

The Annual Report from 2015

Another race season comes to an end, and those dark nights descend, it's time to look back at 2015, and plan next year's challenges and new goals!

BRIGG BOMBER - This race is always a great start to the season, with plenty of new faces taking part. There were quite a few BQA regulars missing due to other racing commitments and several suffering with injuries. The racing was just as competitive and exciting with some very fast times. Junior Will Jackson, was first out of the swim, about two minutes ahead of Michael Mason and Nigel Unwin. Mason showed his strength in the kayak and took the lead six minutes faster than anyone else in the kayak, he remained in the lead with a class performance on the bike. Nigel was a minute faster on bike, but Mike's running was in a class of its own and he won by an outstanding 10 minutes (2:34:51). Nigel took 2nd place (2:45:30), whilst Phil Holden moved into 3rd (3:03:28) with the young Will Jackson just behind (3:03:41). In 5th place then was the oldest starter John Kavanagh V60 (3:07:01) a superb performance showing us all 'age shows no bounds'.

A special mention must go to Jack Garner, who finished in 16 place, a PB for him this year! Jack who is blind is connected by a cord in swimming and running, whilst biking on a tandem, and kayaking in double kayak.

In the women's race, Helen Dyke, the three-time world champion (2006-08) was back racing. Helen and Claire Moran came out of the swim together, but strong kayaker Claire took the lead by 14 minutes. After cycling Helen was only 8 minutes behind, Helen's run is her strongest discipline, she started to chase Claire down, but it was only in the final straight that Helen moved into 1st place, a superb fight to the end! Helen (3:09:27) Claire (3:09:59). Third place went Sarah Allars (3:20:53) whilst Lincsquad's own Sallie Joesph came in a very creditable 4th (3:29:51). Sister to the Male Vet 60 John Kavanagh, Mary White also came in 5th winning the Female Vet 60 prize ... good family genes!

A Big Thanks to all Lincsquad who helped make this great race happen and once again a very worthy National Quadrathlon Championships 2015, and World Cup Race!

SOUTH YOURKSHIRE QUAD - It was with great sadness that Mark Benton had to cancel the South Yorkshire Quad, it is always very unfortunate when a race has to be cancelled. The race organizers have to weigh up the time, effort and money involved in putting on a race against the numbers to make it a viable option. With only 2 weeks to go and only 8 entries it came down to balancing the odds. We could all help race organizers by entering early, to avoid the same thing happening to other races. The BQA would like to thank Mark and his team and he is determined to put on a race next season. We hope the race will attract plenty of Quadrathletes next year, we have a provisional date of 12th June 2016, they hope to put on a successful quad and may also link it to a triathlon at the same time. Please support The Manvers South Yorkshire Quad!

BOX END SPRINT QUAD - Was part of the World Cup Series for the first time, and it certainly gave us some excellent racing and top class competition, plus some drama on the MTBike course due to overnight rain on very hard ground, several athletes had some impromptu falls on slippery corners, no injuries but sadly a broken rear mech for top Quadrathlete Mike Mason. We had some great newcomers which is always great to see and as ever plenty of BQA Members all enjoying a great days racing at Box End!

Steve Rust was 1st out of the water closely followed by top Quadrathlete Mike Mason, a 2nd bunch of swimmers followed 30 secs later containing excellent kayakers Adam Norfolk, Stuart West and Nigel Unwin. Adam putting in the fastest kayak split of the day caught up with Mike, and they went out on the bike together. Stuart West (top marathon paddler) in his first Quadrathlon moved into

3rd place, followed by a group of very strong athletes including Nigel, Steve Rust, Oliver Main and John Kavanagh.

Nothing between Adam and Mike their bikes, it was looking like an extremely close race Until on the 2nd lap Mike's rear mech snapped as it hit the ground too close on a sharp corner, so sadly he had to pull out. Adam increased his lead and produced the fastest bike split of the day. Cross Bikes were certainly proving to be the fastest and most favourable, though hard bumpy ground with a few slippery patches did cause a few spills!

