

Tri-Adventure Race Report

Cranleigh 2 February 2020



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The last time we were in Cranleigh was in early May 2019, so it was good to be back with the HQ in the Bandroom. It's a very good venue, and there's lots of free parking just outside. I don't want to tempt fate but we had another fine day for our event. We've managed to get through the Autumn/Winter season of events without being affected by rain on the day. This time, it was mild and even the sun came out a few times! However, there was a terrific 5.5 hour downpour during Saturday night, and the conditions were extremely challenging, with competitors reporting lots of mud and some flooding which was more than knee deep in places. Still, I know you love these sorts of conditions, as they make adventure racing exciting and enjoyable.

I never fail to be amazed at how different one event is from another. Last month, I reported that pre-event entries had been pretty slow until the last week, and the large number of entries on the day had caused us to rethink how we manage registration. This time, there was a regular flow of entries throughout the four weeks, and we had very few entries on the day! We'd prepared a separate station to manage entries on the day but, in the event, it wasn't needed. Perhaps we'll be able to try out the new system next month.

After over a year of no incidents involving Checkpoints, 2020 has started badly for us. We had one that was damaged beyond repair in January, and now we had one removed this month. It is so exasperating when this happens because, apart from the cost of having to replace these CPs, it also adversely affects the enjoyment of our racers.

For the fourth month running, we had a very good turnout, with 113 racers taking part on Sunday. We continue to attract first timers, and it's pleasing to hear that Tri-Adventure appears in top spot when a search for adventure racing is done in Google. We're getting there!

I get a lot of pleasure from seeing so many of our regulars at our events each month. We're clearly doing a lot of things right, but I'm also keen to make sure we take on board any suggestions/additions you may have, so do please let me know if there is a way in which we can make the experience even better.

The numbers were up this month in the Mini-Trail, and we also welcomed quite a few Canicross runners with their lovely dogs.

I've had a look at the results from the last Cranleigh event, and it's interesting to see that Tom Hards put in another exceptional performance in the **Men's 4 hour LONG**. The consistency is amazing, as he collected 26 CPs, just as he did last time, finishing within the time limit on each occasion. It'll be interesting to see if he can pull off a hattrick of wins the next time we base ourselves at Cranleigh. Despite feeling a bit under the weather, Hannah Cooke continued her dominance of the **Ladies' 4 hour LONG**, following up her win in January with another one on Sunday, coming in second overall.



Congratulations to Leo Brimicombe, who tore round the **Mini Trail** and collected all 10 CPs within the one hour time limit. The Helm family also performed very impressively – dad Ian and daughter Phillippa managed to visit 9 of the 10 CPs, with mum Katherine and son Benjamin, coming back with 8 CPs.



Another large entry in the **Men's 2 hour Trail** saw some serious competition, with Steven Insua-Cao winning the event with 11 CPs. Despite visiting 1 CP more than Steven, Tom Frost's late return cost him the win. In the **Ladies' 2 hour Trail**, Debbie Morton and Sam Stretch finished with identical times, a first in the Trail Event; they clearly ran round together, visiting the same number of CPs in the same order, so well done to the two of them.



After missing several of our events recently, Julian Hemsted was back to his winning ways in the **Male MTBO**, but he was pushed all the way in what proved to be the tightest finish of the day – 3 riders all collected 19 CPs within the 2 hour limit, which meant that finishing times were the determining factor. Just under 2½ minutes separated Julian from second placed Ian Cartwright, who himself finished just 12 seconds ahead of Michael Rackham in 3rd place. Louise Oliver had a great ride for the second month running in the **Ladies MTBO**, winning her category with 17 CPs, and arriving back with just 4 seconds to spare. Now that's planning to a very fine degree.



The **Men's 2 hour SHORT** also produced a very tight finish this month. Richard Phillips and Tim Beale each collected 15 CPs within the 2 hours, so finishing times were the deciding factor. Both finished with quite some time to spare, but Richard got his in just under 2 minutes less time. For the second event running, Heather Keenan and Steve Fuller won the Pairs Category.



The catering arrangements continue to be popular, with the soup and cakes going very well. In order to keep costs down, we operate a Money 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 03:50:25
Female	Points/Time
1 st Hannah Cooke	200 03:40:51
Pairs	Points/Time
1 st Jan Poole / Jon Harmon	190 03:58:44

SHORT (2 hour event)

Male	Points/Time
1 st Richard Phillips	150 01:53:04
Female	Points/Time
1 st Chrissie Glew	90 01:56:31
Pairs	Points/Time
1 st Heather Keenan / Steve Fuller	120 01:51:43

Trail (2 hour event)

Male	Points/Time
1 st Steven Insua-Cao	110 01:59:20
Female	Points/Time
1 st = Debbie Morton / Sam Stretch	90 01:56:44

Mini Trail (1 hour event)

All	Points/Time
1 st Leo Brimicombe	100 00:57:42

MTBO (2 hour event)

Male	Points/Time
1 st Julian Hemsted	190 01:56:46
Female	Points/Time
1 st Louise Oliver	170 01:59:56

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!

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 three organisations: FindaRace, RaceCheck and LetsDoThis, and it would be great if you could post a review on any of those sites. If that's too much, then please just post on one of them.

NEXT EVENTS

The venue for our next event is yet to be decided, but the event is due to take place on **Sunday, 22 March**. I know it's Mother's Day, so get your Mums to take part in one of the categories before taking them out for lunch. Online entry will be opened as soon as I have the venue booked. I'll also be running a navigation event the day before, on Saturday 21 March. 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 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 over 100+, and I look forward to seeing you again in March.

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

