

## Mansfield Tri Club – Race Report

**Name** Ian Burdis  
**Race Name** Devon coast to coast (pairs)  
**Date** 17<sup>th</sup> / 18<sup>th</sup> September 2011  
**Type** Adventure race  
**Distance** 136.2m  
**Venue** Devon

### Course

### Weather

### Race Contacts

### Competitors

**Overall Result** 4<sup>th</sup>

**Other Result** 1<sup>st</sup> MTB

### Club Results

**Winner Info** 56:31 William Strangeway

**Race Report** I've just about recovered enough from the race to do some typing... This is a multi-stage adventure race across Devon from Foreland Point to Prawle Point. The course consists of a 5.8 mile XC run, 54.5 mile cycle mainly on lanes, 4.2 mile fell run (up Devons only mountain apparently), 22.6 mile cycle on trails, overnight camp, 22.6 mile XC mountain bike over Dartmoor, 7.5 mile kayak down the river Dart and finally a 19 mile offroad run along the cliff paths. The idea is to be self sufficient and navigate between checkpoints.

An 06:30 start on Saturday had us jogging a couple of miles to the start line in horrendous weather, the race starting proper at 07:20 with the XC run up the cliff path from the lighthouse and then through woodland, we finished this in the lead bunch which gave us a good start on the road section of the cycling. We held a good position in the race and the only thing of note was the wind and hail.

The run up High Willhays was a nice break from the saddle, but the moors were sodden and it was heavy going. Thankfully the sun came out as we reached the marshal at the summit and we had the advantage of being able to see the route ahead allowing a speedy descent.

Back on the bikes and we set off for Princetown and the lovely little hills (Cat 3 climbs on the T.O.B I believe) which finished the day nicely. We finished day 1 in 4th position, which meant we got to nick all of the best scran which had been laid on at the village hall :-)

Day 2 had everyone setting off in reverse order at 30s intervals straight onto the moors and the technical mtb section. This led to some hairy moments as we tried to pass slower riders at the earliest opportunity (2 wipeouts, none serious).

We had hoped this section would work in our favour as we were on mountain bikes, those in front of us on day 1 were on cyclocross bikes with road wheels fitted. Things were going to plan and we made it into the lead before we were hit with 2 mechanical failures in quick succession. Spanners were twirled in the mud as people passed us and we got back on our way down to Totnes and the start of the kayak stage.

We put a bit of effort into the paddling and got back up the leader board, 2nd in the pairs race after 1h40m on the river. After fumbling about with frozen fingers and uncontrollably shaking limbs at the final transition we had our running gear on and set off on the final run. Up until around 9 miles we were moving well and held our position in the race, but the second half of the run saw us slip back to our final finishing position of 4th.

Stats;

Ascent >14000ft (another's gps)

Calories >15000 (another's gps)

30 gels, 500g jelly babies, 400g salted peanuts

Finish time 16h 15m 47s

We were the 1st mtb'ers to finish. If anyone is thinking of entering this with a view to being competitive I'd recommend a cyclocross bike.

Now then, where's the pizza delivery number....