

# THE BATH PLUG

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## EVENT NEWS

### WELSH CASTLES RELAY – 4-5 JUN

Magnificent performances

From Jo Thompson

Team Bath runners overcame scorching heat and some tough terrain in the Welsh Castles Relay last weekend, recording some of their best results for several years.

The Team Bath Men's Team finished 12th overall and 6th in the Mountain Kings' Event. The Ladies Team went beyond expectations and came 3rd Ladies team overall and 3rd Ladies team in the Queen of the Mountains Competition. With the largest number of ladies teams entered this year, the competition was strong. All the ladies ran superbly.

It was a real team effort with everyone having the goal of starting sensibly in the soaring temperatures and trying to finish strongly. It was great to have some new team members this year; making first time appearances in the 2016 race were Helen Avis, Claire Forster, Fiona Blackmore, Joe Lumb and Katrine Svane. With this depth of talent we feel we can really challenge for a the top spot next year!

Sue Sidey and Katrine Svane were stage winners, and top ten performances came from the following:

#### Day 1

Debbie Heywood, 2nd lady, Harlech Castle to Barmouth  
Eilidh Prise (British Pentathlete and Bath

University Student), 2nd lady, Barmouth to Dolgellau

James Donald, 5th, Penygroes to Criccieth  
Dan Jones, 4th, Dolgellau to Dinas Mawddwy

Jo Thompson, 3rd lady, Dolgellau to Dinas Mawddwy

Sue Sidey, 1st lady, Dinas Mawddwy to Foel David Vaudin, 6th, Foel to Llanfair Caereinion

#### Day 2

Chris Moore, 9th, Newtown to Llanbadarn Fynydd

Laura Backhouse, 2nd, Builth Wells to Drovers Arms

George Frost, 3rd, Brecon to Beacons Reservoir



Fiona Blackmore, 2nd, lady Brecon to Beacons Reservoir  
 Mike Blackmore, 3rd, Navigation Park to Nantgarw  
 Jo Lumb, 2nd, lady Navigation Park to Nantgarw  
 Katrine Svane, 1st, Lady Caerphilly to Cardiff  
 Jim Webb, 5th, Caerphilly to Cardiff  
 Mark Mackintosh, Tom Hutchison and Jo Thompson did superb jobs as team leaders and each and every runner contributed to what was a very successful and memorable weekend.

**From James Donald**

It was my first time taking part in the Welsh Castles Relay and the experience couldn't have been any better. I only really came along for the chat so it was good to get the running out of the way early with stage 2. I would liked to have gone a little faster here, but overall was fine with my performance; taking a solid 5th, 2:11 behind the winner.

I then got down to the much more important business of making a racket out the side of the team vans for the remainder of the day, while feeling increasingly fraudulent

about the ease of my stage compared to some of the later ones.

Sunday was another tough day of supporting and tweeting, made particularly difficult in the middle stages by my enthusiastic efforts to rehydrate the night before. The event was great, it was awesome to see Katrine take a stage win and the Women's team bag a brilliant 3rd place overall. Those taking care of all the logistics were heroes, and I'll definitely be back.

**RUNNING BATH 5K TIME TRIAL - 7 JUN**

**From Ray Brigden**

Position, Name, Age	Time	PB By
1 Josh Taylor, 26	16:28	
2 Will Peppercorn, 18	16:35	20 secs
3 Eddie Narbett, 17	17:29	
4 Luke Sturgess-Durden, 44	17:37	
5 Louis Gillow, 17	17:39	24 secs
6 Sean Barry, 15	17:47	
7 Mike Blackmore, 40	18:00	
8 Steve Rose, 44	18:29	
9 David Vaudin, 59	18:31	
10 James Taylor, 28	18:39	
11 Ian Dunning, 35	18:43	

12 Richard Beeby, 42	20:00	
13 Dave Gunstone, 59	20:08	
14 Tom Hutchison, 62	20:32	
15 Daniel Henk, 39	20:39	20 secs
16 Richard Roberts, 43	21:55	
17 Keith Jones, 75	24:27	
18 Tim Hill, 38	24:28	
19 Andy Griffiths, 65	25:46	
20 Paul Carroll, 58	26:21	
21 Jeremy Gilbert	27:55	
22 ANON 2	30:08	
23 Ray Brigden, 69	32:53	

**SHORTS**

**Park Run, 4 June**

**Bath Skyline Park Run**

1 Eddie NARBETT	Unattached	00:17:17
2 Jonathan WILSON	Team Bath AC	00:18:00
4 Louise PERRIO	Guernsey Island AAC	00:18:10
5 Jim WEBB	Team Bath AC	00:18:16
16 Gareth STRANGE	Team Bath AC	00:20:50
46 Ella TREBY	Team Bath AC	00:23:15
125 Colin HITCHIN	Team Bath AC	00:26:38
207 Pat ROGERS	Team Bath AC	00:30:15
215 Ray BRIGDEN	Team Bath AC	00:30:33

315 finishers

**Chippenham Park Run**

1 Alex HARRIS	Devizes Running club	00:18:18
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11 Caroline BRENCHLEY Team Bath AC 00:20:24  
132 finishers

### Penallta Run

1 Morgan JAMES Cardiff AAC 00:17:40  
14 Isabel CLARK Blaenau Gwent 00:21:13  
43 Steve MILNE Team Bath AC 00:24:09  
196 finishers

### Southwick Park Run

1 Dominic BEDDIS Avon Valley Runners 00:17:43  
3 James PORTER Team Bath AC 00:18:34  
7 Emma GOULD Birchfield Harriers 00:19:33  
301 finishers

### Chipping Sodbury Park Run

1 Aidan NOBLE Westbury Harriers 00:17:57  
20 Charlotte TAYLOR Hogweed Trotters 00:20:51  
22 Eva PORTER Team Bath AC 00:20:54  
268 finishers

## CLUB NEWS

### LONDON MARATHON

#### Good For Age – deadline

##### From Malcolm Treby

Just a heads up that London Good For Age entries have opened now for anyone who has run a qualifying time since the start of 2015. They're only open until 20 June though, so, if you're planning to apply through this route, don't hang around!

