



## **Annual Report & AGM 2023 - Onwards & Upwards 2024**

### **Annual Report 2023**

**To Our 2023 BQA Members, Race Organizers and all our Quadrathlon enthusiasts!**

This year on the whole, has been an improvement on the last few years, even though our numbers are not back to 'Pre Covid' we are seeing many athletes getting into 'race mode' again! We had 4 Quads in our calendar, with sadly Shrewsbury having to be cancelled due to organization issues. The numbers racing across the board were reasonable, but hopefully we can continue to build on getting more athletes into our sport next season. As a BQA Member, please keep spreading the word and as always thank you for your valuable membership and ongoing support, it's so much appreciated by your Governing Body 'The BQA'.

I would like to say a Big Thank – our wonderful Race Organizers, without you our sport would simply not exist, you have very successfully done 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! **Jean Ashley**

**Motivation to train is often fuelled by race adrenalin, so next season let's keep supporting our event organizers, and continue to fuel our passion for our wonderful sport!  
#smallsportbigheart**

#### **Mark Pryor Chairmans 2023 Report**

It is very hard standing on the side lines watching everyone else taking part in a sport that I loved to do, but unfortunately, my knee's say no to running.

As always the Quad races are put on by hard working enthusiastic organisers and helpers; without whose dedication and personal time it would not be possible to run. It should not be understated now much effort and personal time that race planning, setting up, marshalling tasks. Without the efforts of the dedicated few, our sport would not exist. Therefore, massive thanks to everyone who makes our quads possible to run.

Off course, the biggest thanks needs to go to Jean Ashley for co-ordinating us all and keeping us all going. Without Jean (with David as support), I am sure that we would all fall apart. Jean has many rolls, least not in her inspiration and never ending enthusiasm. Though not racing this year Jean has been out supporting the majority of the races. Thanks Jean (and also for the AGM report).

Also a big shout out to John Kavanagh for compiling and keeping on all the race results.

Well done to all the Trophy series athletes, overall and age group winners. Keep up your winter training and see you all next year. In fact thank you to everyone who took part in our small sport. Let's hope that we can grow and move forward.

I must mention David & Caroline Jones, worthy winners, of the Eric Hatliff Memorial Trophy For Endeavor. Through their efforts, many more people have been inspired to give Quad a go. Keep up the good work.

Let's hope that the sport can build on the success of this year with larger participation and maybe even a new race. **Mark Pryor BQA Chair**

## **BQA Trophy Races 2023**

### **Brigg Bomber - 28<sup>th</sup> May**

As always 'a huge thank you' to Lincsquad for all the hard work they put into getting this race to take place year in year out! The Quad runs alongside a Triathlon, both races work well together, and always produce some brilliant fast performances. It is always superbly organized and is supported by the best marshals competitors could wish for!

It had World Cup Status this year and was the European Championships plus our first race in our National Trophy Series ... it was a fabulous event and we had a great day of racing, with a strong contingent from Europe. Congratulations to our Overall European Champions Ferenc Csima, and Helen Russell, not forgetting our Age Group Winners too! All reports follow the link below:

**Full report** <https://www.britishquadrathlon.org/brigg-bomber-european-championships-2023/>

### **Manvers Sprint Quad - 25<sup>th</sup> June**

A Big Thanks to Mark Benton and his very enthusiastic Team of Volunteers and Marshals for organizing this great sprint Quad Race, which also hosts a Triathlon at the same time. It's a race for everyone - all ages including our 'Quadkidz' our up and coming Quad Stars of the Future! This is a fantastic venue and is ideal for all 4 disciplines; it's another super friendly event and encourages athletes of all standards.

Thanks also to 'Mark David and Caz Jones' who have been organizing Quad Training Days at Manvers Lake throughout the year, they encourage many newcomers to our sport, and do a fantastic job in promoting Quadrathlon!

