



## Annual Report & AGM 2025 - Onwards & Upwards 2026

# Annual Report 2025

### **To Our 2025 BQA Members and Race Organizers**

It's been a much better year on the whole for Quadrathlon Racing as we were back up to 4 Races with 2 of our race organizers adding a Sprint Race to their Middle Distance Event, thanks to Lincsqquad, and Simon Hamond, Bude for this fabulous addition! The Brigg Bomber hosted the European Championships, and Dearne Valley Sprint was a World Cup Race, this is fabulous for GB to have these races on the World Circuit, even though we are a small minority sport, it certainly helps raise the profile and gives GB Athletes to get a World Ranking too. The numbers racing across the board were up on last year, big thanks to 'Team Manvers' and 'Lincsqquad' who are continually doing a sterling job introducing new athletes to our sport.

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 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. Your annual fees 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

A Big Thanks also to Donna Chappill for stepping in as our new BQA, she is certainly a great ambassador for our sport! Thanks also to every single one of you involved, without you our sport would simply not exist, our race organizers, our marshals, 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**

### **Donna Chappill Chairperson's 2025 Report**

After spending two years supporting rather than competing, I am finding that writing a report is one of the hardest things I have ever had to do. Supporting and training come relatively easy compared to typing a few words in first year as Chair and our year in Quadrathlon.

Here goes:- It's been slightly different for me this year as I have taken on the role as Chair, which meant that I proudly represented BQA not just as an athlete but as an ambassador for our small but perfectly formed sport. I was and still am very excited to tell anyone that will listen about our Quads, what we do, where we do them, where you can find us and I invite many to come and have a go. Not sure of the uptake yet but you never know.

I have noticed that the Quads this year have brought in some new faces in all age groups, some as solo, others in teams and some past athletes returning to the fold to see how they fare once again in this great sport of ours. It's such a pleasure to see old and new athletes taking on the challenge that is Quad and smiling, maybe grimacing, all the way through to the finish line.

A huge thank you to all the clubs and volunteers that take on the mammoth task of creating, marshalling and staging our Quads. The number of hours spent with paperwork and red tape is something that few athletes get to see which enables the events to go ahead safely. Without the support of these incredibly hard-working people, our events would not be able to go ahead.

Well done to the Trophy series athletes, overall and age group winners.

Have a great winter training and I hope to see you on the start line next year.

Donna Chappill BQA Chair

## **BQA Trophy Races 2025**

### **Brigg Bomber – 1<sup>st</sup> June**

A HUGE THANK YOU to Donna Jeff and the Team at LincsQuad Quadrathlon Club for putting on a fabulous European Championships Race for the BQA and the WQF. As always they pulled out the stops! Despite having such a small team of helpers, there's one thing for sure they are 100% committed to make sure these events happen for our small sport of Quadrathlon.

Thank you to everyone who supported the race, all BQA members and competitors, those International athletes too, all helpers marshals time keepers and key event organizers ..... you put a smile on everyone's faces, made a lot of athletes very proud and gave us all a day to remember.

**Full Report** <https://www.britishquadrathlon.org/european-championships-at-brigg-bomber-2025/>

### **Manvers Sprint Quad – 22<sup>nd</sup> June**

Special thanks to Mark Benton, David Jones and the Manvers Team for organising this great quad event, 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. As always the BQA are extremely grateful to everyone involved, we are a small sport, and it's good to see so many competitors without a doubt it's such a fabulous feel good event, enjoyed by everyone, from seasoned athletes to first timers and looking at the photos looks like you had a great day!

The Race this year was part of the BQA Trophy Series, but for the first time ever it was part of the World Quadrathlon Cup, so competitors were given BQA points plus WQF points, this is great to see so many British athletes with World Cup points.

**Full Report** <https://www.britishquadrathlon.org/dearne-valley-quadrathlon-wqf-cup-race/>

### **Keyo Brigg Sprint – 7<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! The race was this year's British Championships, as always one of the highlights of the quadrathlon race calendar. The 2025 national race was a sprint-distance format of 750m river swim, 4km kayak, 18km bike and 5km run and it also doubled up as the third race in the British Trophy Series.

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

### **Bude Awesome Foursome – 11<sup>th</sup> October**

Big Thanks to Simon Hammond and his Team for organizing the last race in the BQA Trophy Series for 2025. Thankfully they were blessed with good weather; the main race was well supported especially with some fantastic Team combinations in pairs and relays of 4. Running alongside was a sprint version which also went well with 9 individual competitors and a team from the local Bude Library!

