

The Bath Plug

Issue 1440 02 Nov 2018



Louise Jeffries in GB kit at the World Masters Championships!

This week: Reports from the World Masters Championships, the Snowdonia Marathon & the Calne Clock Change 10K. Plus an update on upcoming T&F dates.

The Bath Plug mailing list has now been extended to include email addresses from people that chose to receive newsletter updates when joining the club or renewing their membership. I hope this won't cause issues, but please email me if it does (pluggeditor@teambathac.org). You can also update your club communications preferences [here](#).

For those of you new to the Plug, this is a weekly newsletter providing TBAC reports, pics and results from the previous week, plus other bits of club news, or often calls for help from club members. I hope you enjoy it, and will feel inspired by the achievements of fellow club members. I am always on the hunt for more content so please remember to send me reports after races or any other requests for items to be included.

Remember its Gloucester League XC tomorrow (Sat 3rd Nov) at Charlton Park - we need as many runners as possible to challenge Cheltenham so please come along! All welcome! Info [here](#).

World Masters Championships!

By Louise Jeffries

The 2018 World Masters Championships held this time in Malaga is undoubtedly for me the best thing I have ever done in athletics. 101 countries over 8,000 athletes including over 700 from GB participated. The track and field events were held over 4 different stadiums, plus all the other non-stadia events. Athletes and accompanying persons were given a free metro pass so travelling to the different venues was really easy. I had been planning to enter this for 2 years, and the 800m and 1500m W55 category are my events.

As in all world championships the standard was extremely high and for me medals were out of reach; but despite this the range of abilities allowed me to have great competition in both distances.

The 800m was first, and after achieving a SB at the British Champs 2 weeks previously the pressure was on. I finally made it to the start line and in perfect Spanish weather my pounding heart waited in the silence for the starting gun. I was under no illusions about qualifying for the final, all I could do was run hard but sensibly. So I did run hard, but not sensibly. I had a good start from lane 5 and achieved a good position on the shoulder of the "break away" group.

Unfortunately I made the wrong decision to surge early and used my reserves. Despite an agonising final 100m, I finished 5th in my heat and 2 seconds slower than my SB. I was satisfied that I had tried my best but annoyed with my error!! The final was a tremendous victory for GB by Virginia Mitchell, in a time of 2.26.08, silver 2.30.76 and bronze 2.32.47.

Four days later in the main stadium, Ciudad de Malaga the 1500m heats took place. Studying the form I had been quietly thinking that there could be a slim chance of qualifying. This time I stuck to my plan and tucking in behind Canada allowed Poland to surge past. Arriving at the bell gave me a sharp wake up call and I decided to commit, passed Canada, and despite stumbling on the curb at 200m out not only managed to achieve a SB but more importantly a final qualification!! I was so happy, now I just had to do it all again the following day.

The final went very similarly to the heat, but in a slower time. Gold went to New Zealand in a super quick time of 4.54.96, silver went to Spain in 5.03.27 and Fiona Matheson achieved a fabulous bronze for GB in 5.03.43.

The following day it was time to leave, and my last sight of Malaga through the EasyJet window was, strangely, the "Ciudad de Malaga". As I looked back towards the stadium from our great height it was difficult to believe that I had been running around there 24 hours earlier, and my farewell could not have been more fitting! Indeed I left fully inspired, more determined, and with an even greater appreciation of "what it takes". If you ever get the opportunity just go for it!!!!



