

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





Home and Away, Jo continues her fine form.
A rare 100 (%) scored by a Pom Down Under.

G'day Pluggers... a "ripsnorter" result by Jo in South Australia. Read Mike's report, first up in this week's Plug. We then have a mix of more bonza performances, our monthly Parkrun report, a call for volunteers, wrapping up with kit news from Kim. Hooroo!

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

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

Jo's Global Parkrun

26th March

By [Mike Thompson](#)

Last Saturday, in Victor Harbor, South Australia, Jo Thompson achieved a 100% age grading in the local Parkrun with a time of 19.58. Jo has been in South Australia for almost two months visiting her son and new grandson and this was her seventh parkrun since arriving. She has been closing in on a 100% percent performance in recent weeks and finally achieved it on this relatively flat coastal parkrun. Fortunately, the winds were also light on the exposed path. Jo reached the dead turn, at the half way point, in 9.55 and maintained her pace to the finish line, to narrowly duck under 20 minutes and achieve the milestone. It was a lonely run as she caught the second and third placed men well before the turn and the leader had a minute and a half gap.

That age grade performance ensured that Jo was the best ParkRunner in Australia and fifth in the world for that week's global parkrun. Quite an achievement.

Jo has been training with the Adelaide Harriers running club since she arrived in Australia and will be running the Clare Valley 10km this weekend.



Beast of the Blacks 40miler

27th March

[By the Editor](#)

The Beast of the Blacks is a challenge amongst some harsh but spectacular trails within the majestic Black Mountains of Wales. Starting near the village of Llanbedr deep in the heart of the mountains you climb directly onto the Black Mountains. There, you are greeted with outstanding views that follow you around a stunning route, whilst taking in forest trails, mountain tops, river crossings and ancient churches.

Damian Hall took the win in 6hrs44, while our very own Chris Maxwell took a convincing third place in 7hrs54.



