

The official magazine of Team Bath Athletic Club  
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# THE BATH PLUG



"Freezing" for a photo after the Brrr... omham Christmas Pudding 10k

No race reports from anyone but a stack of results from just two competitions. 26 TBACers ensured that our blue & gold dominated at last Sunday's Bromham 10k. And we draw a close to the annual 5k TT competition with a complete view of the results, listing all 74 runners who posted at least one time during the year. We wrap up this week's Plug with 3 outstanding results from the Indoor Open at Lee Valley last weekend.

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

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

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## DBMax Bromham Christmas Pudding 10k

5th December

[By the Editor](#)

A biting northerly wind met the pudding runners as they looped twice around the village of Bromham in this prolific local race that sells out in hours every year. Despite predictably cold conditions, both the appetite to run and the quality of competition was as strong as ever this year. TBAC fielded 26 runners who couldn't wait to get going, to warm up and earn that Christmas pud that would greet them at the end.

With such strength in depth, it was no surprise that our Ladies and Gents picked up the team prizes: [Freya, Jenny, Creina] + [Dan, Josh, Matt]. Full results listed below but it's also worth celebrating all the podiums:

1st PLACES (pic below)

Freya Spruit: 1st FU20 & 3rd female overall

Cath Dale: 1st FV55

Tom Hutchison: 1st MV65

2nd PLACES

Dan Soltys: 2nd overall & 2nd MS

Jenny Carter: 2nd FV45

Ella Treby: 2nd FU20

Ilana Wigfield: 2nd FV55

3rd PLACES

Alison Vuagniaux: 3rd FV55

Simon Brace: 3rd MV45





Pos	Bib No	Name	Gun Time	Chip Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %
2	400	Daniel SOLTYS	33:50.2	33:50.0	Sen	2	Male	2	TEAM BATH ATHLETICS CLUB	77.82
7	433	Josh TAYLOR	35:28.0	35:26.3	Sen	5	Male	7	TEAM BATH ATHLETICS CLUB	74.60
8	475	Matthew WELLS	35:37.6	35:37.4	Sen	6	Male	8	TEAM BATH ATHLETICS CLUB	79.39
13	47	Simon BRACE	36:02.4	36:02.4	V45 to 54	3	Male	13	TEAM BATH ATHLETICS CLUB	82.21
23	147	Ian DUNNING	37:38.8	37:37.0	Sen	18	Male	22	TEAM BATH ATHLETICS CLUB	74.01
27	407	Freya SPRUIT	38:22.6	38:22.1	Under 20	1	Female	3	TEAM BATH ATHLETICS CLUB	78.53
29	447	Malcolm TREBY	39:47.7	39:46.2	V45 to 54	4	Male	26	TEAM BATH ATHLETICS CLUB	74.45
36	70	James CAMP	40:24.1	40:23.1	Sen	27	Male	33	TEAM BATH ATHLETICS CLUB	66.59
48	234	Tom HUTCHISON	41:57.4	41:55.5	Over 65	1	Male	45	TEAM BATH ATHLETICS CLUB	83.92
52	77	Jenny CARTER	42:02.7	41:58.5	V45 to 54	2	Female	5	TEAM BATH ATHLETICS CLUB	79.40
59	323	Creina OSHEA	42:52.4	42:49.3	Sen	4	Female	7	TEAM BATH ATHLETICS CLUB	70.02
62	446	Ella TREBY	43:00.7	42:57.1	Under 20	2	Female	9	TEAM BATH ATHLETICS CLUB	71.29
67	150	Lee EBORALL	43:41.8	43:22.4	Sen	45	Male	57	TEAM BATH ATHLETICS CLUB	65.22
68	79	Paul CARTER	43:44.4	43:39.9	V45 to 54	9	Male	58	TEAM BATH ATHLETICS CLUB	69.39
75	117	Catherine DALE	44:08.7	44:05.7	V55 to 64	1	Female	13	TEAM BATH ATHLETICS CLUB	85.37
93	35	Lisa BENNETT	45:18.2	45:15.8	V45 to 54	5	Female	18	TEAM BATH ATHLETICS CLUB	76.56
102	74	Marianne CARPENTER	46:07.2	45:54.7	V45 to 54	8	Female	21	TEAM BATH ATHLETICS CLUB	71.56
112	206	Emma HATHERLEY	46:30.7	46:27.3	Sen	12	Female	23	TEAM BATH ATHLETICS CLUB	65.19
113	474	Georgie WELLS	46:30.7	46:27.1	Sen	13	Female	24	TEAM BATH ATHLETICS CLUB	66.79
122	479	Ilana WIGFIELD	47:45.1	47:42.3	V55 to 64	2	Female	27	TEAM BATH ATHLETICS CLUB	76.71
128	456	Alison VUAGNIAUX	48:23.1	48:20.0	V55 to 64	3	Female	29	TEAM BATH ATHLETICS CLUB	82.66
130	369	Claire RIOU	48:39.9	48:37.6	V55 to 64	4	Female	31	TEAM BATH ATHLETICS CLUB	80.95
141	241	Lauren JAUSS	49:16.3	49:11.5	V45 to 54	10	Female	33	TEAM BATH ATHLETICS CLUB	66.98
145	408	Philippa SPRUIT	49:30.6	49:27.3	V45 to 54	11	Female	34	TEAM BATH ATHLETICS CLUB	72.96
182	468	Patricia WATTS	51:55.6	51:40.2	V45 to 54	17	Female	57	TEAM BATH ATHLETICS CLUB	64.29
327	362	Andy REID	1:03:53.9	1:03:40.6	Over 65	8	Male	191	TEAM BATH ATHLETICS CLUB	54.58

