

The Bath Plug

Issue 1524 18th April 2021



Natasha Lewis RIP

On 7th April 2021 we lost a Club member, Natasha Lewis, aka Tash. She died instantly from the impact of a car while on her regular morning run. Her "race" in this world was cut far, far too short. But in that short time, she made quite an impact; and that will continue as plans are already advancing to ensure that her name, energy and spirit live on to inspire others to find the same drive and generosity to be and give their best every day.

In this week's Plug, Di's tribute to Tash reminds us how she had grown up with TBAC. Over the years, Tash applied her athletic talents to many things, from field events to triathlon, most recently settling on long distance running, trained by Tom Craggs, on track to compete in the Marathon at the Commonwealth Games.

We can no longer run with Tash in a physical sense, but those who knew her will surely walk/jog/run with her in spirit... and in that sense, perhaps we can finally keep up with her.

In this week's Plug, we'll focus on Natasha; plus an offer on sports massage and some T&F updates. We'll return to racing next week, with race reports from last Sunday's DB Max Chilly events (brrr...) and April's 5k TT results.

Simon Brace.

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

Letter from The Trustees

Emailed to members 8th April, copied below in case anyone missed it.

Dear members,

It's with deep sadness that we inform you that long term member of our club, Natasha Lewis, was tragically killed yesterday by a car whilst out running early in the morning.

Natasha was a formidable character and athlete. Still in her 20s, over the years she competed at a national level at many different disciplines. More recently she excelled at long distance running under the guidance of coach Tom Craggs and was aiming for elite status.

Through her Get Fit in Bath personal training which she ran with her long-term partner and fiancé Dave, she inspired and coached many in achieving their fitness goals.

She was incredibly determined and committed, full of life and positive energy. Behind her steely determination she was kind, caring and fun.

This is an incredibly tragic loss of an incredible young lady with so much to live for. Our love and thoughts are with her family who are suffering from unimaginable shock and loss.

In due course, we will make plans to remember and celebrate Natasha, please get touch if you have any suggestions as to how this is done.

Best wishes, The Trustees

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TEAM BATH AC

The funeral , fundraising, and future

By Kim Barfoot-Brace

Tash's fiancé Dave and her family thank the Club and its members for their continued love and support. Tash's funeral will take place 11:30, 28th April, at Haycombe cemetery. Her family have invited TBAC members who would like to pay their respects and be part of her send off to line the streets around and inside the cemetery. Please arrive early and wear TBAC kit in her honour and stick to groups of 6 and social distancing rules.

A fund has been set up in Tash's memory, the intention of which is to support upcoming athletes fulfil their potential. Please donate at <https://www.gofundme.com/f/in-loving-memory-of-tash-lewis>

We have run our thoughts past her family on how we celebrate and honour Tash into the future and will be firming up plans in due course. The intention is that these initiatives collaborate and contribute to Tash's fund in some way. Please get in touch if you have any suggestions or want to be involved.



Tash on her way to clocking 80:15 at last year's London Half

Tribute to Natasha

By Di Viles

Although most of the current membership knew her as a road runner, those of us who have been in the Club a long time remember her as a supremely talented long jumper. I had the pleasure of coaching Tash from her early to mid teens and she was one of the best long jumpers I ever coached. She won many honours at county and regional level, culminated in representing English Schools at the Schools Cup.

She is still third on the Club's all time list for female long jumpers. Lynda Keepen has even older memories of Tash as she joined her group as a beginner, aged ten, and Lynda remembers her as a very talented all rounder, even at that age. Tash was just every coaches dream, a talented hard worker who inspired those around her.

Rest in peace, Tash.



Sports Massage

By [Lynsay Redwood](#)

Clare Pell, our main contact point at the STV, is offering sports massage on Tuesday evenings at the STV.

1 hour (£45 - £40.50 with TBAC discount)
45 mins (£35 - 31.50 with TBAC discount)
30 mins (£25 - £22.50 with TBAC discount)

Bookings can be made in advance by emailing Clare at clarepell10@hotmail.co.uk or contacting her on 07545 124393.



