

The Bath Plug

Issue 1439 25 Oct 2018



TBAC come away with the team prize at the White Horse Gallop!

This week a report from the White Horse Gallop, the 2nd race in the Wiltshire Off Road Race League, and a great TBAC team result. Plus Janice completes her 10th Great South Run, and look out for some fast performances in the results (inc. Eilidh Bell breaking 80 mins at Stroud Half Marathon).

Remember the club AGM takes place next week - 8pm Tues 30th Oct @ Jumps & Throws Hall, STV.

Tom Davies (Plug Editor)

White Horse Gallop

By James Donald

TBAC men had a good performance as the White Horse Gallop, the second race in the Wiltshire off road league.

The race is an 8 mile trail race that goes from Westbury, up to the white horse, down up and around a bit before heading back to Westbury. Chris Elmer, Alberto and I finished 3rd, 5th and 1st respectively to bag the team prize, while Eliot “did a Peppercorn” and ran the majority of the route despite being unable to sign up for the race on the day. Luckily, as he was well ahead of first place at the time, he didn’t go “full Peppercorn” and pulled out with 600m go to prevent finish line chaos.

It was a great day for the race, with some top views from up by the white horse. The only downside was the level of undergrowth and nettles on the some of the paths as my legs are still tingling a day later!

10 Great South Runs

By [Janice Rambridge](#)

I ran my last Great South run on Sunday as I had set myself a target of 10. I seem to be the only TBAC runner this year. I finished in a slow 2 hrs 24 mins but I was just grateful to get round as I’ve not been running my best lately and been unable to train properly. I did 10 Great North runs and now having completed my 10 Great South I am aiming to do 10 Great BRISTOL 10k’s I’ve done 2 and fitness permitting will do my 10th when I am 79. Hope I can keep going that long!

Results

White Horse Gallop 21 Oct 18

1	James Donald	51:38
3	Chris Elmer	52:32
5	Alberto Lapedriza	53:39
18	Karen Hacker (1F, Chippenham)	60:02

Great South Run 21 Oct 18

1	Chris Thompson (Aldershot)	0:46:56
1F	Eilish McColgan (Dundee)	0:54:43
15318	Janice Rambridge	2:24:00

Stroud Half 21 Oct 18

1	Andrew Davies (Stockport)	01:08:02
24	Eilidh Bell (1F)	01:19:32
82	David Vaudin (1VM60)	01:27:12
395	Nick Worboys	01:41:40

Gwent League XC, Llandaff Fields 13 Oct 18

Updated from last week

U20W

1	Elise Thorner (Milfield)	16:41
3	Anna Burt	18:00

U17W

1	Ashleigh Willis (Swansea)	16:56
19	India Ibbotson	19:11

U20M

1	Jake Hayward (Cardiff)	19:56
14	John Howorth (Cardiff U)	22:55

Parkrun – 20 Oct 18

Cardiff parkrun

1	John HOWORTH	00:16:14
4	Robert HOWORTH	00:16:47
8	Themis BOWER	00:17:14

Bath Skyline parkrun

5	Dylan STONEMAN	00:18:58
7	Tim HILL	00:19:05
8	Mark MACKINTOSH	00:19:08
21	Harry WILLIAMS	00:19:54
26	Malcolm TREBY	00:20:12
27	Tom HUTCHISON	00:20:14
28	Ella TREBY (2F)	00:20:19
56	Nigel OSBORNE	00:22:16
58	Chris MILBOURNE	00:22:24
90	Nicola CRACKNELL (11F)	00:23:55
115	Rhys CROW	00:24:56
120	Leah DEVERICK (17F)	00:25:01
130	Nick PARRY	00:25:30
132	Mike CHARLTON	00:25:36
152	Pat ROGERS	00:26:30
304	Boo MCCONNELL (101F)	00:33:13
326	Ray BRIGDEN	00:34:44

Shepton Mallet parkrun

1	Thomas DAVIES	00:17:00
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Thornbury parkrun

4	Gary HUGHES	00:20:16
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Southwick Country parkrun

1	Alex PARSONS	00:16:39
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Mile End parkrun

1	Alex CARTER	00:15:44
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Chipping Sodbury parkrun

184	Andy REID	00:28:29
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Salisbury parkrun

77	Emily GRIFFITHS (10F)	00:23:36
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Whitehaven parkrun

2	Zac HUDD	00:17:26
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Severn Bridge parkrun

7	Owen DAVIES	00:19:28
53	Natalie HARGRAVE (6F)	00:23:47

Marlborough Common parkrun

3	Stuart HENDERSON	00:19:42
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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





Team Bath Athletic Club NEEDS YOU to be a

Trustee

Team Bath AC is a Charitable Incorporated Organization (*Registered Charity no. 1165972*) and as such has a Board of Trustees to oversee and manage its affairs alongside the Club's Executive Committee and salaried staff. The Club is based at the University of Bath's Sports Training Village.

With a number of Trustees due to finish their period on the Board we are actively looking for enthusiastic and resourceful individuals to consider putting themselves forward as a Trustee. Although an important and responsible position the duties are not onerous with four scheduled Trust Board meetings a year.

If you are the person who would like to contribute to the continuing success of Team Bath Athletic Club then please contact Geoff Davis for more details and arrange an informal chat regarding the Club structure and the role of a Trustee.

treasurer@teambathac.org.)

We would particularly like to hear from you before the Club's AGM scheduled for 30th October 2018.

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.

