

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

Issue 1563 1st May 2022

THE BATH PLUG





Fast Thames...
Izzy Davis takes the win at the Putney & Fulham HM

It'll take a lot to beat last weekend for the breadth and quality of race performances by Club members. If you need a little inspiration to kick-start your season, look no further.

We start with Tom's tales of Vienna that include a dubious marathon breakfast recipe. Then he hear of Guy's win over what sounds like an epic pub crawl. Marathon and HM results follow. Then more duathlon success for Marianne, followed by some rapid 5k and 10k results, with TBAC picking up both team honours at Corsham. We wrap up with T&F from Di and some races dates for your diary from Mark.

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

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

Vienna Marathon

24th April

By Tom Hutchison

Being a Vet 65 means that PBs are ancient history. However, Masters races still provide the joy of competition and age graded targets.

Abbot, (of 6 marathon majors fame) started doing Global Masters events a couple of years ago. During Covid lockdown they nominated races around the world that would count towards an annual league table. They organised virtual events too and one of those last year earned me an Abbott London place this coming October. I needed two races in this year and so looked for a spring marathon. I chose Vienna because it was at the right time and seemed an interesting city to visit

My training for this event was not what you usually find in a Runners World program. These days it takes me 48 hours to recover from a session, so I alternate running days with strength and conditioning days. This has prevented injury, but I rarely manage more than 40 km a week. This is typically made up of: Tuesday Track session / Thursday easy trail session/ Saturday cross country or park run race / Sunday Longer easy run. However, there were many odd weeks like the one when I went skiing and caught Covid, or the one when I tapered with a week of Cornish coast path walks.

Vienna was impressively clean and organised with slick mass transit and lots of beautifully decorated old buildings that somehow had not been bombed the previous century. I stayed in a hostel with my son-in-law who had come with a crowd of Queens Park Harriers.

Food Discovery: I am down in the hostel kitchen at 5.45 on a Marathon morning. Got two packets of OAT SO SIMPLE, but no sugar and no coffee! Wait! Here is a packet of blackberry Shot Blocks. Two into each porridge and I have sugar and caffeine and it tastes lovely. TRY IT.

There were 30,000 in the wave start on a closed dual carriageway on a bridge over the Danube. In Pen 3 with me were also half marathoners and relay runners so it was impossible to compare with any other runner as their starting time and event were so different. I just had to run my own time trial.

The weather on race day was overcast dry and warm with only some fresh breezes in the face to cause slowing on some of the wide boulevards. There was quite a bit of to and fro on the wide roads through parks that had been made famous by Eliud Kipchoge's sub 2 hours marathon exhibition. There were no Hill hills but actually 127 metres of rise and fall over the course as a whole.

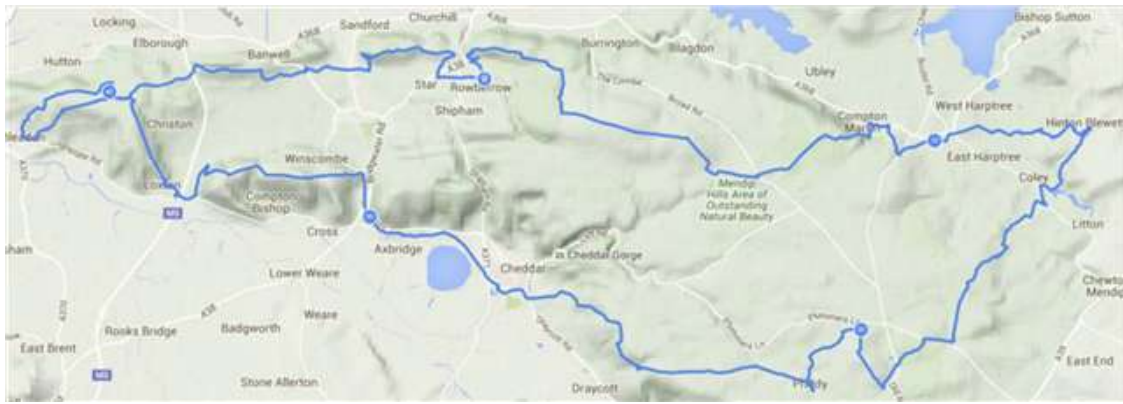
I had decided that I would try to set a body effort rather than a specific pace. I did this by limiting my heart rate to 138 for the first 10k, then letting it up to 142 for the next 10 and

146 from 20k and 150 from 30k onwards. The net result was 5k splits all around 25 minutes. The last 8k were hard, but I managed to maintain pace to the end, though the heart rate was peaking at 155 (94% of max) I would say that I reached the wall just in time to stop.

I have no idea who won but I arrived in 3.30.34 and it turned out later that I was comfortably second Vet 65, with 3rd V65 5 minutes behind me. I will take that. Roll on London in October. New training programme please Paul.

