

The Annual Report 2019

Another race season comes to an end; it's been a great year for the BQA so it's time to look back at 2019 and plan next year's challenges and new goals!

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

BQA Trophy 1 – World Championships BRIGG BOMBER

Spectators witnessed Quadrathlon at its best at the World Middle Distance Championships taking part in Brigg on 26th May. A brilliant day with plenty of exciting racing and superb performances. The standard of racing was world class, with strong male athletes coming from Belgium, Czech Republic, Germany, Hungary and Spain to defend their titles and get World Cup points! Not to mention our very own GB Athletes who performed brilliantly too!

British Quadrathlon, BQA are extremely grateful to Lincsqad's Organising Team for hosting this World Championship Race, and to all the marshals who made every single athlete feel so special as they raced around the course! Thank you 'Lincsqad'; Great Britain couldn't have done it without you!

There was a lot of grit and determination shown out there in tough weather conditions. Also lots of camaraderie, plenty of smiles and support for fellow athletes was in abundance around the course! Big congratulations to the 2 Overall World Champions **William Peters** of Belgium and to Great Britain's **Becky Robertson**; also congratulations to all our other Age Group Champions!

4th overall Vet 40 World Champion Mike Mason (GB)
Vet 50 World Champion Nigel Unwin (GB)
Vet 60 World Champion Iain Wood (GB)
Vet 70 World Champion John Sharp (GB)

Vet 40 World Champion Helen Russell (GB)
Vet 50 World Champion Jacqueline Odgers (GB)
Vet 60 World Champion Mary White (GB)

Put 24th May 2020 in your race diaries now as we are hoping for a World Cup race again!

Race Report - [Brigg Bomber World Championships](#)

BQA Trophy 2 - SOUTH YOURKSHIRE QUAD & QuadKidz

Thank goodness the days of rain we'd had finally stopped in time for the Dearne Valley Quadrathlon, our 2nd Trophy Race of the Season. There was lots of passion for our sport, with non-stop smiles as juniors, first timers, and seasoned quadrathletes all 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 3rd time of running the event a huge success. Thank you, you did yourselves proud yet again!

We had a fantastic turnout with 13 juniors; 8 in the Quad and 5 in the Tri, and 34 seniors in the Quad and 32 in the Tri. All the pre-race training days organised enthusiastically by Mark Benton and Mandy Greenaway certainly paid off, so again a big thanks for getting those athletes in kayaks and encouraging them to do the Quad! We will be racing there again on 14th June 2020.

Race Report – [Dearne Valley Sprint Quad](#)

BQA Trophy 3 – National Championships BOX END SPRINT QUAD & QuadKidz

Box End was once again blessed with beautiful weather for the National Quadrathlon Championships. This race was highly competitive and the leaders and age groupers certainly had their work cut out! It was a tough fight at the top of the men's race with Billy Butler taking 1st and

the 'National Title' by just 30 seconds from Michael Mason. Helen Russell won the ladies' 'National Title' with Jacq Odgers in 2nd. The numbers were down this year which was disappointing. The BQA chose this Sprint race to be National Championships in the hope the shorter distances may have been more inclusive and encouraged a lot more athletes to enter, but sadly not. We think this may have put the race in jeopardy for the future, as it is a lot of hard work and effort for such a small field, so let's keep encouraging our friends and especially our youngsters to join our great sport – Box End is the perfect entry into our sport with the safe, off-road course suitable for all! It was excellent to see that 24 of the 33 athletes taking part were BQA Members, so a huge thank-you to those for flying the flag!

A big thank you to organiser Mark Pryor, Quadrac Racing and his excellent group of marshals for putting on this race; it's a superb venue and an excellent course all within the confines of Box End Park! At the moment we are looking at a date for June/July.

Race Report - [Box End National Championships](#)

BQA Trophy 4 – World Cup SHREWSBURY SPRINT QUAD

We had a great day's racing at the 7th Shrewsbury Quadrathon. The race was given WQF World Cup Status which is a true testament to the event organisers Phil Holden and SYTri. The event has always sold out by the end of June with roughly equal numbers of males and females entering! Our top GB athletes and age groupers were all looking for World Cup and BQA Trophy points, with World Cup leader Ferenc Csima coming over from Hungary in the hope of top points too!

The weather this year was perfect and as always, the race was brilliantly organised with the atmosphere buzzing! The racing was top class with PBs and personnel triumphs from many first time Quadrathletes!

We will certainly look forward to this event again on 6th September 2020.

Race Report - [Shrewsbury Quad World Cup](#)

BQA Trophy 5 - BUDE AWESOME FOURSOME

The final race of the season was the Awesome Foursome and as always, Bude lived up to its expectations! The weather was amazingly dry for the event, but the strong South Easterly wind certainly proved to be a tad challenging and just meant everything was just that bit tougher!

As always the atmosphere was amazing, with athletes looking for final National Trophy points. Simon and the marshals were very supportive (and entertaining!) throughout this tough event, with plenty of supporters watching in awe! There was a great entry of 13 Teams/Pairs along with 26 individual competitors, 11 of which were flying the BQA flag! Everyone who completes this awesome course finishes it with a huge sense of achievement. It's a true testament to the standard and the grit 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!

