

# AGM - Our Focus Moving into 2020

Please note some important new points in Red

## Election of officers for 2020

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 their 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](mailto:malpasashleys@btinternet.com))

Chairman – **Mark Pryor**

Secretary/Treasurer – **Jean Ashley**

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

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

Training Co-ordinator (North East) – **Mandy Greenaway**

WQF Vice President Representative – **Jean Ashley**

WQF Representative – **John Kavanagh**

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

Website – **Nicola Perrins/Jean Ashley**

Team Member – **Phil Holden**

## Trophy Races 2020- All Confirmed

**24<sup>th</sup> May - Brigg Bomber Quad World Cup - European Championships**

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

**5<sup>th</sup> July - Box End Sprint Quad & Quadkidz**

**6<sup>th</sup> Sept - Shrewsbury Sprint Quad**

**12<sup>th</sup> Sept - Awesome Foursome Quad National Championships**

**20<sup>th</sup> Sept - Fabian 4 Conwy Mountain Tri**

Unfortunately due to date clashes with other World Cup Races, Shrewsbury, Box End and Bude cannot be WQF Races in 2020, we only have 1 World Cup in GB, Brigg which will be the WQF European Championships. Bude were keen to hold a World Cup Race in 2020, so to avoid their disappointment we have given them our National Championships.

## QuadKidz Series

**14<sup>th</sup> June Dearne Valley QuadKidz**

**5<sup>th</sup> July Box End QuadKidz**

**? Lincs QuadKidz Event/Training day**

## Races supported by BQA (not Trophy Races)

**2<sup>nd</sup> May – Montgomery Canal Triathlon (Charity Event)**

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

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

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

## BQA Trophy Series 2020 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. Trophy points are awarded to all British racers in order of their finish time. The points from their best three races are totalled. Prizes are only awarded to CURRENT BQA Members who have completed three races in the series. **We would like to encourage members to join the BQA early in the year. For members RENEWING from the previous year, only races after the date of their renewal will be included in their total. NEW members can have points from their previous races included in their Trophy Series total provided they join before the 1st September.**
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, and only BQA members get Prizes.

### QuadKidz in 2019-20

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 Box End. All the races went very well and we had 17 QuadKidz racing which was an increase on the previous season. 2 juniors did all 3 races and received 'QuadKidz' T-Shirts at the final race. 4 competed in 2 races. We have several Quadkidz kit bags/T-shirts left and these will be given as prizes again in 2020.
2. Lincsqad organised a very successful 1-day event with a training session in the morning followed by a race in the afternoon. This went down very well and they may run a weekend training/event again in 2020.
3. The BQA purchased 150 'QuadKidz Bespoke Medals' (with 3 different coloured ribbons; one for each event) and these have been very well received. The BQA paid for the set up and sold each race organiser 50 medals @ £1.50 each (total £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 2020.
4. We had 5 QuadKidz memberships this year.
5. The 2 Lightning junior K1's which the BQA purchased have been used by our QuadKidz members at all 3 events. Chester C.C. have said we 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.
6. Generally, both here in GB and in mainland Europe the Masters age groups outnumber the younger ages. The WQF has a small fund which can be used to pay race entry fees for young athletes to attend races outside their own country. Is this the best use of a limited pot of money and is there anything else we could be doing?  
**It has also been suggested we have a BQA Youth (9-23) Trophy given to the athlete with most points or shows the most commitment ..... Do we think this would help motivate more youngsters?**

### Race Affiliation

Thank-you to the 8 Races that Affiliated to us in 2019 and to the races that used BQA Insurance. We hope they continue to join us in 2020.

1. Lincsqad 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

## 2020 Membership & Affiliation

Our Senior Membership increased in 2019, in part due to us hosting the World Middle Distance Championships (the first increase since the BQA started charging membership fees 13 years ago) and this has helped cover the new website fees and insurance for our races. This additional funding balance now enables the BQA to support any other incentives ie: Training days etc. Additionally, we are now in a position to be able to help subsidise race organisers wanting to put on a World Cup Race/Championships with a “grant” of say £100 towards their costs.

