

# The Bath Plug

Issue 1449 31 Jan 2019



*Phenomenal effort from Alex Copping to complete the Spine race. Alex's full report below.*

In this week's issue: we have a great report from Alex on his incredible run at the Spine race earlier in Jan (268 miles!), plus Slaughterford 9 report from James Donald & a number of T&F updates/results.

Please remember to send any content for the Plug (race reports, results, club announcements, news items etc) to me at [plugeditor@teambathac.org](mailto:plugeditor@teambathac.org) (by Weds 6pm each week). I'm always looking for more submissions to include.

Also take note of Mark's message on parking changes at the Uni for the first week or so in February.

Tom Davies (Plug Editor)

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## ***Racing the SPINE***

By [Alex Copping](#)

The Spine race is a 268 mile continuous race along the Pennine Way from Edale to Kirk Yetholm. You pass through five checkpoints where you can rest and resupply. To make it extra challenging it is run in winter [13 -20 January] so there is plenty of darkness and bad weather!

This year the weather proved to be mixed with a bit of everything – spring summer days and extreme snow storms on the Cheviots and everything in between. After a tense day on the Saturday registering and going through an in depth kit check we were all glad to get started at 8.00am on Sunday morning. We soon fell into a pattern of quick walking up the hills and jogging. By midday on the first day we had already formed into groups and we continued to leap frog each other depending on how much rest you took at each checkpoint.

The first day was a blur, crossing Kinder Scout and Blackstone Edge moor and into the first night. I got to checkpoint one at 10.00pm and rested for one hour eating two huge meals and was off again at 12.00 midnight. It was a beautiful clear night and navigation with the GPS went well. As morning broke I pushed on heading towards Malham Cove. Finally I reached Malham tarn at 2.00pm and had half an hour's rest at the unofficial checkpoint 1.5. I knew the next section was going to be tough. It is where most people drop out. I teamed up with another runner which was good for motivation and we reached Pen-y-ghent just as it got dark. The weather turned foul and we struggled to clamber to the summit. Then it was down to Horton-in-Riddlesdale and the 5 hour trek along the Cam Road to Hawes. The wind and rain was severe. We reached Hawes [Checkpoint 2] at 9.30pm. More eating and I slept for 4 hours. I was developing blisters on both my little toes so they were dressed by the medics and off again. Leaving at 2.30am I climbed over Great Shutter Fell and onwards arriving at the Tan Hill Inn [highest pub in England] at 2.00pm. I sat by the fire for 15 minutes before forcing myself on again. The next section was notoriously boggy [Sleightholme] so was keen to get it done in the light. I just about got across before dark and then went through a section of endless farmland before arriving at Middleton in Teesdale [checkpoint 3]. The checkpoint pattern was now getting familiar. Two huge meals with 3/4 hours of sleep in between and my feet being taped up as best as possible. The next section started at 3.00am and covered some of the highlights of the Pennine Way – Cauldron Snout, High Cup and then over Cross Fell the highest point. We came together as a group of four runners as we came off Cross Fell and called into Greg's hut a legendary bothy where they were serving noodles! It was then a stretch of good running eventually arriving at Alston [checkpoint 4]. Same pattern again at the checkpoint, but this time my feet had swollen up making getting my already oversized inov-8 rocklite shoes hard to get on and very painful to get running in.

The section from Alston to Bellingham we ran as a group of four which was great. The route went along Hadrian's Wall. The weather was beautifully clear and the miles were flying by until the route turned off over more boggy moors and onto forest trails. As we approached Scotland the route became noticeably more remote with few lights on the horizon. When it got dark it was totally dark! We arrived at Bellingham [checkpoint 5] as a group at 10.00pm. This checkpoint only had a wooden floor to lie on so some runners were going straight through. I opted to rest for a few hours and got going at about 2.00am. And this is where my exhaustion started to show! I got lost in Bellingham, lost again approaching Byrness and went off track from hut 1 in the Cheviots! I was very tired and can't remember much about the last five hours apart from endless flagstones and the

crazy art I could see on each stone! The finish at Kirk Yetholm arrived for me at 1.00am on Saturday morning. It took me 137 hrs, 18 mins and 14 secs! I came 27<sup>th</sup> out of a starting field of 130.

And my efforts were very starkly put into perspective by Jasmin Paris, the winner [who I am sure you have read about in the national media] who completed the race in 83 hours. The lady is truly superhuman!

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## ***Slaughterford 9***

By [James Donald](#)

It was a particularly cold but thankfully dry day for Slaughterford 9 this year. It was however as muddy as usual and the event was as hard as always given the same hills were still there. There was a very big TBAC contingent, with several good performances and members bagging prizes.

I had a pretty good race, equalling my best position of 3rd and taking about a minute off my best course time, despite having to stop en route due to over hydrating beforehand! My time had a lot to do with having a good battle with Otto, as from about 5km onwards we chopped and changed who was in the lead and pushed each other on in an eventually futile attempt to catch the person in second.

As always the race was capped off with plenty of cake and hot drinks back at the race HQ, and a particularly large piece of pumpkin cake went down particularly well.

*TBAC won the men's prize (James, Otto, James, Sean), and third male (James Donald) and several age prizes (for 1, 2 or 3 in male or female categories).*



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## **Midland Athletics 2nd Meeting HPC Birmingham**

By [Graham Mattacks](#)

Well done to TBAC athletes for performances at the Midland Athletics 2nd Meeting on

26/27th Jan:

Jake Burkey LJ 6.70m 2nd

Joel Mattacks (F20) LJ 4.61m 9th

Joel Mattacks (T20) 60m 7.88s (PB)5th

Joel Mattacks (T20) 60m 7.89s 5th

Zoe Mattacks 60m 8.53s (SB) 3rd U23 W

Imogen Leakey 60m 8.12s 3rd U17 W

Imogen Leakey 60m 8.07s (PB) 3rd U17 W

Pictures below by Edith Mattacks.



