many positive comments about this particular course. Mind you, it's a shame that only 4 of you visited CP15, near the church at the top of St Martha's Hill. Those who did, were rewarded with a stunning view over the Surrey Hills.



Matt Zalewski got his revenge over Ross Remnant in the **Male Experience**, with 27 CPs to Ross' 25, and Joe Selby also put in a great effort, coming in with 25 CPs, and just 3 minutes behind Ross.

The **Female Experience** saw a very close finish, with Laura Ashfield and Helen Murphy both finishing with the same number of points, and with Laura just getting in a minute and a half earlier. A special mention to Pat Daas, one of our regulars, is also appropriate, because, in addition to a very impressive 23 second transition, she really pushed herself hard, collecting 13 CPs, and claiming she can't remember the last time she got so many! Well done Pat!.



The **MTBO** event is starting to become popular among those who either don't like running or, to quote one of the older participants, who no longer have the legs for it!. Even though he collected some time penalties, Julian Hemsted rode a brilliant course, collecting 19 of the 21 CPs available. The design of the MTBO course was very well received and we hope that word will spread about this new addition to our portfolio.



The **Male Sprint** was a closely contested affair, with T-A regulars taking the first three places. Well done to Rob Smart, who took the spoils with 12 CPs, closely followed by Tim Buckley with one CP less. It was good to see Nigel Davidson back racing after taking some time off on "parental leave". Fatherhood doesn't seem to have affected his navigation skills, and he came in third, despite losing points in time penalties.

The Dutch/Czech pairing of Michelle Baeten and Iva Kalášková again won the **Sprint Pairs**, this time beating both Mixed and all Male Pairs in the process. They remain unbeaten in the current Series, and congratulations to both of them on their skill and determination. They'll be taking a well earned break in their native countries over Christmas, and we look forward to welcoming them back next year.



There was a large turnout in the **Trail** – both the **Men's** and the **Ladies'** event. I am very pleased that we had 8 members of the Clapham Chasers taking part for the first time, as that is the running club I belong to. In the **Ladies** event, congratulations to Gemma Taylor, who collected 11 CPs.

The **Men's Trail** was won by Kevin Ellerington, in probably the tightest race in our history – 8 men collected 12 or 11 CPs, with time differences playing a major role in each runner's final placing.



At Tri-Adventure, we care greatly that people of all ages and abilities should be able to turn up and have a fun, yet challenging day out. So, at one end of the spectrum, we have the hard core Experience racers, doing their best to bag all 30 CPs. At the other end, we have families taking part, with the youngsters often exhorting their parents to go faster! How lovely it was, then, to see the Houghton family – Jack, Ben, and Toby (and push chair) – spending a couple of hours in Sunday's sunshine, navigating around a few CPs.



[Link to the Drone Footage on Youtube](#)

I'm really encouraged to see so many first timers trying out our events each month – there were 38 on Sunday. We hope all you "newbies" enjoyed your experience, and that you'll spread the word to your friends and family. You've got your first Tri Point, and you're on your way to getting a discount.

Please also remember that, every time you recommend someone who comes along and takes part, you also receive a Tri Point.

Experience (4 hour event)



| Male | | Points/Time | |
|-----------------|--------------------------------|-------------|----------|
| 1 st | Matt Zalewski | 270 | 03:50:16 |
| 2 nd | Ross Remnant | 250 | 03:55:46 |
| 3 rd | Joe Selby | 250 | 03:58:53 |
| Female | | Points/Time | |
| 1 st | Laura Ashfield | 150 | 03:57:40 |
| 2 nd | Helen Murphy | 150 | 03:59:12 |
| 3 rd | Pat Daas | 130 | 03:53:24 |
| Pairs | | Points/Time | |
| 1 st | Mike Bailey/Geoff Kirk | 188 | 04:00:39 |
| 2 nd | Daniel Sandham/Richard Sandham | 167 | 04:01:13 |

Sprint (2 hour event)

| Male | | Points/Time | |
|-----------------|----------------------------------|-------------|----------|
| 1 st | Rob Smart | 117 | 02:01:07 |
| 2 nd | Tim Buckley | 110 | 01:57:59 |
| 3 rd | Nigel Davidson | 93 | 02:13:03 |
| Female | | Points/Time | |
| 1 st | Chris Glew | 70 | 01:54:52 |
| Pairs | | Points/Time | |
| 1 st | Michelle Baeten/Iva Kalášková | 72 | 02:08:42 |
| 2 nd | Charlotte Houghton/Matthew Jones | 62 | 02:03:42 |
| 3 rd | Clare Gibson/Jackie Mitchel | 60 | 01:58:16 |

Trail (2 hour event)

| Male | | Points/Time | |
|-----------------|---------------------|-------------|----------|
| 1 st | Kevin Ellerington | 120 | 01:56:35 |
| 2 nd | Richard Thorpe | 110 | 01:50:30 |
| 3 rd | Simon Holroyd | 110 | 01:58:53 |
| Female | | Points/Time | |
| 1 st | Gemma Taylor | 102 | 02:03:38 |
| 2 nd | Natasha Trasi | 90 | 01:54:14 |
| 3 rd | Alexandra Eggington | 90 | 01:57:24 |

MTBO

| Male | | Points/Time | |
|-----------------|-------------------|-------------|----------|
| 1 st | Julian Hemsted | 165 | 02:12:09 |
| 2 nd | Daniel Sullivan | 160 | 01:55:55 |
| 3 rd | Matthew Slaughter | 110 | 01:44:11 |
| Female | | Points/Time | |
| 1 st | Jane Robinson | 106 | 02:01:44 |
| 2 nd | Linda Cairns | 66 | 02:06:40 |

Congratulations to all our worthy winners!



Some participants entered into the Christmas spirit, and wore fancy dress.



We also had some mulled wine, mince pies, and home brownie “puddings” with icing and holly on top to get us into the Christmas mood!

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

Photographs can be found and tagged/shared in our Facebook album [here](#).

If you have photos to add from events, please do [email](#) them, tweet them to [@tri_adventure](#), or post them on [Facebook](#). We use the #triadventure and #tri4all.

As usual, thanks to those who shared their thoughts and made suggestions on the day. I am always open to suggestions to improve and expand the Tri-Adventure experience for more and more people. If you have had a thought to add since Sunday, please fill in the Feedback form on the email, or please pop it in an [email](#) now!

NEXT EVENTS

Our next event, the second in our **Winter Series**, is at **Mickleham** on **Sunday, 8 January**. Online entry is already [open](#), and more [information here](#).

The following month is our last event in the **Autumn/Winter Series** at **Thursley** on **Sunday, 5 February**. Online entry is already [open](#), and more [information here](#).

The dates and locations through to February next year are now confirmed, and can be found on our website [here](#), so please put them in your diaries. There will be trophies and prizes at the end of each series.

Once again, thanks for coming along to Albury on Sunday, and making it such a great event. It's clearly a very popular spot in the Surrey Hills, and we'll be back there again later next year, with another exciting course. I know I say this in every Report but, quite simply, without you, there would be no Tri-Adventure. Please help us to spread the word about these great weekend events so that we can get the numbers up, and I look forward to seeing you again in January.

Finally, please use Social Media to tell others about Tri-Adventure – Facebook, Twitter, Instagram, etc. We want to keep putting on fantastic events, which challenge people whilst making them feel good (as those of you who take part will confirm), and we need to keep increasing our numbers to make this happen.

On behalf of my team and myself, I'd like to end this Report by sending you all our very best wishes for a wonderful Christmas, and a very happy and successful 2017.

Yours in Adventure,

Adam

