

# BQA Newsletter



## Happy New Year

Welcome all Quadrathletes to a brand new year with a lot exciting races on the calendar for this year. The races are quite diverse ranging from short off road sprints to full blown diamond distance road Quadrathlons. Each race has it own unique qualities, run by hard working dedicated enthusiasts in varied surroundings.

2011 has certainly been a better year for Quadrathlon, we've had more racing than last season, with some new very promising athletes, and we hope our newcomers are very keen to continue to support our Quads in 2011. Our regular Quadrathletes have supported the Trophy Series, as well as having other challenges this season focusing on world triathlon races, marathon running, adventure racing, long distance biking and marathon kayaking too. This has been good to see, with some excellent results across the board. Congratulations to our New World Quad Champions Gail Merion bringing home the Overall Women's Gold. Whilst the up and coming Josh Hook took the Junior World title, a very impressive performance from the 16 year old.

Well it's time to get motivated and to start thinking about your goals for the new 2011 season, well at least we can think about them, even if its too cold to get out on the river, or too snowy for a bike or run, you can at least get those diary's out and circle a few weekend races in! This year we are hosting 2 World Cup Races, The Brigg Bomber and The Awesome Foursome, and 6 National Trophy Events. A full listing of the events [alone with news, race reports and results] can be found on our wonderful website done by Point 7.



## National Trophy Series

A series of 6 races spread throughout the country, each event contributes points towards finding a National Champion, with the best three results for each individual to count. Trophies are awarded each year, provided each winner has done 3 races in the series, and must be a current BQA Member.

Awarded each year are Overall Winners Perpetual Trophy for Male and Female. Prizes for winners Male and Female in each category, Juniors (u23), Seniors, 40+ and 50+. The Eric Hatcliff Memorial Trophy awarded each year 'For Endeavour' given to an athlete showing his enthusiasm and commitment to the sport of Quadrathlon.

Thule continues to sponsor the BQA Athletes, and Vouchers are given to Trophy Winners and worthy athletes chosen by the BQA committee each year.





Steve Clark from Lincsqquad on his way to winning the 2010 Brigg Bomber National Quadrathlon



Jean Ashley flying the flag for the BQA ladies.

**“YOUR SUPPORTS NEEDED  
TO KEEP THESE RACES  
ALIVE!”**

## Qualifying Events for 2011

We start the season 2nd May with the **Deeside Race** in Scotland for the seasoned Quadrathletes its along way to go for most of us, but its well worth a trip for the Bank Holiday weekend, the Scots put on a great point to point race.

**The North Lincs Challenge** is the 29th May Bike/Kayak/Run a great race to get in the racing mode.

**The Brigg Bomber** 10th July is a real target race for the BQA this year, and has been given World Cup Status, so well worth a circle in your diary!

**The Extreme 5 Challenge** is also on 10<sup>th</sup> July, this is a very unfortunate clash this year (and it won't happen again) this too is a great race, new last season. Both races are in the Trophy series, so make sure you get to one of them!

**Boxend** is 24<sup>th</sup> July always a superb race, always great weather and a great camping weekend away! This year it will be a great chance to sharpen up for the **World Championships** in Czech 13<sup>th</sup> August. We hope to take a strong team, under our new manager Steve Hook. (See for more exciting information below).

**Awesome Foursome** on 17<sup>th</sup> September is the final Trophy and World Cup Race, so if you get to go to the Worlds in CZ, The Brigg Bomber and Bude you will have enough World Cup points to get a good World Ranking!

We are still looking to add one or two more Quadrathlons to our GB calendar, and we will let you know as soon as we have anything confirmed. If anyone has any contacts, or knows of a Triathlon which may like to add a kayak leg, or likewise a canoe club who would like to help with a race or training weekend please don't hesitate to let us know, we are always looking for new contacts.

We have had a couple of clashes of dates this season with the Carn Inqli Multi sport training weekend and the North Lincs Challenge falling on 29<sup>th</sup> May, and also the Brigg Bomber and Extreme 5 Challenge on 10<sup>th</sup> Jul. This is a great shame, so the BQA are setting up a Race affiliation package for race organizers, this is about to be sent out and we hope to avoid any clashes in the future. We need to support all our races and the BQA is very great full to our race organizers for their hard work each year.



