

Svobod and Noval first home

Box End Quadrathlon

A big thanks to Mark Pryor and his Quadrac team for organizing a brilliant World Cup race at Box End Water Park. We woke up to blue skies and warm sunshine; though a bit breezy, it was ideal race conditions as the ground was dry and hard for the off road bike and run section.

It was a good turnout and great to see top class athletes from Europe and GB sharing the same race course as the junior QuadKidz! We had lots of first timers and as always our regular BQA athletes which are the backbone of our great sport!

We had two athletes from Europe, Tom Svobod (CZ) and Ricardo Noval (ESP); they came over for vital World Cup points and left a great impression on our top athletes, both having outstanding races. Tom had a very fast swim (8:10), coming in two and a half minutes ahead of Helen Russell (10:41). Over a minute later there was a group of top age groupers, Nigel Leeson, John Kavanagh, Jacqueline Davis, Cliff Odgers, John Durrant, Ricardo and U23 Billy Fadden; this made it a very hectic transition heading out onto the kayak session.

Tom was well ahead and although he hasn't been kayaking very long he made his borrowed stable K1 fly through the water, doing the second fastest kayak split (26:38). Ricardo soon pulled away from the others, showing us how strong he is in the kayak, producing the fastest time (26:02). It was four laps, a headwind down, tailwind back, but very choppy across the top; this led to quite a few capsizes but all got back in with a smile! The good kayakers showed their skills coping with the wind and waves and moved up the field; newcomer Ewan Cox put in a fast time (27:05) with John Kavanagh (29:40). The next fastest were the ladies, newcomer Alice Clarkson (30:23) and me (30:32). During the four laps the race started to unfold with Tom still in the lead going onto the bike, Ricardo second. After a few minutes the next lot of athletes went out onto the bike; there was certainly going to be a battle for the top places as they were all very close. John K, Cliff O, John D (despite his capsizes), Ewan C and Nigel L were all going to have to work very hard to hold their positions on the bike!

The bike was cross country three laps (5km laps), hard fast grass, flat at first and then undulating, with a short sharp hill and some long slopes up and down. It made a real interesting challenge and proved to be ideal for cross bikes. Tom kept his lead and was the fastest (35:44). Ricardo, working hard but making no ground on Tom, remained second. Meanwhile, places were being challenged as newcomer Nick Farnell moved up the field with the second fastest split (39:32) and Julian Brewer (42:53); both moved past the others to start looking for that 3rd podium place! U23 Billy was also making up great time until a major mechanical stopped him; he had to run back to transition, pushing his bike.

Nothing could stop Tom on the run as he headed out for one 5km lap of the bike course; again the fastest run (18:16), he went on to a clear win in 1:30:32. Ricardo also ran very well (21:38) to finish 2nd, 1:41:01. Russell B remained strong and took 3rd place (1:52:20); this was a great achievement for Russell, our first GB athlete home and his first World Cup podium place! Nick F came 4th (1:53:02) with

young Billy having the second fastest run of the day (20:34) to take 5th (1:53:16), just beating John D to 6th (1:53:24). In the ladies' race Helen Russell was first out of the swim with Jacqueline Davis a minute behind. Helen just stayed ahead in the kayak, with me paddling well to overtake Jacqueline, moving into second place. Helen went out onto the bike just 15 seconds ahead of me but with Helen's biking strength she stayed in the lead. I, peddling a cross bike for the first time, held second place, with Jacq working hard to try to catch me. Meanwhile, Mary White, our amazing Vet 60, started to catch up as she put in the second fastest ladies' bike split! Helen ran well to take the win (1:56:53). I was pushing as hard as I could on the run as I was being chased down by newcomer Alice Clarkson. Alice overtook me on the final run in and I'm really pleased to say she's now a quadrathlon convert and we will most certainly be seeing her again, Alice 2nd (2:01:30), me 3rd (2:01:59), Jacq holding onto 4th (2:06:27) and Mary 5th (2:07:20).

As ever, race day isn't only about the winners; it was so good to see lots of first timers enjoying the challenge, especially new ladies smiling all the way! Throughout the whole race there was constant encouragement shared between athletes, friendly banter and certainly plenty of feel good factor and quadrathlon passion being shared, great to see clubs Lincsquad and MADCC supporting this race en masse!

I want to say a big thank you to Mark Pryor for sticking by me and putting on the second QuadKidz race of the year! It was a last minute plan after the success of Dearne Valley quad and it fitted perfectly into the main race. The juniors were inspirational; it's a tough course for them! Plenty of us cheered them along as we raced; they certainly had to dig deep at times but they all finished with a smile and a huge sense of achievement, so good to see them out there; we are all proud of you... and let's watch QuadKidz grow and grow, exciting times ahead for our juniors!

Once again a big thank you to Mark Pryor, Quadrac Racing team, marshals, all helpers and Box End Water Park for giving us this great race; they certainly did British quadrathlon proud by organizing this event so thanks again, Mark and Jill! Also thanks to Phil Holden for bringing his mobile podium which really added that special touch to the prizegiving... Thanks!

It's very good of the WQF to give us two World Cup races in the year and we hope our European athletes enjoyed our race and hospitality; please spread the news and come back again!


Also a big thank you to all *you* quadrathletes that supported the race, too; hope you had a great day. You chased your goals, loved the experience... and you'll be back for more next year!

Jean Ashley

1 T Svobod, Ceska, 1:30:32. 2 R Noval, España, 1:41:01. 3 J Brewer, GB, 1:52:20.
4 N Farnell, GB, 1:53:02. 5 B Fadden, GB, 1:53:16. 6 J Durrant, GB, 1:53:24.
7 P Holden, GB, 1:55:07. 8 E Cox, GB, 1:55:35. 9 N Leeson, GB, 1:55:43. 10 H Russell, GB,
1:56:53. 11 C Odgers, GB, 1:58:45. 12 R Breyer, GB, 2:00:30. 13 A Clarkson, GB, 2:01:30.
14 J Ashley, GB, 2:01:59. 15 J Kavanagh, GB, 2:03:55. 16 P Chappil, GB, 2:04:22. 17 J Davies,
GB, 2:06:27. 18 A Lawson, GB, 2:06:30. 19 M White, GB, 2:07:20. 20 K Lovett, GB, 2:07:38.

History is made

Chester Quadrathlon

On behalf of the BQA I just wanted to say a huge thank you  Chester Tri and Chester Canoe Club for an amazing Deva Divas Quadrathlon! We certainly shared the quad passion; they all just loved it as 30 of them took to the water, 25 of them being first timers! The atmosphere was brilliant, the camaraderie and racing superb; these girls just had the best day ever!

A massive thanks to my triathlon club, Chester, who agreed to add the quad to ladies only Deva Divas; thanks to all those who prepared the race venue and course, safety and technical teams, all marshals, cake makers, commentators with wonderful banter and the list goes on and on! Special mention to our race director, Sally Napthen, who held it all together, and for agreeing to add that extra discipline!

A huge thanks also to my Chester Canoe Club for organizing the 12

week canoe coaching course; half of them couldn't paddle at the start but by race day every single one of the girls paddled a K1! True commitment from the girls and superb coaching produced rewarding results!

As always I'm so proud to be part of these two wonderful clubs; it was so good to see our members giving so much back and encouraging every single athlete along the way... in true quadrathlon style!

I was the organizer this time.

Special congratulations go to our overall winners and age groupers. Thanks again, everyone... We made quad history!

Jean Ashley

1 J Davies, Frome Triathlon, 1:56:59. 2 A Blakeborough, 1:57:18.
3 M White, Horwich Harriers, 2:04:02.