

THE BATH PLUG



Performances as good as the pics at Yate

Happy Easter Monday Pluggers. I hope you've all managed to enjoy a rare sun-drenched and dry Easter weekend... hopefully that's put in a "spring" in your step however you prefer to hike, jog, run, race, skip, cartwheel, or just recover with your feet up.

In this week's Plug you'll see that Track & Field is well and truly back. As are the dynamic duo Steve Rose and Phil King. And we have another duathlon report sandwiched in between. Mark wraps up with everything you need to know about the Fell-running season.

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

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

Rose & King shine at the seaside...
as both go Top 10 in the MV50-54 UK 5 mile rankings

By Phil King

Thursday 7th April 7.30pm, saw 147 runners contend the 8th Weston Prom 5-mile road race in the 2021/22 nine race winter/spring series. The times below are even more remarkable due to the windy conditions that had battered most of the UK during the day.

Arriving at 6.30pm, the winds were still strong enough to be blowing sand off the beach, directly into the eyes of the runners warming up. At this point messrs Rose & King were concerned enough to seek skiing goggles for some eye protection.

Once we realised W-S-M is no ski-resort 😞 our attention quickly turned to preparing the best we could!! At 7.30pm sharp all runners lined up and off we went. Such was the concern regarding the wind, a leading pack of 20 quickly snuggled together for the opening 700m before arriving at the first bollard, the first of 4 U-turns forming the 2 x 2.5m prom circuit.

The pace in the second half of the opening mile picked up and the real racing commenced amongst the leaders. The windy conditions continued to play their part throughout the race, and three race volunteers spent time during the first lap sweeping sand off the race course that had accumulated during the day/early evening.

By the end of the race, all runners seemed happy they had remained intact and were not blown off course. 😊

Results as follows:

First Male > Simeon Howson (Bristol & West) 26:55 > Impressive in the conditions

First Female > Alice Smith (Weston) 31:55 > Equally Impressive

Male V50: Top 5

1ST - (13th overall) Phil King (Team Bath AC) 28:38

2ND - (14th overall) Steve Wood (Clevedon) 28:46 - Series Leader

3RD - (16th overall) Ewan Paton (Westbury) 28:48

4TH - (18th overall) Steve Rose (Team Bath AC) 28:54

5TH - (24th overall) Matthew Wheeler (Weston) 29:30

Winning a bottle of wine proved useful. This covered my fuel contribution to Mr Rose, who had kindly driven his posh new fuel guzzling van to and from the race. Plus, I don't drink 😊

WISHING ALL TBAC RUNNERS A FANTASTIC 2022 SEASON !! 😊



European middle distance Duathlon Championships

10th April

By [Simon Brace \(the Editor\)](#)

Three weeks following the British Duathlon Champs, I was scheduled to race the many-times-postponed European Champs. *Fortunately*, the run-bike-run events are raced at similar distances: 10k/40k/5k at Oulton Park, then 10k/60k/10k at Alsdorf in Germany. This made it easier to train for both simultaneously. *Unfortunately*, I'm 48 years old, and three weeks between two "A races" is a painfully short window to recover, train hard again, then taper sharply, while minimising soreness and avoiding injury.

But I made it to the start line feeling race-ready one final time this spring. My only concerns were the calibre of athletes on the start list and the near freezing temperatures. But both were out of my control, so I focused on controlling the controllables. Pacing run 1 to save just a fraction for the bike and ultimately run 2, consistent power and aero position on the bike, then just hanging on to a strong pace during run 2; while ensuring my transitions were safe and smooth. If I could hit my target numbers, not do anything silly, stay warm and avoid any bike mechanicals, it would be a race well executed and I would have to be happy regardless of the result.

And so the race unfolded, and except for nitpicking my bike handling and transition faffing, I executed as well as I could have hoped for. The result? 4th (MV45). A minute off the podium. Based on the profiles of those on the start list, I knew I would only be on the fringes of a medal, so I had already managed my expectations placing just short. Consolation came in the form of placing 1st Briton in my age group, and the 2nd fastest

Briton across all ages, with a time that would have won the MV35s. So I still took great satisfaction, as well as considerable learning, from only my third international competition; setting me up well for the Long Distance Worlds in September.