Track Meetings

By Di Viles

Now the track season is upon us, I have been trying to find open meetings for track and field athletes to compete at. They are very thin on the ground, due mainly to the restrictions placed on us all by Covid. We are also advised to only compete locally, not to travel great distances to compete.

Sadly there are no meetings arranged yet at Yate but there is a meeting at Swindon, both track and field, although no high jump. Yeovil are also holding three open meetings on consecutive Saturdays from April 25th. There appear to be no open meetings in Gloucestershire although Gloucestershire are holding a county championship but no details available yet. Wiltshire are also holding their championships in May with distance races on the Friday 28th and all other events on the Saturday 29th.

All meetings will have restricted numbers and all must be entered in advance, on a first come first served basis. Demand is likely to be high so you will all need to get your skates on. You need to go onto the respective websites for details on conditions and entries for each meeting. I will keep checking to try to find other meetings within an hour of Bath (the recommended maximum distance to travel).



YDL UAG info from Team Avon Team Managers

Forwarded by Di Viles

Youth Development League 2021 – Upper Age Groups U17 & U20 TEAM AVON

Dear Athlete,

The Youth Development League Upper Age Group is an inter-club team competition for U17 and U20 athletes, though U17 athletes can also take part as U20s. Four clubs within the Avon area (Bristol & West, Mendip, Team Bath, and Yate & District) have joined together to form a composite team called **TEAM AVON**.

We have been a highly successful team in previous seasons and want to repeat that performance again and **INVITE YOU TAKE PART**. Team Avon will compete against the following teams: Cheltenham, East Wales, North Somerset and Hereford. Due to the pandemic, there will be no relegation, promotion or national final this season.

Athletes must be first claim members of their clubs to be eligible to compete for Team Avon. The four league matches for 2021 are as follows:

30 MAY – YATE

27 JUNE – NEWPORT

25 JULY – YATE.

5 SEPTEMBER - HEREFORD

TEAM SELECTION: **Lesley Nunn** (women) & **Sandra Woodman** (men) select the team two weeks in advance of the competition. The top two ranked athletes are selected to score. There may be some opportunity to compete as a guest in matches 3 and 4. It is **VITAL** that you complete the availability form and return it with your current PBs for your preferred events. We cannot select you if you do not tell us when you are available.

Team selections will be published by email, and athletes are expected to confirm receipt to the Team Managers. Please make sure you return your availability form in good time to be considered for team selection.

We are looking forward to a very successful 2021!

Best wishes,

Sandra Woodman – Sandra@swoodman.co.uk

Tel: 01761 415316 or 07745166966

Men's team manager

Lesley Nunn – nunn.lesley@googlemail.com

Tel: 01454 312059 or 07713770478

Women's team manager

YDL UPPER AGE GROUP 2021

ATHLETE AVAILABILITY & CONTACT DETAILS 2021 - FEMALE ATHLETES.

ATHLETE NAME:

ATHLETE CLUB:

EMAIL:

CONTACT NUMBER:.....

EMERGENCY CONTACT NUMBER:

DOB:.....URN number:.....

AGE GROUP: U17 / U20 IF U17 - would you be willing to compete in U20 events? YES / NO

AVAILABILITY: Please **DELETE** yes/no to indicate if you are available for selection on a particular date:

MATCH 1: SUNDAY, 30 MAY - YATE YES / NO

MATCH 2: SUNDAY, 27 JUNE - NEWPORT YES / NO

MATCH 3: SUNDAY, 25 JULY - YATE YES / NO

MATCH 4: SUNDAY, 5 SEPTEMBER - HEREFORD YES / NO

PREFERRED EVENTS & PERSONAL BEST TIME/DISTANCE/HEIGHT:

1st EVENT :

2nd EVENT:

3rd EVENT:

OTHER EVENTS YOU WOULD BE WILLING TO COMPETE IN TO ENABLE THE TEAM TO PICK UP POINTS:

