

THE BATH PLUG

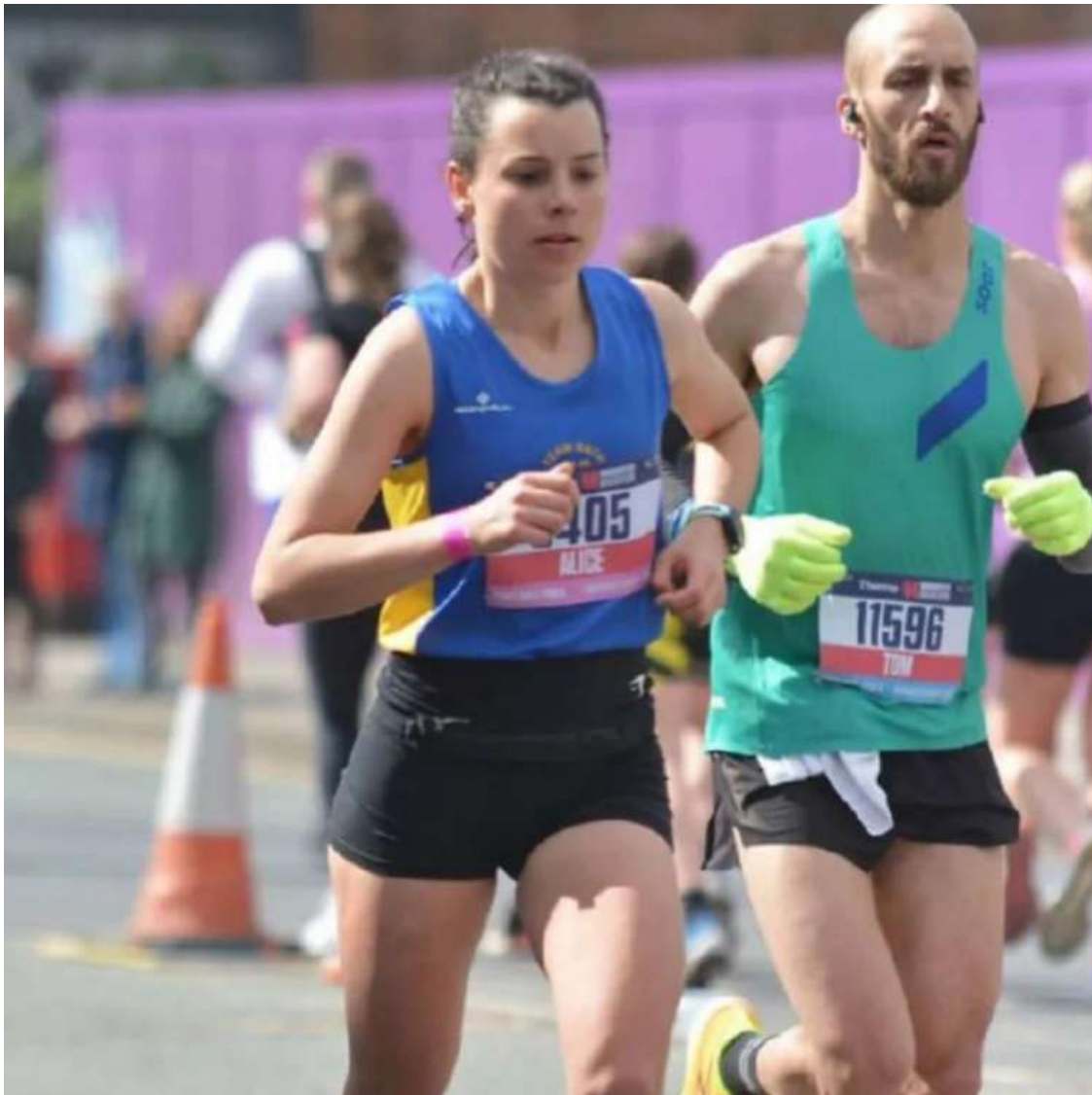


Never in doubt... James powers his way to a sub-3

Marathon season kicks off with some great Club performances at Manchester and Paris; duathlon season continues with Marianne in fine form; Jo's domination Down Under seems unstoppable; Dave takes a trip down memory lane at the Bath Half; and Kim wraps up this week, remembering Tash one year on.

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

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



Manchester & Paris Marathons

3rd April

[By the Editor](#)

8 TBACers headed up north to the famously flat and fast Manchester Marathon, hoping to convert months of hard work into quick times and PBs. Between them, they collected an impressive set of results (see pic below), with Ed leading the Club's men in 2hr41, while Alice (pic above), our first and only lady, ran superbly to clock 3hr09. Meanwhile, Harry

Bowles (pic below) and Lizzi Pitt opted for the Parisien sunshine to clock 2hr43 and 3hr15 respectively, oh là là!



NAME	CHIP TIME
Ed Gwynne-Harris	02:41:39
Josh Taylor	02:43:54
James Donald	02:49:35
Eliot Ball	02:52:50
james taylor	02:55:03
JAMES WOOSNAM	02:58:54
Alice Raban	03:09:43
Patrick Cobb	03:12:26

English Duathlon Championships

3rd April

By [Marianne Carpenter](#)

Andy Alcorn and I travelled up to Yorkshire for the English Duathlon Champs on Sunday. The sun was out and it had luckily warmed up a bit from the icy temperatures the day before, so it was a perfect day for the 10k run/ 40k bike/ 5k run standard race. Andy was 6th in the MV50 and qualified for the MV55 European Champs next year when he'll be moving up an age category. I pulled up on the second run with a hamstring spasm, but managed to finish (after some hobbling!) to take the win in my category (FV45), also qualifying for the Europeans.



Jo wins Clare Valley 10k

3rd April

By [Mike Thompson](#)

Jo Thompson continued her stunning form in South Australia by winning the Clare Valley 10km in 42.38. She finished 5th overall in a field of 150 runners.

The route followed the Riesling Trail through the heart of the wine country in this very picturesque part of Southern Australia.

After the race there was time to visit a couple of wineries to sample some of South Australia's finest whites and a sparkling red before heading back to her base in Adelaide.





Bath Half... 2005

By [Dave Coales](#)

I recently came across a team photo from the 2005 Bath Half Marathon when we were still City of Bath AC. We became Team Bath AC, two years later in 2007. In the photo left to right, Jim Beales, Ewan Basterfield, Gavin Davies, Steve Clifford, Alan Buckingham, Dave Coales. It was my sixth attempt at the half marathon and the first time I broke 75 minutes.

I ran 74.19 in the 2005 Bath Half, the day before my 35th birthday. I would go on to break 75 minutes 14 times with my PB of 71.28 coming at Llanelli in 2011. However, I still have fond memories of that first time I went sub-75.



Remembering Tash

By Kimberley Barfoot-Brace

A year ago Tash tied up her laces, went for a run and didn't make it home. We lost the brightest star that day, but from tragedy great positivity has sprung. With support from the Natasha Lewis Foundation, we are honoured to be part of her legacy... inspiring and enabling athletes to follow their dreams and support each other along the way.

Tash's fiancé Dave has dropped off sunflower seeds at local independents... please pick them up and spread this special dose of sunshine around our community... "with these seeds that you sow, lives will be changed and dreams will grow".

Sending our love and best wishes to Dave and the Lewis family today and always.





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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