Hot on the heels of 1st place at the English Duathlon Champs just one week before, Marianne Carpenter showed fantastic powers of recovery, form and motivation to make the podium once again, with a silver (WV45). And fellow TBACer, Andy Alcorn, also joined the party with an impressive run-bike-run to place 11th in the MV50s.





Yate Sprints & Hurdles

3rd April

By the Editor

Unfortunately no report from the meeting, but some great results and great pics to match. Full results [here](#); TBAC podiums across many separate heats for each distance:

- 60m Ashley Avis MU17: 1st, 7.55
- 60m Tharlia Harwood WU20: 2nd, 8.89
- 60m Dominic Murray MU20: 2nd, 7.26
- 100m Amelie Rushforth WU15, 3rd 14.50
- 100m Ashley Avis MU17: 1st, 12.02
- 100m Michelle Katsande WU15: 3rd, 13.67
- 100m Luke Peeroo MU17: 2nd, 12.41
- 100m Kenneth Muhumuza MSEN: 2nd, 11.25
- 100m Joe Carter MU20: 1st, 11.07
- 200m Michelle Katsande WU15: 2nd, 29.29
- 200m Imogen Dawe-Lane WU23: 2nd, 26.35
- 200m Michael Nickells MSEN: 3rd, 24.15
- 200m Kenneth Muhumuza MSEN: 2nd, 22.76
- 200m Femi Akinbobola MU23: 2nd, 22.00
- 200m Joe Carter MU20: 3rd, 22.07
- 400m Femi Akinbobola MU23: 1st, 49.83
- 400m Michael Nickells MSEN: 3rd, 54.38









Yeovil Spring Open

16th April

[By the Editor](#)

Unfortunately no report but great results and pics below:

100m Men

Jake Cover u20 11.76

Vince Mason u20 12.37 (pb)

100m Women

Aleesha Mwaura u17 13.83 (pb)

Charlotte Jane Fletcher u15 15.28

Shot put

Alice Wilson u18 10.23m

Long jump

Ciara Galvin u17 4.70 (=pb)

High jump

Alice Wilson u18 1.45m

Ciara Galvin u17 1.45m

400mh u20

Katie Macintosh 65.21 (pb)

Mia Bates 65.72 (pb)

110mh u20

Jake Cover 14.95

100mh sen

Taiya Jones 15.81 (pb)

75mh u15

Charlotte Kane Fletcher 16.72

80mh

Alice Wilson 13.07

1500m steeplechase

Dylan Stoneman 4:40.72 (pb)

800m

Ricardo Reyes u18 2:05.15 (pb)

Stanley Wyatt u15 2:16.59 (pb)

Alex Hearn u17 2:20.00 (pb)

Rory Osbourne u13 2:42.74 (pb)







Fell-running Championships

By Mark Thomas

The Senior Fell-Running (inter-Counties) Championships take place at Llanberis on Saturday 7th May. If you wish to run for Avon & Somerset please contact Owain Jones

[here](#). If you wish to compete for a County other than Avon & Somerset please contact your County Athletic Association via their website (see below).

The Junior Fell-Running (Inter-Counties) Championships take place at Great Whernside, Yorkshire Dales, on Sunday 15th May. Unfortunately, this clashes with the T&F County Championships. There is no time for Avon & Somerset to run trials so places are available on a first come, first serve basis. If you wish to compete please contact [here](#). If you wish to compete for a county other than Avon & Somerset please contact your County Athletics Association (see below). Please note that the age group classifications for fell running are different from other competitions.

Under 15 runners must have been born between 1/1/2008 and 31/12/2009 inclusive

Under 17 runners must have been born between 1/1/2006 and 31/12/2007 inclusive

Under 19 runners must have been born between 1/1/2004 and 31/12/2005 inclusive

Event Rules [here](#).

