

Tri-Adventure Race Report

Tilford 20 October 2019



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After an absence of several months, we were back adventure racing at Tilford, kicking off the Autumn/Winter season with some great weather and a challenging course which had stood up well to all the recent rain. Fortunately, the rain kept away all day, and we had a good turnout, and some excellent individual performances.

Autumn is now in full swing and the Surrey Hills are well known for their dazzling display of Autumn colours, and Sunday did not disappoint.

One of the access roads into the village was closed because of the work that is being undertaken on the bridge, which could have caused some problems, but adventure racers are resourceful people and everyone managed to get here in time.

The Parish Council continues to ban all forms of wheels from the Green, so we implemented the same transition arrangement we used last March, and this worked very well. The Start was from the Green, and the Transition and Finish were located at the back of the Hall, and we'll continue with this arrangement in the future, even if they allow us to use the Green again.

We had 76 athletes taking part, which is down on the number who turned up at Tilford in March, with the shortfall coming mainly in the Mini Trail Run, as we had an exceptionally high number racing in this category in March.

We had some really positive feedback on the day about the course layout and challenge.



A lot of the racers really pushed themselves to achieve their personal bests. The two outstanding performances of the day came from Natalie Creswick in the 4 hour LONG and Mark Humphrey in the MTBO. Natalie beat everyone, including all the men, by collecting 21 CPs and finishing with over 25 minutes to spare. Hers was an interesting strategy – she went out on the run first before whizzing round on her bike and getting all the bike CPs. Our rules do not allow another transition, even if there is spare time available. At last, we seem to have someone in the MTB category who can take on, and beat our regular winner – Julian Hemsted. Mark shot around the course, making it a clean sweep of all 21 CPs, and he was back at Race HQ with just under 10 minutes to spare. Amazing performance!

I'm a bit disappointed that, after welcoming 39 participants to Tilford in the **Mini Trail** in March, we only had 13 take part in this category this time. There were 6 pairs comprising youngsters running with an adult. 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.

A special word of congratulation needs to go to Andrew, aka Basil, Headney, a Scout Leader, who brought along two of his best scout navigators, Felix and Arthur, to take on the 4 hour LONG challenge. He told us that the lads, who, I think, are the youngest we've ever had tackle this event, did virtually all the navigating, and they did very well to collect 17 CPs without any time penalties.



Once again, the 2-hour **Trail** was our most popular event, with 34 runners taking part. In the **Men's**



category, Christian Pohl took the honours, even though 2 runners collected 1 CP more than him. Unfortunately, they also collected time penalty points for getting back late. The **Ladies'** category also saw a close finish. Tracy Evans and Clare Grindrod both finished within 2 seconds of each other with 8 CPs, so I suspect they ran round together, with one just pipping the other at the end.



Two of our regulars, husband and wife team of Andy and Karen Jones found the 2-hour **SHORT** course to their liking, easily beating everyone else by 3CPs.

LONG (4 hour event)

Male	Points/Time
1 st Stuart Colvin	210 03:44:23
Female	Points/Time
1 st Natalie Creswick	210 03:34:44
Pairs	Points/Time
1 st Felix Farrell / Arthur Hickman	170 03:53:17

SHORT (2 hour event)

Male	Points/Time
1 st Ian Curtis	80 01:58:54
Female	Points/Time
1 st Claire Smart	80 01:56:44
Pairs	Points/Time
1 st Andy Jones / Karen Jones	110 01:59:34

Trail (2 hour event)

Male	Points/Time
1 st Christian Pohl	120 01:56:06
Female	Points/Time
1 st Tracy Evans	77 02:01:19

Mini Trail (1 hour event)

All	Points/Time
1 st Roland Rutt/Luke Rutt	80 00:55:56

MTBO (2 hour event)

Male	Points/Time
1 st Mark Humphrey	210 01:49:05
Female	Points/Time
Wendy Hardy	90 01:59:16

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 (even though, to the best of my knowledge, no-one has taken advantage of this facility). 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!

One question I have for everyone – how do we get people from the South Coast to realise that the Surrey Hills are virtually on their doorstep? How can we market to this group? Suggestions, please.

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 **1 November** will be put in a hat and the name that is drawn out will receive a free entry to any one of our 2019/20 events (excluding the Night & Day).

NEXT EVENTS

The venue for our next event will be at the Howard of Effingham School, a location we have used before, and it will take place on **Sunday, 10 November**, when I hope we'll be enjoying a lovely, crispy morning. Online entry is already open, and I'll also be running a navigation event the day before, on Saturday 9 November. 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 get the numbers back over 100+, and I look forward to seeing you again in November.

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

