



Night & Day Race Report

Bentley Copse Activity Centre

14/15th July 2018

This year's event fell on the same weekend as the previous three and again we had a glorious warm and dry evening. I decided to extend the event to 14 hours, and chose to combine the last 2 years' activities into one to include an extra challenge in a cave maze. The extra 2 hours didn't seem to faze anyone, and a final stage on the bike, rather than on foot, seemed to go down very well!

The air was still and warm, with loads of stars in a cloudless sky. Dawn breaking in the Surrey Hills can be a spectacular sight, and Sunday morning was no exception. The absence of rain over the last few weeks meant that the going was firm and fast, with everyone achieving some really great results.



What an experience it turned out to be! Not just for me and my crew, but also for the 29 adventurers who lined up for the start at 10pm outside the event HQ at Bentley Copse.

There were just shy of 80 Checkpoints over the 7 challenging stages around the Surrey Hills and, this year, they included Archery, the Climbing Wall, and a Cave Maze, as well as a SUP stage in the early hours of Sunday morning. Planning and setting the course was a real labour of love, with some checkpoints in challenging locations. The results splits breakdown really shows the variety of strategies and routes people took. These can all be viewed on the Results page.



There were a few apprehensive faces in the event HQ once the race packs had been received and the planning was underway. 14 hours is a long time to plan for, never mind the fact that it was over night and there was navigation involved. Shahid Mohammed, an experienced Adventure athlete, had the misfortune to twist his ankle on the first stage and, unfortunately, had to retire early. As for the other competitors, apart from a few fights with the stingers, scratches and grazes from the brambles, and the odd ducking on the SUP stage, everyone got through pretty much in one piece. Mind you, there were some pretty tired bodies at the end.

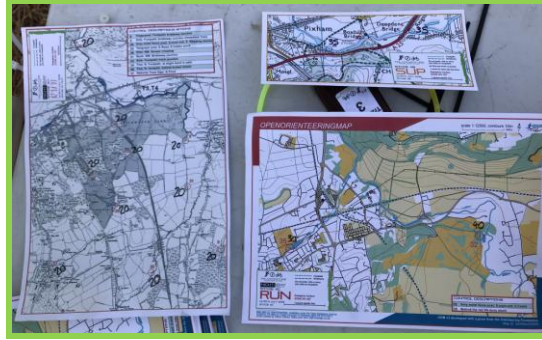
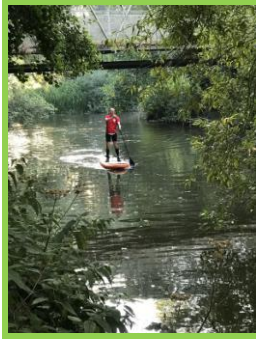


The race packs had the maps and a route book which laid out what adventures the competitors had in store for them. Stand Up Paddle Boarding in the early hours of Sunday morning, special skills activities towards the end of the race, and loads of running and mountain biking, all to look forward to over the coming 14 hours.

The Cave Maze, new for 2018, proved very popular, with most of the racers picking up the extra 50 Bonus Points for finding all 5 CPs. I love it when people push themselves beyond their comfort zones, and there were several examples of people challenging their fear of heights on the Climbing Wall, and their fear of enclosed spaces in the Cave Maze. Well done to you!

10pm saw the start with competitors all setting off in different directions, and some soon realised they were in for some tough moments, as they struggled to find the first path.

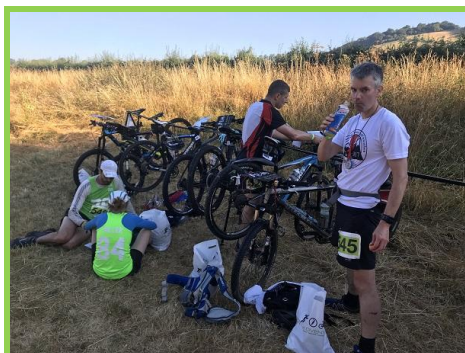
The first set of checkpoints were fairly close together, allowing a procession of Tri-Adventurers to settle into their first map and safely get on their way.



With Stage 1 under their belts by about eleven o'clock, competitors took to their bikes for the ride to Transition 2 by the River Mole at the foot of Box Hill, with 16 checkpoints en route for the taking with plenty of route choices. I'm very grateful to Ed James, Glen Stevens, and Sean Kelly who volunteered to run this transition, welcoming competitors with some refreshments and words of encouragement before their run. It was just as well that, in the darkness, the runners couldn't see the "Hill" in front of them, as they left their bikes in the Transition to set off and collect another 10 CPs on foot.

This year, Stage 4 was a three parter, with a mixture of SUP and running combined. There were 2 checkpoints on the paddle boards, and 10 running ones, which could be collected in any order using an Orienteering map and an old map from 1890. These two maps are very different to today's OS maps, and everyone seemed to enjoy the challenge of figuring out how to find the CPs. To add to the fun, these maps were only handed out at the start of this stage! The old map proved a bit challenging for some, even when linked to the OS map for this area, and it shows just how much our land has changed and infrastructure increased over the years.

