

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

Issue 1557 5th March 2022

THE BATH PLUG



10 of the best among over 3,000 entries in the men's senior race at last Saturday's National XC Champs

As I write, some very exciting results coming through on the vidiprinter from today's XC season league finale. However, we don't have time to get distracted by that right now. We have an extraordinarily jam-packed Plug this week. Lots of race reports and results, including Malcom's monthly update on TBAC 5k Champs. Before I let you get stuck in, I should also draw your attention to our closing article this week: Dave's very welcome news about this year's Welsh Castles Relay.

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

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

English National Cross Country Championship

26th February

By Paul King

Staged at Parliament Hill Fields, London, for the 17th time; some describe the venue as the home of cross country and it is certainly a testing course no matter what the conditions are like. The senior men's race had 3,027 entries, while 1,475 entered the senior women's. The younger age groups also enjoyed a strong turnout with both U13 age groups 500+. An enormous 7,960 total runners were entered across the 10 races.

A good turn out from the TBAC Senior Men - a great team performance - they should all be very proud. Aidan Daniel was again our leading man. For the 6 scoring men we finished 37th with 3082 points out of 132 scoring teams.

Only 3 Senior Ladies managed the run with Amy Glynn finishing a creditable 361st, Phillippa Spruit 591st, and Lisa Bennett 662nd.

The Junior Women had excellent runs with Freya Spruit finishing 47th, Ella Treby 90th and India Ibbotson 92nd. All in the top 100.

Alex Parsons finished an impressive 36th in the Junior Men.





English National Cross Country Championship

26th February

By [Chris Maxwell](#)

A select team of Team Bath juniors travelled to the capital on Saturday for the English National Cross Country Championships. The venue at Parliament Hill is an iconic course for English cross country with a long steep hill to start, lashings of mud and even more hills to finish the legs off! The views across to the skyscrapers of London were particularly stunning in the glorious sunshine, a welcome change to the weather from recent weeks.

The results were as stunning as the weather!

Harry Maxwell lapped up the mud and hills, with a breakthrough performance, an incredible 3rd in the Under 15 Boys. His twin brother Joshua also had a strong run coming 36th, against a field of around 400 of the country's best athletes.

Tobi-Lee Loughlin continued Team Bath's amazing Championship, with an amazing 10th in the U13 boys race.

Sophie Maxwell wasn't to be outdone by the boys, with a fine 36th in her first National level event, and a year left in the U13 age group.

Dylan Stoneman finished off the junior races with a strong 150th in the U17 race.





Big South Championships, North Carolina, USA

By [Caroline Howorth](#)

Rob Howorth won the 800m at the Big South Championship at the JDL Fast Track in Winston-Salem, North Carolina; setting a Championship best performance of 1:51.99 and PB in the process.

An hour and a half earlier, he also came away with a silver medal in the men's mile final in a time of 4:09.27. He was representing Charleston Southern University (North Carolina) where he is currently studying for a Masters Degree in Business.



Bourton 10k

27th February

[By the Editor](#)

Cath Dale travelled to Bourton-on-the-Water to smash out a 10k PB, clocking 42:58 and claiming 2nd FV55 which qualifies Cath to represent England in the Age Group Masters Team at the Bristol 10k later this year. Peter Grist also ran very well, finishing 14th overall in a rather fine time of 33:23.



The Terminator

27th February

[By the Editor](#)

Organised by Pewsey Vale Running Club, this race takes place in the stunning Pewsey Vale, a trail running Mecca. The Terminator is a 12 mile trail race that contains some hills, some mud and some fantastic scenery.

Two TBACers dared take on this challenge and both returned with honours. Emily Griffiths finished 3rd FSen, while Barry Awan took the MV50 trophy.

Wokingham Half Marathon

27th February

[By the Editor](#)

As part of his preparation for the imminent Manchester Marathon, Ben Holding clocked an impressive 1:21:42 which bagged him a PB at the Wokingham Half.

Club 5k Championship & Parkrun Report

February

[By Malcom Treby](#)

February was another month of parkrunning, with 37 TBACers braving the wind, rain, and cold temperatures to complete at least one parkrun. With 14 runners under 20 minutes there were some rapid times too, and with 15:10, Niall Caley's Poole parkrun was the fastest TBAC run of the year so far and I suspect may remain so for some time. Issy Davis

led the way for the women, with a rapid 18:54 also at Poole (obviously a Parkrun worth a visit at some point). Notable performances from some of our vets too with Jo Thompson and Niall Urquhart split by just 5 seconds in their respective V60 categories.

The Club 5k Championship saw further entries, although it is early days and it will take a little time for a clear picture to emerge. Mike Dooley looks set to be the first to complete the full set of six parkruns, with just Bath and Chipping Sodbury to go. He looks set to have most of the year to try and improve on the already impressive times set. The women's competition could become interesting with Caitlin Wosika leading Issy Davis by just 18 seconds and although Alex Binley is a minute behind, that was a time run at the somewhat slower Bath Skyline course.

