



Tri-Adventure Race Report

Effingham 15 April 2018

Continuing our fine start to 2018, we had well over 100 competitors on the start line at our new venue in Effingham. We were at Howard of Effingham School, where our larger numbers could be easily accommodated, and we were very pleased with the facilities there. So, we'll be back there again, before the School is redeveloped in about 3 years' time. Barry Jones, who was taking part in the Trail, told us that this was the first time he was back at the School for 35 years! I'm sure he was returning with lots of fond memories.

Welcome to all the new faces who came along to try out our brand of adventure racing for the first time. Everyone seemed to enjoy it enormously, and there was some fierce competition in all the different categories.

We incorporated the 5 hour Challenge event for the first time, with flexible start times, choice of bike or run for the first leg, and CPs of different values, including some which scored nothing. The format was very well received, and we'll do this again.

The forecasters' promise of a warm day with sunny spells didn't quite turn out as expected. We knew from setting out the course on Thursday that there would be a lot of mud about, but we had hoped for warmer weather. The rain just about held off until all the racers were safely back in Registration, but we did get a bit of a soaking as we cleared up after the event.



We had another 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 5 hour Challengers started leaving from 8.30am in a steady trickle, with the last one going off at 9.27am. Then it was the turn of nearly 100 racers to line up on the sports field, ready for the off.

The start horn went off at 10am, with most people setting off in the same direction, and I wondered whether there'd be a queue at their first check point. Just as last time, Tracey Blandford, our Marketing Adviser, posted [a live stream of the Start](#) on FB just moments after the start of the race, so go and hunt it down.



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

There was a real turn up for the books in transition this time, as our usual fastest transitioner - Pat Daas – was relegated to second place, her 26 seconds being eclipsed by Jon Oxley's 21 seconds, with Chrissie Glew being in and out in 31 seconds. These are real storming times.

The **Men's 5 hour Challenge** provided a very close finish, with James Lea-Cox finishing in second place for the second time running in our long distance event, with the winner, this time, being Tom Hards. Tom was racing with us for the first time, as he is from Gloucester, and he took part as he was visiting in the area. Well done, Tom, and we hope you'll be back to another one of our events.



The **Ladies' Challenge** was won by Jo Campbell, who stepped up from the Trail in Cranleigh; your bike skills must be pretty impressive, Jo! Laura Ashfield finished a close second, with just 5 points separating the two.

Helen and Dan Murphy completed a hat-trick of wins in the **Pairs' Challenge**, despite picking up some penalty points, and they remain unbeaten this year. They won't be with us next month, as they are taking part in a 5 day Adventure race in South Africa – we wish them well, and look forward to welcoming them back soon.



Jon Oxley just missed out on a hat-trick of wins in the 2 hour **Men's Sprint**, losing out to Tim Buckley on time penalties. Jon collected one CP more than Tim, but his late return cost him dear. The **Sprint Pair** of Donna Tew and Ashley Bennett went one better than at Cranleigh and just held off Chris and Clare Gibson to take first place, despite picking up 7 time penalty points. The **Female's Sprint** was taken by our regular Chrissie Glew.

The **Men's 2 hour Trail** was a keenly fought race and Tom Frost was back to his winning ways. He just dropped one CP, and won despite coming in almost 2 minutes late. There was an extremely tight finish for second place, with 6 runners all scoring 120 points, finishing times deciding the places. A special mention for James Turner is warranted, who would have been in second place with 13 CPs, but his 13 time penalty points, saw him relegated 6th.



Jo Medicott won the **Ladies' 2 hour Trail**, finishing with an amazing 12 CPs within the 2 hour time limit. Stephanie Broadley came second with 10 CPs



Stephen Dadswell flew round the **Men's MTBO** course, collecting 21 of the 24 CPs within the 2 hours to secure the top spot. Sarah Cooke normally takes part in the Run and Bike combination, but a hamstring injury stopped her from running on Sunday. Undeterred, she entered the **Ladies' MTBO** on one of our hire bikes (from B1KE) and won the event with 17 CPs. Jane Robinson came in second, with 16 CPs. Time management in this event was excellent, as not a single male or female racer went over their time limit, I put that down to a down-hill finish here.

Challenge (5 hour event)

Male		Points/Time	
1 st	Tom Hards	458	05:00:46
2 nd	James Lea-Cox	443	05:00:54
3 rd	Rob Smart	435	04:59:39
Female		Points/Time	
1 st	Jo Campbell	315	04:37:32
2 nd	Laura Ashfield	310	04:52:08
3 rd	Pat Daas	295	04:59:00
Pairs		Points/Time	
1 st	Daniel Murphy / Helen Murphy	394	05:02:25
2 nd	Katherine Bond / Emma Johnson	345	04:58:53
3 rd	Ray Evans / Steve Walker	295	04:14:00

Sprint (2 hour event)

Male		Points/Time	
1 st	Tim Buckley	140	01:57:00
2 nd	Jon Oxley	140	02:04:41
3 rd	Ian Curtis	130	01:56:19
Female		Points/Time	
1 st	Christine Glew	70	01:53:47
Pairs		Points/Time	
1 st	Donna Tew / Ashley Bennett	103	02:03:06
2 nd	Chris Gibson / Clare Gibson	100	01:54:27
3 rd	Rebecca Dalbon / Andrea Rebora	91	02:09:03

Trail (2 hour event)

Male		Points/Time	
1 st	Tom Frost	136	02:01:59
2 nd	Ian Helm	120	01:55:19
3 rd	Tom Stroud	120	01:57:12
Female		Points/Time	
1 st	Jo Medicott	120	01:58:39
2 nd	Stephanie Broadley	100	01:51:21
3 rd	Laura Stevenson	90	01:30:54

MTBO

Male		Points/Time	
1 st	Stephen Dadswell	210	01:55:01
2 nd	John Owens	190	01:45:46
3 rd	Graeme Blair	170	01:55:20
Female		Points/Time	
1 st	Sarah Cooke	170	01:58:24
2 nd	Jane Robinson	160	01:57:49
3 rd	Stefanie Kohl	120	01:54:31

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](#).

If you entered through one of the listings websites, please post a review of your experience, as we value all feedback. Quite a few have already been on Facebook to do [this here](#).

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 crew of Tracey and Ed, and it was good to have Chris and Leszek back in their usual roles, after their trip to New Zealand. If you are interested in helping to crew at an event, please get in touch.

NEXT EVENTS



Our next event, is at [Shere](#) on **Sunday, 13 May**. Online entry is [open](#), and I'll also be running a navigation event the day before, on Saturday 12 May. 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](#).

Once again, thanks to you for coming along to Effingham 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 continue getting the numbers up and building on the very encouraging start we have had to 2018.

I look forward to seeing you again in May.

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