Adam produced the fastest run also, and went on to win comfortably in 1.33.37. Nigel had a great run and moved into 2nd place 1.45.04, whilst Stuart managed to hold onto 3rd 1.46.26 with Mark Pryor in 4th 1.47.42. The closest finish of the day was fight to the bitter end with Phil Holden just pipping first time Quadrathlete Dil Wetherill just a second between them 1.49.14 and 1.49.15.

In the ladies race, newcomer Elaine Palmer was first out of the swim (14.06) with Octavia Chambers just behind and Jean Ashley 30 seconds later. Experienced quadrathlete Jean had a very swift transition and went into the kayak first place, her best discipline where she moved 4 mins ahead of Octavia. Octavia and Mary White started to eat into Jeans lead. Mary White riding her cross bike had a superb ride producing the fastest split of all the 'girls' (45.27). Jean held onto her lead coming home in 1st place 2.02.44 with Octavia 2nd 2.06.12 and Mary 3rd in 2.09.00.

There were plenty of good results and big smiles from all the athletes, it was good to see some of the old BQA members back in action after a layoff – Tony Runnegar 1.54.36, and Phil Nye 1.59.56, Roland Maclarg 2.08.05. Plus our regular BQA members Ned Price 1.58.41, Julian Brewer 2.01.08, Lance Ball 2.06.12, Peter Chappill 2.08.14 and another good performance from Margaret Huyton 2.27.02. I must also mention our one and only international competitor Peter Apelt, it was good to see him back in action after he'd suffered a bike accident early on in the year ... well done Peter and thank -you for flying the flag for Germany!

A Huge Thank-you to Mark Pryor and his great Quadrac Racing Crew that put on an excellent World Cup Race, always a superb course, which certainly lived up to World Cup Status!

SHREWSBURY SPRINT QUAD - Shrewsbury never fails to give us a great day's racing, we had good strong field of Quadrathletes, our top athletes and age groupers, plus plenty of newcomers who all gave it their best and finished with happy faces!

Last year's World Quad Champion Steve King who took the lead from the start, with Adam Norfolk hot on his heels just 10 seconds behind after the swim/kayak. Steve put in the 'joint fastest bike split of the day' (shared with the overall winner of the Triathlon), he was a good 2 minutes ahead, however Adam put in the fastest run of the Quadrathlon but was still not able to catch him. Steve's time -1.22.09, Adam 1.23.57. Meanwhile there was a battle for 3rd place with Stuart West coming in 3rd after the kayak, Nigel Unwin overtook him on the bike and ran well to hold his 3rd place 1.29.05. Stuart finished in 4th 1.32.49. BQA members Andy Childs and Phil Holden were battling on the run to finish 5th. Andy just held Phil off 1.36.34 with Phil in 6th 1.36.45.

In the Ladies event Jean Ashley finally took first place. After taking the lead on the kayak, she was overtaken on the last mile of the bike, Jean had a speedy transition and the two leaders went out on the run together. Jean pushed hard and went into the lead finishing in – 1.45.14 with Jacqueline Davis, a strong Triathlete in 2nd, just a minute behind 1.46.11. Heather Streetly finished 3rd in 1.53.55.

There was a great turnout of BQA Members, Duncan Pearson in 8th back in fine form after an injury 1.37.21. John Kavanagh 13th (1st vet 60) 1.41.27, Ned Price 14th 1.42.08. Peter Chappill 18th also back from injury 1.44.38 looking strong again. John Redmond finish well 20th in 1.53.43

and great to see Alistair Bates Vet 60 back again, enjoying his race and finishing well in 25th ... but 2nd Vet 60! Our other BQA member Margaret Huyton also Vet 60 came 5th lady overall putting in her best Quadrathlon performance to date Great Results Everyone.

A huge thank-you to Gill Otto and SYtri for letting us, once again be part of their triathlon, British Quadrathlon really appreciates this Superbly organized, very friendly, the marshals were brilliant Along with their 'cow bells' they made us feel very welcome! We are very pleased that SYTri will have us Quadrathletes back again next year Thank –you!