Snowdonia Marathon

By [Mark Mackintosh](#)

My first Snowdonia Marathon, it had been on my bucket list for a while and Dan running it in 2016 (2nd place) and then winning it in 2018 spurred me on to get the race opening firmly fixed in the diary so I could catch one of the places before they sold out (generally places are gone in the morning of opening). The race is 90% road with some long gravel tracks and a few 100m of grass, so definitely one for road shoes, with the hope that the off-road is not wet and slippery. The weather was cold (5 degrees) with a moderate northerly, but thankfully no rain and the tops were clear of cloud and dusted with snow. The race circumnavigates Snowdonia and has a net climb of 838 m, the bulk of which comprises two circa 250m climbs between 3 and 5 miles and 22 and 24 miles. Having not run the race before I was relying on Dan's briefing, studying the course profile, and watching the video of the previous year. I hit the first hill fairly hard, then did not push too hard to save energy for the hill between 13-15 miles, worked with a couple of runners to battle the head winds between 17 to 21 miles, and then took on the killer hill at 22 miles. With only circa 2,200 runners the field at the front is soon strung out and the position changes are limited. The exception to this is the last hill where a few runners I was close to were either forced to walk up, or battling cramping quads on the steep descent into

Llanberis. Great support on the course, and magnificent scenery (if you could remember to enjoy it), and a very well organised and friendly race, and almost immediately afterward I found myself surprised to be already contemplating doing it again next year – says much about how lovely the race is (and also a niggling feeling that now I know the course I could chip some time off). Recommended.

[Editor's note: Dan, a little disappointed with his time (2:46) compared to previous years, but still a great run to finish top 5. While Mark's great run (3:07) was enough to take 1st V50 honours!]



Calne Clock Change 10K

By [Thomas Davies](#)

After a summer of much missed training and recent weeks still at low mileage (my "long" run has only just made it to 8 miles), I had no expectations going into the Clock Change 10K. I was just happy to be on the start line.

In the first kilometer a small group formed at the front, and I was feeling very comfortable so I didn't think the pace was particularly hot. Once we hit the road out of Calne that forms the majority of the route, I slowly eased away into the lead. From then on it was a lonely race just following the lead bike and trying to hold pace. I looked at my watch at 5K to see 17:23 - faster than I would have guessed.

On the start line I'd heard people saying there was a headwind all the way back. So I knew to expect it, and they certainly weren't wrong. Its at least sightly downhill on the way back, but hard to really notice with the wind blowing in your face.

With about 1km to go I finally looked over my shoulder. I had about 50m over a group of runners behind me. It was less than I thought it might be, but I knew I ought to hold on unless I really started to slow down. I was definitely struggling a bit now, but I was close enough to the end. I took the last few twists in the course, and then up to finish line to cross in first and just inside 35 mins.

Overall I was very happy with the time, and it feels great to have had a decent race and be returning back to fitness. Its actually my first ever race win outside of parkrun & the 5K Timetrial. In 2016 I ran 34:47 for 3rd, in 2017 again 34:47 this time for 2nd, so a natural trajectory to pick up 1st this year, but a shame to be 12 seconds out on the perfect hat-trick!

In the 5K, Malcolm & Ella Treby had a good family battle, with Ella winning out by 12 seconds and going sub20, to claim the prize for 2nd female.

SW Indoor Champs Details

By [Di Viles](#)

SW Indoor Championships at Cardiff: The first date is Sunday 2/12/18 which includes 200m for all, high jump for all, long jump for U/13 and U/15 girls, shot for U/13 and U/15 boys, 3/400m for U/17 M and W and triple jump for U/17 M and W. All other events for U/13, U/15 and U/17 athletes will be on 6/1/19. Entries will open soon and there are limited places. U/20 and senior events will take place on 20/1/19 but no details yet. For further information, visit the Welsh Athletics website. Entries are online. Hopefully the Midland meeting details will be available shortly.

Field Officials Course & Field Fest

By [Di Viles](#)

The field officials course being organised by Bristol club will take place on Sunday March 3rd at Downend in Bristol. If there is a demand, a timekeepers and track judges course can be organised as well. Further details [here](#). Come on, folks, we need more officials in all disciplines, so be brave and do the course. The club will pay any fees.

Following on from that, the date for our own FieldFest in the spring has been fixed for Sunday 14th April, so we will need all you newly qualified field officials for that. I will be away until 11th April so I will need plenty of help with organisation, as well as on the day.

