



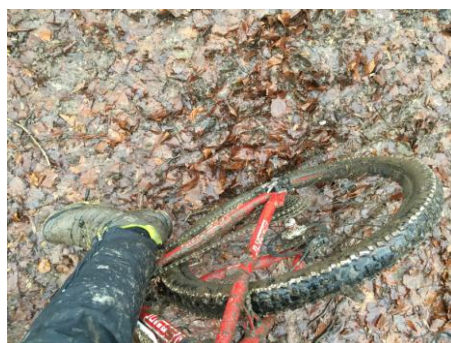
## TRI-ADVENTURE EVENT REPORT

### EFFINGHAM 10 JANUARY 2016

Sunday saw the first event of the New Year, and the second of the three Winter Events. We were also back at Effingham where, 8 months ago and after a 2 year absence, Tri-Adventure was re-launched under new ownership.

What a day it turned out to be! The best turnout yet, with over 80 smiling faces lined up at the start, ready to tackle the mud in ideal adventure racing conditions (weather wise, at least). There was a real buzz about the venue with people chattering away, planning their course and strategy, before the klaxon set everyone off at 10am. Tri-Adventurers are a friendly bunch offering help to the newbie's with their planning as well as teaming up in the car park to helping to push Sam Buley's Transporter van which was stuck in the mud. I've been asked to pass on many thanks by Sam!

We plan these events well in advance, and prepared a pretty challenging course this time. However, we hadn't accounted for all the rain that we've been having over the last four weeks or so, which had turned some of the trails into huge mud baths. The bike sections, in particular, posed lots of challenges, with one participant telling me that, on one section, he was overtaken by a hiker! Still, the conditions didn't seem to detract from the enjoyment of the day, even though no-one managed to collect all the checkpoints.



Once again, we welcomed quite a few first-timers to Tri-Adventure. Without exception, they seemed to enjoy the experience very much, and promised to be back for future events.

Success in the various categories was down to strategy this time. There were many impressive performances, and Tom Davies deserves a special mention. He arrived from Central America in the early hours of the morning, came straight to the event, and won the Sprint by concentrating on the running and collecting as many checkpoints as he could before transferring to his bike.

Leszek faced quite a challenge in transition at the end, as the bikes were so muddy that the numbers were either barely readable, or had simply disappeared! Still, we managed to ensure that bikes and owners were reunited when the time came to go home.

In the **Male Experience**, Rob Smart completed a hat trick of wins, collecting the most number of points (230 this time) for the third time running. He timed his race perfectly, finishing in 03:59:29! He was again pushed hard by Daniel Murphy, who finished with one CP less than Rob, returning slightly over time. This result is a mirror image of the one at Peaslake last month! It now looks that Rob has built an unassailable lead in the Winter Series.

The **Female Experience** was well won by Helen Murphy, who collected 13 CPs, finishing well within the time limit.

We had some pairs taking part in the **Experience Pairs** event this time, and the category was well won by a team taking part in a Tri-Adventure event for the first time – Duncan Borthwick and Enwezor Nzegwu, representing ENDB Racing. Well done lads, and we hope to see you back in Shere.

Carys Holloways won the **Ladies' 2 hour Sprint** even though Jane Robinson collected one checkpoint more than her; it was the time penalties which cost her first place.

The **Men's Sprint** was a keenly contested affair. Despite collecting several time penalty points, Tom Davies ran a solid event to win it with 118 points. He was pushed hard by regulars Jonathan Wormington and Michael Krajewski.

The **Sprint Pairs** was won by Charlotte Carrivick and Nige Webber. What a turnaround from last month's event, when they had a disastrous bike section. We're glad to report that the Organisers are now back in favour!

Courtney Prestage was an impressive winner in the **Ladies' 2 hour Trail**, collecting 11 CPs, one more than Julia Weall from Full On Tri. A lot of time penalties were incurred in this event, probably because most of the competitors underestimated the conditions out there.

The **Men's Trail** was a hotly contested affair, with 2 runners collecting 13 checkpoints and three collecting 12 checkpoints. Finishing times made the difference, with Sam Reed of Serpentine just pipping Sid Hardy (Free Range MTB) by 48 seconds.