Hopefully March brings warmer and drier days, and sees some of the muddier courses speed up as they start to dry out. Until then, enjoy your parkrunning and feel free to let me know if you'd like me to call out any particular PBs or parkrunning milestones. You can reach me [here](#).

See below for the fastest times during February clocked by each individual TBACer at *any* Parkrun; then underneath the updated overall standings in the 5k Champs (where *only* the 6 listed Parkrun courses count).

Position	Athlete	Parkrun	Fastest Time
1	Niall CALEY	Poole parkrun	00:15:10
2	Otto COPPING	University Parks parkrun	00:16:38
3	Charlie HAINES	Chipping Sodbury parkrun	00:16:50
4	Harry WILLIAMS	Endcliffe parkrun	00:17:16
5	Sean Robert BARRY	Town Moor parkrun	00:17:19
6	James DONALD	Bath Skyline parkrun	00:18:14
7	Mike DOOLEY	The Old Showfield parkrun	00:18:14
8	Peter GRIST	Witney parkrun	00:18:19
9	Elliott CHARD	Chipping Sodbury parkrun	00:18:32
10	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:18:40
11	Chris MILBOURNE	Bicester parkrun	00:18:42
12	David COALES	Bath Skyline parkrun	00:18:43
13	Isabel DAVIS	Poole parkrun	00:18:54
14	Owen DAVIES	Bath Skyline parkrun	00:18:59
15	Tim HILL	Bath Skyline parkrun	00:19:02
16	Alessandro ZANCONATO	Poole parkrun	00:19:05
17	Matthew YOUNG	The Old Showfield parkrun	00:19:16
18	James TAYLOR	Melksham parkrun	00:19:33
19	William KNOWLES	Nidda parkrun	00:19:35
20	James WOOSNAM	Bath Skyline parkrun	00:19:47

21	Mark MACKINTOSH	Chipping Sodbury parkrun	00:19:50
22	Katie STRANGE	Chipping Sodbury parkrun	00:19:51
23	Alex BINLEY	Bath Skyline parkrun	00:20:08
24	Alex COPPING	Folkestone parkrun	00:20:11
25	Thomas REECE	Gnoll parkrun	00:20:30
26	Niall URQUHART	Bath Skyline parkrun	00:20:34
27	Jo THOMPSON	Bath Skyline parkrun	00:20:39
28	Jenny CARTER	Land's End parkrun	00:21:02
29	India IBBOTSON	The Wammy parkrun	00:21:04
30	Jade LITTLECHILD	Melksham parkrun	00:21:09
31	Elizabeth PITT	Bicester parkrun	00:21:16
32	Jorge CROCKFORD	Bath Skyline parkrun	00:21:32
33	Ben SEABORNE	Woodhouse Moor parkrun	00:21:44
34	Paul CARTER	Bath Skyline parkrun	00:21:47
35	Cath DALE	Bath Skyline parkrun	00:21:50
36	Libbie HERBERT	Kingsway parkrun; Gloucester	00:21:50
37	Gary HUGHES	Somerdale Pavilion parkrun	00:21:51
38	Nick PARRY	Bath Skyline parkrun	00:21:52
39	Debbie HEYWOOD	Bath Skyline parkrun	00:22:33
40	Ben HOLDING	Somerdale Pavilion parkrun	00:22:57
41	Polly PENNICOTT	Bath Skyline parkrun	00:23:19
42	Sophia HUNT	Chippenham parkrun	00:24:46
43	Peter NIISATO	Bath Skyline parkrun	00:24:47
44	Mike CHARLTON	Bath Skyline parkrun	00:24:53
45	Pat ROGERS	Bath Skyline parkrun	00:25:33
46	Paul KING	Bath Skyline parkrun	00:25:42
47	Helen DONALD	Bath Skyline parkrun	00:25:44
48	Nicola CRACKNELL	Bath Skyline parkrun	00:25:45
49	Natalie HARGRAVE	Bath Skyline parkrun	00:25:54
50	John KERLEY	Bath Skyline parkrun	00:26:02
51	Nigel OSBORNE	Bath Skyline parkrun	00:26:02
52	Lynn JONES	The Old Showfield parkrun	00:27:11
53	Rhys CROW	Bath Skyline parkrun	00:27:33
54	Andy REID	Chipping Sodbury parkrun	00:29:41
55	Paul HENAGHAN	Ballina Coast parkrun	00:31:28
56	James MORGAN	Bath Skyline parkrun	00:32:30
57	Juliet RAYNES	Bath Skyline parkrun	00:32:38
58	Michael STANLEY	Bath Skyline parkrun	00:34:55
59	Janice RAMBRIDGE	Bath Skyline parkrun	00:47:26

