

AGM - Our Focus Moving into 2019

Election of officers for 2019

A big thank-you to all the 'Team' below who keep the BQA up and running, their help is paramount to keep the BQA moving forwards and your hard work is most appreciated. However the BQA need the support of all their members, so if any of you have any ideas, suggestions or can contribute in any way we would love to hear from you. If you would like to join our 'Team' please don't hesitate to email Jean - malpasashleys@btinternet.com)

Chairman – **Mark Pryor**

Secretary/Treasurer – **Jean Ashley**

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

GB Team Co-ordinator – **Mandy Greenaway** Big thanks to Mandy for taking on this role, she'll be a great asset to our BQA Team.

WQF Vice President Representative – **Jean Ashley**

WQF Representative – **John Kavanagh**

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

BQA Kit – **Godfrey Orders on Website – Leisure Kit via Jean Ashley**

Website – **Nicola Perrins/Jean Ashley**

Team Member – **Phil Holden**

Trophy Races 2019

CONFIRMED 26th May - Brigg Bomber Quad *World Championships*

CONFIRMED 16th June - Dearne Valley Sprint & QuadKidz

CONFIRMED 30th June - Box End Sprint Quad & Quadkidz *BQA National Championships*

CONFIRMED 1st Sept - Shrewsbury Sprint Quad *World Cup Race*

NO RACE until 2020 Fabian 4 Conwy Mountain Tri

CONFIRMED 21st Sept Awesome Foursome Quad

QuadKidz Series

CONFIRMED 16th June Dearne Valley QuadKidz

CONFIRMED 30th June Box End QuadKidz

To be Confirmed 13th/14th July Lincs QuadKidz Event

Races supported by BQA (not Trophy Races)

CONFIRMED 18th May – Montgomery Canal Triathlon (Charity Event)

CONFIRMED 22nd June - Norfolk SuperHeroes (use BQA insurance)

CONFIRMED 7th July - Artemis Great Kindrochit Quad

CONFIRMED 14th July - Diva Devas Quad (use BQA insurance)

BQA Trophy Series 2019 Rules

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 Under 23, Senior, Vet 40, Vet 50, Vet 60 and Vet 70.
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 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)
7. Only British Athletes get allocated Trophy points, and only BQA members get Prizes.

QuadKidz in 2018-19

1. We set up QuadKidz in 2017 and we felt it was a great step forwards for our sport, we had 3 races in the series this year Dearne Valley, LincsQuadkidz, and Boxend all the races went very well, but we were disappointed with the numbers that supported the events, dropping to 11 from 20 from the previous season.

2 juniors did 3 races and received 'QuadKidz' T-Shirts, at the final race in the Quadkidz Series. I have several Quadkidz kit bags/T-shirts left, these will be given as Prizes again for 2019 Series Winners.

2. Lincsquad put on a Junior Training Quad weekend and race this was a big success and hopefully to move this forwards along with Dearne Valley and Box End for the 2019 Quadkidz Series.

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. (no progress on this event yet, but Jacqueline will try again)

4. The BQA purchased 150 'QuadKidz Bespoke Medals' (with 3 different coloured ribbons one for each event) these went down very well. The BQA paid for the set up and sold each race organiser 50 medals £1.50 each-£75) Unfortunately the race organisers have rather a lot left, plenty for a few more years, so hopefully we will be able to encourage more children to take part in 2019.

5. We did have 5 QuadKidz memberships this year which was encouraging.

6. I had the opportunity to buy 2 Lightning junior K1's (from Chester Canoe Club) £50 each, so the BQA purchased those (£100). They have been used by our QuadKidz members at all 3 events. Chester C.C. have said I can also borrow the other 4 lightnings for other races if needed Macclesfield C.C. also have a fleet of lightnings which could be loaned (or hired) if they weren't otherwise needed.

7. We do need to try and promote our Quadkidz Series, if any of our members have youngsters at their clubs or have any contacts please share the news and point them to the 'Quadkidz' Section on our website.

Race Affiliation

Thank-you to the 8 Races that Affiliated to us in 2018 and to the races that used BQA Insurance we hope they continue to join us in 2019.

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 - **used BQA Insurance**
8. Shoreline Pursuits - Awesome Foursome

2019 Membership & Affiliation

Our Senior Membership has remained the same since the BQA started charging membership fees (12 years ago) this was mainly to cover website fees and insurance for our races. This year we had to have a new website built and the Insurance premium has been slightly increasing over the last 5 years, so we are only just about covering our costs. After some positive comments from our members we have decided to increase the fees next season. This will enable the BQA to support any other incentives, or may go towards helping a race organizers wanting to put on a World Cup Race/Championships with a “grant” of say £100 towards their costs.

In 2018 we had 46 Senior Members, 8 Race Affiliations, and 5 QuadKidz members.

This is the new price increase

<u>Category</u>	<u>2018 Fee</u>	<u>2019 Fee</u>
Senior	£15.00	£20.00
Family - 2 Adults only	£25.00	£35.00
Junior - Under 18	£7.00	£7.00
Family - 1 Adult 1 child (+ £5 extra for additional child)	£20.00	£25.00
Family - 2 Adults 2 children	£30.00	£40.00
Race Affiliation	£15	£20.00

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. Most of our races now have a cheaper race fee for BQA members, we think this has certainly helped increase our membership, when the Affiliation packs get sent to our Race Organisers I will remind them to give a BQA discount or an Early Bird discount if possible.

