

# AGM - Our Focus Moving into 2018

## Election of officers for 2018

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, comments or would like to join our 'Team' we would love to hear from you. (email Jean - [malpasashleys@btinternet.com](mailto:malpasashleys@btinternet.com))

Chairman – **Mark Pryor**

Secretary/Treasurer – **Jean Ashley**

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

GB Team Co-ordinator – **Ian Smith** **will continue unless anyone would like to volunteer?**

WQF Vice President Representative – **Jean Ashley**

WQF Representative – **John Kavanagh**

BTF Official – Technical & Publicity Officer – **Jacqueline Davies**

BQA Kit – **Steve Dolby**

Website – **Paul Carvil is stepping down we have a New Website in the making**

**Nicola Perrins Deva Quadrathlete/Chester Tri is taking it over for us.**

Team Member – **Phil Holden**

Trophy Races 2018 All the dates in our BQA Trophy Series have been **CONFIRMED**

**CONFIRMED** 27<sup>th</sup> May - Brigg Bomber Quad **World Cup Race**

**CONFIRMED** 10<sup>th</sup> June - Dearne Valley Sprint & QuadKidz

**CONFIRMED** 15<sup>th</sup> July - Box End Sprint Quad & Quadkidz **World Cup Race**

**CONFIRMED** 2<sup>nd</sup> Sept - Shrewsbury Sprint Quad

**CONFIRMED** 9<sup>th</sup> Sept Fabian 4 Mountain Tri

**CONFIRMED** 15<sup>th</sup> Sept Awesome Foursome Quad **National Championships**

Races supported by BQA (not Trophy Races)

**CONFIRMED** 19<sup>th</sup> May – Montgomery Canal Triathlon (Charity Event)

**CONFIRMED** 16<sup>th</sup> June - Norfolk SuperHeroes (use BQA insurance)

**CONFIRMED** 8<sup>th</sup> July - Artemis Great Kindrochit Quad

**CONFIRMED** 8<sup>th</sup> July - Diva Devas Quad (use BQA insurance)

**The National Championships is selected yearly. 2018 has been awarded to – Bude Awesome Foursome.**

It is agreed that the National Championships should be a Middle Distance Race.

The Bomber had the 'Nationals' this year so it has gone back to **Bude Awesome Foursome** for 2018.

The WQF have given **The Bomber and Box End** World Cup Status for 2018. I have suggested to the WQF, that GB (BQA) holds a World or European Championship Race in 2019 and also for Shrewsbury to have a World Cup Race in 2019.

**BQA Trophy Series 2018 We will continue to give £30 and £20 kit vouchers to the BQA Prize Winners, we feel it is recognition which is more important than high value prizes.**

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 £20 BQA clothing voucher
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 4<sup>th</sup> race will count.
6. U23's will only get Overall Trophy points if they do a full Trophy Race (less laps do not count)
7. Only British Athletes get allocated Trophy points.

**QuadKidz in 2018**

1. We set up QuadKidz in 2017 and we felt it was a great step forwards for our sport, we hope to build on its success next year, and if possible build up to 3 races in the Series. We had 2 races Dearne Valley and Boxend and both went very well, with around 20 juniors taking part. 4 juniors did both races and received 'QuadKidz' kit bags, as a way of launching the Quadkidz Series. I have several Quadkidz kit bags left, and these could be given as Prizes again for Series Winners.

2. Lincsquad put on a Junior Training Quad day (with a BBQ) for their members as a trial, this was a big success and they are hoping to move this forwards and maybe hold a QuadKidz event in 2018. It would be ideal if we could hold 3 junior races in 2018.

3. Jacqueline Davies/Cliff Odgers have had some contact with Bryanston School in Blandford Dorset, there is a possibility of a Quadkidz event here in the future, she will keep us informed of any progress.

3. It has been proposed that the BQA purchase some 'QuadKidz Bespoke Medals' (with 3 different coloured ribbons one for each event) these could be used at the races. Part of the ethos of the BQA is to promote the sport amongst youngsters, race organizers are also keen, but an issue they face is supplying medal/trophies when the fields are small. One way the BQA could help would be to act as intermediate purchaser. The BQA could economically buy in bulk some 'QuadKidz' medals which could be passed on to the Race organizers. Children take great pride in their medals and I feel this would be a good way of helping subsidize the prizes and would help promote the Series.

