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# THE BATH PLUG



GIRL POWER AT THE GOWER!

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Hopefully this midweek Plug serves as a "jewel" in your inbox among the Black Friday spamming. An eclectic mix of race results, though all four events saw our runners enjoying the off-road - it's definitely that "leaf-crunching" time of year - magical!

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

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

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## Dartmoor Way Granite 50

13th November

By [Chris Maxwell](#)

A short tale from my epic adventure in the [@puretrail\\_running](#) Dartmoor Way Granite 50!

I went into the event for some 'end of season fun' - but of course as soon as I pin a number on, I just can't help myself...2nd overall in this inaugural event in 9hr21 is only half the story! After a bus and minibus ride to the start in Scoriton (half way round the 100miler event which started on Friday), we set off at 8:15am.

This was advertised as a tough route, and it didn't disappoint! Although the route is way marked, the small signs were very sporadic. So most of the time we were very reliant on GPS - which at times was fairly sketchy. Cue about a mile extra due to doubling back! It certainly helped to have local knowledge & think I could have taken the win with some reces. At times it was very runnable, other times very technical.

High points - Haytor (with sun!) and Castle Drogo. Low point - the last 2 miles in the pitch black (wasn't expecting to have to get the head torch out but with the terrain this took 1hr40 longer than my white horse 50) trying to navigate a rocky wood/valley. Really wasn't sure I was going to get out of that wood alive!! The bloody leg partly a fall in the last 5miles, partly the lethal gorse bushes! What a day, loved it, hated it!!



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## The Gower Ultra by Endurance Life

13th November

By [Beccy Tarling](#)

The picturesque, sweeping expanse of Oxwich Bay is the start line for the Endurance Life trail event on the Gower peninsula in Wales and is where 11 of us, including 9 TBAC'ers, found ourselves bright and early last Saturday, 13th November looking forward to the 33 mile ultramarathon. It was always a gamble to sign up for an off-road ultramarathon in mid-November but the weather was perfect: no wind, clear skies and warming up to 11 degrees by midday.

After a slightly delayed start due to car park queues, the ultra and marathon runners set off for a short dash along the beach before being diverted off into sand dunes for a mile or so and then up, up, up the cliffs to the moorland behind. The trail along the ridge following

the Gower Way was springy and fun with sweeping views across to Whiteford Sands as we cut inland and headed across the headland for several miles until we hit the coast again and zigzagged downhill through the bracken to the sea. The route then took us along nearly the full length of stunning Rhossili beach before climbing steeply uphill again to join the Wales Coast Path, crossing another energy sapping beach at Port Eynon and eventually returning to Oxwich Bay for the end of the long marathon.

Despite the amazing weather and the stunning views, by this time the hills, sand and mud were starting to take their toll and I had to dig deep to force myself to run past the start and head out for a final 10k loop to complete the ultra. The reward for this was a lovely route through the dunes and up into the woods behind the bay before a final, mile long stumble up the beach to the finish line.

Undeniably, the perfect weather conditions played a big part in the success of the day but the event itself was very well run; the course was clearly marked, the aid stations were frequent and well stocked with water and snacks and the online registration beforehand meant there was little to do on the day other than turn up with your friends and run. Sharing it with my TBAC running friends made it an amazing day out that I would recommend to all.

## **RESULTS:**

### **10K**

Philippa Spruit 01:10:56 2nd FV50

### **MARATHON**

Claire Forster 05:22:30 2nd FV45

James Camp 06:07:11 MS

### **ULTRAMARATHON**

Beccy Tarling 06:53:30 FV45

Sevim Sangwell 06:55:49 FV45

Alison Vuagniaux 07:27:22 1st FV60

Ilana Wigfield 07:27:30 2nd FV55

Claire Riou 07:41:24 2nd FV60





## The Sodbury Slog

14th November

[By the Editor](#)

No race report, but I can tell you that... *The Sodbury Slog is quite simply not for the faint-hearted. Forget roads – they're for wimps – this is a lung-busting, trainer-ruining, hill-climbing, multi-terrain challenge held over and through some of South Gloucestershire's*

most stunning countryside. Mud is not optional! Attracting around 1300 runners from all around the globe, the race is run each year on Remembrance Sunday.

Well done to those who "slogged" it out - great results including category wins by Heather and Barry, plus a top 10 in the ladies for Ella.



Name	Time ▾	Chip Time ▾	Category ▾	Cat Pos	Gender ▾	Gen Pos
<a href="#">Barry AWAN</a>	1:10:38.5	1:10:35.9	V50	1	Male	16
<a href="#">Heather FELL</a>	1:12:31.5	1:12:27.2	Sen	1	Female	2
<a href="#">Malcolm TREBY</a>	1:14:20.9	1:14:18.2	V40	9	Male	31
<a href="#">Robin LEWIS</a>	1:18:33.6	1:18:31.4	V40	20	Male	60
<a href="#">Ella TREBY</a>	1:19:57.7	1:19:53.0	Sen	8	Female	9
<a href="#">Paul ROPER</a>	1:24:49.0	1:24:45.5	V50	16	Male	111

## Avebury 8 (9.2 miles)

21st November

[By the Editor](#)



No report, but I gather that Emily had a cracking race with the other two leading ladies (top 3 listed below). They got the better of her this time, but it was extremely close... and I am sure the experience has only served to fire Emily's appetite to seek revenge on her peers at the next opportunity! Nonetheless, a great podium finish Emily - nice work.



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20	102	MAXWELL, Michelle	Chippenham Harriers	F40	01:08:48
21	56	GALLAGHER, John	Swindon Striders	M60	01:08:54
22	64	GRIFFITHS, Emily	Team Bath AC	F	01:08:56

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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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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