

The official magazine of Team Bath Athletic Club  
First published Tuesday 01 Dec 1987

Issue 1564 16th May 2022

# THE BATH PLUG



Cath rising up to the Marlborough Downs Challenge

We've got on road, off road, on & off combined, track & field, parkrun, and probably a duathlon if you look hard enough... well maybe not this week... maybe next! Either way, we're not short of variety in this week's Plug, so dig in and get inspired.

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

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

---

## Marlborough Downs Challenge

8th May

By Paul King

Off-road at the Marlborough Downs Challenge 20 miler David Vaudin (2:52:03) finished an excellent 15<sup>th</sup> and 1<sup>st</sup> MV60 and Cath Dale (3:10:01) finished 5<sup>th</sup> Female and 2<sup>nd</sup> FV50. In the 30 miler edition of the race James Donald (4:27:14) finished in a very creditable 2<sup>nd</sup> place overall and 1<sup>st</sup> MV40. Barry Awan (5:03:53) finished in 13<sup>th</sup> overall and Helen Donald (6:03:15) finished as 6<sup>th</sup> Female and 2<sup>nd</sup> FV40.



---

## Bitton Road Runners 5k Series 1/4

4th May

By Paul King

Aaron Pritchard (15:35) and Dylan Stoneman (16:12) were 1<sup>st</sup> and 2<sup>nd</sup> at the first Bitton 5k Summer Series race. Kieran Payne (17:43) and Ben White (18:17) completed the excellent TBAC line up.



---

## Colchester 10k

8th May

By [Paul King](#)

Dan Jones (33:24) finished a commendable 4<sup>th</sup> in the Colchester 10k event.



---

## Relish Running Two Tunnels races

8th May

By Paul King

TBAC newcomer Kalliopi 'Kelly' Makraki (2:01) finished 2<sup>nd</sup> female and 23<sup>rd</sup> overall in the Hilly Ticket Half. In the 'Return Ticket HM' veteran Carl Tucker (1:31:42) finished as 1<sup>st</sup> MV50.

And then in the 'Return Ticket 10k' Aaron Pritchard followed up his midweek success at the 5k by taking 1<sup>st</sup> place in a time of 33:46. With team mates Marcus Fletcher (34:48)

finishing 3<sup>rd</sup> and Stylianos Asimakopoulos (38:34) 8<sup>th</sup>.





## First match of the YDL (LAG)

By Neil Osborne

Header format, meaning that our Athletes competed against 10 other teams from the local area and South Wales, meaning that the competition was strong. There were some great performances with many athletes competing for the first time. Results of note were:

### Under 15 Boys

100m – Jamie SEMPLE 2nd  
 200m - Joseph BAILEY 2nd  
 300m - William SEMPLE 2nd  
 800m – Thomas White 1st  
 1500m - Tobi-lee LOUGHLIN 1st  
 80m Hurdles - William GAME 3rd  
 High Jump – Jamie SEMPLE 2nd  
 Javelin - Eddie LANZON 3rd  
 4 x 100 – Team Bath AC 3rd  
 4x300 – Team Bath AC 2nd

### Under 15 Girls

200m - Gertie BLEWITT 3rd  
 300m Daisy DUNCAN 3rd  
 800m - Gertie BLEWITT 2nd  
 75m Hurdles - Luca ROTTE 3rd  
 Long Jump - Esme MCKENZIE 3rd  
 High Jump - Daisy DUNCAN 3rd

### Under 13 Boys

75m - James MORGAN 1st  
 75m - Freddie WEEKS 2nd

150m - James MORGAN 1st  
800m - Rory OSBORNE 2nd  
75m Hurdles - Rory OSBORNE 3rd  
High Jump - Freddie WEEKS 3rd  
Shot - Rory OSBORNE 3rd

**Under 13 Girls**

75m - Olivia SMITH 3rd  
800m - Olivia PAUL 2nd  
1200m - Sophie MAXWELL 2nd  
70m Hurdles - Freya WAKER 2nd





---

## Parkrun Update

By [Malcom Treby](#)

It's not about you joggers who go round and round. Surely given Parkrun's influence, Parklife's lyrics would have been different if it had been written today rather than in 1994. In our own TBAC Parkrun Championship, we've now had over fifty people taking part, with nearly half of those having run more than one event. Bath Skyline is unsurprisingly the most popular, but it's great to see all venues regularly getting runners.

Current standings are summarised below, as are everyone's fastest times at any April parkrun. Highlights come particularly from the younger runners, with Harry Maxwell leading the way in 16:18, a minute and a half ahead of his brother Josh (17:44). Tobi Loughlin ran his fastest parkrun in 17:30, and Ella Treby showed a return to form in dipping back under 20 minutes at Chipping Sodbury (19:53 and better than her Dad could manage).

