

# The Bath Plug

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Mark Mackintosh and David Vaudin at the finish of the Berlin Marathon. For Mark the race was the final of the 6 major marathons and he finished with a PB! David finished as an impressive 3rd V60.

Berlin Marathon, Sunday 24th  
September

## ***Finishing the Majors on a High***

By Mark Mackintosh

David and I both enjoyed a successful day out in the Berlin Marathon over the

weekend. The race day was cool and overcast with drizzle which suited me and meant that I did not need to go to every drink stop (although the warm sweet tea on route was a new and surprisingly good experience). The race plan had been to set out at the same pace as Chicago (just under 4min kms), and hold it for longer than in Chicago,

this played out and I only slowed after the 40k mark. This resulted in me taking home a PB of 2:49 as well as the medal for completing the world majors. Finished in 27th in age group and 740th, but this was eclipsed by David Vaudin who finished in 2:59 and 4th V60 (3rd by guntime) which was the third fastest V60 marathon time on Run Britain in





Mark looking cool on his first ever TV-appearance

2017. Not the best organised race village of the world majors, but great fast flat course and there is something special with running through the Brandenburg Gate in the last few 100m.

#### All TBAC results

Mark Mackintosh (27 V50)	2.49.52 PB
David Vaudin (3/4V60)	2.59.40
Tim Luck	3.53.37
Ewelina Wojtala	3.53.38
Steve Milne	5.54.55

Midlands Road Relays, Saturday 23rd September

### Young Stars shine in the Sutton Park Sun

By Dave Coales

At an average age of just over 21 years we took the most youthful and exciting Senior Men's team to the Midlands 6 Stage Road Relays at Sutton Park on Saturday that I can remember in my 15 years involvement with the club. Further more needing to finish in the top 25 out of 100 teams in order to qualify for the

National Road Relays we did so by some margin finishing as we did in 18th place.

Dan Jones ran the first and fastest leg of the day. Dan the elder statesman of the team at the age of 31 proving what an essential, asset experience is when it comes to tackling the tricky Sutton Park 5.8 km circuit.

17 year old twins Robert and John Howorth ran legs 2 and 3 respectively, both running very respectable times of sub 21 minutes with fellow 17 year old Themis Bower again running a very respectable time of just over 21 minutes for leg 4.

The penultimate leg was ran by new club recruit Aaron Pritchard. 22 year old Aaron on debut ran a superb time of 19.51. George Frost on the final leg matched Aaron to the second with a superb run to secure 18th place and qualification in the sunshine at Sutton Park.

#### Men's 6 Stage Relay 5.8 km

1st Bristol & West	1.48.33
18th Team Bath AC	2.01.49
Dan Jones	19.20 (19th)
Robert Howorth	20.55 (26th)
John Howorth	20.43 (23rd)
Themis Bower	21.09 (25th)
Aaron Pritchard	19.51 (19th)
George Frost	19.51 (18th)
Total 101 complete teams	

### And older stars shine too!

By Katrine Svane

With an average age on the other side of 30 the women's team could not pride itself of the same youth as the men, but had the strength of more experienced and endurance-focused runners. The team finished 7th after a close competition, separated by less than a



Eilidh Bell setting out on the final leg

minute from local rivals Bristol & West in 3rd place.

I had taken on the responsibility of running the first leg of the undulating 4.3k course. I didn't position myself great at the start line, but the gentle start allowed me to pick up runners steadily over the course, keeping the motivation high. I finished in sixth place and handed over to Rebecca Pierce who picked up another place with a strong second leg. She was followed by Fiona Blackmore who had been called in as a reserve just two days before the race, and despite the minimal preparation ran a solid third leg. Eilidh Bell closed in the gap with a sub-16 minute final leg to secure the team 7th position overall.

Overall both teams ran really well, and we had a good day out - blessed with good weather conditions for both running and cheering! A big thanks to Dave Coales for organising the men's team and spending the day driving us safely to Sutton Park and back.



Team photos from the Midlands Road Relays - the men's team finished 18th and the women's team finished 7th.



## Women's 4 stage Relay 4.3 km

1st Birchfield Harriers	1.00.39
7th Team Bath AC	1.05.00
Katrine Svane	15.36 (6th)
Rebecca Pierce	16.27 (5th)
Fiona Blackmore	17.06 (8th)
Eilidh Bell	15.51 (7th)
Total 101 complete teams	

## Upcoming events

## Cross Country Season is almost here!

By James Donald

October is fast approaching and that can only mean one thing; Cross Country Season!

We had some great team performances last year that were built on having lots of people participate at all the Gloucester League fixtures, and we are hoping for the same again this year. It doesn't matter how speedy (or not) you think you are, XC is a team sport and everyone taking part contributes (e.g. arch rivals Cheltenham & County Harriers are notorious for stacking the field and getting everyone's way!), so please get involved. At £4 a race (or £12 for all 4 fixtures) it would be silly not to join in the fun.

Fixtures this year are as follows, if you are interested in taking part but aren't sure, or need help with transport please have a chat with Eliot Ball, Philippa Spruit or me.

- Oct 14 2017 Gloucester (Blackbridge)
- Nov 4 2017 Charlton Park, (Malmesbury)
- Dec 10 2017 Katherine Lady Berkeley Sports Centre, (Wotton Under Edge)
- Feb 17 2018 Cheltenham

More information can be found at: <https://www.athletics4u.co.uk/cross-country/>

See you there!



