THE BATH PLUG

TEAM BATH
ATHLETIC CLUB

Matt on his way to 1st MV40 at the SW Vets XC

This week we have our first report from Malcom on the new Club 5k Championship format using 6 of our local Parkruns. Remember, all you need to do is register a time at each of the 6 listed events at some point during the year - race as many times as you like and your fastest time on each course will count towards your average for the year.

Tom then tells us about a planned volunteer takeover at Bath's Skyline Parkrun on 12th March. Don't be shy - get involved!

Then we wrap up with some great cross country and trail run racing.

Simon Brace.
The Plug Editor - email me here.

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

Parkrun monthly results report
January
By Malcom Treby

January saw the first month of the new Club 5k championship, and it was well attended with 36 club members competing at one or more of the six parkruns selected for this year's competition. A third of those runners completed two different park runs, with Mike Dooley showing early intent by completing three. At this stage, average time per parkrun is the easiest way to see who is leading, and with a 16:50 run at Chipping Sodbury, Otto Copping leads the way. But, with Chipping Sodbury probably the fastest course on the list, will he be able to keep up that average on the tougher courses. Junior Charlie Haines and veteran Simon Brace are tied in second place on 17:46.

Away from the championship, there were over 60 different runners taking part in a parkrun in January, with a huge spread of times. Congratulations to all those who took part. And, on that note, if you did but can't see your name on the results please check that you have set up your club name on your parkrun profile, and that your membership is up to date, otherwise let me know by emailing me here, and I'll look into it.

Position	Runner	Category	Cat Pos	Ashton Court parkrun	Bath Skyline parkrun	Chipping Sodbury parkrun	Pomphrey Hill parkrun	Southwick Country parkrun	The Old Showfield parkrun	Total Time	Total Parkruns	Average Time
1	Otto COPPING	MS	1			00:16:50				00:16:50	1	00:16:50
2	Charlie HAINES	MJ	1			00:17:46				00:17:46	1	00:17:46
3	Simon BRACE	MV40	1						00:17:46	00:17:46	1	00:17:46
4	Thomas DAVIES	MS	2						00:18:23	00:18:23	1	00:18:23
5	Alex PARSONS	MS	3	00:16:11	00:21:00					00:37:11	2	00:18:36
6	Caitlin WOSIKA	FS	1					00:18:36		00:18:36	1	00:18:36
7	Mike DOOLEY	MV50	1	00:18:48			00:18:36	00:18:44		00:56:08	3	00:18:43
8	Tobi LOUGHLIN	MJ	2			00:18:55				00:18:55	1	00:18:55
9	David COALES	MV50	2			00:19:11	00:19:49			00:39:00	2	00:19:30
10	James WOOSNAM	MV50	3		00:19:48					00:19:48	1	00:19:48
11	Alex COPPING	MV50	4			00:19:57				00:19:57	1	00:19:57
12	Isabel DAVIS	FS	2					00:20:07		00:20:07	1	00:20:07
13	Niall URQUHART	MV60	1		00:20:16					00:20:16	1	00:20:16
14	Ben HOLDING	MV40	2		00:21:15				00:19:43	00:40:58	2	00:20:29
15	Mark MACKINTOSH	MV50	5		00:20:52					00:20:52	1	00:20:52
16	Ella TREBY	FJ	1		00:21:03		00:20:47			00:41:50	2	00:20:55
17	Jenny CARTER	FV40	1		00:21:18					00:21:18	1	00:21:18
18	Nick PARRY	MV60	2		00:22:52				00:20:39	00:43:31	2	00:21:45
19	Cath DALE	FV50	1		00:21:51					00:21:51	1	00:21:51
20	Tom HUTCHISON	MV60	2		00:21:53					00:21:53	1	00:21:53
21	Tim HILL	MV40	3		00:21:58					00:21:58	1	00:21:58
22	Emily GRIFFITHS	FS	3						00:22:07	00:22:07	1	00:22:07
23	Paul CARTER	MV50	6		00:22:10					00:22:10	1	00:22:10
24	Malcolm TREBY	MV40	4		00:23:20		00:21:13			00:44:33	2	00:22:16
25	Jo THOMPSON	FV60	1		00:22:44					00:22:44	1	00:22:44
26	Victoria RANDALL	FS	4	00:22:18	00:23:22					00:45:40	2	00:22:50
27	India IBBOTSON	FS	5		00:23:25				00:23:31	00:46:56	2	00:23:28
28	Owen DAVIES	MS	4	00:19:47	00:27:57					00:47:44	2	00:23:52
29	Kate DARBYSHIRE	FS	6		00:23:55					00:23:55	1	00:23:55
30	Mark IRELAND	MV50	7		00:24:13					00:24:13	1	00:24:13
31	Mike CHARLTON	MV60	3		00:25:35					00:25:35	1	00:25:35
32	Natalie HARGRAVE	FS	7	00:25:06	00:27:02					00:52:08	2	00:26:04
33	Nigel OSBORNE	MV50	7		00:26:46					00:26:46	1	00:26:46
34	Lynn JONES	FV50	2	00:29:38			00:29:12			00:58:50	2	00:29:25
35	Michael STANLEY	MV60	4	00:40:21	00:40:41					01:21:02	2	00:40:31
36	Janice RAMBRIDGE	FV70+	1		00:46:24					00:46:24	1	00:46:24