#### EXPERIENCE (4 HOUR EVENT)

MALE		POINTS/TIME	
1 <sup>st</sup>	Rob Smart	230	03:59:29
2 <sup>nd</sup>	Daniel Murphy	214	04:02:52
3 <sup>rd</sup>	Ross Remnant	210	03:48:25
FEMALE		POINTS/TIME	
1 <sup>st</sup>	Helen Murphy	130	03:52:42
2 <sup>nd</sup>	Pat Daas	70	03:36:10
PAIRS		POINTS/TIME	
1st	Duncan Borthwick/Enwezor Nzegwu	190	03:58:26
2nd	Thomas Hooper/Joshua Hooper	147	04:01:29
3rd	Melissa Joy/Gary Wassell	100	03:58:47

## SPRINT (2 HOUR EVENT)

MALE		POINTS/TIME	
1 <sup>st</sup>	Tom Davies	118	02:10:38
2 <sup>nd</sup>	Jeremy Wormington	110	01:59:00
3 <sup>rd</sup>	Michael Krajewski	100	01:55:09
FEMALE		POINTS/TIME	
1 <sup>st</sup>	Carys Holloway	66	02:01:33
2 <sup>nd</sup>	Jane Robinson	63	02:08:21
3 <sup>rd</sup>	Jacqueline Mitchell	58	02:00:46
PAIRS		POINTS/TIME	
1 <sup>st</sup>	Charlotte Carrivick/Nige Webber	70	01:53:48
2 <sup>nd</sup>	Charlotte Houghton/Matthew Jones	59	02:05:13
3 <sup>rd</sup>	Clare Gibson/Caroline Bell	58	02:00:43

## TRAIL (2 HOUR EVENT)

MALE		POINTS/TIME	
1 <sup>st</sup>	Sam Reed	130	01:58:56
2 <sup>nd</sup>	Sid Hardy	128	02:00:44
3 <sup>rd</sup>	Barry Jones	114	02:02:33
FEMALE		POINTS/TIME	
1 <sup>st</sup>	Courtney Prestage	110	01:56:41
2 <sup>nd</sup>	Julia Weall	95	02:02:23
3 <sup>rd</sup>	Katherine Smith	90	01:56:43

As in Albury, all the cakes went again, despite the additional chocolate brownies, and the Butternut Squash soup provides welcome heating and sustenance after the exertions during the events. It looks like these are very popular additions to the Event package, so we'll continue providing these home made treats, at least during the winter months.

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 events, please do [email](#) them, tweet them to [@tri\\_adventure](#), or post them on [Facebook](#).

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 pop it in an [email](#) now!

**Our next Event, the last of the Winter Series, is on 21 February at Shere.** On-line entries are already open, so do take advantage of the Early Bird discounts. We look forward to seeing you there. Let's hope that the trails and bridleways have dried out a bit by then. The difference a crispy, frosty and sunny day would make would be amazing.

Don't forget, in addition to collecting a Tri-Point stamp for every event you take part in, you can also collect a Tri-Point stamp for every person you introduce to one of our events. 6 stamps qualify you for a free entry into a **Trail** or **Sprint** event, or 50% off entry into an **Experience** event. Just click [HERE](#) for more information.

As part of our drive to recruit new AR participants, we will be exhibiting at the **London Triathlon Show at London Excel** (11-14 February 2016), and at the National Triathlon Show at the Lee Valley Velodrome (9-10 April). These are great shows anyway, but we'd be delighted to see you there. We're going to have some exciting prizes to give away!



The dates for the next 12 months or so 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 (as for the **AUTUMN SERIES**), and I'll also do something for those who have collected the most points over the nine months.

I can also confirm that we'll run a **12 hour Night & Day Event**, at a location in the Surrey Hills, on **16/17 July**. This is a Pairs only event, and more information can be found [Night and Day 12 Hour](#). Join the [Facebook N&D Event page](#) to chat and find other people to pair up with.

For those of you who, from time to time, like to take a break from planning your own course, I can confirm that we'll again be running the **Whiteley Village Races** and **The Hurtleberry** next year. The dates are **Sunday, 5<sup>th</sup> June** and a date to be confirmed again at the beginning of October.

Once again, thanks for coming along to Effingham on Sunday. I know I say this in every Report but, quite simply, without you, there would be no Tri-Adventure. Please spread the word about these great weekend events, and I look forward to seeing you again at Shere.

Yours in Adventure,

Adam

### Prize Winners

#### TRAIL



#### SPRINT



#### EXPERIENCE

