



Tri-Adventure Race Report

Mickleham 7th January 2018

This was my third time using the Mickleham Village Hall as our base for an event and what a great venue it is. The last time was January last year, which again saw good numbers after the Christmas, New Year period. We had **139** competitors on the Start line on Sunday, which is a new Tri-Adventure Record and the first time we have seen over 100 take part. It was great to see so many new faces at our event and I hope you will return for more Tri-Adventures.

The forecasters' promise of a chilly morning with sunny spells turned out to be correct, although the ground still remained quite muddy from all the previous damp conditions. This with the local surrounding hills reduced the distance our competitors covered to other events. The offer of the jet-wash at the finish was well received by the mountain bikers, to save taking all the mud home in the back of their cars. The mass start saw most of the competitors take 2 routes to the first checkpoint #1 at the top of the hill. Tom Frost in the Trail came away with the honours of king of the hill, taking just 6m54s with Barry Watts just a couple of seconds behind. The fastest female was Helen Murphy in 7m49s, 50% of the Murphy Duo in the Experience, just 10 seconds faster than last year's sprint winner, Sarah Cooke.



Usual multi directional Tri-Adventure Start.

As I mentioned, we had a great turnout this time, especially in the **Trail** and, as the two hour deadline approached, the finish line was inundated with runners, mountain bikers, and **Sprint** participants – all trying to avoid collecting any penalty points. We had families taking part, youngsters returning, dog

runners, first timers, and seasoned athletes. All were challenged, by this Mickleham course yet fun was had by all.

The window start available to the 4 hour Experience racers is popular. It is great to see everyone set off together at the start, but if our numbers are going to increase I am considering opening up the window start to the other categories to spread the start out.

There was a great atmosphere all the way through the event and, as the start horn went off at 10am, people set off in different directions, following their various strategies. Just as last time, Tracey Blandford, our Marketing Adviser, was there again, and posted [a live stream of the Start](#) on FB and Twitter just moments after the start of the race, so go and hunt them down, I uploaded my start video to our Youtube channel which is linked through the icon below.



All the events were keenly contested, and there were some outstanding performances.

The **Men's Experience** provided a very close finish time wise, with both Matt Zalewski and Andrew Woodhouse coming in just after the 4 hours, but Matt had picked up an extra CP en route.



The **Ladies' Experience** saw a new winner, with Christine Gorman taking the honours having visited 12 CPs in little over 3h 30m.

Helen and Dan Murphy did really well in the **Pairs' Experience**, collecting 21 CPs in 4 hours, but losing 16 points by getting back to the Finish a little late.



The 2 hour **Men's Sprint** was very close with the top 3 visiting 10 checkpoints but despite taking very different routes, only 26 seconds separated Jon Oxley in first and Nigel Davison in 2nd. Phil Gubby is a great example of the ups and downs of Adventure Racing again as this time another broken spoke cost him any bike controls. The **Sprint Pair** of Andy and Karen Jones took the honours having stepped down from initially being in the Experience. They raced round within the 2 hour time and were a CP up on second place. **The Female's Sprint** was taken by our regular Biscuit AR team member Karen Richardson.

The **Men's 2 hour Trail** was a keenly fought race from the start with Barry Watts hot on the heels of our regular winner Tom Frost. It was only after 8 checkpoints that saw a varying in route choice, with both visiting 12 checkpoints and both overrunning their time, saw Tom making it back first, by 4 minutes. 3rd place was Paul Floodgate who was a student of mine on the Navigation Course the day before. I am pleased to see the new found skills were converted well. Check the website for information on my navigation courses.



Laura Murphy was the runaway winner in the **Ladies' 2 hour Trail**, finishing with an impressive 9 CPs within the time and claiming 6th place overall. That shows some super skills and fitness.

Almost a year and a half ago we introduced the MTBO, a mountain bike only Navigation event. Quite a number of people had told us that they'd love to take part in one of our events, but that they don't particularly like running.

The 2 hour race proved quite a battle in the **Men's MTBO**, as Sylvain Dehors flew round the course, collecting 13 of the 19 CPs. Joanna Kitley won the **Ladies' MTBO** having visited 7 CPs within the time.



Experience (4 hour event)

Male		Points/Time	
1 st	Matt Zalewski	204	04:02:58
2 nd	Andrew Woodhouse	196	04:01:47
3 rd	Daniel Milton	160	03:51:23
Female		Points/Time	
1 st	Christine Gorman	120	03:36:29
2 nd	Patricia Daas	100	03:54:49
Pairs		Points/Time	
1 st	Daniel Murphy / Helen Murphy	194	04:07:37
2 nd	Geoff Kirk / Mike Bailey	170	03:58:51
3 rd	Abbi Naylor / Josh Thorne	110	03:47:21

Sprint (2 hour event)

Male		Points/Time	
1 st	Jon Oxley	100	01:59:02
2 nd	Nigel Davidson	100	01:59:28
3 rd	Peter Burdett	97	02:01:14
Female		Points/Time	
1 st	Karen Richardson	60	01:59:09
2 nd	Chris Glew	40	01:45:53
Pairs		Points/Time	
1 st	Andy Jones / Karen Jones	80	01:57:39
2 nd	David Lodge / Janine Roberts	70	01:55:59
3 rd	Donna Tew / Ashley Bennett	69	02:00:19

Trail (2 hour event)

Male		Points/Time	
1 st	Tom Frost	110	02:04:38
2 nd	Barry Watts	103	02:08:30
3 rd	Paul Floodgate	100	01:45:10
Female		Points/Time	
1 st	Laura Murphy	90	01:57:28
2 nd	Lucy Jones	77	02:01:02
3 rd	Victoria Rees	70	01:57:49

MTBO

Male		Points/Time	
1 st	Sylvain Dehors	130	01:49:23
2 nd	Paul Boakes	120	01:42:11
3 rd	Danny Gomme	120	01:42:13
Female		Points/Time	
1 st	Joanna Kitley	70	01:56:46
2 nd	Linda Cairns	58	02:05:49
3 rd	Claire Turton	18	02:15:58

Congratulations to all our worthy winners!

The full race results, with splits and transition times, are available on the Tri-Adventure website [here](#).

If you have photos to add from events, please do [email](#) them, tweet them to [@tri_adventure](#), or post them on [Facebook](#) / [Instagram](#).

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!

We couldn't have managed without our two volunteers, Leona and Ian, as well as our crew Tracey and Ed. Chris and Leszek are currently away in New Zealand for a couple of months, and they've assured me that they'll be back in time for the April event, I'm not sure we need them! Joking aside, if you are interested in helping out crewing at an event, please get in touch.

NEXT EVENTS

Our next event, is at [Cranleigh](#) on **Sunday, 4 February**. Online entry is [open](#), and I'll also be running a navigation event the day before, on Saturday 3 February. So, if any of you want to brush up your map reading and strategy skills, why not book a place [here](#), having found out more details here: [Navigation Courses](#).

Thanks to the team of Tracey and Ed, Leona and Ian who help put this events on and once again, thanks to you for coming along to Mickleham 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 in January.

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.

Yours in Adventure,

Adam

