

The Bath Plug

Issue 1509 02 November 2020



So what's in The Plug this issue? Good question. But worry not. Racing might be sparse, but The Plug lives on to keep you updated with member shenanigans and anything else I think might tickle your fancy.

We have a final message from Tom, our outgoing editor who has done a tremendous job during his tenure. Race/run reports from Ilana and Tom (Hutchison) respectively. Plus a few new features that I'm hoping will inform or just entertain.

Simon Brace.

The New Plug Editor - email your contributions to plugeditor@teambathac.org

Fairwell

By [Thomas Davies](#)

Just a final message from me to sign off as The Bath Plug Editor. As I've said before, I've really enjoyed being Editor of The Bath Plug over the last few years, so part of me is sad to be handing everything over. However, I am delighted that Simon has come forward to

take over the reins and it's fantastic that The Bath Plug is going to continue on under his direction. I know he has lots of ideas already for The Plug and I'm looking forward to reading future issues. I'm not leaving the Club, and once everything starts getting back towards normal again, I'm sure I'll see you all up at the track. If races ever get going properly again, I'll aim to be a regular contributor of race reports!

Not-the-OMM TBAC West Mendip Way Adventure

By [Ilana Wigfield](#)

Not the OMM, not in Scotland - 24/10/20

With the cancellation of the OMM (Original Mountain Marathon) in Scotland, as with most other races and events, the OMM team asked for alternatives to be posted on the FB page. Never ones to disappoint, the available runners from the TBAC OMM competitors (Ilana, Tom Hutchison, Sevim Sangwell, Jo Thompson) set about finding a worthy challenge. Initially we planned to go to Snowdonia to use previous Dark Mountains Marathon "virtual controls", but of course Wales became off limits too. With the TBAC Ladies team having recently won the Uphill to Wells Relay along the path, we fancied a look at the whole route as a day trip. Cath Dale hadn't planned on OMM'ing this year, but just couldn't resist joining us at the last minute, which was brilliant. Alex Copping started later than us, ran with us for a while and then avoided Cheddar to make a quicker rendezvous with his family.

Minus foot-bags, bagpipes, tents, stoves and sleeping bags, and no need to put on last night's wet kit, it seemed luxurious setting off early on the bus and train to Weston Super Mare. We then jogged happily along the beach to the official Start in Uphill, just 2 miles south of the main town. The route was mostly well sign posted, and with GPX it was certainly a very different experience to selecting your own route and making best use of time to maximise points from controls. We had a lovely day in excellent weather, which is also forbidden in the OMM!

A highlight for me was running along the ridge from Crooks Peak down to Kings Wood near Shipham - the views were gorgeous. We decided to add a bit extra in order to run down the spectacular Cheddar Gorge to satisfy coffee addiction. No cheese though.

32 miles in total later, the final run down into the UK's smallest city to touch the Great West Door of the beautiful Wells Cathedral, where Sevim's husband met us with drop bags and a much appreciated lift home. It's worth noting that there are no buses from Wells to Bath on Sundays.



Virtual London Marathon

By [Tom Hutchison](#)

Not in London but a marathon nonetheless - 4/10/20

Before Covid I thought 2020's London Marathon was a chance to:

- Renew a London good for age time (3:57 for V65)
- Keep a high UK V65 ranking
- Score on the ABBOTT Majors Vets competition
- Have a target for training

So, when it all went out of the window twice, I signed up for the virtual race in October.

For previous marathons I have always followed the usual advice of 12 weeks of specific training, building up longer runs with a taper. But these are strange times needing strange training. There is no target that is reliable. Nothing to peak for and everything to lose from injury or overtraining.

I know it is the same for lots of you. But just in case you wanted to know how super vets do it, my training program for 6 months has been: 4 runs every 8 days alternating easy with interval/long run/tempo/race. 3 Strength sessions in 8 days and 1 day off (bliss). That way, there is usually 48 hours' recovery after a quality session. So basically, my marathon day was just a substitute long run.

I wanted a flat traffic free route and decided on 7km of the Bath-Biton cycle track. I would go out and back three times. The advantage of this is that I could store drinks and gels at the turn around and people could find me and join me for as many laps as they liked. I put

out a message on Club social media and had a lovely response: people who would run with me, pace me, carry drinks or sweep me up.

On the day the weather was vile overnight and so I had planned the start for 2pm when the rain was due to ease. And so it did, though there was plenty of surface water! Owen, Robin, Paul, and Sevim joined me to start and we set off. Alison and doggie set up a two-person cheering station near the New Bridge. I had been planning to run on a 145 heart rate hoping this would allow at least 5mins per km.

A Target: A miraculous 3:20.

B Target: A more realistic 3:30.

C Target: London good for age 3:57.

There was definitely adrenaline on board and the first 5k split was 23.19. Far too fast really (3:16 pace). The heart rate monitor stuck at 56 all because I decided to use a chest strap which gave up! Test all your kit!

The next splits were: 23:33, 24:38 and 23:58 with a halfway time of 1.40.37. Thank you, Robin, for pacing me all this way on my A target pace. Robin Peeled off at Saltford and I was on my own, slowing to a 26:00 split until Jo Chevalier picked me up for the last 14km. Merci bien Joseph! Jo speeded me up and I managed a 24:39 before things got tough.

The weather was getting better and better. All along the path that day were other people with London marathon bibs running or walking so there were lots of friendly hellos. The last two splits were 26:30 and 27:30. I was getting stiffer and stiffer and slower and slower. Jenny Carter caught us up and the two of them encouraged me home somewhat wrecked.

