

The Bath Plug

Issue 1479 29 Aug 2019



Paul Carroll at Dartmoor Grand Day Out, Great Escape 24: racing and raising money for Macmillan Cancer care

In the Plug this week: Please help the club by completing the membership survey which you should have received in email, but is also linked below. Don't forget its the 5K TT next week (Tue 3rd), and see message below from Ray. Plus two race reports from Paul Carroll - his race at 'Great Escape 24' was raising money for Macmillan Cancer Care, so consider donating on his [JustGiving](#) page.

Also well done to Sue Brigden for officiating at the Cleeve Road Relays last weekend. TBAC didnt have any teams, but there were some [fast times](#) set by our opposition at neighbouring clubs (all 4 of the legs won in under 15:30!). Hopefully we can try to compete with that next year!

Tom Davies (Plug Editor)

TBAC Members' Survey 2019

By [Andy Griffiths](#)

£25 worth of "Running Bath" vouchers to be won!*

Team Bath Athletic Club has a colourful and successful history that has seen many great athletes and friends come and go over the years. We are now a very popular and large club, with over 800 members. As part of development of the club we want to capture what you as members think we do well, or not so well. The responses will be used by the club to shape and decide on what our future plans should include. So, if you wouldn't mind just taking a few moments to complete the survey that would be extremely helpful.

Please click [here](#) to complete the survey.

The closing date for responses is **Monday 9th September**.

One final point, we've got heaps of great talent in our club – and we hope that over the coming year we'll start to see more and more of you representing us in the blue and yellow vests!

Here's to our continued success!

*PS All of you who complete the form will be placed into a Free Draw – the first name chosen out of the hat will win £25 worth of Running Bath vouchers.

RunningBath 5K TT Update

By [Ray Brigden](#)

Times to win prizes!

The September RunningBath 5K takes place next Tuesday. No entry fee. Just turn up at the entrance to the STV at 7pm.

A league is kindly sponsored by RunningBath. Your fastest 6 times are used to calculate positions. Ages are as at 1st January 2019. Prizes are restricted to TBAC members.

Please email Ray Brigden with your date of birth so that he can calculate your age for record and league positions.

Prizes to:

First three men. 1st and 2nd men over 40. 1st over 50 man. 1st under 20 man.

First four women except that if there are no over 40 in the top 4 fastest 3 plus fastest over 40. 1st under 20 woman.

More information on our website or from rayteambath@hotmail.co.uk

Tough Mudder Classic OCR

By [Paul Carroll](#)

Both Joel Bassett and Chris Carroll took part in the Tough Mudder Classic Obstacle Course Race held at Badminton on 17 August. With a distance of 10 miles and 20 plus obstacles this lived up to the reputation of races that the Tough Mudder brand has developed. Joel came in under 2 hrs after an early start with the elite runners and Chris having had to start with the not quite so fast runners was held up at the last few miles with queues having built up to tackle the obstacles. He gained a time of just over 3 hrs. Final results and positions are still to be confirmed.

The Dartmoor Big Day Out - Great Escape 24 August

By [Paul Carroll](#)

'Only mad dogs and Englishmen go out in the midday sun' - and trail runners! The Dartmoor Great Escape is a 15 1/2 mile race from Princetown to Ivybridge straight across southern Dartmoor. It's a downhill route with a few surprisingly technical uphill. The route crosses the head of the Erme Valley and traverses the Erme canyons, with some interesting moorland vistas along the Abbots Way before the long descent into Ivybridge. After a 2.23 hrs time for the Two Tunnels Half marathon the week before, training was on target for a sub 3 hr time. However, the Saturday sun and 28 degree temperature put paid to that and even taking on over 2 litres of water and making use of the two food stations my time was slower than expected in 3 hrs 8 mins. Consolation was 79th from 145 finishers and 3rd Men Vet 60. After a hiccup with medals all finishers were offered either a cider or beer as well needed post race hydration. For trail racers a good well organised event by Puretrail.uk and there is a 36 miler held at the same time from North to the South across the moor. Certainly one to look forward to next year. This was run to benefit Macmillan Cancer Care Charity and the [Justgiving page is still open](#).



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

Two Tunnels 10K 18 Aug 19

[corrected from last week]

1	Tristan Cooper (unatt)	34:32
4	Dave Coales	37:32
38	Emily Hillier	42:18
251	Keith Jones	55:49
638	Janice Rambridge (14F60+)	79:52

Parkrun – 24 Aug 19

Bath Skyline parkrun

4	Guy LANDON	00:17:38
16	Nick PARRY	00:19:57
17	Alex KNIGHT	00:20:00
44	Daniel MURRAY	00:22:10
58	Nigel OSBORNE	00:23:05
65	Paul HENAGHAN	00:23:32
70	Tom HUTCHISON	00:23:59
96	Pat ROGERS	00:25:29
134	Keith JONES	00:27:31
138	Nicola CRACKNELL (26F)	00:27:46
159	Colin HITCHIN	00:28:36
233	Ray BRIGDEN	00:33:01
296	Michael STANLEY	00:39:47
310	Janice RAMBRIDGE (114F)	00:42:36

Basingstoke parkrun

435 Meghan JONES 00:37:42

Aberdeen parkrun

2 Stuart HENDERSON 00:18:33

Ashton Court parkrun

125 Leah DEVERICK (24F) 00:25:12

Guildford parkrun

205 Juliet RAYNES (32F) 00:27:17

Fælledparken parkrun

12 Niall URQUHART 00:19:19

Bury St Edmunds parkrun

247 Marcus FIELD-RAYNER 00:32:30

Eden Project parkrun

2 Chris MILBOURNE 00:17:29

39 Elizabeth PITT (4F) 00:20:53

Hastings parkrun

4 Dylan STONEMAN 00:18:42

Tooting Common parkrun

15 Harry WILLIAMS 00:19:04

Somerdale Pavilion parkrun

8 Gary HUGHES 00:20:20

The Old Showfield parkrun

2 Peter GRIST 00:16:33

5 David COALES 00:17:27

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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