

The Bath Plug

Issue 1500 29 Feb 2020



TBAC Senior Men having survived the mud at the end of the Nationals XC

In the Plug this week: Final reminder that if you've not yet done your membership renewal, you must now contact Lynsay direct on [email](#) ASAP. Tom Gale became British Indoor High Jump Champion last weekend. There is a S&C workshop taking place at the club on Sun 22nd March with Kriss Hendy & Paul King. And Di Viles is in need of volunteers for the TBAC FieldFest meeting (see in T&F updates below).

At Nationals XC, TBAC Senior Men took 30th place, a strong improvement on our last team result two years ago. Alex Parsons had a very strong individual performance to finish 7th in the U17M race (results below).

Tom Davies
(Plug Editor).

British Indoor Champs

By Di Viles

TBAC's own Tom Gale added another honour to his already crowded trophy cabinet when he became British Indoor Champion at Glasgow on Sunday. He won the British high jump

title with a jump of 2m27 to beat David Smith, 2m24 and Chris Baker, 2m20. He then had two very close attempts at 2m32, which would have been a new Championship record. He had a comfortable first time clearance at 2m27, to leave everyone else trailing in his wake.



Team Bath AC

Registered Charity No. 116572

STRENGTH FOR ENDURANCE

Workshop for Runners

(free to all TBAC Members)

by
*Kriss Hendy, Strength Coach and founder of
'Strength for Endurance'*

Sunday 22nd March 9.30 – 11.30am
University of Bath Sports Training Village
(indoor and outdoor athletics track)

- ❖ Improve your Performance & Reduce your risk of Injury.
- ❖ Walk away with a greater knowledge of how to train yourself whether at home or in the gym.
- ❖ Designing your own home or gym strength program.
- ❖ Screening for biomechanical strengths and weaknesses.
- ❖ Key warm-up exercises, band drills and strength exercises.
- ❖ For all ages, abilities and running goals.

The workshop will conclude with a session of
'Oregon Interval Circuits' on the outside track!

*contact Paul King for further information
endurancerunningcoach@teambathac.org*

www.teambathac.org



Officials Development & Taster Day

By Di Viles

There is an Officials Development and Taster Day taking place at Exeter Arena on Saturday March 14th. The day is aimed at any prospective new officials and also existing officials who have wish to develop their skills by working with more experienced officials.

If you'd like further details get in touch with [Di](#).

Upcoming Events & Conferences

TBAC SFE Workshop for Runners, 22 Mar.

Workshop with strength coach Kriss Hendy, followed by Oregon Circuits session on the track. For further info contact [Paul King](#).

Steeplechase Course at Bath, 19 Apr.

England Athletics are running a Steeplechase session for coaches and athletes at Bath on Sun 19th April. See details on the poster below, and reserve your (free) place. It will be great to see as many TBAC athletes/coaches present as possible.

Further details [here](#).

National Youth Development Conference, 28-29 Mar.

Upcoming National Youth Development Conference, 28-29 March, which may be of interest - particularly to coaches. Info [here](#).

T&F Updates

By [Di Viles](#)

Avon League

We now have the dates and venues for the Avon League for 2020. They are as follows

1. 3/5/20 Gloucester
2. 28/6/20 Yate
3. 16/8/20 Yate
4. 13/9/20 Yate

A reminder that we will need to provide officials for both track and field for these meetings.

FieldFest

The date of the TBAC FieldFest is fixed for Sunday 19th April. The programme will be the same as last year but there will be restrictions on the numbers, which will be determined on a "first come, first served" basis. The closing date will be Friday 17th April so it is advised to get entries in early, especially for long jump and javelin.

Can I appeal for any volunteers to help on the day? We need a large number of officials as we run 8 field events for all ages and both sexes. You don't need to be qualified, just willing. The meeting starts at 11 am this year and any help will be most welcome, even if it is only half the session. If you can help, [please let me know](#).

B&W early season meeting

There is a very early season meeting for young athletes at the Whitehall stadium in Bristol. It is on Wednesday 25th March for up to U/17 athletes, including U/11. For full details, go to the Bristol and West website.

YDL

Dates and venues for YDL UAG matches for 2020.

26/4/20 Cheltenham

24/5/20 Swansea

21/6/20 Yate

26/7/20 Yate (Reg final)

If there are any new U/17 athletes (Year 10) who want to be considered for selection for Team Avon, can they let me know and I will forward names and PBs to Sandra (boys) or Lesley (girls). There is a lot of competition to get into the team, especially in sprints and jumps, but all will be considered.

Endurance Updates

By [Thomas Davies](#)

Dates for the diary:

Welsh Castles Relay 6-7 Jun 2020

Cotswold Way Relay 4 Jul 2020

Results

Nationals XC, Wollaton Park 22 Feb 2020

SM

| | | |
|-----|------------------|-------|
| 170 | Aidan Daniel | 49:25 |
| 310 | James Donald | 51:55 |
| 341 | Joseph Chevalier | 52:19 |
| 347 | Rob Eaton | 52:28 |
| 392 | Brian Glynn | 53:13 |
| 580 | Thomas Davies | 55:53 |
| 747 | Chris Milbourne | 58:37 |
| 962 | Tim Hill | 61:43 |

U17M

| | | |
|---|--------------|-------|
| 7 | Alex Parsons | 23:32 |
|---|--------------|-------|

U17W

| | | |
|-----|----------------|-------|
| 62 | Freya Spruit | 24:24 |
| 149 | India Ibbotson | 26:35 |

SW

| | | |
|-----|-----------------|-------|
| 238 | Lizzi Pitt | 42:44 |
| 317 | Amy Britton | 44:40 |
| 455 | Philippa Spruit | 47:54 |

Parkrun, 22 Feb 2020

Cardiff parkrun

| | | |
|---|----------------|----------|
| 4 | Themis BOWER | 00:16:35 |
| 8 | Robert HOWORTH | 00:17:09 |

Newcastle parkrun

| | | |
|----|-------------------|----------|
| 12 | Sean Robert BARRY | 00:18:58 |
|----|-------------------|----------|

Shepton Mallet parkrun

| | | |
|-----|-------------------|----------|
| 81 | Sue BRIGDEN (22F) | 00:27:40 |
| 171 | Ray BRIGDEN | 00:34:50 |

Eastville parkrun

| | | |
|---|----------------|----------|
| 9 | Harry WILLIAMS | 00:18:24 |
|---|----------------|----------|

Southwick Country parkrun

| | | |
|----|-----------------------|----------|
| 3 | Peter GRIST | 00:17:40 |
| 93 | Polly PENNICOTT (10F) | 00:26:33 |
| 96 | Keith JONES | 00:26:51 |

Chippenham parkrun

| | | |
|---|---------------|----------|
| 2 | Gary DUNSTONE | 00:18:29 |
|---|---------------|----------|

Forest Rec parkrun

| | | |
|----|--------------|----------|
| 27 | Robert EATON | 00:21:31 |
|----|--------------|----------|

Lytham Hall parkrun

| | | |
|----|-----------------------|----------|
| 60 | Nicola CRACKNELL (5F) | 00:24:40 |
|----|-----------------------|----------|

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.

