

# Still the world's only

## Deva Divas

On behalf of the BQA I just wanted to say a huge thank you, Chester Tri, for yet another amazing Deva Divas quadrathlon... and still the only ladies quad in the world! We certainly shared the quad passion; we had 44 ladies on the start line, at least 25 of them first timers, plus a team of 10 from Norwich Canoe Club and our own wonderful special Chester Canoe Club quad team! The atmosphere was brilliant, the camaraderie and racing superb. These girls just had the best day ever!

A massive thank you to my triathlon club, Chester, and to race director Sally Napthen for letting us add the quad to the Deva's tri for the 3rd time! We owe the success of this race to the amazing organization team, to all those who prepared the race venue, the course, the safety and the technical team, all marshals across four disciplines, Chester Canoe Club, the cake makers, commentators with wonderful banter and the list goes on and on! Thank you!

We couldn't have this race without the competitors so thank you to all you Deva quadrathletes for giving it your all; you pushed hard, smiled all the way. You were amazing and make our race so very special. It meant so much to Sally Napthen, myself and all the Chester team when we saw those big smiles throughout the race; it's been another memorable day! I have had so many lovely messages from you all; its

been a great pleasure and an honour to be part of your journey.

It certainly makes me realise why I love being involved in these wonderful races; its so good to see athletes of all standards achieving their goals, the smiles, the hugs and the tears on the finish line. I was so proud putting medals around their necks; wear your T shirts with pride and I hope to see you all next year!

Thank you.

Congratulations to all our quadrathletes and age group prizewinners but a special mention to our overall winners!

**Jean Ashley**

1 A Blakeborough, Chester, 1:56:30. 2 J Davies, Defence Academy Triathlon, 1:58:02.  
3 A Pendle, Norwich, 1:58:44.



Jean Ashley

*The divas ready to swim.*

# Hungary take new National Trophy

## Shrewsbury Quadrathlon

We had a great day's racing at the 7th Shrewsbury Quadrathlon; it was given WQF World Cup status, a true testament to the event organizers, Phil Holden and SYTri. The event, as always, sold out at the end of June with 23 males and 21 females entered! The weather this year was perfect; as always, the race was brilliantly organized and the atmosphere buzzing! The racing was top class with PB's and personnel triumphs from many first time quadrathletes!

Our top GB athletes and age groupers were all looking for World Cup and BQA Trophy points, with World Cup leader Ferenc Csima coming over from Hungary in the hope of top points, too!

In the men's race it was a close battle to the finish. Together out of the swim, first were Steve King and Alan Cole in 5:01 with Ferenc a minute down in 6:01 and James Block 20 seconds later. Steve pulled away on the downstream leg of the kayak but chasing him down were Ferenc and James. Ferenc moved into first place and James worked really hard to overtake Steve with James producing the fastest kayak split of 20.14.

On the bike Steve is renowned for his fast times and he started to chase Ferenc down. Steve's bike split was the fastest of the day, 36:35, and this moved him back into first place. So, onto the run. Steve knew he had his work cut out as Ferenc would do his best to chase him down! Ferenc ran the fastest split, 18:59, but it wasn't quite enough to catch Steve; he held on to 1st place, winning in 1:24:31, Ferenc 2nd in 1:24:58 with James holding onto 3rd, 1:29:33, with Alan producing another fast run split, coming 4th in 1:29:33.

There was lot of exciting racing going on just behind with BQA members all looking for valuable Trophy points as all the Trophy prizes were still up for grabs! Pete Tindle was 6th, having had a good race with Iain Wood in 7th, producing some strong splits throughout, taking the Vet 60 prize. Cliff Odgers secured the Vet 50 prize, racing well, and came 8th overall.

It was so good to see lots of solid performances from our 14 BQA male members and so good to see them flying the flag for us... Thank you; we really appreciate your support and valuable membership!

Special mention goes to newcomers Nicholas Mahony, winning the Open/Senior (1:30:34), and Jake Liversedge, who took 1st U23 (1:45:04); we hope they enjoyed their first quadrathlon and hope to see them next season!

There was a fantastic turnout from the ladies with 21 competing, 14 being BQA Members! Helen Russell was first out of the swim in 6:43 with Jacqueline Davies hot on her heels in 6:47; they both paddled strongly, almost together most of the way, Helen just slightly ahead by 5 seconds in 26:01. Helen was only just in the lead going onto the bike. Jacq had a slightly faster bike split by 6 seconds, 43:07... so it was all down to the run. Helen held onto the lead and took 1st place in 1:40:35 and she also secured the overall BQA National Trophy for 2019. Jacq raced into 2nd, putting in a great new PB in 1:44:01. Meanwhile, back from a broken collar bone, Natalie Abbott was having a strong run and moved up to take 3rd (1:48:35). There were some fantastic performances from all of the women, strong racing from the age groupers and plenty of big smiles and positive feedback from those newbies!

Well done to 8th, Victoria Iremonger (2:03:25), Vet 40.

It was a great day out though I must say it's so hard on the sidelines. I would have been much happier in my Lycra though I did enjoy cheering you all on in your kayaks! However, it was great to see how much everyone enjoyed being part of the quadrathlon... I did feel very proud of all the quadrathletes and BQA members; the feel good factor we portray is second to none. It such a friendly and inclusive sport to be part of; we are so lucky to have such great supporters... Thank you; long may it continue!

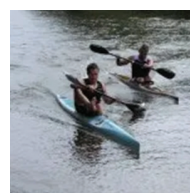
I also had great pleasure in presenting Lance Ball with the Eric Hatliff Memorial Trophy 2019 for endeavour. Lance has shown enthusiasm



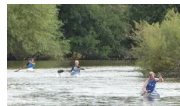
Jean Ashley photographs



*Csima.*



*Block ready for a quick exit.*



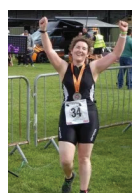
*3 ages of man.*



*Ball with endeavour.*



*Collins with inevitable smile.*



*Duffy with relief.*