

# The Bath Plug

Issue 1518 31st January 2021



Paul and Jenny joining many other TBACers who relished getting out in the stunning winter wonderland created by recent snowfall. How lucky we are to live here! :)

No themes this week. Your Plug could not be filled with a more eclectic mix of features. We've got Kim's balls, followed by Tom's! Dave shows off his pants... oh no, maybe there is a theme... We revisit the EA Road Relay results. And finally we wrap-up with a T&F update from Di.

As we march on through winter and lockdown, I encourage you to send in your just-for-fun run reports, your fav routes, top tips, recipes, questions for Dave, or suggest a member that you'd love to see "on show"! Don't be shy and write me a reply!! :)

Simon Brace.

The Plug Editor - email me at [pluggeditor@teambathac.org](mailto:pluggeditor@teambathac.org)

## Rungry

By Kimberley Barfoot-Brace

### ***Get (rice) balls like the pros***

I'm married to an endurance athlete with an incredibly high metabolism and an addiction to energy bars which ranges from 4-10 per day. In the spirit of reducing environmental impact

and saving money, I searched for simple and effective fuelling recipes and found inspiration from the world's professional cycling teams... rice cakes.

Not the plain dry rice cakes you're likely to be familiar with, a more palatable, moist snack consisting of simple carbs and some good fats. I adapted and perfected my own plant-based recipe. I don't measure anything outside of swim-bike-run, so below is a very rough guide... freestyle as you see fit!

### Ingredients - this makes a lasagne dish's worth

- 500g of risotto rice - *risotto rice is a must, as it turns creamy and sticks together*
- 5'ish dessert spoons of chia seeds (or flax seeds) - *these seeds are not only nutrient rich (antioxidants, minerals, omega-3 fatty acids), but also bind the cakes*
- 2'ish dessert spoons of peanut or almond butter - *this is optional, adding some extra plant protein and nutty taste*
- 2'ish dessert spoons of maple syrup - or as much as your sweet tooth desires!
- 2'ish teaspoons of cinnamon and ginger powder - *this is optional to taste, both have anti-inflammatory properties*
- 25 grinds'ish of Himalayan pink salt - *regulates PH and blood sugar levels, normal salt fine too*

### Method

- Cook rice as per instructions, let it soak up all the water and don't drain or rinse it to retain stickiness
- Stir in all the other ingredients one by one, you might need to add a bit more water as the chia soaks up more moisture... consistency will be thick but manageable
- Spoon into a lasagne style dish already lined with greaseproof paper, and even out
- Put in the freezer, leave until it's pretty much frozen, but soft enough to cut
- Remove from tray and cut into squares, as big or small as you like
- You can keep it in the freezer, defrosting (microwaving) the bites/squares as you wish to consume



---

## Members on Show

By Tom Hutchison

### **When and why did you join Team Bath AC?**

I joined City of Bath AC in May 2002 aged 49. I had been living in Bath 10 years but while my kids were young things were really busy. I used to run about twice a week with friends. I knocked off the Bath Half every year, usually without much training and in around 95 minutes. I was getting a bit heavy and I made a big effort to train for the 2002 London marathon. I upped my miles, lost 10kg and finished in 3.21. I was determined to keep my weight down.

I made a plan to stay as fit as I could for the rest of my life! I knew I needed to train better so I joined COBAC specifically to do track sessions. The following year, aged 50, I went up to Scotland with club mates and clocked 3.13 at Lochaber. This was a London good for age time and I have held a GFA time ever since. In 2004 my London time was down to 3.09 and in 2005 I ran 2.57.40

I have had great coaching at TBAC particularly from Paul King. There is such a lot of experience and wisdom up among the club members and I have made life lasting friendships. I am here to stay!

### **What is the PB you are most proud of and why?**

This has to be my Paris Marathon 2.57.01: a lifetime PB in 2008 at the age of 55. It was one day that started with no particular expectations and everything went right. It was a lovely course and race and Jane and I had a great weekend in Paris. I often wonder what my marathon PB might have been if I had been training properly in my 30s. At that age I was working hostile hours as a Junior Doctor.

Maybe that's why I didn't get burned out running and I have enjoyed training as hard as I can into my 60s and doing well at Masters Level. I am justifiably proud of qualifying for my first England Masters vest in 2019 in the M65 category, competing at a home international in York.