4. At the moment the junior membership is £12, (we had 3 members last year) I would like to reduce this, as I think it would encourage more children to join, maybe £7 (see more information under Membership Fees below)

5. I have the opportunity to buy 2 Lightning junior K1's (from Chester Canoe Club) £60 each, Mark Pryor 'Quadrac Racing' has offered to 1 or both of them, so juniors who haven't got suitable kayaks could use them in Quadkids Races. . If we have funds available and somewhere to store them, then we should purchase these for the QuadKidz members to use..

Chester C.C. have said I can also borrow the other 4 lightnings for other races if needed. If we had a junior membership this could be a 'perk' of their membership. Macclesfield C.C. also have a fleet of lightnings which could be loaned (or hired) if they weren't otherwise needed.

## Race Affiliation

Thank-you to the 8 Races that Affiliated to us in 2017 and to the races that used BQA Insurance we hope they continue to join us in 2018.

1. Lincsquad Brigg Bomber - **used BQA Insurance**
2. Dearne Valley Sprint Quad
3. Quadrac Racing - Boxend - **used BQA Insurance**
4. Norfolk Superheroes - **used BQA Insurance**
5. Deva Divas Quad - **used BQA Insurance**
6. Shrewsbury Quad - **used BQA Insurance**
7. Fabian4 Mountain Challenge - no race this year, but will use Insurance in 2018
8. Shoreline Pursuits - Awesome Foursome

## 2018 Membership & Affiliation

**Senior Membership remains the same, we have agreed to provide a cheaper membership for juniors, we feel this would encourage more to join up and support the 'Quadkidz' series especially if they had the opportunity to use the lightning junior K1 Kayaks in Events, and if there was enough support 'QuadKidz' Hoodies/t shirts could be made available.**

<u>Category</u>	<u>2017 Fee</u>	<u>2018 Fee</u>
Senior	£15.00	£15.00
Family - 2 Adults only	£25.00	£25.00
Junior - Under 18	£12.00	£7.00
Family - 1 Adult 1 child	£22.00	£20.00 (+ £5 extra for additional child)
Family - 2 Adults 2 children	£25.00	£30.00

**Race Affiliation is to remain the same for 2018 – £15**

BQA Insurance also remains the same - Cost per athlete – £1.50 this also applies to Team members. We covered the Annual Insurance from the Race Levies this year.

The 2018 Membership Forms are on the BQA website

Membership 2018 is available payable by Cheque or Bank Transfer, BT has been very popular this year, and I will continue to send Bank details to those wishing to use BT.

Our membership is still very reasonable, but I still feel we should keep it at £15, we have had a lot of support this year (40 members. We are still operating with a positive surplus, which we can put back into our sport ie: Quadkidz medals, Quadkidz flag and Junior Lightning (2<sup>nd</sup> hand) kayaks.

Most of our races now have a cheaper race fee for BQA members, so I think this has certainly helped increase our membership, when I send out the Affiliation packs to our Race Organizers I will remind them to give a BQA discount.

## Chairman – Mark Pryor

Mark has been a great help again this year, it's always good to know he is on the end of the phone. He has many years of Quadrathlon Experience, and also as a Race Organizer he knows the standards we wish to aspire to when putting on and promoting our Quadrathlons.

## Secretary/Treasurer – Jean Ashley

Jean has this job organized, after several years of practice! Her role is to keep the BQA up and running, plus various other tasks including sending out the Race Affiliation Packs, which includes 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 our race organizers put on safe and well organized races, which we are very happy to promote and be part of our Trophy Series.

Other tasks include, Memberships, Finances and the General day to day running of the BQA. Jean feels she has a great 'Team' around her which most certainly helps to keep the BQA moving forwards, so a big thank-you to all the BQA Team!

## Trophy Points Co-ordinator BQA – John Kavanagh

John has been a huge help and once again he has produced a brilliant spread sheet for the Trophy Series, it seems to have been updated extremely efficiently after all the races despite having to decipher a few race results ... very impressive John thank-you!

