

# The Bath Plug

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Gareth Strange ignoring the camera on the last mile of the Sodbury Slug (left) and with Robin Lewis for an obligatory post race TBAC kit shot (right).

Chipping Sodbury, 12th November

## **Lots of mud at the Sodbury Slug**

By Gareth Strange

Having been injured for much of the year and not finished a race since January (a couple were started whilst injured but not completed!) I was looking forward to the Sodbury Slog. The race includes many different types of terrain but the bit which the 1200 people on the start line were most looking forward to was the deep squelchy muddy sections which the Slog is notorious for. Having raced it once before in 2015 I knew what to expect and those who hadn't were in for a surprise when they got to the sheep dig and the pig trough!

Mile 1 was all on tarmac and I ran that section with Robin Lewis another Team

Bath AC participant and long time running companion of mine. The slap, slap, slap noise my trail shoes were making on the tarmac was mildly irritating but as we clicked through the first mile of 9.8 at my 5k pace I knew I had to slow down at some point and on entering the marshland Rob slowly drifted off into the distance. As Mile 2 progressed I found my overweight stature fairly frustrating compared to the slimline version of the competitors around me; with every stride I felt like I was sinking further into the marsh and as the waist deep water section approach at mile 3 I had already been overtaken by a banana and a lady with 8 balloons attached to her. At this point everyone needs to make a decision – wade through what feels like a mile of waste deep mud or try and tip toe round the edge of the ditch like a ballerina. I

chose the dive straight in option and passed a few people who hadn't tied their shoes tight enough and found themselves shoeless with their head in the mud. On exiting the ditch I faced a couple of tame (in comparison) miles of mud and short bits of tarmac before one of the highlights of the race.. the sheep dip.. as I approached I saw the person ahead of me with mud up to their shoulders and a pipe feeding water continually into the dip to make it more "fun". Jumping in my feet got completely stuck and I was grateful for the marshal whose job appeared to be dragging people like me out of shoulder deep mud. I imagine he was fairly tired and cold by the time the 1200th person came through.

Next came the only hill on the course up to the Cotswold Way. I decided that running up would be the death of me so

walked up expecting to pass the more committed runners on the way back down the other side and after catching less of them than I anticipated I was 7 miles in and feeling the best I had all race. Then came the pig trough – a narrow channel of slime for what felt like a quarter of a mile (its probably only 50 yards!) with stinging nettles either side just where you want to put your hands – I fought my way through, with supporters cheering either side, climbed out and hit the two miles of mixed terrain to home.

Finishing in 1:25 I was only a minute behind my 2015 time on a course which measured a half mile longer so as well as an excellent day out I was pleased with my time. Rob came in 85 places ahead of me in 50th with a time of 1:18 (full TBAC results in last weeks plug) and was waiting patiently for me at the line with his newly earned luminous race day t-shirt.

If you haven't done the Slog before I highly recommend it but look it up now as it was sold out within a couple of hours last year.

## Running Bath TT League 2017

By Ray Bridgen

The December Running Bath 5K Time Trial will take place on Tuesday 5th December. This will be the last opportunity for runners to improve their position in the 2017 league which is decided based on the best 6 times recorded this year.

Prizes (a 20 pounds reduction in the 2018/19 club membership fee plus a voucher from RunningBath) will be awarded to top 3 senior men, top 2 vet 40s, top vet 50, top 4 ladies and top under 20 boy and girl.

The presentation will take place at 7pm on Tuesday 2nd January in the entrance to the STV. Prize winners are requested to make a special effort to be there to collect their prizes from our valued sponsors RunningBath.

## Current League Standings

The times are average times for the 6 fastest runs out of the number of completed runs given in parenthesis. If only five runs have been completed at this stage the time is the average for those five runs.

1 Josh Taylor (1SM)	16.53 (7)
2 Mike Dooley (1V50)	17.14 (6)
3 James Donald (2SM)	17.24 (7)
4 Steve Rose (1V40)	17.31 (7)
5 Luke Sturgess-Durden (2V40)	17.37 (7)
6 Simon Brace (3SM)	17.47 (5)



Paul Blake, paralympic gold medalist in the T36 400m, is being introduced into the University of Bath Hall of Fame on Friday

7 Ian Dunning	18.12 (10)
8 Barry Awan	18.22 (8)
9 Mark Mackintosh	18.40 (7)
10 Niall Urquhart	18.50 (7)
11 Malcolm Treby	19.39 (6)
12 Dave Gunstone	20.09 (9)
13 Ben Corlett	21.01 (5)
14 Nicola Cracknell (1F)	21.47 (9)
15 Richard Roberts	21.51 (6)
16 Helen Alvis (2F)	22.01 (7)
17 Kim Brace (3F)	22.34 (5)
18 Paul Carroll	26.02 (5)
19 Keith Jones	26.11 (6)
20 Ray Bridgen	32.24 (8)

## Paul Blake in the Hall of Fame

By Joel Staley

Paul Blake, multiple Paralympic and World track and field medallist, is being inducted into our University of Bath Hall of Fame for Sport on Friday at 14.00 in the foyer of the STV. We are keen that as many people from the sport of athletics join us for this event - which is a simple ceremony of 15 minutes which takes place in the STV foyer - so that Paul gets the support he deserves as he's so well-respected and admired by his fellow athletes at GB level but also across the communities of sport based at the University. Further info:

[www.teambath.com/2017/11/21/paul-blake-hall-of-fame-for-sport/](http://www.teambath.com/2017/11/21/paul-blake-hall-of-fame-for-sport/)

## Melvyn Potter

From Di Viles

Melvyn's funeral will take place on Thursday November 30th at 10.45 at the West Wilts Crematorium, Semington. The chosen charity is the RUH in Bath, who looked after Melvyn. Shirley has not yet decided how donations will be split between the various departments

who helped him. Donations can be sent to the Co -op Funeral Care, 14, The Bridge, Chippenham, Wilts, SN15 1EX in memory of Melvyn.