**Full report** <https://www.britishquadrathlon.org/dearne-valley-quad-2023/>

### **Shrewsbury Sprint Quad – 3<sup>rd</sup> September**

Sadly Shrewsbury Quad and Tri were both cancelled, this was not a decision taken lightly by the SYTri committee, but simply were not enough helpers coming forward to enable the races to run safely, they need a significant amount of marshals for the swim, kayak, bike and run legs, transition and general event organization. Like many small clubs the events they organize are becoming more and more difficult, we are seeing a shift in people's interest and in levels of demand. Those regular helpers of the race who had already put in work are very disappointed, but we hope very much to put the race on next year, but ultimately its success and continuity will depend on people coming forward both to help and to race, across both the quad and the Triathlon.

### **Bude Awesome Foursome – 9<sup>th</sup> September**

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 event.

The race this year was blessed with fabulous weather and this has got to be one of our most scenic Quadrathlons on the circuit. Sadly the numbers were on the low side, but a great time was had by all the competitors and supporters alike, next year we really must try hard to get more athletes down at this wonderful event on the beautiful Corish coast!

**Full Report** <https://www.britishquadrathlon.org/budes-awesome-foursome-quadrathlon-2023/>

### **Keyo Brigg Sprint – 1<sup>st</sup> October**

Big Thanks to Lincsquad for adding this race to our calendar now in its second year, it was the final trophy Race of the Season, so there was lots at stake with lots of points to be won! Well done to all the athletes racing, some newcomers, and off course our 'year in year out' BQA Quadrathletes who are the back bone of our sport, constantly supporting all our races each year! We even had an International competitor 'Tristan Mannix' from the USA!

It was a great final race of the season, and once again thanks to Jeff Chappill and his Lincsquad Team who pulled out the stops once more!

**Full report** <https://www.britishquadrathlon.org/brigg-sprint-2023/>

## **National Trophy Winners 2023**

Our 4 races in the National Trophy Series were The Brigg Bomber (Middle), Manvers Sprint Quad, Awesome Foursome Bude and The Keyo Brigg Sprint Quad. We had 41 male athletes and 15 female athletes racing in the series, which is up on last year!

Only 1 athlete managed to complete all 4 races well done to 'Phillipe Jumeau', Phillipe has been involved in Quadrathlon as long as I can remember, that's going back at least 20 years or more! He has had a fabulous year of racing and has constantly been producing strong performances. Congratulations to our National Trophy Champions and our National Trophy Age Group Winners. But also not forgetting every single BQA Member that competed in our Trophy Races too!

### **NATIONAL TROPHY 2022 Male Champion – Nicholas Farnell Vet 60 (322 points)**

2nd Lance Ball Vet 50 (295 points)

3rd Phillipe Jumeau Vet 60 (294 points)

### **NATIONAL TROPHY 2023 Female Champion – Gillian Melia Vet 50 (360 points)**

2nd Donna Chappill Vet 50 (325 points)

3rd Caroline Jones (315 points)

### **NATIONAL TROPHY 2023 Age Group Winners**

**Male Vet 50** Lance Ball

**Male Vet 60** Phillipe Jumeau

**Female Vet 50** Donna Chappill

### **The Eric Hatliff Memorial Trophy 'For Endeavor 2023' – David & Caroline Jones**

They have both shown Enthusiasm & Commitment and have been consistently Sharing your Passion for our Sport, showing True Dedication to Quadrathlon!

They are members of 'Manvers Lake' along with organizing and coaching training sessions. they have encouraged many Athletes into our sport, and even have time to race themselves! They are all great supporters of The BQA and spread the word of Quadrathlon far and wide! On behalf of the BQA we wish to say A BIG THANK-YOU for your Time and Effort it is very much appreciated by us all!

**Full report** <https://www.britishquadrathlon.org/final-round-up-national-trophy-champions-2023/>

Our National Trophies are looking very tired and battered, and we do have money left in the Funds from the generous donation from Quadrac last year. Mark Pryor (Quadrac) wanted to use some of this money for Trophies, I have spoken to him and I am currently speaking to a local company to me who make beautiful wooden bespoke trophies ... so watch this space! ( All previous Winners named will be transferred to the new trophies).

