

The Bath Plug

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Rory Howorth claimed gold at the English Schools Combined Events Champs - with no. 7 all-time U17M Octathlon performance.

National Combined Events

By Julie Alexander

Most amazing weekend for 5 Team Bath AC athletes at the ESAA National Combined Events Championships.

Rory Howorth proved he is fully recovered from the hamstring injury

in June this year that kept him out of training for most of the summer. He retained his massive lead as number 1 in the UK rankings for the Octathlon and was back on the podium with gold and is now ranked 7th on the all time list.

Rory didn't have the best of starts to the weekend with 2 no jumps in the long jump, the first event, but managed a PB of 6.60 with a safe jump. Not good for the health of both his parents and coach!

The PBs continued in the 100mH (14.35), HJ (1.86) and Javelin (JT700, 43.41). Despite the PB in the High Jump, Rory decided not to go for the 1.89 sacrificing more points in favour of less fatigue in the next and last event the 1500. Never dropping below 3rd place throughout the 8 events shows great consistency which is the key for success in multi events.

Rory really has earned that 2nd England vest and will compete for @teambathac TheBathPlug|20.09.2018|



Jenna Blundell with bronze at the English Schools Combined Events Champs

England in Glasgow in November.

William Scammell taking a break from his training for the Youth Winter Olympics had an incredible weekend. He was in the same 100 hurdles race as Rory and was in the lead till the 4th or 5th hurdle when Rory edged into the lead and they were one and two over the line. New to Fosbury technique in the High Jump a very credible 1.65 PB and a season's best in the Long Jump of 5.72. Will is also quite new to throws so a PB in the shot of 11.30 but a really solid performance. Sadly just missing the spot in the top 20 as cramp prevented a decent 1500m, however Will has another year in this age group so one to watch next year.

Jenna Blundell's rankings this year are incredible considering she has missed most of the last two summer seasons. Ranked 8th in the UK U20 Heptathlon - 8th in the UK Long Jump and top 10 in the 100 hurdles.

Jenna's teacher from year 7 was there at the weekend and this was her alltime favourite performance of the weekend. She delighted in telling us that in year 7 Jenna was not good enough for the athletics school team!

Back on a national podium for the 3rd time taking bronze in the individual event and with the following PB performances: 100mH (14.27), LJ (5.89), HJ (1.68), 200m (25.62 =PB). The aim was to score over 5000 points which she did with 5014 and with another year to go and work

complete my first 50 mile run and to do it with my friend David Wood. The plan was to conserve as much energy as possible early and I promised not to overtake unless the person in front was doing at least 10 minute mile pace and to walk every hill. The vague plan was to get through halfway in 4 hours 40 and then keep myself running as much as possible after that.

The course is absolutely stunning, very little road and lots of proper trails where you run through trees, have great views across hills and rarely come across civilisation. All of this made the first 20 miles pass with relative ease (apart from my first fall, a theme to be continued later). Then a few ups and downs through a deer park and up a near vertical climb to a stunning windmill before David and I got to marathon point in a little under 5 hours (on track!) Then it got tough... the next 7 miles felt like another marathon. David was walking much quicker than me going up hill and when we got on flats and downs I was managing to push on with the running - when he was strong I was battling and vice versa.

on throws another one to watch!

There was silver in the team event for Avon with Jenna Blundell, Becky Ousby and Renee Jelf, with all three recording several PBs throughout the competition.

Chiltern Wonderland 50

By Gareth Strange

Why did I enter this race? That's a question I always ask myself at the start of an ultra. On this occasion it was two fold - to



Gareth Strange enjoying the aid station at mile 41 of the Chiltern Wonderland 50.

On the climb to Christmas Common some people ran past me and I could barely walk but I knew I'd get a second wind at some point so kept moving. Then, running a quick descent down to the next aid station I hit the deck hard. It was one of those falls when you manage to hold it for about 5 metres before conceding to gravity and hitting the floor. David and a couple of other runners kindly helped me up and we battled on to aid station 4 of 5. Walking out of aid station 4 I thought we still had a shot of sub 11 hours which would have been pleasing but the first climb from here put me into difficulty again (note to self do more core sessions and lose some weight!)... David then decided we were running from the top and after a few minutes I was good again.. the second wind had arrived. Running down to the 41 mile checkpoint I felt better than I had done for hours and the photo shows it wasn't just a feeling I looked ok too. It's fast to the finish from here I had in my head, I'm sure I read that on the internet.

