



TRI-ADVENTURE EVENT REPORT TILFORD 11 OCTOBER 2015

Just two weeks after Cranleigh, we were back with the second Event of our Autumn Series, this time at Tilford. Great sunny weather ensured the course was at its best, and there were some exciting tussles in the various events. News of Tri-Adventure's return seems to be spreading, and we again had some new faces coming along to take part. It was really interesting to hear how people had heard of us, with one couple coming along after seeing the Countryfile review programme on BBC a couple of weeks ago!

The course, once again, proved quite a challenge for most of the Adventurers, although the recent dry conditions and a less hilly course allowed for some speedy rounds. In the **Experience**, Magnus Mill had a tremendous run round the course, collecting all 30 Check Points in a perfectly timed 3hr 56m54s. Well done, Magnus, you certainly deserved your reward! Kim Travis came second having visited 28 CPs, and with just under 9 minutes to spare. Sean Kelly and Stuart Stevens also collected 28 CPs, but they slightly overran due to an unforgiving slog up a bridleway, and ended up with a 2 point penalty. Tristan Morrissey deserves a special mention for heading up the transition table taking just 45s to switch to his bike; he is relatively new to Adventure Racing and has already caught the bug, and attended the Navigation course the day before!

Although we didn't have any Solo Ladies in the **Experience** event, we did have 3 pairs – one female, one male, and one mixed. Rachel Clay and Jackie Field were taking part for the first time in a Tri-Adventure event. Representing Cycleworks, the smiles on their faces at the finish proved that, in their words, they'd had an absolutely fabulous time. The girls finished over half an hour early with nowhere left to go, having dropped some of the run checkpoints, but having collected all the possible Bike Checkpoints. It was a long anxious wait to see if their 250 points were enough. That's what Adventure Racing is all about – it doesn't just test your fitness, MTB and running skills, but it also shows how important strategy and tactics are to the overall result. Nicola Wood and Dan Justin returned home with a minute to spare and 240 points, just not enough to knock the girls off the top spot.

The Ladies' 2 hour **Sprint** saw Carys Holloway come in 7 minutes over the limit with 12 CPs to her name. She made it back just in time to have enough points left to see off her nearest competitor by 6 points. The Men's **Sprint** was a keenly contested affair. Bad luck to Jeremy Wormington, who collected the most CPs (16), but whose finishing time of 02:04.50 caused him to lose 10 points and the win by just 21 seconds! As a result, he came 5th. Finishing times were all that separated the winner from the other 4 racers, all on 150 points. Well done to the overall winner, James Brown, who finished in 01.55.21, and congratulations to Andy Jones, Andy Rickards, and Matthew Szyndel, who came in within a few seconds of one another.

We also had 3 pairs in the **Sprint** Event this time, and all three couples collected 10 CPs within the time limit. Quickest was the husband/wife combination of Paula and Scott Wallace, who were adventure racing with us for the first time. Congratulations and welcome – we hope to see you back for future events.

The Ladies' 2 hour **Trail** was won by Louise Stone who completed the course with Suzannah Lamb, but pipped her to the finish by 4 seconds! Chance for revenge at Albury, perhaps, Suzannah?

Some of the most exciting tussles took place in the Men's **Trail**. Three runners collected all 15 CPs, with their finishing times deciding the order of merit. Barry Jones, who won the Trail at Cranleigh, came in second as a result of an incredible effort from Chris Ness, who completed the course with just under 9 minutes to spare. Wow! This event also highlights the highs and lows of individual achievements; Stephen Howard followed a very different route to Barry, who finished just 19 seconds ahead of him! Only in Adventure Racing can you start at the same time and finish so close to each other without even seeing each other on the course!

As you know, feedback is very important for us. I don't know if it was the sun or the course that we laid out, (or both), but Tilford as an event and venue seemed to go down very well with everyone, and we'll certainly be back here. I acknowledge that there were a couple of CPs that some found difficult to find. The nature of the event is that people approach them from different routes, so they may be easier to spot than others. We love to hear and see the banter at the end, discussing routes, decisions made and checkpoints, especially when one person is pointing to the map and saying this and that, and another pipes in, saying that he/she found that particular CP straight away!

Big thanks to the Tri-Adventure support Team, Liz, Chris, and Leszek who work hard to deliver these great events.

Your feedback and your willingness to spread the word about Tri-Adventure to friends and colleagues is key to us increasing our numbers. Yesterday, one or two of you mentioned that you liked the idea of having a series run from the same location, with only the course layout being different each time. This is something that the previous owners, Johnny and Sam, experimented with. **Is this something that appeals to all of you? Please let me know.**

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, don't forget that 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).

EXPERIENCE (4 HOUR EVENT)

MALE	POINTS/TIME
1 st Magnus Mill	300 03:56:54
2 nd Kim Travis	280 03:51:16
3 rd Sean Kelly	278 04:00:34
FEMALE	POINTS/TIME
No Solo Ladies	
PAIRS	POINTS/TIME
1 st Rachel Clay/Jackie Field	250 03:25:45
2 nd Nicola Wood/Dan Justin	240 03:58:39
3 rd Johnny Evans/Jason Cuddy	151 04:09:29

SPRINT (2 HOUR EVENT)

MALE	POINTS/TIME
1 st James Brown	150 01:55:21
2 nd Andy Jones	150 01:58:47
3 rd Andy Rickards	150 01:59:05
FEMALE	POINTS/TIME
1 st Carys Holloway	106 02:07:00
2 nd Karen Jones	100 01:57:38
3 rd Chrissie Glew	90 01:52:01
PAIRS	POINTS/TIME
1 st Paula Wallace/Scott Wallace	100 01:54:52
2 nd Christine Lancaster/Karen Richardson	100 01:58:31
3 rd Richard Bailey/Michelle Stevenson	100 01:58:32

TRAIL (2 HOUR EVENT)

MALE	POINTS/TIME
1 st Chris Ness	150 01:50:46
2 nd Barry Jones	150 01:58:23
3 rd Stephen Howard	150 01:58:42
FEMALE	POINTS/TIME
1 st Louise Stone	100 01:59:28
2 nd Suzannah Lamb	100 01:59:32

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](#).

Any photos to add from events, please do [email](#) them, tweet them [@tri_adventure](#), or use [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!

So, the **AUTUMN SERIES** is already two thirds over. Let's hope the good weather carries on to the [next Event](#), which is on **Sunday, 22 November** at **Albury Cricket Club**. Also, Chris will be there again with her cakes. They all went this time!

PLEASE NOTE: I ran a one day Navigation Training Course on the Saturday before Tilford. I'm very flexible as to when and where I run these training sessions, and both Tristan in the Experience and Simon in the Sprint, seemed to get a lot of benefit from this course. So, for those of you who want to sharpen your AR skills, or who know people who'd like to get involved in AR but are a bit unsure about how to read a map, etc, this is an ideal opportunity to do just that. To apply, or for more information, visit [Navigation Courses](#).

This series will be followed by a **WINTER SERIES** (December – March), and a **SPRING SERIES** (April – June). The **WINTER SERIES** will be open for entry in the next day or so, and I will soon confirm dates for the next 12 months, so keep an eye on the website, Facebook, and Twitter. There will be trophies and prizes at the end of each series. I'll run some events in June and July, and definitely some longer ones as well, such as a 12 hour event, before taking a break in August.

Once again, thanks for coming along to Tilford. 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 Albury.

Yours in Adventure,

Adam