Until next month, I'm off to feed the pigeons, perhaps I'll feed the sparrows too. Happy Parkrunning.



Position	Athlete	Parkrun	Fastest Time	Age Category
1	Harry MAXWELL	Whitehaven parkrun	00:16:18	MJ
2	Aidan DANIEL	Bath Skyline parkrun	00:17:26	MS
3	Charlie HAINES	Chipping Sodbury parkrun	00:17:28	MJ
4	Tobi LOUGHLIN	The Old Showfield parkrun	00:17:30	MJ
5	Joshua MAXWELL	Whitehaven parkrun	00:17:44	MJ
6	Thomas DAVIES	Bath Skyline parkrun	00:18:15	MS
7	Alessandro ZANCONATO	Clevedon Salthouse Fields parkrun	00:18:18	MS
8	James WOOSNAM	Chipping Sodbury parkrun	00:18:35	MV50
9	Patrick COBB	Seaton parkrun	00:18:44	MS
10	Tim HILL	Worcester Pitchcroft parkrun	00:18:56	MV40
11	Alex BINLEY	Bath Skyline parkrun	00:19:07	FS
12	Isabel DAVIS	Clevedon Salthouse Fields parkrun	00:19:11	FS
13	David COALES	Chippenham parkrun	00:19:40	MV50
14	Mark MACKINTOSH	Lancing Beach Green parkrun	00:19:45	MV50
15	Ella TREBY	Chipping Sodbury parkrun	00:19:53	FJ
16	Owen DAVIES	Bath Skyline parkrun	00:20:04	MS
17	Malcolm TREBY	Chipping Sodbury parkrun	00:20:12	MV40
18	Niall URQUHART	Cranbrook Country Park parkrun	00:20:14	MV60
19	Jenny CARTER	Kew Woods parkrun	00:20:15	FV40
20	Jorge CROCKFORD	The Old Showfield parkrun	00:20:18	MS
21	Sophie MAXWELL	Whitehaven parkrun	00:20:22	FJ
22	Chris MAXWELL	Whitehaven parkrun	00:20:23	MV40
23	Jo THOMPSON	Torrens parkrun	00:20:46	FV60
24	Elizabeth PITT	University Parks parkrun	00:20:57	FS
25	Heather FELL	Bath Skyline parkrun	00:20:59	FS
26	Tom HUTCHISON	Chipping Sodbury parkrun	00:21:04	MV60
27	Gary HUGHES	Somerdale Pavilion parkrun	00:21:06	MV50
28	Ben HOLDING	Bath Skyline parkrun	00:21:13	MV40
29	Nick PARRY	Bath Skyline parkrun	00:21:33	MV60
30	Clinton MONTAGUE	Bath Skyline parkrun	00:21:58	MS
31	Kate DARBYSHIRE	Southwick Country parkrun	00:22:11	FS
32	Paul CARTER	Bath Skyline parkrun	00:22:16	MV50
33	Benjamin ROBINSON	Donauradweg parkrun	00:22:26	MS
34	Andy MULLETT	Eden Project parkrun	00:23:17	MV60
35	Mark IRELAND	Bath Skyline parkrun	00:24:27	MV50
36	Lizzie WRAITH	Bath Skyline parkrun	00:24:53	FS
37	Pat ROGERS	Bath Skyline parkrun	00:25:14	MV70+
38	Mike CHARLTON	Bath Skyline parkrun	00:25:35	MV60
39	Natalie HARGRAVE	Winchester parkrun	00:25:36	FS
40	Nigel OSBORNE	Bath Skyline parkrun	00:25:57	MV50
41	Paul HENAGHAN	GreenWay parkrun	00:26:05	MV60
42	Anne CORLETT	Somerdale Pavilion parkrun	00:26:12	FV40
43	Jim GODFREY	Bath Skyline parkrun	00:29:53	MV40
44	Sue BRIGDEN	Exmouth parkrun	00:31:12	FV60
45	Michael STANLEY	Queen Elizabeth parkrun	00:39:18	MV60
46	Janice RAMBRIDGE	Bath Skyline parkrun	00:47:17	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	Aidan DANIEL	MS	2		00:17:26					00:17:26	1	00:17:26
4	Josh TAYLOR	MS	3					00:17:29		00:17:29	1	00:17:29
5	Simon BRACE	MV40	1						00:17:46	00:17:46	1	00:17:46
6	James DONALD	MS	4		00:18:05					00:18:05	1	00:18:05
7	Thomas DAVIES	MS	5		00:18:15				00:18:23	00:36:38	2	00:18:19
8	Tobi LOUGHLIN	MJ	2	00:19:00		00:18:40			00:17:30	00:55:10	3	00:18:23
9	Alex PARSONS	MS	6	00:16:11	00:21:00					00:37:11	2	00:18:36
10	Mike DOOLEY	MV50	1	00:18:48			00:18:36	00:18:44	00:18:14	01:14:22	4	00:18:36
11	Caitlin WOSIKA	FS	1					00:18:36		00:18:36	1	00:18:36
12	Isabel DAVIS	FS	2					00:18:54		00:18:54	1	00:18:54
13	James WOOSNAM	MV50	2		00:19:18	00:18:35				00:37:53	2	00:18:56
14	Alex BINLEY	FS	3		00:19:07					00:19:07	1	00:19:07
15	Owen DAVIES	MS	7	00:19:47	00:18:59					00:38:46	2	00:19:23
16	David COALES	MV50	3		00:19:51	00:18:59		00:19:49		00:58:39	3	00:19:33
17	Niall URQUHART	MV60	1		00:20:16				00:19:16	00:39:32	2	00:19:46
18	Alex COPPING	MV50	4			00:19:57				00:19:57	1	00:19:57
19	Mark MACKINTOSH	MV50	5		00:20:52	00:19:50	00:19:58		00:19:23	01:20:03	4	00:20:01
20	Ella TREBY	FJ	1		00:20:58	00:19:53	00:20:47			01:01:38	3	00:20:33
21	Malcolm TREBY	MV40	2		00:20:40	00:20:12	00:21:13			01:02:05	3	00:20:42
22	Tim HILL	MV40	3		00:21:31	00:19:57				00:41:28	2	00:20:44
23	Ben HOLDING	MV40	4	00:21:30	00:21:13				00:19:43	01:02:26	3	00:20:49
24	Heather FELL	FS	4		00:20:59					00:20:59	1	00:20:59
25	Jorge CROCKFORD	MS	8		00:21:18			00:21:59	00:20:18	01:03:35	3	00:21:12
26	Nick PARRY	MV60	2		00:21:18			00:21:52	00:20:39	01:03:49	3	00:21:16
27	Jenny CARTER	FV40	1		00:21:18					00:21:18	1	00:21:18
28	Tom HUTCHISON	MV60	3		00:21:53	00:21:04				00:42:57	2	00:21:29
29	Elizabeth PITT	FS	5		00:21:30					00:21:30	1	00:21:30
30	Brett RAYNES	MV50	6		00:21:33					00:21:33	1	00:21:33
31	Cath DALE	FV50	1		00:21:50					00:21:50	1	00:21:50

