

The Annual Report 2017

Another race season comes to an end, and those dark nights descend, it's time to look back at 2017, and plan next year's challenges and new goals!

BRIGG BOMBER - National Championships WQF Cup Race - This race is always a great start to the season, this year it was our National Championships, and a World Cup Race. As ever it lived up to its reputation, superbly organized with excellent race crew and marshals, plus brilliant and exciting racing! We even had a dry day with some sunshine too!

It was so good to see lots of our GB athletes winning trophies, old names and new names alike. Ricardo Noval came over from Spain and split up our top athletes by coming 2nd overall beating Nigel Unwin into 3rd. Michael Mason went into the lead on the bike and went on to win. In the ladies race Helen Russell took the lead with Jean closing in on the kayak. Jean and Jacq had similar bike splits, but Jean improved her lead on the run to take 2nd, Jacq held onto 3rd with the amazing Mary White performing brilliantly to take 4th. There was plenty of excitement for the spectators, as the top 4 or 5 places in the overall and age groups changed hands several times.

MENS

1st Michael Mason (GBR) 2:31:47- 1st Vet 40
2nd Ricardo Noval (ESP) 2:41:58
3rd Nigel Unwin (GBR) 2:48:00 - 1st Vet 50
10th John Kavanagh - 1st Vet 60

LADIES

1st Helen Russell (GBR) 3:02:13 - 1st Vet 40
2nd Jean Ashley (GBR) 3:13:23 - 1st Vet 50
3rd Jacqueline Davis (GBR) 3:19:52
4th Mary White (GBR) 3:25:56 - 1st Vet 60

There were lots of other very creditable performances, and many personal goals achieved, plus plenty of BQA members flying the flag too, many of them taking Championship titles ... a great start to the Season! Once again a Big Thanks to 'Lincsquad' who certainly put the Brigg Bomber on the World Circuit in True Style, we look forward to another Brigg Bomber in 2018 ... put 27th May in you race diary's now and as an added bonus it has World Cup status again!

SOUTH YOURKSHIRE QUAD & QUADKIDZ

- This Race was really all about the launch of QuadKidz! Mark Benton and his brilliant 'Team' of organizers and supporters gave us a great day! The Mayor even came to officially open the new boat house, such an excellent venue for water sports. The 'Quadkidz' raced first within the boundaries of the Manvers Water Club Park, the swim and kayak in the lake, and the bike and run on the shale paths that meandered around the lake. There was plenty of support, and every single junior was cheered and made to feel special as they crossed the finish line. The Adult race was well supported with 28 athletes taking part, just 8 BQA members, the rest of the field were new to our sport and members of the Manvers Club, so the main aim was to make sure they enjoyed their first Quadrathlon and were inspired to continue. We swam 2 laps and kayaked 4 laps in the lake, and then went off onto the 'Trans Pennine Trail' for the bike and part of the run. It was a real feel good factor atmosphere and the BQA most certainly look forward to supporting this race next season ... 10th June 2018.

MENS

1st Cliff Odgers 1:46:24
2nd John Kavanagh 1:52:20
3rd Peter Chappill 1:57:44

LADIES

1st Helen Russell 1:45:42
2nd Jean Ashley 1:52:05
3rd Jacqueline Davis 1:54:44

QuadKidz

9-11 Boys

1st Ewan Joseph 28:12
2nd Henry Joseph 42:28

9-11 Girls

1st Hermione Ball 33:30
2nd Sophie Portess 36:09
3rd Laura Portess 52:12

13-15 Boys

1st Chris Thoday 38:31

2nd Matthew Portess 50:35

13-15 Girls

1st Alanna Barron 35:00

2nd Fran Ball 45:55

BOX END SPRINT QUAD QuadKidz & WQF Cup Race - Our top GB Quadrathletes were certainly out in force, with over 3/4 of the competitors being BQA members all looking for Trophy points and also those prestigious WQF points! After heavy rain the day before, the race day was dry, warm with though we did have a brisk breeze, excellent under foot and tyre proving great for the cross bikes! Once again great organization from Quadrac Racing, all within the Watersports Park, ideal for spectators You couldn't wish a better way to spend a morning, dressed in Lycra, surrounded by the best crowd of like-minded athletes! On the back of Dearn Valley Mark Pryor put on a QuadKidz race us, which fitted into the schedule perfectly. This gave the juniors a 2nd race in the New Mini QuadKidz Series which we feel has been a real achievement for British Quadrathlon!

We had International athletes racing, Tomas Svobod (CZECH) and Ricardo Noval (ESP) both proving to be very strong athletes taking 1st and 2nd places. Julian Brewer had a brilliant race, (on the back of his Ironman training) to take 3rd closely followed by newcomer Nick Farnell who was just 14 seconds behind in 4th.

