

The Bath Plug

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[Odd Down cycle track - a favourite venue for this year's virtual 5k TTs](#)

As we approach the end of 2020, so we come to the end of our annual 5k TT competition, making for a suitable climax to the end of this week's Plug. Check out the full list of results for the year, and see who's still "in the running" for the final placings.

But before that, kick back and enjoy Ilana's tales from Boston. And ponder this: in "Ask Dave" we learn that Dave has a wardrobe for all his race t-shirts... but is it a walk-in wardrobe? Or perhaps "run-in"! Perhaps it's more fun if we never know.

Don't forget, please send in your run reports, fav routes, runners' recipes, top tips, and of course, questions for Dave. The Plug is what YOU make it.

Simon Brace.

The Plug Editor - email me at plugeditor@teambathac.org

Quote of the week

I love a quote that really resonates, educates and inspires. So send me any that tickle your fancy and I'll feature them right here.

[This week's from Annabel Harford \(not all her running buddies might agree!\)](#)

Not all who wander are lost.

On your marks, jet-set, go

By anyone with a running story from overseas

Have you ever packed your pumps to race in foreign lands? I don't mean a trot in Tenerife to sweat out your hangover. Rather, an organised event where you've proudly sported your TBAC vest. If so, it would be great to hear your tales and top tips in this new feature.

Ping me an email answering 3 simple questions: (1) why did you choose it? (2) did it match your expectations? (3) what advice would you give to anyone wishing to take it on?

That's exactly what Ilana did this week with her tales from Boston...



Boston Marathon

By Ilana Wigfield

Why did you choose it?

I am probably slightly (!) goal-driven. I did my first marathon on my 45th birthday, and rapidly started to dream and browse the books and internet for more. Boston started in 1897, the year after the first modern Olympics. It stood out for me like it does for so many people because of its iconic and historic status, and especially because of the need to qualify giving me another proper goal, and feeling that it would give me some kudos as a runner, I suppose. It's a great city to visit too.

I ran Manchester In 2013 (the weekend after the Boston Bomb) to get the qualifying time, was tripped at 9 miles resulting in a broken nose and jaw, but was absolutely not going to give up on my dream, picked myself up and finished with a "BQ" nevertheless.

Did it match your expectations?

It smashed my expectations! It is still my favourite road race. It is difficult to explain to anyone who hasn't been there what it is like. There is a lot of hype around all of the Marathon Majors, but in my experience, Boston is a league apart. The reason is, that it is a fairly small city by USA standards, and the city centre is completely taken over by runners & supporters during the week of the marathon. Most people are wearing race memorabilia jackets etc. from previous years. The atmosphere is really friendly and fun everywhere - people are chatting running non-stop but not in an intimidating way. If you go into a restaurant about 75% of the tables will be fellow marathoners smiling like friends.

I did it in 2014, the year after the bomb and so there was even more of an atmosphere. Many of the runners had been there in 2013. The support around the course was exceptional, even compared to New York and London.

The race itself is extremely well organised. The famous yellow school busses to take you out to Hopkinton are built for kids a foot shorter than me, but it's a fun experience. The small starting waves are very well managed with similar paced runners. There was much less crowding than in any other race I've done, hardly any waiting around and no weaving around very slow runners who got into the fast pen.

The route is just 26.2 miles east back to Boston. The weather is famously unpredictable and has often had snow and sunburn in the same race. I'd checked the forecast but it was wrong and sunburnt on my south shoulder. You can be lucky and have a tailwind for 26 miles, or more often vice versa, and so the route isn't counted for world records. Most of the route is New England countryside and quite pretty; only city in the last few miles. A big highlight is the screaming of the ladies at Wellesley College (about halfway). I'd heard about it but it was way beyond what I was expecting. It is like being in Beatlemania - you could hear it for a mile before. The girls hold signs and picture frames with their heads through, inviting runners to stop for a kiss. Obviously I was straight down the middle trying not to lose any seconds but there was a lot of full-on snogging going on for some which was fun to watch! It's a place to really draw some energy from the crowd and keep your happy face on as you head to Heartbreak Hill at Mile 20. You can't talk about Boston without mentioning Heartbreak Hill. It's not that scary at all though, certainly not for a TBACer, unless you've overdone it on the earlier downhill section and cooked your quads. The finish has the famous blue and yellow road painting and is as special as the Mall; there is a lot of really vocal support and bands etc in the last few miles.