YDL Meetings 2019 Dates

By Di Viles

The dates and venues are now out for the YDL meetings next year. The upper age groups are as follows:

5/5/19. @ Swansea
26/5/19 @ Exeter
30/6/19. @ Cardiff
28/7/19. @ Yate

Lower age groups are as follows:

27/4/19. @ Braunton
18/5/19. @ Worcester
23/6/19. @ Gloucester
20/7/10. @ Swindon

No home match for us next year for the first time. Word of warning, all these LAG matches are at fair weather tracks, i.e. No grandstands, probably much cheaper to hire than Bath. Fingers crossed for good weather!

Results

Snowdonia Marathon Eryri 27 Oct 18

1	Russell Bentley (Kent AC)	2:38:21
5	Dan Jones	2:46:19
29	Anna Bracegirdle (unatt.)	3:05:33
32	Mark Mackintosh (1VM50)	3:07:25
182	Sean Butler (Oswestry, exTBAC, 2VM60)	3:34:40

Calne Clock Change Challenge 28 Oct 18

10km

1	Thomas Davies	34:59
10	Heather Fell (Tavistock, 1F)	37:26
16	David Vaudin (2VM60)	39:16
107	Louise Jeffries (2VF55)	50:36

5km

1	Matthew Green (Newbury)	16:36
11	Megan Wright (Chippenham)	19:27
12	Ella Treby (2F)	19:36
13	Malcolm Treby (3VM40)	19:48

Parkrun – 27 Oct 18

Harrow parkrun

75	Natalie HARGRAVE (10F)	00:26:02
----	------------------------	----------

Bath Skyline parkrun

3	James DONALD	00:18:01
6	Mike DOOLEY	00:18:18
7	Alex PARSONS	00:18:36
8	Dylan STONEMAN	00:18:53
11	Harry WILLIAMS	00:19:16
66	Mike THOMPSON	00:22:53
79	Nicola CRACKNELL	00:23:24
115	Martha CAREY	00:24:55

130	Luke STURGESS-DURDEN	00:25:31
-----	----------------------	----------

136	Rhys CROW	00:25:44
-----	-----------	----------

151	Pat ROGERS	00:26:28
-----	------------	----------

355	Janice RAMBRIDGE	00:38:06
-----	------------------	----------

Thornbury parkrun

10	Nigel OSBORNE	00:22:49
----	---------------	----------

Southwick Country parkrun

2	Sean Robert BARRY	00:17:30
---	-------------------	----------

Mile End parkrun

1	Alex CARTER	00:15:51
---	-------------	----------

parkrun Gdansk

5	Chris MILBOURNE	00:18:58
---	-----------------	----------

Chippenham parkrun

3	Ellery COLE	00:18:11
---	-------------	----------

Harcourt Hill parkrun

4	Tim HILL	00:18:43
---	----------	----------

Salisbury parkrun

44	Emily GRIFFITHS (5F)	00:22:26
----	----------------------	----------

Poolbeg parkrun

44	Vicky COOPER (3F)	00:22:05
----	-------------------	----------

106	Stuart HENDERSON	00:27:26
-----	------------------	----------

**Preparing for a Spring
Marathon with
Olympian and Coach
Mara Yamauchi**



Sunday 20th January 2019, 10am-12:00noon University of Bath

Lecture room and Track £10 per person

Teambath AC are lucky to have a visit from Mara Yamauchi, two-time Olympian and the UK's second-fastest female marathon runner of all time, will give a talk on the marathon. Mara will talk about all aspects of preparing for a marathon including training, race preparation, nutrition & hydration, rest & recovery and injury-prevention. Her talk will include an opportunity to ask questions for the first hour followed by a session on the track all abilities are welcome.

Limited places first come first serve to book please contact:

Our Club Manager Julia Waldron: manager@teambathac.org



If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences more generally, please do so [here](#). This ensures your preferences are updated within the TBAC membership records.