THE FABIAN4 CONWY MOUNTAIN CHALLENGE – Well done to everyone that survived this Race it was certainly a tough day out, a real challenge testing our skills in all 3 disciplines Three of our top Quadrathletes were battling it out from the start, congratulations go to Michael Mason who took the honours and broke the course record, with Adam Norfolk 2nd and Steve King a very close 3rd. Louise Beetlestone won the ladies prize with Rebecca Good in 2nd, Caroline Dallimore 3rd and Jean Ashley 4th.

It was most certainly an epic day, and the most challenging races in our National Trophy Series, all the athletes did really well to complete the race, there were also some brilliant Team performances with some very fast individual performances!

Thank-you Fabian 4 and their Team of Organizers/Marshals for putting on 'A proper Tough Mountain Challenge'. Organization was excellent, great sponsors, great prizes, and free food afterwards! A superb achievement to your club, shows real commitment and organization on putting a race of such calibre!

BUDE AWESOME FOURSOME – Our longest running Quadrathlon, was blessed with the best weather I've ever raced in at Bude ... flat sea, no wind, and blue bird skies ... Bliss!

The race was a little low on numbers this year, the locals had had a very busy race season, and it was the 3rd race on the trot in the BQA calendar, having said that the standard of individual athlete was excellent and there was a great selection of pairs and fours in the team event. The locals lead the way and certainly showed us all how to swim in the sea! Nigel Unwin was on a mission, he had to win the race to claim the overall Trophy, he went out very hard on the bike with the aim of giving him a good advantage going into the paddle. John Durrant and Simon Hammond 'race organizer' were chasing him, but he had a good fast paddle and went onto the run with a good lead. He came home in 2.29.25, almost 9 mins ahead of John Durrant in 2nd 2.57.59. Simon had a brilliant race, and came 3rd in 3.00.08!

Jean Ashley had a solid performance throughout winning in 3.25.24 (1st V50) with Emma Bartrop in 2nd 3.51.28 (1st V40). There were plenty of excellent Teams and Pairs, but let's hope we have a few more individual athletes again next year, the race is always a Saturday, so there was plenty of time to enjoy the rest of the weekend. Bude was buzzing with a Food Festival, Live Music plenty and plenty of surfing and body boarding! If you didn't make the race this year make sure it's in your calendar for 2016. Thanks Simon, plus his family of helpers and all his Marshalls for putting on another great race ... we all enjoyed the day and the weekend too!

THANK-YOU – The BQA hope you've have had a great Season, enjoyed training, racing and meeting likeminded athletes. We have had a good BQA Membership this year, (slightly lower than last). Plenty of new athletes signing up to our Facebook page which is really encouraging, and hopefully sharing our news! The BQA co-ordinate the National Trophy series and provide race insurance for some event organisers, without this insurance many of our races could not afford to take place. We run our website and supply BQA clothing, and also affiliate to the WQF and liaise

with them enabling us to be part of the World Cup Series. Our sport of Quadrathlon is small but special, it's certainly challenging fitting 4 disciplines into a training regime we do need your support to keep the BQA functioning, so please renew in 2016 and enjoy another great year together!

I would also like to say a huge thank all the Event Organisers and their teams for all their hard work putting on some extremely varied and brilliant races this year. We really appreciate your hard work, preparation and commitment that enables us athletes to come and partake in great quadrathlons all over the country. Thank you so much for being part of the BQA and making our sport happen!

We will be running the National Trophy Series again in 2016 with at least 5 quadrathlons, a National Championships and hopefully have two World Cup Races! We have had quite a few Quadrathletes racing in Europe this year, it would good to see a GB Team in full force in Europe next Summer ... so let's see if we can target some International races next year!