**Full report** <https://www.britishquadrathlon.org/budes-awesome-foursome/>

## **National Trophy Winners 2025**

Our 4 races in the National Trophy Series were The Brigg Bomber (Middle), Manvers Sprint Quad, and The Keyo Brigg Sprint Quad, and the Bude Awesome Foursome. We also had 2 shorter races, at the Brigg Bomber and Bude, which also gave slightly reduced Trophy points out. These shorter events made it possible for athletes to do 3 races in our series. Racing in the 2025 series we had 35 male athletes (up by 6 on last year), and 30 female athletes (up by 7 on last year) ... so that's positive news!

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 2025 Male Champion – Phillippe Jumeau Vet 60 (297 points)**

2<sup>nd</sup> Graeme Tiffany (290 points)

3<sup>rd</sup> John MacAdam Vet 70 (289 points)

### **NATIONAL TROPHY 2025 Female Champion – Helen Russell (360 points)**

2<sup>nd</sup> Tora Oetgen Vet 40 (320 points)

3<sup>rd</sup> Hermione Ball U23 (305 points)

### **NATIONAL TROPHY 2024 Age Group Winners**

**Male Vet 50** Wayne Smith

**Male Vet 60** Graeme Tiffany

**Male Vet 70** John MacAdam

**Female U23** Hermione Ball

**Female Vet 40** Tora Oetgen

**Female Vet 50** Caroline Jones

**Female Vet 60** Janet Green

### **The Eric Hatliff Memorial Trophy 'For Endeavor 2025' –**

Someone who shows enthusiasm & commitment and shows Passion for our Sport!

To be decided and presented at Brigg Bomber 2026

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 am currently speaking to a local company to me who make beautiful wooden bespoke trophies (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 Deva Divas Quad – 6<sup>th</sup> July**

Another special Deva Divas the only Ladies Quadrathlon in the World, the 8th year in the making! The rain was torrential at 6.00am but by the time the athletes started to arrive it was only light drizzle, thankfully as the race got underway the rain cleared and the sunshine came out! But whatever the weather there was always going to be sunshine in everyone's heart and as always plenty of very happy ladies!

I am race director for the Quadrathlon, the whole event is brilliantly organized by Nicola Perrins and our Team from Chester Triathlon Club. True dedication from everyone, organizers and athletes alike, just show how achievable it is to create this amazing well supported event!

**Full report** <https://www.britishquadrathlon.org/deva-divas-quad-2025/>

## **Norfolk Superhero Challenge - 20<sup>th</sup> June**

The BQA are very proud to support this amazing charity race, 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. Once again it was another cracking year with demand as high as ever and a really fantastic day had by all! It 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-super-heros/>

## **The Montgomery Canal Triathlon - 6<sup>th</sup> September**

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/friends/montgomery-canal-triathlon/>

I wish the World of Quadrathlon another 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 2026.

***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 2025 - Onwards & Upwards 2026

This is our 'Virtual AGM 2025' 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 2026

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 calendar. 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** – Donna Chappill

**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

**WQF Representative** – John Kavanagh

**BQA Kit** – Godfrey Orders on Website – Leisure Kit via Jean Ashley

**Website** – Nicola Perrins/Jean Ashley

**Team Members** We are looking for Members who can contribute in any way to join our Team. If anyone can offer any support please let me know. Thanks Jean

## Trophy Races 2026

7<sup>st</sup> June Brigg Bomber Middle Distance - **WQF EUROPEAN CHAMPIONSHIPS (+Sprint Quad)**

21<sup>st</sup> June - Dearne Valley Sprint & QuadKidz **WQF World Cup Race**

6<sup>th</sup> September - Keyo Brigg Sprint **NATIONAL CHAMPIONSHIPOS**

3<sup>rd</sup> October - Awesome Foursome Middle Distance (+Sprint Quad)

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

21<sup>st</sup> June - Dearne Valley QuadKidz

## Races supported by BQA (not Trophy Races)

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

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

? September - Montgomery Canal Triathlon (Charity Event)

## BQA Trophy Series 2026 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 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.
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 2026