# TEAM GB

## New Team GB Manager – Steve Hook

For 2011 my objective as the newly installed GBR Quadrathlon Team Manager, is to organise a record breaking medal-winning team of athletes and supporters to attend the World Championships in Sedlcany, Czech Republic, August 13th. This may sound like a bold statement for a newbie, a first-timer, a greenhorn even, but from what I've seen already at various 2010 events, we have a tremendous pool of potential world class athletes from which to create an awe-inspiring, sponsorship generating team.

The BQA committee will be setting forth a programme of selection in January 2011. As a starting point I would like to provide an initial quick outline. From 2009 and 2010 results, invitations will be sent and these athletes will form the GB Quad Squad comprising Male and Female senior, junior and Age Groupers. Hopefully the squad can attend a couple of training weekends through the Spring, where we can share each other's expertise regarding, nutrition, cycle tips, paddle and swim strokes etc. The GB Team will be announced based on availability, performances and results of events through to July.

I have secured the use of a large Kayak Trailer which is capable of carrying up to 20 flatwater boats, or 12 plus half a dozen bikes, and I will be transporting this to Sedlcany. For individuals travelling by air to Prague, my current intention is to provide and or organise a shuttle from the airport to Sedlcany. Accommodation will be a communal affair. I suggest that the team and supporters will be housed as a team – whether this is in the Agricultural school or a single B&B/Hotel will depend on costs.

As we all know, funds within the BQA is not sufficient to fund any part of this trip. Therefore, we will be asking those squad members/ selected team members to contribute equally.

Finally, The Bude Awesome Foursome in 2011 will be a World Cup event. My hopes are to enter the GB Team here and taken alongside certain publicity events I'm planning, I hope to entice sufficient sponsorship to take a team to each World Cup event in 2012 around Europe. For this to happen the success of the 2011 World Championships will go a long way in securing funds and in generating good publicity which will include TV coverage. So, the plans are grand, but I believe achievable given the nature of GB Quadrathletes, where I hope we'll get tremendous participation and cooperation for a memorable 2011.

*Regards Steve Hook*



Team GB Kit – Available from the BQA



### Current trip schedules for August are:

Weds 10<sup>th</sup> Late pm - Trailer to leave UK  
 Thurs 11<sup>th</sup> evening - Arrive Sedlcany  
 Fri 12<sup>th</sup> - Gentle cycle, swim, paddle, run  
 Sat 13<sup>th</sup> - Compete to Win  
 Sun 14<sup>th</sup> - Leave to travel home

## 2011 Moving Forward

I hope that this year we can move the sport of Quadrathlon forward in a positive fashion, with your help, we can spread the word about our sport. You can also support us by joining the BQA and or affiliating your club [forms enclosed]. Members are entitled to discount at a lot of the races and receive news bulletins [by email] keeping you up to date. Once again we value your membership and we look forward to your continued support next season. I have attached a membership form for your renewal.

Prices remain the same as last season £15 senior, £12 Junior, £22 Family (1 adult) £25 family (2 adults). See Membership Form attached

I will keep you in touch with the latest Quadrathlon News via emails, as the season progresses. Our website is currently being updated by Paul Carvill (Lincsqquad) with new information, membership forms, WQF/BQA rules, BQA Club Constitution, and GB Team selection information. So for all for weekly updates check the website for the latest news [www.britishquadrathlon.org.uk](http://www.britishquadrathlon.org.uk)

If you have any racing news, training tips, sporting challenges or any info regarding our sport, you wish to tell us about for the website, please don't hesitate to contact me [malpasashleys@btinternet.com](mailto:malpasashleys@btinternet.com)

Hope you feel motivated and ready for action now, you can at least choose one race now for your diary, and hopefully plan your first training session too, if you've not been out already! It just leaves me to wish everyone a fruitful sporting year I hope to see you all at some of the races during the year. Remember Quadrathlon is a sport for all whatever your ability level, we want to have fun ... live it ... love It ... and just leave the tracks!

*Regards Jean Ashley*

*(On behalf of the BQA)*

