



## Tri-Adventure Race Report

Effingham 4 June 2017

After our trip over the border into Hampshire last month, we were back in the heart of the Surrey Hills on Sunday. I organised my very first Tri-Adventure event at Effingham, just over two years ago, and it was good to be back at this welcoming venue. The King George V Hall is light and airy, and there's loads of room to set up our bike transition area.

We've enjoyed reasonable weather conditions for our last few events, and Sunday continued that trend: beautiful skies, a warm sun, and great racing conditions. My Dad, on transition, certainly got his fill of Vitamin D, and even managed to get a bit sunburnt!

Reports from participants said that the course was varied and fast, with some gorgeous views. As a result, there were some impressive performances in the various categories.



Once the event is over and everyone goes home, the team then needs to put everything away, before going out to collect all the Checkpoints. This usually takes us about 4 hours, so I was thrilled when Rob Smart and Graham Crabtree volunteered to collect some of them in for us. They managed to get well over half of them in by the time we had loaded everything up, so our task was made much easier. Many thanks, guys, for your help. Any offers to get the checkpoints in at future events will be gratefully received!

We had a lot of entries on the day this time, and this provided some real competition, especially in the Experience and the Trail events.

We again welcomed people who were taking part in their first Tri-Adventure race, so well done to you all, and I hope you've now got the taste for our great sport – we look forward to welcoming you back at one of our future events. One of our regulars, Michelle Baeten, even brought along her two sisters from Holland, and they were really pleased with their performance.

There was the usual banter and discussion among the participants after the events about route selection and checkpoint location. This time, there was some discussion about CP 22, with some claiming it wasn't there, and others saying they found it easily. I did check its location again when collecting it in, and I can confirm it was exactly where I'd marked it on the map. I will concede, however, that there was a fingerpost pointing to a permissive path which was not marked on the map, which could have contributed to the confusion. Great stuff – that's part of adventure racing!



Ross Remnant put in a pretty impressive performance in the **Men's Experience** event, coming in with 25 CPs, and with almost 16 minutes to spare. There was a very keen fight for the minor placings, with Tom Newton just pipping Graham Crabtree for second place, despite his small time penalty.



The **Ladies' Experience** event was again won by Laura Ashfield, and we had a good number of competitors in the **Experience Pairs** for the second month in succession. The event was won by one of the Accenture pairs, Chris Griffin and Leo Muid, who were using this event as part of their preparation for a 3 day Endurance Race in Scotland later this year. Last month's winners, Matthew Humphries and Katherine Smith, came third, but the unluckiest couple were Helen and Daniel Murphy, who collected the most checkpoints, but whose time penalties cost them first place.

Andrew Beattie won the **Male MTBO**, and the **Ladies' MTBO** event was won by Molly Baker – one of my Navigation Course pupils, who clearly is a very fast learner!



Michelle Baeten was successful in the **Female Sprint** event, where first place was a very tight, 3 way fight, with finishing times deciding the placings. Congratulations, too, to Claire Smart, who was taking part in her first race following the births of her (and Rob's) two beautiful girls. The **Male Sprint** was won for the second time in succession by Michal Krajewski, who finished with 15 CPs, with Andy Jones and Matt Deakin enjoying their own personal battle for second place. Both finished with 13 CPs, and Andy just got it on finishing times.



In the **Male Trail** finishing times determined first and second, and also second and third, with Tom O'Halleran, another of my Navigation Course participants, coming in first. We had the tightest finish yet in any of our events in the **Ladies' Trail**. Both Tracey Mills and Caroline Wharton collected 10 CPs within the two hour time limit, but Tracey managed to dib in at the finish just 12 seconds ahead of Caroline! What a great race.

**Lost Property** – We had a Hell Rider buff that was left behind. Just drop me an [email](#) to let me know what you want me to do with the items.

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, Sprint, MTBO, and Trail racers, all doing their best to bag the maximum number of CPs. At the other end, we have families taking part, with the youngsters often exhorting their parents to go faster!

I'm really encouraged to see so many first timers trying out our events each month. We hope all you "newbies" enjoyed your experience, and that you'll be back and will spread the word to your friends and family.

### Experience (4 hour event)

<b>Male</b>	<b>Points/Time</b>
1 <sup>st</sup> Ross Remnant	250 03:44:14
<b>Female</b>	<b>Points/Time</b>
1 <sup>st</sup> Laura Ashfield	160 03:56:53
<b>Pairs</b>	<b>Points/Time</b>
1 <sup>st</sup> Chris Griffin/Leo Muid	230 03:53:07

### Sprint (2 hour event)

<b>Male</b>	<b>Points/Time</b>
1 <sup>st</sup> Michal Krajewski	150 01:57:21
<b>Female</b>	<b>Points/Time</b>
1 <sup>st</sup> Michelle Baeten	102 01:57:21
<b>Pairs</b>	<b>Points/Time</b>
1 <sup>st</sup> Nicole Baeten/Suus Van Rooien	100 01:59:56

### Trail (2 hour event)

<b>Male</b>	<b>Points/Time</b>
1 <sup>st</sup> Tom O'Halleran	90 01:50:22
<b>Female</b>	<b>Points/Time</b>
1 <sup>st</sup> Tracey Mills	100 01:59:42

### MTBO

<b>Male</b>	<b>Points/Time</b>
1 <sup>st</sup> Andrew Beattie	130 01:48:38
<b>Female</b>	<b>Points/Time</b>
1 <sup>st</sup> Molly Baker	100 01:45:45

Congratulations to all our worthy winners!

The full race results, with splits and transition times, as well as the Series results, 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](#).

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!

## **NEXT EVENTS**

We've got the first of two Charity Events we hold, this one being at **Whiteley Village** on **11 June**, and online entries are also open. This is a signed event, so you can have a rest from working with your maps and compasses. Also, the Village is celebrating its 100<sup>th</sup> Anniversary, so do please come and support this worthwhile cause, whilst enjoying yourselves at the same time. There are different categories for adults and children, so this is truly an occasion for the whole family to take part. We're

helping to raise funds for the Village, so do come along, with your friends and family, and support this worthy cause.

There are only 5 weeks to go to our annual **12 hour Night and Day Challenge**, which is taking place on **15/16 July**. Online entry is open, and full details are [available here](#).

The following week, on **23 July**, we're holding the last of the Spring/Summer Series at **Holmbury St Mary**. This will be our last event before the August break, and online entry is open, [click here](#).

Also, if any of you, or your friends, want to brush up your **Navigation Skills**, do let me know. I run one day Navigation Courses throughout the year, on set dates or at a time to suit. Keep an eye out for dates on the website, or just get in touch if you have a particular date in mind. Full details of what I cover on the day can be found on [CLICK HERE](#).

Once again, thanks for coming along to Effingham on Sunday, and making it such a great event. 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 July, either at the Night & Day or Holmbury, or, preferably, both.

Finally, please use Social Media to tell others about your experiences with 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. So, share your comments, your tweets, and your photos, and please keep liking our posts.

Yours in Adventure,

Adam