In 2019 we had 61 Senior Members, 8 Race Affiliations, and 5 QuadKidz members. (an increase of 12 members)

### **The prices remain the same.**

<u>Category</u>	<u>2020 Fee</u>
Senior	£20.00
Family - 2 Adults only	£35.00
Junior - Under 18	£7.00
Family - 1 Adult 1 child	£25.00
(+ £5 extra for additional child)	
Family - 2 Adults 2 children	£40.00
Race Affiliation	£20.00

BQA Insurance also remains the same. Cost per athlete is £1.50 and this also applies to Team members. We covered the Annual Insurance from the Race Levies collected this year. Most of our races now have a cheaper race fee for BQA members and this certainly appears to have helped increase our membership. When we send the Affiliation packs our Race Organisers for 2020, Jean will remind them to give a BQA discount or an Early Bird discount if possible.

The 2020 Membership Forms are on the BQA website along with the google document where athletes can join or renew. The google membership document was a huge success and 95% of our members joined using the online document and paid by Bank Transfer. This has been a huge help and has saved Jean a lot of administrative time, so huge thanks to John Kavanagh who set this up. For 2020 membership he will also set up an easy ‘Renewal Option’ for members whose previous details haven’t changed. RENEWALS on the On Line form will be open in November.

## Chairman – Mark Pryor

It’s always good to know Mark 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 as it is much easier to use when doing the BQA Points, hopefully that helped this year ..... Thank-you John.

As always we did distinguish between the categories this year, and we do have a roll down policy if athletes win the Overall prizes. **The roll down policy has been questioned at a couple of our races this year, especially at World Champs/World Cup. The WQF do NOT roll down, but it has always been BQA's policy to share out the prizes.**

**It has been suggested at World Cup and World Championship Races prizes should be awarded where they properly land and in accordance with WQF rules ie: Overall position does not affect your Age Group Position.**

**However, in BQA Races we prefer to share out our prizes so a roll down is encouraged (though it is up to our race organizers to decide).**

Categories' suggested Male and Female

Overall

Under 23

Senior Over 23-39

Vet 40

Vet 50

Vet 60

Vet 70

Quadkidz

9 - 12

13 - 15

16 – 18

## **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 despite taking time out to get married to another BQA member, Cliff Odgers! She is a great asset to our 'Team'; her enthusiasm is contagious and has already produced a several Quad articles for the 220 website!

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. She will look at our rules over the winter and develop a PDF one pager 'rules at a glance' so that there can be no confusion over what is and what isn't permitted (ie the changes to trisuits/long or short sleeves, calf guards, non-wetsuit swims etc.

## **Training Co-ordinator North East – Mandy Greenaway**

Alongside all the hard work carried out at Lincsquad, Mandy has certainly help put the North East on the Quad map. Their first regional training session was based at Mirfield, supported by Pennine Canoe and Rowing club, they paddled the Calder, biked the local hills and finished with a run. We then moved to Dearne Valley, where we ran several dedicated training days in preparation for the forth coming season. They were well attended and drew athletes from around the region. We catered mainly for the kayak leg, sharing skills and chasing each other in circles. We were also able to swim, run and mountain bike around the local area and the lake.

Moving forward, with Mark Dentons support, we hope to run monthly training sessions that will use existing swimming and paddling sessions at Dearne Valley. I am hoping that a local member of the

club interested in the Quad races would become the “host” for these sessions welcoming new comers and seasoned athletes alike. My role would be to increase the number of clubs in the NE participating in our regional and then national races. This would be through the links and contacts I now have with the various clubs involved in Hassler racing and slalom events etc.

