



TRI-ADVENTURE RACE REPORT

CRANLEIGH 12 JUNE 2016

With the longest day of the year only a matter of days away, and a weekend of celebrations going on for the Queen's 90th Birthday we thought we'd be in for a scorcher, especially after the beautiful weather we enjoyed at Whiteley Village Races the previous week end. Instead, we woke up to a drizzly but warm morning, which steadily got worse, so that, when the klaxon sounded for the start of the event at 10am, most people were trying to keep out of the rain under the transition tent!! I think we were competing with many village events today celebrating the Queen's birthday which saw a drop in our numbers.

Fortunately, the rain eventually relented, and our Tri-Adventurers were able to enjoy a challenging course, with some spectacular views, and interesting routes. Given the time of year, we introduced the 5 hour Challenge for the first time, and that seemed to go down really well. However, we'll be back with the 4 hour Experience in July.

One of the things we try and do is to find new bases in the Surrey Hills, so that we can add some variety to our events. We were trying out the Bandroom in Cranleigh for the first time, and it is a really great venue. I'm pretty sure we'll be back there again some time in the future.

CoachG – a running expert and a good friend of mine, was on hand to do some filming, capturing your thoughts at the event to put together into some short films. His work will be available on the website in a week or so. Some of you may also have met Lizzie, a Marketing Consultant, who is working with us to increase our presence on Social Media.

We set out a rather challenging and hilly course over an 88km² area, which tested quite a number of participants. The views are fantastic in this part of the Surrey Hills, and there was a real "feel good" factor, as racers returned to the Finish, exhausted and elated. We located a couple of CPs in residential areas to incorporate a bit of urban navigation, and some of the feedback was really interesting. It's clearly quite complicated to figure out the various roads on the OS Maps without the road names, and this is a Navigation skill that is well worth developing.

Despite all the publicity before the event, the numbers taking part on Sunday were disappointingly low, with just 32+3 youngsters setting off in the various categories. This, and the mixed weather, did not prevent some healthy competition, especially in the 5 hour **Challenge**, in which both Daniel Murphy and David Hobbs finished with 27 CPs (out of 31), with Daniel coming out on top by arriving back first. This was David's second event with Tri-Adventure, so well done to you, and we look forward to welcoming you back soon.

Octavia Abbott won a keenly contested **Female Challenge** event, with one of our regulars, Pat Daas, coming in with just a few points less and again the fastest Transition of 34s.

The **Challenge Pair** event was won by Allan Bowe and Elizabeth Rushbrook, both of whom were taking part in one of our events for the first time. We again had a group using the event as part of their build up for ChallengeUK. You guys really seemed to enjoy yourselves; good luck with the Challenge, and I hope you'll be back with us again soon.



Chrissie Glew was a worthy winner in the **Ladies' 2 hour Sprint**, and the **Men's Sprint**, which is usually a very popular and keenly contested affair, had a very low turnout for the third month running. Paul Evans took the honours.

Our regular pairing of Michelle Baeten and Iva Kalášková in the Sprint managed to pick up more points (110) than in any of their previous events, and even finished within the 2 hour limit. Well done girls!



Ashley Mayr won the **Ladies' 2 hour Trail** with a total of 84 points.

The **Men's Trail** was a very keenly contested affair, with both Ian Helm and Tom Frost tying on 100 points. However, Ian demonstrated the importance of finishing within the time limit, as Tom collected 3 more CPs, but overshot his finish time by quite a margin. 12s faster and Tom would have won. Welcome back, also, Harvey Humphrey, who was taking part with his Dad, Mark. They decided to give the MTB a miss this time, and hit the Trail, finishing with a very creditable 80 points.



A word, finally, about John Baker's achievement – despite getting badly lost, he persevered with his map reading and managed to find his way back to base. Well done, John!

CHALLENGE (5 HOUR EVENT)

Male		Points/Time	
1 st	Daniel Murphy	270	04:41:44
2 nd	David Hobbs	270	04:58:44
3 rd	Stuart Stevens	240	04:51:40
Female		Points/Time	
1 st	Octavia Abbott	199	05:00:20
2 nd	Pat Daas	160	04:51:15
Pairs		Points/Time	
1 st	Allan Bowe/Elizabeth Rushbrook	180	04:25:48
2 nd	Nad Ramzan/Mike Jenkins	90	04:01:37
3 rd	Latoya Carlton/Ben Disbury	90	04:01:57

SPRINT (2 HOUR EVENT)

Male		Points/Time	
1 st	Paul Evans	110	01:55:49
2 nd	Spencer Bashford	86	02:01:56
Female		Points/Time	
1 st	Chrissie Glew	80	01:59:28
2 nd	Femke & Zoe Perry	70	01:59:34
Pairs		Points/Time	
1 st	Michelle Baeten/Iva Kalášková	110	01:53:42

TRAIL (2 HOUR EVENT)

Male		Points/Time	
1 st	Ian Helm	100	01:58:31
2 nd	Tom Frost	100	02:14:41
3 rd	Mark Glaister	87	02:06:06
Female		Points/Time	
1 st	Ashley Mayr	84	02:02:45
2 nd	Lucy Bailey	67	02:06:11

Congratulations to all our worthy winners!

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!

NIGHT & DAY

This challenging event is only **5 WEEKS** away!

Don't forget that we've decided to open up this **12 hour Night & Day Event**, on **16/17 July**, to **SOLO** entries, as well as pairs. More information can be found by clicking [Night and Day 12 Hour](#). Join the [Facebook N&D Event page](#) to chat and find other people to pair up with, if you still want to take part as a Pair, but have not yet found a partner. Design of the course is nearly complete, and online entry is already [open](#). Despite numbers still being relatively low, we've decided to go ahead with the event, anyway. We really could do with more people taking part to make it an exciting challenge. So, do sign up and push the limits! "Dare to dream, dare to fly".

NEXT EVENTS

After the Day & Night, we'll be back with a normal series of events the following week, **24 July**, at **Holmbury St Mary**, and online entry is already [open](#).

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

For those of you who, from time to time, like to take a break from navigation, I can confirm that we'll again be running **The Hurtleberry** off-road Duathlon on **Sunday 4 September**. On line entry is already [open](#).

Once again, thanks for coming along to Cranleigh on Sunday. 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 at **the 12 hour Night & Day** and **Holmbury St Mary**.

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 get our participation levels up to make this happen.

Yours in Adventure,

Adam