

The Bath Plug

Issue 1537 26th July 2021



'Ey Up, it's Jamie Dale smashing the Ultra Challenge Yorkshire 50k

Happy Monday Pluggers. More inspiration this week if you're not inspired enough from Team GB smashing it at Tokyo on this "Magic Monday".

First up, Gareth takes us through his rollercoaster run in the Montane Lakeland 50. Then more impressive T&F results reported by Mark. A note on Bath's athletes competing at the Games. And finally a reminder that entries are now open for the Natasha Lewis Half Marathon.

Simon Brace.
The Plug Editor - email me [here](#).

PLEASE ADD MY EMAIL TO YOUR CONTACTS SO I DON'T END UP IN YOUR JUNK

The Montane Lakeland 50

24th July

By Gareth Strange

I always find it tough to know what time to target when I'm doing ultras, so I often set an A target, a B target and a C target. Lakeland 50 was no exception, I dreamed of going sub 12 hours, I expected sub14 and if it all went wrong I just wanted to finish!

The race starts with a relatively gentle loop and then the 50 runners head out to join the Lakeland 100 route in Dalemmain. The first 10 miles were great, ticking along comfortable within target pace and avoiding putting too much effort in, aiming to keep myself going till the end. I spent much of this with Nick Kingwell a fellow TBACer until he sensibly dropped back and ran his own race.

Then as I left the first checkpoint and we started to ascend the biggest climb on route the heat hit me; walking close to my slowest pace my heart rate was spiking due to the heat and the vertical nature of the long climb. As a result, I walked along the top of the hill with others passing me to get my body back in shape before I started the long slog around a lake to the next checkpoint. The heat remained beating down though and the path was very rocky making running difficult.

Reaching the second checkpoint at about 20 miles I knew I'd only ever felt this bad once in a race and that one was a DNF. I sat for 15 minutes gathering myself for the next long climb out of the checkpoint and found some people to share the pain with... amazingly by the time I got to the top I felt good again (must have been the 67 jelly babies I ate at the checkpoint) so I jogged down the hill. I hadn't though, realised that to get to the third checkpoint I had another steep climb and by the time I gorged on the outstanding fruit smoothies at checkpoint 3 (just over a marathon in) I needed another 15 minute sit down to gather my thoughts. The climb out of this checkpoint was super tough again as it was rocky with lots of scree and when I made it to the top I got my phone out and texted my wife "running significantly behind target, feeling wrecked, might bail at Ambleside if I don't I'll be closer to 2am by the time I finish at least" - a sign of my mental state!

I walked slowly for a mile atop a hill with people streaming past me until a descent which I promised myself I would never walk at this event. So I started running and surprisingly I started to feel good again, managed a strong march up the next hill without being overtaken or feeling like I was pushing too hard and then ran the full descent and flat to Ambleside (34 miles) where my children, wife and parents were. They looked at me, "are you coming back to the house then", my Airbnb was only a mile away but miraculously I resisted. Having told plenty of people of my intention to drop as we ran along each one of them told me I would regret it if I bailed - I suspected they would be right. My Mum worryingly said "see you at 2am then" as she was picking me up from the finish scared that I would be in no state to drive (she was right!).

I'd done the 16 miles from Ambleside to the finish as a recce with fellow TBACer Robin Lewis so for the first time I knew what was coming and the next 7 miles to the last but one checkpoint were great, best I'd felt since the first 10... grabbing some fruit and some

water, myself and a lad I'd been running with since Ambleside took off heading towards the last checkpoint at 46 miles. This section has a lot of rock/boulder hopping and is difficult to run but I was happy enough - 12 hours had pretty much already passed, 14 hours also felt like an impossibility so just finishing was my goal and there was no way I was bailing with only 10 to go.

Horribly I then descended to what I thought was the route (but it wasn't) and I lost focus and concentration due to my mistake and the added hill I created. I then proceeded to walk slowly to the final checkpoint (including a 5 minute break admiring the moon sitting half way up a hill) mentally destroyed by a stupid little error - I lost the lad I was running with having told him not to wait for me and I was back to being passed rather than doing the passing myself on the previous section.

