

The Bath Plug

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TBAC trio of Eliot Ball, James Donald & Chris Elmer all produced strong performances at Brinkworth Bash

Brinkworth Bash

By James Donald

Three TBAC (Eliot Ball, James Donald and Chris Elmer) headed to Brinkworth in deepest Wiltshire to take part in the Brinkworth Bash, a 10km trail race that was the first fixture of the Wiltshire Off Road League.

The event is an undulating mix of slightly knobbly trail and road, which suited me well. We all set off at a

comfortable pace which I then slowly increased after the first couple of km to take the front. After that it was a case of maintaining a comfortable pace and enjoying the scenery. After about 6km a sneaky look over my shoulder revealed that my main competition was from a Chippenham Harrier in second place, so I increased the pace a bit to make sure he stayed behind me and held on for a comfortable win.

The perfect running conditions and presumably increased competition due to the event being included in

the off road league meant that the top three, which included a great run from Eliot on his first race back from America, broke the previous course record. With Chris coming in at 7th this meant a strong TBAC performance at a highly recommended and friendly event.

Cotswold Way Century

By Jim Rutherford

I can't remember exactly when I decided I would take on this race, but since the start of the year, it has

rather taken over my life. The first hurdle was qualifying: I needed to complete a race of at least 40 miles within a year of the start. My brother suggested the inaugural UTS50 - a 55 mile Snowdonian monster in May. I decided I wouldn't sign up for the Cotswold Way until I'd made it through that first. Maybe I'd decide ultramarathons weren't for me after all.

After a brutal 19 hours on the trails in Wales, including 8 mountain summits and around 6,000m of elevation gain and loss, I decided that not only would I sign up for the Cotswold Way, but that it ought to be a picnic by comparison. As in May, my brother and I would plan to complete the race together.

After a solid 8 months of training, I began my taper at the Chippenham Half. What a disaster! I woke up with a tummy bug on Sunday, but raced anyway. Without going into detail, it didn't go to plan and I spent the next 2 weeks trying to sort out my GI system, losing 2kg of bodyweight in the process. When race day came I had no idea what would happen so I just chucked a bunch of Immodium and medicinal charcoal in my drop bag and hoped for the best.

As it turned out, my gut was absolutely fine during the race. I had my fill of marmite sandwiches, Pringles, peanuts, dried fruit, ginger cake, noodles, and even spaghetti hoops from the aid stations, supplemented with my own gels & energy drinks that I carried. None of it caused any issues, and I only lost my appetite after 80 miles or so, after which I pretty much only drank Tailwind.

The weather, on the other hand, was absolutely terrible. The Met Office had issued yellow warnings for wind and rain, and although they were cancelled on Saturday morning, we still had plenty of both. Once the sun set we had the added misery of heavy fog, reducing visibility to a few steps for much of the night. Only on Sunday when we reached Lansdown did the sun come out (just in time for a photo op with James Donald!). By that point our running had mostly been reduced to a steady walk ("you're walking very well!" cheered JD as we shuffled



Jim Rutherford, with his brother, enjoying some rare sunshine (top), and (below) running into Bath, with conditions more typical of the previous 24+ hours on the Cotswold Way

past).

And shuffle we did, all the way to the Abbey. We finished our first 100 mile (104 by my watch) race together after 27 hours and 20 minutes, in 35th place out of 67 finishers and 125 starters. The days following the race were pretty challenging. I would yelp with pain on standing or sitting thanks to the ruination of my quads; I didn't have the courage to address my many blisters until Monday night, only after which I was able to walk normally; and I'm still still piling the calories in, trying to regain all the

weight I lost.

I'm glad I did the race, and would definitely recommend it (it's local, friendly, and you get spaghetti hoops!), but won't be signing up again in a hurry. I think I'll stick to the short stuff for a while.

News this week
By Thomas Davies

See results section below for Tuesday's RunningBath 5K Timetrial results. Also note poster at end of

the Plug advertising for new Club Trustees. The Club needs you!