When I finished at 3.32.54, I did the most important thing: stopped my Garmin and my special London Marathon App. Guess what? That wretched App had not even started. It took two weeks and numerous help desk calls to get them to upload my Strava. I can only guess what manner of chaos was happening in the race office!

So, B target achieved, almost. I could not start again. I could barely sit down in Phil Spruit's car. My time was 6th V65 and 3rd UK V65. I was pleased that on no marathon specific training. I could go out and clock a good age graded time.

Thank you Paul King, my excellent coach, and my club mates for such great support!



Track & Field

By Di Viles

Swindon Open - 18/10/20

Several Team Bath AC athletes finished the track season in great style at the Mark Cawte Open Meeting at Swindon on Sunday.

High jumpers Zachary Walpole and Ciara Galpin both recorded personal bests with Zach (U/17 m) jumping 1.61 and Ciara (U/15 g) jumping 1.50; whilst Alannah Heneghan jumped 1.55, finishing the season ranked no. 3 in the country, despite still being a year young in the age group.

Another Athlete who had a successful day was Eleni Francis (U/17 w) who won the long jump with 5.28, then recorded a PB in the 200m with 26.72. PBs also for Toby Baker in the 1500m in 4.33.1 and sister Gemma Baker in the 400m in 64.43.

Rungry?

By the Editor and all you budding bakers!

To get the most out of your training, we all know that nutrition is critical - before, during, and after. And if you're like me, stuffing your face without (too many) consequences is a key motivation to train. Someone once told me that ultra running was just an eating competition - I thought "sign me up"! So this feature intends to ensure that your running fuel is both wholesome and tasty by sharing ideas for snacks and treats that you can easily make at home. I would love to include a new recipe in each issue, so please send in your ideas - more than one is allowed! First up, we have something yummy from Cath...

Banana-oat Energy traybake (vegan)

By Cath Dale

These are a kind of cakey flapjack: so easy and quick to prepare and great post-run. You can add your choice nuts, dried fruit etc. Beware, they're quite crumbly, so don't travel too well in your race vest!

Prep time – 15 minutes

Makes 12-16

Ingredients:

90g chopped nuts
2 overripe bananas
120 ml vegetable oil
75g sugar (demerara or light brown)
½ tsp vanilla extract
230g porridge oats
95g wholemeal flour
¾ tsp baking powder
¼ tsp bicarbonate of soda

½ tsp ground cinnamon
½ tsp ground nutmeg
½ tsp salt
90g cranberries, raisins or any dried fruit



Method:

1. Heat oven to 180 degrees C
2. Grease a 20x20cm baking tin (4-5 cm deep)
3. Mash bananas in mixing bowl, add oil, sugar and vanilla extract and mix well
4. Add oats, flour, baking powder, bicarb, cinnamon, nutmeg and stir well into the banana mixture. Add dried fruit and nuts
5. Pour into tray and bake for 25-30 minutes until golden brown. Cool before cutting
6. ENJOY!

Tips included

[By the Editor and anyone with a top tip!](#)

The beauty of running is its simplicity - whack on a pair of pumps, step out the door and you're off. In theory. But the more you think about it (and if you're like me, you think about it far too much) the more factors come into play. First off is your kit - have you got the right pumps for the training session and the terrain? What about socks, gloves, hat, high-vis, waterproofs, watch, headphones, gels, salts, plasters, headtorch, and so on? And that's before you've started running. When you get home, what about stretching and massage; coupled with creams and gels; and is ice better than a hot bath? This feature invites you to share your tips and hacks so we can all benefit from your learned wisdom. So get sharing - email the usual address. This issue, Kim gets her tips out...

Runners Rub

[By Kim Barfoot-Brace](#)

I excrete a lot of salt when I sweat, which means I suffer a lot with chaffing...in fact I suffer so bad that I my skin is scarred in places, probably for life! Over the years I've tried loads of brands, none of them have been 100% effective...until recently I discovered Runners Rub...it's amazing and really does work. You can buy it at Running Bath too.



And finally... the feature you've been waiting for

"Ask Dave"

Asked by you, answered by Dave (Coales)

[By the Editor] Dave Coales is a Club Legend. A member of the original Bath & Percy AC/City of Bath AC since 1983, Dave has been pivotal to the Club's success, on the front line and behind the scenes. He has served as Chairman 2008-2016, and his competitive performances are astonishing. He's had many highs, a few lows, and picked up countless t-shirts along the way. So who better to quiz for some insightful advice and entertaining stories. Send me your questions for Dave, and I'll select one to be answered in each issue. Keep 'em about running, or the Club; and try to keep 'em clean!



First up, a question from Mr. No Z Parker:

A lot of us know about your epic 2:36 marathon PB, running with Paula at the London Marathon. Apart from that, what was your favourite race?

[From Dave] London 2010 when I finally cracked 2.45. Things started coming together for me during the 2009-10 winter as I began training under the guidance of Martin Rush. We had a really good training group, the likes of Dan Jones, Guy Landon, Luke Sturgess-Durden. As well as training together we became good friends and remain so to this day.

I went into London 2010 on the back of a morale boasting 2.00.02 PB for 20 miles, but I had been here before, so could I at the 12th attempt finally go sub 2.45?

I was determined not to go off too fast and went through halfway in 1.22. I never hit the dreaded wall over the final 10km and actually ran a negative split as I finished with a time of 2 hours and 42 minutes. I went on to go sub 2.45 on a further 10 occasions and take another 6 minutes off my time of 2010. However, looking back some 10 years later that first time under 2.45 is still very special to me.

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 16.00 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.