### HOW TO TREAT HEAT EXHAUSTION & HEATSTROKE

#### First aid advice for runners

##### From Ilana Wigfield

During the Welsh Castles Relay, Team Bather Dave Sanson stopped during his leg to help treat a runner who was suffering from heatstroke.

"About a mile from the finish a runner collapsed about 10 meters in front of me," Dave says. "His legs just went. When I got to him he was very disoriented and couldn't sit, never mind stand up. He had all the signs of heatstroke so I did the necessary to cool him down and keep him lucid. Runners passing said they would alert the marshals at the end. A car stopped and after a while they agreed to drive a couple of miles back along the course to where I had seen the ambulance. Eventually the ambulance (and Mike T) arrived and I stayed with him for another couple of minutes before heading off. He was in good care and was starting to come round."

I was also asked to help another runner at the finish – and it was quite scary how many people thought the right thing to do was to sit the runner up, which is actually dangerous.

Therefore, it seems timely to give a few tips, so all runners know what to do if they find themselves in the same situation.

**Prevention (if you know you have to race at a hot time of day):**

Paracetamol 1g (2 tablets) about 30-60 min before the race helps keep core temp down and will improve performance too

Hydrate well before and during  
Wear sun cream and a hat – red skin allows heatstroke more easily

Acclimatise if at all possible - run at a hot time of day for a week or so before the race or improvise in lots of layers - 2 weeks is ideal but any will help

Keep cooling during the race with sponges and water over head

#### Recognition:

Early: very hot and flushed, excess fatigue

Later: "heat exhaustion": nausea +/- vomiting, skin cold and clammy as body's mechanism to dissipate heat is overwhelmed and blood pressure drops - essentially to enforce a lie down

Poor blood flow to the brain gives poor balance - weaving as running or walking, confusion/delirium/talking nonsense/not knowing name, then

Finally: "heatstroke" - sweating stops - hot dry skin, worse confusion, unconsciousness, fits or seizures and eventually brain damage. Serious medical emergency - CALL 999

#### Treatment:

Keep blood to their head and get temp down  
Ensure safe location - ask others to divert cars etc and make sure someone calls for help.

Get to shade or create some  
Lie runner flat and lift legs to raise the core blood pressure

If vomiting or unconscious, can roll to side, but keep them flat

Do not prop them up, especially if unconscious, as less blood gets to brain

Spray or pour cool water over, icepacks to groins and armpits, and keep fanning with anything available, stop onlookers from over crowding

Get assistance asap using marshals

Call 999 for heatstroke - if unconscious more than a few moments or if fits.

This link is to the St John Ambulance website on heatstroke which gives advice on what to look for and what to do:  
[www.sja.org.uk/sja/first-aid-advice/hot-and-cold-conditions/heatstroke.aspx](http://www.sja.org.uk/sja/first-aid-advice/hot-and-cold-conditions/heatstroke.aspx)

## THE RACING/TRACK & FIELD CALENDAR

### June

11 YATE/SALISBURY, AVON/WILTSHIRE SCH  
12 Yeovil Marathon  
15 BATH, TEAMBATH OPEN  
18 Broad Town 5, Wootton Bassett\*  
18 Ridgeway Revenge XC 10km & Half  
19 Hampshire Hoppit Half/Marathon  
19/20 NUNEATON, MIDLAND U/20/SEN CHAMPS  
19 BRISTOL, YDL LOWER A/G  
19/20 BEDFORD, EAU U/20/U/23  
20 CAMARTHEN, YDL UPPER AG  
23 MILLFIELD, OPEN MEETING  
24/25/26 BIRMINGHAM, UKS CHAMPS  
25 Cotswold Way Relay  
26 Aztec Fast 5k (Bristol BS32 4TD)  
30 Great Chalfield 10k

### July

1 YATE, AVON LEAGUE  
3 Quantock Beast, 5.7m XC  
8/9 GATESHEAD, ESAA CHAMPS  
10 Fan y Big Horseshoe Race  
13 Bitton 5k Summer Series  
16 NEWPORT, YDL LOWER AC  
17 Frome 10K\*  
23 Bitton Beach Buster  
24 YEOVIL, YDL UPPER AG  
31 GLOUCESTER, AVON LEAGUE

### August

2 [Tues RunningBath 5k 7pm](#)  
5 The Bustard 5, Pewsey\*  
5 Rio 2016 Olympics  
7 EXETER, SW CHAMPS  
10 Bitton 5k Summer Series  
13/14 NUNEATON, MC U/15/U/17  
21 Foxtrof 5, Broughton Gifford

### September

3 Malmesbury 10K\*  
6 [Tues RunningBath 5k 7pm](#)  
25 43rd BMW Berlin Marathon

### October

2 Cricklade Half Marathon\*  
4 [Tues RunningBath 5k 7pm](#)  
16 Grittleton 10K\*  
23 White Horse Gallop, Westbury  
30 ClockChangeChallenge 10K, Calne\*

### November

1 [Tues RunningBath 5k 7pm](#)  
8 Trowbridge Zombie Apocalypse 5k

### December

4 Bromham Pudding 10k  
6 [Tues RunningBath 5k 7pm](#)

\* 2016 Wiltshire Road Race League races