

# THE BATH PLUG



The iconic Welsh Castles Relay will always leave you smiling...

For me, last weekend was all about the Welsh Castles Relay, perhaps my favourite event in the racing calendar... and it absolutely lived up to expectations... magical running club vibes in great surroundings and company.

But from all the results I've managed to accumulate, it seems that this wasn't the only racing excitement TBACers enjoyed last weekend. Unfortunately no race reports but I have the crucial results and some great pics. Enjoy!

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

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

---

## Welsh Castles Relay 2022

11th & 12th June

[By the Editor](#)

Cancelled in 2020 and 2021 due to the pandemic, [the WCR](#) returned last weekend in glorious sunshine, to the delight of its 55 long-standing supporting clubs from all over the UK. In fact this year, the race saw clubs travelling from as far as Kent and the ever-present Serpentine. Such was the appetite to return, clubs were fielding some extraordinary talent, making the competition fiercer than ever, but no less fun. Sure, this is a competition, and we love to put on a good show in the pursuit of honours, but the WCR is also just a great weekend of running adventures and camaraderie, and the Club welcomes runners of all standards to field as many teams as we can fill.

This year, we were only able to field one team, and for a variety of reasons, after exhausting our limited reserves, we ended up with an unprecedented 4 stages without runners, meaning that for these 4 stages we recorded the cut-off time plus 15mins. To put this into perspective, Bitton fielded two teams of 20. Next year, we would love more members to come forward - the provisional plan is to register 80 members across two teams (2 x 20 runners + 20 reserves), then as we approach race weekend we can finalise the teams. So if you're interested, keep free the first two weekends of June 2023 - it always takes place on one of these.

Back to this year... we were running for pride, for honour, to rep the blue & gold, and just have fun. All 16 of our runners are heroes - it would have been easy to sack off their efforts in the knowledge that, with 4 missed stages, our chances of a respectable team finish were significantly compromised. But everyone dug deep and delivered the best they had on the day. You can't ask for more than that. I've listed our results underneath the pics below. Run of the day has to go to Themis on stage 11, starting early on Sunday morning, smashing one of the six mountain stages, only 3mins behind the stage winner among a very competitive field. A big shout out too to Tom Davies, our captain and lead planner who persevered and did his very best to get us organised in the face of unrelenting challenges; and kudos to Aiden Wiffen for his support with transport/logistics.

For me, I embraced the privilege of running the final leg, stage 20, into the Welsh Capital. Often reserved for the Club's faster runners (to bring home the honours!), I landed this stage for more practical reasons (it's the only one I could get to - thanks to coach Paul King for the lift!); so I made the most of an opportunity I may never get again. Running hard from start to finish, my only aim was to enter Cardiff's Bute Park as far up the field as possible, then hear my name on the tannoy as I approached the crowded finish line, in the knowledge that I'd run my very best for both myself and the Club. And so that's what

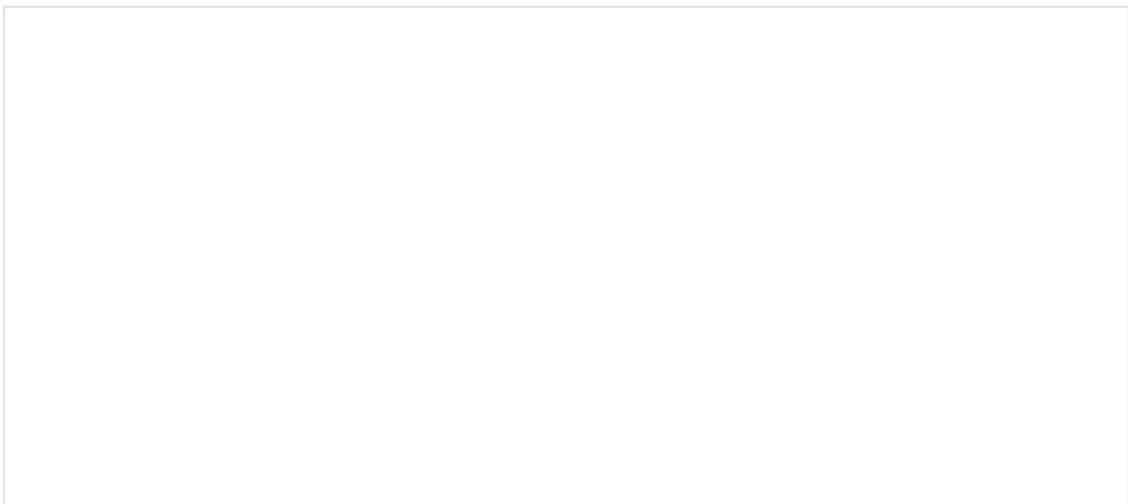
happened, giving me a massive smile, a huge sense of pride, and some magical memories I'll have forever.