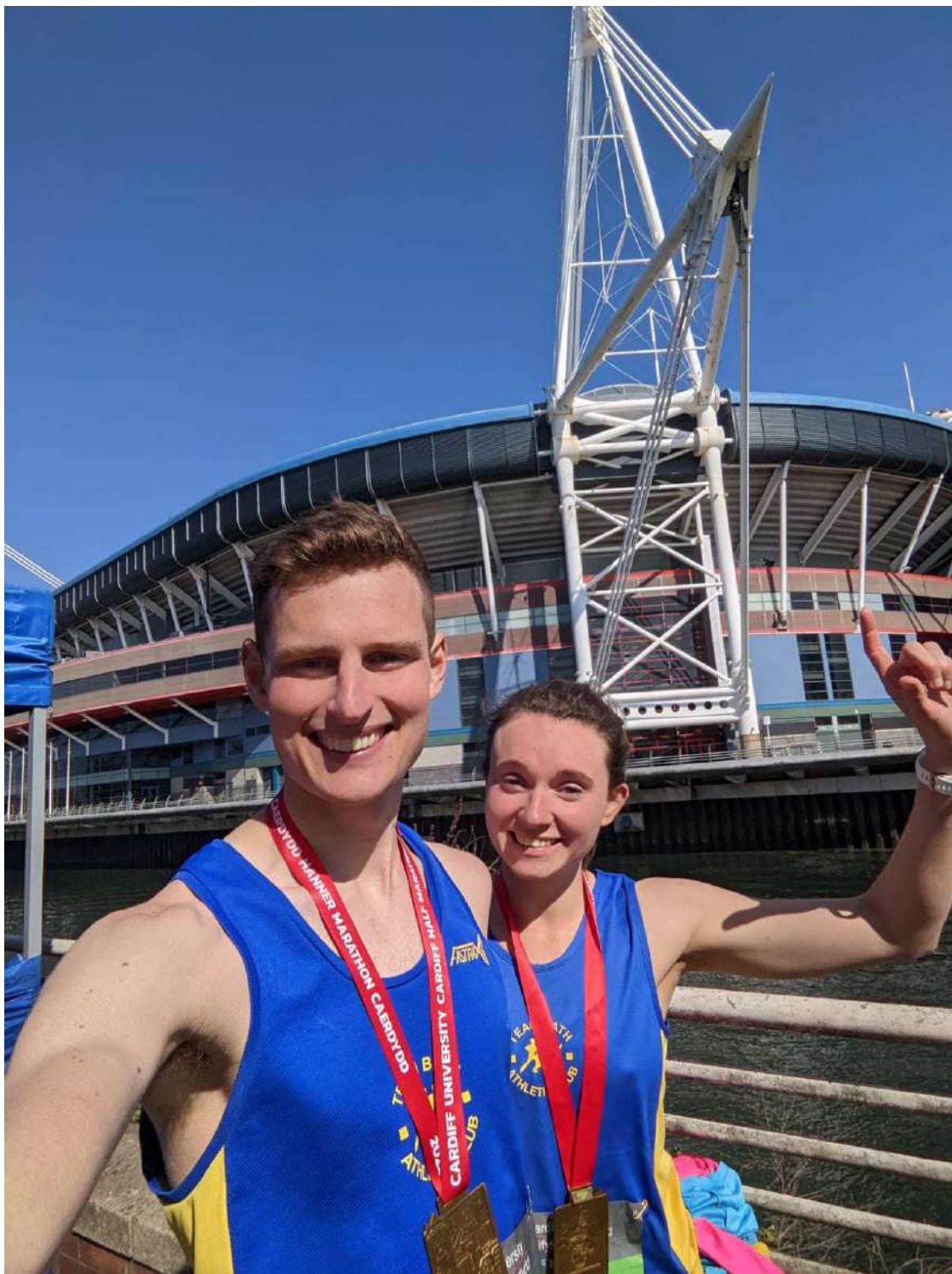


Cardiff Half

27th March

[By the Editor](#)

Some great performances by TBACers enjoying the sunshine at last Sunday's Cardiff Half. Jenny Carter was first F45 with an impressive time of 1:28:54. Dan Soltys and Creina O'Shea also ran brilliantly, clocking 1:13:29 (PB) and 1:39:24 respectively - pic below.



Yate Open

2nd April

By Paul Sutton

Tom Blackburn broke his PB 5 times in a row at yesterday's Yate Open U17. Tom finished the day with a jump of 1.77m.



Club 5k Championship & Parkrun Report March

By Malcom Treby

Despite the flurries of snow outside as I write this, March generally brought more pleasant conditions for Parkrunning, and the drying out of some of the wetter courses brought faster times (either that or you're all getting fitter). Nearly 60% of the best TBAC times at Bath Skyline were run in March, and we now have nearly 50 TBACers who have run on at least one of the championship courses. Some great running from our vets with four V50 men and a V60 (Niall Urquhart) averaging under 20:00 per run. Curiously though, there's currently only a single V40 (Simon Brace) averaging under 20 minutes, although Ben Holding and Tim Hill will be pushing to join him soon.

Looking further afield, Poole again crops up with an 18:01 from Issy Davies as she improved by nearly a minute from last month, and Niall Caley's 15:13 virtually matching his February time. His was the fastest run this month, but there were other notable runs too: Owen Davies had an excellent run at Cardiff to break 18 minutes, and excellent runs from juniors with Charlie Haines running 17:31 at Pomphrey Hill and Tobi Loughin 18:19 at Chippenham.

Full results below, as usual please let me know of any errors or omissions by emailing me at [here](#).

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Niall CALEY	Poole parkrun	00:15:13	MS
2	Josh TAYLOR	Southwick Country parkrun	00:17:29	MS
3	Charlie HAINES	Pomphrey Hill parkrun	00:17:31	MJ
4	James DONALD	Newbury parkrun	00:17:43	MS
5	Owen DAVIES	Cardiff parkrun	00:17:58	MS
6	Isabel DAVIS	Poole parkrun	00:18:01	FS
7	Otto COPPING	University Parks parkrun	00:18:02	MS
8	Tobi LOUGHLIN	Chippenham parkrun	00:18:19	MJ
9	Patrick COBB	Worcester Pitchcroft parkrun	00:18:23	MS
10	David COALES	Chipping Sodbury parkrun	00:18:59	MV50
11	Niall URQUHART	The Old Showfield parkrun	00:19:16	MV60
12	Mark MACKINTOSH	The Old Showfield parkrun	00:19:23	MV50
13	Alex COPPING	Chippenham parkrun	00:19:37	MV50
14	Tim HILL	Mole Valley parkrun	00:19:44	MV40
15	Alex BINLEY	Bath Skyline parkrun	00:19:51	FS
16	Jo THOMPSON	Victor Harbor parkrun	00:19:58	FV60
17	James WOOSNAM	Bath Skyline parkrun	00:20:00	MV50
18	Chris MAXWELL	Royal Tunbridge Wells parkrun	00:20:03	MV40
19	Gary HUGHES	Somerdale Pavilion parkrun	00:20:31	MV50
20	Nick PARRY	The Old Showfield parkrun	00:20:44	MV60
21	Malcolm TREBY	Bath Skyline parkrun	00:20:53	MV40
22	Elizabeth PITT	Bicester parkrun	00:21:05	FS
23	Ella TREBY	Bath Skyline parkrun	00:21:23	FJ
24	Jorge CROCKFORD	Bath Skyline parkrun	00:21:24	MS

