

AGM & Annual Report

Onwards & Upwards 2021

As most of you will know, I'm never stuck for words, but for once I didn't really know where to start on putting together our BQA Report for this season What a year it's been!

It was certainly difficult at the start, knowing how different our year would be, I felt very sad giving everyone the news that our races would be cancelled month after month. Motivation to train is often fuelled by race adrenalin, so I expect we have all lacked a bit of this 'oomph' this year. I did get to do 5 virtual quads instead with a few friends, which were great fun; however we did talk most of the way round them our hearts were in it, but our heart rates were far from race pace! But at least it was something to work towards each month and certainly helped keep me smiling!

I expect many of you will have had your own challenges to keep you ticking over, no matter how big or small the goal, hopefully it has helped keep you motivated throughout these Covid times.

So after such a quiet season there isn't a lot to report, but I did feel the need to keep in touch and wish you all well over the winter months and hope we all come out the the other side, ready for action with a full season of Quadrathlons in the diary.

There is some good news 'All 2020 BQA members and affiliates will have their memberships extended until the end of 2021'

Below is our 'Vitual AGM 2020' please feel free if you have any points you wish to raise and email me at malpasashleys@btinternet.com

Onwards and Upwards
Jean

Election of officers for 2021

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)

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 2021- To Be Confirmed

CONFIRMED 30th May - Brigg Bomber Quad **World Cup Race**

? June - Dearne Valley Sprint & QuadKidz

? July - Box End Sprint Quad & Quadkidz

CONFIRMED 5th Sept - Shrewsbury Sprint Quad

11th Sept - Awesome Foursome Quad **National Championships**

? Sept - Fabian 4 Conwy Mountain Tri

Due to all our races being cancelled in 2020 we wish to honour the Championship Races and move them to 2021, so Bude will hopefully be our National Championships, and Brigg Bomber will be a World Cup Race.

QuadKidz Series Dates To Be Confirmed

? Dearne Valley QuadKidz

? July - Box End QuadKidz

? Lincs QuadKidz Event/Training day

Races supported by BQA (not Trophy Races)

? Montgomery Canal Triathlon (Charity Event)

CONFIRMED 26th June - Norfolk SuperHeroes (use BQA insurance)

? July - Artemis Great Kindrochit Quad

CONFIRMED 11th July - Diva Devas Quad (use BQA insurance)

CONFIRMED 4th – 11th May BQA TRAINING WEEK Snowdonia

Peter Chappill & Lincsqquad members will be organizing the camp at The Llyn Gwynant Camp Site, Snowdonia. It is a low key camp and athletes can dip in and out of the sessions as they wish. The timetable will be dependent upon the weather, Pete has mapped out several run routes, bike routes and swim/kayak training packages for those who require some guidance. For those who prefer to do their own thing there is plenty to go at, as the site is at the base Snowdon, plenty of run routes, plus some excellent undulating and hilly biking. Swimming and kayaking can be done from the campsite lake. A great motivator before the start of the season!

BQA Trophy Series 2021 Rules

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.
5. 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.
6. In the event of a tie in points the 4th race will count
7. U23's will only get Overall Trophy points if they do a full Trophy Race (less laps do not count)
8. Only British Athletes get allocated Trophy points, and only BQA members get Prizes.

QuadKidz in 2021

1. We hope all 3 of our QuadKidz races take place in 2021, with Lincsqquad hopefully organizing a training day/weekend sometime in the summer.
2. The 2 Lightning junior K1's which the BQA purchased can be 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?

Race Affiliation

Due to Covid only 3 Race Organizers Affiliated in 2020, there affiliations will be carried over to the end of 2021. We hope all other Race organizers continue to join us in 2021. Race Affiliation remains £20.

1. Lincsquad Brigg Bomber - **used BQA Insurance**
2. Dearne Valley Sprint Quad
3. Quadrac Racing - Boxend - **used BQA Insurance (Affiliated 2020)**
4. Norfolk Superheroes - **used BQA Insurance**
5. Deva Divas Quad - **used BQA Insurance (Affiliated 2020)**
6. Shrewsbury Quad - **used BQA Insurance**
7. Fabian4 Mountain Challenge - **used BQA Insurance (Affiliated 2020)**
8. Shoreline Pursuits - Awesome Foursome

2021 Membership

Despite Covid we had 44 Senior Members and 4 QuadKidz join us in 2020, so a big thanks for supporting us. Due to no racing or insurance fees paid out the BQA will extend your 2020 membership until the end of 2021.

A good strong membership, will help us subsidise race organisers wanting to put on a World Cup Race/Championships with a "grant" of say £100 towards their costs, so please keep supporting us to ensure our events keep going!

The prices remain the same.

<u>Category</u>	<u>2021 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 2021, Jean will remind them to give a BQA discount or an Early Bird discount if possible.

The 2021 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 98% 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. 2020 memberships will roll over automatically to 2021 New Memberships will be open On Line from January.

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 years - 13 - 15 years - 16 - 18 years

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

As a member of The BQA in the North East, it is my pleasure to help link new and existing members in our region to the fantastic facilities, clubs and talent that is available. We have a growing network of contacts for everything connected to quadrathlon, so please contact me with any query and I will aim to get you to the right location. We are missing our local competitions and so look forward to 2021 with great excitement. If you would like to offer your support to any event, or share ideas, please get in touch.

Alongside Mandy's work in the North East, Lincsquad are also a very active and supportive Quadrathlon Club, along with Manvers Lake at Dearne Valley both of these clubs offer a "host" of sessions welcoming new comers and seasoned athletes alike.

