

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





TBAC's Speedway Speedsters finally slow down for a photo

Jo Thompson seems to be hogging the headlines in 2022, taking another category win last weekend at the superfast and super competitive Speedway 10k. So fast and competitive that our leading TBACer, Dan Soltys, clocked a lightening 32:20, which would surely guarantee a podium in most local races, but at last Sunday's 10k race it placed him just 45th. It's clearly a race where, for mere mortals, positions are largely irrelevant - you're running against the clock, against yourself, to bury the pain and be the fastest you can be. All six TBACers did exactly that, delivering inspiring times they should be very proud of. See below for an edited write-up by Easy Runner, the Bristol running shop.

No other race reports, but some important words from Di about the recent passing of instrumental Club member, Tony Blanchard.

We sign-off with a reminder from Lucie about membership renewals.

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

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



Speedway 10k

23rd January

By the Editor (edited from a great article in "Kevin's Column" at "Easy Runner" [here](#))

The Speedway 10k near Chepstow is a well organised race that has established itself as one of the fastest in this area – it is just over the Severn Bridge in South Wales – and now attracts a really strong field of runners all united in the quest for fast times and PBs.

Devonian international steeplechaser Phil Norman shaved one second off his two-year-old PB, set over the same course when finishing runner-up, to win in 29:11 – easily the fastest in the South West this year so far.

Team Bath international duathlete Daniel Soltys ended 2021 with a PB of 33:50 finishing runner-up in the Bromham 10k; now he opened his 2022 campaign with a huge improvement clocking 32:20 (45th). Team Bath marathon man Dan Jones showed there is nothing wrong with his speed as he carved 35 seconds off his five year-old best with 32:48 while just behind him clubmate Aidan Daniel ran out of his skin to slash 1min 16 secs off his winning time at the Corsham 10k last September.

The women's race was won by Alex Eykelbosch in 33:31. It was good to see Team Bath's rejuvenated Amber Gascoigne, who was third at the South West Championships a few weeks back, continue her good form with a PB of 36:38. Her previous best stood at 37:21 from 2018. Team Bath's W60 veteran Jo Thompson proved that her recent super time of 20:14 in the Street 5k was not a one-off as she clocked 42:10 to win her age group. It was Thompson's fastest 10k for six years. What a class athlete she is.

Teams: 1 Bristol & West AC (Taylor, Bancroft, Moody, Parkin). 9th Team Bath AC (Soltys, Jones, Daniel, 169 Ben Holding 36:47).

W40: 1 Amber Gascoigne (TB) 36:38 (PB)

W60: 1 Jo Thompson (TB) 42:10.











Tony Blanchard

By Di Viles

Some sad news this week. The death was announced of Tony Blanchard. Many Club members may not know Tony nor his huge contribution to the Club, but those of us who have been around a long time will remember him. Without Tony, the track we all use would not have existed.

When I first went onto the Committee at the then Bath and Percy Athletic Club in 1979, Tony was the Club Secretary, a position he held for many years. He later became the Coaching Secretary. It was whilst he was Club Secretary that the fight to get a track in Bath began. Tony spent many hours talking to councillors and council officials in an effort to get a track built in Bath. Without his patience and perseverance, it would not have happened.

He was also an excellent sprints and hurdles coach and coached many of the club's best

sprinters, including Olympic gold medalist Jason Gardener.

Along with myself and John Vinyard, he also founded and organised the Club's own very successful open meetings. He was also a very good timekeeper and often drove the Club minibus to meetings. The Club owes Tony a huge debt of gratitude.

Rest in peace, Tony.



Membership renewal

By Lucie Osborne, TBAC Membership Manager

Earlier this month, you should have received an email that explains your membership renewal options and fees. This is just a gentle reminder to make payment by 1st February. If you have any queries regarding your options and payment, feel free to email me [here](#). Many thanks all.





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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