## **The Races We Support**

Three other Events that the BQA support went ahead this year –

**The Montgomery Canal Triathlon - 20<sup>th</sup> May** This is a great fun charity event, and a superb warm up to the race season. It's an end to end journey down the Montgomery canal covering 27 miles. Starting with a bike down the tow path, 12 miles from Newtown to Belan. Followed by a kayak 5½ miles from Belan to Pool Quay, and finally a run 9½ miles on the tow path from Pool Quay to Crickheath. A really fun event with all the money going towards the Canal restoration. This race was the week before the Brigg Bomber (European Championships) so we had no BQA athletes compete this year.

**Full report** <https://www.britishquadrathlon.org/montgomery-canal-kayak-triathlon-2022/>

**The Deva Divas Quad – 16<sup>th</sup> July** It's now in its 6<sup>th</sup> year, and is the only Ladies Only Quadrathlon in the World! It's part of a Festival of Womens Racing organized by Chester Triathlon Club, including a Triathlon and an Aqua Bike! This year more than ever there have been so many inspiring journeys that ladies have taken to get to that start line.

I am race director for the Quadrathlon, the whole event is brilliantly organized by Sally Napthan, 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 this well supported and fabulous event!

**Full report** <https://www.britishquadrathlon.org/deva-divas-quadrathlon-2023/>

**Norfolk Superhero Challenge - 10<sup>th</sup> June** The BQA are very proud to support this amazing charity race, and it's certainly one for my bucket list! The Norfolk Superhero is a quadrathlon event held annually in June when the tides are right, at Burnham Overy Staithe on the beautiful North Norfolk coast. Participants take part in teams of 2 over a course that includes a 1 mile swim, a 4 mile kayak through the creeks, a 45 mile circular cycle route and an 8 mile run across the beach finishing with the last mile over the marsh. 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!

**Full report** <https://www.britishquadrathlon.org/norfolk-superheros-2023/>

I truly hope the World of Quadrathlon can look forward to a full race season next year, here in the UK, in Europe and across the World. We are a small sport, and race organizers have to cope with many difficulties, not least of which is a financial challenge in the current climate, so we do need your support. We have an enthusiastic group athletes supporting our races, and a small 'Team' that organize the BQA Governing Body behind the scenes. You are all vital to our sport, and we do need your help, please keep spreading the word to your likeminded friends, and sharing your passion ..... 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 races and we hugely appreciate the time and effort, which goes into giving us great events every year! We really do look forward to seeing you in 2024.

***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 2023 - Onwards & Upwards 2024**

This is our 'Virtual AGM 2023' 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 2023

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. Being a small sport with so many other races and challenges out there, it is always difficult trying to fill our races to the full. Our current race organizers are very supportive and have given up so much of their time in making sure we have Quadrathlons in our callender. If we could all share the passion for our sport and let's hope we have 5 races next season full to capacity! 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 (Mark is happy to stand again, but if anyone would like this role he is happy to pass it on)**

Secretary/Treasurer – **Jean Ashley**

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

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 Members – **Phil Holden It would be nice to get another name to add to the Team if anyone is interested please let me know thanks.**

## Trophy Races 2024

**2<sup>nd</sup> June - Brigg Bomber Quad WQF WORLD CHAMPS & BQA Trophy Race 1**

**23<sup>rd</sup> June - Dearne Valley Sprint & QuadKidz BQA NATIONAL CHAMPS & Trophy Race 2**

**1<sup>st</sup> September - Shrewsbury Sprint Quad BQA Trophy Race 3**

**7<sup>th</sup> Sept - Awesome Foursome Quad WQF WORLD CUP RACE & BQA Trophy Race 4**

**29<sup>th</sup> Sept - Keyo Brigg Sprint BQA Trophy Race 5**

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 have any links they could follow up we would be very interested.

## QuadKidz

**23<sup>rd</sup> June - Dearne Valley QuadKidz**

## Races supported by BQA (not Trophy Races)

**11<sup>th</sup> May - Montgomery Canal Triathlon (Charity Event)**

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

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



## BQA Trophy Series 2024 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. In **Sprint Distance** races - 1<sup>st</sup>, 120pts, 2<sup>nd</sup> 110pts, 3<sup>rd</sup>, 105pts, 4<sup>th</sup> 100pts, subsequent positions 99, 98, 97, 96pts etc.

