

The Bath Plug

Issue 1477 15 Aug 2019

In the Plug this week: RunningBath 5K timetrial results and league update, plus article from Dave Coales on Chipping Sodbury parkrun, but otherwise quiet on submissions this week.

Congrats and thanks to everyone who competed for TBAC at the Avon League meeting last weekend. Currently no sign of any results, but report etc in next week's issue hopefully.

Tom Davies (Plug Editor)

Chipping Sodbury Parkrun

By [Dave Coales](#)

I ran the 270th Chipping Sodbury Parkrun on Saturday along with Team Bath AC member Craig Davey who was running his 50th parkrun. For me it was my 51st parkrun and my second outing at Chipping Sodbury. My previous outing was the inaugural Chipping Sodbury Park Run back in February 2014 which I managed to win in 17.13. Alas on Saturday I was a distant fourth in 18.48. With three flat loops making up the 5km course Chipping Sodbury is a fast course, however the strong winds of Saturday which lead to this week's Bath Parkrun being cancelled meant any quick time were out of the question.

Cross-country

By [James Donald](#)

2019/20 Gloucester League Cross-Country Fixtures have all been announced, so please stick them in your diaries today!

Last year we almost managed two men's and two women's teams out for every fixture and it would be great to have this level of participation again! It doesn't matter how fast you are, the more the merrier for XC.

Dates are:

13/10/19 (Sunday): Wotton under Edge

02/11/19 (Saturday): Charlton park

14/12/19 (Saturday): Old Down Country Park

16/02/20 (Sunday): Cheltenham

Reserve date: Sunday 1/3/20

Races are a super cheap: £3.

[More info here.](#)

Other XC events that TBAC normally take teams to are the South West County Championships (normally first weekend of Jan), Tri-County Championships (first half of December, if the fixture doesn't clash with Gloucester League) and the English Nationals (22nd Feb, Wollaton Park, Nottingham)

Results

RunningBath 5K TT 13 Aug 19

1	Robert Eaton	16:35
2	James Donald	16:52
3	Jake Waldron	17:29
4	Ben Ashby	18:55
5	Stuart Henderson	19:03
6	Dave Gunstone	21:14
7	Tim Hill	21:52
8	Cath Dale	21:56
9	Molly Dunstone	25:00
10	Becky White	25:12
11	Lynn Jones	27:12

Parkrun – 10 Aug 19

Bushy parkrun

15 Stuart HENDERSON 00:18:44

Bury St Edmunds parkrun

224 Marcus FIELD-RAYNER 00:34:27

Mile End parkrun

1 Alex CARTER 00:15:28

Chipping Sodbury parkrun

4 David COALES 00:18:48

11 Harry WILLIAMS 00:19:49

122 Andy REID 00:27:20

Fairview parkrun

47 Nigel OSBORNE 00:28:12

Hout Bay parkrun

10 Joseph PAGNAMENTA 00:26:07

Somerdale Pavilion parkrun

90 Nicola CRACKNELL (20F) 00:27:17

RunningBath 5K TT – League to Aug 19

	Jan	Feb	M	A	M	J	J	A	S	O	N	D	Av
1 James Donald	17:35			17:29	17:23	17:05	17:12	16:52					17:16
2 Will Bray			17:50	18:03									17:57
3 Mike Dooley	18:12		18:03	17:44									18:00
4 Luke Sturgess-Durden						18:33	18:07						18:20
5 Dylan Stoneman		19:02	18:27	17:52									18:27
6 Ian Dunning	18:28	18:50	19:14	18:30	18:50	18:52	18:51						18:44
7 Dave Coales	19:05	19:14				18:27	18:28						18:48
8 Toby Baker			20:17	19:12			18:41						19:23
9 Carl Tucker						19:43	19:06						19:24
10 Joe Wedding		19:29	19:32										19:30
11 Tim Hill	19:29	19:34											19:31
12 Michael Turner		19:31	19:44										19:37
13 Niall Urquhart				19:44		19:40							19:42
14 Ella Treby	19:49	19:40	20:07		19:46								19:50
15 Chris Keepen		20:22	20:03										20:12
16 Malcolm Treby		21:15	20:07	19:53		20:42							20:29
17 Enya Maylor		20:35	20:47										20:41
18 Josh Newton			20:58	20:09		21:20	21:02						20:52
19 Tom Hutchison	20:54			20:02			21:15						20:54
20 Danie Murray	22:28	22:01	21:55	20:22	19:59	21:29	22:22						21:21
21 Dave Gunstone					21:25	21:46	21:42	21:14					21:32
22 Serena Read	21:40	22:02											21:51
23 Isabel Cotteril	23:50		22:21	22:10		21:36							22:29
24 Storm Hayward		22:41				22:32							22:36
25 Cath Dale	22:55	22:37	22:17			22:44	22:31	21:56					22:30
26 Helen Alvis	22:35	22:56			23:21	23:39	23:02						23:07
27 Bruce Cotterill	23:43	23:39	24:10	23:00			22:38						23:26
28 Molly Dunstone		22:55				23:46	23:53						23:31
29 Maddie Sharp	23:41		24:12	22:58									23:37
30 Josie Carter		24:26				23:26							23:56
31 Nicola Cracknell	22:31			23:53		24:46	26:54						24:31
32 Andy Griffiths	27:45	27:36		27:45	27:42								27:42
33 Juliet Raynes				29:52	28:52								29:22

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.

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