25	Libbie HERBERT	Kingsway parkrun: Gloucester	00:21:29	FS
26	India IBBOTSON	Eastville parkrun	00:21:33	FS
27	Brett RAYNES	Bath Skyline parkrun	00:21:33	MV50
28	Ben HOLDING	Bath Skyline parkrun	00:21:53	MV40
29	Clinton MONTAGUE	Bath Skyline parkrun	00:22:03	MS
30	Paul CARTER	Bath Skyline parkrun	00:22:07	MV50
31	Alessandro ZANCONATO	Poole parkrun	00:22:24	MS
32	Cath DALE	Bath Skyline parkrun	00:22:38	FV50
33	Andy MULLETT	Kingston parkrun	00:22:57	MV60
34	Benjamin ROBINSON	Donaupark parkrun	00:23:42	MS
35	Natalie HARGRAVE	Hazelwood parkrun	00:23:53	FS
36	Paul KING	Pomphrey Hill parkrun	00:24:10	MV60
37	Heather FELL	Bath Skyline parkrun	00:24:11	FS
38	Claire FORSTER	Bath Skyline parkrun	00:24:24	FV40
39	Kate DARBYSHIRE	Bath Skyline parkrun	00:24:46	FS
40	David VAUDIN	Dreil Hinder Garten parkrun	00:24:46	MV60
41	Mike CHARLTON	Bath Skyline parkrun	00:25:24	MV60
42	Nigel OSBORNE	Bath Skyline parkrun	00:26:13	MV50
43	Paul HENAGHAN	GreenWay parkrun	00:26:41	MV60
44	Alison VUAGNIAUX	Bath Skyline parkrun	00:26:44	FV60
45	Anne CORLETT	Somerdale Pavilion parkrun	00:28:33	FV40
46	Pat ROGERS	Bath Skyline parkrun	00:29:06	MV70+
47	Michael STANLEY	Oaklands parkrun	00:35:01	MV60
48	Janice RAMBRIDGE	Bath Skyline parkrun	00:47:40	FV70+

Position	Runner	Category	Cat Pos	Ashton Court parkrun	Bath Skyline parkrun	Chipping Sodbury parkrun	Pomphrey Hill parkrun	Southwick Country parkrun	The Old Showfield parkrun	Total Time	Total Parkruns	Average Time
1	Otto COPPING	MS	1			00:16:50				00:16:50	1	00:16:50
2	Charlie HAINES	MJ	1			00:16:50	00:17:31			00:34:21	2	00:17:10
3	Josh TAYLOR	MS	2					00:17:29		00:17:29	1	00:17:29
4	Simon BRACE	MV40	1						00:17:46	00:17:46	1	00:17:46
5	James DONALD	MS	3		00:18:05					00:18:05	1	00:18:05
6	Thomas DAVIES	MS	4						00:18:23	00:18:23	1	00:18:23
7	Alex PARSONS	MS	5	00:16:11	00:21:00					00:37:11	2	00:18:36
8	Mike DOOLEY	MV50	1	00:18:48			00:18:36	00:18:44	00:18:14	01:14:22	4	00:18:36
9	Caitlin WOSIKA	FS	1					00:18:36		00:18:36	1	00:18:36
10	Tobi LOUGHLIN	MJ	2			00:18:40				00:18:40	1	00:18:40
11	Isabel DAVIS	FS	2					00:18:54		00:18:54	1	00:18:54
12	Owen DAVIES	MS	6	00:19:47	00:18:59					00:38:46	2	00:19:23
13	David COALES	MV50	2		00:19:51	00:18:59		00:19:49		00:58:39	3	00:19:33
14	Niall URQUHART	MV60	1		00:20:16				00:19:16	00:39:32	2	00:19:46
15	James WOOSNAM	MV50	3		00:19:47					00:19:47	1	00:19:47
16	Alex BINLEY	FS	3		00:19:51					00:19:51	1	00:19:51
17	Alex COPPING	MV50	4			00:19:57				00:19:57	1	00:19:57
18	Mark MACKINTOSH	MV50	5		00:20:52	00:19:50			00:19:23	01:00:05	3	00:20:02
19	Ben HOLDING	MV40	2		00:21:15				00:19:43	00:40:58	2	00:20:29
20	Ella TREBY	FJ	1		00:21:03		00:20:47			00:41:50	2	00:20:55
21	Tim HILL	MV40	3		00:21:58	00:19:57				00:41:55	2	00:20:58
22	Malcolm TREBY	MV40	4		00:20:53		00:21:13			00:42:06	2	00:21:03
23	Nick PARRY	MV60	2		00:21:18			00:21:52	00:20:39	01:03:49	3	00:21:16
24	Jenny CARTER	FV40	1		00:21:18					00:21:18	1	00:21:18
25	Brett RAYNES	MV50	6		00:21:33					00:21:33	1	00:21:33
26	Jorge CROCKFORD	MS	7		00:21:24			00:21:59		00:43:23	2	00:21:42
27	Cath DALE	FV50	1		00:21:50					00:21:50	1	00:21:50
27	Tom HUTCHISON	MV60	3		00:21:53					00:21:53	1	00:21:53
28	Clinton MONTAGUE	MS	8		00:22:03					00:22:03	1	00:22:03
29	Emily GRIFFITHS	FS	4						00:22:07	00:22:07	1	00:22:07
30	Paul CARTER	MV50	7		00:22:07					00:22:07	1	00:22:07