Pos	Athlete	Parkrun	Fastest Time
1	Alex PARSONS	Ashton Court parkrun	00:16:11
2	Otto COPPING	Chipping Sodbury parkrun	00:16:50
3	Simon BRACE	The Old Showfield parkrun	00:17:46
4	Charlie HAINES	Chipping Sodbury parkrun	00:17:46
5	Sean Robert BARRY	Town Moor parkrun	00:17:56
6	Dylan STONEMAN	Hastings parkrun	00:17:58
7	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:18:11
8	Will BRAY	Harcourt Hill parkrun	00:18:17
9	Thomas DAVIES	The Old Showfield parkrun	00:18:23
10	Harry WILLIAMS	Bath Skyline parkrun	00:18:25
11	Caitlin WOSIKA	Southwick Country parkrun	00:18:36
12	Mike DOOLEY	Ashton Court parkrun	00:18:36
13	Ben HOLDING	Bath Skyline parkrun	00:18:40
14	William KNOWLES	Carlisle Park parkrun	00:18:57
15	Chris MILBOURNE	Bicester parkrun	00:19:02
16	Tim HILL	Bath Skyline parkrun	00:19:10
17	David COALES	Chipping Sodbury parkrun	00:19:11
18	Emily HILLIAR	Poole parkrun	00:19:17
19	Chris MAXWELL	Northwich parkrun	00:19:36
20	Owen DAVIES	Ashton Court parkrun	00:19:47
21	James WOOSNAM	Bath Skyline parkrun	00:19:48
22	Alex COPPING	Chipping Sodbury parkrun	00:19:57
23	Isabel DAVIS	Southwick Country parkrun	00:20:07
24	Sarah WILSON	Southwick Country parkrun	00:20:12

25	Niall URQUHART	Bath Skyline parkrun	00:20:16
26	Nick PARRY	Bath Skyline parkrun	00:20:39
27	Ella TREBY	Bath Skyline parkrun	00:20:47
28	Mark MACKINTOSH	Bath Skyline parkrun	00:20:52
29	Malcolm TREBY	Bath Skyline parkrun	00:21:13
30	Jenny CARTER	Bath Skyline parkrun	00:21:18
31	Steve HALE	Haldon Forest parkrun	00:21:31
32	Elizabeth PITT	Bicester parkrun	00:21:43
33	Tom HUTCHISON	Bath Skyline parkrun	00:21:45
34	Amy BRITTON	Bath Skyline parkrun	00:21:47
35	Cath DALE	Bath Skyline parkrun	00:21:51
36	Emily GRIFFITHS	The Old Showfield parkrun	00:22:07
37	Paul CARTER	Bath Skyline parkrun	00:22:10
38	Katie STRANGE	Chippenham parkrun	00:22:13
39	Victoria RANDALL	Ashton Court parkrun	00:22:18
40	Gary HUGHES	Somerdale Pavilion parkrun	00:22:33
41	Jo THOMPSON	Bath Skyline parkrun	00:22:44
42	Libbie HERBERT	Somerdale Pavilion parkrun	00:23:20
43	India IBBOTSON	Bath Skyline parkrun	00:23:25
44	Gareth STRANGE	Somerdale Pavilion parkrun	00:23:26
45	Kate DARBYSHIRE	Bath Skyline parkrun	00:23:55
46	Mark IRELAND	Bath Skyline parkrun	00:24:13

