



Tri-Adventure Race Report

Mickleham 8th January 2017

Well, what a great start we had to our 2017 Calendar of Adventure Racing at Mickleham this week end!

Starting with laying out the course on Friday, we enjoyed some good dry weather, and I was able to find some interesting locations for the checkpoints. However, not even I expected the rain during the following 36 hours or so to be so great that some of you had to go wading in ankle-deep water to reach one of the checkpoints on Sunday! The stepping stones at CP9! But that's the nature of adventure racing, and it was good to hear the positive and good natured comments from those of you who decided it was worth getting your feet wet for 10 points.

Setting up on the day started early, whilst it was still dark, as, for the second month running, we had a really good turnout. I don't know if it's the extra few pounds from Christmas that have prompted more of you to come adventure racing, or whether it's that word is spreading that Tri-Adventure events are a fun yet challenging way of spending part of your week end (I hope it's the latter). Either way, nearly 100 people set off in different directions at the sound of the klaxon, sounded this time by one of our younger participants, Will Locke.

As in December, there was a significant number of "newbies" among the starters, which pleases us no end, especially when they all come back exhausted, but with smiles on the faces, saying what a fantastic time they have had. We've got regulars inviting their neighbours along, others persuading members of their family to get involved, people teaming up with members from their various clubs, and so on – a truly diverse group of people with a common interest.



I think everyone will agree that Mickleham Village Hall is a great venue. It's large, very well provisioned, and even has an outside tap, which allowed me to set up a hosepipe for cleaning the bikes after the events. The conditions were pretty challenging on certain parts of the course, and the state of the returning bikes proved no-one held back.



Even though we've used this venue before, I was able to set a very different course to last time, and it certainly helped to produce some inspired and very closely fought performances. I take a lot of time thinking about the courses I set out, so it was very rewarding to hear so many positive comments about this particular course, even though some racers (though not all) found it difficult to find the Trig Point at CP1.



Ross Remnant was back to his winning ways in the **Male Experience**, collecting 24 CPs and, despite being over 5 minutes late, he managed to beat James Lea-Cox into second place.

The **Female Experience** saw a close race between the four girls, with Laura Ashfield again coming first, one CP ahead of second placed Jane White. Unlike in the men's race, all four competitors finished within the allotted time of four hours.



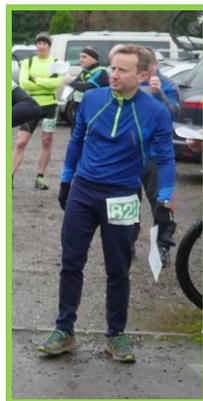
The **MTBO** event saw its largest number of entrants to date, with 18 racers setting off singly or in small groups. The **Male** section was won by Matt Zalewski, who switched from the Experience due to an injury which affected his running. It didn't seem to bother him on the bike, as he whizzed round, collecting 17 CPs in just over his time limit, and pipping last month's winner, Julian Hemsted by one CP. The **Ladies'** event was comfortably won by Jane Robinson with 12 CPs, and there was a fierce tussle for second place, with Claire Liggins and Rachel Clay each collecting the same number of CPs, and it was Claire who came out on top this time, by just five minutes. Even though it was tough and

hilly, the design of the MTBO course was very well received and we hope that word will spread about this new addition to our portfolio.



This time, the **Sprint** was dominated by pairs of racers. The Dutch/Czech pairing of Michelle Baeten and Iva Kalášková, which had won the previous two Pairs events, decided to split for this race, and each teamed up with a male “newbie”. So, it was Michelle who came first with her racing partner Joshua Kinge, and Iva followed her home with her partner, Paul Boosey who, I understand, is a kick box coach! I’ll need to check with Iva if that’s what she does in her spare time! Bad luck to Chris and Clare Gibson, who were pipped into third place by one point.

The **Male Sprint** was won by one of our regulars, Andy Jones, and Hannah Cooke, from Cambridge Triathlon Club, won the **Female Sprint**.



There was a very large turnout in the **Trail** – both the **Men’s** and the **Ladies’** event. The **Men’s Trail** was comfortably won by Tom Frost who, despite an 18 point time penalty, came in with 13 of the 15 CPs. The **Ladies’ Trail** was very closely fought, with time penalties deciding the final positions. Ashley Mayr, who collected the most CPs (9), was relegated to third because of her time penalties, the race being won by Sarah Cooke with 8 CPs, with Caroline Wharton in second place with 7 CPs.

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! A special mention needs to be of Jonathan Hauxwell, whose twin daughters, Isla and Eloise, were the youngest participants in the Sprint event, and who accompanied their Dad around their chosen course with lovely smiles on their faces. Well done, girls!



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 spread the word to your friends and family. You've got your first Tri Point, and you're on your way to getting a discount.

Please also remember that, every time you recommend someone who comes along and takes part, you also receive a Tri Point.

Experience (4 hour event)

Male		Points/Time	
1 st	Ross Remnant	229	04:05:24
2 nd	James Lea-Cox	181	04:04:03
3 rd	Andrew Woodhouse	170	03:50:01
Female		Points/Time	
1 st	Laura Ashfield	120	03:50:22
2 nd	Jane White	110	03:46:30
3 rd	Kelly Mabbett	100	03:52:20
Pairs		Points/Time	
1 st	Mike Bailey/Geoff Kirk	150	03:57:52

Sprint (2 hour event)

Male		Points/Time	
1 st	Andy Jones	80	01:57:00
2 nd	Nigel Davidson	53	02:08:05
3 rd	Peter Lock	40	01:49:26
Female		Points/Time	
1 st	Hannah Cooke	70	01:56:13
2 nd	Chris Glew	60	01:47:41
Pairs		Points/Time	
1 st	Michelle Baeten/Joshua Kinge	79	02:00:30
2 nd	Iva Kalášková/Paul Boosey	50	01:56:06
3 rd	Clare Gibson/Chris Gibson	49	02:00:03

Trail (2 hour event)

Male		Points/Time	
1 st	Tom Frost	112	02:08:38
2 nd	Stuart Stevens	100	01:59:19
3 rd	Sam Reed	90	01:53:37
Female		Points/Time	
1 st	Sarah Cooke	80	01:56:33
2 nd	Caroline Wharton	70	01:54:14
3 rd	Ashley Mayr	70	02:09:54

MTBO

Male		Points/Time	
1 st	Matt Zalewski	162	02:03:46
2 nd	Julian Hemsted	154	02:02:52
3 rd	Steve Marwood	130	01:55:55
Female		Points/Time	
1 st	Jane Robinson	119	02:00:22
2 nd	Claire Liggins	90	01:48:20
3 rd	Rachel Clay	90	01:53:00

Congratulations to all our worthy winners!

A special word of thanks to our Volunteers. We had our largest turnout to date, and the smooth running of this event wouldn't have been possible without the help of Tracey Blandford (who's helping me with marketing Tri-Adventure) and Simon Holroyd, and, of course, Liz, whose multi-tasking today had to be seen to be believed! Thanks also to Leszek on Transition.

The full race results, with splits and transition times, 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

Our next event, the final one in our **Winter Series**, is at **Thursley Cricket Club & Village Hall** on **Sunday, 5 February**. Online entry is already [open](#).

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.

Once again, thanks for coming along to Mickleham on Sunday, and making it such a great event. It's clearly a very popular spot in the Surrey Hills, and we'll be back there again, with another exciting course. 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 in February.

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 keep increasing our numbers to make this happen.

Thanks for helping us get 2017 off to such a good start. Let's see if we can break the 100 mark next month.

Yours in Adventure,

Adam