In the Ladies event Helen Russell was on form again taking 1st with another first timer Alice Clarkson overtaking Jean Ashley on the final straight on the run leg.

MENS

1st Tomas Svobod (CZECH) 1:30:32

2nd Ricardo Noval (ESP) 1:41:01

3rd Julian Brewer (GBR) 1:52:20

LADIES

1st Helen Russell (GBR) 1:56:53

2nd Alice Clarkson (GBR) 2:01:30

3rd Jean Ashley (GBR) 2:01:59

QuadKidz

Boys

1st Max Underwood-Frost (age 14) 48:5

1st Ewan Joseph (age 12) 56:41

2nd Henry Joseph (age 11) 1.19.53

Girls

1st Hermione Ball 1:33:20

There were many creditable performances from our supportive BQA members, with some excellent age group results, everyone enjoys this great off road race with superb viewing for the supporters too! It has been awarded World Cup Status again next year 15th July 2018. So get it in your race calendar and let's have a strong BQA squad out there!

SHREWSBURY SPRINT QUAD – The race filled up in June so Shrewsbury Quadrathlon was once again destined to be a great day's racing, a true testament to the Event organizers Gill Otto and SYTri. The Event goes from strength to strength and this year we had equal numbers - 25 men and 25 ladies! This year the weather wasn't at its best, cold windy and showers but it didn't dampen the enthusiasm of the athletes or the very supportive organizers. We had good strong field of Quadrathletes, our top athletes, age groupers, plus plenty of newcomers and some Deva Divas who all gave it their best and finished with happy faces and podium places!

Steve King (after concentrating on the the DW, and the epic Yukon kayak race) did his first quad of the year, he took the lead from the start, and finished well ahead of Bryce Dyer in 2nd place. It was good to see Bryce back after a few years out of Quad racing! James Block was closing fast and finished just 6 seconds behind to take 3rd with another newcomer this season Alan Cole in 4th.

Helen Russell finished 1st to seal the BQA Trophy Series There was a battle for 2nd and 3rd with Jean Ashley pushing hard on the run to overtake Jacqueline Davis. Meanwhile another first timer Natalie Abbott showing her running strength over took Jacq to take 3rd. Once gain there was a big turnout of BQA Members with plenty of solid age group performances.

MENS1st Steve King 1:26:232nd Bryce Dyer 1:31:313rd James Block 1:31:37**LADIES**1st Helen Russell 1:39:282nd Jean Ashley 1:45:173rd Natalie Abbott 1:46:45

I would like to say a huge thank-you to Gill Otto and SYtri for letting us be part of their triathlon, British Quadrathlon really appreciate this Superbly organized, very friendly and as ever you left no stone unturned! We will see you again on 2nd September 2018.

FABIAN4 CONWY MOUNTAIN CHALLENGE – Due to the scale of this event and the amount of organization it takes (land owners, marshal's, sponsors, and cooks) the Fabian 4 organizers run it biannually, so make sure you're ready to take on this great challenge next year - 9th September 2018, you'll not be disappointed!

BUDE AWESOME FOURSOME– The Awesome Foursome had the biggest entry ever with 100 athletes taking part, individuals, pairs and teams! The days leading up to the event proved to be challenging for race organizer 'Simon Hammond' he had to cope with an invasion of Portuguese Man O War Jelly Fish, the tail end of a Hurricane, torrential rain which left the minor roads slippery and an off road run course rather muddy! However on race morning we had blue skies, strong winds that dried everything up, so by 2.30 at high tide the race was well and truly on! Positions and points were crucial as it was the decider of the Men's Trophy positions overall and age groups!

Nigel Unwin, Ian Smith, Chris Hammond and Alan Cole were all fighting for positions, but it was the over 50's age group places that were to determine the final outcome! Nigel finished just ahead of Ian Smith, (great to see Ian back strong after injury). Chris came 3rd with Alan closing in 4th. Close racing to the end in the ladies event with Allison Parritt overtaking Jean on the run leg to take 1st with Jacqueline Davies in 3rd. Working out the Men's Trophy results after the race was quite a challenge, but we did get it right, with Julian Brewer securing the Overall Trophy, Alan Cole Vet 40, with Cliff Odgers and Nicholas Farnell finishing on the same points. The 4th race is taken into consideration so Cliff took the Vet 50 title.

MENS1st Nigel Unwin 2:45:452nd Ian Smith 2:46:483rd Chris Hammond 2:50:15**LADIES**1st Allison Parritt 3:15:192nd Jean Ashley 3:16:533rd Jacqueline Davis 3:35:22

This race is so special, it's always challenging, and you never quite know what the Cornish Coast will throw at you, and it always lives up to its Name AWESOME!

