

The Annual Report 2018

Another race season comes to an end; it's been a great year for the BQA so it's time to look back at 2018 and plan next year's challenges and new goals!

Please 'Control + Click' on the links to the full Race Reports & Results

BQA Trophy 1 & WQF Cup Race BRIGG BOMBER

The Masters' categories shone in perfect conditions at The Brigg Bomber for the first race in the BQA Trophy Series. We also had 3 strong European athletes looking for those valuable World Cup points too! The river Ancholme wasn't too cold and had no flow to impede the swimmers or kayakers. The bike route had to be changed from previous years because of the poor conditions of some of the roads, so the athletes did two laps on good tarmac, very flat and giving opportunities for some fast times. The run course was the same two lap circuits, again flat and fast leading to some top class racing.

A big thank you to Lincsquad; as always they did an excellent job of organising and made everyone welcome. Everything worked smoothly and the marshalling was outstanding. We look forward to another Brigg Bomber in 2019 ... put 26th May in your race diaries now. As an added bonus it has World Cup status again, and is the Middle Distance **World Championships!**

[Brigg Bomber Race Report - 2018](#)

BQA Trophy 2 SOUTH YOURKSHIRE QUAD & QuadKidz

A brilliant sunshine day for the Dearne Valley Quadrathlon, our 2nd Trophy Race, and 1st Quadkidz race of the season. Lots of passion for our sport, with nonstop smiles as juniors, first timers, and seasoned quadrathletes crossed the finish line! Organiser Mark Benton and his 'Team' of volunteers and marshals hosted a great race for us all. Their enthusiasm and friendliness shone through, to make their 2nd time of running the event a huge success, thank you....you did yourselves proud yet again! We will be racing there again on 16th June 2019!

[Dearne Valley Race Report - 2018](#)

BQA Trophy 3 & WQF Cup Race BOX END SPRINT QUAD & QuadKidz

The Box End Quadrathlon was always going hot, what with the high temperatures we'd been having, but the racing too was certainly a scorcher too! Ettiene Stott, the 2012 Olympic Gold Medallist in C2 Slalom was going to be competing along with current WQF Champion leader, Ferenc Csima from Hungary. With World and British Trophy series points up for grabs we had a lot of top class athletes racing, plus plenty of newcomers and as ever, our strong backbone of committed Quadrathletes flying the BQA Flag! On race morning the water temperature was over 28°C and heading to 29, so it was definitely a compulsory non-wetsuit swim, a first for British Quadrathlon!

A Big Thank-you to organiser Mark Pryor, Quadrac Racing and his excellent group of marshals for putting on this race; a superb venue and excellent course all within the confines of Box End Park! We have had lots of great feedback and everyone just loves Box End there is always plenty of passion shared for our Small Sport at this event! Date confirmed for 30th June 2019 and it will also be the **BQA National Championships.**

[Box End Race Report - 2018](#)

BQA Trophy 4 SHREWSBURY SPRINT QUAD

A lovely warm sunshine day with little cloud and no wind; what could be better? It was an excellent day's racing at the 7th Shrewsbury Quadrathon. The Event just gets better each year and always sells out a true testament to the Event organisers SYTri and their great team. A big thanks to Phil Holden who has taken over from Gill Otto as the new SYTri Quad leader!

The start list was looking strong, with top quadrathletes and plenty of very good age groupers. As ever there were plenty of newcomers and the familiar faces we see in Shrewsbury every year, so without a doubt there was going to be some great racing ahead!

We certainly look forward to this event on 1st September 2019 and it is a **World Cup Race** for the first time!

[Shrewsbury Race Report - 2018](#)

BQA Trophy 5 FABIAN4 CONWY MOUNTAIN CHALLENGE

What a fantastic day it proved to be for the 5th race in the BQA Trophy. Brilliant performances from some amazing athletes, & very professional work by marshals/radio-controllers/time-keepers/photographers/safety-boat drivers/course-checkers/sweepers/first-aiders.....The feedback has been amazing – it seems that our courses were challenging, our post-event food was great, the atmosphere buzzed and that the overwhelming feeling was one of fulfilment and enjoyment. Congratulations to Team Fabian4; as ever they produced a superbly organized race for all the athletes!