	Position	TBAC hero	TBAC time	Behind winner	As a % of winning time	Winning time	Winner
Stage 1	19th	Alex Copping	01:03:42	00:12:35	24.62%	00:51:07	Ben Harding
Stage 2	Last	No runner	01:57:00	00:58:35	100.29%	00:58:25	James Savage
Stage 3	23rd	Aiden Wiffen	01:18:12	00:16:10	26.06%	01:02:02	Dewi Griffiths
Stage 4	Last	No runner	01:45:00	00:52:21	99.43%	00:52:39	Sam Hopton
Stage 5	14th	James Woosnam	01:04:18	00:10:52	20.34%	00:53:26	Paul Tobin
Stage 6	12th	Mike Dooley	01:05:16	00:08:59	15.96%	00:56:17	Ollie Thorogood
Stage 7	8th	James Donald	01:03:28	00:07:05	12.56%	00:56:23	Nicholas Barry
Stage 8	10th	Guy Landon	01:06:41	00:08:48	15.20%	00:57:53	Finley Hines
Stage 9	24th	Tom Hutchison	00:57:00	00:12:36	28.38%	00:44:24	Daniel Newton
Stage 10	22nd	Tom Davies	01:24:41	00:14:47	21.15%	01:09:54	Paul Graham
Stage 11	6th	Themis Bower	01:05:01	00:03:09	5.09%	01:01:52	Chris Busalleh
Stage 12	Last	No runner	02:01:00	01:00:49	101.05%	01:00:11	Matthew Shaw
Stage 13	Last	No runner	01:56:00	00:59:07	103.93%	00:56:53	Phil Richardson
Stage 14	9th	Will Bray	01:07:04	00:05:47	9.44%	01:01:17	Peter Taylor-Bray
Stage 15	5th	Aaron Pritchard	01:10:28	00:05:47	8.94%	01:04:41	Thomas Charles
Stage 16	8th	Ed Gwynne-Harris	01:16:58	00:07:27	10.72%	01:09:31	Adam Bull
Stage 17	14th	Niall Urquhart	00:52:25	00:12:43	32.03%	00:39:42	Dominic Smith
Stage 18	13th	Martin Rush	00:55:24	00:07:04	14.62%	00:48:20	Nick Tulp
Stage 19	22nd	Jo Thompson	00:55:33	00:13:32	32.21%	00:42:01	James Thie
Stage 20	6th	Simon Brace	00:58:47	00:04:50	8.96%	00:53:57	Craig Foley





TBACers can't get enough of the mid-week Westbury 5k series

## In other news...

[By Editor](#)

No other race reports but some great results as follows:

### **Grand Union Canal 145mile race 2022 (Birmingham to London)**

*3rd June*

Chris Maxwell, 6th overall: 30hrs36

Mindblowing!

### **Endurance Life CTS Exmoor Half**

*12th June*

Mark Mackintosh, 2nd overall, 1st MV55: 1hr52

### **Cheltenham Half**

*12th June*

Carl Tucker, 1st MV50: 1hr33

### **Ironman 70.3 Staffordshire**

*12th June*

Izzy Davis, 2nd F25-29: 4:57:13

### **Ironman 70.3 Staffordshire - Relay**

*12th June*

Kimberley Barfoot-Brace & sisters (aka GOGO SISTAS), 3rd overall, 1st Ladies Team

## Duathlon Standard Distance World Championships

12th June

Marianne Carpenter, 4th FV45

Andy Alcorn, 12th MV50

## Westbury 5k Series

14th June

Wins for Freya and Toby.

## Man v Horse

12th June

Heather Fell, 51st: 3hrs02











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.

