

THE BATH PLUG



Muddy marvelous.
TBAC ripping up the trails at last Sunday's SW CX Champs.

Did you know that we're in the middle of the Cross County season? If you didn't, you will after reading this week's Plug. Short n' sweet, it's largely XC-focused. If you've never tried, it's not too late to get involved. Rounds 2 and 3 (of only 3 in total this season) of the Gloucestershire XC League are yet to come, next up Pittville Park on 13th Feb. See [here](#) for details. Not only a great way to build your running strength during the winter (the

perfect foundations for attacking any imminent half/marathon goals) but also just a great day out in the countryside with your Club mates. Do it, you'll love it!

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

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

South West Cross Country Championships

3rd January

By [Paul King](#)

Despite fielding a relatively small team at the SW XC Champs, those that could make it yielded some excellent results, particularly in the age categories.

Our Senior Women finished 5th Overall with Amber Gascoigne yet again excelling, finishing 3rd overall and 1st FV35. Cath Dale was 1st FV55, Jo Thompson 2nd FV55, and Ilana Wigfield 5th FV55.

In the Senior Men's race Aidan Daniel was our top man finishing 19th, with Otto Copping 42nd, Dan Jones 48th, Matt Wells 59th (4th MV40), Luc Cotineau 109th (36th U20M), Ben Holding 138th (24th MV40), Tom Hutchison 147th (6th MV60), Steve Moss 160th (9th MV60). Senior Men finishing 9th overall.

Many excellent junior performances particularly with Isobel Coterill finishing 2nd in the U15 Girls, Tobi-Lee Loughlin 3rd in the U13 Boys, Josh Maxwell 4th U15 Boys, Annabelle Wallace 10th U17 Girls, Ben Wagstaff 10th U17 Boys, and India Ibbotson 13th U20 Women.











Gloucestershire County XC Championships

8th January

By the Editor

Three handsome young gents rocked up at Cotswold Farm Park yesterday to rep the blue & gold at the Glouc County CX Champs. Unintimidated by teams fronting considerably greater numbers, our three amigos put in strong performances in a very competitive field to ensure our Club reputation remained intact at the height of the XC season. From left to right below:

James Donald: 28th overall, 15th SM

Patt Cobb: 32nd overall, 18th SM

Tim Hill: 47th overall, 7th MV40



Strength & Conditioning

From 11th January

By Kimberley-Barfoot Brace

You may recall that we reduced our STV time by 30mins to alleviate some of the financial pressures we're under. Generously supported by the Natasha Lewis Foundation, every Tuesday from 11th January, we'll have 30 minutes time back to focus on strength and conditioning. S&C was important to Tash not just in her role as a PT, but as an athlete on her journey of continuous improvement.

Tash's fiancé Dave, also an excellent PT who co-founded Get Fit in Bath with Tash, will kick this off. He'll take the first S&C session on the inside track this Tuesday 11th, 8-8:30. Thereafter, TBAC coaches will use this time for S&C with their respective groups.

We're incredibly grateful for this fitting gift, and encourage you to make the best of this time for Tash 🍷💙💛





[Repeated from last week as a reminder]

TBAC Parkrun 5k Championship 2022

By Malcolm Treby

Building on the virtual 5k championships that Paul has run so successfully throughout the Coronavirus period, we're evolving that into a Parkrun Championship for 2022. We've chosen six different Parkrun courses and will combine your best times at each of those Parkruns to compile the championship table. If you'd like to take part all you need to do is:

- Run each of the Parkruns at some point during the year
 - provided it's an official Parkrun, any day is fine;
 - if you make multiple attempts on a particular course, your best time will be taken;
- Volunteer at any Parkrun during the year;
- Check that your Parkrun profile has your club recorded as Team Bath AC;
- Let me know your age on July 1st 2022 (this age will determine your age group for the year).

The Parkruns chosen for 2022 are: Bath Skyline, Chipping Sodbury, Pomphrey Hill, Ashton Court, Frome Old Showground and Southwick Country Park. They have been selected to give a split of trail and hard surfaces, and a variety of flat, hilly and undulating routes, whilst keeping them as accessible as possible. Regular updates on the standings across the normal age categories will be given throughout the year, with the results pulled directly from Parkrun (as long as Parkrun has Team Bath AC recorded as your club, there's no need to notify me of your result). No guarantee on prizes yet but I have asked the committee what, if anything, can be done. Precise age cats and potential prizes for each will be confirmed in due course.

We'll also publish a monthly list of the fastest Parkruns by TBAC runners across all Parkruns, just as a celebration of all TBAC Parkrunning. As an example, the first list, covering December's parkrunning is below. If you ran a Parkrun during December it would be useful to double check that your name is on the list.

