



## Annual Report & AGM 2021 - Onwards & Upwards 2022

### Annual Report 2021

I started last year's Annual Report with these words .... 'As most of you will know, I'm never stuck for words, but for once I didn't really know where to start putting together our BQA Report ....' Well it's not been quite that bad we did have 3 Quads in our calendar and many of us managed at least one of them! It has certainly been another tough year for many of us, but hopefully by next season we will all be firing on all cylinders!

Motivation to train is often fuelled by race adrenalin, so let's hope we can back to racing, and put events in our calendar to fuel our passion!

We had 3 races in our Series in 2021 and I would like to say a Big Thank - you to our Race Organizers who very successfully did us proud yet again, and also to every single one of you that made it to the start line this year, be proud of what you have achieved and we look forward to seeing you again next season!

#### BQA Trophy Races 2021

**Brigg Bomber** - The Long Awaited first GB Quad post Covid 'Brigg Bomber 2021'

The BQA would like to say 'A huge thank you to Lincsqquad for all the hard work they put into getting this race to take place, it was certainly challenging with so many restrictions having to be enforced. Throughout the planning there was always a possibility of a last minute cancellation, but despite this being in the back of everyone's mind the Lincsqquad Committee pulled out all the stops 'in true Lincsqquad Style' and everyone had a fantastic day! (Full report below)

<https://www.britishquadrathlon.org.uk/the-long-awaited-first-gb-quad-post-covid-brigg-bomber-2021/>

**Shrewsbury Triathlon** - Sunshine in Shrewsbury for 2021!

Great to be back at in Shrewsbury for the 8th Shrewsbury Quadrathlon, it was cancelled due to Covid in 2020, but this year with some covid restrictions in place SYTRI were determined to give us a great event .... and that they certainly did! The weather this year was perfect, as always the race was brilliantly organized and the atmosphere buzzing, though for many of us it was back to racing for the first time since 'Covid lockdown' so a some apprehension on the start line, but with plenty of smiley friendly quadrathletes offering reassurance the nerves were soon gone! (Full report below)

<https://www.britishquadrathlon.org.uk/sunshine-in-shrewsbury-for-2021/>

**Bude Awesome Foursome** - Bude as Awesome as Ever!

A Big Thanks to 'Shoreline Pursuits', Simon and his Team, for putting on yet another Awesome Foursome race again! Special Thanks to the many Volunteers and to 'Bude SLSC' and their Local Lifeguards for their water safety cover who are crucial in helping run this great little event. A great effort by everyone with all the extra restrictions they have all had to overcome, in these challenging times! Having missed the event this year, BQA member's Nick Farnell and Pete Chappill have both kindly sent me their race reports ... Big thanks to Nick and Pete, the BQA really I are always greatfull when we get some input from fellow members ...it's always good to have the support and views ... THANKS! (Full report below)

<https://www.britishquadrathlon.org.uk/bude-as-awesome-as-ever/>

## **National Trophy Winners**

Sadly Covid still disrupted our calendar and we had Dearne Valley and Box End Quads cancelled. With 3 races to count in the series we did manage to hold 3 events, thanks to our race organizers who really did have to pull out all the stops to accommodate the residual Covid regulations.

Our 3 races were The Brigg Bomber (Middle), Shrewsbury Quad (sprint) and The Awesome foursome Bude (Middle). We had 45 male athletes and 18 female athletes racing in the series, but only 4 athletes managed to complete all 3 races. A huge well done to Nigel Unwin, Nick Farnell, Peter Chappill and John Kavanagh.

### **NATIONAL TROPHY 2021 Champion Nigel Unwin (315 points)**

Athletes to have completed 3 Races

2nd Nick Farnell (292 points)

3rd Peter Chappill (284 points)

4th John Kavanagh (271 points)

**The Eric Hatliff Memorial Trophy 'For Endeavor 2021'** This year the Trophy was presented to Twins Mary White & Margaret Huyton' this is given to an athlete showing his/her enthusiasm and commitment and true dedication to the sport of Quadrathlon. Both Mary and Margaret have been doing Quads for many years now, along the way they have been inspiring many people to give racing a try. During the past 3 years or more, they have been encouraging a team of ladies at Macclesfield Canoe Club to take part in several of our races, all of them love the camaraderie of the quad training and racing, this has boosted the number of ladies competing in our sport! They are also in our '70 years young category' and they still a force to be reckoned with, long may it continue. They will no doubt continue to inspire us for many more years to come. (Full report below)

