



Tri-Adventure Race Report

Shere 6th January 2019

Wow! What a day! Our first event of the New Year set a new record for Tri-Adventure in terms of the number of athletes taking part. 164 racers crossed the finishing line on a very still, and relatively warm day, so a massive thank you to all who took part. Our team coped well with the high numbers and I'm hoping that the popularity of Tri-Adventure events over the last couple of months will be sustained as we head into Spring and Summer.

We had some really positive feedback on the day about the course layout and challenge. Despite the bit of rain we'd had in the previous week, the course was firm and fast, both for the runners and the MTBs. We appreciate the feedback, so please do give us a few minutes of your time by completing a review on either RaceCheck or LetsDoThis. The links are being sent out separately.

The speed of the course resulted in some outstanding performances in all the categories. James Lea-Cox really took on the LONG event, collecting 27 of the 31 Check Points available (11 on the Run and all 16 on his MTB). Ian Helm, running with his daughter Phillipa in the Mini Trail Run, cleared all 10 CPs just over the hour, their time penalties robbing them of the full 100 points. The performance of the day came from Andy Jones, a Tri-Adventure regular, who collected all but one of the 20 CPs on offer within the two hour window with 3s to spare.



The 1 hour Mini Trail Run has only been on offer for two months, and it's clearly growing in popularity. Whilst the event is open to people of all ages, we've designed the course to attract youngsters to adventure racing. The CPs are closer together, which helps to maintain interest, and the large scale maps allow youngsters to learn fast about navigation. We had well over a dozen young athletes on Sunday, which is more than we've ever had before at a T-A event. I look forward to seeing the numbers growing each month.



Once again, the 2 hour Trail was our most popular event, with 86 Trail runners taking part. There were some impressive performances, and the short blast up the field to the finishing line was a bit punishing after 2 hours of effort and perspiration.

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 the absence of the early starters, there was still a very large group of people who set off in different directions when the hooter sounded at 10am for the Mass Start.



A full house for the pre event briefing

As I mentioned earlier, we had another great turnout, especially in the **Trail** and, as the two hour finishing 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 Shere course, and everyone seemed happy to have taken part.

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

One of our regulars, James Lea-Cox, was in great form as he took on our toughest event – the 4 hours **Men's LONG (Experience)** – and he won it in a very convincing fashion, collecting 27 CPs in the process.



Jenny Allen won the **Ladies' LONG (Experience)** with an impressive 22 CPs.



Claire and Rob Smart are a great example of a couple who won't allow a small family to stop them competing in our events. So, while Rob looked after their two girls, Claire set off early in the Ladies' SHORT and, as soon as she was back, it was Rob's turn to race in the same event. He duly won The **Men's SHORT (Sprint)** with 140 points, while Karen Jones headed the **Ladies' SHORT (Sprint)** with 10 CPs. The **SHORT (Sprint) Pair** of Donna and Ash Bennett took the honours with 9 CPs.

There was a large number of racers in both the Male and Female categories of the 2 hour Trail, and there were some very impressive performances as well as some fierce competition. The **Men's 2 hour Trail** was a very keenly fought race from the start. The top performers at Mickleham in December were back to renew their battle, and they were joined by Jamie Maker and Tom Frost this time. Three runners collected 12 of the 15 CPs, with another three collecting 11. Finishing times needed to be used to separate them, with Jamie Maker coming in just ahead of Tom Frost on time penalties.



The **Ladies' 2 hour Trail** saw an unusual finish, involving two of our regular athletes. Jessica Paton 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 Ashley Mayr pipped her to first place by collecting fewer CPs, but finishing within the 2 hour limit.



Julian Hemsted's successful run in the **Men's MTBO** event was brought to an end by Andy Jones, who collected a very impressive 19 out of 20 CPs, and who dibbed in at the finish with 3 seconds to spare!. The MTB guys reported that the course was tough and fast, just how they like it. Julian finished second, closely followed by Tom Iwasyszyn. Louise Oliver had a great ride in the **Ladies' MTBO**, taking first place despite incurring some time penalty points.



The **1 hour Mini Trail Run**, which we introduced in December is clearly a popular addition to our portfolio. The numbers have doubled to 35 from the 17 who took part last month. I was really pleased to see that a family pairing of father and daughter – Ian and Phillipa Helm – collected all 10 CPs. Ian regularly takes part in our other events as a solo athlete, and it was brilliant to see him running with his daughter. The Julian and Alex Smith combination also collected all 10 CPs, but their time management cost them several penalty points.



Long (Experience) (4 hour event)

Male	Points/Time
1 st James Lea-Cox	270 03:59:11
Female	Points/Time
1 st Jenny Allen	220 03:57:20
Pairs	Points/Time
1 st Joshua Luck / Madeleine lafrate	230 03:51:10

Short (Sprint) (2 hour event)

Male	Points/Time
1 st Rob Smart	140 01:58:32
Female	Points/Time
1 st Karen Jones	99 02:00:04
Pairs	Points/Time
1 st Donna Bennett / Ash Bennett	90 01:55:16

Trail (2 hour event)

Male	Points/Time
1 st Jamie Maker	116 02:01:56
Female	Points/Time
1 st Ashley Mayr	90 01:50:07

Mini Trail (1 hour event)

All	Points/Time
1 st Ian Helm / Phillipa Helm	95 01:02:11

MTBO (2 hour event)

Male	Points/Time
1 st Andy Jones	190 01:59:57
Female	Points/Time
1 st Louise Oliver	148 02:00:35

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 **14 January** 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 [Effingham](#) on **Sunday, 3 February**. Online entry is [open](#), and I'll also be running a navigation event the day before, on Saturday 2 February. 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 Chris, Tracey, Ed, and Leszek for helping me to ensure that we put on a great event that everyone enjoys. Thanks also to Nige Webber, who got in touch out of the blue last week, offering to help. Once again, thanks to you for coming along to Shere on Sunday; you helped to make it one of the best events we've ever run. 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 February.

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

