

THE BATH PLUG



Andy & Paul at yesterday's XC - showing us they've still got skillz!

Yesterday's fantastic TBAC turnout and performances at R1 of the Glos XC League will have to wait until next week - there were so many great results (and great fun!) that they almost merit a dedicated Plug. If you didn't make it, get involved - the next one is 12th December - find out more [here](#).

This week's Plug is a short one. One race report from Pat, some results from the Newport Marathon, and just before the window opens to clock your November 5k TT, a view of all your results since January.

Simon Brace.

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

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

Oxford Half Marathon

17th October

By [Pat Cobb](#)

The Oxford Half was my first half marathon since Bath just before lockdown in 2020, so I wasn't sure what to expect – both in terms of a big city race, and in terms of my legs! I hadn't even considered Oxford as a potential race until an email went round at school to say they were looking for a staff team to run for charity, and so it was that instead of wearing my TBAC vest – I was one of 8 teachers from school running in a Young Minds vest.

Messages in the team WhatsApp chat at 7am about a closure on the M4 made me very glad I'd stayed near Oxford the night before (it turns out that Oxford South Premier Inn is some way from Oxford itself though!), as the park and ride was only about 15 minutes drive – but the queue for the buses was huge! As my family and I neared the front of the queue we spotted some of my colleagues as they had headed out of sight to join the wait. The long wait for buses meant I didn't have as long to mill around so I said bye to my wife and boys and headed off for a quick warm up and to find my start pen – the planned team meet up for a pre race group photo would have to do without me!

There was a slight delay at the start, no doubt waiting for the park and ride buses, and I probably should have taken in my surroundings but I was just keen to get going! In start pen B I realised I was very close to the front, with A being the elite runners. Eventually the Mayor started the race, and I was able to turn my nervous energy into forward motion. Going through the first 90 degree bend of many on the route, I focussed on trying not to get carried away – first km in exactly my target pace, a wave to my family on another 90 degree bend and try to settle in. I was a bit surprised to see my fellow maths teacher Russ cheering me on from the side of the road at 3km, but his start time was so much later that he was still making his way to his pen!

Various sections of road were traversed in both directions, so I saw some of my friends passing going the other way – and gave them an acknowledgement that required the least energy on my part! Around 9k, still around target pace, I was in a little group as we

headed out of town to do a lap of a village, I was a little worried I was getting a stitch, but that soon disappeared. Ignoring the Powerbar drinks that were being offered extremely enthusiastically, I had a gel and around 11k started to notice some of the runners beginning to fade, and focussed on sticking with a chap who seemed to be strong – for 3k that were all just a bit quicker than target pace.

As we came back into town around 15k, I was starting to feel it, and my pace dropped very slightly but held pretty close to what I wanted. At 18k the route went into the University Parks, where the Race Village was, and onto gravelled paths – passing my family again I was really wishing the end to hurry up. The last stretch of this race felt cruel, taking me back along the roads I'd walked along to get to the start, but every time I thought I was nearly there I had a sharp turn and looping round some back streets! No doubt this was a picturesque way to showcase the beautiful city I was in, but I was in no mood for this – finally I saw the finish line and mustered a sprint before collapsing on the barrier.

A big thank you to the St John's Ambulance gentleman who looked after me until I was in a fit state to walk anywhere! Having finished before the crowds I staggered over to pick up my bag, and then made my way to the 11 mile marker where my family were, in order to cheer on my colleagues. Unfortunately as I sped up to cross the race route my calf spasmed and I found myself lying in the dirt, thankfully out of the way of the runners, and I had to get a nearby spectator to ring my wife to inform her I was about 20 metres away but unable to move! Once my legs were sufficiently well behaved we then cheered on the hordes of runners who came through as we waited to see the rest of our little team.

Catching up with the others in the pub afterwards (one of the assistant heads had booked a tablet – genius!) everyone had had a good race, there were PBs for 6 of the 8 of us, myself included. I enjoyed the race, but I didn't like all the corners – especially near the end, and some of the others said parts of the course had been too narrow for the numbers of runners that came through around them. It made me look forward to Bath Half, with its wide roads, relatively few tight turns and hairpins, the fact that I know where the finish will be – and of course being back in my blue and yellow club vest!



Newport Marathon

24th October

[By the Editor](#)

No race reports but three great results and one happy Matt :)

- Matt Wells: 2:49:48, 11th M40
- Jamie Westcombe: 2:59:46, 35th M40
- Owen Davies: 3:14:48, 76th MSEN



Club Monthly 5k TT

By the Editor

As we approach the penultimate opportunity to register a time for this year's competition, I thought you would welcome sight of all your results since January, and highlighted in yellow, those participants still 'in the running' for glory.

For those less familiar with the competition, the monthly 5k TT is not only a test against yourself to measure your form through the year, but also a league, 'running' January to December, ranking participants according to the average of their best results with a minimum of 6 results to count. This explains why only those who have recorded 4 or more TTs this year are highlighted in yellow - November and December represent the final 2 chances to clock a time.

Historically (pre-COVID), when the TT was run over a set course around the Uni, prizes were awarded according various gender and age groups. Moving forward, the competition has become virtual and increasingly Parkrun based (whose courses vary significantly in

speed). So more than ever, we are running just for fun and to test ourselves. And the reward for your efforts? "Bragging rights" among your peers, and the simple satisfaction that comes from burying yourself in a 5k TT, knowing that you've bagged another quality session that might even deliver a PB.

So at the end of this year, exactly as I have done every month, for those who have registered a minimum of 6 TTs and therefore qualify for the overall competition, I will rank according to average time and its corresponding age grade % score.

