

THE BATH PLUG



The future is bright at TBAC... Tobi-Lee with his XC League Gold medal

The cross country season didn't quite draw to a close last weekend as I see a few more exciting results just now coming off the vidprinter. But we did see the nail-biting climax of the Gloucester XC League where TBAC achieved honours across the board perhaps at

an unprecedented level of success. Great organising, fantastic team spirit, and brilliant running by everyone involved.

Following the XC reports, we have three excellent road race results, with Chris taking 3rd on his hols at the Menai Bridge, Elliot taking the win at Weymouth, and James placing 1st MV50 at Hullavington. Inspiring stuff.

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

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

Gloucester Cross Country League - final round

5th March

By [Paul King](#)

It was an excellent day for TBAC at the final Gloucester XC League race of the season over at Old Down Estate near Bristol. Some brilliant individual performances both on the day and over the season but collectively the 'Teams' triumphed with both the Senior Men and Women winning their respective leagues for the season. Not to be out done, the Masters Ladies also finished 1st and the Masters Men 2nd. To show our strength in depth the TBAC Ladies B Team also finished the season on the podium in 3rd place.

Most notable senior age group winners for the season:

Freya Spruit LU20
Amber Gascoigne LV40
Cath Dale LV55
Mike Dooley MV55
Tom Hutchison MV65

With many more achieving podium places for the season:

Ella Treby LU20; Aidan Daniel SM; Dan Jones SM; Heather Fell LV35; Andy Fooks MV45; Philippa Spruit LV50; Ilana Wigfield LV55; Paul King MV65.

I was really pleased with what the 'Teams' have achieved during this cross-country season. Lots of hard, but enjoyable, work on the training ground has brought its rewards. Combined with some natural talent of course. There's been a real buzz around the Club, particularly following the Covid pandemic challenges of the past 2 years, creating a great team atmosphere. It was that team approach which, in my view, enabled us to have such a successful Gloucestershire XC League season. We not only had good strong runners helping one another, we also had strength in depth which meant we were able to field full squads for every race. Without exception everyone has enjoyed themselves during the season, which in my experience usually brings success.

Big thanks must go to team captains James Donald and Amy Glynn and a very big thanks to Arthur Daly and his band of excellent volunteers from Gloucestershire AAA. No one can remember the last time we won the XC League, certainly not in the past 10 years.

The last race was the decider for the senior men where we managed to overhaul Western Tempo and the University of Bath. We must not forget the achievements of the juniors in

the various age categories which all bodes well for the future seniors.

To round it all, I'm incredibly satisfied with how it's all gone, including a little bonus in the form of a silver medal for the coach in the 'old blokes MV65 category'.



Gloucester Cross Country League - final round

5th March

By [Chris Maxwell](#)

The third and final Gloucester Cross Country League race of the season was held at Old Down country Park (near Tockington). The Team Bath Juniors not only loved the 'fun up & down' course, but also took away some bling in the final league standings!

The under 11 boys of Rory Osbourne, Albert Jakubowski and Alexander Stokes, showed us the future is bright with a strong 4th overall team position. Tobi-Lee Loughlin continued his fine form after his 10th at the Nationals, with a clear win in the final race and an equal first overall in the league. He also led the team to 2nd in the League, supported by Charlie Lloyd-Bostock in 5th overall.

The under 15 boys went one better, taking the League title – Harry and Joshua Maxwell missed the final race, but took a 1-2 in the league, with Alex Hearn taking 6th.

Other individual performances to note – Dylan Stoneman taking 3rd in the league in the U17's and Sophie Maxwell 4th in the U13 championship.

Many of our juniors still have Intercounties and English Schools XC races to come, before changing their 15mm spikes for something more suitable for tartan! Great running and good luck super kids!



Menai Bridge 10k

6th March

By [Chris Moore](#)

We were going on a family holiday, so of course the first thing to do was to see if there were any races going on nearby. Luckily we came across a great race on our doorstep, the Menai Bridge 10km. Starting on the historic suspension bridge, the best location I have had to do my pre race strides, we headed out and back along the undulating coast road.

Thankfully the sun was shining for the spectating family giving great views of Snowdonia and lovely weather for racing. I was very pleased with my time of 35.38, the fastest I have run since 2017 and a 3rd place finish too.



Weymouth 10k

6th March

By Paul King

Elliot Avis took the win at Weymouth in 36:00 against the seafront headwind. What was remarkable about Elliott's win was that it followed his strong run in the Gloucester XC League race the day before!



Hullavington 20 mile

6th March

By [Paul King](#)

James Woosnam was 1st MV50 in 2:19:36 at Hullavington, confidence-building preparation for the Manchester Marathon in April.

Would you like to be an Official?

By [Christianne Raymer](#)

Our Club really needs to recruit more volunteers, so if you'd like to help out, then please read on!

There are several Level 1 Officiating courses coming up this month and beyond:

Field Judge: Sat 19th Mar, Thurs 31st Mar.

Track Judge: Thurs 24th Mar.

All courses are online and are first-come-first served via the England Athletics [website](#).

If you would like to sign up or have any questions, please contact Julia Waldron [here](#).



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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