



## Annual Report & AGM 2024 - Onwards & Upwards 2025

# Annual Report 2024

### To Our 2024 BQA Members and Race Organizers

It's been a quiet year on the whole for Quadrathlon Racing as sadly our National Trophy Series was down to just 3 races, Shrewsbury has finally folded completely, which is very sad news, and Bude was also cancelled due to lack of support. Thankfully we still had 3 excellent races in our calendar, The Brigg Bomber (World Cup Event also), Dearne Valley Sprint, and The Brigg Sprint. The numbers racing across the board were reasonable but down on last year, but thanks to 'Team Manvers' and 'Lincsquad' who are continually doing a sterling job introducing new athletes to our sport. So hopefully we can build on this and get more athletes taking part.

On behalf of the BQA I'd like to say a Huge THANK YOU to all our Race organizers and volunteers, they work so hard each year to put on these events for us, it is a big commitment and we really do appreciate your time! Thanks also to all the Sponsors who support them, and to you the BQA Members for you annual fees, which are vital so we can run the BQA Governing Body and more important provide the ever important Insurance fees to be able to support the Race Organizers.... Big Thanks!

I would also like to say an enormous thanks to John Kavanagh who produces the BQA and WQF Tables after each race, this is a huge commitment and we are all very grateful for his dedication in getting these tables done for us .... Thanks John

The numbers racing across the board were 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'.

A Big Thank – to every single one of you involved, without you our sport would simply not exist, our race organizers, our marshals and coaches, 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 2024 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 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.

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 2024**

### **Brigg Bomber – 2<sup>nd</sup> June**

A great day was had by all in Brigg at the World Championships, we were blessed with warm sunshine and blue skies! The numbers were on the low side but it was good to see Quadrathletes coming over from Hungary, CZ Republic and France!

Lincsquad organized the race in great style, and huge thanks must go to Jeff and Donna Chappill who worked so hard to get together a Team of Marshalls and Helpers to get this race on the circuit for yet another year! Considering they are a small Club these days they really did us Proud so a big thanks must go to them for hosting the Championships, and giving our Quadrathletes a fabulous day out!

**Full Report** <https://www.britishquadrathlon.org/brigg-bomber-world-championships-2024/>

### **Manvers Sprint Quad – 23<sup>rd</sup> June**

The BQA were so pleased that Dearne Valley and the Team at Manvers Lake took on the task, of hosting the BQA National Championships, and what a fabulous event it turned out to be! They upped the event this year and made it even better, less laps on the swim course and on the kayak course made it much easier for the athletes, and with the use of chip timing for the first time it was so much better for the marshals and organizers! We were also blessed with gorgeous weather for the 2nd Race in the BQA Series, congratulations to everyone who raced and to everyone who gave up their time to help this event run extremely smoothly!

Special thanks to Mark Benton, David Jones and their Manvers Team for organising this great quad, you are a wonderful 'Team' of people thank you for your enthusiasm and for inspiring so many to take to the water and embrace the challenge, you have put so many smiles on people's faces at Manvers. Without a doubt it's such a fabulous feel good event, enjoyed by everyone, from seasoned athletes to first timers it was so good to see everyone just loving the day

**Full Report** <https://www.britishquadrathlon.org/national-championships-at-manvers-2024/>

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

Simon Hammond was so sorry to have to inform us that this year's Awesome Foursome Quadrathlon has had to be cancelled, he said *'We have been doing our best to keep the event alive this year but for reasons that we hope to figure out, we have had just 12 entrants so far and with only 3 weeks to go the event isn't viable. We do hope to get this event back on its feet for next year; the date would probably be Saturday 27th September. Can you spread the word – **simple lack of entries is the reason for the cancellation.***

If any Quadrathletes out there have any thoughts or suggestions about keeping this event going and making this the iconic race it used to be, any comments or suggestions would be most appreciated. Simon has put together a few questions, as we all feel it's very important he gets this race back on track, please email him your thoughts, he'd love to hear from you .... THANKS

Please email Simon on [info@shorelineactivities.co.uk](mailto:info@shorelineactivities.co.uk) with any thoughts provoked by these questions, Thanks.

1. We choose an early September date in 2024, maybe it was too early. We are looking at early October dates for 2025 to re-set this as an autumn event.