The TBAC Parkrunning WhatsApp group is still active. Please feel free to join this to communicate with me, engage in any Parkrunning discussions, arrange lift-sharing, or to ask questions. The join link is [here](#).

Rank	Date	Athlete	Parkrun	Fastest Time
1	11/12/2021	Justin DAVIES	Bath Skyline parkrun	00:16:11
2	11/12/2021	Eliot BALL	Long Eaton parkrun	00:16:32
3	04/12/2021	Aidan DANIEL	Melksham parkrun	00:17:22
4	25/12/2021	Harry MAXWELL	Chippenham parkrun	00:17:22
5	04/12/2021	James DONALD	Bedford parkrun	00:17:45
6	25/12/2021	Joshua MAXWELL	Chippenham parkrun	00:17:52
7	25/12/2021	Elliott CHARD	Chipping Sodbury parkrun	00:17:52
8	18/12/2021	Harry WILLIAMS	Bath Skyline parkrun	00:18:03
9	11/12/2021	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:18:03
10	11/12/2021	James TAYLOR	Melksham parkrun	00:18:57
11	18/12/2021	William KNOWLES	Conyngnam Hall parkrun	00:18:59
12	18/12/2021	Emily HILLIAR	Poole parkrun	00:19:04
13	25/12/2021	Chris MILBOURNE	Albert parkrun, Middlesbrough	00:19:24
14	25/12/2021	Tim HILL	Bath Skyline parkrun	00:19:26
15	11/12/2021	James WOOSNAM	Bath Skyline parkrun	00:19:27
16	18/12/2021	David COALES	Ashton Court parkrun	00:19:32
17	25/12/2021	Thomas DAVIES	Evesham parkrun	00:19:34
18	11/12/2021	Tom HUTCHISON	Worthing parkrun	00:19:44
19	11/12/2021	Ben HOLDING	Bath Skyline parkrun	00:19:51
20	18/12/2021	Owen DAVIES	Bath Skyline parkrun	00:19:53
21	18/12/2021	Sarah WILSON	Southwick Country parkrun	00:20:01
22	11/12/2021	Emily GRIFFITHS	The Old Showfield parkrun	00:20:12
23	25/12/2021	Mark MACKINTOSH	Bath Skyline parkrun	00:20:13
24	25/12/2021	Niall URQUHART	Bath Skyline parkrun	00:20:15
25	18/12/2021	Rebecca PIERCE	Bath Skyline parkrun	00:20:22
26	04/12/2021	Alex COPPING	Chipping Sodbury parkrun	00:20:42
27	18/12/2021	Will BRAY	Horspath parkrun	00:21:12
28	25/12/2021	Elizabeth PITT	Albert parkrun, Middlesbrough	00:21:18
29	25/12/2021	Jenny CARTER	Bath Skyline parkrun	00:21:33
30	25/12/2021	Katie STRANGE	Chippenham parkrun	00:21:38
31	25/12/2021	Sophie MAXWELL	Chippenham parkrun	00:21:42
32	25/12/2021	Chris MAXWELL	Chippenham parkrun	00:21:44
33	25/12/2021	Brett RAYNES	Bath Skyline parkrun	00:21:49
34	25/12/2021	Cath DALE	Bath Skyline parkrun	00:21:55
35	18/12/2021	Gary HUGHES	Somerdale Pavilion parkrun	00:21:58
36	25/12/2021	Jo THOMPSON	Bath Skyline parkrun	00:22:14
37	25/12/2021	India IBBOTSON	Chippenham parkrun	00:22:20
38	25/12/2021	Helen DONALD	Bath Skyline parkrun	00:23:15
39	04/12/2021	Florence SHEKLETON	Conwy parkrun	00:23:31
40	18/12/2021	Joshy NEWTON	Eastville parkrun	00:24:04
41	11/12/2021	Natalie HARGRAVE	Bath Skyline parkrun	00:24:34
42	04/12/2021	Mark IRELAND	Bath Skyline parkrun	00:24:46
43	25/12/2021	Nigel OSBORNE	Bath Skyline parkrun	00:24:50
44	04/12/2021	Storm HAYWARD	Bath Skyline parkrun	00:25:31
45	18/12/2021	Alison VUAGNIAUX	Bath Skyline parkrun	00:25:33
46	18/12/2021	James MORGAN	Melksham parkrun	00:25:53



The Bath Plug is the weekly magazine of Team Bath AC. Copy and comment for publication, questions and corrections to the editor at pluggeditor@teambathac.org. Copy to the editor by Wednesday 16.00 for inclusion. Available online at teambathac.org.

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