**We should distinguish the categories even if only 1 or 2 in the age group. We should also have a senior category Over 23 – 39, we haven't had any athletes do 3 races in this Senior category this year. It is quite often the over 40's or 50's that win the Overall category, we think this may encourage more seniors to do 3 races.**

### **Categories' suggested Male and Female**

**Overall**

**Under 23**

**Senior Over 23-39**

**Vet 40**

**Vet 50**

**Vet 60**

**Vet 70 (we do have several athletes moving up in the near future)**

### **Quadkidz**

**9 - 11**

**12 - 15**

**15 - 18**

John has suggested for trophy races, to use an excel spreadsheet rather than a pdf file, it is much easy to use when doing the BQA Points. **John said 'It certainly helped this year, and made life much easier in compiling the Trophy Points spreadsheet'.**

## GB Team Co-ordinator – Ian Smith

Good to see Ian back in great form at Bude, coming a brilliant 2<sup>nd</sup> overall. He has sent me this message regarding his post. *'I do feel keen to try and get back into the fold and finally put the knee problems behind me. I am happy to help coordinate any quadrathletes who want to compete abroad next year, although I am sure that there are several much better informed athletes from the*

*last couple of years who would be able to offer some more up to date information if someone else would like to take over'.*

Ian's role has been able to give help and guidance to GB team members who wish to race in Europe. His role is to advise and co-ordinate athletes, transport, flights and give options to optimize their race plans, including transport of bikes, kayak hire, and accommodation choices. The BQA can offer advice but cannot make bookings on behalf of the athletes.

**We have quite a few athletes keen on going to Europe next year, some maybe going to the training camp in the Azores, some to do the long course in Hannover, and possibly others doing Championship races. If there is someone out there that would be interested in this role, please let me know .... Thanks Jean.**

#### **World Cup Federation (WQF) Vice President – Jean Ashley**

*(Jean has another year in this role before a WQF vote)*

This involves is co-ordinating with the WQF on various issues that arise in Quadrathlon, choosing World Cup Races, assessing rules and regulations each year, and also giving the BQA a voice on the WQF. I also keep you all informed with WQF updates, and details of all WQF Races, and as soon as I have any information, all updates are posted on the BQA website and BQA Facebook page.

#### **World Cup Federation (WQF) Secretary General – John Kavanagh**

*(John also has another year in this role before a WQF vote)*

John Kavanagh took on the role of Managing and calculating the WQF Cup points after the World Cup races, once again he has done a brilliant job for 2017. Stefan and the WQF wish him to continue, he has been busy also translating race reports and liaising with Stefan on various WQA matters. John is always keen on racing in Europe so he is an ideal extra 'British Voice' for us on the WQF.

The WQF decide which races are World and European Championships and World Cup Races.

**The 2018 Championships are -** for more info [www.quadrathlon4you.com](http://www.quadrathlon4you.com)

**WORLD Long Distance Champs** - 3.8km swim - 90km bike - 20km kayak - 21km run

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

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

**EUROPEAN Middle Distance Champs** - 1.5km swim - 40km bike - 8km kayak – 10km run

**EUROPEAN Sprint Distance Champs** - 750m swim - 5km kayak - 20km bike - 5km run

#### **The WQF World Cup 2018 Series**

25.03. Terceira (POR) Sprint - **EUROPEAN Sprint Distance Champs**

19.05. Kretinka (CZE) Middle - **EUROPEAN Middle Distance Champs**

27.05. Brigg (GBR) Middle

03.06. Hannover (GER) Long - **WORLD Long Distance Champs**

09.06. Talavera (ESP) Sprint *(to be confirmed)*

23.06. Kaposvár (HUN) Sprint

30.06. Týn (CZE) Middle - **WORLD Middle Distance Champs**

15.07. Box End (GBR) Sprint

?11.08. Komárno (SVK) Sprint *(date to be confirmed)*

18.08. Olso (NOR) Sprint

25.08. Balaton (HUN) Sprint

01.09. Ratscher (GER) Sprint - **WORLD Sprint Distance Champs**

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, and it is another extra 50euros if it's a Championship Race - the BQA have paid this extra 50 euros in the past – if funds permit, the BQA would like to continue this practice.

