

# The Bath Plug

Issue 1444 08 Dec 2018



*TBAC at the Bromham Pudding Run.*

In this issue: For the Endurance group, there was a big TBAC presence at the Bromham Pudding Run testing themselves over 10K, while on T&F side the indoor season got underway with meets in Cardiff & Lee Valley, including a club record in the U15G triple jump by Eleni Francis.

I've kept in the announcements about help organising Cotswold Way and the Mara Yamauchi workshop for one more week - its not too late to sign up!

Tom Davies (Plug Editor)

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## ***Bromham Pudding Run***

By [Chris & Laura Moore](#)

Lured by the promise of a free Christmas pudding as well as hearing good things about this local race, we were among the lucky few who managed to get a place for this festive race.

Having had a lack of speed training since our daughter was born in June, we were keen to set a marker of how quick we could run 10km.

With an excellent helper looking after Anna we were both pleased with our times of 36.25 and 40.57.

I (Chris) set off with a group of runners at a pace I thought I could continue with, whilst watching the TBAC train of Eliot, Tom and James racing ahead. I managed to keep a fairly consistent pace, pushing on the final kilometre to keep my top 10 position, with runners close behind me.

I (Laura) enjoyed the two lapped course which enabled lots of supporting Santas and Christmas puddings to cheer me on. I tried to keep Freya in sight but she was soon far ahead. Setting a fantastic PB of 39:59, Freya came second female overall. I was pleased to just sneak under 41 minutes and am already looking forward to next year.

James Donald was 1st TBAC, Freya Spruit 2nd female and 1st junior, while David Vaudin and Jo Thompson were 1st V60s. See full TBAC results below.

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## ***Indoor T&F underway at Cardiff***

By [Di Viles](#) / [Simon Francis](#)

The indoor track season started this weekend and Team Bath AC athletes were out in force and produced personal bests, wins and even a club record.

At Cardiff, in the Welsh Athletics Junior Open (inc. SW Champs), there was a win for Eleanor Webster in the 300m in 45.82 and personal bests for Gemma Baker in the U/17 200m in 30.75, Josie Rucker in the U/15 200m in 30.15, Alex Knight in the U/15 300m in 44.06, Nynka Rucker in the U/15 300m in 46.81, Caitlin Mander in the U/15 high jump with 1m36 and Eleni Francis in the U/15 triple jump with 10m01, which is a new Club record. Alice Wilson got a PB in the U/15 long jump with 4m70.

Eleni picked up a couple of SW medals: she claimed Silver in the morning in the U15 Long Jump (4.83m) and Bronze in the afternoon in the U17 Triple Jump (there wasn't an U15 comp) jumping a big PB of 10.01m. She also ran in the 200m later in the afternoon finishing just outside of the medals in 28.87.

Alice Wilson, bronze in the long jump and Byron Mander, gold in the shot, were also South West medallists.

The SW Champs were held in conjunction with the Open Meeting, so the positions given in the results below were the overall positions in the field and in their respective heats on the track.



*Eleni Francis with medals in the LJ and TJ at the SW Indoor T&F Champs*

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## **Lee Valley Indoor Open**

By Graham Mattacks / Di Viles

### **Lee Valley Indoor Open 2nd December**

At Lee Valley there were wins and personal bests for Femi Akimbobola in the 60m in 7.29 and 300m in 37.24, Ben Game in the U/17 60m in 7.46 in race 1 and 7.38 for 2nd place in race 2, Luke Game in the U/15 60m in 8.52 and Michael McDonagh in the SM 300 m in 39.35. Other PBs went to Ben Game in the long jump with 5m94, Luke Game in the long jump with 4m50, Joel Mattacks in the 300 m in 42.23 and long jump with 4m82. Zoe Mattacks was 3rd in the SW 60m in 8.59.





*Femi Akinbobola*



*Zoe Mattacks*

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## ***TBAC Xmas Social - 7pm Thu 20th Dec***

By [Lisa Bennett](#)

Big thank you to Kimberley Brace for booking [The Curfew](#) for the Team Bath AC Seniors Christmas Social, please give your names to Lisa Bennett & £15.00 to confirm your place. The cost includes food, let's try and get 60 people!

