

The Bath Plug

Issue 1453 28 Feb 2019



TBAC Senior Men at the National XC in Leeds (Note the hills in the background!)

In this week's issue: A quick report from the National XC, there were new club (indoor) records set at the England Age Group Champs, and Mark Mackintosh's first (and quite successful) ultra.

Di Viles is looking for volunteers & officials for FieldFest - & athletes remember you need to sign up & enter online! Sue Brigden has a message about parkrun volunteering, and I include the fixtures for the Wiltshire Road Race League.

Tom Davies (Plug Editor)

Nationals XC, Harewood House

By [Thomas Davies](#)

Ten TBAC athletes made the journey to the English National XC at Harewood House, just outside Leeds. A fabulous location and great XC course with some pretty hefty hills to get over.

In the age groups we had at most only a single TBAC athlete in each race - but strong performances in competitive fields by all to finish in the top 100: (India Ibbotson (U17W - 90), Alex Parsons (U17M - 96), Dylan Stoneman (U13B - 30), Will Crudgington (JM - 46)

Rebecca Pierce had a strong run in the Senior Women's race to finish 133rd.

We had 5 in the Senior Men's race, with Dan Jones leading the way (246), followed by James Donald (323), Thomas Davies (427), Eliot Ball (654), and Chris Milbourne (981).

A unique event, with 2000+ runners on a XC course, which is like no other race. After a quick start, most of what I remember is being gradually overtaken by more and more runners - despite holding my pace quite well. I was happy with my 427th place in the end, but hopefully I'll be further up next year. Great fun though, and a race we should really target as a club (next year it should hopefully be a little closer to home).





England Indoor Championships (U15/U17/U20)

By Di Viles

A number of TeamBath athletes made the long journey to Sheffield for the National U/20, U/17, U/15 championships and came back with 2 medals, 2 England vests, a new club record and a number of PBs.

Topping the list were Jenna Blundell and Jake Burkey who were both awarded England vests to compete for England next week at Cardiff. Jenna again improved her PB in the U/20 60m hurdles to take silver in 8.53, whilst also breaking the Club record for the long jump, finishing 5th with 5m93. Jake added a whopping 26 cm to his previous PB in the U/20 mens long jump for bronze with 7m25, just 1 cm short of silver and was rewarded with his first international vest (and a club record). Other PBs came from Femi Akinbobola in the U/20 mens 200m in 22.55 to finish 4th in his heat, and Sam Roberts who ran 8.47 to finish 5th in his heat of the U/20 mens 60m hurdles. Other performances were Femi again with 7.26 for 4th in his heat of the 60m, Ben Game with 7.46 for 4th in his heat of the U/17 60m, Joe Carter with 7.58 for 7th in his 60m heat, Eleanor Webster with 2.18.67 to finish 4th in her heat of the U/17 w 800m, John Howorth who just missed a medal in the U/20 M 1500m finishing 4th in the final with 4.00.66 (4.05.01 in heat) and Rory Howorth who finished 10th in the U/20 long jump with 6m59.



Northumberland CTS Ultra/Marathon

By [Mark Mackintosh](#)

This was my first ultra (just over 57km on a gently undulating and very scenic course) and was aimed at testing the waters with regards pace, hydration, and nutrition strategies for other races later in the year. Race was very well organised with coaches taking us from the briefing below the walls of Bambrough Castle to the start near Alnwick Castle, and well-positioned checkpoints and support from a few locals along the way. The weather was perfect, if a tad warm, with a gentle southerly on our back for most of it.

The intention was a top 10 place if possible, and an age category win. After the first few kms I settled into 6/7th place running with a runner from London Heathside, we stayed together for almost 3 hours passing the runners in 5th and 4th place, and then I slipped ahead and passed runners in 3rd and 2nd before hitting the 13k Ultra loop at the end of the marathon. With some 6k to the end the wheels came off a bit, and I lost time, and was passed by London Heathside, but thankfully managed to hang on and take third (and first in age). A recommended race, and some lessons for me for future ones.



