

Tri-Adventure Race Report

Mickleham 5 January 2020



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A new year and a new decade. We kicked it off in style, with nearly 140 adventurers aiming to start the year the way they mean to carry on – testing their navigation skills and fitness levels in the beautiful Surrey Hills! Mickleham is the venue for a pretty tough, hilly, course, and I'm pleased that there was something there to challenge everyone, including the elite adventure racers. The weather stayed fine, if a bit cold, and the rain held off, much to my outdoor team's relief.

With only a week to go before the event, I was beginning to think that we may have a poor turn out, as only 40 people had registered. And then it all kicked off in the last few days, with a huge number of racers signing up in the last 72 hours. We also had a significant number enter on the day. People travelled to the event from all parts of the country, and we even welcomed a first timer from Birmingham. She loved her experience and said she would be back again. We continue to attract first timers and, based on the feedback we keep getting, we seem to be the "go to" adventure racing company when people search on Google and Facebook. Please keep spreading the word.

The large number of on the day entries has given me an idea to try something different at the Registration Desk. We've noticed that entrants on the day can hold up registration because they need to fill in a form and make their payment, which isn't fair on those who have registered and paid beforehand, and for whom racing packs are ready for collection. So, from our next event in Cranleigh onwards, we'll have a separately manned desk for entries on the day, and this will, hopefully, speed things up for everyone. We'll see what the result is.



It's good to see the numbers increasing in the **4 hour LONG** event, and the **2 hour TRAIL** continues to be the most popular event, and we now regularly break through the 50 mark; we had 65 this time.

Clearly, from the really positive feedback we get on the day about the course layout, the challenge, the atmosphere and the camaraderie, people really do enjoy our events, so do spread the word. Some of the stories we hear do make us smile – a regular one is that a CP was missing, but almost invariably, the reason it was “missing” was that the racer was looking for it in the wrong place! The best one on Sunday was from a first timer, who set off early and so wasn't present for the briefing, who thought he had to visit the CPs in numerical order; it's no surprise that he incurred some time penalties!

Unfortunately, the great start to the year was marred by some senseless idiot smashing the back of CP 24 before the race even started. I was able to get out there and replace it with a clip CP, and I'm sorry if anyone was inconvenienced by this. As you will know, there is a tag with each CP, giving my contact details so, if a member of the public has a problem with the location of one of my CPs, they could call me and I'd always sort this out. The cowardly alternative of causing wanton damage doesn't cover the perpetrator(s) in any glory. Those who visited CP24 were credited with it as their last MTB checkpoint.



The **Men's 2 hour Trail** was won by James Turner, in what proved to be a very tight race, with 12 trail runners visiting 10 or more CPs. 2 runners collected 12 CPs, but their time penalties for getting back late meant that James just held off Tom Frost, both of whom bagged 11 CPs. Both finished within the 2 hour limit, with just a few minutes separating the two. In the **Ladies' 2 hour Trail**, Sophie Evans, despite picking up 9 penalty points, just held off Martha Paton by one point. However, Martha is probably ruing her misjudgement, as she finished with 12½ minutes remaining, so there was probably another CP available to collect before returning within the 2 hours. Something to think about.



A lot of the racers really pushed themselves to achieve their personal bests. After his win in December, Tom Hards collected 25 of the 31 CPs in the **4 hour LONG** which, considering he'd managed 26 CPs on an arguably easier course the previous month, was a tremendous effort, and his win was well deserved. He was pushed all the way by Tom Davies, who was returning to one of our events after a long absence, and who ended his race with one fewer CP and a number of time penalty points. Hannah Cooke once again beat her sister to win the **Ladies 2 hour LONG**, and one of our regular pairings, Andy and Karen Jones, stepped up to the 4 hour event for the second month in succession and finished first **Mixed Pair**, and fourth overall. They may not be the fastest racers around, but their navigation skills are superb, which allows them to hold their own with the best.



Nigel Davison timed his finish to perfection in the **2 hour SHORT**, finishing within 13 seconds of the deadline, and this enabled him to beat Richard Phillips into second place, even though the latter collected 2 more CPs. Time penalties for a late finish cost him dear, and proved, once again, that strategy in adventure racing is crucially important. Well done, Nigel, for coming first for the second month running. Our winning pair saw a return for Rob Burrige who with his pairing Amy Hulley were victorious by 1 checkpoint.



Despite collecting a lot of time penalty points, Tom Valentine was an easy winner in the **Male MTBO**, collecting 20 CPs. Louise Oliver had a great ride in the **Ladies MTBO**, winning her category, and finishing 2nd overall despite getting a catastrophic puncture on her way to the Finish. That, unfortunately, is one of the risks in adventure racing.



This month, the **Mini Trail** attracted 9 pairs, one of whom, Tom and his dad Dan Horton, completed the full course within the time limit. They were followed in by 2 pairs who finished within the hour with 9 out of 10 CPs to their name.

I would like to remind everyone of the importance of remaining on the correct permissive paths while out competing. It has come apparent that some may have taken their bikes on footpaths which is not allowed and goes against the spirit of the event.

It's funny how things vary from month to month. This month, we had very few dogs taking part, but they clearly enjoyed themselves, so dog owners, please, let others know that dogs and their runners are very welcome in the 2 hour and 1 hour Trail.

The catering arrangements continue to be popular, with the soup and cakes going very well. In order to keep costs down, we operate an Honesty Box principle, which does mean that, sometimes, people can't get the change they need. Please, when this happens, just give us a shout on registration, as I always carry a lot of change on the day. I'd hate for someone to miss out on a cake or a cup of tea because they do not have any loose coins.

The flexible start for the 4 hour event is popular, and seems to work well. Despite various requests, I have decided that our other 4 events will continue to only have a 10am start time. The reason we have a fixed starting time for all the other events is that I want to make sure that there is a buzz in the Hall after an event, as people share their experiences and have a laugh together. Sunday proved yet again that this is what people appreciate, so I have no plans to extend the flexible start time to the 2 hour and 1 hour events.

LONG (4 hour event)

Male	Points/Time
1 st Tom Hards	250 03:51:38
Female	Points/Time
1 st Hannah Cooke	190 03:56:29
Pairs	Points/Time
1 st Karen Jones / Andy Jones	227 04:01:29

SHORT (2 hour event)

Male	Points/Time
1 st Nigel Davison	110 01:59:47
Female	Points/Time
1 st Katherine Everard	53 02:03:26
Pairs	Points/Time
1 st Rob Burridge/ Amy Hulley	78 02:00:48

Trail (2 hour event)

Male	Points/Time
1 st James Turner	110 01:48:35
Female	Points/Time
1 st Sophie Evans	81 02:04:01

Mini Trail (1 hour event)

All	Points/Time
1 st Tom Horton / Dan Horton	100 00:55:14

MTBO (2 hour event)

Male	Points/Time
1 st Tom Valentine	179 02:10:17
Female	Points/Time
1 st Louise Oliver	163 02:08:01

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, the second in 2020 will be Cranleigh Band Room, which enjoys a huge free Car Park. This is a location we have used before, and the event will take place on **Sunday, 2 February**, when I hope we'll be enjoying a lovely, crispy morning. Online entry is already open, and the **Early Bird prices** are still available until Sunday 19 January.

I'll also be running a navigation event the day before, on Saturday 1 February. 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 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 over 100+, and I look forward to seeing you again in February.

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