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## ***SW medal winners (@ Cardiff 20th Jan)***

By [Di Viles](#)

We now have the list of medallists from the SW Inter County Indoor Championships at Cardiff for U/20 and Senior athletes:

Gold medal winners were Anna Burt in the U/20 womens 800m in 2.12.01, Louise Jeffries in the Vet womens 1500m in 6.05.09, Femi Akimbobola in the U/20 mens 200m in 23.15,

Jake Burkey in the U/20 mens long jump with 6m93, a personal best, Jonathan Evans in the U/20 mens shot with 11m39, a new pb at the new weight and Renee Jelf in the U/20 womens high jump with 1m51. Silver medals went to Femi Akimbobola in the U/20 mens 60m in 7.27, Rory Howorth in the U/20 mens long jump with 6m56 and Jude Brotherhood in the U/20 mens high jump with 1m80. Bronze medals went to Rebecca Pierce in the Senior Womens 400m in 66.21 and Robyn Ellison in the U/20 womens long jump with 5m19.

If any of these medallists did not receive their medals on the day, and I understand there was a lot of confusion as to who was due a medal, can they get in touch with Keith Reed at [reedy41c@googlemail.com](mailto:reedy41c@googlemail.com)

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## ***Combined Events GB International Match***

By [Julie Alexander](#)

Well done to Jenna for her debut in a GB vest.





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## ***Parking Changes: 1st - 9th Feb***

By [Mark Thomas](#)

From Wednesday 6th February until Saturday 9th February the Sports Training Village (STV) is hosting the Federation Cup (an international tennis competition). To accommodate the media, players and officials car park G will be partially or fully closed from Friday 1st February until Saturday 9th February: finding somewhere to park your car may be more difficult than usual on Tuesday 5th and Thursday 7th February. For the TBAC session on Thursday 7th February expect the STV to be very busy. For security reasons some areas (including some of the changing rooms and the upper-level toilets) may be off-limits. We do not expect any direct impact on the use of the tracks or the jumps and throws hall, so the TBAC sessions will go ahead as usual.

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## ***Marshalls needed at SW Schools XC - 2nd Feb***

By [Julie Alexander](#)

South West Schools are looking for marshalls for SW Schools XC on Saturday at Bath Racecourse 12 o'clock for a 1.30 start. I have parking passes:  
[sprints&hurdles@teambathac.org](mailto:sprints&hurdles@teambathac.org)

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# Results

## Parkrun – 19 Jan 19

### Slaughterford 9 27 Jan 19

1	Chris McMillan (Weston AC)	00:56:03
3	James Donald	00:57:32
4	Otto Copping	00:57:50
8	James Atkinson	01:00:08
9	Sean Barry	01:00:10
11	Barry Awan (2M40)	01:01:58
16	Mark Mackintosh (3M50)	01:03:51
30	Susan Duncan (1F, Weston)	01:07:56
36	Nick Parry	01:09:11
45	David Vaudin (1M60)	01:10:47
56	Tim Luck	01:12:41
119	Paul Roper	01:18:53
120	Claire Forster (3F35)	01:18:56
124	Beccy Tarling	01:19:19
131	Debbie Heywood	01:20:03
163	Alison Vuagniaux	01:23:54
177	Ewelina Wojtala	01:24:55
186	Stephen Rose	01:25:29
191	Vivi Andorka	01:25:57
194	Claire Riou	01:26:25
221	Philippa Spruit	01:29:38
238	Sue Brigden (3F60)	01:31:20
240	Sevim Sangwell	01:31:23

### Spine Race 2019

1	Jasmin Paris (GBR)	83:12:23
2	Eoin Keith (IRL, 1M)	98:18:23
31	Alex Copping	137:23:14

### Bath Skyline parkrun

3	Mike DOOLEY	00:18:40
4	Harry WILLIAMS	00:18:48
7	David COALES	00:19:18
12	Alex KNIGHT	00:19:46
47	Nigel OSBORNE	00:22:36
52	Tom HUTCHISON	00:22:51
87	Mike CHARLTON	00:24:37
118	Edward FEIL	00:26:22
138	Natalie HARGRAVE (25F)	00:27:07
196	Paul HENAGHAN	00:29:20
247	Colin HITCHIN	00:31:32
319	Janice RAMBRIDGE (108F)	00:36:41

### Warrington parkrun

1	Eliot BALL	00:17:58
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### Southwick Country parkrun

1	Josh TAYLOR	00:17:31
107	Keith JONES	00:26:54

### Chippenham parkrun

95	Sarah STRANGE (17F)	00:27:42
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### Pomphrey Hill parkrun

6	Ella TREBY (1F)	00:19:53
23	Malcolm TREBY	00:21:55
171	Lottie TREBY (40F)	00:29:17

### Harcourt Hill parkrun

7	Tim HILL	00:19:53
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### Lytham Hall parkrun

47	Nicola CRACKNELL (7F)	00:22:32
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### Somerdale Pavilion parkrun

10	Gary HUGHES	00:21:49
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### Fire Service College parkrun

6	Stuart HENDERSON	00:20:14
17	Vicky COOPER (2F)	00:22:11

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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