### **BTF Official - Technical & Publicity Officer – Jacqueline Davies**

A Big Thank-You to Jacqueline Davies for volunteering her services to the BQA. She did her first Quad at Shrewsbury in 2014 and has had another great season supporting every BQA Race this year! She is a great asset to our 'Team'; her enthusiasm is contagious and has already produced a successful article for the 220 website! She has been liaising with 220 and has had articles in the magazine, including a brilliant Deva Divas Quad Race Report.

Jacqueline has developed this post, by helping spread the Quadrathlon Word, across the country! In addition to writing articles to publicise this lovely sport, she continues to look for other willing race organisers to consider adding a quadrathlon to their repertoire.'

Also as an accredited British Triathlon Federation official, Jac has also offered to look at the BQA Rules and Regulations and bring them up to date in line with current WTF and BTF regulations.

### **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, Hoodies, Fleece 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, this is ideal as we do not have the Funds to buy big orders. Matching Team Kit does help raise the profile of the BQA, they are all excellent quality so please feel free to purchase the kit.

#### **Tri Suits**

The New (Blue) Trisuits are now available, you can order individual ones, I am placing an order in October, I have 4 athletes on my list, so if you want one at the slightly cheaper price please email me [malpasashleys@btinternet.com](mailto:malpasashleys@btinternet.com)

Check out more information on our kit page <http://godfrey.co.uk/club/britishquadrathlonassociation>





## [Website & Newsletter & Facebook page - Jean Ashley & Nicola Perrins](#)

I'd like to take this opportunity to say '**A Big Thanks**' to **Paul Carvil**, who set up our BQA website back in 2010, it has certainly been a success, informative and helped spread the Quadrathlon Word around the UK, in Europe, America, Australia and recently we have had a request from China wanting to get involved in racing here! The website needs a redesign and updating, Paul is very busy and we have decided to take the opportunity to move the site forwards. A friend Nicola Perrins a Deva Diva Quadrathlete from Chester Tri, and a member of Chester Canoe Club has agreed to take it on for us. I see Nicola regularly so it's ideal, we can work together and get the new site up and running before the end of the year.

The BQA facebook page is a very good example of how to communicate with people. The facebook page now has 316 members, up another 70 on last year! We are certainly spreading the word ... thank-you to all our members for the posts, photos and comments, the BQA facebook page is a very good example of how to communicate with people, so please keep posting news, sharing information and encouraging each other!

We would like to see 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](mailto:malpasashleys@btinternet.com)

### [Did Our Improvements for 2017 Move Forwards?](#)

- This year we have a **Publicity officer 'Jacqueline Davies'** we are sure she will be a great benefit to us, as she aims to promote and raise awareness of our sport by sending articles/event list to 220, Canoe Focus, and other Multi sport mags and websites. **Yes, we had a couple of articles in the 220, and Jacqueline is continuing to investigate a new race in the south.**
- We welcomed '**Phil Holden**' to our Team (SYTRi) he is another enthusiastic member who hopes to encourage the sport in and around the Shropshire/Midlands Area; he has good links with Shrewsbury Tri and Canoe Club. **Phil set up regular kayak sessions and time trials with Shrewsbury Tri, which encouraged a lot of quadrathletes to race, hence Shrewsbury tri sold out this year!. He has taken over from Gill Otto on the organizing board of the SYTri Quad, so the Shropshire area is getting well established ... maybe a new Quad Club in the making?**
- We have had 3 new BQA flags printed for this season, 2 large and 1 small, (rather than the old Thule ones) we take them to all our races, please let us know if you have a training day or event where we can fly them for extra publicity. **The flags were all well used at all our Events, they certainly look good and promote the sport. If we have the funds I would really like to get a Quadkidz flag to add to the fleet.**
- Chester Tri Club (Jean's Club) run the 'Diva Devas Ladies Only Sprint Tri'. Next year they have agreed to run a 'Ladies Only Quad' as part of their event on 16<sup>th</sup> July, this is a great foot in the door, and if it works well we may be able to add a Full Quad, or even a long course to the Deva Tri at a later date. **As you will have all heard - It was an outstanding success, all 30 places filled in 8 days. The 2018 online entry went live on September 1<sup>st</sup> we have 50 places this year ...42 gone only 12 left! Several ladies raced also at Shrewsbury Quad, and are already planning next season. I am hoping in the future we can get a mixed race added to our Olympic/Middle Distance DEVA Tri, all the men were very envious of the Divas. But at the moment our Deva Tri is a BTF selection event and is too big to cope with**

the extra discipline ... I will keep working on Chester Tri!