Cross Country season is approaching - you don't have to be mad to participate!

## London Marathon Championship Entry Places

From Mark Thomas

Applications for a championship entry place in the 2018 Virgin Money London Marathon will open towards the end of November.

For full details see below and [www.virginmoneylondonmarathon.com/en-gb/how-to-enter/championship-entry/](http://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/championship-entry/)

### Do you qualify?

If you're a member of an athletics club affiliated with England Athletics (or one of the other home countries associations), are a registered athlete with that club and you achieve(d) a championship-qualifying performance for a marathon (or half marathon) in 2016 or 2017, you are able to apply for a championship entry place in the 2018 Virgin Money London Marathon.

You will need to have completed a marathon (or half marathon) in the same time, or faster than, the times listed below – these are the official championship qualifying performance times. Your qualifying time must be achieved after 1 January 2016:

#### Men

Half Marathon	sub 1.15
Full Marathon	sub 2.45

#### Women

Half Marathon	sub 1.30
Full marathon	sub 3.15

You must be registered with your National Governing Body (i.e. England Athletics, Scotland Athletics, Welsh Athletics, Athletics Northern Ireland) otherwise your application will be rejected by the Virgin Money London Marathon. If you are unsure whether or not you are registered, please check your profile at

[www.englandathletics.org/myprofile](http://www.englandathletics.org/myprofile).

Please note: If you already have a Good



Tom Hutchinson on the Cotswold Way

for Age place in the 2018 Virgin Money London Marathon you did not need to apply again. Please email [championshipentries@londonmarathonevents.co.uk](mailto:championshipentries@londonmarathonevents.co.uk) from January for instructions on how to upgrade your entry.

## Recent results

### Cotswold Way Century (102M), 23rd-24th September

1 Wyclef Forbes	17.34.06 CR
2 Holly Rush (1F)	20.27.44 CR
16 Alex Copping	24.13.49
49 Tom Hutchinson	29.00.50

### Rodbaston Hall Penkridge 10k

55 Sarah Henderson (7F) 53.03

### Bath Skyline Parkrun, Saturday 23rd September

1 Jim Webb	00:17:15
2 Guy Woods	00:17:38
3 Mike Dooley	00:17:45
5 Simon Brace	00:18:19
11 Lee Allen	00:20:21
14 Tim Hill	00:20:43
15 Malcolm Treby	00:20:43
39 Ella Treby (3F, U15)	00:22:56
40 Kim Brace (4F)	00:23:04
68 Andy Mullett	00:24:41
70 Pat Rogers	00:24:50
106 Louise Jeffries (17F)	00:26:12
108 Owen Davies	00:26:14
109 Rhys Crow	00:26:16
120 Keith Jones	00:26:39
261 Ray Brigden	00:32:28
308 Janice Rambridge (115F)	00:37:08

### **Newbury Parkrun, Saturday 23rd September**

1 James Donald 00:17:32  
51 Helen Alvis (3F) 00:22:49

### **Princess Parkrun Liverpool, Saturday 23rd September**

65 Nicola Cracknell (4F) 00:23:12

### **Southwick Country Parkrun, Saturday 23rd September**

23 Martyn Morant 00:20:54  
133 Caitlin Mander (24F, U15) 00:27:58

### **Stormont Parkrun, Saturday 23rd September**

90 Boo Mcconnell (25F) 00:28:48

### **Parkrun Gorzow Wielkopolski, 23rd September**

2 Stuart Henderson 00:19:55

## ***The Racing Calendar***

### **October**

1 Cardiff HM  
1 Dyrham park 5k/10k  
1 Mud Bath 2.5/6/10k  
1 Cricklade 10k/HM  
3 Tues Running Bath 5k 7pm  
8 Marshfield Mudlark

8 Westbury Lions Club 10k  
14 Gloucester league XC  
14 Gwent league XC, Cardiff  
15 Grittleton 10k  
22 Stroud HM  
22 White Horse Gallop, Westbury  
28 Warmley Forest Park 5k/10k  
29 Shepton Mallet 10k  
29 Clock Change Challenge 10k

### **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 Castle Combe Chilly 10k  
19 Sutton Benger Flyer 5m  
26 Gloucester 10k

### **December**

2 Old Down Estate santa run 5/10k  
3 Bromham Pudding Run 10k  
3 Gwent League XC, Pembrey Park  
5 Tues RunningBath 5k 7pm  
10 Gloucester League XC

10 Tri-county XC Championships  
17 Bath Skyline 10k

### **January**

2 Tues RunningBath 5k 7pm  
7 Southwest XC Championships  
7 Kelston 10k  
14 Bath Skyline 5k/10k  
27 Warmley Forest Park 5k/10k  
28 Mud Bath 5k/10k  
28 Slaughterford 9  
28 Midlands XC Championships

### **February**

3 Avon Valley Railway 4k/10k  
5 Tues RunningBath 5k 7pm  
10 Bath Skyline Night Run  
11 Bath Skyline 5k/10k  
11 Withshire 10  
17 Gloucester League XC  
18 River Avon Trail 6k/10k  
24 National XC Championships