Put 12th September 2020 in your race diaries now!

Race Report – [Bude Awesome Foursome](#)

Final Round up – National 2019 BQA Trophy Champions

The Total Numbers racing in the Trophy Series increased again on last year, with another 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 2020! Well done and thank you to everyone who has competed in our Trophy Series, and Congratulations to our Champions!

Overall Men Billy Butler

Vet M40 Alan Cole

Vet M50 Cliff Odgers

Vet M60 Michael Toomey

Overall Lady Helen Russell

Senior Female Elizabeth Angood

Vet F40 Amanda Clements

Vet F50 Jacqueline Odgers

Vet F60 Mary White

Eric Hatliff Endeavour Trophy Lance Ball has shown Enthusiasm & Commitment To Our Sport and has raced Quadrathlons for many years showing true dedication! He has encouraged many newcomers and been a big supporter of QuadKidz, and that's not to mention the help you have given to fellow athletes during races!

QuadKidz Series

A Big Thank-you to all those QuadKidz who took part in our 2019 Series; this is the highest number of youngsters taking part since we started our QuadKidz Events 3 years ago! A total of 17 awesome youngsters, we are very proud of you all! We hope you all enjoyed your events and you'll come back next season and please bring your likeminded friends too! Congratulations to 2019 Series Winners **Blake Mawson-Burren**, and **Hermione Ball** racing all 3 events showing great determination and commitment. We hope they continue to race and inspire many other QuadKidz next season, and let's hope we get lots more doing all 3 races in the series.

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

Box End-QuadKidz our second QuadKidz race was at at Box End and thanks go to Mark Pryor 'Quadrac Racing' for this event. As always, it's a great venue for the family with camping available and the whole course being off road within the Box End site. There were various distances on offer for the different age groups, making it a very suitable venue for newcomers.

Lincs-QuadKidz the final Race of the QuadKidz was hosted by Lincsqad at the 'North Lincs And Humberside Sailing Club'. It was a fantastic day; bluebird skies and the sun shone all day long! There was some amazing young potential on display and taking part. Our future young Quadrathletes all enjoyed their day in the final race in the Series. We presented the Championship Prizes' to 'BQA QuadKidz' who had completed all 3 races; once again 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 2020, all the dates are being confirmed shortly. 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 Series.

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 17 mile journey from Newtown down the canal towpath by bike 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 is the homemade cake, tea and sandwiches at the finish too! We had 4 Deva Divas take part this year and they have been inspired to continue doing Quadrathlon! 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 had no choice but to run it again and again! 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 & Carol Hatton. Jean and Sally also organised open-water swim sessions, familiarisation bike and run sessions and a talk on transitions. It's great to see many of the Devas now doing our other Quad races, true converts to our sport! The 4th Deva Quad is selling out fast on 1st October with only 7 places left and race is on 12th July 2020.

Race Report - [Deva Diva Quad](#)

WQF World Cup & Nations Trophy

Once again there were many exciting races and out of a total of 9, two were in each of the Czech Republic, Great Britain and Hungary, one in Germany and for the first time in a while, one race in both Poland and Spain. This season a new points system was introduced, where points were awarded in relation to the overall winning time: Points = 1000 x Race time of fastest competitor/Race time of competitor - it is based on real performance (actual race time) and not on position. The WQF felt this system would work better and it will be reviewed at the end of year congress. The top 3 overall Men were Ferenc Csima (HUN), Thomas Svoboda (CZE) and Leos Rosavy (CZE). The top 3 overall Women were Susanne Walter (GER), Magdalena Koberova (CZE) and Kata Balazs (HUN). Congratulations to them all.

Also new for this year was The Nations' Trophy, where the best points were taken from each age group athlete. So the Nations which had athletes in every age group would stand a good chance of winning the trophy. Hungary won the Trophy as they had at least one athlete in every category, apart from the U23 age group. However, they did have a female in the Vet 70 category - congratulations Hungary (10716 points)! Not too far behind 2nd GB (10648 points) and 3rd Germany (9461 points). So this is something 'Team GB Quad' can aim for; let's get an athlete in every age group in 2020!

We had no GB athletes racing abroad this year, so with only 2 home races and the points from up to 4 races to count, we did not figure in the overall results. The top athletes all competed in at least 4 races, thereby maximising points. Nevertheless, we had some good age group placings, but unfortunately these will not receive medals as one needs to do three races to get a medal.

Jake Liversedge, joint 3rd Under 23 Men
Ian Wood, 2nd Masters 60 Men
John Kavanagh, 3rd Masters 60 Men
John Sharp, 3rd Masters 70 Men

Helen Russell, 2nd Masters 40 Women
Jacqueline Odgers, 2nd Masters 50 Women
Helen Adams, 3rd Masters 50 Women
Mary White, 1st Masters 60 Women

[THANK-YOU to all involved in our Wonderful sport!](#)

The BQA hope you've 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.

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 your membership in 2020 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)

