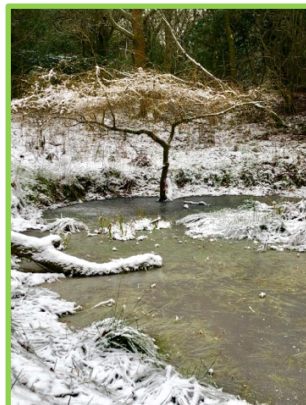


Tri-Adventure Race Report

Effingham 3 February 2019



A cold but beautiful day greeted our adventurers, as they prepared for another of our events in the Surrey Hills. With snow on the ground, and a mixture of frozen tracks and slushy mud, Sunday's event provided lots of challenge to even the most hardened of adventure racers. Although the turnout was a little short of January's numbers, we still had almost 120 athletes taking part. We had a good number of on the day entries, no doubt because of the very positive weather forecast.

The Registration team coped well under the pressure before the start of the race, and there was one of those moments no one could have made up. While checking in, Anthony Scott was telling Tracey that his wife, Lisa, who was due to take part as well, wasn't able to make it, when the next person in the queue said "I'm Lisa Scott!". How amazing that two Lisa Scotts had entered, and that one of them was actually next in the queue!



Our Mini Trail goes from strength to strength, and we also had quite a few dogs taking part in the Canicross. They seemed to love the conditions and, at the finish line, they looked as if they could go round again.

The prize for the most determined athlete of the day has to go to Graeme Blair. His car broke down on the way to Effingham but, undeterred, he cycled the rest of the way, leaving his wife to deal with the

Roadside assistance people. We're pretty flexible at Tri-Adventure, so we allowed him to start 45 minutes after the Mass Start, and he successfully completed the course.

We had some really positive feedback on the day about the course layout and challenge. 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 have been sent out separately. When reviewing your experience on the **RaceCheck** link, **please ignore the "Local Support" rating**. This element isn't relevant to our events and, if no rating is given, it doesn't affect the overall score. A low score in this category has a negative effect on the overall score.

I think the combination of snow, frost, and slush was too much for anyone to come close to bagging all the Check Points, but we did have some outstanding performances, with many participants saying that they like to achieve their own personal challenges, rather than going all out to be the winner. Tri-Adventure is all about people coming along to enjoy navigation based running and mountain biking, pushing themselves to achieve their objectives, or simply coming for a run with the dog on a beautiful winter's day.



Bob Smith and Jenny Allen really pushed themselves to collect all 16 CPs in the 4 hour **LONG** event, which helped them win the **Pairs** category, but it was the men's **LONG** category which provided the closest and most exciting finish of the day – Stuart Stevens and Neil Harris both finished within the 4 hours with 20 CPs each, with Stuart just pulling it off by 10 seconds! Congratulations to both athletes on a great race.



Ian Cartwright rode away with the **MTBO** category, collecting 3 CPs more than second placed Will Johnson.

Katherine Helm and her son, Benjamin, collected the most CPs (9 out of 10) in the **Mini Trail**, but their time management let them down, and they finished well down the field. The winners were Paul Rose and Lina Haines with 7 CPs.



Rob (who started once Claire was back) and Claire Smart pulled off a family double, winning their respective categories in the **SHORT** event. The prize however went to Chris Tyson who started with the masses and therefore back in time for prize giving. With a couple of youngsters, they've developed a strategy whereby Claire completes her race first, while Rob looks after the girls, the they swap duties and Rob goes off on his race!



Once again, the 2 hour **Trail** was our most popular event. In the **Men's** category, there were some fierce battles for the minor placings, as the winner, Tom Frost, impressed with his 13 CPs, even though he collected a few time penalties along the way. The **Ladies'** category saw a much closer finish, as first timers Lucinda Lighting and Jenny Mendes tied in first place with 9 CPs and no time penalties.



Busy before the start in the School

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 also had my drone up at the start, and the film can be viewed on this link.



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

One of our regulars, Stuart Stevens, 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 tight finish with Neil Harris, collecting 20 CPs in the process.



Linda Cairns won the **Ladies' LONG (Experience)** with 14 CPs.



Fresh from her win in the **Ladies MTBO** last month, Louise Oliver had another great win, collecting more checkpoints within the time limit than in Shere, and she came 4th overall.

LONG (4 hour event)

Male	Points/Time
1 st Stuart Stevens	200 03:54:32
Female	Points/Time
1 st Linda Cairns	140 03:50:16
Pairs	Points/Time
1 st Bob Smith / Jenny Allen	185 04:02:04

SHORT (2 hour event)

Male	Points/Time
1 st Rob Smart	130 01:59:38
Female	Points/Time
1 st Claire Smart	90 01:58:53
Pairs	Points/Time
1 st Claire Gibson / Chris Gibson / Chilli	78 02:05:40

Trail (2 hour event)

Male	Points/Time
1 st Tom Frost	124 02:02:37
Female	Points/Time
1 st = Lucinda Lighting	86 02:01:43
1 st = Jenny Mendes	86 02:01:43

Mini Trail (1 hour event)

All	Points/Time
1 st Paul Rose / Lina Haines	70 00:449:42

MTBO (2 hour event)

Male	Points/Time
1 st Ian Cartright	210 01:59:47
Female	Points/Time
1 st Louise Oliver	170 01:56:43

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 **15 February** 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 [Tilford](#) on **Sunday, 17 March**, when I hope all the cold weather will be behind us, and we have a fabulous Spring day for our event. Online entry is [open](#), and I'll also be running a navigation course the day before, on Saturday 16 March. 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](#).

Before thanking my regular team, I'd like to single out **Jack Kennedy** for all the help he gave me on Saturday evening and Sunday morning. Jack works at the Howard of Effingham School, and his help was invaluable in enabling me to put on a seamless event that everyone enjoyed. He even managed to find the time to take part in the **Trail**.

Thanks to the team of Chris, Tracey, Ed, and Leszek for helping me to ensure that we put on another great event. Once again, thanks to you for coming along to Effingham 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 March.

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