If anyone out there can add a Quad race onto their own Club's Triathlon, or has any contacts that may be interested in running a Quad please let us know. We are always looking for new openings, and ideas, also if anyone wishes to be involved in any aspect of helping the BQA move forwards please do not hesitate to contact us ... it doesn't have to be a huge commitment just another voice to run things by and help promote our sport thank-you.

Happy Training and Enjoy the Journey!

Jean

[Final Round up – Results of 2015 Trophy Series](#)

Congratulations to all our 2015 Prize winners.

For the first time ever we had 2 athletes with the same points after 3 races, so this year we had to take into account the 4th race

*Overall Men **Nigel Unwin** –*

*Runner up **Adam Norfolk***

*Overall Lady **Jean Ashley***

*Vet 40 **Phil Holden***

*Vet 50 **Ned Price***

*Vet 60 **John Kavanagh***

*Eric Hatliff Endeavour Trophy **John Kavanagh** was awarded for his enthusiasm and commitment to the sport of Quadrathlon, after a good season last year he went on to organize Winter Quad Training for likeminded athletes. He raced 4 of our races, but also went to the Long Course World Quad Champs in Hannover, and Won Gold and also the World Middle Distance in Poland winning Silver. He has won the BQA Vet 60 Trophy and also the World (WQF) Gold Medal and Crystal Globe and just to top it all completed in the Bolton Ironman! Well Done John ... an outstanding year!*

Total Numbers racing in the Trophy Series were slightly down on last year, let's hope we can encourage more athletes to participate next season, and build up the numbers to what we had in last year's World Championship Year!

Male Participants 2014 – 83 **2015 – 74**

Female Participants 2014 – 30 **2015 – 26**

Our Focus moving into 2016.

Election of officers for 2016

A big thank-you to all the 'Team' below who keep the BQA moving forwards, their help is most appreciated. However it is good for the BQA to have the support of all their members, so if any of you have any ideas, thoughts or comments we would love to hear from you. Also if anyone wishes to join the 'Team' another pair of ears to discuss and review future ideas/policies would be most welcome. (email Jean - malpasashleys@btinternet.com)

Chairman – **Mark Pryor**

Secretary/Treasurer – **Jean Ashley**

Trophy Points Co-ordinator BQA – **John Kavanagh**

GB Team Co-ordinator – **Ian Smith**

WQF Representative – **Jean Ashley**

BQA Kit – **Steve Dolby**

Website – **Paul Carvil**

Extra 'Team' member – **Vacant if you're interested please contact Jean Ashley**

Trophy Races 2016 *All the dates in our BQA Trophy Series have been CONFIRMED. I have put forward the Brigg Bomber and Box End for World Cup Status, but Stefan (WQF) has had 13 races put forwards from 10 different countries. So the WQF may vote to have just one World Cup race in each country for 2016. I will let everyone know as soon as a decision has been made.*

CONFIRMED 29th May – Brigg Bomber Quad – World Cup? European Championships?

CONFIRMED 12th June – South Yorkshire Quad

CONFIRMED 17th July – Box End Sprint Quad

CONFIRMED 4th Sept – Shrewsbury Sprint Quad

CONFIRMED 18th September – Fabian 4 Mountain Tri

CONFIRMED 24th September Awesome Foursome Quad

The National Championships is selected yearly. 2016 has been awarded to ?

The BQA will make a decision after the World Cup Race(s) have been decided, if the Brigg Bomber get the European Championships we would like to give the GB National Championships to another Race, as this usually encourages entries.

The BQA will continue with the Trophy Series in 2016

Trophy Prizes and Rules will remain the same

1. Perpetual trophies for Overall National Trophy Winners/plus £30 BQA clothing voucher
2. £20 BQA clothing voucher for Senior, Vet 40, Vet 50, Vet 60 and under 23.
3. Eric Hatliff Endeavour Trophy
4. Only give prizes to winners who've done 3 races and are current BQA Members.
5. In the event of a tie in points the 4th race will count.
6. U23's will only get Overall Trophy points if they do a full Trophy Race (less laps do not count) However we will have a separate Junior league to cover the junior/sprint races for the junior prize if they have done 3 races.
7. Only British Athletes get allocated Trophy points.

