

Tri-Adventure Race Report

Cranleigh 5 May 2019



We'd not been back to Cranleigh for over a year, as the Band Room had been pre-booked for every Sunday as a temporary replacement for a local Church that was being refurbished. It's a good venue, from which we were able to prepare a course that wasn't as hilly as last month, and one which offered some beautiful scenery. After all the mixed weather over the last two weeks, it was great to have a beautiful Spring day for this event.

Numbers overall were down on previous months, which may have been because it was a Bank Holiday week end, but it's also clear that Adventure Racing of the kind we put on is favoured more during the late Autumn and Winter months. Anyway, there were some great individual and team performances, with many commenting how beautiful the scenery was, and how the fields and woods were full of blue carpets, laid down by the bluebells.

For the second month in succession, I was two down on my volunteers, as Chris and Tracey were away doing other things. So, Leszek was "inside" again (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. Ed coped admirably on Transition and Finish, although he had to keep moving his chair to keep out of the cold.



We had some really positive feedback on the day about the course layout and challenge. 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, including one seasoned adventure racer from the USA.



Philippa Psyching out the competition before the Mini Trail

Among the various excellent performances, a special mention needs to be made for Ian Helm, who was running with his daughter, 11½ years old Philippa, in the **Mini Trail**. They blasted their round the course, collecting all 10 CPs, and finishing just over the 1 hour time limit. Ian told me that they had run 10.5km in an hour – an excellent performance.



Stephen Dadswell was again in fine form in the **Men's MTBO** event, collecting 22 out of the 23 CPs, whilst Louise Oliver was close behind with 20 CPs to win her category in the **Ladies' MTBO** second month on the trot. It would be interesting to see an MTBO event with both Stephen and another of our regular MTBO winners, Julian Hemsted, taking part in the same event. I wonder who'd come out on top? Something for us to look forward to this coming Winter, perhaps?



Tom Hards put in a great effort in the **4 hour Men's LONG** event, collecting 26 CPs without any time penalties. Tom had travelled all the way from Stroud to take part in this event, and he was rightly chuffed with his performance.



There was a nice result in the **2 hour Trail**, where husband and wife – Neil and Susan Crickmore, ran their own individual race, and each won his/her category. Well done to you both!

There was a pretty tight finish in the **Men's 2 hour Trail**, with three runners all finishing with 11 CPs, with time penalties making the difference to the podium positions.



Getting ready in a sunny start

LONG (4 hour event)

Male	Points/Time
1 st Tom Hards	260 03:55:29
Female	Points/Time
1 st Pat Daas	140 03:51:19
Pairs	Points/Time
1 st Josh Luck / Madeline Luck	210 03:33:01

SHORT (2 hour event)

Pairs	Points/Time
1 st Richard McLean / Stephen McLean	70 02:09:31

Trail (2 hour event)

Male	Points/Time
1 st Neil Crickmore	110 01:57:00
Female	Points/Time
1 st Susan Crickmore	80 01:57:23

Mini Trail (1 hour event)

All	Points/Time
1 st Ian Helm / Philippa Helm	99 01:00:18

MTBO (2 hour event)

Male	Points/Time
1 st Stephen Dadswell	220 01:58:23
Female	Points/Time
1 st Louise Oliver	195 02:02:21

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!

NEXT EVENTS

We won't be running any Navigation based events during the Summer, but I am Race Directing several events over the next couple of months or so. Why not try the [Kelly's Storage Cycle Challenge](#) on **19 May**, which has different distances to suit all types of cyclists?

We've also got the [Whiteley Village](#) annual event on **9 June**, which offers 5k and 10k signed races, as well as various events for the kids.

On **15 September**, it's the annual [Hurtleberry Challenge](#), with various events in and around the beautiful Hurtwood.

I'm also still working on putting on a 12 hour event on **9 September**. It's been suggested that we run it as a **Day & Night** event (rather than a Night & Day), starting, say, at 10am and finishing at 10 pm. It's an interesting idea, so do keep an eye out on the website for further details.

Thanks to my depleted team of Ed and Leszek, 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 Cranleigh 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+.

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