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 2021 Championships are proposed below** - for more info www.quadrathlon4you.com

PROPOSED WQF World Cup 2021

29 May 2021	Kretinka (CZE)	Sprint
30 May 2021	Brigg (GBR)	Middle
26 June 2021	Tyn (CZE)	Middle - World Championships
11 July 2021	Bydgoszcz (POL)	Sprint - European Championships
24 July 2021	Kaposvár (HUN)	Sprint
25 July 2021	Kaposvár (HUN)	Long Course - World Championships
14 Aug 2021	Wassersuppe (GER)	Sprint
4 Sept 2021	Ratscher (GER)	Sprint - World Championships
12 Sept 2021	Tiszafüred (HUN)	Middle - European Championships
26 Sept 2021	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, Fleece 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 I do a kit order once a year, however if there is more demand I can order more frequently.

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 also link all the new to our Facebook page which is well supported. 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

The BQA Facebook page now has 419 members, that's up another 20 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!

[Moving Forwards in 2021](#)

- Sadly due to Covid our **BQA Quad Camp**, at The Llyn Gwynant Camp Site, Snowdonia was cancelled. Due to be organized by Peter Chappill & Kev Lovett (Lincsquad). In 2018 the Quad Camp 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! We hope to have a Camp again on 4th – 11th May next year, full details will be on the website/FB page as soon as we have some clarity.
- Such a difficult Year We really hope things will have improved by next season and we will do our utmost to get our sport back in action. It has been especially very tough for all our race organizers, they have had so much extra pressure put on them so let's hope there is a way forwards next year and we will be all out there supporting them!

2020 Finance Report

We started the year with £1302.12 in our account and are finishing with £1686.48, so we did make an extra £300 thanks to the support of our memberships. We put our Race Insurance on hold and had no Trophy Prizes to pay for, so our main expenditure was Annual Website Fees and WQF Fees.

We did buy some BQA Kit, some of it was sold but we still have Fleeeces, Tech T-Shirts and Buffs in stock amounting to £350.

The Annual cost of running the BQA includes: Race Insurance, Annual Website Fees and WQF fee costs and amounts to approximately £700. As such, we can easily cover the 2021 cost with the money on Account from 2020. We thank members and affiliates for their support in annual fees. For race organizers who use our BQA insurance, we will keep race levies the same @£1.50 per head and £3.00 per team.

We will look at spending some of our surplus next season in a way that will enhance our sport, and help our members and race organisers. (Any ideas are welcome). We will also pledge £100 to each of our World Cup races to help with the extra fees they incur by having the privilege of hosting a WQF event.

I truly hope the World of Quadrathlon can look forward to a full race season; 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! 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 really do look forward to seeing you in 2021.

We are a small sport and we do need your support, so please help spread the word and help push the BQA forwards into 2021.

**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)



All 2020 Members below are carried over to 2021

BQA no	Year	Surname	First Name	CAT
1	2021	Nicholas	Farnell	Vet 60
2	2021	Peter	Chappill	Vet 60
3	2021	Jacqui	Smith	Vet 40
4	2021	Cliff	Odgers	Vet 50
5	2021	Jacq	Odgers	Vet 50
6	2021	John	Kavanagh	Vet 60
7	2021	Jean	Ashley	Vet 60
8	2021	David	Ashley	Vet 60
9	2021	John	Mc Leod	Vet 70
10	2021	Nigel	Leeson	Vet 50
11	2021	Helen P.	Recchia	Vet 60
12	2021	Susanne	Griffiths	Vet 60
13	2021	Teejae	Frear	Vet 40
14	2021	Helen L.	Recchia	Vet 40
15	2021	Andrew	Lawson	Vet 60
16	2021	John	Redmond	Vet 60
17	2021	Steve	Clark	Senior
18	2021	Lance	Ball	Vet 50
19	2021	Mary	White	Vet 70
20	2021	Elizabeth	Angood	Senior
21	2021	Peter	Tindal	Vet 40
22	2021	Liz	Dawson	Vet 50
23	2021	Kate	Ashley	Senior
24	2021	David	Jones	Vet 60
25	2021	Caroline	Jones	Vet 50
26	2021	Mark	Pryor	Vet 50
27	2021	Gillian	Melia	Vet 50
28	2021	Wayne	Smith	Vet 40
29	2021	Helen	Adams	Vet 50
30	2021	David	Adams	Vet 50
31	2021	Helen	Russell	Vet 40
32	2021	Natalie	Abbot	Vet 60
33	2021	Mandy	Greenaway	Vet 50
34	2021	Alistair	Bates	Vet 60
35	2021	Michael	Toomy	Vet 60
36	2021	Jeff	Chappill	Vet 50
37	2021	Donna	Chappill	Vet 50
38	2021	Anne	Collins	Vet 50
39	2021	Ian	Collins	Vet 50
40	2021	Mike	Garnock -Jones	Vet 60
41	2021	Alan	Cole	Vet 50
42	2021	Nigel	Crowe	Vet 50
43	2021	David	Scammell	Vet 50
44	2021	Isobel	Smith	Vet 60
Quadkidz 1	2021	Ruben	Evans Guillen	QK 9
Quadkidz 2	2021	Elena	Evans Guillen	QK 9
Quadkidz 3	2021	Alexandder	Williamson	QK 18
Quadkidz 4	2021	Hermione	Ball	QK 16-18