Race Details [here](#).

Wiltshire Athletic Association [here](#).

Gloucestershire Amateur Athletic Association [here](#).

Track Competition Diary.

Listed below (non-exhaustively) are track events taking place in Avon, Gloucestershire, Somerset and Wiltshire in the next few months that you may be able to enter. They are in roughly chronological order with the links to the entry websites. The events are listed in strictly chronological order at the bottom of this listing.

Bill Whistlecroft Spring Open, Yeovil, Saturday 16th April & Monday 18th April: [here](#).

Open Meeting, Gloucester, Sunday 24th April: [here](#).

Youth Development League (Upper Age Group), Yate, Sunday 24th April, Sunday 7th August; Swansea, Sunday 29th May; Cheltenham, Sunday 26th June.

This competition is for U17s and U20s only. Men should contact Sandra Woodman [here](#).

Women should contact Lesley Nunn [here](#).

Gloucestershire Championships, Cheltenham, Saturday 30th April & Sunday 15th May: [here](#).

Brewer Memorial Games, Cheltenham, Monday 2nd May: [here](#).

Youth Development League (Lower Age Group), Yate, Sunday 8th May, Sunday 3rd July; Hereford Saturday 21st May (TBC). This competition is for those in the U13 and U15 age groups only. U13s and U15s should make their desire to compete known to Ian 'Oz' Osbourne [here](#).

Wiltshire Championships, Swindon, Friday 13th May, Saturday 14th May & Sunday 15th May: [here](#).

Avon Championships, Yate, Saturday 14th May & Sunday 15th May: [here](#).

Somerset Championships, Yeovil, Saturday 14th May & Sunday 15th May: [here](#).

Avon League, Yate, Sunday 12th June, Sunday 10th July, Sunday 21st August;
Gloucester, Sunday 11th September: [here](#).

U13s and U15s should make their desire to compete known to Ian 'Oz' Osbourne [here](#).
U17s, U20s, seniors and masters should make their desire to compete known to Paul Cox [here](#).

Gloucester Track Races 100km, 50km & Marathon, Gloucester, Saturday 9th July: [here](#).

South-West Championships, Exeter, Sunday 24th July: [here](#).

24 Hour Invitational Track Race, Gloucester, Saturday 13th & Sunday 14th August: [here](#).

Saturday 16th April: Spring Open, Yeovil

Monday 18th April: Spring Open, Yeovil

Sunday 24th April: Open, Gloucester

Sunday 24th April: Youth Development League (YDL), Upper Age Group (UAG)

Saturday 30th April: Gloucestershire Championships, Cheltenham (day 1)

Monday 2nd May: Open, Cheltenham

Sunday 8th May: YDL, Lower Age Group (LAG), Yate

Friday 13th May: Wiltshire Championships, Swindon (day 1)

Saturday 14th May: Avon Championships, Yate (day 1)

Saturday 14th May: Somerset Championships, Yeovil (day 1)

Saturday 14th May, Wiltshire Championships, Swindon (day 2)

Sunday 15th May: Avon Championships, Yate (day 2)

Sunday 15th May: Gloucestershire Championships, Cheltenham (day 2)

Sunday 15th May: Somerset Championships (day 2)

Sunday 15th May: Wiltshire Championships (day 3)

Sunday 29th May: YDL UAG, Swansea

Sunday 12th June: Avon League, Yate

Sunday 26th June: YDL UAG, Cheltenham

Sunday 3rd July: YDL LAG, Yate

Saturday 9th July: Gloucester Track Races 100km, 50km & Marathon, Gloucester

Sunday 10th July: Avon League, Yate

Sunday 24th July: South-West Championships, Exeter

Sunday 21st August: Avon League, Yate

Sunday 11th September: Avon League, Gloucester

Sunday 7th August: YDL UAG, Yate

Saturday 13th & Sunday 14th August: 24 Hour Invitational Track Race, Gloucester



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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