Race Affiliation

Thank -you to the 7 Races that Affiliated to us in 2015 and to the races that used BQA Insurance we hope they continue to join us in 2016.

1. Lincsqquad Brigg Bomber - **used BQA Insurance**
2. Manvers Waterfront Boat Club - South Yorkshire Quad
3. Quadrac Racing - Boxend
4. Norfolk Superheroes - **used BQA Insurance**
5. Shrewsbury Quad - **used BQA Insurance**
6. Fabian4 Mountain Challenge – **used BQA Insurance**
7. Shoreline Pursuits - Awesome Foursome

Race Affiliation and BQA Membership is to remain the same for 2016 – £15

BQA Insurance also remains the same- Cost per athlete – £1.50 this also applies to Team members.

Race Affiliation Co-ordinator – Mark Pryor

Mark has offered to become CHAIRMAN this year 2016, so this job of sending out the affiliation packs will come under the Secretary role (Jean). John Kavanagh has offered to be the TROPHY POINTS CORDINATOR which is a brilliant help Thanks John!

Thank-you to Mark for taking on this role over the last few years, he sorted and wrote out the Race affiliation contract. The Packs include: fixing a date, risk assessments, insurance, first aid cover, marshals and trophy requirements. This has worked very well over the last few years, we have had no clashes of dates in our calendar, all our races follow BQA rules and we are very happy that our race organizers put on a safe and well organized races. Jean Ashley will continue to send out The Race Affiliation pack to our BQA Race organisers containing -

1. Race Agreement Contract,
2. Affiliation Form,
3. Risk Assessment Form,

GB Team Co-ordinator – Ian Smith

Unfortunately Ian has been out of action this year due to injury, but I am pleased to say he is back in training and looking forward to next season, and will continue as GB Team Co-ordinator. Ian in the past has travelled to European World Cup races over the past couple of years and he also raced at most of our British Quadrathlons. He has been able to give great help and guidance to team members and new quadrathletes alike. Part of his role will be to bring together quadrathletes who wish to race in Europe, we hope to have a GB team for at least one of the European Races next year. Please feel free to email Ian if you are interested in racing in WQF races . His email is on our contacts page.

World Cup Federation and WQF Representative – Jean Ashley

Stefan has asked me to be the representative from GB, I have been standing in for Steve Hook this year, I'm quite happy to continue and honoured to be asked. This involves is co-ordinating with the WQF on various issues that arise in Quadrathlon, promoting the BQA and our races on the World Circuit. Plus keeping you all informed with WQF updates, and details of all WQF Races, as soon as I have any information all updates will be posted on the BQA website and BQA Facebook page.

John Kavanagh has offered to help on the WQF front too, by taking on the role of Managing and calculating the WQF Cup points after the World Cup races. Stefan has approved and John will take this on for the WQF Series 2016.

The World Quadrathlon Federation is the international sport governing body for Quadrathlon. It was established in 1990 by Sergio Ferrero, in 1997 it was developed under the guidance of Czech's Václav Marek as the European Quadrathlon Federation. Then in 2001 converted to the WQF. Stefan Teichert has been the main point of contact. Next year Stefan wishes to step down from Chief Executive and hopes to get a few more athletes on board to help share the load.

The WQF decide which races are World and European Championships and World Cup Races. **The 2016 Championships are** - for more info www.quadrathlon4you.com

I am waiting to hear Final Confirmation of the selected World Cup Races and also for the World and European Championships..... we hope to have these dates before the end of November.

WORLD Long Distance Champs - This is only run in Alternate Years so back in 2017.
3.8km swim - 90km bike - 20km kayak - 21km run

Waiting for Confirmation

WORLD Middle Distance Champs - Orfu - HUN
1.5km swim - 40km bike - 8km kayak – 10km run

WORLD Sprint Distance Champs - Tyn - CZE
750m swim - 20km bike - 4km kayak - 5km run

EUROPEAN Middle Distance Champs - Brigg Bomber - GB

1.5km swim - 40km bike - 8km kayak – 10km run

EUROPEAN Sprint Distance Champs - Samorin - SVK

750m swim - 5km kayak - 20km bike - 5km run

The BQA pay 100 euros each year to affiliate to World Quadrathlon Federation.

