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# THE BATH PLUG





Sophie Maxwell shows off her Gold from the Girls U13 1500m at the Wiltshire County Champs

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We are treated to an abundance of race reports this week, including two from the mid-week 5k at Odd Down - my personal thanks to Phil and Ben for their continued energy and enthusiasm to get involved and keep us posted on TBAC racing action.

Tom reports on the Hogweed Trot, including a brief interview with Themis! Then Di reports on more Track & Field success at Swansea; and Malcom wraps things up with a Parkrun/5k Champs update following everyone's best efforts in May.

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

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

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## Bristol & West SW PB 5K Series - Race 1

1st June

By Phil King

The first race of four organised by Bristol & West as part of the SW 5K PB Summer Series was truly blessed with excellent weather conditions. Rarely are wind speeds below 7mph for the track circuit which is exposed and vulnerable to open field air flows, that can battle and push back the most determined of runners!

So, the calm evening of Wednesday 1<sup>st</sup> June was met with much optimism by athletes and organisers alike. The modest attendance of 140 runners were split into two races of about 70 runners, with the slower race starting at 7pm and the quicker race at 7.35pm.

Both races ran to time, and support given in both races by fellow runners, family and friends was both positive and encouraging! Firstly, massive congratulations to ALL TBAC runners who took part. **Aiden Daniel 15:37, Peter Grist 15:46, Lawrence Martindale 16:29, Kieran Payne 17:48, Jamie Westcombe 18:11, and Ben Holding 18:41**

Congratulations to First Male Runner > **Ben Cole 14:33 (Swindon)** and First Female Runners **Katrina Entwistle (Bristol & West) AND Claire Hammett (Thames H &H) who both ran 17:33!**

\*\*\* The Men's V50 and V55 were not to be out done! \*\*\*

**V50 First Place > Clive Stevenson 16:22 (UK Ranking 13), Second Place > Phil King (TBAC) 16:51 (UK Ranking 24) & Third Place > James Hodge (B & W) 17:29 (UK Ranking 44).**

\*\*\* HOWEVER, > PERFORMANCE OF THE DAY WENT TO THE AMAZING > **Jon James V55 (Wells City) 15:58 who is now Ranked NO 1 in the UK as of June 2nd!** Those who raced, regardless of personal performance, ALL agreed, the racing conditions made the night!!

**A personal thank you message from me (Phil King) 😊**

I wanted to take this opportunity, having been a member of TBAC for exactly 18 months to share some appreciative thoughts. Every runner is on their own journey with different goals, and all facing our own unique challenges that life can throw at us from time to time!

Back in the 2020 summer lockdown I was at a crossroads, having started running again on my own in May 2019, after a 22-year break. I was not sure if I wanted to continue. Therefore, a big shout out to **Steve Rose** who kindly offered his support and advice, and allowed me to train with him over the 2020 summer! (Ironically at Odd Down). He didn't have to do this as he was leaps and bounds ahead of me as a runner. But he did, and I have never forgotten this!

He also told me to buy and read the book > **Jack Daniels, Running Formula, Third Edition**. In my opinion it is a must read for all serious runners! Steve kept on at me during the 2020 summer to consider joining TBAC! I thought about it for the next 5 months 😊

Therefore, a BIG thank you to **Coach Paul King** who allowed me to take advantage of a Free Taster Session at the Bath Uni, Thu 10<sup>th</sup> Dec 2020.

However, the only thing I tasted that night was lactic acid in the back of my throat 😞 I was so unfit and spent most of the session running on my own as I couldn't keep up with anyone!!

However, I stuck around and duly joined the club at the end of December, 13 months before my 50<sup>th</sup> Birthday. (I already had a plan, but needed help) I cannot thank Paul enough along with **other senior club members** who have offered much guidance, encouragement and support over the last year and a half!

**And finally, to ALL the runners who make TBAC the amazing and friendly club it is,** who attend training week in and week out, be it on a TUE and/or THU, and like me, love running around in circles chasing that precious commodity called oxygen!! So many of you have inspired me and helped me get through those brutal track sessions on a cold/wet winters night, when it would be so easy to quit!

***My runners love to you ALL > Phil 🥰***

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By Ben Holding

Odd Down storms were absent for once. That in itself was a little unnerving for those who have become or seasoned to the nuisances of the local wind on the famous track.

For race one (roughly 17:50 and above) there was a light breeze on the downhill and at the far corner. Probably disturbing for any newcomer but nowt like anything Odd Down wind can deliver, race day or not.

But there was a break in the clouds and when allowed the sun was in full glow, with most athletes in a sweat after a casual warm up. Or maybe that was just me?

Headlines - A Daniel leads the way, Grist continues a great vein of form, King is killing it.

Race 1 started with a clear leader, whose previous sb was at a hard park run from his own admission. Still lots of people followed in, amongst them was TBACs Keiran. Who performed even better than his recent run at westbury 5k. He led the way for TBAC with Jamie and myself towing the line.

Jamie was cool when reflecting on how close he got to surpassing his pb with a 18:11 on the night just 1 second shy of his pb. I suspect that this is easily within his reach as few around him played tactically safe on the night.

Keiran however smashed his previous pb of 17:58 by 10 seconds and showed a good consistent level of form since the previous pb only a couple of weeks ago.