## Recent results

### Roundway Revenge, Saturday

#### 18th November

6 James Donald	51.02
7 Eliot Ball	51.09
9 William Stockley	52.25
13 Chris Molloy	54.04

### Castle Combe Chilly 10k, Sunday

#### 19th November

1F Rebecca Pierce	39.18
25F Louise Jeffries	48.18

### Bath Skyline 10k, Sunday 19th November

5 Mark Mackintosh	45.11
41 Nicola Cracknell (5F)	52.58
155 Matthew Gisby	1.04.40

### Gosport Half Marathon, Sunday

#### 19th November

91 Eilidh Bell (3F)	1.22.26
298 Jenny Creed (24F)	1.32.03

### Bath Skyline Parkrun, Saturday

#### 18th November

1 Mike Dooley	00:17:49
2 Alex Parsons (U15)	00:18:21
3 Simon Brace	00:18:28
9 Mark Mackintosh	00:19:41
10 David Vaudin	00:20:12
16 Owen Davies	00:21:08 PB
26 Ella Treby (1F, U15)	00:21:53
34 Nigel Osborne	00:22:16
35 Nicola Cracknell (3F)	00:22:31
50 John Mitchard	00:23:29
53 Michael Charlton	00:23:38
54 Nick Parry	00:23:40
56 John Kerley	00:23:44
114 Rhys Crow	00:26:08
141 Pat Rogers	00:27:03



176 Caroline Thomas (49F)00:28:46  
231 Lottie Treby (76F, U11)00:32:49  
232 Malcolm Treby 00:32:49  
235 Ray Brigden 00:32:55  
260 Janice Rambridge (92F)00:35:52

**Southwick Country Parkrun,  
Saturday 18th November**

1 John Howorth (U18) 00:17:47  
96 Keith Jones 00:26:00  
146 Caitlin Mander (U15) 00:27:58

**Aberdeen Parkrun, Saturday 18th  
November**

216 Stuart Henderson 00:33:40

**Llyn Lech Owain Parkrun,  
Saturday 18th November**

1 Trystan Daniels 00:18:50

**Chipping Sodbury Parkrun,  
Saturday 18th November**

95 Andy Reid 00:25:32

**Harcourt Hill Parkrun, Saturday  
18th November**

4 Tim Hill 00:19:34

***The Racing Calendar***

**November**

26 Gloucester 10k  
26 Brent Knoll Race  
26 AVR Wiltshire HM

**December**

2 Old Down Estate santa run 5/10k  
3 Welsh Athletics Junior Open  
3 Lee Valley Open Meeting  
3 Bromham Pudding Run 10k  
3 Gwent League XC, Pembrey Park  
5 Tues RunningBath 5k 7pm

10 Gloucester League XC  
10 Cardiff University Grand Prix  
10 Tri-county XC Championships  
16-17 Southern Indoor Com. events  
17 Bath Skyline 10k  
17 Christmas Cracker 10k  
27 Plain Crazy 12.5m, Warminster  
31 Gloucester New Years Eve 10m

**January**

1 Lee Valley New Year Open  
2 Tues RunningBath 5k 7pm  
6 Junior Open Meeting, Cardiff  
6/7 Southern Indoor U15/U17  
6/7 Midland Open Meeting  
7 Southwest XC Championships  
7 Kelston 10k  
13/14 Southern Indoor U20/Senior  
14 Bath Skyline 5k/10k  
14 Cardiff Uni New Year Open  
21 Doynton Hard HM  
27/28 Midland Open Meeting  
27 Welsh Athletics Senior Champs.  
27 Warmley Forest Park 5k/10k  
28 Mud Bath 5k/10k  
28 Slaughterford 9  
28 Longleat 10k  
28 Midlands XC Championships

**February**

3 Avon Valley Railway 4k/10k  
4 Cardiff Uni Open Grand Prix  
4 Lungbuster Royal Wootton Bassett  
6 Tues RunningBath 5k 7pm  
10 Bath Skyline Night Run  
10 Gwent League XC  
11 Bath Skyline 5k/10k  
11 Withshire 10  
11 Cotswold races, Cheltenham  
17 Gloucester League XC

17/18 Welsh Athletics Junior Champ  
18 Wells HM  
18 River Avon Trail 6k/10k  
24 National XC Championships  
24 Athletics Direct Midlands  
Championships  
25 Two Bays Tough 10  
25 Brimingham Games Open

**March**

3 Gwent League XC  
3 Railway River Run 6k/11k  
4 Bath Half  
6 Tues RunningBath 5k 7pm  
11 Aspire 5M  
11 Imber Ultra  
11 The big cheese 15m, Cheddar  
17/18 Midland Open Meeting  
18 Forest of Dean HM  
24 Walcot Whopper 10k  
25 Yeovil HM  
30 Good Friday 10M Chippenham

**April**

1 Hanham Horror  
2 Yeovilton Easter Bunny 10k  
7 Midlands Road Relays  
8 Devizes HM  
8 Old Down Estate 5k/10k  
22 London Marathon  
22 Cattle Country 5k/10k