What advice would you give to anyone wanting to take it on?

There are lots of pages of advice on the internet and "fly-throughs" etc. It's worth reading a lot, and training appropriately. Do train on lots of hills, especially pushing reasonably hard down road hills. I did repeats on a long even hill 800s up and down for my LT sessions rather than flat sessions. Do lots of quads work e.g. squats on a decline board. Careful and considered pacing is key and different to any other marathon because of the elevation profile. Don't try to run a consistent pace throughout, or even worse go too fast on the initial downhill section! There are some great articles on using grade adjusted pace (e.g. TrainingPeaks). Carefully plan your pacing for each section/km/mile depending on your own strengths or otherwise on flat or hills up or down and stick to it! The aim is to be able to be comfortably hard on the Newton Hills, and then to be able to floor it for the last 10k after Heartbreak - ha! Actually, my time (3.36) was similar to that for my two Londons and Berlin, so I think I had it about right for me although I'm not that fast a runner. When you get to Boston take it easy and save the sightseeing for afterwards. I'd suggest 2 days before and 3 days after if you can. Get some snaps next to the finish in the day before as you can't on the day. Just soak the atmosphere in and enjoy!

"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!



Question from Mary Stable:

Dave, you must have accumulated a lot of race t-shirts over the years. What do you do with them all; and which one is your favourite?

[From Dave] I have a dedicated wardrobe full of my favourite running t-shirts!!

I have kept all my 27 marathon finishing t-shirts apart from one; London 2007. London 2007 didn't go well, no great memories from that day, therefore when the t-shirt ripped about 6 months later, I recycled it. A decision I now deeply regret as it would have been nice to have the full set. I have also kept t-shirts from some of the big half marathons I have run over the years. The 2014 New York Half being a good example.

The odd t-shirt from races that have gone really well has also found its way into my wardrobe, with my favourite t-shirt of all being my stage winner t-shirt from the 2013 Welsh Castles Relay when I won mountain leg 7 outright. I have been fortunate to run in many big city marathons and half marathons over the years, however the highlight of the running year for me has always been the Welsh Castles and Cotswold Way Relays in June, therefore a stage winner's t-shirt from a mountain leg has a very special place in my dedicated, running t-shirts wardrobe!!

As for all the other t-shirts...I have used some to stay warm on the start line of a big race, before disregarding them when the race begins. Others I have used for painting, working in the garden etc. It's always a sad day when you have to recycle an old running t-shirt!

Old running T-shirts bring back memories, sometimes bad, but normally good. Only 3 weeks ago Craig Davey turned up on my doorstep for a run wearing a 2005 Bristol Half t-shirt. We were soon talking about how Craig had run 72 minutes and had just beaten the first lady in the 2005 Bristol Half Marathon!



Track & Field

By [Martin Wilson](#)

In addition to Di's report last week, despite a short track and field season, Alice Wilson achieved two U15 girls club records:

- Pentathlon: 3,059 points
- SP (3kg): 10.05m

Both events were held at Taunton.

Club Monthly 5k TT

By [the Editor](#)

The trials and tribulations of the year have not thwarted members' appetite to bury themselves every month over 3.11 miles, testing their legs and lungs for what seems like a lifetime in the moment, but gone in a flash when you cross that finish line.

After January to March's TTs were completed at the University on the usual course, thanks to Paul King's encouragement and collation of results, the TT lived on wherever members fancied stretching their legs. The "Virtual TT" became a thing that members embraced.

To remind those less familiar, the monthly 5k TT is not only intended to help measure your running fitness over the year, but an annual competition where participants' fastest 6 times are averaged to place you in a league that climaxes in December.