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 plugeditor@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

October

6 Natl Road Relays, Sutton Pk
7 Cardiff HM
7 Chester Marathon
7 Marshfield Mudlark
7 Oxford HM
7 Basingstoke HM
13 Glos League XC, Old Down
14 Grittleton 10K

November

3 Glos League XC, Charlton Pk
4 AVR Over the Hills 12K
18 Sutton Bengier Flyer 5
25 AVR Wilts HM

December

2 Bromham Pudding run
9 Glos League XC, Wooton

9 TriCounties XC, Bath

January 19

6 SW XC Champs, Yeovil
28 Slaughterford 9

February 19

17 Glos League XC, Pitville
23 ECAA National XC, Leeds

March 19

9 UKCAU Intercounties XC
17 Bath Half

Results

Brinkworth Bash 10K 30 Sep 18

1	James Donald	36:52
3	Eliot Ball	37:42
7	Chris Elmer	39:18
22	Michelle Maxwell (1F, Chipp. H)	45:51

RunningBath 5K TT 02 Oct 18

1	Josh Taylor	16:51
2	James Donald	17:04
3	Robert Eaton	17:21
4	Steve Rose	17:22
5	Dylan Stoneman	18:37
6	Ian Dunning	19:16
7	Barry Awan	19:30
8	Lee Allen	19:46
9	Malcolm Treby	20:09
10	Jocelyn Cotterill	20:11
11	Lizzie Nobes	20:11
12	Anita Mellowdew	21:07
13	Molly Johnstone	21:48
14	Megan Clements	21:49
15	Helen Alvis	22:25
16	Maddie Sharp	22:28
17	Grace Horswell	22:45
18	Josie Carter	23:51
19	Sophie Treby	24:46
20	Andy Griffiths	26:28

June 19

8-9 Welsh Castles

Parkrun – 29 Sep 18

Bath Skyline parkrun

5	Thomas DAVIES	00:17:51
6	Mike DOOLEY	00:18:07
13	Mark MACKINTOSH	00:19:14
19	Harry WILLIAMS	00:19:48
21	Nick PARRY	00:20:00
24	Tom HUTCHISON	00:20:10
34	Jocelyn COTTERILL (4F)	00:21:02
51	Mike THOMPSON	00:22:14
52	Nicola CRACKNELL (7F)	00:22:20
77	Isobel COTTERILL (12F)	00:23:24
147	Pat ROGERS	00:26:36
165	Edward FEIL	00:27:17
270	Lucy O'SHEA (86F)	00:32:19
332	Ray BRIGDEN	00:35:53
365	Janice RAMBRIDGE (145F)	00:41:47

Newbury parkrun

44	Nigel OSBORNE	00:21:54
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Southwick Country parkrun

1	Otto COPPING	00:17:07
10	Will ANDREWS	00:19:59
136	Alex COPPING	00:29:25

Chippenham parkrun

1	Ellery COLE	00:18:29
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Chipping Sodbury parkrun

160	Andy REID	00:27:04
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Osterley parkrun

4	Andrew HUGHES	00:18:54
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Clare Castle parkrun

107	Marcus FIELD-RAYNER	00:36:05
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Rogiet parkrun

6	Ella TREBY (3F)	00:20:21
19	Sophie TREBY (6F)	00:24:45
42	Lottie TREBY (13F)	00:28:37
44	Malcolm TREBY	00:28:38

Dinton Pastures parkrun

187	Michael STANLEY	00:50:19
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Henstridge Airfield parkrun

3	Stuart HENDERSON	00:19:56
18	Vicky COOPER (5F)	00:23:15



TEAM bath Athletic Club NEEDS YOU to be a

Trustee

Team Bath AC is a Charitable Incorporated Organization (*Registered Charity no. 1165972*) and as such has a Board of Trustees to oversee and manage its affairs alongside the Club's Executive Committee and salaried staff. The Club is based at the University of Bath's Sports Training Village.

With a number of Trustees due to finish their period on the Board we are actively looking for enthusiastic and resourceful individuals to consider putting themselves forward as a Trustee. Although an important and responsible position the duties are not onerous with four scheduled Trust Board meetings a year.

If you are the person who would like to contribute to the continuing success of Team Bath Athletic Club then please contact Geoff Davis for more details and arrange an informal chat regarding the Club structure and the role of a Trustee. (treasurer@teambathac.org.)

We would particularly like to hear from you before the Club's AGM scheduled for 30th October 2018.