This year we didn't have a BQA affiliation fee for Race organizers. Race organizers have lots of overheads and 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 have a day licence fee up to £2.00 per athlete £4.00 per Team, (The British Triathlon's day fee is around £10, so we still think its good value). All our Race Organizers get sent a Race Contract at the start of the year, this worked very well and I am pleased to say our Race Insurance, which is our biggest out lay was covered and we have enough in our funds to continue providing the vital 'Race Insurance'

Lincsqad 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**

## 2025 Membership

In 2025 we have had 30 Senior Members (down by 4 on 2024) and 1 U23, a big thanks to those members for supporting us. Membership for 2026 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 pay the WQF Championship and World Cup Race Fees . 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>2026 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
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 [Membership opens 1<sup>st</sup> December](#)

<https://www.britishquadrathlon.org/about-us/membership/>

## BQA Officers

### Chairperson – Donna Chappill

Big Thanks to Donna who has stepped into the Chairperson's shoes, it's great to have her in the 'Team' and always good to know she is on the end of the phone for support!

Donna has been a BQA member and involved in Lincsquad for as long as I can remember, she is key in organizing races at Brigg, along with organizing training sessions. She has raced many Quads and encouraged many Athletes into our sport. She has always been a great supporters of the BQA and continues to spread the word of Quadrathlon far and wide! Thanks Donna your time and effort it is very much appreciated by us all!

### Secretary/Treasurer – Jean Ashley

' Once again 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 challenges this year and got the 'Ultra Running Bug' competing in 4 Mountain Ultra Marathons 2 of which were very special in Sweden and Portugal. These are keeping me very motivated and have been extremely rewarding! I'm still happy to be involved and support our wonderful sport, and my mantra is always 'Never say Never' so one of these days 'I will be back!'

This is Jean's 26<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, as always we are extremely grateful for this task he does after all our races 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](#) **New member needed, please help share your passion!**

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 \(WQF\) Points Tables](#) – 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 2025 and will continue his sterling work in 2026. John has plenty of experience in Quadrathlon so he is an ideal extra 'British Voice' for us on the WQF.

Year	2019	2020	2021	2022	2023	2024	2025
No. of races	9	3	7	8	9	9	9
No. of Nations	10	9	10	10	13	12	15
No. of Males	175	162	153	104	129	138	140
No. of Females	59	20	36	23	41	35	57
Total no. of Athletes	236	82	189	127	170	173	197

The WQF decide which races are World and European Championships and World Cup Races. The numbers of Quadrathletes racing in World Cups has been going up over the years, which is great news for our sport!

**The 2026 Championships are waiting for final confirmation; but these are the chosen events -**  
for more info [www.quadrathlon4you.com](http://www.quadrathlon4you.com)

### **PROPOSED WQF World Cup 2026**

3 May Gyékényes (HUN) Middle World Championships & World Cup

10 May Kassel Sprint (GER) European Championships & World Cup

7 June Brigg (GBR) Middle European Championships & World Cup

6 June Koberbachtal Quad (GER) Middle World Cup

? June Cazalegas (ESP) Sprint World Cup

21 June Seyssel (FRA) Sprint or Middle World Cup

21 June Dearne Valley Manvers (GBR) Sprint World Cup

27 June Tyn (CZE) Sprint World Cup

11 July Bydgoszcz (POL) Sprint World Championships & World Cup

9 August Nagyatad (HUN) Long WC & World Cup

5 September Bergsee Quad Ratscher (GER) Sprint World Cup

### **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 can order Leisure Kit from **JamiQ** - Tech T-shirts, 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](mailto:malpasashleys@btinternet.com) A kit order is placed once a year, and I do have some Fleece, 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. 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, and I would love members to send in more race reports experiences please email me [malpasashleys@btinternet.com](mailto:malpasashleys@btinternet.com)

I also link all the news to our Facebook page which is well supported, it now has 622 members, that's up another 20 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 2026**

- It doesn't get any easier running Quadrathlon Races, especially with our sport being so small, but the athletes that have raced in quads have loved being involved and continue to share their passion! We have had some new competitors this year who are defiantly coming back for more!
- 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.
- There is lots of positivity coming from Lincsquad and Manvers Lake Dearne Valley. Lots of coaching with the Lincsquad Club and Dave and Caz Jones, both are paddlesport instructors – they will continue to organize Quad Training days and be qualified to give instruction in the long pointy boats K1's!
- 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*