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			00:16:50				00:16:50	1	00:16:50
3	Simon BRACE	MV40	1					00:17:46		00:17:46	1	00:17:46
4	James DONALD	MS	2		00:18:14					00:18:14	1	00:18:14
5	Thomas DAVIES	MS	3					00:18:23		00:18:23	1	00:18:23
6	Alex PARSONS	MS	4	00:16:11	00:21:00					00:37:11	2	00:18:36
7	Mike DOOLEY	MV50	1	00:18:48			00:18:36	00:18:44	00:18:14	01:14:22	4	00:18:36
8	Caitlin WOSIKA	FS	1					00:18:36		00:18:36	1	00:18:36
9	Tobi LOUGHLIN	MJ	2			00:18:40				00:18:40	1	00:18:40
10	Isabel DAVIS	FS	2					00:18:54		00:18:54	1	00:18:54
11	Owen DAVIES	MS	5	00:19:47	00:18:59					00:38:46	2	00:19:23
12	David COALES	MV50	2		00:19:51	00:19:11		00:19:49		00:58:51	3	00:19:37
13	James WOOSNAM	MV50	3		00:19:47					00:19:47	1	00:19:47
14	Alex COPPING	MV50	4			00:19:57				00:19:57	1	00:19:57
15	Alex BINLEY	FS	3		00:20:08					00:20:08	1	00:20:08
16	Niall URQUHART	MV60	1		00:20:16					00:20:16	1	00:20:16
17	Mark MACKINTOSH	MV50	5		00:20:52	00:19:50				00:40:42	2	00:20:21
18	Ben HOLDING	MV40	2		00:21:15			00:19:43		00:40:58	2	00:20:29
19	Ella TREBY	FJ	1		00:21:03		00:20:47			00:41:50	2	00:20:55
20	Tim HILL	MV40	3		00:21:58	00:19:57				00:41:55	2	00:20:58
21	Jenny CARTER	FV40	1		00:21:18					00:21:18	1	00:21:18
22	Nick PARRY	MV60	2		00:22:33			00:21:52	00:20:39	01:05:04	3	00:21:41
23	Cath DALE	FV50	1		00:21:50					00:21:50	1	00:21:50
24	Tom HUTCHISON	MV60	3		00:21:53					00:21:53	1	00:21:53
25	Emily GRIFFITHS	FS	4					00:22:07		00:22:07	1	00:22:07
26	Paul CARTER	MV50	6		00:22:10					00:22:10	1	00:22:10
27	Malcolm TREBY	MV40	4		00:23:20		00:21:13			00:44:33	2	00:22:16
28	Jo THOMPSON	FV60	1		00:22:24					00:22:24	1	00:22:24
29	Debbie HEYWOOD	FV40	2		00:22:33					00:22:33	1	00:22:33
30	Victoria RANDALL	FS	5	00:22:18	00:23:22					00:45:40	2	00:22:50
31	Kate DARBYSHIRE	FS	6		00:23:55					00:23:55	1	00:23:55
32	Mark IRELAND	MV50	7		00:24:13					00:24:13	1	00:24:13
33	Mike CHARLTON	MV60	4		00:24:53					00:24:53	1	00:24:53
34	Natalie HARGRAVE	FS	7	00:25:06	00:25:54					00:51:00	2	00:25:30
35	Pat ROGERS	MV70+	1		00:25:33					00:25:33	1	00:25:33
36	Paul KING	MV60	5		00:25:42					00:25:42	1	00:25:42
37	Helen DONALD	FS	8		00:25:44					00:25:44	1	00:25:44
38	Nigel OSBORNE	MV50	8		00:26:02					00:26:02	1	00:26:02
39	Lynn JONES	FV50	2	00:29:38			00:29:12		00:27:11	01:26:01	3	00:28:40
40	Michael STANLEY	MV60	6	00:40:21	00:38:06	00:35:34				01:54:01	3	00:38:00
41	Janice RAMBRIDGE	FV70+	1		00:46:24					00:46:24	1	00:46:24

Welsh Castles Relay 2022

11th-12th June 2022

By Dave Coales

After a gap of 3 years due to the pandemic, the wonderful event that is the Welsh Castles Relay is back this year over the weekend of 11th and 12th June. The WCR comprises of 10 legs on the Saturday and 10 legs on the Sunday with each leg being approximately 10 miles. There are 20 in a team and we are looking to enter 2 teams, a ladies team and a mixed team. The WCR begins at Caernarfon, north west Wales on the Saturday morning with the finish outside Cardiff Castle on Sunday afternoon. For more information, see the website [here](#); in particular, for stage details (which may be updated) see the 2019 reference book [here](#).

If you are interested in taking part in this very popular and social team race please contact me via email [here](#) or mobile [here](#) in the next two weeks.

I look forward to hearing from you.

2019 finishers below:



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