

The Bath Plug

Issue 1501 09 Mar 2020

In the Plug this week: Apologies for the lack of Bath Plug last week. I ran out of time to pull one together. This is a quick interim Bath Plug just to get some news items from last week out to you all.

The RunningBath 5K Timetrial for March will now take place tomorrow (Tue 10 Mar), following last week's STV closure. Also included below: updates on Cotswold Way Relay, Fieldfest, Minors Meeting, and T&F Awards Evening. Plus be sure you have made note of the various other events and dates advertised below, which have been included in previous weeks' issues.

Hopefully Bath Plug should be back to normal with recent results, reports etc out in next issue towards the end of this week. I already have a report from Kim on her recent IronMan New Zealand performance - so stay tuned for that, and hopefully more will come into the inbox before Wednesday's deadline for submissions!

Tom Davies
(Plug Editor).

RunningBath 5K TT

By [Ray Brigden](#)

The RunningBath 5K due to be held last Tuesday was called off following closure of the Sports Training Village. The March event will now take place tomorrow - Tuesday March 10th.

Cotswold Way Relay

By [Tom Hutchison](#)

Cotswold Way relay, July 4 2020 update

Applications from teams around the district have been strong with the absolute closing date of Monday 9 March. There is a race limit of 100 teams and so far there have been 95 applications including entries from TBAC women, TBAC Mens, and TBAC mixed teams. On Tuesday 10 March the race committee will select the final 100 teams. The process of identifying team members, capturing their data and organising the team logistics comes later.

The TBAC Women's team captain is Ali Vaugniaux and she is also captaining the mixed

team. The Men's team will be captained by Tom Davies with support from David Coales. Please let them know if you are available for the squads in either men's, women's or mixed category. They will be collecting names. It takes a squad of at least 15 to assure a team of ten on race day. People once registered with a captain can swap between teams.

We also need TBAC members to volunteer as time keepers and as Tail runners. This year Tail runners will be credited as race finishers. It is feasible with some planning to both time one leg and run another.

[Editor's note: This update was as of Mar 5th. Its possible other teams have been entered in the last couple of days, although I'm not aware of any. Note that at the time this goes out, there are at most just a few hours in which to enter any additional TBAC teams.]

FieldFest & Minors Meeting

By Di Viles

FieldFest

Entries for the FieldFest are now finally open! It has been a slog to get it up and running but entries are coming in steadily now. To enter, go to events.EnglandAthletics.org

I am still looking for help on this day, if anyone can help in some capacity please [contact me](#).

Minors Meeting

The other meeting which the club organised so successfully in 2019 was the Minors Meeting, courtesy of Rory Howorth and family. Rory is unable to do it this year so we are looking for someone to organise this very successful meeting. It would be ideal for a young person who could use it to count towards GCSE, Duke of Edinburgh's award or other qualification. It needs to be done early in the season, late March or early April, probably on a Saturday afternoon. It is a simple meeting to organise, and both the Howorth family and myself would be willing to advise. Time is now running short so please, if you think you can do it, possibly two or more of you, please [contact me](#), Julia Waldron or Felix Vaughan and we can advise you. It covers age groups U/11 and U/13 i.e. schools years 4,5,6 and 7.

TEAM BATH AC
2019 TRACK AND FIELD
AWARDS EVENING

ALL ARE WELCOME!

Tuesday
24 MARCH 2020
8pm

@

INDOOR ATHLETIC TRACK
STV, UNIVERSITY OF BATH

AWARDS TO BE PRESENTED

**MELVYN POTTER
AWARD**

**AVON LEAGUE
TOP POINT SCORER TROPHIES**

Gold, Silver and Bronze
For the Top 3 Point Scorers in:

U13 MALE & U13 FEMALE
U15 MALE & U15 FEMALE
U17 MALE & U17 FEMALE
SENIOR MEN & SENIOR WOMEN (Inc U20)
MASTERS MEN AND MASTERS WOMEN

AAA GRADES

Grade 1, 2, 3 & 4 Certificates
For all
U13, U15, U17 & U20 Athletes
WHO ACHIEVED
THE AAA GRADE STANDARD IN THE 2019
UAG YDL, LAG YDL
and AVON LEAGUE MATCHES



Team Bath AC

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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



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](mailto:paul.king@teambathac.org).

TBAC Awards Evening, Tue 24 Mar 8pm.

T&F Awards Evening at the Indoor Athletic Track after training on Tues 24th Mar.

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

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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