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
32	Clinton MONTAGUE	MS	9		00:21:58					00:21:58	1	00:21:58
33	Paul CARTER	MV50	7		00:22:07					00:22:07	1	00:22:07
34	Emily GRIFFITHS	FS	6						00:22:07	00:22:07	1	00:22:07
35	Jo THOMPSON	FV60	1		00:22:24					00:22:24	1	00:22:24
36	Debbie HEYWOOD	FV40	2		00:22:33					00:22:33	1	00:22:33
37	Kate DARBYSHIRE	FS	7		00:23:18			00:22:11		00:45:29	2	00:22:45
38	Victoria RANDALL	FS	8	00:22:18	00:23:22					00:45:40	2	00:22:50
39	India IBBOTSON	FS	9		00:23:25				00:23:31	00:46:56	2	00:23:28
40	Mark IRELAND	MV50	8		00:24:13					00:24:13	1	00:24:13
41	Claire FORSTER	FV40	3		00:24:24					00:24:24	1	00:24:24
42	Mike CHARLTON	MV60	4		00:24:53					00:24:53	1	00:24:53
43	Lizzie WRAITH	FS	10		00:24:53					00:24:53	1	00:24:53
44	Paul KING	MV60	5		00:25:42		00:24:10			00:49:52	2	00:24:56
45	Pat ROGERS	MV70+	1		00:25:14					00:25:14	1	00:25:14
46	Natalie HARGRAVE	FS	11	00:25:06	00:25:54					00:51:00	2	00:25:30
47	Helen DONALD	FS	12		00:25:44					00:25:44	1	00:25:44
48	Nigel OSBORNE	MV50	9		00:25:57					00:25:57	1	00:25:57
49	Alison VUAGNIAUX	FV60	2		00:26:44					00:26:44	1	00:26:44
50	Lynn JONES	FV50	2	00:29:38			00:29:12		00:27:11	01:26:01	3	00:28:40
51	Jim GODFREY	MV40	5		00:29:53					00:29:53	1	00:29:53
52	Michael STANLEY	MV60	6	00:40:21	00:38:06	00:35:34				01:54:01	3	00:38:00
53	Janice RAMBRIDGE	FV70+	1		00:46:24					00:46:24	1	00:46:24



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).

If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences more generally, please do so [here](#). This ensures your preferences are updated within the TBAC membership records.