**NEW PROPOSAL** Our entries to Middle Distance Races have been lower than the Sprint Races, so to encourage Quadrathletes to enter our longer races, we would like to propose that Middle Distance races will receive a bonus of 20pts for all finishers. The points from athletes best three races are totalled, plus a further 10 bonus pts for each of any other races completed.

5. Prizes are only awarded to CURRENT BQA Members who have completed three races in the series.
6. 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.
7. In the event of a tie in points the 4th race will count
8. U18's will only get Overall Trophy points if they do a full Trophy Race (less laps do not count)
9. Only British Athletes get allocated Trophy points, and only BQA members get Prizes.

## QuadKidz in 2024

1. Sadly this year the number of youngsters has diminished, we do hope clubs can get youngsters interested and we can get more interest in QuadKidz races. Dearne Valley have a Quadkidz event and hopefully Lincsqad may have a combined race and training day sometime in the summer.
2. The 2 Lightning junior K1's which the BQA purchased can be used by our QuadKidz these are located at Manvers Lake. 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.
3. If anyone has any thoughts about getting more youngsters into our sport or can organize taining sessions for them, please don't hesitate to contact the BQA

## Race Affiliation 2024

We hope all other Race organizers continue to join us in 2024. Race Affiliation remains £20.

- 1.Lincsqad Brigg Bomber and Keyo Brigg Sprint - **used BQA Insurance**
- 2.Dearne Valley Sprint Quad
- 3.Norfolk Superheroes - **used BQA Insurance**
- 4.Deva Divas Quad - **used BQA Insurance**
- 5.Shrewsbury Quad - **used BQA Insurance**
- 6.Shoreline Pursuits - Awesome Foursome

## 2024 Membership

In 2023 we have had 40 Senior Members and 1 QuadKidz join us, a big thanks to those members for supporting us. Membership for 2024 will be open in December via the Website Google Doc Form (or a downloaded form will be available). This is the same as last year so we are extremely grateful to you all for your membership fees.

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 to help pay the fees, this will help towards their costs. So please keep supporting us to ensure our events and links with the WQF stay strong!

**The prices remain the same.**

<b>Category</b>	<b>2023 Fee</b>
<b>Senior</b>	<b>£20.00</b>
<b>Family - 2 Adults only</b>	<b>£35.00</b>
<b>Junior - Under 18</b>	<b>£7.00</b>
<b>Family - 1 Adult 1 child</b>	<b>£25.00</b>
<b>(+ £5 extra for additional child)</b>	
<b>Family - 2 Adults 2 children</b>	<b>£40.00</b>
<b>Associate (None racing)</b>	<b>£5.00</b>
<b>Race Affiliation</b>	<b>£20.00</b>

BQA Insurance Levy 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 2024 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, it also saves us Bank Charges too, so if you can please use the Bank Transfer option

#### **Link here to RENEW MEMBERSHIP**

[https://docs.google.com/forms/d/e/1FAIpQLSfzrUnC2Z9Zbvji\\_yiDsHdkpZV31qkUoOrTTGxVtIW9WiKkKg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfzrUnC2Z9Zbvji_yiDsHdkpZV31qkUoOrTTGxVtIW9WiKkKg/viewform)

## **BQA Officers**

### **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 has organized many races, he knows the standards we wish to aspire to when putting on and promoting our Quadrathlons.

### **Secretary/Treasurer – Jean Ashley**

*' I feel this year I have been more of that 'Fairy Quadmother' who has been waving my wand from the sideline, it's been a difficult year personally but it has been good to get to events as a supporter. I do have a Running Ultra Marathon (with my Daughter) in my diary for 2024. This has been on my Bucket List for a while and it's given me the motivation to get back to training again, so I'm certainly looking forward to getting back to business next season!' Jean*

Jean has this job organised, after many 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.

Important Note on Trophy Points and Prizes: 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

## **Team Members – Phil Holden**

Phil has been a supporter of the BQA for many years, racing, coaching at Shropshire Paddle Sport, and took over from Gill Otto in 2018 as the Quad organizer of SYTri/Quad. He has a wealth of knowledge and spends a lot of his spare time Sea Kayaking around our coast

If anyone would like 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, write the occasional race reports and generally keep eyes open for new openings.

