



Tri-Adventure Race Report

Tilford 17 March 2019

In the past, we've used Tilford as a base for an Adventure Race in October, so this time, we wanted to know what the course would be like in Spring. The event worked really well, with a good turnout enjoying a lovely sunny, if somewhat fresh, morning. Dawn was just breaking as my helpers were travelling in to the venue, and they were rewarded with a beautiful cloudless sky and the kind of gorgeous colours that the Surrey Hills are famous for.

We have previously been able to set up our Start and Finish points and the Transition on the Village Green/Cricket pitch outside the Hall. Unfortunately, the Parish Council has decided to ban all forms of wheels from the Green, so we implemented a new arrangement, which actually worked very well. Transition was in area at the back of the Car Park, and the Start and Finish was at the front of the Hall.

We had well over 100 athletes taking part for the fourth month running, although I've noticed quite a change in the participation levels in the 5 categories. We seem to be attracting fewer Multi-Stage Adventure Racers (for the Run and MTB combination), but the Trail events are really growing in popularity. It's particularly pleasing to see an increasing number of youngsters running with their parents in the 1 hour Mini Trail. We also had a good number of on the day entries, no doubt because of the very positive weather forecast, and there were hardly any "no shows" this month.



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 - [Long Short MTBO Trail](#) [MiniTrail](#) or [LetsDoThis](#). The links will be sent out separately later this week. 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.

There was a bit of banter among the LONG racers about Transition times, with one or two people telling Leszek that they would be flying through the changeover. He pointed to Pat Daas, who was nearby, saying she is the undisputed champion in Transition, and so it proved yet again – Pat got through in 33 seconds, which was half the time of the next nearest Transition time.



A lot of the racers really pushed themselves to achieve their personal bests. Tom Hards had a great race in the 4 hour **LONG**, collecting 26 of the 31 CPs, and returning within the time limit. Carl Silver was second with 24 CPs, a score which is often enough to win the event, and he was closely followed in by Sid Hardy, one of our regulars, who really pushed himself to collect 23 CPs.



Julian Hemsted flew round the **MTBO** course and collected 19 of the 21 CPs in 2 hours. He's turning out to be a very difficult rider to beat, and I'm waiting for the day he bags all the checkpoints on offer within the time limit. Wendy Hardy was our leading MTBO with 90 points.

We had 39 participants in the **Mini Trail** this month. Of these, only 5 were Solo entries, and many of the Pairs comprised youngsters running with their parents (and their dogs). I love it when we have all these young people taking part; apart from the obvious enjoyment they get from the event, this early introduction to navigation and off road running will, I hope, turn them into keen Adventure Racers when they get older.



My objective with the **Mini Trail** is to provide interest and excitement for our younger runners, by locating the CPs closer together. Looking at the results, I think I may have misjudged it a little, as only one pair visited 7 of the 10 CPs, with the bulk of the runners getting 5 and 4. I'll make sure that this doesn't happen in future events, and that there are more CVPs for the little legs to collect within the 1 hour.



Once again, the 2 hour **Trail** was our most popular event, with 42 runners taking part. In the **Men's** category, James Turner took the decision to go for an extra CP, knowing that, in all probability, he would finish with some penalty points. The extra checkpoint meant that he won the event by 4 points from last month's winner – Tom Frost – as the 6 points he lost for being late still enabled him to keep the remaining 4 points from that extra checkpoint. The **Ladies'** category also saw a close finish. Laura Ashfield and Clare Grindrod both finished with 8 CPs, but their time penalties meant that they were pipped by Hanna Bain, who finished with 7 CPs, but within the time limit.



Usual multi directional Tri-Adventure Start.

LONG (4 hour event)

Male		Points/Time	
1 st	Tom Hards	260	03:52:08
Female		Points/Time	
1 st	Hannah Cooke	199	04:00:08
Pairs		Points/Time	
1 st	Danny Gomme / Caroline Wharton	180	03:41:42

SHORT (2 hour event)

Male		Points/Time	
1 st	Mark Barrett	95	02:02:10
Pairs		Points/Time	
1 st	Peter Hartley-Oinn / Maria Hartley-Oinn	80	01:59:57

Trail (2 hour event)

Male	Points/Time
1 st James Turner	114 02:02:58
Female	Points/Time
1 st Hanna Bain	70 01:47:17

Mini Trail (1 hour event)

All	Points/Time
1 st Mark Taylor	50 00:55:53

MTBO (2 hour event)

Male	Points/Time
1 st Julian Hemsted	186 02:01:40
Female	Points/Time
1 st Wendy Hardy	90 01:59:06

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 – transport sharing forum on Facebook is just one example 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 - [Long Short MTBO Trail MiniTrail](#) or [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 **1 April** 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

The venue for our next event has not yet been finalised, but I'm thinking it will now take place on **Sunday 7th April** since there is no longer a clash. Then the following event will be **Sunday 5th May Bank Holiday**, when I hope all the cold weather will be behind us, and we have a fabulous early Summer day for our event. This is the only date I can see working. Online entry will open soon, and I'll also be running a navigation event the day before, on Saturday 6th April or 4th May. 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 another great event. Once again, thanks to you for coming along to Tilford on Sunday; you helped to make it a great event. 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 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