## TBAC 5k Time Trial finale

### December

## By the Editor

13 members managed to register a time in the final month of this year's competition, many from their Parkrun efforts, and several others from their 5k split at Bromham. Speedy Dan led the way with a time that would see him claim 2nd overall at Bromham, while Cath continues to top the age-grade rankings, consistently scoring well into the 80's.

	Age	Dec Virtual		Position movement
1 Dan Soltys	25	16:53	1 Cath Dale	83.94% -8
2 Simon Brace	48	17:53	2 Tom Hutchison	82.01% -5
3 Malcom Treby	48	19:43	3 Simon Brace	81.16% 1
4 Emily Griffiths	32	20:09	4 Niall Urquhart	78.52% -1
5 Niall Urquhart	59	20:15	5 Lisa Bennett	77.12% -5
6 Will Knowles	23	20:27	6 Ilana Wigfield	77.11% -5
7 Tom Hutchison	67	20:50	7 Dan Soltys	76.41% 6
8 Lizzi Pitt	27	21:54	8 Emily Griffiths	73.64% 4
9 Cath Dale	57	22:05	9 Malcom Treby	73.00% 6
10 Lisa Bennett	51	22:13	10 Lizzi Pitt	67.58% 2
11 Ilana Wigfield	55	23:24	11 Paul Carroll	65.35% -1
12 Paul Carroll	64	25:26	12 Lynn Jones	63.41% 1
13 Lynn Jones	57	29:14	13 Will Knowles	63.08% 7

At the end of the calendar year, only 11 members managed to register 6 or more times, the minimum requirement to qualify for the competition... but a very choice 11 they are (well I would say that wouldn't !!) and every one a winner! Full results are tabled below with the select 11 highlighted in yellow and again with their 6-best average time here:

**1st female:** Lizzi Pitt 20:34

2nd female, **1st FV50:** Cath Dale 21:09

3rd female, **2nd FV50:** Ilana Wigfield 22:41

4th female, **3rd FV50:** Lynn Jones 26:53

**1st male,** 1st MV40: Matt Wells 16:38

2nd male, **1st MV50:** Mike Dooley 17:09

3rd male, **2nd MV40:** Simon Brace 17:28

4th male, **1st male U20:** Jamie Dale 17:42

**5th male:** Will Knowles 19:26

6th male, **2nd MV50:** Niall Urquhart 19:54

7th male, **1st MV60:** Tom Hutchison 21:21

It's unlikely there will be prizes but rather just bragging rights and the sense of satisfaction for consistently strong performances through the year. Bagging 6 decent times is always more challenging than it seems at the start of the year. Moving forward, a new competition format is in the making. As soon as it's confirmed, you'll hear it here.