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# ***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](mailto:welfare@teambathac.org)





# Results

## WA Junior Open, Cardiff (inc SW Champs), 02 Dec 18

### Bromham Pudding Run 02 Dec 18

1	Michael Towler (AVR)	33:14.8
3	James Donald	34:20.8
4	Thomas Davies	34:32.0
5	Eliot Ball	35:29.0
9	Chris Moore	36:24.7
15	Simon Brace (4MV40)	36:53.7
20	Sarah Kingston (Southampton, 1F)	37:37.5
30	Stuart Henderson (8MV40)	39:11.9
31	David Vaudin (1MV60)	39:16.8
38	Freya Spruit (2F, 1JF)	39:59.0
49	Laura Backhouse (2F)	40:55.7
72	Vicky Cooper (7F, 3FV40)	43:59.4
77	Jo Thompson (8F, 1FV60)	44:20.4
89	Kim Brace (10F)	45:17.7
102	Michael Thompson (3MV60)	46:20.5
131	Helen Alvis (17F)	47:35.5
225	Toby Firkins (6JM)	53:34.3
228	Sue Brigden (4VF60)	53:54.2
237	Andy Reid (9MV60)	55:13.2

### Lee Valley Dec Open 02 Dec 18

#### 60m SM 1.3

1	Femi Akinbobola (U20)	7.29 PB
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#### 60m SM 1.6

1	Benjamin Game (U17)	7.46 PB
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#### 60m SM 1.7

3	Michael McDonagh (U20)	7.69 PB
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#### 60m U15M 1.4

4	Luke Game (U15)	8.64 PB
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#### 60m SM 2.7

3	Michael McDonagh (U20)	7.78 PB
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#### 60m SM 2.2

5	Femi Akinbobola (U20)	7.33
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#### 60m SM 2.4

2	Benjamin Game (U17)	7.38 PB
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#### 60m U15M 2.6

1	Luke Game (U15)	8.52
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#### 60 SW 1.3

7	Zoe Mattacks (U23)	8.57
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#### 60 SW 2.5

3	Zoe Mattacks (U23)	8.59
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#### 300m SM 6

1	Femi Akinbobola (U20)	37.24 PB
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#### 300m SM 8

1	Michael McDonagh (U20)	39.35 PB
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2	Joel Mattacks (T20/F20, U20)	42.23 PB
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#### LJ U15X

11	Luke Game (U15)	4.30 PB
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#### LJ SX

4	Benjamin Game (U17)	5.94 PB
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11	Joel Mattacks (T20/F20, U20)	4.82 PB
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#### 200m U15M 1

3	Alex Knight	28.65
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#### 200m U17W 2

2	Gemma Baker	30.75 PB
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#### 200m U17W 7

4	Charlotte Longden	27.73
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#### 200m U15W 5

4	Eleni Francis	28.87
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#### 200m U15W 10

3	Josie Rucker	30.15 PB
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#### 200m U15W 13

4	Caitlin Mander	31.7
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#### 300m U15M 1

2	Alex Knight	44.06 PB
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#### 300m U17W 2

1	Eleanor Webster	45.82
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#### 300m U17W 5

3	Abby Rucker	49.28
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#### 300m U15W 5

2	Nynka Rucker	46.51 PB
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#### HJ U17W

12	Charlotte Longden	1.35
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#### HJ U15W

16	Caitlin Mander	1.36 PB
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#### LJ U15W

4	Eleni Francis	4.83
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8	Alice Wilson	4.70 PB
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20	Caitlin Mander	4.41
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#### TJ U17W

4	Eleni Francis	10.01 PB
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#### SP4K U15M

10	Byron Mander	6.44 PB
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### Parkrun – 01 Dec 18

#### Kingsway parkrun, Gloucester

12	Nigel OSBORNE	00:22:16
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#### Bath Skyline parkrun

1	Alex PARSONS	00:17:19
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4	Mike DOOLEY	00:18:31
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39	John KERLEY	00:22:44
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60	Paul HENAGHAN	00:23:58
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77	Lauren JAUSS (15F)	00:24:51
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78	Joanne DODD (16F)	00:24:53
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84	Owen DAVIES	00:25:07
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93	Nick PARRY	00:25:27
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128	Edward FEIL	00:27:00
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134	Alison VUAGNIAUX (34F)	00:27:13
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169	Rhys CROW	00:29:10
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221	Caroline THOMAS (71F)	00:31:44
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276	Janice RAMBRIDGE (100F)	00:40:07
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285	Colin HITCHIN	00:44:29
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#### Chipping Sodbury parkrun

11	Malcolm TREBY	00:19:39
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13	Ella TREBY (1F)	00:19:54
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#### Chichester parkrun

28	Vicky COOPER (4F)	00:24:55
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29	Stuart HENDERSON	00:24:56
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#### Salisbury parkrun

23	Emily GRIFFITHS (1F)	00:21:49
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<b>Lytham Hall parkrun</b>		
42	Nicola CRACKNELL (7F)	00:23:51
<b>Seacliff Esplanade parkrun</b>		
9	Tom HUTCHISON	00:21:32
<b>Somerdale Pavilion parkrun</b>		
5	Gary HUGHES	00:21:04

**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](mailto: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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 18.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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