<https://www.britishquadrathlon.org.uk/final-british-trophy-results-2021/>

## **The Races We Support**

Two other Events that the BQA support both went ahead this year. The Deva Divas Quad is in its 4<sup>th</sup> year now, and is part of the Deva Divas Triathlon and Aquabike Event. I am race director responsible for the Quadrathlon, though the whole event is brilliantly organized by Chester Triathlon Club. It shows how with the help and co-operation of my Triathlon Club and Canoe Club just how achievable it can become to create a new addition to our calendar. (Full report below)

**Deva Divas Shine Again!** - <https://www.britishquadrathlon.org.uk/deva-divas-shine-again/>

The Montgomery Canal Triathlon postponed from May took place in September, this is a fun charity event, it is certainly great fun and a great feed at the finish! Sadly it clashed with Shrewsbury Tri this year, but it will be back in early May. (Full report below)

**Montgomery Kayak Tri- 2022**<https://www.britishquadrathlon.org.uk/montgomery-charity-kayak-tri/>

The other big charity Quad race we support 'The Norfolk SuperHeros' was cancelled this year, we do have a date for 2022 18<sup>th</sup> June. This looks like a great event with a party afterwards, though you do have to use the 'sit on tops' for the kayak leg, now there's a challenge!

<http://www.norfolksuperhero.co.uk/>

So after such a quiet season there isn't a lot more to report, I truly hope the World of Quadrathlon can look forward to a full race season next year, here and in Europe too. We have some very good enthusiastic athletes supporting our races, and a small 'Team' that run the BQA behind the scenes. You are all vital to our sport, and we do need your support, keep spreading the word to your likeminded friends, and the BQA look forward to seeing you next year!

Just a final Thank-you 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 2022.

***Have a good winter's training, train smart and stay safe, and 'Never Stop the Adventure'***

***Small Sport with a Big Heart***

***Jean Ashley on behalf of the 'BQA Team'***

# AGM - Onwards & Upwards 2022

This is our 'Virtual AGM 2022'

Please feel free if you have any points you wish to raise and email me at [malpasashleys@btinternet.com](mailto:malpasashleys@btinternet.com)

## Election of officers for 2022

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. It has been a difficult couple of years with lots of changes and I think it's time to try and push our sport a bit more; we may be down to 4 races next season. Any help to encourage new race organizers, kayak clubs, triathlon clubs would be hugely welcome; we would love to have more contacts to possible new races.

I would just like to say a special thank you to many BQA members behind the scenes who are continuing to motivate and support Quadrathlon at their own clubs, but in particular 'The Chappills' at Lincsquad, and 'David Jones' at Manvers Lake. 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' or take on any roles please don't hesitate to email Jean - [malpasashleys@btinternet.com](mailto:malpasashleys@btinternet.com))

Chairman – **Mark Pryor - will continue unless anyone else would like this role?**

Secretary/Treasurer – **Jean Ashley**

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

Publicity Officer – **vacant**

Training Co-ordinator (North East) – **David Jones**

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-

**CONFIRMED** 29<sup>th</sup> May - Brigg Bomber Quad **World Cup Race**

? June - Dearne Valley Sprint & QuadKidz

? July - Box End Sprint Quad & Quadkidz

**CONFIRMED** 4<sup>th</sup> Sept - Shrewsbury Sprint Quad

**CONFIRMED** 17<sup>th</sup> Sept - Awesome Foursome Quad **World Cup Race**(to be confirmed)

**CANCELLED** - Fabian 4 Conwy Mountain Tri

We do still have races to be confirmed, but I think Conwy Mountain Tri will not run again, and maybe Box End? It would be great if we could find another Tri Club to run a Quad on the back of their Triathlon, If any BQA Members has any links they could follow up. Maybe Norfolk Super Heros could have a wave for us, as their entire competitors all paddle sit on tops .... Maybe a possibility, it is a charity race and so more expensive to enter.