### 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, he also liaises with Stefan and the WQF Team on various matters, once again he has done a brilliant job for 2019 and will continue his sterling work in 2020. John is always keen on racing in Europe so he is an ideal extra ‘British Voice’ for us on the WQF.

Thanks also to **Helen Russell** who has taken over the translating reports from German to English, this has been a great help as there is so much admin to do after each World Cup Race.

The WQF decide which races are World and European Championships and World Cup Races. **The 2020 Championships are proposed below** - for more info [www.quadrathlon4you.com](http://www.quadrathlon4you.com)

### PROPOSED WQF World Cup 2020 Series **Awaiting Final Confirmation**

26 April	Terceira (POR)	Sprint MTB
24 May	Brigg (GBR)	Middle European Championships
13 June	Kretinka (CZE)	Sprint
20 June	Tyn (CZE)	Middle World Championships
27 June	Kaposvár (HUN)	Sprint European Championships
5 July	Bydgoszcz (POL)	Sprint
15 Aug	Wassersuppe (GER)	Sprint
5 Sept	Ratscher (GER)	Sprint World Championships
13 Sept	Tiszafüred (HUN)	Middle
20/27? Sept	Cazalegas (ESP)	Sprint

### Distance Guide

**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

### **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 organiser receives an invoice from treasurer of the WQF.

The BQA will contribute to the Race Fees for the World Championships held in Great Britain.

## BQA Kit

### **Leisure Kit- JamiQ**

Jean Ashley is now working with **JamiQ** which provide us with Tech T-shirts, Hoodies, Fleeces 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](mailto:malpasashleys@btinternet.com) **JamiQ** have suggested we can set up a direct kit page for members to order direct, kit would be slightly more expensive. At the moment I do 2 kit orders per year which I'm happy to continue with as it's not a problem. However, if our members want to order their own I can also set this up.

### **Godfrey Sports Performance Training Kit.**

Godfrey Sports have designed a set of quality clothing for the BQA which is 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, and 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 look 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 is our Web Master. I have had some great feedback and everyone seems to love the website. I see Nicola regularly so it's ideal as we can work together and I feel we are getting 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](mailto:malpasashleys@btinternet.com)

The BQA Facebook page is a very good example of how to communicate with people. The Facebook page now has 402 members, up another 50 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 2019 Move Forwards?

- A great start to the Season when Peter Chappill & Kev Lovett (Lincsquad) organised our very own **BQA Quad Camp**, at The Llyn Gwynant Camp Site, Snowdonia between 11th and 18th May 2019. They came up with the idea last Autumn, offered it to BQA members and 10 of us took up the offer. We had such a great time and the Quad Camp certainly exceeded all our expectations; the location was stunning, the weather was absolutely fantastic, and the training sessions were just perfect – lots of variety and inclusive to all standards of Quadrathletes who joined the camp! There was lots of banter, great company, plenty of laughs, lots of tips and stories shared during the week ... not forgetting Alan's cake too! **Dates for next year's camp are 26th April to 3rd May**, full details will be on the website/FB page. See full Report of last years camp below.