The 2019 Membership Forms are on the BQA website, we are also going to put a google document on the page too where athletes can join or renew. Fees can be payable by Cheque or Bank Transfer, which has proved to be very popular. This will be done ready for the 2019 renewal.

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 Organiser he knows the standards we wish to aspire to when putting on and promoting our Quadrathlons.

Secretary/Treasurer – Jean Ashley

Jean has this job organised, 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 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 organisers put on safe and well organised 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 did suggest Race Organisers use an excel spreadsheet rather than a pdf file, it is much easier to use when doing the BQA Points, hopefully that helped this year Thank-you John

As always we did distinguish the categories this year, we had our first ever Vet 70 category, and we do have a role down policy if athletes win the Overall prizes.

Categories' suggested Male and Female

Overall

Under 23

Senior Over 23-39

Vet 40

Vet 50

Vet 60

Vet 70

Quadkidz

9 - 11

12 - 15

15 – 18

GB Team Co-ordinator – Mandy Greenaway, and her introduction to the role

My first full season in Quadrathlon saw me venture alone to Terceira, and then with my other half (John) to Oslo. Both were very exhausting but very exhilarating experiences. Having ventured abroad I felt I had a good grasp of what information was needed, before I started entering races, let alone booking flights, accommodation currency, and equipment. I can certainly recommend right handed paddlers take their own paddle to the Left handed paddling world of Oslo. My aim is that each race in the UK and abroad could complete a generic form giving up to date information for those travelling there. This would hopefully mean that competitors would arrive calm and all baggage collected. Important information could include main airports and travel networks, local accommodation, shops, currency etc. Please note though that I travel more at the budget end of the spectrum!! Another asset could be fellow athletes could write down any travelling gems of their own to add to the data bank of information. Happy travelling, and I look forward to developing this role for the BQA *Mandy*

World Cup Federation (WQF) Vice President – Jean Ashley

This involves 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 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 2018. 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 2019 Championships proposed are - for more info 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

PROPOSED WQF World Cup 2019 Series Some Races are still to be Confirmed, the BQA Website will be updated as soon as we have the races agreed by the WQF

PROPOSED 18.05. Kretinka (CZE) Sprint

CONFIRMED 27.05. Brigg (GBR) Middle - **WORLD Middle Distance Champs**

PROPOSED 08.06. Oslo (NOR) Sprint

CONFIRMED 22.06. Týn (CZE) Middle - **EUROPEAN Middle Distance Champs**

CONFIRMED 29.06. Koberbach (GER) Middle **EUROPEAN Sprint Distance Champs**

PROPOSED 07.07. Bydgoszcz (POL) Sprint

???. Schorfheide (GER) Sprint

CONFIRMED 20.07 Kaposvar (HUN) Sprint - **WORLD Sprint Distance Champs**

? .08. Komárno (SVK) Sprint

? .08. Balaton (HUN) Sprint

PROPOSED 18.08. Balaguer (ESP) Sprint

CONFIRMED 01.09. Shrewsbury (GBR) Sprint

Membership fee for National Federations is 100€.

The annual membership fee shall be due on February 1st each year. The National Federations receive an invoice from treasurer of the WQF.

Fee for holding a WQF World Cup race is 50€

Fee for holding a WQF International World or European Championships race is 250€ The fee is to be paid no later than 1 month before the race. The race organizer receives an invoice from treasurer of the WQF.

The BQA hope to contribute to the Race Fee s for the World Championships held in Great Britain.

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 2015 and has had another great season supporting (almost) every BQA Race this year! She is a great asset to our 'Team'; her enthusiasm is contagious and has already produced a several Quad articles 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 last year. More to follow in 2019.

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

[BQA Kit](#)

Leisure Kit

Steve Dolby (from Lincsquad) stepped down from this post this year. A big thanks to him for doing a great job for many years.

Jean Ashley has a contact that can produce Tech T-shirts, Hoodies, Fleecees and Soft Shell Jackets. All information/order forms can be found on the Web page or you can contact Jean via email: malpasashleys@btinternet.com

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

There have been plenty of the New Trisuits in action and looking good at our races, these are available to buy on our Godfrey website too.

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



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

Nicola Perrins a Deva Diva Quadrathlete from Chester Tri, and Chester Canoe Club has produced our fine new website. I have had some great feedback and everyone seems to love it. I see Nicola regularly so it's ideal, we can work together and get the very best out of our Website.

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

The BQA Facebook page is a very good example of how to communicate with people. The Facebook page now has 365 members, up another 65 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!

Did Our Improvements for 2018 Move Forwards?