The 'race organizers' who have WQF World Cup Status also have to pay a 50 euros fee, this they pay for themselves.

GB World Cup Athletes 2015

We have had John Kavanagh, Ned Price, Mary White, Michael Mason, Russel Brayer, Phil Holden and Robert Jeffries all raced successfully in Europe this year, a Big Thanks to them for flying the GB Flag, and hears looking forward to another successful year in Europe!

This year the Overall WQF Trophy Winners and Age-Group winners won the elaborate crystal globe, and the top three finishers overall and in age groups get high quality medals. Congratulations to Crystal Globe and Medal winners in the following Age Groups -

Mary White 1st F60
Margaret Huyton 3rd F60
John Kavanagh 1st M60
Julie Dimaline 2nd F50
Jean Ashley 3rd F50
Phil Holden 2nd M40
Isabella Jenkins 3rd FU23

[BQA Kit – Steve Dolby](#)

Leisure Kit

A Big Thank - You again to Steve (from Lincsquad) who is going to continue this service for us. Athletes can order 'one-offs' and pay direct to the company via Steve –

Tech T-shirts, Hoodys, Fleecees and Soft Shell Jackets are available.
All information/order forms can be found on the Web page.

Godfrey Sports Performance Training Kit

Godfrey Sports have designed a set of quality clothing for the BQA which is now available to purchase from their website using the link on our web page. You can order single items of clothing, rather than waiting for the BQA to build up a bulk order which is ideal as we are spread out all over the UK.

Matching Team Kit does help raise the profile of the BQA, the new Hoodies and Tech T-shirts look really good, so please feel free to purchase these.

Tri Suits

I still have 3 BQA Tri Suits left over from the order we had for the World Championships last season. (1 Large/2 Medium) They have rear zip and cost £65.

If anyone wishes to order a new Tri suit, I need a minimum of 10 orders.

Please email Jean malpasashleys@btinternet.com if you're interested.

[Website & Newsletter & Facebook page - Paul Carvil & Jean Ashley](#)

As always they are both up and running very well, thanks to Paul and Jean. The facebook page now has 172 members, so we are spreading the word ... Please keep posting news!

We would like to encourage more members to send us race reports, photographs or articles linked to Quadrathlon/Multi-sports, it's always good to share your news, reports and race experiences.

Please email me malpasashleys@btinternet.com

[2016 Membership](#)

The 2016 forms are on the BQA website 'membership & kit page' Fees to remain the same £15 per year. Membership 2016 is available now, payable by Cheque or Bank Transfer - Email malpasashleys@btinternet.com for Account Details.

Improvements for 2016

If anyone has any more ideas they will be most welcome for example

- on promoting our sport and raising awareness.
- has a race contact that runs a triathlon who might be willing to add a canoe leg

I will design a BQA Flyer/Event list, and send to our Race organizers to see if they will print it and put it in the athlete's goody bags (or I can print them and send them out).

I will also send a Quadrathlon Article and Events list to Canoe Focus, and other Multi sport mags and websites to see if we can get anything printed or our races added to calendars ... Please let me know if you can recommend any magazines or organizations?

Thanks to John Kavanagh who has offered to run some Winter Quad Training Sessions in Macclesfield again this year. He has the support of Macclesfield Canoe Club, and the last one (3rd April) will be a low key race (Kayak/Bike/Run)

Ian Smith may also put on a similar Winter Training Day based at Worcester Canoe Club.

We are a small sport, and we do need your support, so please help spread the word and help push the BQA forwards into 2016.

Have a good safe winters training and see you next season. 'Never Stop the Adventure'
Jean Ashley