FieldFest!

By Di Viles

Our own TBAC FieldFest is on Sunday April 14th at the Uni. We don't have many entries from TBAC athletes yet - so please remember you need to enter online: go to the [TBAC website](#). This is a great opportunity for young field event athletes to get a taste of competition before the league season starts and it gives the Team Manager a chance to see what you can do when she picks the teams for the YDL and Avon leagues. It is open to anyone from U/13 upwards. Check it out!

Officials & Volunteers needed!!

I am still looking for volunteers to help on the day. You don't have to be qualified, just willing. If you might be able to help, please get in touch: fieldevents@teambathac.org

**TEAMBATH ATHLETIC CLUB
REG. CHARITY NO. 1165972
PERMIT NO: OUT 19/117
FIELD FEST OPEN MEETING
ON
SUNDAY APRIL 14 TH
THE UNIVERSITY OF BATH**

THROWS		JUMPS		
NOON	HAMMER	GROUP A	PV	GROUP B
			HJ	GROUP A
			LJ	GROUP B
1.30	JAVELIN	GROUP A	PV	GROUP A
	SHOT	GROUP B	TJ	GROUP A
3:00 PM	HAMMER	GROUP B	HJ	GROUP B
			LJ	GROUP A
4.30	JAVELIN	GROUP B	TJ	GROUP B
	SHOT	GROUP A		
	DISCUS	GROUP B		
5.00PM	DISCUS	GROUP A		
GROUP A		ELITE COMPETITORS		
GROUP B		OTHERCOMPETITORS		
HAMMER		U/15, U/17, JM, JW,SM,SW		
DISCUS		U/13, U/15, U/17, JM, JW, SM, SW		
SHOT		U/13, U/15, U/17, JM, JW, SM, SW		
JAVELIN		U/13, U/15, U/17, JM, JW, SM, SW		
PV		U/15, U/17, JM,JW,SM,SW		
HJ		U/13, U/15, U/17, JM, JW, SM, SW		
LJ		U/13, U/15, U/17, JM, JW, SM, SW		
TJ		U/15 B, U/15 G., U/17M, U/17 W, JM,JW,SM,SW		

ENTRIES £4 PER EVENT, £10 FOR 3 EVENTS.

CLOSING DATE 12/4/19. NO ENTRIES ON THE DAY

SENIORS/JUNIORS CAN TAKE PART IN ANY NUMBER OF EVENTS, OTHERS ARE RESTRICTED TO 3 EVENTS. U/13 AND U/15 ATHLETES WILL GET 4 ATTEMPTS IN EACH EVENT, OTHER AGE GROUPS WILL GET 6.

FURTHER DETAILS FROM DI VILES AT fieldevents@teambathac.org

Bath Skyline parkrun

By [Sue Brigden](#)

As you are probably aware the Bath Parkrun is now attracting up to 400 runners per week. To enable this free weekly run to continue it is vital to have volunteers to help marshall. Some club members already volunteer, but we could do with more help. Please consider volunteering, especially if you run at parkrun.....even just 3 times a year would make a huge difference. It is even possible to do the car parking before, and still able to run More info [here](#).

Wiltshire Road Race League

By [Thomas Davies](#)

The following local events are those included in the Wiltshire Road Race League for 2019.

I don't think the club has targeted this league in recent years - but there are a great set of local races here and so it would be great to see plenty of TBAC colours out in force (I'm signed up for the 1st two events already). For the individual standings best 8 from 10 count.

I imagine you might need to sign up pretty sharpish for the 1st few events (certainly Corsham 10K will sell out very soon, although its same day as London Marathon).

