

The Bath Plug

Issue 1442 15 Nov 2018



TBAC takes on the trails of the Sodbury Slog - Robin Lewis, Gareth Strange, & James Donald.

The Club is continuing its search for volunteers to help run the Cotswold Way Relay next year - see the article from Tom Hutchison below. Please consider volunteering to help the club and maintain the status as such a great race that Luke has successfully built up over recent years. Contact Tom (welfare@teambathac.org) if you think you can help.

Our club manager, Julia, also needs to know soon if you are planning to attend the workshop run by Mara Yamauchi on 20th Jan. See advert at end of the Plug, and let Julia know if you are interested (manager@teambathac.org). This is a great opportunity to get insights from one of the best!

Tom Davies (Plug Editor)

Sodbury Slog

By James Donald

I was persuaded by Gareth to sign up for this race a few months ago (it always sells out within a hours), but hadn't realised what I'd let myself in for until early last week when I discovered it was further than I expected at 10 miles, and had a number of particularly

muddy and unpleasant sections, including a sheep dip, lots of bog and a long section of water filled ditch.

Despite this, the event was very fun with Gareth, Robin and I representing from Team Bath AC. Prior to the start there was at 11:00 a moving rendition of the Last Post before a silence. With that it was off to the start line, and following the advice of Robin and Gareth (who have both completed the event several times) of going hard at the start to avoid queues for gates and ditches once the off road stuff starts I made my way to front where I was pleasantly surprised by the lack of Bristol and West and Bristol Uni Cross Country club runners (who have put in strong performances in previous years). Following the advice I set off fairly hard and it was quickly clear that three of us had thoughts of going for the win. Over the following miles there followed a lot of chopping and changing between the three of us, a few brief wrong turns from me, and lots of great scenery and soggy running. I eventually finished second, having lost the lead after coming out of a long water filled ditch and then finding it hard to get my legs going again once I'd finally managed to clamber out onto the last couple of km of fast road action at the end.

Gareth and Robin both had great runs, with Robin coming in at 59th out of the 1000 odd runners (despite having possibly fractured his thumb while showboating over a jump) and Gareth knocked minutes of his time last year despite the 2018 course being longer.

We are always massively spoilt for choice for trail races around here at this time of year, but I'd definitely recommend this one.



Cotswold Way Relay needs club volunteers

By [Tom Hutchison](#)

Cotswold Way Relay June 2019 needs new club volunteers

- Have you run the Cotswold Way Relay before?
- Do you value it as a great event?
- Do you want to see it continue and thrive?
- Do you want to experience event organisation from the inside?
- Do you want to increase your voluntary contribution to Team Bath AC?

There is a place for you on the new CWR Race Management Team

The Club Executive committee thanks and applauds Luke Sturgess Durden for his many years as sole race organiser: There is a huge amount of work involved to make each years event a success. Luke would like to step back. Next years race will have an organising team to do the work and Luke will continue as Advisor.

The new look race team will:

- Work with David Bewick our web systems specialist; to produce updated race management software and race entry software that links with our club financial systems
- Plan next years race in outline before Christmas ready for public announcement in the New Year.
- Work with club administrator Lisa Bennet on race entry processing in the Spring
- Work with Club Manager Julia Waldron on race logistics
- Prepare teams for all the arrangements leading up to race day.
- Support the race on the day

If you would like more information or think you can help:

Either speak to Lisa Bennett or Julia Waldron on the club desk

Or please contact me Tom Hutchison as soon as possible

email: welfare@teambathac.org



Regional Coach Workshop - report

By Di Viles

Several of the Club's coaches attended the Regional Workshop held at the University on Sunday. Paul Sutton attended the high jump workshop, Roy Hayward went to the throws workshop whilst Natalie Game and I did the horizontal jumps workshop. It was also great to Roger Miller, the Club's former sprints and hurdles coach there. Nat and I had an excellent day, the course being taken by Erik Little, a Southampton based jumps coach, who was a former Canadian international and former Canada record holder at high jump. He was very knowledgeable and informative with great presenting skills and, even after 37 years coaching jumps, I felt I learned new things. You are never too old to learn. Our athletes, who took part, also learned a lot.

Results

Sodbury Slog 11 Nov 18

1	Ben Rawlins (Westbury Harr.)	1:03:39
2	James Donald	1:04:01
15	Annabel Granger (1F, B&W AC)	1:12:41
59	Robin Lewis	1:19:48
93	Gareth Strange	1:24:03

Bath Hilly Half 11 Nov 18

1	Sebastian Symington (unatt)	1:29:08
4	Mike Dooley (1MV50)	1:35:55
5	Mark Mackintosh (2MV50)	1:36:12
8	Lizzie Wraith (1F)	1:41:50
20	James Rutherford	1:47:30
37	Owen Davies	1:52:41
65	Joel Staley	1:58:51
168	Daniel Rochard	2:41:22

Bath Hilly Ultra 10K 11 Nov 18

1	James Smith (RNRM Runn'g)	50:37
3	Nick Parry (1MV50)	59:09
9	Sarah Smith (N Somerset AC)	1:04:44

Parkrun – 10 Nov 18

Cardiff parkrun

4	Themis BOWER	0:16:52
5	Robert HOWORTH	0:16:57

Torbay Velopark parkrun

32	Nicola CRACKNELL (2F)	0:23:36
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Bath Skyline parkrun

3	Mike DOOLEY	0:18:47
5	Mark MACKINTOSH	0:19:07
10	Harry WILLIAMS	0:19:53
11	Lara GIBBS (1F)	0:19:55
17	Malcolm TREBY	0:20:26
19	Tom HUTCHISON	0:20:30
22	Ella TREBY (2F)	0:20:50
61	John KERLEY	0:23:19
73	Owen DAVIES	0:23:50
79	John MITCHARD	0:24:09
87	Paul HENAGHAN	0:24:25
121	Pat ROGERS	0:26:17
174	Sue BRIGDEN (34F)	0:28:16
281	Rhys CROW	0:32:48
309	Ray BRIGDEN	0:35:39

Barnstaple parkrun

23	Vicky COOPER (2F)	0:22:42
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Abingdon parkrun

6	Chris MILBOURNE	0:19:22
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Thornbury parkrun

5	Gary HUGHES	0:20:59
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Alice Holt parkrun

88	Natalie HARGRAVE (12F)	0:28:20
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Salisbury parkrun

74	Emily GRIFFITHS (7F)	0:23:30
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Lytham Hall parkrun

4	Stuart HENDERSON	0:19:13
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Lydney parkrun

3	Nigel OSBORNE	0:21:45
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Melksham parkrun

25	Martyn MORANT	0:23:53
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Coldham's Common parkrun

3	Eliot BALL	0:17:13
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**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



The Bath Plug is the weekly magazine of Team Bath AC. Copy and comment for publication, questions and corrections to the editor at plugeditor@teambathac.org. Copy to the editor by Wednesday 18.00 for inclusion. Available online at teambathac.org.

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