



Tri-Adventure Race Report

Cranleigh 4th February 2018

2018 is flying by as we are already in to February and again saw over 100 competitors take part in the Cranleigh Adventure Race. So, I would like to welcome all the new faces to Tri-Adventure and I hope you enjoyed it.

The forecasters' promise of a chilly morning with sunny spells which turned out to be correct with temperatures as low as 2 degrees and plenty of mud.



We had a great turnout 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.

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 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.

A shout out to our transition queen Pat Daas, for transitioning from run to bike in a storming 22s.

The **Men's Experience** provided a very close finish, with both Matt Zalewski and James Lea-Cox coming back inside the 4 hours both on 25 checkpoints, but Matt had achieved this 6 minutes faster.



The **Ladies' Experience** saw Rachel Clay reclaiming the top spot having collected 23 checkpoints with almost 20 minutes to spare. This was one more than Carline Wharton who was in second.

Helen and Dan Murphy retained the **Pairs' Experience** top spot after Mickleham, collecting 24 CPs within the 4 hours, that was 3 checkpoints more than 2nd place.



The 2 hour **Men's Sprint** was close with Jon Oxley pushing the limit to go for an extra checkpoint to arrive just under 3 minutes late. Lucky for Jon his effort paid off to secure the top spot again. The **Sprint Pair** of Stuart Brameld and Adam Crocker took the honours with Adam having participated on my navigation course the day before. I'm sure after his previous 9 events and those new skills proved useful to secure the win. The **Female's Sprint** was taken by our regular Nicola Ellingham with 8 checkpoints within the 2 hours, one more than 2nd place.

The **Men's 2 hour Trail** was a keenly fought race and for the first time Tom Frost did not make the podium, having won 7 of the last 8 events he has entered over the last year. This makes way for a new champ, Ry Webb who raced round 12 checkpoints with 7 mins still to spare, tremendous effort. The next 6 competitors all visited 11 checkpoints with the top 2 finishing within the 2 hours to get on the podium.



Laura Murphy was the runaway winner again in the **Ladies' 2 hour Trail**, finishing with an amazing 11 CPs, 2 more than last time and pushing it hard to come back just over the 2 hours, losing just 5 points to finish 12 points ahead of second.



In the 2 hour MTBO race the **Men's MTBO** was won by a flying Steve McKinley who flew round the course, collecting 15 of the 19 CPs within the 2 hours to secure the top spot. Janine Roberts won the **Ladies' MTBO** having visited 12 CPs within the time and 10 minutes ahead of the team of 4 girls who visited the same number of checkpoints but all arrived just after the 2 hours.

Experience (4 hour event)

| Male | | Points/Time | |
|-----------------|------------------------------|-------------|----------|
| 1 st | Matt Zalewski | 250 | 03:50:57 |
| 2 nd | James Lea-Cox | 250 | 03:57:06 |
| 3 rd | Daniel Milton | 229 | 03:51:23 |
| Female | | Points/Time | |
| 1 st | Rachel Clay | 230 | 03:38:45 |
| 2 nd | Caroline Wharton | 220 | 03:53:38 |
| 3 rd | Hannah Cooke | 210 | 03:28:03 |
| Pairs | | Points/Time | |
| 1 st | Daniel Murphy / Helen Murphy | 240 | 03:49:56 |
| 2 nd | Andy Jones / Karen Jones | 210 | 03:50:49 |
| 3 rd | Jan Poole / Jon Harman | 180 | 03:55:38 |

Sprint (2 hour event)

| Male | Points/Time |
|---|--------------------|
| 1 st Jon Oxley | 134 02:02:57 |
| 2 nd Ross Remnant | 130 01:55:23 |
| 3 rd Stephen Dadswell | 126 02:01:35 |
| Female | Points/Time |
| 1 st Nicola Ellingham | 80 01:58:35 |
| 2 nd Emma Perei | 67 02:01:14 |
| 3 rd Christine Glew | 57 02:06:24 |
| Pairs | Points/Time |
| 1 st Stuart Brameld / Adam Crocker | 110 01:59:57 |
| 2 nd Donna Tew / Ashley Bennett | 100 01:59:19 |
| 3 rd Mike Jarvie / Tim van Oerle | 99 02:00:21 |

Trail (2 hour event)

| Male | Points/Time |
|--------------------------------------|--------------------|
| 1 st Ry Webb | 120 01:52:33 |
| 2 nd James Turner | 110 01:45:06 |
| 3 rd Tom Stroud | 110 01:59:50 |
| Female | Points/Time |
| 1 st Laura Murphy | 105 02:02:12 |
| 2 nd Tricia Cranwell | 93 02:03:06 |
| 3 rd Juliette Noble-Jones | 93 02:03:09 |

MTBO

| Male | Points/Time |
|---------------------------------|--------------------|
| 1 st Steve McKinley | 150 01:53:20 |
| 2 nd David Lodge | 120 01:51:28 |
| 3 rd Nic Hockey | 100 01:59:14 |
| Female | Points/Time |
| 1 st Janine Roberts | 130 01:49:23 |
| =2 nd Amy Wilson (E) | 117 02:01:24 |
| =2 nd Bena Mero | 117 02:01:26 |
| =2 nd Stefanie Kohl | 116 02:01:33 |
| =2 nd Claire Turton | 116 02:01:40 |

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 volunteer, Leona on Registration, as well as our crew Tracey and Ed. Chris and Leszek are still 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.



Thanks to @Grenadeofficial for providing their Diet Protein Shakes for our finishers. They were well received and those who were asking about finding out more can be done so here: [Grenade.com](https://www.grenade.com)

NEXT EVENTS

Our next event, is at [Effingham](#) on **Sunday, 15 April**. Online entry is [open](#), and I'll also be running a navigation event the day before, on Saturday 14th April. 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 and Leona who help put this events on and once again, thanks to you 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 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