From the final checkpoint there is a little over 5k left but it is a huge climb and then a descent to finish which having enjoyed a short rest fireside at the final checkpoint I crawled up. The descent was disgusting with loose scree everywhere but joining a lady I'd been running on and off with all day we finally jogged across the finish line in just under 15 hours (last 5k in 90 minutes!). I put my TBAC hoody on, got a beer, jumped in my Mum's car and went back to our holiday house.

This is a fantastically organised ultra with over 1100 entered in the 50 (I came 450th) and plenty more in the Lakeland 100 which I'd encourage anyone keen for a challenge to sign up to. With free camping at the event site it had a carnival atmosphere and being called into the tent as a "Lakeland Legend" at the end to rounds of applause at 2:40am was so uplifting.

All those people I spoke to on course who said I'd regret a DNF were right and although I didn't hit A or B target "just finishing" was enough this time. Nick also finished in a little over 17 hours - huge respect to him for going through the night to get it done.



South West Championships with Inter Counties, Exeter

18th July

By Mark Thomas

MU20 100m

Joe Carter 2nd 11.18s

MU17 100m
Dominic Murray 6th 11.57s

MU20 200m
Joe Carter 2nd 22.54s

FU20 200m
Charlotte Longden 2nd 26.11s

FU17 200m
Eleni Francis 3rd 26.22s

FU20 400m
Enya Maylor 4th 61.78s

SM/MU20/MU17 1500m
Henri Cotineau (MU17) 12th 4:22.59 (PB)

SF/FU20/FU17 1500m
India Ibbotson (FU20) 5th 5:10.57

MU20 110mH
Jake Cover 3rd 14.63s

U17 400mH
Charlie Staddon 1st 62.82s

FU23/FU20 400mH
Imogen Dawe-Lane (FU23) 1st 65.37s (PB)
Mia Bates (FU20) 3rd 66.47s

Mixed U15 HJ
Ciara Galvin (FU15) 2nd 1.50m

Mixed U20/U17 HJ
Dominic Murray (MU17) 4th 1.75m

Mixed U17 LJ (pic below)
Eleni Francis (FU17) 4th 5.34m

SM/MU23/MU20 LJ
Marcin Olech (MU23) 5th 6.15m

SF/FU20/FU17 LJ
Charlotte Longden (FU20) 5th 4.82m

VM/SM/MU20 JT800
Keelan Tucker (MU20) 5th 44.04m

MU17 JT700

Sam Walker 3rd 40.51m



Tokyo 2020

[By the Editor](#)

As an alumni of Bath Uni, this week I received an email from their communications team about athletes competing in Tokyo who have some connection with the Uni, past or present. I thought I'd share the following:

There are 12 Bath alumni, one student and a host of athletes that train at the University representing their countries at The Games. [Here's your guide of who to watch and when.](#) You can also take a look at [the full list of athletes](#) who have been selected.

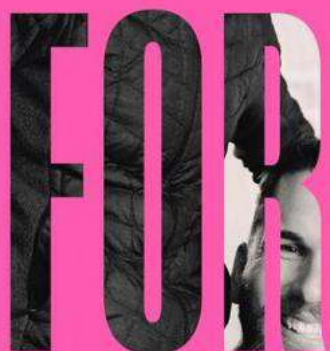


RunForTash

By the Editor

If you didn't catch the message in our social media channels, this is a brief announcement that entries are now open for the "Run For Tash" Half Marathon at Odd Down Cycling Track on 5th September. It's limited to 400 runners, so don't hang around - enter [here](#).

As you know, Odd Down has become a mecca for those hunting fast times. If you like smashing out 3 laps to clock a speedy 5k, you're going to absolutely love the 14 laps that add up to Half Marathon distance, and the prospect of bagging a HM PB. The date marks the launch of the Natasha Lewis Foundation, set up to help develop aspiring athletes who might follow in her footsteps.



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#RUNFORTASH

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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