Position	Runner	Category	Cat Pos	Ashton Court parkrun	Bath Skyline parkrun	Chipping Sodbury parkrun	Pomphrey Hill parkrun	Southwick Country parkrun	The Old Showfield parkrun	Total Time	Total Parkruns	Average Time
31	Jo THOMPSON	FV60	1		00:22:24					00:22:24	1	00:22:24
32	Debbie HEYWOOD	FV40	2		00:22:33					00:22:33	1	00:22:33
33	Victoria RANDALL	FS	5	00:22:18	00:23:22					00:45:40	2	00:22:50
34	India IBBOTSON	FS	6		00:23:25				00:23:31	00:46:56	2	00:23:28
35	Kate DARBYSHIRE	FS	7		00:23:55					00:23:55	1	00:23:55
36	Heather FELL	FS	8		00:24:11					00:24:11	1	00:24:11
37	Mark IRELAND	MV50	8		00:24:13					00:24:13	1	00:24:13
38	Claire FORSTER	FV40	3		00:24:24					00:24:24	1	00:24:24
39	Mike CHARLTON	MV60	4		00:24:53					00:24:53	1	00:24:53
40	Paul KING	MV60	5		00:25:42		00:24:10			00:49:52	2	00:24:56
41	Natalie HARGRAVE	FS	9	00:25:06	00:25:54					00:51:00	2	00:25:30
42	Pat ROGERS	MV70+	1		00:25:33					00:25:33	1	00:25:33
43	Helen DONALD	FS	10		00:25:44					00:25:44	1	00:25:44
44	Nigel OSBORNE	MV50	9		00:26:02					00:26:02	1	00:26:02
45	Alison VUAGNIAUX	FV60	2		00:26:44					00:26:44	1	00:26:44
46	Lynn JONES	FV50	2	00:29:38			00:29:12		00:27:11	01:26:01	3	00:28:40
47	Michael STANLEY	MV60	6	00:40:21	00:38:06	00:35:34				01:54:01	3	00:38:00
48	Janice RAMBRIDGE	FV70+	1		00:46:24					00:46:24	1	00:46:24

Endurance Running Portfolio Group

By [Thomas Davies](#)

The club has asked me to help bring back the "Endurance Running Portfolio Group" which will have oversight and set strategy for all the Endurance running aspects of the club.

Responsibilities of the group include:

- organisation of training
- club competitions
- season strategy for targeted races/relays
- appointing team captains
- hosting events

This is a great opportunity to be more involved in the endurance side of the club. I'm particularly looking for volunteers who could fill the following roles and join the portfolio group.

- team manager (looking after plan for the season & appointing team captains)
- social/events organiser (to help plan more social activities)
- 1 (or more) athlete representatives (to feed in views and ideas from across club members)

I'm also very interested to hear any ideas, feedback, or suggestions from everyone, particularly around:

- feedback on current training sessions
- any additional/different types of running sessions that you would like to see organised.
- ideas related to widening participation or increasing numbers of members competing for the club in races - especially on the women's side.

Looking forward to hearing from lots of you - whether you can volunteer or just want to share ideas. Please get in touch by emailing me [here](#) or find me on one of the club whatsapp groups.



TBAC x Natasha Lewis Foundation Team t-shirts

By Kimberley Barfoot-Brace

Special new t-shirts have been set up on the [club kit shop](#) for all those competing for the club in track & field or running races.

Co-branded with the Natasha Lewis Foundation, the back of the light blue t-shirts features something that Tash used to write on her hand to keep her motivated on race day...**go well, go hard, smile.**

Hopefully they'll provide some inspiration for you too! 🤍🌻🌈

Please note that these are not a replacement of our official vests which must be worn for your result to count for the club in particular competitions, but rather an extra bit of kit for you to enjoy.



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