

# The Bath Plug

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Dan Jones crossing the finish line to win the Snowdonia Marathon

Saturday 28 October 2017

## **Snowdonia Marathon**

By Dan Jones

I ran the Snowdonia Marathon on Saturday 28 October looking to win after coming 2nd the previous year. The weather was ideal (overcast and only a slight breeze).

The first 5 miles was a climb up to the top of Pen-y-pass, then a sharp decent followed by two miles of off road. Back on the road to the half way point in Beddgelert I was starting to close on the leader and by 14 miles I had passed him.

I managed to keep the pace I ran in the first half of the race until 22 miles when the final climb came. This was hard work but I got to the top still feeling strong and the decent back into Llanberis to the finish was better than expected.

I crossed the line pleased that I achieved the goal of winning the race.

### **TBAC results**

1 Dan Jones 2.36.54

Saturday 28 October 2017

## **Eastbourne Beachy Head Marathon**

By Joel Staley

Looking for a different challenge in my 40th year, I opted for the Eastbourne Beachy Head Marathon. The race promised a tough off-road course through the South Downs, taking in some stunning scenery, including the Seven Sisters and – of course – Beachy Head itself. I was warned to add an extra 25% to my best marathon time, giving me a sense of what I'd let myself in for.

Knowing I'd encounter a total climb of almost 4,000 feet, I trained hard and long on the toughest hills around Bath. I was in good shape, before illness then injury hit me three weeks out, disrupting my final preparations and seriously threatening my ability to make it to the start.

Thankfully I recovered in time to participate, and was rewarded with a race that truly lived up to the hype. Conditions were perfect: a cool, dry,



Weight-lifting on the finish line



sunny day with mercifully light winds, even on the course's most exposed sections. The route was stunning, with some breathtakingly beautiful stretches of countryside and coastline. The race was well organised, with fantastic support and plenty of marshals lining the route.

And the hills... well, they were relentless, right from the first steep climb off the start-line. The toughest stretch was the final 10 km, taking in all Seven Sisters, each one as painful on the way up as they were on the way down. The final ascent up Beachy Head felt like I was climbing Snowden (well done Dan Jones, astonishing 1st place success).

I felt pretty good most of the way round, stuttering slightly around miles 14-16, before a tasty sausage roll at the 17-mile checkpoint rejuvenated my spirits and gave me an unusual but much-needed strength boost to attack the final miles. From then I was rarely overtaken, growing in confidence as I passed many struggling runners – all those training hills and miles were paying off.

As I approached the finish, having not been able to maintain any sense of pace at all during the race, I realised I was very close to the 4-hour mark. I eventually finished 38 seconds over, with a challenging technical descent to the finish and my legs screaming at me to stop.

If I hadn't been distracted by that sausage roll I might have dipped just under (or I could have crashed and burned, who knows!). But, it was really delicious, and my overwhelming feeling



A very pleased Joel Staley at the end of the race



Joel Staley on the final descent of the Beachy Head Marathon

at the end was elation, with a strong sense of achievement at having completed the hardest race of my running career so far.

#### TBAC results

158 Joel Staley 04.00.37

### SW Indoor Championships dates

By Di Viles.

The dates for the South West Indoor Championships are:

#### For U13, U15 and U17 athletes:

Sunday 3/12/17

Saturday 6/1/18

#### For U20 and senior athletes

Sunday 14/1/18

Sunday 4/2/18

It hasn't been announced yet which events are on which dates so keep an eye on the Welsh Athletics website. All championships will take place in Cardiff as part of a Welsh Open Meeting. All age groups will be as they are during the 2018 season so some athletes will be in a higher age group than last summer.