Due to the scale of this event and the amount of organisation it takes (land owners, marshals, sponsors, and cooks) the Fabian 4 organisers run it biannually, so this race will be back hopefully in 2020.

[Conwy Mountain Triathlon Race Report - 2018](#)

BQA Trophy 6 BUDE AWESOME FOURSOME & National Championships

The Final Race of the season and our National Championships for 2018; as ever Bude lived up to its reputation, and we were in for some great racing! A strong turnout of athletes: the regular BQA members all fighting for those extra 'BQA Trophy Points' and age group placings, plus a couple of strong newcomers, and lots of locals from the local surf-lifesaving scene, some of which compete as individuals but also in teams or pairs too.

Everyone who completes this awesome course finishes it with a huge sense of achievement. It's a true testament to the standard of all our Quadrathletes, some out at the front, and some behind ... equally you're all just as important... Strong motivated and giving 100%, that's what makes all our Quadrathletes special!

A big thank you to Simon Hammond and his Team for putting on another brilliant race; as always very friendly, plenty of support, great commentating and lots of happy smiling faces!

[Awesome Foursome Bude Race Report - 2018](#)

Congratulations to Our National Champions 2018 Male

Elite/Senior Winner 1st overall Billy Butler 2:51:00

Vet 50 Winner 2nd overall Nigel Unwin 2:51:42

Vet 40 Winner 3rd overall Alan Cole 2:58:24

Vet 60 Winner 7th overall Andy Parritt 3:12:49

Female

Vet 40 Winner 1st overall Helen Russell 3:07:33

Vet 50 Winner 2nd overall Alison Parritt 3:24:50

Vet 60 Winner 3rd overall Jean Ashley 3:28:42

Elite/Senior 5th overall Bethany Goodlad 3:33:42

Final Round up – National BQA Trophy Champions

Overall Men Alan Cole

Vet M40 Peter Tindall

Vet M50 Nigel Unwin

Vet M60 Nicholas Farnell

Vet M70 John Macleod

Overall Lady Helen Russell

Senior Female Elizabeth Angood

Vet F50 Jacqueline Davies

Vet F60 Jean Ashley

Eric Hatliff Endeavour Trophy Nigel Unwin has raced at a very competitive level for many years. He has shown enthusiasm & commitment, always supporting the BQA showing true dedication to Quadrathlon. Long may he continue to compete and enjoy our sport!

National Trophy Champions - 2018

The Total Numbers racing in the Trophy Series were up again 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 2019!

QuadKidz Series

We had 3 Races and 3 Beautiful Medals to be Won, and Worn with Pride this year!

Dearne Valley QuadKidz was the first race of the season. A Big thanks to Mark Benton for hosting this again, it all took part within the lovely Manvers Water Park, an excellent event. The children certainly enjoyed the challenge, and were encouraged all the way, all finishing with a great sense of achievement afterwards!

Lincs-QuadKidz had a brilliant weekend of 'Quadrathlon Fun' hosted by Lincsqad members & British Triathlon and British Cycling coaches. Saturday consisted of: off road cycling, running, open water swimming and kayak practice, with lots of help, encouragement and fun along the way! The race took part on the Sunday and as ever lived up to the top class race organisation of Lincsqad. A brilliant weekend enjoyed by all the QuadKidz!

Box End-QuadKidz our third and final QuadKidz race was at at Box End, thanks to Mark Pryor 'Quadrac Racing' for this event. As always it's a great venue for the family camping and all the race is within the Box End site. We presented the Championship Prizes' to 'BQA QuadKidz' who completed all 3 races, Congratulations to our Champions Max Underwood Frost (Age 13-15) and Hermione Ball (Age 9-12). Well done to all those QuadKidz who have taken part in the series, we hope to see you and your friends next year!