2. We are stuck with the tides and 2025 looks like any good date will be a morning start. Does this cause any problems for a Saturday event?
3. Prices this year were £52 individual, £76 pair and £102 relay team. We think these are reasonable but what do you think? Can we use a variable price scheme to encourage early entries?
4. We are going to run a shorter course event 'The Wallaby' at the same time which is roughly half the distance and avoids the worst cycle hills. Is this something you would be interested in?
5. We think getting fresh competitors in via Relay Teams and Pairs is a good idea but what sort of groups and clubs would you be contacting for these?

Many Thanks Simon

### Keyo Brigg Sprint – 29<sup>th</sup> September

Big Thanks to LincsQuad Quadrathlon Club for hosting the race, and to the 'Small but amazing Team' of organizers and Marshalls who work timelessly to make this event possible! There was a good turnout of 24 athletes, a lot of them looking for those vital National Trophy Points, as it was the final trophy Race of the Season!

Congratulations to everyone who took part, sadly the Indian summer didn't arrive in time and conditions were a tad chilly! The Road works weren't planned either, but as always Quadrathletes just get on with it and keep smiling! So huge well done to everyone out there racing, and congratulations to our Winners, it's great to see 2 newcomers to our sport on the top of the Mens and Ladies podium! Also good to see some new BQA members racing for the first time, plus a great strong contingency from the ever supportive 'Manvers' and off course our 'year in year out' BQA members who are the backbone of our amazing small sport and support us through thick 'n thin ... Thank You!

**Full report**

<https://www.britishquadrathlon.org/brigg-sprint-final-race-of-the-season/>

### National Trophy Winners 2024

Our 3 races in the National Trophy Series were The Brigg Bomber (Middle), Manvers Sprint Quad, and The Keyo Brigg Sprint Quad. Racing in the 2024 series we had 27 male athletes (down by 14 on last year), and 19 female athletes (up by 4 on last year) ... so well done those Manvers Girls!

Five athletes managed to complete all 3 races, well done to Jules Taylor, Oliver Fairbairn, Phillippe Jumeau, Jeff Chappill, Helen Recchia, and Caroline Jones. Let's hope 2025 will bring a fresh start, plenty of motivation and lots more of Quadrathletes back in action. 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 2024 Male Champion – Jules Taylor Vet 60 (340 points)

2nd Oliver Fairbairn Senior (335 points)

3rd Phillippe Jumeau Vet 60 (298 points)

#### NATIONAL TROPHY 2024 Female Champion – Hellen Recchia Vet 60 (310 points)

2nd Caroline Jones Vet 50 (310 points)

#### NATIONAL TROPHY 2024 Age Group Winners

**Senior** Oliver Fairbairn

**Male Vet 50** Jeff Chappill

**Male Vet 60** Phillippe Jumeau

**Female Vet 50** Caroline Jones

#### The Eric Hatliff Memorial Trophy 'For Endeavor 2024' – Jean Ashley

The BQA Chairman 'Mark Pryor' insisted that Jean should receive this Trophy, although she is having a break from racing Quads, whilst she races around the mountains doing 'Ultras', she has continually kept the BQA going behind the scenes for many years. She organizes the Famous Deva Divas Quadrathlon, and continues to inspire many women across the sport. This Year she has been involved with the BQA for 25 years and has always showed enthusiasm & commitment and is consistently sharing her Passion for our Sport!

Our National Trophies are looking very tired and battered, and we do have money left in the Funds from the generous donation from Quadrac. 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).

*I have looked into this, but our numbers are so low at the moment, I feel we should put this option on hold until we know where the future of our Sport goes.... Jean*

## **The Races We Support**

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

### **The Montgomery Canal Triathlon - 18<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. <https://themontgomerycanal.org.uk/events/book-online-for-the-2024-montgomery-canal-triathlon/>

### **The Deva Divas Quad – 14<sup>th</sup> July**

It's now in its 7<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-2024/>

### **Norfolk Superhero Challenge - 15<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-superhero-2024/>

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 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 2025.

