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THE BATH PLUG





Phil looking chipper at the Chippers 10 miler

After a busy few weeks of racing, we have a temporary lull as marathon season beckons. A brief and eclectic mix of results and reports this week, before I expect/hope to be inundated with your running stories as spring unfolds.

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

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

Chippenham Spring 10 miler

13th March

By [Phil King](#)

First race of 2022 and as a New V50, the winter block of training 1/11/21 to 28/2/22 paid some early spring dividends! A field of 369 runners meandered its way around the Wiltshire countryside in pleasant spring like, but windy conditions.

I finished 12th overall and 4th in a very competitive V50-59 age group! At the time of printing my UK ranking will be 25th in the 10mile V50-54 male category, based on 2022 results to date.

Wishing ALL TBAC runners a great 2022 season.



English Schools' Cross Country Championships

19th March

By Mark Thomas

Results of the TBAC athletes who took part in the English Schools' Cross Country Championships representing their County Schools' Athletics Associations at Hop Farm in Kent on Saturday 19th March.

Junior Boys:

Charlie Haines (Avon) 36th 14:13

Tobi-Lee Loughlin (Wiltshire) 62nd 14:28
Stanley Ace Wyatt (Avon) 125th 14:55

Intermediate Girls:

Tilly Nickell (Wiltshire) 48th 14:56

Intermediate Boys:

Harry Maxwell (Wiltshire) 36th 20:32

Ben Wagstaff (Wiltshire) 57th 20:52

Josh Maxwell (Wiltshire) 151st 21:50

Alex Hearn (Avon) 280th 23:07

Senior Girls:

Annabelle Wallace (Avon) 83rd 16:03

Ella Treby (Avon) 106th 16:19

Duathlon British Championships 2022

20th March

By [Simon Brace/the Editor](#)

I've got three "A" races this year - probably at least one too many - but you only live once! This was the first of them. A return to the same event and venue where I won a silver (MV45) last year. I can't remember training harder for anything, though the training pain of previous races fades fast - I guess that's why we can't resist entering the next one as soon as we cross the finish line. The British Champs run-bike-run is only raced over the relatively short "standard distance" of 10k/40k/5k - not a huge fan of this shorter, more intense racing (my preferred A race in September is 10k/150k/30k), I was definitely feeling a bit scarred from the "sharper" training. But I got to the start line in one piece, with aspirations to go one better than last year.

I wouldn't say those aspirations were "dashed" as soon as the gun went but I immediately started to manage my expectations. I knew my running was in good shape, so when I was left for dead, with 30-40 runners tearing off ahead, it was clear I was surrounded by the very best triathletes and duathletes in the country. Everyone had trained hard, everyone was in great shape, everyone was well up for their first major race of 2022. So I reminded myself to run my own race, execute my own strategy, and if I nail that, I have to be happy regardless of the result.

Standard distance duathlon is a tricky effort to judge. You're going nearly all-out for the entire race - not 100% but very close. The first 10k run feels like a 10k road race - the only difference being that you don't bury yourself in the final km; rather you keep a fraction in reserve to manage a smooth transition onto the bike. The bike is also at a 97% effort level combined with some technical skills that I'm very much still learning! You don't think about the final 5k run. If you've trained for the sensation, that takes care of itself. Wobbly cycling legs will eventually rediscover their running skills and then it's just about hanging on for 15mins.

As I crossed the finish line, I knew I had executed a good race. And a glance at my watch confirmed that feeling - over 2mins quicker than the same race last year in similar conditions. But where did that place me? As I looked up, I saw my nemesis, the chap who had beaten me by one minute last year. He had clearly crossed the finish line some time earlier - over 2mins earlier, so he too was quicker. He then revealed that another MV45 was well ahead of us both. None other than Donald Brooks - 4 time triathlon World Champion with a 2hr29 marathon PB. I had raced well and I didn't mind losing out to these two gents. But had I bagged a medal? A big screen posting live results revealed that I had scrapped a bronze by 9 seconds. So technically a lower honour than last year but quite frankly I could not have been happier.





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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