John Kavanagh quoted 'Well done Jean on this. While I am jealous and grumpy about not being able to take part, if the effect is to get better gender representation – as it was, wonderfully achieved at Shrewsbury let's keep it up'.

- We will keep looking and trying for another Event, if anyone has a race contact that runs a triathlon who might be willing to add a canoe leg, or even a Kayak Tri please let us know. **Dearne Valley** took place for the first time in a while, it was a small event but a real success especially as we launched the 'QuadKidz', Im sure this event will be bigger and well supported next season, it's a brilliant venue and has an excellent Team of Organizers. We had a couple of enquiries about new Quads being organized one by Reading Canoe Club which may be in the pipeline for the future. Keep your eyes and ears open and let us know if you have any contacts.
- Jean did a BQA Flyer/Event list, and sent it to our Race organizers, this went in some goody bags and at the race registrations she will do this again, please let us know if you can distribute any flyers to your club or races you go to. **I did this, it's difficult to say if it was worth it or not, as I think most of our news gets passed around facebook and website.**
- Thanks to John Kavanagh who ran 4 Winter Quad Training Sessions in Macclesfield, he is going to run them again this winter, they run from Macclesfield Canoe Club open to all. If any other members run anything similar please let us know, or put on our BQA Facebook page, this may help attract new athletes to our sport. **John will run these again from Nov to April, once a month. Dates will be announced soon on the FB page.**

**So all in all, I think British Quadrathlon has had a Great Year, thank-you to everyone who has contributed, promoted, organized and taken part in our sport .... We should be very proud of what we have achieved in 2017!**

### Our Way Forwards for 2018

- Promote Quadkidz and try to get 3 races in the calendar.
- Target one of the World Cup Races in Europe and have a strong and enthusiastic GB Team.
- Promote and attend a Winter Training Camp? – After the success of the Azores do we wish to go as a 'Squad' again?
- **Please do not hesitate to contact me if you have any more ideas or wish to help out in any way .... Thanks!**

***We are a small sport, and we do need your support, so please help spread the word and help push the BQA forwards into 2018.***

***Have a good winter's training, train smart and stay safe, see you next season.  
'Never Stop the Adventure'***

***Jean Ashley***





## Finance Report

Our BQA Trophy winners and age group winners were given BQA Kit Vouchers, £30 to the Overall winners, and £20 to the winners of the Age Groups + Eric Hatliff. This fee increased this year as we had more winners across the age groups, which again is great news and shows us we have more athletes doing 3 or more races. This has been successful and it has been very noticeable at races, seeing lots of BQA Trisuits and Leisure kit it certainly helps spread the word of Quadrathlon!

Every year we pay for Race Insurance, Website fee and WQF fee which is just over £600, so next year we can cover that with the money on Account at the end of this year - £818.86. We hope for a good membership again next season with more athletes racing at across the board, this will enable us to keep the membership costs and insurance race levies the same as 2017.

We hope to be able to fund, some Quadkidz medals, a flag and a couple of second hand lightning kayaks, we are looking into getting some sponsorship towards these costs but nothing has been confirmed just yet.

I have every confidence the BQA will continue to have another good year, we've had some very good and enthusiastic athletes supporting our races this season, so long as our 2018 memberships come rolling in we can continue to build and promote our sport. Keep supporting our races and spreading the word to your likeminded friends, as I know many of you do already!

Thank You to all our race organizers, we most certainly need your support and really appreciate the time and effort, that goes into giving us great races every year!

Thanks again, we look forward to seeing you in 2018.

Regards Jean Ashley  
BQA Secretary/Treasurer