

The official magazine of Team Bath Athletic Club  
First published Tuesday 01 Dec 1987

Issue 1553 22nd January 2022

# THE BATH PLUG



Slaughtering the competition, TBAC dominate at the Slaughterford 9

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A quiet couple of weeks but it would be remiss of me not to publish a Plug when the Club turned up in such force at the Slaughterford 9 and took home the majority of honours available. And at the Street 5k, Jo Thompson scored a staggering 99.1% age-grade score by clocking 20:14. Great running team.

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

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



## Slaughterford 9

16th January

By Paul King

A good day for TBAC at the beautiful, albeit muddy and hilly Slaughterford 9, efficiently organised by Chippenham Harriers. TBAC had over 30 athletes competing and came away with both the Men's and Ladies' Team Prizes.

Excellent individual performances with our top finishers being:

Aidan Daniel 2nd 55:22

Otto Copping 3rd 55:28

Eliot Ball 4th 56:03

Of interest even the winner Jon Cracknell (54:22) is an ex-TBAC runner!

Heather Fell maintained her impressive off-road form by finishing 1st Female in 66:40.

She was accompanied by Emily Griffiths 6th F in 73:06 and Cath Dale 11th F/2nd VF50 in 76:05 to complete the victorious ladies team.

There were notable Age Group winners for TBAC:

VetM50:

Guy Woods 1st 63:28 (Guy is now back in the TBAC fold which is great news for the Club)

Barry Awan 2nd 64:16

James Woosnam 3rd 65:21

VetF60:

Alison Vaugniaux 1st 1:26:08

Claire Riou 2nd 1:29:20

VetF50:

Cath Dale 2nd 1:16:05











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## Street 5k

12th January

By [Paul King](#)

A number of TBAC Ladies ran the Street 5km. A new women's course record, age category records, and the best age-grade percentage ever achieved at the January 2022 Street 5k organised by Well City Harriers. A brilliant run from Jo Thompson in 20:14 providing her with a 99.1% age-grade score! Freya Spruit ran a PB with 18:31; while Alice Bridger-Morales clocked an impressive 18:30.



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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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