[Tom was joined by MV50 club mates Mark Mackintosh (1:27:36) and Nigel Osborne (1:55:39) running in the Half Marathon]





Butcombe Trail Ultra 50miles

23rd April

[By the Editor](#)

The official Butcombe Trail is a 47-mile route around six pubs in the Mendip Hills, a designated area of outstanding natural beauty. The route is mostly off-road and takes in beautiful running country and fantastic views as it criss-crosses the Mendips. It was devised as a hiking trail by local walker and writer Sue Gearing in 2007, in collaboration with Butcombe Brewery, and was first run as a single-day ultramarathon in 2016, organised by Bristol's Town & Country Harriers trail-running club. In 2018 the race route was upgraded to 50 miles with 2000m ascent.

Guy Landon took on this beast and bagged a convincing win in 7:48:12, over 30mins ahead of second place, and only 45 seconds outside of the course record.



Southampton Marathon

24th April

By [Paul King](#)

Emily Griffiths on her debut marathon ran a very commendable 3:42:25. Also in the same race Tanya Marshall and Bev Devereux were running in support of the Natasha Lewis Foundation. Excellent work ladies.



Dorney Lake Marathon

24th April

By [Paul King](#)

Creina O'Shea was also on her debut marathon and managed to break the magic 4 hour mark by finishing in 3:58:44.

Putney & Fulham Half Marathon

24th April

By [Paul King](#)

Izzy Davis ran a splendid 1:24:11 to take 1st Female slot (photo attached). With fellow club member Alessandro Zanconata finishing close behind in 1:26:03.



Clumber Park Duathlon

24th April

By [Paul King](#)

Marianne Carpenter won her age group category at the Clumber Park standard duathlon and qualifies for next year's world championships in Ibiza.



Bristol Track Club 5k Race Day

23rd April

By Paul King

Saturday at Odd Down Playing Fields saw a good number of TBAC seniors and a number of juniors running in windy conditions. Some very strong competition. Niall Carey was the best finishing in 14:45 (Niall is not one of my group at present). Best of my group was Harry Bowles just 3 weeks after the Paris Marathon in 15:44, closely followed by Aaron Pritchard (15:49) and Elliott Avis (15:55). Phil King maintained his excellent form finishing 3rd MV50 in 17:15. On the ladies side Jenny Carter confirmed her pedigree with an impressive 19:10 (3rd VW45).











Corsham 10k

24th April

By Paul King

Another good turn out for the popular Corsham 10k. Aidan Daniel again finishing 1st TBAC with a solid time of 33:23, closely followed by Elliott Avis (33:39) and a very impressive run from Dylan Stoneman (34:53; 1st U18). The senior men securing the team prize. On the ladies side Freya Spruit took the top female slot in 39:17 and Cath Dale the top VW50 in 44:07. The ladies finishing 2nd female team.



YDL match at Yate

24th April

By Di Viles

The full results from the YDL UAG match at Yate on Sunday are not currently available due to a computer failure nationwide of the YDL website but almost certainly Team Avon, of which TeamBath is part, won the match. TeamBath's high jumpers played a significant part in the result with Dominic Murray, in his first competition this summer, clearing 1.85 to win the U/20 B competition, just 4cm below his pb, set last summer and also jumping 12.15 in the triple jump to finish second. Also on good form was Tom Blackburn who finished second in the U/17 comp with 1.75, just 2cm below the pb set a few weeks ago, also at Yate and Ciara Galvin equalled her season's best with 1.50 to finish third in the U/17 women's event despite being the youngest in the competition, still only 14. Well done, all three.



Race dates for your diary

By [Mark Thomas](#)

Closing date for entries to the Avon Track & Field County Championships is Sunday 8th May. The event takes place in Yate on Saturday 14th and Sunday 15th May – all events except steeplechase.

Avon County Athletics Championships - [EntryCentral.com](#)

The Avon County Steeplechase Championships will take place in Yeovil (alongside the Somerset Championships) on the morning of Saturday 14th May. Closing date for entries is Friday 6th May. SAA 2022 Entry Form ([jotform.com](#))

Closing date for entries to the Wiltshire County Track & Field Championships is Sunday 8th May. The event takes place on Friday 13th, Saturday 14th and Sunday 15th May. Wiltshire County T&F Championships - [EntryCentral.com](#)

Please be aware of the following upcoming races:

Bitton 5k Summer Series.

Bitton 5K Summer Series ([bittonroadrunners.co.uk](#))

Wednesday 4th May, 7:30pm

Wednesday 1st June, 7:30pm

Wednesday 6th July, 7:30pm
Wednesday 3rd August, 7:30pm

Wiltshire County Half Marathon Championships, 10:00am Sunday 15th May
The Hullavington Half Marathon (stampedesports.co.uk).

Avon County Road Championships 10k, 7:00pm Monday 30th May
Full On Sport - Hogweed Trot 10k 2022 Event Profile.

Wiltshire County 10k Championships, 10:00am Sunday 25th September
Devizes 10k - [RaceNation \(race-nation.co.uk\)](http://RaceNation.com).



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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