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

David is based at 'Manvers Watersports' at Dearne Valley in the North East, he enjoys welcoming new comers and seasoned athletes alike at the fantastic facilities that Manvers have to offer. They have a growing network of contacts for everything connected to quadrathlon, they organize training days and regular kayak and swim sessions. Please contact David if you wish to get involved in our sport email: david.jones1655@gmail.com

## **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 Ferenc and the WQF Team on various matters, once again he has done a brilliant job for 2023 and will continue his sterling work in 2024. John has plenty of experience in Quadrathlon so he is an ideal extra 'British Voice' for us on the WQF.

The WQF decide which races are World and European Championships and World Cup Races.

**The 2024 Championships are waiting for approval, we will let you know the dates as soon as they come out - for more info [www.quadrathlon4you.com](http://www.quadrathlon4you.com)**

### WQF World Cup 2024

19th May Gyékényes (HUN) Sprint  
26th May Kassel (GER) **Sprint European Championships**  
2nd June Brigg (GBR) **Middle World Championships**  
23rd June Seyssel (FRA) Middle  
29th June Tyn (CZE) Sprint  
13th/14th July Bydgoszcz (POL) **Sprint World Championships**  
10th August Nagyatád, Gyékényes (HUN) **Long World Championships**  
31st August Bohinj (SLO) **Middle European Championships**  
7th Sept Bude (GBR) Middle  
8th Sept Tiszafüred (HUN) Sprint or Middle

### 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

### World Quadrathlon Federation Fees

**Membership fee for National Federations is 100€.**

The annual membership fee shall be due on February 1st each year. Each National Federation receive an invoice from WQF treasurer. **The BQA pay this fee each year.**

**Fee for holding a WQF World Cup race is:**

World Cup races: 1€ Single participant.

Championship races (World/European) 2€ Single participant

Relay Teams 2€ each or 10€ per Team **(being reviewed for 2024)**

No fees if the Race has under 25 participants

**The BQA pay this fee each year for the British World Cup Races**

### BQA Kit

#### Leisure Kit- JamiQ

Jean Ashley is now working with **JamiQ** which provide us with Tech T-shirts, 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) A kit order is placed once a year, and I do have some Fleecees, Tech Tee Shirts and Buffs in stock. However if there is more demand Jean 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, we have had a problem with the Domain Name this year, but it's all been sorted now and the official link is [www.britishquadrathlon.org](http://www.britishquadrathlon.org)

I also link all the news 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 564 members, that's up another 64 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 2024**

- After a couple difficult years we feel this season has been much better, we hope to build on the enthusiasm of our quadrathletes and look forward to a stronger and positive 2024. We will do our utmost to build up our sport and fill our races. It is especially tough financially for all our race organizers so we do need to all be out there supporting them! If anyone is able to find another host to take a Quad or Kayak Tri we would love to hear from you, maybe you know of a Triathlon or Canoe Club who would be willing to add an event to their race. Another option would be a Training event, Team event or a winter/early season Kayak Tri Event, as always we are open to suggestions ... Thanks.
- I am very pleased to say there is lots of positivity coming from Manvers Lake Dearne Valley. Dave and Caz Jones, are paddlesport instructors – they will continue to organize Quad Training days and be qualified to give instruction in the long pointy boats K1's! Manvers Club Chairman 'Mark Benton' has a goal, and he hopes that 'Manvers' can become a centre of excellence for Quad training in the future, where they can provide equipment, facilities and training to enable people to participate and progress in our sport. We are very pleased to announce that it will be the National Champs for 2024.
- Our BQA Perpetual Trophies are looking battered and bruised, so we are looking to replace them for 2024. It has been noticed that the Ladies trophy is significantly smaller, so to equal things up Jean is looking into 2 Bespoke Handmade Wooden Trophies (all past names will be added) They will be paid for by the kind donation the BQA received from Quadrac last year.
- We would love some feedback and if anyone has any ideas about moving forwards, events, training sessions, training days or anything to help promote our sport we would love to hear from you. No matter how big or small your idea is, please don't hesitate to get in touch.  
*Thank you Jean Ashley BQA Secretary*