<https://www.britishquadrathlon.org.uk/tropical-quad-training-camp/>

- The BQA flags 2 large and 1 small and the new **QuadKidz** flag, have again been well used at races and training days - they look great and certainly help promote the sport. Thanks to BQA members Pete Chappill and Lance Ball who have been taking them to all our events this season!
- Chester Tri Club (Jean's Club) ran the 3rd 'Deva Divas Ladies Only Sprint Quad'. It was another outstanding success, with all 50 places filling in 30 days. It is an extremely friendly event and many of the Deva Diva ladies have gone on and continued to race in other Quads in the BQA Series. In fact, it has been so successful that it has encouraged the male partners of some of the Deva Divas to take up quadrathlon for fear of missing out! The 2020 online entry went live in August and we have sold 43 entries already! Jean is still working on Chester Tri to have a Middle Distance Quad attached to the Deva Tri in June and she has encouraged a few male triathletes from Chester to race Quads this year, so we are all working on Chester Tri to add a Quad to their race in the future!
- We will keep looking and trying for another Event. If anyone has a race contact who 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 haven't had anyone racing Quadrathlon in Europe this year, not quite sure why so let's blame it on Brexit! But we did have 2 well supported World Cup Races here in GB so we did come 2<sup>nd</sup> in the new 'WQF Nations' Trophy, where the best points were taken from each age group athlete. So this Trophy is something 'Team GB Quad' can aim for; let's get an athlete in every age group in 2020!
- Arden Kayaks have been to a couple of our events this season, (as suggested last year). They have sold several 'Trimmers K1 to our members. The Trimmer is a lightweight stable racing boat Stability 8/9 depending on the seat chosen. Arden Kayaks can custom build a boat to your requirements eg: overstern rudder etc. with prices from £650. The company have been very helpful with our Quadrathletes who are new to paddling.
- So all in all, I think British Quadrathlon has had a Great Year. Big thanks go to Brigg for hosting the World Championships which certainly contributed to the healthiest membership the BQA has ever had! 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 2019!

### Ways to Move Forwards for 2020

- Top of the WQF and BQA Agenda is to Promote 'Quadkidz' we have 3 races in the calendar possibly a training day too - we just need to get more youngsters interested. Any ideas would be most welcome.
- Target one of the World Cup Races in Europe and get as many racing as possible to ensure a strong and enthusiastic Team GB. To do better in the WQF National trophy we need to get competitors in the younger age groups at a world cup race (i.e. youths (16-17); juniors (18-19); Under 23 (20-22).
- Training Camps - No suggestions have come up for a Winter Camp abroad, but we do have John Kavanagh' MADCC Winter Training sessions once a month throughout the winter based in Macclesfield (dates to be announced).

Jacq and Cliff Odgers also have a proposal, based on late winter/pre-season training at Bath/Bradford on Avon, possibly the weekend prior to Easter (probably 28/29 Mar).  
 Day 1- paddling techniques plus run on the River Avon at BOA CC one day.  
 Day 2- hire a couple of lanes at Bath Uni 50m pool for a coached swim set followed by hiring Odd Down cycle track for a couple of hours, learning safe bike handling skills,

perhaps even moving mount and dismount and transition skills! We could finish with a handicapped bike race of 10 laps! It is an absolutely brilliant facility – a closed 1.5k circuit which is used by British Cycling. <https://www.better.org.uk/leisure-centre/banes/odd-down-sports-ground/facilities>

If there was enough interest the BQA could help subsidise with hiring of the facilities. Jacq and Cliff could accommodate about 4 people at their house plus a camper van or two, and could also find details of local B&Bs etc too. Let us know if you think this would be something that you would be interested in?

Pre Season Lincsquad/BQA Quad Camp (as mentioned above) Dates for next year's camp are 26th April to 3rd May.

- Mandy Greenaway has suggested we should try and encourage our BQA members to take part in their local races such as park run, bike time trials and kayak Hassler races. She quotes 'Its like a mini quad social now at the Hassler events in the NE!'
- To help spread the Quadrathlon passion - We could also encourage the use of a hashtag phrase for write ups on face book and Instagram etc.
- Please do not hesitate to contact me if you have any more ideas or wish to help out in any way .... Thanks!

I have every confidence the BQA can look forward to another good year; we have some very good enthusiastic athletes supporting our races, plus all our BQA members and a sterling 'Team' that run the BQA behind the scenes. You are all vital to our sport .... long may that continue! Let's keep our 2020 memberships coming in so 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!

Thank You also to our race organisers, without whom we would really struggle! We most definitely need your support and we hugely appreciate the time and effort, which goes into giving us great races every year!

**We are a small sport and we do need your support, so please help spread the word and help push the BQA forwards into 2020.**

**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)**  
October 2019