The SUP stage again proved very popular, and those who fell in said they only did so to cool down! There were some impressively straight and speedy lines cut through the water, even after around 7 hours of physically challenging racing. After a night of racing, it was great to see competitors come together again to hit the 3 hour window on this stage, giving them an opportunity to share stories and experiences from the 'dark' stages. A single leg analysis of the time between the 2 SUP Points saw Padhraic O'Connor cover the distance the fastest in 9m09s – speedy SUP skills.



Stage 5 comprised a bike ride from Box Hill back to Bentley Copse, with another 12 CPs to collect along the way, and then it was onto Stage 6, which had 4 elements – Climbing Wall, Archery, Tunnel Maze and a Run. It was really interesting to see people discussing their tactics regarding the run, and how far they could push their tired bodies!

The final stage – Stage 7 – gave competitors the chance to revisit 4 CPs that they may have dibbed in at on earlier stages in the dark. This little circuit took in some of the classic single track descents: Yogurt Post and Telegraph, within the Hurtwood. I'm sure some found it quite an eye opener when they saw what they had achieved in the dark just twelve or so hours earlier. It was good to see so many collect all 4 of these last checkpoints. The single leg analysis saw Stuart Colvin get down the hill from CP2 to CP10 in just 6m58s!

Almost everyone completed the Challenge within the 14 hour limit, with just 2 individuals arriving back a few seconds after 12 noon. Congratulations to you all. What an achievement by everyone! Despite overwhelming tiredness, people still had the strength to manage a prepared breakfast of sausages, bacon, beans and fried eggs, (plus a veggie option as well), whilst sharing their experiences of a pretty adventurous night with one another.

It is most unusual for an Endurance event like this to pass without any mechanical mishap but, this year, almost everyone got through unscathed. As far as I know, there were only 3 instances - Magnus Mill and Jonny Hauxwell had to return to HQ to change their head torches, and Rob Smart suffered a burst rear tyre wall later on in the event, which he fixed by using one of his rugged waterproof maps from an earlier stage to plug the hole, enabling him to complete the race. 10 out of 10, Rob, for ingenuity!



All participants received a commemorative medal as they finished, and prizes were awarded to the winners of the three categories.



Many congratulations to all our winners, and a special word for Alan Hartley, who again travelled down from Cumbria to take part, and to Hannah Cooke who was racing in the dark for the second time. Well done, too, to the mixed pairing of Helen and Daniel Murphy, who held off the Stupelis brothers, to win a tight section by just 25 points.

Results (14 hour event)

Male	Points/Time	
1 st Alan Hartley	1,625	13:49:02
2 nd Mark Chryssanthou	1,525	14:00:21
3 rd Andrew Woodhouse	1,510	13:54:37
Female	Points/Time	
1 st Hannah Cooke	1,488	14:00:05
2 nd Sarah Cooke	1,245	13:49:58
3 rd Pat Daas	730	13:14:11
Pairs	Points/Time	
1 st Helen Murphy/Daniel Murphy	1,505	13:45:29
2 nd Romualdas Stupelis/Rimvydas Stupelis	1,480	13:50:57
3 rd Stuart Stevens/Tom Newton	1,370	13:31:16

Everyone told me that it had been a wonderful event, with just the right amount of challenge – both physical and mental. The shorter distance between the two transitions worked very well, as did the route layout, as it enabled racers to bump into one another as they followed their own plans around the course.

I spend a lot of time thinking, planning and then setting out the course – 12 hours on Thursday on site to put out all the CPs, and 9 hours on Monday to collect them all in. It was very disappointing to find that #8CP had completely gone when I went to collect it on Monday and as we knew, CP 55 had been snapped. Fortunately, the missing CP#8 didn't affect the race, as most of you went through this CP, so it must have been removed some time on Sunday.

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

Photos taken at the event can be found and tagged in our [Facebook album here](#).

If you have photos to add from this event, please do email them, tweet them to @tri_adventure, Instagram Tri_AdventureUK, or post them on Facebook.

Please do share the photos and spread the word of Adventure Racing. It would mean so much to see more take part in my future events, allowing me to continue to put them on.

Once again, thanks for taking part and supporting this hugely challenging event. I hope that you all managed to get back home safely, and I look forward to seeing you again at a Tri-Adventure event.

Thanks also to my regular Tri-Adventure helper, Leszek who, together with myself, worked very hard to make the event as enjoyable an experience as possible for everyone taking part.



Many thanks to Scott (Skip) of Surrey Hills Adventure Company (SHAC) for providing the SUP part of the event. Thanks, too, to Ed James, Glen Stevens, and Sean Kelly, for looking after the River Mole/Box Hill transition, An extra special thanks to Seb Abbott, who brought his wife Octavia to the event, and who had planned to take it easy while she raced. Instead, he ended up helping out at the Bentley Copse transition, then he manned the Cave Maze, before returning to help Leszek with the breakfasts. Great job, Seb. I think everyone would agree that the breakfast was first rate!

Our next event is the fund raiser signed Duathlon in the Hurtwood (which featured in this year's N&D) on **Sunday, 16 September**. Then, it's back to our usual 2 and 4 hour events, with the **Tilford** event on **Sunday, 14 October** and back to **Tyler Hill** in **Kent** on **Sunday, 25th November**.

Yours in Adventuring,

Adam