*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 2024 - Onwards & Upwards 2025**

This is our 'Virtual AGM 2024' 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 2024**

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, 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 'Jeff and Donna Chappill' at Lincsquad, and 'David and Caroline 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 is wishing to step down, if there is anyone with Quadrathlon experience, racing or organizing, who appreciates the standards we wish to aspire to in our sport, please contact me. The role is to support Jean and the BQA Team in any decisions we need to make. *Thanks Jean*

**Secretary/Treasurer** – Jean Ashley

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

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

**WQF Vice President Representative** – Jean Ashley (awaiting 2025 approval)

**WQF Representative** – John Kavanagh (awaiting 2025 approval)

**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 Jean*

## Trophy Races 2024

### **National Championships & WQF Races to be decided and confirmed for 2025**

**1<sup>st</sup> June Brigg Bomber Quad (Middle Distance) & Sprint Distance**

**22<sup>nd</sup> June - Dearne Valley Sprint & QuadKidz**

**7<sup>th</sup> Sept - Keyo Brigg Sprint**

**11<sup>th</sup> Oct - Awesome Foursome Quad (Middle Distance) & New Sprint Distance**

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

**22<sup>nd</sup> June - Dearne Valley QuadKidz**

### Races supported by BQA (not Trophy Races)

**? May - Montgomery Canal Triathlon (Charity Event)**

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

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

## BQA Trophy Series 2025 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. U18'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 2025

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 Lincsquad 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.
3. If anyone has any thoughts about getting more youngsters into our sport or can organize training sessions for them, please don't hesitate to contact the BQA

## Race Affiliation 2025

The BQA have decided to not have an annual affiliation fee, Race organizers have a difficult task and lots of overheads, the fee it's difficult to impose especially for race organizers who do NOT use our BQA Insurance. We still need to cover our Annual Race Insurance fee so we feel the best way to do this is to put our day licence fee up to £2.00 per athlete £4.00 per Team. It has been £1.50 per head since 1998, the British Triathlon's day fee is around £10, so we still think its good value.

Lincsquad Brigg Bomber and Keyo Brigg Sprint - **used BQA Insurance**  
Norfolk Superheroes (charity event)- **used BQA Insurance**  
Deva Divas Quad - **used BQA Insurance**  
Manvers Sprint & Shoreline Pursuits - Awesome Foursome - **use their own insurance**

## 2024 Membership

In 2024 we have had 34 Senior Members (down by 6 on 2023) and 1 QuadKidz join us, a big thanks to those members for supporting us. Membership for 2025 will be open in November 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.**

<u>Category</u>	<u>2025 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
Associate (None racing)	£5.00

The 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 99% 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 <https://docs.google.com/forms/d/e/1FAIpQLScUi5q3MlecgnFSASsEul6A3Cjkzvo-Y4qNzMdw-3Da6Pncwww/viewform>

## BQA Officers

**Chairman – Mark Pryor** (to retire end of this year) **Post open to a new person**

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, I have had some new goals this year, 2 Mountain Ultra Marathons which have 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*

This is Jean's 25<sup>th</sup> year involved in British Quadrathlon, she 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 - plus we would welcome a new member**

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](mailto:david.jones1655@gmail.com)

### **World Cup Federation (WQF) Vice President – Jean Ashley (To be confirmed for 2025)**

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 \(WQF\) Points Tables](#) – John Kavanagh (To be confirmed for 2025)

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 2025 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)

## **PROPOSED WQF World Cup 2025 – We are Waiting for races to be confirmed**

May 2023	Kretinka (CZE)	Sprint
May 2023	Brigg (GBR)	Middle
June 2023	Tyn (CZE)	Middle
July 2023	Bydgoszcz (POL)	Sprint - European Championships
July 2023	Kaposvár (HUN)	Sprint
July 2023	Kaposvár (HUN)	Long Course - World Championships
Aug 2023	Wassersuppe (GER)	Sprint
Sept 2023	Ratscher (GER)	Sprint - World Championships
Sept 2023	Tiszafüred (HUN)	Middle - European Championships
Sept 2023	Shrewsbury (GBR)	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

### **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

No additional fees for relays

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 601 members, that's up another 38 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 2025**

- It has been a difficult year not just here, but also in Europe with us all having races cancelled. The athletes that have raced have loved being involved and we have had some new competitors this year who are defiantly coming back for more! We do have one of our members instigating an option of a Quad along another Tri, so we wait to see if that option is a possibility. 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 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*