

# Tri-Adventure Race Report

Effingham 10 November 2019



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We were at Howard of Effingham School on Sunday and, judging by the amount of map studying that went on before the event, a visitor might easily have mistaken race HQ for a Geography class! Everyone's head was down, trying to figure out the most effective routes to the various checkpoints. The rain held off, the racing conditions were generally good, if a bit muddy at times, and we had some great feedback about the design and challenge of the course and listened to comments to bring the Short course checkpoints in a little closer.

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.

We had a very good turnout, with 107 athletes taking part, and the 2 hour Trail Run was particularly popular with 56 runners at the start line. There were quite a few first timers as well, and it's funny how, despite the briefing, some of them get things a bit wrong. In the Mini Trail, one couple thought they had to get all 10 CPs; they did, but it took them nearly 4 hours, and the penalty points completely wiped out their achievement. Still, they returned with a smile on their faces, joking that they had stopped for a Sunday lunch along the way!

The Mini Trail was better attended than at Tilford the previous month, but the numbers are still way off the 30 plus we used to get earlier in the year. It would be interesting to find out why the numbers have dropped, so if anyone has any views or explanations, please do let me know.

There was some tight racing in the **2 hour Trail**, with 6 racers finishing within 1 CP of one another, meaning time penalties making the difference. Congratulations to Rob Marcus, who beat Nick Green by just 5 seconds. Laura Garland ran a good race to beat Nicola Beevers by just 1 second. However, I suspect they ran together and would have tied for 1<sup>st</sup> place, as they visited the same CPs in the same order.



I was pleased to see a reasonable turn out in the **4 hour LONG** event, and welcome back after a long absence to Ross Remnant, who has been a regular participant in the past. The injuries seem to be well and truly in the past, as Ross raced round the course, only to be pipped by Carl Silver, who clearly made a great tactical decision to go for an extra CP, even though it cost him a few time penalty points – 6 in fact, which meant that he finished 4 points ahead. Hannah Cooke was a comfortable winner in the **Female LONG** event, despite picking up quite a few time penalty points, and the canny pairing of Andy and Karen Jones, who won the 2 hour SHORT Pairs at Tilford, once again won the **Pairs** event, this time in the **4 hour LONG**. The flexible start for this event seems very popular, and it is now a permanent fixture in the **LONG** race.



Stephen Dadswell is one of our regular athletes, who again took part in the **2 hour MTBO**, and did very well, collecting 17 of the 21 CPs available.



The performance of the day has to be Louise Oliver's 15 CPs in the **Ladies' MTBO**. Both bike and rider were splattered with mud from head to toe, and she was clearly suffering from the exertions at the end, but she soon recovered; a fabulous performance, and we look forward to the day when she gets a full sweep of all the CPs. The talent is clearly there.



Well done to the father and son pairing of Mark and Harvey Humphrey for coming first in the **2 hour SHORT** race with 8 CPs.



We witnessed a very tight finish in the **1 hour Mini Trail**, with a Male Pairing, a Male Solo, and a Female Solo all finishing with 7 CPs. Finishing times enabled us to split them, with Mark and Alex Badman finishing well within the 1 hour to win. I wonder if, when reviewing their tactics, they could have gone for one extra CP without being late back?



### LONG (4 hour event)

Male	Points/Time
1 <sup>st</sup> Carl Silver	204 04:02:54
Female	Points/Time
1 <sup>st</sup> Hannah Cooke	151 04:09:12
Pairs	Points/Time
1 <sup>st</sup> Andy Jones / Karen Jones	160 03:57:54

### SHORT (2 hour event)

Male	Points/Time
1 <sup>st</sup> Thierry Valle	70 01:55:45
Pairs	Points/Time
1 <sup>st</sup> Mark Humphrey / Harvey Humphrey	78 02:00:46

### Trail (2 hour event)

Male	Points/Time
1 <sup>st</sup> Rob Marcus	103 02:03:24
Female	Points/Time
1 <sup>st</sup> Laura Garland	80 01:58:03

### Mini Trail (1 hour event)

All	Points/Time
1 <sup>st</sup> Mark Badman / Alex Badman	80 00:52:53

### MTBO (2 hour event)

Male	Points/Time
1 <sup>st</sup> Stephen Dadswell	160 02:05:00
Female	Points/Time
1 <sup>st</sup> Louise Oliver	147 02:01:25

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 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

The venue for our next event will be **Shere Village Hall**, a very popular location among our racers, and it will take place on **Sunday, 8 December**, 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 7 December. 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. Thanks also to Jack Kennedy, who puts in a lot of work behind the scene leading up to the event, and then still has enough stamina to race in the **MTBO**, coming in a very creditable 3<sup>rd</sup> Male. Once again, thanks to you for coming along to Effingham 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+ as we head towards the end of the year, and I look forward to seeing you again on **8 December**.

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