80m HURDLES (U17W)	<input type="checkbox"/>	POLE VAULT	<input type="checkbox"/>	LONG JUMP	<input type="checkbox"/>
100m HURDLES (U20W)	<input type="checkbox"/>	HIGH JUMP	<input type="checkbox"/>	TRIPLE JUMP	<input type="checkbox"/>
100m	<input type="checkbox"/>	200m	<input type="checkbox"/>	HAMMER	<input type="checkbox"/>
300m (U17W)	<input type="checkbox"/>	400m (U20W)	<input type="checkbox"/>	DISCUS	<input type="checkbox"/>
300m HURDLES (U17W)	<input type="checkbox"/>	400M HURDLES (U20W)	<input type="checkbox"/>	JAVELIN	<input type="checkbox"/>
800m	<input type="checkbox"/>	1500m	<input type="checkbox"/>	SHOT	<input type="checkbox"/>
3000m	<input type="checkbox"/>	1500m STEEPLECHASE	<input type="checkbox"/>	4 x 100m RELAY	<input type="checkbox"/>
4 x 300m RELAY (U17W)	<input type="checkbox"/>	4 x 400m RELAY (U20W)	<input type="checkbox"/>		

Please return your form to the YDL Team Avon Women's Team Manager **LESLEY NUNN** at nunn.lesley@gmail.com MOB: 07713770478

Availability form - female athletes

YDL UPPER AGE GROUP 2021

ATHLETE AVAILABILITY & CONTACT DETAILS 2021 - MALE ATHLETES.

ATHLETE NAME:

ATHLETE CLUB:

EMAIL:

CONTACT NUMBER:

EMERGENCY CONTACT NUMBER:

DOB:.....URN number:.....

AGE GROUP: U17 / U20 IF U17 - would you be willing to compete in U20 events? YES / NO

AVAILABILITY: Please **DELETE yes/no** to indicate if you are available for selection on a particular date:

MATCH 1: SUNDAY, 30 MAY - YATE YES / NO

MATCH 2: SUNDAY, 27 JUNE - NEWPORT YES / NO

MATCH 3: SUNDAY, 25 JULY - YATE YES / NO

MATCH 4: SUNDAY, 5 SEPTEMBER - HEREFORD YES / NO

PREFERRED EVENTS & PERSONAL BEST TIME/DISTANCE/HEIGHT:

1st EVENT :

2nd EVENT:

3rd EVENT:

OTHER EVENTS YOU WOULD BE WILLING TO COMPETE IN TO ENABLE THE TEAM TO PICK UP POINTS:

100m HURDLES (U17M)	<input type="checkbox"/>	POLE VAULT	<input type="checkbox"/>	LONG JUMP	<input type="checkbox"/>
110m HURDLES (U20M)	<input type="checkbox"/>	HIGH JUMP	<input type="checkbox"/>	TRIPLE JUMP	<input type="checkbox"/>
100m	<input type="checkbox"/>	200m	<input type="checkbox"/>	HAMMER	<input type="checkbox"/>
400m (U17M)	<input type="checkbox"/>	400m (U20M)	<input type="checkbox"/>	DISCUS	<input type="checkbox"/>
400m HURDLES (U17M)	<input type="checkbox"/>	400M HURDLES (U20M)	<input type="checkbox"/>	JAVELIN	<input type="checkbox"/>
800m	<input type="checkbox"/>	1500m	<input type="checkbox"/>	SHOT	<input type="checkbox"/>
3000m	<input type="checkbox"/>	STEEPLECHASE	<input type="checkbox"/>	4 x 100m RELAY	<input type="checkbox"/>
4 x 400m RELAY (U17M)	<input type="checkbox"/>	4 x 400m RELAY (U20M)	<input type="checkbox"/>		

Please return your form to the YDL Team Avon Men's Team Manager Sandra Woodman:
Sandra@swoodman.co.uk Mob: 07745166966

Availability form - male athletes

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.

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