Ordinarily there are prizes up for grabs, generously provided by both Running Bath (official sponsors of the event) and the Club. Whether prizes will be awarded this year is to be confirmed. But that's largely besides the point. We run and race for the joy of running and racing, and the sense of achievement it brings. Prizes are just the cherry on top.

For clarity, I quote directly from our website regarding the placings that get recognised. *Final placings are calculated using the fastest six results in a calendar year. Prizes are awarded to the top three men, top two men over 40, top man over 50 and top under 20 man. For women the top 4 unless no over 40 is in the top 4 in which case the top 3 women and top over 40 plus top under 20.*

Before we get into the current standings with one month to go, here are a few stats from the year so far:

- TOTAL PARTICIPANTS: **93 members** have run at least once.
- TOTAL STILL "IN THE RUNNING": **19 members** have run at least 5 TTs.
- FASTEST: **Josh Taylor & Alex Parsons** have both run an eye-watering **14:57**.
- MOST RUNS: **Lizzi Pitt** is the only person to have run every single month so far demonstrating astonishing consistency; **Carl Tucker** has clocked an impressive 10.

Below you will find two league tables. Firstly, the one that counts for the final standings, compromising only those runners who have completed at least 5 TTs so far. This table is

ranked according to each runner's "fastest 5 average". Runners who have completed only 5 TTs so far MUST register a 6th TT this month to count for the annual competition. Paul King will communicate when the window opens to bag that final run and cement your place in history!

The second table lists every TT run over the entire calendar year, ranked according to the average of all registered runs. Please let me know if you spot an error in either time or age category so that I can correct the table to publish in the next Plug.

	AG	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best 5 ave	Overall ave
		Uni	Uni	Uni	Virtual	Virtual	Virtual	Virtual	Virtual	Virtual	Virtual	Virtual	Virtual		
1 Josh Taylor	MS		17:21		16:53	16:49	16:46	16:41	15:41	16:05	15:49	14:57		15:51	16:20
2 James Donald	MS	17:37	17:39		17:00	17:07	16:49	16:46	17:05	16:54				16:55	17:07
3 Joe Chevalier	MS				17:09	16:59	17:59	17:08			17:23	17:10		17:10	17:18
4 Mike Dooley	MV50						18:17	17:00	16:52	17:16	17:06			17:18	17:18
5 Simon Brace	MV40				18:54	18:02	18:17		17:09	16:57	17:29	17:09		17:21	17:42
6 Carl Tucker	MV50	19:17		20:15	19:32	18:38	19:50	17:55	17:39	18:13	18:14	18:05		18:01	18:46
7 Dave Coales	MV50	18:59	18:30		18:37	18:22	18:11		18:17	18:02	18:11			18:13	18:24
8 James Woosnam	MV50	18:51			18:20	18:20		19:01	18:27		18:36			18:31	18:36
9 Jamie Dale	U20		19:43	20:45	19:41	19:30	20:07			19:34	18:31	17:33		18:58	19:26
10 Mark Mackintosh	MV50				19:04	20:14		19:00	18:35	18:26				19:04	19:04
11 Alex Hearn	U20	19:52	19:17	19:56	19:58	20:04								19:49	19:49
12 Joe Mobbs	MS	20:44	20:31		19:38	19:30	20:20	19:40						19:56	20:04
13 Lizzi Pitt	FS	20:31	20:12	20:15	20:37	20:37	20:29	21:03	21:12	20:14	20:19	21:37		20:18	20:39
14 Isabel Cotteril	FJ	22:52	22:14			20:16	18:58					18:43		20:37	20:37
15 Tom Hutchison	MV60				21:31	20:48	21:10	20:50	20:38	20:39				20:49	20:56
16 Cath Dale	FV50		22:27	22:34	22:41	22:27	21:26	20:39		20:39	20:37	20:49		20:50	21:35
17 Bruce Cotterill	MV50	21:46	21:34	21:51	21:42	21:07	21:01				22:23	21:34		21:24	21:37
18 Nigel Osborne	MV50	22:14			22:08	21:55	21:22	21:07	21:13					21:33	21:40
19 Helen Alvis	FS	23:32	23:21		21:56	21:46	21:46	22:13						22:12	22:26

