



Tri-Adventure Race Report

Mickleham 9th December 2018

We reached a special milestone with our event on Sunday, as it was the 50th event I had run since taking over Tri-Adventure some 3½ years ago. To celebrate the occasion, I decided to drop the prices in our shop for just this one day only, and a number of you took advantage and bought some new racing gear.

This special occasion was also marked by a very good turnout, especially in the 2 hour Trail event. We had 100 people taking part, and the weather was, overall, kind to us, although the very localised rain that did fall managed to drench some of the racers. I don't know what it is about Mickleham that gives us a very good turnout every time we use the Village Hall as a base. Maybe it's the history of Box Hill, or perhaps the challenge of the trails in the area is particularly alluring; whatever it is, we seem to attract a large number of Adventure Racers. We are really glad that we had so many of you celebrating our milestone with us.

Mickleham saw the launch of the new, 1 hour, Mini Trail Run, and it seemed to go down very well, especially with the youngsters who took part. I'm really keen to welcome youngsters to our events, as they will form the next generation of Adventure Racers, and this new category is ideal for them. It is also a good event for those who are not too confident with their navigation and compass skills, as the 10 Check Points are closer together, which means that mistakes can be rectified without too much time being lost.

The forecasters' promise of a chilly morning with sunny spells turned out to be reasonably correct, although the ground still remained quite muddy from all the rain we had had during the last few days. The offer of the jet-wash at the finish was well received by the mountain bikers, who appreciated the chance to avoid taking all the mud back home in the back of their cars.

A lot of racers, especially those taking part in the **Long** (Experience) event, took advantage of the flexible start, setting off from 8.30am onwards. Despite losing the early starters, there was still a large group of people setting off in different directions when the klaxon sounded at 10am for the Mass Start.



Usual multi directional Tri-Adventure Start.

As I mentioned earlier, we had a great turnout this time, especially in the **Trail** and, as the two hour deadline approached, the finish line was inundated with **Trail runners**, **Mountain Bikers**, and **Short (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.

Tracey Blandford, a regular on my team, was there to take pictures of the start, while I did some filming and posted [a live stream of the Start](#) on FB and Twitter just moments after the start of the race. Why don't you go and hunt it down? I have 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.

We were really pleased to welcome back one of our regulars, Ross Remnant, who'd been out of action through injury for a significant amount of time. Not only did he return to take part in our toughest event – the 4 hours **Men's Long (Experience)** – but he won it in a very convincing fashion, collecting 23 CPs in the process. It was like he'd never been away!



The **Ladies' Experience** saw a very tight race between two sisters, Sarah and Hannah Cooke. Only one point separated the two; Hannah collected two more CPs, but her time penalties caused her to come second. They're both great and gutsy competitors, and both finished with big smiles on their faces.

Bob Smith and Jenny Allen did really well in the **Pairs' Experience**, collecting 14 CPs in 4 hours, and comfortably holding off Joanna and David Kitley in second place.



This time, there was a small number of people taking part in the 2 hour Short (Sprint). The **Men's Short (Sprint)** was won by Nigel Davison who improved on his second position at this event in January. Fresh from her victory in the **Ladies' Short (Sprint)** at Tyler Hill last month, Charlotte McAllindon again came first in this category, holding off a determined challenge from Michelle Stevenson and Karen Richardson. The **Sprint Pair** of Andy and Karen Jones took the honours again, having won here in January.

There was a large number of racers in the **Men's 2 hour Trail**, resulting in a keenly fought race from the start. James Turner, who is a Clapham Chaser, collected 12 of the 15 CPs on offer, managing to finish without any time penalty points. He was closely followed in by Geoff Tookey in second place and Paul Luttmann in third. Both Geoff and Paul collected one CP fewer than James, so time penalties decided their finishing positions.



The **Ladies' 2 hour Trail** saw an unusual finish, involving two of our regular athletes. Natasha Trasi collected 10 CPs and would have been a comfortable winner, had she not badly misjudged her timing. Her time penalty points cost her dear, and Caroline Wharton pipped her to first place by collecting fewer CPs, but finishing within the 2 hour limit.

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.



Julian Hemsted is proving to be a class act in the **Men's MTBO** event. Despite the tough conditions, he collected 18 of the 19 CPs available, finishing just over the time limit. Despite the penalty points, he was still a comfortable winner. Danny Gomme and Paul Boakes had a tremendous battle for second place. Both finished within the time limit, and with the same number of CPs. In the end, only 5 seconds separated them. Amazingly, at this event in January, they finished within 2 seconds of each other, and with the same number of CPs, only that time, it was Paul who was second and Danny who came third! Maybe they just go round together. Jane Robinson won the **Ladies' MTBO** having visited 11 CPs in just over her time limit of 2 hours.

We launched the **1 hour Mini Trail Run** for the first time, and there were 17 people taking part. Youngsters taking part with their parents in all but one of the pairs. I'm hoping that families with children between the ages of 8 and 16 will focus on taking part in this event at future venues. The race was won by the adult pairing of Adam Crocker and Stuart Brameld, who bagged all 10 CPs within the time limit. I should point out that both runners are relatively new to Navigation – Stuart attended my Navigation Course the previous day, and Andy came on this course a few months earlier.

Long (Experience) (4 hour event)

Male	Points/Time
1 st Ross Remnant	221 04:04:26
Female	Points/Time
1 st Sarah Cooke	160 03:58:04
Pairs	Points/Time
1 st Bob Smith / Jenny Allen	140 03:55:28

Short (Sprint) (2 hour event)

Male	Points/Time
1 st Nigel Davidson	87 022:06:12
Female	Points/Time
1 st Charlotte McAllindon	67 02:01:16
Pairs	Points/Time
1 st Andy Jones / Karen Jones	70 01:55:08

Trail (2 hour event)

Male	Points/Time
1 st James Turner	120 01:51:11
Female	Points/Time
1 st Caroline Wharton	70 01:42:05

Mini Trail (1 hour event)

All	Points/Time
1 st Adam Crocker / Stuart Brameld	100 00:47:55

MTBO (2 hour event)

Male	Points/Time
1 st Julian Hemsted	175 02:02:07
Female	Points/Time
1 st Jane Robinson	96 02:06:47

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 do act on your suggestions – flexible start times and the Mini Trail Run are just two examples of suggestions that I have implemented. 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!

REVIEWS

I am very keen that people who have taken part in our events should post a review of their experience. We have an arrangement with two organisations: [RaceCheck](#) and [LetsDoThis](#), and it would be great if you could post a review on both sites. If that's too much, then please just post on one of them. As a small thank you, the names of all who have posted a review by **17 December** will be put in a hat and the name that is drawn out will receive a free entry to any one of our 2019 events (excluding the Night & Day).

NEXT EVENTS

Our next event, is at [Shere](#) on **Sunday, 6 January**. Online entry is [open](#), and I'll also be running a navigation event the day before, on Saturday 5 January. So, if any of you want to brush up your map reading and strategy skills, why not book a place [here](#), after you have found out more details here: [Navigation Courses](#).

Thanks to the team of Tracey, Ed, and Leszek for helping me to ensure that we put on a great event that everyone enjoys. 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 keep the numbers at 100+, 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

