

Event 5 of the 2020 Repli-Quad series. “The Boxenderventure”.

The Box end event is usually in July but 2020 saw it rescheduled to the end of September in the hope that all would be well.

It too was a casualty of year 2020 and it became one of the Repli-Quad series.

Further restrictions at our normal training site meant that the kayak stage would have to be elsewhere. Not to be beaten the following occurred.

On Saturday 19th September I woke early and made my way to the swim site. I had arrived earlier than my swim safety officer so decided to complete the run phase first. Following a basic warm up I set out and must have looked like an escapee from a difficult physiotherapy session, but I managed to finish with no injuries.

I remembered why the swim is normally first on these events as I tried to don my wetsuit. Even with the assistance of talcum powder this was difficult, or was it the cream teas from Bude?

The swim was choppy than the sea at Bude had been and colder but went well. Exit swim to the van and change for the bike phase.

This was an undulating “P” shaped course which all seemed to be mostly head wind and uphill. Time to utilise some of the nutritional knowledge gained in Bude. Disaster as I got covered in scone crumbs, Jam, cheese, and clotted cream. Finished strong, less due to the recent hill training, more due to the tail wind up the hardest stretch.

The longest transition phase in the history of Repli-Quad followed with a 10 mile drive to the river Ancholme for the kayak phase. Although the longest transition I recorded speeds of up to 60 mph, while licking all the jam and clotted cream residue from my trisuit. I have to applaud the forward thinking of the designers as the colours suit clotted cream and jam. Need to get some blue cheese.

The kayak conditions were choppy with the breeze having stiffened along with the return of block weed areas making for hard progress. This being the last of the series I could afford to empty the tank and pushed hard.

My usual photographer was unavailable due to shutter finger fatigue from the other events, or was it a much needed hair appointment? However working through the pain, assisted by a pain killing substance called Prosecco, the photographer managed the tee shirt tour. We could not disappoint the millions of fans of “THE” tee shirt and had to employ a guard dog to keep the crowds at bay.



There ends an extremely strange series. It is time now for a period of rest and reflection. October sees the start of strength and conditioning hopefully with my coach Andrew. Following quickly will be technique analysis and correction, LOTS.

Placing the approximate dates of the events on the calendar for 2021 will provide some incentive to train hard. April/May, Wales training camp and The Bomber. June, Dearne Valley. July, Box end. September, Shrewsbury and Bude.

If the worst happens then form a tight training cluster and hello year 2 of the Repli-Quad series. I have lots of tee shirts that need pimping.

Pete Chappill Lincsquad