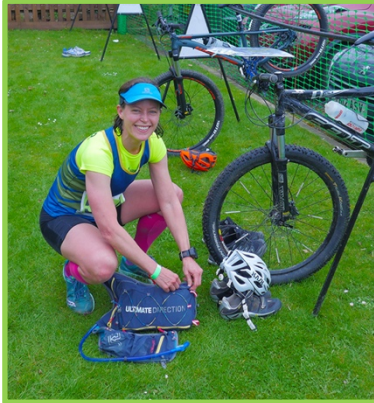


# Tri-Adventure Race Report

Mickleham 7 April 2019



Mickleham is always a popular venue with our Adventure Racers, as there are loads of different trails and tracks, some of which don't even make it onto the OS maps! This provides an additional challenge, especially when someone misses a Check Point, and then goes wrong, as happened this Sunday to one of our racers – no names!

Despite the rain during the week, the course was mainly dry and fast, and there were some good results achieved in the various categories. Numbers overall were slightly down on previous months, but the reason for that may have been a combination of half term and the fact that I only arranged the event two weeks earlier. Anyway, we had 90 people taking part, which is a pretty good result.

I was two down on my volunteers this time, as Chris and Tracey were away doing other things. So, Leszek came inside for the first time ever (he's usually on Transition, as regulars will know), and he worked hard to cope with the pressure at the Registration Desk before the start of the race.



There were fewer taking part in the Mini Trail, probably because of Half Term, but we also had a really good number turn up on the day, which boosted the numbers in the various categories considerably.

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 will be 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.



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 in a beautiful part of the country. Once again, we had a fair number of newbies taking part, and one of them, Suzi Lawrence, did a great job, coming in first in the **Ladies Trail**, with 40 seconds to spare. The **Men’s Trail** saw a triumphant return by Giles Capps who, after an absence of exactly 12 months, romped to victory by 1 point, with Tom Stroud just behind. The pleasure on Giles’ face spoke volumes about how he felt when stepping up to receive his prize.



Hannah Cooke and Andrew Heaney won their respective **Female** and **Male LONG** events, with both collecting 190 points. You can certainly mix it with the men, Hannah! Graham Blair must be wondering whether he missed a trick because he was only one CP behind Andrew, having finished his race with 26 minutes to spare. Maybe better race planning and a bit of a risk could have led to 2 more CPs and an outright win; we’ll never know.





Despite a larger entry than usual, Julian Hemsted once again rode away with the **MTBO** category, collecting an impressive 22 CPs, 3 more than second placed Michael Rackham. Louise Oliver rode well again to collect just one CP fewer than Michael. She and Julian are proving very hard to beat in this category.

Mark and Alex Badman, a father and son combination, collected the most CPs (8 out of 10) in the **Mini Trail**, and they managed to do this within the 1 hour time frame.



Simon Coppen-Gardner had the satisfaction of collecting the largest number of CPs in the **SHORT** event, and even his time penalty for arriving late didn't prevent him from winning the **Men's SHORT**. Rebecca Tweed won the **Ladies SHORT**, and the pairing of Peter Burdett and Simon de Coninck triumphed in the **SHORT Pairs** section.

I managed to take pictures of the start, as well as doing some filming, which has been posted [as a film](#) on FB and Twitter. Why don't you go and hunt it down? Disappointingly, I didn't manage to get my drone up this time.

### **LONG (4 hour event)**

<b>Male</b>	<b>Points/Time</b>
1 <sup>st</sup> Andrew Heaney	190 03:56:26
<b>Female</b>	<b>Points/Time</b>
1 <sup>st</sup> Hannah Cooke	190 03:59:34
<b>Pairs</b>	<b>Points/Time</b>
1 <sup>st</sup> Caroline Wharton / Danny Gomme	155 04:07:24

### **SHORT (2 hour event)**

<b>Male</b>	<b>Points/Time</b>
1 <sup>st</sup> Simon Coppen-Gardner	109 02:05:07
<b>Female</b>	<b>Points/Time</b>
1 <sup>st</sup> Rebecca Tweed	70 01:48:40
<b>Pairs</b>	<b>Points/Time</b>
1 <sup>st</sup> Peter Burdett / Simon de Coninck	110 01:57:34

### **Trail (2 hour event)**

<b>Male</b>	<b>Points/Time</b>
1 <sup>st</sup> Giles Capps	101 02:04:19
<b>Female</b>	<b>Points/Time</b>
1 <sup>st</sup> Suzi Lawrence	90 01:59:20

### Mini Trail (1 hour event)

All	Points/Time
1 <sup>st</sup> Mark Badman / Alex Badman	80 00:56:28

### MTBO (2 hour event)

Male	Points/Time
1 <sup>st</sup> Julian Hemsted	220 01:56:59
Female	Points/Time
1 <sup>st</sup> Louise Oliver	180 01:56:58

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](#) 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 **17 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

Our next event is at [Cranleigh](#) on **Sunday, 5 May**, when I hope we will have a fabulous late Spring/early Summer day for our event. Online entry is [open](#), and I'll also be running a navigation course the day before, on Saturday 4 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 Ed and Leszek for efforts, both of whom had to work harder than usual, for helping me to ensure that we put on another great event. Once again, thanks to you for coming along to Mickleham 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