### **What is your fondest memory of running for the Club?**

I love the Club relays we have done over the years. Particularly the Cotswold Relay. There are so many quiet moments when it's just me pushing along a trail hoping to catch a straggler and not get lost.

And then there are moments of pure adrenaline like my unforgettable sprint to the line at the end of Leg 10 in 2016 when I broke a bit of wood off the Abbey door. This photograph captures the atmosphere and the drama.

On the subject of the Cotswold Way; I have twice failed to finish the Century event. The last time I got 98 miles down the course in 27 hours only to have the wheels come off coming down Lansdown. That is also a PB!



---

## **Ask Dave**

Asked by the Editor

Answered by Dave Coales

***Dave, we all need a bit of cheering up - have you got an uplifting tale to tell from your race story locker?***

April 2009 and I was in the US, running the legendary Boston Marathon wearing a pair of Union Jack shorts that were anything, but legendary! Not for the first or last time in my marathon career I had gone off too fast and come mile 24 I was struggling when I was passed by a guy who shouted out "I love your pants!".

Five months later, I was running the Berlin Marathon, and as I had done in Boston in the spring, I hit the wall. The same guy passed me on this occasion shouting out "I recognise those pants anywhere!". That evening I went to the Berlin Marathon Party where I bumped

into my tormenter who introduced himself as AJ Rankel from Edmonton, Canada. A great running friendship began.

August 2014, I took the long flight to Western Canada and ran the Edmonton Marathon. I finished ahead of AJ who was recovering from a recent injury. I received amazing hospitality from AJ and his wife Christne who took the attached photo. No prizes for guessing; I was wearing my Union Jack shorts in Canada!



---

## England Athletics Virtual Road Relay Competition

*27th December 2020 - 14th January 2021*

By [The Editor](#)

At the time of the race report in the previous Plug, results for the Road Relay were provisional. Since then, our ladies & gents combined team have been confirmed in 21st place in the country. 2,455 runners participated, making up 128 club teams. As the top 50 qualify for round 2, the Club has comfortably placed itself in the running. BOOM!

The next round takes place 10th-15th February, with the winning club qualifying to compete in a final International round against clubs from the other Home Countries. You'll see below the top 3 fastest clubs from this first round, then the clubs surrounding TBAC, positions 18 to 24. At 14mins behind the fastest club in England, we need another 1min45 extra from each of our 8 runners. It's a colossal ask... but is it entirely beyond the realms... especially when you have the magic of Odd Down cycling track at your disposal?!