## 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)

? May - Montgomery Canal Triathlon (Charity Event)

**CONFIRMED** 18<sup>th</sup> June - Norfolk SuperHeroes (use BQA insurance)

? July - Artemis Great Kindrochit Quad (Charity Event)

**CONFIRMED** 10<sup>th</sup> July - Diva Devas Quad (use BQA insurance)

## **May BQA TRAINING WEEK Snowdonia (has not been confirmed for 2022 yet?)**

Peter Chappill & Lincsquad members have organized a Training 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; previously 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 2022 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 2022

1. We hope there may be a couple of QuadKidz races in 2022, Dearne Valley and hopefully Lincsquad too, maybe combined with 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

We hope all other Race organizers continue to join us in 2022. Race Affiliation remains £20.

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

## 2022 Membership

During Covid memberships were carried over from 2020 until the end of 2021. We had 50 Senior Members and 4 QuadKidz join us, so a big thanks for supporting the BQA. Membership for 2022 will be open in November via the Website Google Doc Form (or a downloaded form will be available).

A good strong membership will help us subsidise race organisers wanting to put on a World Cup Championship Race or World Cup Race. The BQA can offer a "grant" for £100 for Championship Race and £50 for World Cup Race, this will go towards their costs. So please keep supporting us to ensure our events and links with the WQF stay strong!

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

<u>Category</u>	<u>2022 Fee</u>
Senior	£20.00
Family - 2 Adults only	£35.00
Junior - Under 18	£7.00
Family - 1 Adult 1 child (+ £5 extra for additional child)	£25.00
Family - 2 Adults 2 children	£40.00
Race Affiliation	£20.00

BQA Insurance Levie also remains the same. Cost per athlete is £1.50 and £3.00 per Team. Most of our races now have a cheaper race fee for BQA members and this certainly appears to have helped increase our membership.

The 2022 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 if you can please use this option

Link here

[https://docs.google.com/forms/d/e/1FAIpQLSc9qaQ6Emzpox7TwJFK\\_n1qTPm2P4pI9Ihlp-nJwe1Oh1hJw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc9qaQ6Emzpox7TwJFK_n1qTPm2P4pI9Ihlp-nJwe1Oh1hJw/viewform)

### 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. **Mark has said if anyone would like to take on this role he is happy to pass it on to someone who has experience within our sport.**

### 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

### **Publicity Officer – ?**

A Big Thank-You to Jacqueline Davies for all her commitment to our sport since 2015, she is stepping down from this role but is happy to continue scrutinising rules and the quad regulations if needed.

If anyone would like to take on a publicity role, something similar or join our BQA Team we would love to hear from you, we don't expect it to be a huge commitment we'd just like someone to help us spread the word and keep eyes open for new contacts/races etc.

### **Training Co-ordinator North East – David Jones (Manvers)**

I am based at 'Manvers Watersports' at Dearne Valley in the North East, and I enjoy welcoming new comers and seasoned athletes alike in our region, to the fantastic facilities that Manvers have to offer. We have a growing network of contacts for everything connected to quadrathlon, so please contact me if you wish to get involved in our sport.

### **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](http://www.quadrathlon4you.com)

## **PROPOSED WQF World Cup 2022 – Waiting for some races to be confirmed**

29 May 2021	Kretinka (CZE)	Sprint
30 May 2021	Brigg (GBR)	Middle
26 June 2021	Tyn (CZE)	Middle
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 Championship Races held in Great Britain.

### **BQA Kit**

#### **Leisure Kit- JamiQ**

Jean Ashley is now working with **JamiQ** which provide us with 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](mailto: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 are plenty of BQA Trisuits in action and they look great 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](mailto:malpasashleys@btinternet.com)

The BQA Facebook page now has 438 members, that's up another 22 on last year! We keep 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 2022**

- After 2 difficult years, we hope to be able to go into a better season in 2022. 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! We may well be down to just 4 Quadrathlons in our series, so we need to try and find another host to take on the kayak section and add it to their Triathlon. If anyone knows of a race organizer who could do this or whom we could approach please let us know ... Thanks!
- **Does anyone else have any ideas about moving forwards, would love to hear from you? Please don't hesitate to get in touch – [malpasashleys@btinternet.com](mailto:malpasashleys@btinternet.com)**