- 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. 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 again this year!. He took over from Gill Otto on the organising board of the SYTri Quad, and certainly did us proud! A big thanks to Phil for all his hard work and commitment ... Shrewsbury Quad is not to be missed in 2019 with its World Cup Status!
- The BQA flags 2 large and 1 small, have again been well used at races and training days they look great and certainly help promote the sport. We had hoped for some sponsorship to get a Quadkidz flag to add to the fleet, unfortunately this didn't materialize, Jacqueline Davies, Cliff Odgers, Jean and Dave Ashley have very kindly offered to to sponsor a Quadkidz flag, so we will have this flying ready for the start of the season.
- Chester Tri Club (Jean's Club) ran the 2nd 'Diva Devas Ladies Only Sprint Tri'. As you will have all heard - it was an outstanding success again, all 50 places filled in 28 days. It is a friendly event and at least 10 of the Diva Deva ladies have continued to race in other Quads in the BQA Series. The 2019 online entry went live on September 25th and we have sold 25 entries already! Jean is still working on Chester Tri to have a Middle distance Quad attached to the Deva Tri in June, but at the moment our Deva Tri is a BTF selection event and is too big to cope with the extra discipline ... she quotes 'don't worry I will keep working on Chester Tri'
- 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. Keep your eyes and ears open and let us know if you have any contacts.
- We have had a good few athletes racing in Europe this year, Mandy Greenaway in Azores, and Oslo, Russell Bayer in Hannover long course and Ratscher sprint. Jean Ashley in Hannover long course, Jacq Davies and Cliff Odgers in Oslo sprint and Helen Russell & Helen Dyke in Ratscher sprint. Thank-you to them all for flying the GB Flag! (for more details see the Annual report)
- So all in all, I think British Quadrathlon has had a Great Year, thank-you to everyone who has contributed, promoted, organised and taken part in our sport We should be very proud of what we have achieved in 2018!

Ways to Move Forwards for 2019

- Promote Quadkidz we have 3 races in the calendar; we just need to get more youngsters interested Any ideas welcome.
- Target one of the World Cup Races in Europe and get as many racing at the World Championships in Brigg to ensure a strong and enthusiastic Team GB.
- No suggestions have come up for a Winter Training Camp. But we do have some great news of a **Pre-Season Camp!**

Peter Chappill & Kev Lovett (Lincsquad) will be organizing a low key training camp at The Llyn Gwynant Camp Site, Snowdonia between 11th and 18th May 2019. The timetable will be dependent upon the weather but includes 3 days allocated for cycling, one ride south, one west, and one east (ish). Days also include combinations of kayaking, swimming and running/walking all from the site. These are informal sessions unless coaching is requested; there will be coaches amongst us.

They are more than happy for any of the BQA community to join them for the week or a few days, they will set routes and sessions but not fix them to a specific day due to the Welsh weather!

We will post more details at a later date, but if you're interested please email Jean: malpasashleys@btinternet.com

The site charge £10/night and can cater for caravans, campers, and tents. There is also a youth hostel at the far end of the lake, people attending will have to make their own reservations please take a look at the website for more details gwynant.com

- Arden Kayaks have been in touch and they are keen to come to events for paddlers to try out their 'Trimmer K1 - New lightweight stable racing boat Stability 8/9 depending on seat chosen. He can custom build a boat to your requirements eg: overstem rudder etc. Prices from £650 - We hope to have a training day with Arden Kayaks in the new year.
- Please do not hesitate to contact me if you have any more ideas or wish to help out in any way Thanks!

2018 Finance Report

We started the year with £818 in our account and are finishing with £700, so a slight loss this year, mainly due to the outlay of having a new website, which was done for us at a very cheap rate, FOR which we are very grateful. The income from membership fees was up £100 on last year and our Insurance levy gave us an additional £150 over last year, which is a good indication that we had many more athletes racing.

We did fund 150 Quadkidz medals and our 3 Quadkidz race organizers bought 50 each (£75) but the BQA paid for the set up charge (£40). The BQA also purchased two second hand lightning kayaks, at £50 each, these are taken to the events and can be used by our BQA Quadkidz members. The sponsorship for Quadkidz that we had hoped for didn't materialize, but members Jacq Davies, Cliff Odgers, Jean & Dave Ashley have kindly offered to buy us a BQA Quadkidz 4.1 meter Feather so we look forward to flying that next year!

Well worth the money, 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. This cost increased this year as we had more winners across the age groups, Ladies Senior and Male Vet 70, which again is great news and shows we have more athletes doing 3 or more races. This policy 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! We also purchased 6 T-shirts for our Quadkidz series winners, we still have 4 of these left for next season.

The Annual cost of running the BQA includes Race Insurance, Annual Website Fees and WQF fee costs amount to approximately £700, so next year we can just about cover that cost with the money on Account at the end of this year. We hope for a good membership again next season with more athletes racing at across the board, we feel the insurance race levies should remain the same £1.50 as previous. But it has been agreed that we increase the membership to £20 to help recoup some of this cost.

I have every confidence the BQA can look forward to another good year, we have some very good and enthusiastic athletes supporting our races plus our regular BQA members that continue to support each year. So long as our 2019 memberships come rolling in we can continue to build and promote our sport. Please 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 2019.

We are a small sport, and we do need your support, so please help spread the word and help push the BQA forwards into 2019.

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

Jean Ashley (on behalf of the BQA Team)