Team	Total	Places
 WSEH	3:41:47	<b>4:</b> Daniel Brookling (24:19), <b>37:</b> Sebastian Cirillo (25:34), <b>43:</b> Mark Vardy (25:46), <b>48:</b> Simon Millett (25:54), <b>372:</b> Jasmine Young (29:04), <b>496:</b> Sarah Chapman (29:56), <b>627:</b> Katie Clutterbuck (30:37), <b>629:</b> Alex Barbour (30:37)
 CAMCOB	4:02:03	<b>4:</b> Jack Gray (24:19), <b>8:</b> Jonathan Escalante-Phillips (24:21), <b>22:</b> Oliver Newman (24:56), <b>133:</b> Oliver Park (27:03), <b>466:</b> Shannon Flockhart (29:47), <b>544:</b> Rebecca Hair (30:09), <b>624:</b> Amber Philp (30:36), <b>669:</b> Charlotte East (30:52)
 WIRRL	3:42:42	<b>68:</b> Tj Jones (26:12), <b>93:</b> Josh Hale (26:35), <b>118:</b> Ethan Brady Jones (26:55), <b>208:</b> Louis Johnston (27:52), <b>264:</b> Emily Kearney (28:21), <b>277:</b> Juliet Hodder (28:28), <b>313:</b> Keira Brady-Jones (28:41), <b>446:</b> Ellen Mary Kearney (29:38)
 PNVAC	3:55:33	<b>85:</b> Dominic Watson (26:27), <b>127:</b> James Whitehead (27:00), <b>130:</b> Simon Fell (27:01), <b>161:</b> Kirk Brawn (27:24), <b>596:</b> Maggie Skinner (30:28), <b>790:</b> Chloe Finlay (31:38), <b>836:</b> Daniella Hart (31:55), <b>1097:</b> Emma Hankin (33:40)
 ESM	3:55:42	<b>31:</b> Oliver Way (25:22), <b>33:</b> Mohamed Hashi (25:23), <b>46:</b> John Fielding (25:49), <b>60:</b> Elias Ahmed (26:04), <b>822:</b> Sarah Gerrie (31:50), <b>944:</b> Jessica Leane (32:36), <b>1103:</b> Nicola Payne (33:44), <b>1303:</b> Shona Cowper (34:54)
 ARE80	3:55:46	<b>110:</b> Timmy Gedin (26:47), <b>130:</b> Alex Jago (27:01), <b>294:</b> Richard Clayton (28:32), <b>328:</b> Del Wallace (28:46), <b>496:</b> Julie Briggs (29:56), <b>561:</b> Caroline Hoyte (30:16), <b>697:</b> Dani Tarleton (31:02), <b>1059:</b> Juliette Roberts (33:26)
 TBATH	3:55:58	<b>80:</b> Daniel Jones (26:24), <b>108:</b> Aidan Daniel (26:45), <b>177:</b> Josh Taylor (27:33), <b>204:</b> Themis Bower (27:50), <b>526:</b> Jocelyn Cotterill (30:03), <b>648:</b> Freya Spruit (30:45), <b>950:</b> Jenny Carter (32:39), <b>1153:</b> Ella Treby (33:59)
 TAUNT	3:56:53	<b>312:</b> Hannah Taunton (28:40), <b>348:</b> Kate Drew (28:52), <b>348:</b> Elle Twentyman (28:52), <b>429:</b> Ben Hawkins (29:33), <b>492:</b> Phil Burden (29:54), <b>501:</b> Sam Ponter (29:57), <b>523:</b> Jonathan Gilling (30:02), <b>701:</b> Alice Murray-Gourlay (31:03)
 CC	3:56:56	<b>1:</b> Matthew Dickinson (23:57), <b>4:</b> Nick Bowker (24:19), <b>130:</b> Edward Rees (27:01), <b>142:</b> Ross Brown (27:10), <b>758:</b> Lucie Custance (31:26), <b>912:</b> Alice McGushin (32:22), <b>1276:</b> Cathryn Rees (34:45), <b>1439:</b> Claire Curtin (35:56)
 HHH	3:57:32	<b>70:</b> Nick Bester (26:14), <b>134:</b> Joseph Fenwick (27:04), <b>163:</b> Joe Elliott (27:25), <b>175:</b> Andrew Grigg (27:31), <b>582:</b> Fiona De Mauny (30:24), <b>681:</b> Julia Wedmore (30:56), <b>1086:</b> Suzanne Swaine (33:38), <b>1199:</b> Steph McCall (34:20)

## Track & Field

By Di Viles

Things on the track and field side have been very quiet since lockdown and we are still not able to train together anywhere. However, things are happening and the Youth Development League has now come up with dates, both for the Upper and Lower age groups. The programmes are still very flexible at the moment due to Covid and details will be issued later when the national situation is clearer. The dates for the Upper age group are 2/5/21, 30/5/21, 27/6/21, 25/7/21 and 5/9/21. The dates for the Lower age group are

24/4/21, 15/5/21, 5/6/21, 17/7/21 and 4/9/21. Venues are yet to be decided. Team Bath AC enter their own team for the Lower age group and our own team manager will organise the teams for that but we are part of the composite Team Avon for the Upper age group and the teams for that are selected from the five Avon clubs by the team managers. The Upper age group consists of U/17 school years 10 and 11, and U/20 school years 12 and 13 plus anyone who is U/20 at 31st December. If there are any athletes in any events who fall into these two age categories who want to be considered for Team Avon in 2021, can you email me your details, name, DOB and event you want to be considered for, and I will pass them on to Sandra (boys) and Lesley (girls). My email is [brandythecat@hotmail.com](mailto:brandythecat@hotmail.com)

There are no plans at the moment to stage our very successful FieldFest meeting in April. Until we know when we will be able to come out of lockdown and hold meetings again, there isn't much point. I don't want to have to cancel again like I did last year. I would hope to stage some kind of open meeting in 2021; I just don't know when at the moment.

Finally, congratulations to TBAC athlete Tom Gale who ended 2020 ranked world number 1 in the high jump! Great for Tom and great for the club.



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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://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.

