

The Bath Plug

Issue 1485 24 Oct 2019



In the Plug this week: Sorry for the absence of a Plug last week, I ran so late finding time to get it together that by the end of the weekend I gave up and decided to merge everything into this week's issue. Its also been a fairly quiet couple of weeks for news sent to the Plug but we have reports from the Gloucester League XC and a report from Ilana on the 'Run with No Witty Name' Ultra. There should be a 5K League update in next week's issue.

There were lots of Seniors at the last Gloucester XC fixture, but not so many TBAC among the junior age groups - it would be great to see more TBAC vests across all the races, and hopefully enough to count for full team scores - so all juniors please see Mark's encouragement in his report below. Next fixture is [Sat 2nd Nov at Charlton Park](#) (entries in advance online or on the day).

Tom Davies (Plug Editor)

Mandatory hi-vis

By [Julia Waldron](#)

Now we are fully into dark evenings, a reminder that it is a club rule that all runners must have hi-vis vest for road running with the club, including for the monthly RunningBath 5km TT. Runners not wearing hi-vis can instead train on the track.

Gloucester League XC 1, Wotton-Under-Edge

TBAC Seniors

By [Thomas Davies](#)

There was a good number of TBAC Seniors in attendance for what was one of the best Gloucester League fixtures in recent years. The wet conditions combined with some minor course changes created some superbly muddy racing.

In the Senior Ladies, TBAC were 4th behind Cheltenham, Gloucester, and CLC Striders. With top performances from Lizzie Wraith (11th, 5SL), Lizzi Pitt (36th, 11SL), & Laura Backhouse (41st, 14SL).

For the men, TBAC finished 3rd behind Cheltenham & Bath Uni, with first 6 counters as: Aaron Pritchard (5th), James Donald (11th), Robert Eaton (18th), Themis Bower (21st), Thomas Davies (22nd), & Will Bray (31st). Mike Dooley was 1st V50, Mark Mackintosh 2nd V55, & Tom Hutchison 2nd V60+.

Full results, across all age groups, available [here](#).

Next fixture is Saturday 2nd November at Charlton Park.

TBAC Juniors

By Mark Thomas

At the first meeting of the Gloucester League cross-country series at Wotton-under-Edge there was a disappointing turnout of TBAC juniors with only eight taking part: there were no under-11s, MU13s or FU20s. However, those who did compete did well.

In the combined MU20/MU17 race Ellery Cole finished 3rd (1st MU20) and Jamie Dale was 10th (9th MU17). In the race that featured the women in all age groups from FU17 upwards, and the MV65+, Jocelyn Cotterill placed 42nd (6th FU17) and Serena Read was 83rd (8th FU17).

Dylan Stoneman, Toby Baker and Otto Goldsmith finished 3rd, 6th, and 19th, respectively, in the MU15 race. As a team they came second, finishing three points behind Cheltenham & County Harriers, and one point ahead of Worcester AC.

Lottie Silverton finished 6th in the FU15 race. Izzy Cotterill led for the first half of the FU13 race but was then overtaken by two others before regaining one place in the final 200m to finish 2nd.

Well done to all the above.

I encourage more TBAC juniors to take part. It would be nice to field teams of three in each age group: some clubs have three or four teams in each race. The next race in the series is on Saturday 2nd November at Charlton Park, Malmesbury. For details see [here](#).



A Run With No Witty Name

By Ilana Wigfield

A Run With No Witty Name - 52km - Sat 12th October

I was inspired to do another ultra, thinking that 6 weeks after the 50 mile Dartmoor Highground I'd be raring to go. And I was, sort of. Despite the lashing rain, the early start

and most unusually for the ever-sociable TBAC ladies weekend long group, no mateys to share the drive through the lashing rain.

Anyway, the rain continued but as always, became less noticeable once the race got going. Predictably there were one or two small puddles.... There were some scenes reminiscent of that one from Vicar of Dibley where she disappears into one! There was much mud, and many falls. I was glad for the trusty XClaws and stayed upright. However, there were awesomely stocked checkpoints, cheery marshals, interesting and cheery runners to get alongside, and some enjoyable bits of real racing - a challenge after 50km! But the sprint finish back into the muddy field was tons of fun, and being handed a wooden medal with a real handshake by the RD is a nice touch. I was delighted to be 4th lady overall, especially as 1st lady was Holly Rush! And 1st VF50.

The race was organised by the marvellous Crooked Tracks Wiltshire - entirely non-profit to raise money for mental health charity, which is unusual these days in ultra. Although the cut off was meant to be 9 hours, the last finisher was welcomed in with a special prize at 10.41 with the same handshake. A grand day out!

1 M Jamie O'Brien 4.52
3 & 1F Holly Rush (AVR) 4.58
19 & 4F Ilana Wigfield 6.10

Cross-country

By James Donald

Gloucester League

[More info here.](#)

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

SW Cross Country Champs

To enter the 2020 event on 5th January 2020 please go to the following [link](#) where all details are shown.

Other XC events that TBAC normally take teams to: 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

Parkrun – 19 Oct 2019

Parkrun – 12 Oct 2019

Cardiff parkrun

10 Harry WILLIAMS 00:18:01

Bath Skyline parkrun

5 James WOOSNAM 00:18:47

8 Ian DUNNING 00:19:30

19 Niall URQUHART 00:20:50

35 Stephen CLIFFORD 00:22:19

71 Rhys CROW 00:24:54

89 Pat ROGERS 00:25:43

124 Polly PENNICOTT (18F) 00:27:50

256 Colin HITCHIN 00:33:35

296 Michael STANLEY 00:37:01

323 Janice RAMBRIDGE (130F) 00:40:32

329 Nicola CRACKNELL (135F) 00:42:09

Chipping Sodbury parkrun

142 Andy REID 00:27:06

Etna parkrun

1 Barry AWAN 00:21:19

2 Brett RAYNES 00:23:55

10 Juliet RAYNES (1F) 00:29:22

Somerdale Pavilion parkrun

5 Gary HUGHES 00:20:36

8 Gareth STRANGE 00:21:14

Bath Skyline parkrun

2 Will BRAY 00:19:27

3 Mike DOOLEY 00:19:37

22 Niall URQUHART 00:21:03

24 Daniel MURRAY 00:21:16

39 Bruce COTTERILL 00:22:00

62 John MITCHARD 00:23:20

102 Rhys CROW 00:25:37

114 Polly PENNICOTT (19F) 00:26:08

116 Pat ROGERS 00:26:10

170 Nigel OSBORNE 00:28:38

181 Juliet RAYNES (47F) 00:29:10

356 Janice RAMBRIDGE (154F) 00:40:40

361 Nicola CRACKNELL (157F) 00:43:57

Chippenham parkrun

78 Zina MARCHANT (15F) 00:26:28

Melksham parkrun

5 Alex COPPING 00:20:19

Somerdale Pavilion parkrun

1 James DONALD 00:17:58

6 Gary HUGHES 00:20:33

24 Helen ALVIS (5F) 00:23:48

43 Leah DEVERICK 00:26:12

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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