47	Florence SHEKLETON	Millhouses parkrun	00:24:31
48	Natalie HARGRAVE	Ashton Court parkrun	00:25:06
49	Nick KINGWELL	Chippenham parkrun	00:25:07
50	Nicola CRACKNELL	Bath Skyline parkrun	00:25:16
51	Pat ROGERS	Frankston Nature Conservation Reserve parkrun	00:25:29
52	Mike CHARLTON	Bath Skyline parkrun	00:25:35
53	Storm HAYWARD	Lews Castle parkrun	00:26:09
54	Nigel OSBORNE	Bath Skyline parkrun	00:26:46
55	Lara GIBBS	Ashton Court parkrun	00:27:00
56	James MORGAN	Melksham parkrun	00:27:01
57	Leah DEVERICK	Ashton Court parkrun	00:28:35
58	Sophia HUNT	Chippenham parkrun	00:29:10
59	Lynn JONES	Ashton Court parkrun	00:29:12
60	Andy REID	Melksham parkrun	00:30:09
61	Juliet RAYNES	Bath Skyline parkrun	00:32:56
62	Matthew YOUNG	The Old Showfield parkrun	00:35:37
63	Lisa ANDERSON	Shepton Mallet parkrun	00:36:10
64	Michael STANLEY	Ashton Court parkrun	00:36:23
65	Marcus FIELD-RAYNER	Bury St Edmunds parkrun	00:40:10
66	Tim WOODMAN	Salisbury parkrun	00:40:55
67	Janice RAMBRIDGE	Bath Skyline parkrun	00:46:24
68	Louise OSBORNE	Bath Skyline parkrun	00:58:57

TBAC Parkrun takeover
By Tom Davies

We are planning a TBAC volunteer takeover at the Bath Skyline parkrun at 9am on Saturday 12th March. There will be other volunteers as normal, but the idea is to get as many TBAC faces out as possible to help put on the event with a big club presence. It'll be a great chance to support our local parkrun while also being a social event for the club

(we'll grab coffee afterwards!), and an opportunity to promote the club to a wide array of local runners.

It would be particularly nice to show off the diversity in the club and I'd love it if we can get a wide range of runners, kids, parents, coaches, trustees etc all involved. Roles include marshalling, set up/ close down, tail walker, finish tokens, barcode scanning, and pacers (so you might still get your run in too!)

While you can volunteer for parkrun any time by emailing the event directly, but **in this case can you please volunteer by sending a message directly to me via email here or messaging here.** I will then be helping to coordinate everything with Helen, the event director. **Just send me the following info: your name, your parkrun barcode number, and any preference on roles.** It'll help if I have a good idea of numbers by ~21st Feb, but it also won't be a problem if you can't commit until the week of the event. On the day it would be great if you can wear TBAC kit (hoodie/t-shirt/vest etc).

If you can't make 12th March, the plan is that following on we will aim to help parkrun regularly by providing pacers on the first parkrun of each month, and we may plan another takeover to align with one of those weekends in the summer.

If parkrun is new to you, you can find lots on info on what it's all about on the website and you can register to get your own barcode number here. You can also connect with other TBAC parkrunners on our whatsapp group here.

So in summary: TBAC parkrun takeover. Sat 12th March. Send your name and barcode number to me **via email here or messaging here** (or you'll find me in the various TBAC whatsapp groups).

South West Schools Cross Country
5th February

By Chris Maxwell

Fantastic performances from our junior athletes at the South West Schools Cross Country Championships held in Chippenham! The course was composed of deceptively tough loops around the Sheldon-Hardenhuish school fields, with a long drag and stiff headwind.

Highlight of the day for TBAC was probably Harry Maxwell (3rd), Ben Wagstaff (5th) and Joshua Maxwell (7th) helping Wiltshire to dominate and take team Gold in the Inter boys. Alex Hearn represented Avon in the same race with a determined 52nd.

Another podium for a TBAC was Sophie Maxwell taking silver in the minor girls race. Polly Pennicott ran well in the same race for Avon (17th).

The junior boys race saw some strong racing, with our athletes helping their county teams to take the honours: Tobi loughan (7th) and Archie Enstone (58th) helped Wiltshire to team bronze, while Stanley Wyatt (22nd) was part of the Avon team winners.

In the senior age categories, we saw Ella Treby (17th) help Avon to team gold and Lawrence Martindale (32nd) contribute to Avon's team silver. Other strong running to report from Wiltshire's Alex Hammond (17th) and Senior Copping (42nd).

Well done all and sorry if I've missed people (hard to spot without the blue and gold vests)!

Lungbuster
6th February
By Paul King

TBAC Ladies were out on the trails competing in the Lungbuster 2022 organised by Royal Wotton Bassett Hounds Club. Despite Heather taking another win and Emily also claiming a podium spot, our leading ladies just missed out on the team prize to Chippenham Harriers. Nonetheless, fantastic running all round.

- Heather Fell 1st Lady
- Emily Griffiths 3rd Lady
- Victoria Randall 11th Lady

South West Veterans Cross Country
6th February

By Paul King

Matt Wells was our only club representative at the SW Vets CX but that's all we needed as Matt claimed 1st MV40 and second overall. Great running Matt.

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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