- Race 1: [Good Friday 10 Miler](#) (19 April)
 - Race 2: [Corsham 10k](#) (28 April)
 - Race 3: [The Shrewton Bustard 10k](#) (19 May)
 - Race 4: [Broad Town 5](#) (15 June)
 - Race 5: YET TO BE ANNOUNCED (End June provisionally)
 - Race 6: [Heddington 5k Series](#) (14 May, 11 June & 9 July) – as per 2017 when this event was last in the league, a virtual result will be calculated at the end of the series and your best time will count for the league/virtual result from which team points will be decided)
 - Race 7: [Colerne Under the Posts 5 Miler](#) (21 July)
 - Race 8: [Two Tunnels Relay event \(5 x 10km\)](#) – this will be a team event, all 5 runners must be from your club (18 August)
 - Race 9: [Chippenham Half Marathon](#) (8 September)
 - Race 10: [Devizes 10k](#) (29 September)
 - Race 11: [Clock Change Challenge 10k](#) (27 October)
-

Results

Parkrun - 23 Feb 19

Nationals XC, Harewood House 23 Feb 19

U17W

90 India Ibbotson 20:54

U17M

96 Alex Parsons 21:30

U13B

30 Dylan Stoneman 10:45

SW

133 Rebecca Pierce 33:55

JM

46 Will Crudgington 30:47

SM

246 Dan Jones 42:06

323 James Donald 42:58

427 Thomas Davies 44:01

654 Eliot Ball 46:24

981 Chris Milbourne 49:25

Northumberland CTS Ultra/Marathon 23 Feb 19

Ultra 57km

1 David Jackson 4:37:25

2 Leonard Martin 4:50:15

3 Mark Mackintosh (1MV55) 4:58:09

Marathon 44km

1 Adam Raffell 3:22:56

40 David Sanson (MV45) 4:24:08

England Athletics U15/U17/U20 Championships – 23-24 Feb 19

60m U20 h8

4 Femi Akinbobola 7.26

60m U17M h7

4 Benjamin Game 7.46

60m U17M h8

7 Joe Carter 7.58

200m U20M h4

4 Femi Akinbobola 22.55 PB

800m U17W h2

4 Eleanor Webster 2:18.67

1500m U20M h2

2 John Howorth 4:05.01

1500m U20M F

4 John Howorth 4:00.66

60m U20M h1

5 Sam Roberts 8.47 PB

60mH U20W

2 Jenna Blundell 8.53 PB

60mH U20W h3

1 Jenna Blundell 8.63

LJ U20W

5 Jenna Blundell 5.93 PB

LJ U20M

3 Jake Burkey 7.25 PB

10 Rory Howorth 6.59

Cardiff parkrun

26 Harry WILLIAMS 00:18:12

Bath Skyline parkrun

2 Will BRAY 00:17:20

8 Mike DOOLEY 00:18:21

23 Nick PARRY 00:20:12

29 Tim HILL 00:20:59

40 Nigel OSBORNE 00:21:56

67 Paul HENAGHAN 00:23:44

126 Natalie HARGRAVE (25F) 00:26:30

127 Owen DAVIES 00:26:31

129 Pat ROGERS 00:26:38

235 Sue BRIGDEN (75F) 00:31:13

316 Janice RAMBRIDGE (121F) 00:35:23

327 Ray BRIGDEN 00:36:25

Eden Project parkrun

99 Keith JONES 00:26:38

Southwick Country parkrun

88 Toby FIRKINS 00:25:25

Chippenham parkrun

1 Gary DUNSTONE 00:18:16

Chipping Sodbury parkrun

4 Patrick COBB 00:18:20

Penrhyn parkrun

9 Otto COPPING 00:18:23

19 Alex COPPING 00:21:04

Stormont parkrun

160 Boo MCCONNELL (52F) 00:32:08

Bakewell parkrun

37 Stuart HENDERSON 00:19:36

108 Vicky COOPER (21F) 00:22:08

Macclesfield parkrun

43 Mike CHARLTON 00:24:13

Severn Bridge parkrun

49 Joseph PAGNAMENTA 00:23:22

64 Nicola CRACKNELL (12F) 00:23:54

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.

If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences more generally, please do so [here](#). This ensures your preferences are updated within the TBAC membership records.