Thank-you to Simon and his Team of marshals and Bude Surf lifeguards for looking after us. Make sure your back next Year it's the BQA's NATIONAL CHAMPIONSHIPS 15th September 2018!

Final Round up – Results of 2017 Trophy Series**Overall Men** Julian Brewer**Vet M40** Alan Cole**Vet M50** Cliff Odgers**Vet M60** John Kavanagh**Overall Lady** Helen Russell**Vet F40** Sallie Joseph**Vet F50** Jean Ashley**Vet 60** Mary White**U23 F** Louise Beedham

Eric Hatliff Endeavour Trophy Gill Otto - Gill has have shown enthusiasm & commitment to our Sport for many years. Competing in past World Championships in the Czech Republic and then over the past 6 years she has been dedicated to organizing the 'Shrewsbury Quadrathlon'.

Encouraging many newcomers along the way and at the same time producing a brilliant race, year in year out for us all to enjoy! Thanks Gill Well Deserved.

Total Numbers racing in the Trophy Series were up on last year, with a big surge in Female Athletes; let's hope we can encourage these athletes to participate next season. As always there has been a real 'Feel Good Factor' at our races this year, and we have had plenty of great feedback! We have some really enthusiastic members who are keen to help put British Quadrathlon on the Map, so keep sharing your passion and here's looking forward to 2018!

BQA Supported Races -The BQA support 3 other Races, that aren't part of the National Trophy.

1. Montgomery Kayak Triathlon (Charity Race)
2. Norfolk Super Heros (Charity Race)
3. Deva Divas Ladies Only Quad

All 3 of them are very important as they bring athletes into our sport, we really appreciate the effort and publicity these races give to Quadrathlon, many participants continue to support them each year and go on to compete in our BQA Series.

Montgomery Kayak Triathlon (Charity Race) Over 200 athletes take part in this Charity event in Mid Wales, making the journey from Newtown down the canal towpath by bike 17 miles to Crowther Hall, where you then run 10.5 miles to Morton, and finally get in your kayak and paddle 7.5 miles to Frankton (portaging several sets of locks). It's a great training event; everyone who finishes gets a medal But more important homemade cake, tea and sandwiches at the finish too! The date for next year is 19th May 2018.

Norfolk Super Heros Quad (Charity Race) 100 teams of two took part in this amazing Charity Quad which has been running for 10 years, with the help of its competitors, supporters and sponsors' it has raised over a third of a million pounds for charities in Norfolk, £ 67,000 for Nelson's Elson's Journey, £62,000 for Wells RNLI Shannon Appeal, and £85,000 for East Anglian Air Ambulance. In 2017 the challenge decided to target Mental Health and Wellbeing in Norfolk and once again this race was a sell out! The Norfolk Super Heroes have affiliated to the BQA every year and use our insurance, we are very honoured to support them and very proud of the amount they raise for charity each year! Well Done The Super Hero's!

Deva Divas Quad The first ever 'Ladies Only Quadrathlon' IN THE WORLD took place on 16 July 2017 on the banks of the River Dee in Chester, running in parallel to the Deva Divas Triathlon which, in 2016, won the coveted British Triathlon 'Event of the Year', and also North West 'Regional Race of the Year'! It being the 11th year of the Deva Divas which aims to encourage women into the sport of triathlon, organisers Sally Napthen and Jean Ashley wanted to celebrate with something a little bit different – hence the Deva Divas Quadrathlon – if ever there was history in the making, this was it! I was a fantastic event all 30 places selling out in 8 days! We had several of the Divas enter the Shrewsbury Quad and are very keen to continue racing Quadrathlons next season! The Race has opened already with 50 slots available ... there are only 9 places left as of 10th October, this has been a huge boost for our sport! Next year's date 9th July 2018.

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; with plenty of new athletes signing up to our Facebook page which is really encouraging. The BQA co-ordinate the National Trophy Series and your Fees help 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 also affiliate to the WQF, liaise with them enabling us to be part of the World Cup Series. Our sport of Quadrathlon is small but certainly challenging, fitting 4 disciplines into a training regime takes commitment! We do need your support to keep the BQA functioning, so please renew in 2018 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 time, preparation and commitment that enables us athletes to come and partake in great races all over the country. Thank you so much for being part of the BQA and making our sport happen!

The National Trophy Series 2018 has 6 races including the National Championships and two World Cup Races! We have had lots of interest in the Training Camp/Race in the Azores and also in other European races, so 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