



Kayaks in transition.



Dean.



John MacLeod.



Martindale and Alan Cole.



Greenaway.



Mary White and Iain Wood.



Jacq Davies, Natalie Abbott and Jean Ashley.

was on the bike and away; she had a brilliant bike, producing the fastest split (44:46). Other great rides were from Mary White (45:00) and Natalie Abbott (45:01). I maintained my second place; meanwhile, Natalie was chasing us both down.

Jacq was first on the run, a good 2 mins ahead of me; each lap, having to work hard, I started to get closer... then on the second lap, running very fast, Natalie shot past me and then Jacq, Natalie had the fastest run split (20:41) to take her first ever quadrathlon win, a fantastic performance! Meanwhile, with only about 800m to go, I overtook Jacq and moved into 2nd place. Jacq was 3rd with Mary White, Vet 60, putting in another fantastic performance, coming 4th. Timea came 5th with Margaret Huyton, also Vet 60, in 6th place, like the men's event, three Vet 60's in the top 10... looks like we are all ripening as we get older!

It was a superb day, everyone enjoying the lovely weather and friendly atmosphere; as always it's a real good feel good factor event, superbly organized, and it's always great to chat and catch up with everyone's race stories afterwards! Phil Holden certainly did the BQA proud and gave a lovely presentation with great recognition to our age groupers, too... everyone finished with a smile and I heard so many positive compliments I'm sure the race will be full again next season!

Big thanks Phil & SYTri; it's been a grand day out!

Jean Ashley



Steve King and James Block.

L: 1 N Abbott, 2 J Ashley, 3 J Davies.

M: 1 S King, 1:25:22. 2 J Block, 1:28:17. 3 B Dyer, 1:28:38.

Clear win for Mason

Fabian4 Conwy Mountain Challenge

Well, what a fantastic day it proved to be for the 5th race in the BQA Trophy. There were amazing performances from some amazing athletes and very professional work by marshals/radio controllers/timekeepers/photographers/safety boat drivers/course checkers/sweepers/first aiders... The feedback has been amazing; it seems that our courses were challenging, our post event food was great, the atmosphere buzzed and the overwhelming feeling was one of fulfilment and enjoyment. Congratulations to #TeamFabian4; as ever, they produced a superbly organized race for all the athletes!

Congratulations to the winner, Michael Mason, having a strong solid race from the start, winning by 18 mins (3:30:37) from Alex Pilkington (3:48:39) with BQA members Alan Cole (3:55:54) in 3rd place followed by Nigel Leeson winning the Vet 50 category (4:01:55). First female was Sarah Barnwell, 9th overall (4:15:47)

Sadly David Finch and Peter Tindall DNF.

Jean Ashley



1 M Mason, Durham Triathlon, 3:30:37. 2 Prospectors, 3:31:54. 3 J-A-C, 3:44:32.