### Recent results

#### Exmoor Trail Running Challenge

##### Ultra, Sunday 29th October

15 Sarah Baxter (1F) 04.29.22

106 Ilana Wigfield (30F) 06.47.45

#### Calne Clock Change, Sunday 29th October

2 Thomas Davies 34.47

9 Simon Brace (3M40) 36.48

54 Toby Firkins (2MJ) 43.05

7F Kim Brace (3 F35) 45.47

9F India Ibbotsen (2 FJ) 46.37

28F Louise Jeffries (1F55) 49.57

#### Shepton Mallet 10k, Sunday 29th October

2 Aaron Pritchard 34.46

#### Bath Skyline Parkrun, Saturday 28th October

1 Jim Webb 00:16:53

14 Katrine Svane (1F) 00:19:47

16 Anna Burt (2F, U18) 00:20:03

17 David Vaudin 00:20:06

22 Jo Thompson (4F) 00:20:34

30 Tim Luck 00:21:21

39 Nick Parry 00:21:59

46 Nicola Cracknell (9F) 00:22:25

49 Nigel Osborne 00:22:29

54 Owen Davies 00:22:46

67 Mike Thompson 00:23:14

75 Ewelina Wojtala (14F) 00:23:50 PB

98 Colin Hitchin 00:24:55

145 Leah Deverick (28F, U20) 00:26:24 PB

299 Ray Brigden 00:32:57

334 Janice Rambridge (114F) 00:35:36

370 Michael Stanley 00:51:13

#### Southwick Country Parkrun, Saturday 28th October

177 Caitlin Mander (39F, U15) 00:27:23

#### Newport Parkrun, Saturday 28th October

20 Gareth Strange 00:21:39

#### Tilgate Parkrun, Saturday 28th October

16 Tim Hill 00:20:16

#### Porthcawl Parkrun, Saturday 28th October

30 Katie Robinson (3F, U15) 00:21:52

#### Tooting Common Parkrun, Saturday 28th October

344 Claire Hedley (96F) 00:28:19 PB

#### Preston Park Parkrun, Saturday 28th October

2 Alex Parsons (U15) 00:17:19 PB

**Pomphrey Hill Parkrun, Saturday 28th October**

10 Fiona Blackmore (1F) 00:20:11

**Tring Parkrun, Saturday 28th October**

16 Chris Molloy 00:21:35

**Hastings Parkrun, Saturday 28th October**

4 Dylan Stoneman (U15) 00:18:46

**Mount Edgcumbe Parkrun, Saturday 28th October**

25 Keith Jones 00:30:41

**Bideford Parkrun, Saturday 28th October**

22 Ella Treby (2F, U15) 00:22:12

68 Lottie Treby (18F, U11) 00:28:55

69 Malcolm Treby 00:28:55

***The Racing Calendar***

**November**

4 Gloucester League XC  
4 National XC relays, Mansfield  
5 Over the Hills 12k  
7 Tues RunningBath 5k 7pm  
11 Avon Valley Railway 4k/10k  
11 Gwent League XC, Brecon  
12 Sodbury Slog  
12 Bath hilly half & ultra 10k  
18 Roundway Revenge, Devizes  
19 Bath Skyline 5k/10k  
19 Open Meeting, Sheffield  
19 Castle Combe Chilly 10k  
19 Sutton Bengfer Flyer 5m

26 Gloucester 10k  
26 Brent Knoll Race  
26 AVR Wiltshire HM

**December**

2 Old Down Estate santa run 5/10k  
3 Welsh Athletics Junior Open  
3 Lee Valley Open Meeting  
3 Bromham Pudding Run 10k  
3 Gwent League XC, Pembrey Park  
5 Tues RunningBath 5k 7pm  
10 Gloucester League XC  
10 Cardiff University Grand Prix  
10 Tri-county XC Championships  
16-17 Southern Indoor Com. events  
17 Bath Skyline 10k  
17 Christmas Cracker 10k  
26 Plain Crazy 12.5m, Warminster  
31 Gloucester New Years Eve 10m

**January**

1 Lee Valley New Year Open  
2 Tues RunningBath 5k 7pm  
6 Junior Open Meeting, Cardiff  
6/7 Southern Indoor U15/U17  
6/7 Midland Open Meeting  
7 Southwest XC Championships  
7 Kelston 10k  
13/14 Southern Indoor U20/Senior  
14 Bath Skyline 5k/10k  
14 Cardiff Uni New Year Open  
21 Doynton Hard HM  
27/28 Midland Open Meeting  
27 Welsh Athletics Senior Champs.  
27 Warmley Forest Park 5k/10k  
28 Mud Bath 5k/10k  
28 Slaughterford 9

28 Longleat 10k  
28 Midlands XC Championships

**February**

3 Avon Valley Railway 4k/10k  
4 Cardiff Uni Open Grand Prix  
5 Tues RunningBath 5k 7pm  
10 Bath Skyline Night Run  
10 Gwent League XC  
11 Bath Skyline 5k/10k  
11 Withshire 10  
11 Cotswold races, Cheltenham  
17 Gloucester League XC  
17/18 Welsh Athletics Junior Champ  
18 Wells HM  
18 River Avon Trail 6k/10k  
24 National XC Championships  
24 Athletics Direct Midlands Championships  
25 Two Bays Tough 10  
25 Brimingham Games Open

**March**

3 Gwent League XC  
4 Bath Half  
6 Tues RunningBath 5k 7pm  
11 Imber Ultra  
17/18 Midland Open Meeting  
18 Forest of Dean HM  
25 Yeovil HM  
30 Good Friday 10M Chippenham