	Age	AG	Jan Virtual	Feb Virtual	Mar Virtual	Apr Virtual	May Virtual	Jun Virtual	Jul Virtual	Aug Virtual	Sep Virtual	Oct Virtual	Nov Virtual	Dec Virtual	Mean average	Times to count
1 Aaron Pritchard	24	MS		15:30	15:22										15:26	2
2 Otto Copping	20	U20			15:34										15:34	1
3 Elliot Avis	23	MS						15:57							15:57	1
4 Peter Grist	39	MS			16:23										16:23	1
5 Josh Taylor	30	MS	16:35	16:15				16:32	16:28	16:09					16:24	5
6 Alex Carter	25	MS								16:35					16:35	1
7 Aidan Daniel	22	MS	16:24			16:44		16:40							16:36	3
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
9 Harry Maxwell	14	MU								17:17	16:13				16:45	2
10 Dan Soltys	25	MS												16:53	16:53	1
11 Themis Bower	21	MS		16:54											16:54	1
12 Gary Dunstone	49	MV40		17:06	16:44										16:55	2
13 Guy Landon	48	MV40	16:53	16:52	16:59	17:09									16:58	4
14 Awan Daniel	22	MS			17:08										17:08	1
15 Mike Dooley	55	MV50	17:11	17:01	16:47	17:32	17:00						17:25		17:09	6
16 Joe Chevalier	28	MS		17:35	17:13	17:30	17:14	16:45							17:15	5
17 Simon Brace	48	MV40	17:12		17:32	17:07	17:27					17:38		17:53	17:28	6
18 Toby Baker	15	U20		17:35											17:35	1
19 Tom Burns	23	MS					17:38								17:38	1
20 Thomas Davies	33	MS	17:54	17:58	17:20	17:27									17:40	4
21 James Donald	37	MS	17:00	17:27	18:04			17:22	18:32						17:41	5
22 Josh Maxwell	14	MU								18:02	17:22				17:42	2
23 Patt Cobb	38	MS	17:22	18:15											17:48	2
24 Jamie Dale	17	U20	18:05	17:49	17:33	17:31	17:13	18:03					18:57		17:53	7
25 Chris Maxwell	48	MV40								18:36	17:37				18:07	2
26 James Woosnam	51	MV50	18:01	17:57					18:37						18:12	3
27 Jocelyn Cotterill	17	FJ	18:22	18:11											18:17	2
28 Isobel Cotterill	14	FJ	18:31	18:03											18:17	2
29 Mark Mackintosh	56	MV50	18:56	18:34											18:45	2
30 Carl Tucker	52	MV50		18:30		19:03									18:47	2
31 Sophie Tabor	31	FS		19:05											19:05	1
32 Richard Bennett	39	MS											19:10		19:10	1
33 Ben Ashby	33	MS				19:40				19:25		19:11			19:25	3
34 Heather Fell	38	FS		19:54								18:58			19:26	2
35 Joe Mobbs	26	MS							19:35						19:35	1
36 Dave Coales	51	MV50										19:54	19:29		19:42	2
37 Will Knowles	23	MS					19:16	18:45	19:14	19:44	19:19	20:45	20:18	20:27	19:43	8
38 Ben Holding	45	MV40						19:39		20:36	20:08				19:45	4
39 Tim Hill	43	MV40	19:18				19:26						20:38		19:47	3
40 Jasper Cox	15	U20	21:39				19:18		18:39						19:52	3
41 Marianne Carpenter	47	FV40				19:55									19:55	1
42 Malcom Treby	48	MV40	20:15				19:49			20:21			20:33	19:43	20:08	5
43 Niall Urquhart	59	MV50	19:17	19:24	19:15			20:49		22:59	20:27			20:15	20:21	7
44 Nick Parry	59	MV50			20:27										20:27	1
45 Emily Griffiths	32	FS										21:17	20:09		20:43	2
46 Jo Thompson	62	FV60				20:57	20:35			21:48		19:36			20:44	4
47 Kim Barfoot-Brace	40	FV40	21:43	21:34	21:08		20:37	20:17							21:04	5
48 Lizzi Pitt	27	FS	21:06	20:21	19:56	20:35	21:23	21:32	21:23	21:56	20:37	20:49	22:00	21:54	21:08	12
49 Cath Dale	57	FV50	21:46	20:53	20:31			20:53		20:47			22:29	22:05	21:21	7
50 Libbie Herbert	23	FS									21:23				21:23	1
51 Alex Hearn	14	U20		21:24											21:24	1
52 Nigel Osborne	55	MV50									21:18	21:37			21:27	2
53 Colin Apps	40	MV40		21:32											21:32	1
54 Bruce Cotterill	52	MV50	21:24	22:09	21:41	21:41	22:08								21:49	5
55 Tom Hutchison	67	MV50	21:01	20:52	23:29			22:59	22:01	21:58		21:39	21:47	20:50	21:51	9
56 Helen Alvis	37	FS	21:52	22:00											21:56	2
57 Georgie Wells	40	FV40						22:22							22:22	1
58 Amy Britton	25	FS	22:12										22:49		22:30	2
59 Lisa Bennett	51	FV50					22:55							22:13	22:34	2
60 Daniel Murray	17	U20	22:42												22:42	1
61 Stuart Curtis	56	MV50								24:50			21:46		23:18	2
62 Ilana Wigfield	55	FV50	22:49	22:22	22:44	22:21	22:39	23:11		23:49			27:22	23:24	23:25	9
63 Otto Goldsmith	15	U20	23:30												23:30	1
64 Andy Mullett	66	MV60					23:39								23:39	1
65 Sevim Sangwell	48	FV40		23:36			23:48	24:16							23:53	3
66 Nick Kingwell	46	MV40		24:10	23:44					24:35					24:10	3
67 Lottie Silverton	14	FJ	25:22	25:30	23:33	22:39									24:16	4
68 Mike Charlton	62	MV60								24:52					24:52	1
69 Sarah Layzell	56	FV50		25:07											25:07	1
70 Lynn Jones	57	FV50	24:57	25:23	25:39						27:31		28:36	29:14	26:53	6
71 Paul Carroll	64	MV60			27:33			29:46					26:08	25:26	27:13	4
72 Keith Jones	81	MV80							27:51						27:51	1
73 Michael Stanley	64	MV60								38:38		36:08			37:23	2
74 Janice Rambridge	74	FV70									48:17	48:20			48:19	2
Mean averages			19:59	19:42	19:24	19:19	19:56	20:01	20:05	21:29	22:15	23:26	21:44	21:34	20:30	

## Lee Valley Open Indoor

### 5th December

## By the Editor

Some cracking performances at Lee Valley last weekend, with PBs by all 3 TBAC athletes:

Joe Carter: 60m - 7.04

Charlie Staddon: 60m hurdles - 8.88

Dominic Murray: 60m - 7.24, 60m hurdles - 8.78



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