Then we hit a hill, then another, then another and I was close to knocking on the nearest door and begging the home owner to let me have a warm bath. Then it got dark and I wasn't even mentally in the right place to get my head torch out - I'd told myself hours ago I'd be back by dark and getting the torch out felt like submitting. Fortunately David wasn't as daft and his torch guided the way for us both.. until we missed a turning and got lost. Then a final hill. Then swearing at David because he had the audacity to suggest we run for a bit. The last 3 miles were the longest miles of my life but finally we hit tarmac and ran half a mile to the finish before a big hug and a hot dog and the painful drive home.

If you want to do a 50 miler I'd recommend this one. Great aid stations, stunning course and a fantastic group of runners helping each other out. Finished in 11:27 to give me a target time when I take on the South Downs Way 50 in April.

TBAC Flags missing!!

By Paul King

Do you have the TBAC Flags? Our 2 banner flags appear to have disappeared from the storage shed at the STV. Please can you check to see if you have them.

We need them for the forthcoming Cross-Country Season!

Please contact Paul King (Endurance Running Coach) and/or Lisa Bennett (TBAC Administrator)

Missing ages for 5K results

By Ray Brigden

If your name is on the RunningBath 5k timetrial league table (see our website) but no age is shown, please inform Ray Brigden (rayteambath@hotmail.co.uk)

Fluorescent Vests

By Sue Brigden

As now the nights are drawing in, please remember you need to be running in hi-viz if you are going out on the roads with the club. Otherwise, there are always track sessions!!

Melvyn Potter Club Athlete of the year award

By Graham Mattacks

We are looking for nominations for the Melvyn Potter award. The award honours Melvyn Potter's involvement with the club and dedication to athletics, and is awarded annually to a club member that shows the qualities that he held so dear. Please make nominations via the website, where there is also more information available.

Bath Plug to your inbox

By Tom Davies

I am now sending out the link to the Bath Plug as an email. If you wish to sign up to receive these weekly updates please confirm by sending a quick email to pluggeditor@teambathac.org, and I'll add you to my list. Alternatively you can enter your details here: <http://teambathac.org/2018/07/27/bath-plug-mailing-list/>

Calendar

September

22 Midland Road Relays, Sutton Pk
23 Bristol Half
23 Mells Scenic 7
30 Ealing Half

October

6 Natl Road Relays, Sutton Pk
7 Cardiff Half
7 Chester Marathon
7 Oxford Half
7 Basingstoke Half
13 Glos League XC, Old Down

November

3 Glos League XC, Charlton Pk

December

9 Glos League XC, Wooton
9 TriCounties XC, Bath

February 19

17 Glos League XC, Pitville

June 19

8-9 Welsh Castles

Results

Berlin Marathon

16 Sep 18

1	Eliud Kipchoge (KEN)	2:01:39
1	Gladys Cherono (KEN)	2:18:11
91	Robert Mann (Exeter)	2:29:03
3624	David Vaudin (29 V60)	3:17:32

Foxtrot 5

16 Sep 18

1	Simon Nott (Calne)	25:29
3	Otto Copping	29:05

Parkrun – 15 Sep 18

Bath Skyline parkrun

2	Thomas DAVIES	00:18:07
5	Luke STURGESS-DURDEN	00:19:06
6	Tim HILL	00:19:08
12	Alex COPPING	00:19:43
17	Harry WILLIAMS	00:20:16
19	Lee ALLEN	00:20:30
22	Ella TREBY (1F)	00:20:36
36	Nicola CRACKNELL (4F)	00:21:44
44	Mike THOMPSON	00:22:24
49	Jo THOMPSON (7F)	00:22:33
84	Owen DAVIES	00:24:18
95	Rhys CROW	00:24:55
99	Sophie TREBY (17F)	00:25:10
100	Malcolm TREBY	00:25:10
121	Natalie HARGRAVE (22F)	00:26:10
169	Edward FEIL	00:27:50
297	Ray BRIGDEN	00:35:12

Durham parkrun

83	Beatrice LAW (15F)	00:23:39
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Thornbury parkrun

5	Gary HUGHES	00:21:06
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Sewerby parkrun

17	India IBBOTSON (1F)	00:21:15
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Clermont Waterfront parkrun

5	Chris MILBOURNE	00:20:43
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Rother Valley parkrun

24	Jake COVER	00:20:32
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Exmouth parkrun

19	Lizzie NOBES (2F)	00:20:16
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Hasenheide parkrun

324	Nigel OSBORNE	00:29:44
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