For those not "in the running", fear not. I will still report monthly results for November and December respectively - as usual, you'll be able to see how you compare within specific months. So good luck everyone this week - run hard; run strong!

	Age	AG	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Mean
1 Aaron Pritchard	24	MS		15:30	15:22								15:26
2 Otto Copping	20	U20			15:34								15:34
3 Elliot Avis	23	MS						15:57					15:57
4 Peter Grist	39	MS			16:23								16:23
5 Josh Taylor	30	MS	16:35	16:15				16:32	16:28	16:09			16:24
6 Alex Carter	25	MS								16:35			16:35
7 Aidan Daniel	22	MS	16:24			16:44		16:40					16:36
8 Matt Wells	41	MV40		16:42	16:48	16:59	16:44	16:59	16:17	16:42	16:46	16:39	16:44
9 Harry Maxwell	14	MJ								17:17	16:13		16:45
10 Themis Bower	21	MS		16:54									16:54
11 Gary Dunstone	49	MV40		17:06	16:44								16:55
12 Guy Landon	48	MV40	16:53	16:52	16:59	17:09							16:58
13 Mike Dooley	55	MV50	17:11	17:01	16:47	17:32	17:00						17:06
14 Awan Daniel	22	MS			17:08								17:08
15 Joe Chevalier	28	MS		17:35	17:13	17:30	17:14	16:45					17:15
16 Simon Brace	48	MV40	17:12		17:32	17:07	17:27					17:38	17:23
17 Toby Baker	15	U20		17:35									17:35
18 Tom Burns	23	MS					17:38						17:38
19 Thomas Davies	33	MS	17:54	17:58	17:20	17:27							17:40
20 James Donald	37	MS	17:00	17:27	18:04			17:22	18:32				17:41
21 Josh Maxwell	14	MJ								18:02	17:22		17:42
22 Jamie Dale	17	U20	18:05	17:49	17:33	17:31	17:13	18:03					17:42
23 Patt Cobb	38	MS	17:22	18:15									17:48
24 Chris Maxwell	48	MV40								18:36	17:37		18:07
25 James Woosnam	51	MV50	18:01	17:57					18:37				18:12
26 Jocelyn Cotterill	17	FJ	18:22	18:11									18:17
27 Isobel Cotterill	14	FJ	18:31	18:03									18:17
28 Mark Mackintosh	56	MV50	18:56	18:34									18:45
29 Carl Tucker	52	MV50		18:30		19:03							18:47
30 Sophie Tabor	31	FS		19:05									19:05
31 Tim Hill	42	MV40	19:18				19:26						19:22
32 Ben Ashby	33	MS				19:40				19:25		19:11	19:25
33 Heather Fell	38	FS		19:54								18:58	19:26
34 Will Knowles	23	MS					19:16	18:45	19:14	19:44	19:19	20:45	19:30
35 Joe Mobbs	26	MS							19:35				19:35
36 Jasper Cox	15	U20	21:39				19:18		18:39				19:52
37 Dave Coales	51	MV50										19:54	19:54
38 Marianne Carpenter	47	FV40				19:55							19:55
39 Ben Holding	45	MV40						19:39		20:36	20:08		20:08
40 Malcom Treby	48	MV40	20:15				19:49			20:21			20:08

41 Niall Urquhart	59 MV50	19:17	19:24	19:15		20:49	22:59	20:27	20:22
42 Nick Parry	59 MV50			20:27					20:27
43 Jo Thompson	62 FV60			20:57	20:35		21:48	19:36	20:44
44 Lizzi Pitt	27 FS	21:06	20:21	19:56	20:35	21:23	21:32	21:23	21:56
45 Cath Dale	56 FV50	21:46	20:53	20:31			20:53	20:47	20:58
46 Kim Barfoot-Brace	40 FS	21:43	21:34	21:08		20:37	20:17		21:04
47 Libbie Herbert	23 FS							21:23	21:23
48 Alex Hearn	14 U20		21:24						21:24
49 Nigel Osborne	55 MV50							21:18	21:37
50 Colin Apps	40 MV40		21:32						21:32
51 Bruce Cotterill	52 MV50	21:24	22:09	21:41	21:41	22:08			21:49
52 Helen Alvis	37 FS	21:52	22:00						21:56
53 Tom Hutchison	67 MV60	21:01	20:52	23:29		22:59	22:01	21:58	21:39
54 Amy Britton	24 FS	22:12							22:12
55 Georgie Wells	40 FV40						22:22		22:22
56 Daniel Murray	17 U20	22:42							22:42
57 Ilana Wigfield	55 FV50	22:49	22:22	22:44	22:21	22:39	23:11	23:49	22:51
58 Lisa Bennett	51 FV50					22:55			22:55
59 Otto Goldsmith	15 U20	23:30							23:30
60 Andy Mullett	66 MV60					23:39			23:39
61 Sevim Sangwell	48 FV40		23:36			23:48	24:16		23:53
62 Nick Kingwell	46 MV40		24:10	23:44				24:35	24:10
63 Lottie Silvertown	14 FJ	25:22	25:30	23:33	22:39				24:16
64 Stuart Curtis	56 MV50						24:50		24:50
65 Mike Charlton	62 MV60						24:52		24:52
66 Sarah Layzell	56 FV50		25:07						25:07
67 Lynn Jones	57 FV50	24:57	25:23	25:39				27:31	25:52
68 Keith Jones	81 MV80						27:51		27:51
69 Paul Carroll	63 MV60			27:33		29:46			28:39
70 Michael Stanley	64 MV60						38:38	36:08	37:23
71 Janice Rambridge	74 FV70							48:17	48:20



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