We have 3 races in the Series again in 2019, dates on the website. It's time for our 'QuadKidz' to be Quadstars - Four times the Fun!

[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 Heroes (Charity Race)
3. Deva Divas Ladies Only Quad

All 3 of them are very important as they bring athletes into our sport and 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 to be confirmed.

[Norfolk Super Heroes Quad \(Charity Race\)](#) 100 teams of two took part in this amazing Charity Quad which has been running for 11 years. With the help of its competitors, supporters and sponsors it has raised over a third of a million pounds for charities in Norfolk. The Norfolk Super Heroes have affiliated to the BQA every year and use our insurance and we are very honoured to support them and very proud of the amount they raise for charity each year! Well Done The Super Heroes! The date for next year is to be confirmed.

[Deva Divas Quad](#) After the huge success of the first ever, 'Ladies Only Quadrathlon' in 2017, the event organisers Jean Ashley and Sally Napthen decided they had no choice but to run it again. In parallel to the renowned Deva Divas Triathlon, which in 2016, won the coveted British Triathlon 'Event of the Year', the second Deva Divas Quadrathlon was set for Sun 8 July 2018 on the banks of the River Dee in Chester. This year the Race had 50 slots available and all sold out within 4 weeks! In a similar vein to last year, a 12-week canoe course was organised by Jean Ashley, along with Chester Canoe Club coaches John and Carol Hatton. Plus Jean and Sally also ran open-water swim sessions, a familiarisation bike and run session and a talk on transition. No wonder this race is held in such high regard! The 3rd Diva Quad is selling out fast and is on 14th July 2019.

[Deva Divas Race Report - 2018](#)

[WQF International Races](#)

We have had 7 athletes racing in Europe for 'Team GB' this year, producing some excellent results. Thank-you to them all for flying the GB Flag!

Mandy Greenaway has had a brilliant year racing Quads abroad for the first time. She raced in 2 World Cup sprint events, in the Azores she was crowned 'European Vet 50 sprint champion', and she came 3rd in Oslo. At the end of the year she was 4th overall and Winner of the World Cup Series Vet 50 category, winning one of the WQF prestigious glass globes!

Russell Bayer competed in Hannover at the Long course World Championships and Ratscher Sprint World Championships, as always he gives 100% effort, he is very keen on European races and is a great ambassador for 'Team GB' and in his own words 'he always holds his own with the other old boys'!

Jean Ashley also raced in Hannover Long course, this was a race that had been on her bucket list for a while, it certainly lived up to her expectations and she was crowned Vet 60 Long Course World Champion!

Jacq Davies and **Cliff Odgers** in Oslo sprint, congratulations to Jacq who finished 2nd Lady overall 1st Vet 50, and Cliff 6th Male overall 1st Vet 50. A superb event and beautiful venue, even though a tad windy!

Helen Russell having secured the British Championships she went on to finish the World Cup series in good form at Ratscher sprint World Championships, she took 2nd place and won Vet 40 Sprint World Title. This secured her 3rd place in the overall WQF series and winner of the Vet 40 prestigious glass globe!

It was good to see **Helen Dyke** back in action Ratscher sprint finishing 7th and 5th Vet 40.

A great achievement to 'Team GB' an excellent set of results! Full report below

[World Cup Final 2018](#)

THANK-YOU to all involved in our Wonderful sport!

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 the majority of event organisers. Without this insurance many of our races could not afford to take place.

We also affiliate to the WQF; this enables us to have a voice on the WQF committee so we can co-ordinate with the WQF on various issues that arise in Quadrathlon, help choose World Cup Races, assess rules and regulations each year and to make sure our sport is fair and open.

One of our main outlays this year has been our new website. This is up and running well and we keep it updated with the latest Quad News! 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 2019 and enjoy another great year together!

I would also like to say a huge thank you to 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!

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.

Small Sport Big Heart
Happy Training and Enjoy the Journey!

Regards Jean (on behalf of the BQA Team)