



Tri-Adventure Race Report

Liphook 7 May 2017

The “dawn chorus” was in full flow as we set off to set up for the event at Liphook. This is a new venue for us and, for the first time, we were running an event outside the Surrey Hills. It’s strange, but I’m sure the colour of the leaves on the trees, and the design of the fingerposts, is different in this part of the world!



The Steam Train Museum at Hollycombe provides us with an interesting race venue, and I’m glad that a number of you decided to make a bit of a day of it by spending time at the Museum after the event. It’s a lovely location, even if the fairground music does get a bit trying for those of us at the registration desk.

Anyway, we had a reasonable turnout, and we got the race off at 10am in dull and rather cold conditions. I had my drone up for filming the start, and a clip can be seen below. Other clips can be seen on my Tri-Adventure F/B page, or on my drone website www.oneguy.co.uk.



[Link to clip on Youtube](#)

We find it really intriguing how the mix of entries seems to change from one month to another. One month we have lots in the Sprint, yet few in the Experience, other months sees high numbers in both, and a lower turnout in the Trail. Here, at Liphook, we had a really competitive event in the Experience and the Trail events.

The feedback indicates that you really enjoyed the course (and the views), even if one or two of the hills proved pretty strength sapping. Ross Remnant, one of our regular **Experience** racers, found he'd dropped his bottle quite close to the Start/Finish area, but he couldn't face riding his bike up the hill again after he finished. So he ran off to find it, and if he found it challenging, then it must have been tough!

We again welcomed people who were taking part in their first Tri-Adventure race, and well done, Sid Hardy, for persuading your wife, Wendy, to come along and try the MTBO event. Welcome back, too, Michal Krajewski, whom we last saw 15 months ago when his daughter was born. Priorities over the last year and half have clearly changed, but it was good to see you back, as competitive as ever.



James Lea-Cox was an impressive winner in the **Men's Experience** event, coming in with 25 CPs, and a small time penalty. For the second month running, Ross Remnant and Sid Hardy had a close battle, with both collecting the same number of CPs, and with Sid losing out only through a small time penalty. The **Ladies' Experience** event was won by Laura Ashfield and we had a good number of competitors in the **Experience Pairs** this month. Matthew Humphreys and Katherine Smith won this category for the second month running. They got their best haul yet – 21 CPs – and they were closely pushed by Stuart Stevens and Tom Newton, who came in with one CP less.



Turnout in the **MTBO** event was low for the second month in succession, but it was good to see Will Locke back, his hand fully healed from his fall last month. There was a great performance by Julian Hemsted in the **Male MTBO**, who managed an impressive 17 out of 18 CPs. The race behind him

was equally as intense, with finishing times only deciding second, third and fourth, as all of them collected the same number of CPs. The **Ladies' MTBO** event was won by Wendy Hardy.



It was good to see Nicki Adams back in the **Female Sprint** event. A baby and a stint in New Zealand with her partner Tom Davies means that we haven't see her for quite a while. With Tom on baby duty, Nicki was back to her winning ways with 12 CPs. As for Julie Ness, all I will say is that you are not the first to come back without a single Bike CP! Come on one of my Navigation Courses, and you'll soon be competing for first place. The **Male Sprint** was a keenly contested event behind Michal Krajewski, who finished with 15 CPs, and a small time penalty. Nigel Davison, Tim Buckley, Matt Deakin and Phil Gubby were all within one CP of one another, so finishing times were the deciding factor. Michelle Baeten and Mark Cudmore were worthy winners in the **Sprint Pairs**.



Congratulations to Tom Frost, for again, despite the time penalties, winning the **Male Trail** with 13 out of the 15 CPs. It was a pretty hilly course this month, so that was a very impressive result. Only one CP separated second to fifth, so finishing times were the key, as none of them incurred any penalty points. Joanne Kenrick comfortably won the **Ladies' Trail**. Jodie Bance and Anne Beastall attended one of my Navigation Courses a little while back, and it's very pleasing to see them gradually improving their performance each month. Well done for getting 6 CPs in what was a pretty challenging event this month; I'm watching your performances closely!



Last of all Dad got his Birthday cake!

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)

Male	Points/Time
1 st James Lea-Cox	247 04:01:27
Female	Points/Time
1 st Laura Ashfield	150 03:53:33
Pairs	Points/Time
1 st Matthew Humphreys/Katherine Smith	210 03:58:04

Sprint (2 hour event)

Male	Points/Time
1 st Michal Krajewski	143 02:03:25
Female	Points/Time
1 st Nicki Adams	102 02:08:45
Pairs	Points/Time
1 st Michelle Baeten/Mark Cudmore	100 01:59:56

Trail (2 hour event)

Male	Points/Time
1 st Tom Frost	109 02:10:19
Female	Points/Time
1 st Joanne Kenrick	90 01:52:02

MTBO

Male	Points/Time
1 st Julian Hemsted	170 01:59:00
Female	Points/Time
1 st Wendy Hardy	50 02:14:46

Congratulations to all our worthy winners!

A special word of thanks to our Volunteers. A lot of work goes on behind the scenes, especially this month (when we had to move reception from the Hall to the marquee), and the smooth running of this event wouldn't have been possible without the help of Chris, Liz, and Leszek.

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

The days are getting longer, and our next event, the first in our **Summer Series**, is at **Effingham** on **Sunday, 4 June**. Online entry is already [open](#), so do take advantage of the Early Bird rates. We've also got our Charity Event at **Whiteley Village** the following week, 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 100th Anniversary, so do please come and support this worthwhile cause, whilst enjoying yourselves at the same time.

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 [Navigation Courses](#).

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. The venues through to September are now confirmed, and we will add other venues as soon as we finalise them.

Once again, thanks for coming along to Liphook 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 June.

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