#### **Other finishers - faster folk:**

- Aiden Daniel - 00:15:37 - pb by over 13s
- Peter Grist - 00:15:46 - 21s off his pb (from time before Po10 existed) sooo....
- Lawrence Martindale - 00:16:29 - pb by 1s - well done - oof!
- Phil King - 00:16:51 - not an official pb but context is everything here. Previous pb 15:38 (1991) but Aug 2021 was 17:44!!!!







## Kevin McConville Memorial Hogweed 10K Trot

30th May

By [Tom Hutchison](#)

Monday is an unusual night for a race, yet a welcome chance for a good old fashioned club event on open undulating rural roads. 262 turned up at Yate football club which had plenty of space for race reception and a welcoming bar afterwards. The rain showers of

the drive there all vanished, leaving a breezy evening with patches of sun and a lovely running temperature.

I ran it because I did not have a 10k logged on Run Britain this year. It proved a positive chance to turn in a paced time trial while trying to concentrate on good running form. 10k is just two parkruns! Honest!

TBACer James Woosnam was there and it also was really nice to catch up with Themis Bower whilst waiting for the presentations. Turns out he has completed 3 years in Cardiff training in sports therapy and massage. Are you staying with TBAC? I asked. "Always he replied. Then he waxed lyrical about John Howorths performance winning the 1500m at the recent Loughborough International. They were both part of a peer group of hard working athletes who had come all the way through the TBAC junior system coached by Adrian Clover.

## Results

- 1 Anthony Glover 1 SM Westbury 34.28
- 3 Themis Bower 3 SM TBAC 34.57
- 5 Philip Parry 1MV50 B&W 35.13
- 14 Ben Wood 1MV40 Westbury 37.27
- 22 John Curtis 1MV60 Hogweed T 38.42
- 26 James Woosnam 7MV50 TBAC 39.02
- 37 Lucie Wilson 1SF Thornbury 40.20
- 45 Tom Hutchison 2MV60 TBAC 42.38
- 52 Lisa McCrae-Steele 1FV40 Hogweed T 43.43
- 56 Sian Davis 1FV60 B&West 44.06
- 63 Nick Langridge 1MV70 Thornbury 44.48
- 82 Angela Parfit 1FV50 B & W 45.41



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## YDL UAG match at Swansea

29th May

By Di Viles

TeamAvon, of which TeamBath is a part, won the match by a huge margin, 704 points from Swansea Harriers in second place with 474 points. A large number of these points were scored by TeamBath athletes.

First A string places went to Joe Carter U/on 20 mens 200 m in 22.77, Dylan Stoneman U/17 mens 3000m and 1500 m s/c in 4.37.61, Jake Cover U/20 mens 110 hurdles in 14.39, Willa Gibb U/20 womens hurdles in 15.37, Charlie Staddon U/17 mens 400 m hurdles in 58.94, Tom Blackburn U/17 mens high jump with 1.75 and Alice Wilson U/17 womens javelin with 29.20. B string winners were Ben Wagstaffe U/17 mens 1500 m in 4.23,29, Dominic Murray U/20 mens high jump with 1.80 and Charlie Staddon U/17 mens 100 m hurdles in 14.05.

Second A places went to Eleni Francis U/20 womens long jump with 5.36, Alannah Heneghan U/20 womens hgh jump, with 1.50 and Ciara Galvin U/17 womens high jump



with 1.50. Second B places for Eleni Francis U/20 100 m in 12.85 and Alice Wilson U/17 80 m hurdles in 12.66.

Third A places for Joe Carter U/20 mens 100 m in 11.02 and Dominic Murray U/20 mens triple jump with 11.79.

(There may be a few second and third places in field events not included as they are currently missing from the results)

## Parkrun Championship Update

May

By Malcom Treby

Running can be hard. Certainly as I struggled for form in March and April I was left feeling like Sisyphus, punished by Zeus to push an immense rock uphill for all eternity only for it to roll down again as it neared the top. So it was perhaps questionable judgement that led my May Parkrunning to take on the triple ascents of Pomphrey Hill not once but twice. After slogging my way round the first, I was however rewarded on the second run with my fastest time this year, perhaps suggesting that unlike our unfortunate Greek king, my suffering may be less than eternal. And there I think is one of the many charms of the Parkrun format; with the chance to run every week - bad patches can be worked through, improvements can steadily be made, and most can find a purple patch at some point during the year.

This month's fastest Parkrun results will show who is currently celebrating their purple patches, along with the current overall championship standings (quick note: for brevity I will now only include those who have completed two or more of the championship courses in the overall results). Until next month, happy Parkrunning!

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	Charlie HAINES	MJ	1			00:16:50	00:17:31			00:34:21	2	00:17:10
2	Simon BRACE	MV40	1					00:18:12	00:17:46	00:35:58	2	00:17:59
3	Tobi LOUGHLIN	MJ	2	00:19:00		00:17:40		00:18:58	00:17:30	01:13:08	4	00:18:17
4	Thomas DAVIES	MS	1		00:18:15				00:18:23	00:36:38	2	00:18:19
5	Alex PARSONS	MS	2	00:16:11	00:21:00					00:37:11	2	00:18:36
6	Mike DOOLEY	MV50	1	00:18:48			00:18:36	00:18:44	00:18:14	01:14:22	4	00:18:36
7	James WOOSNAM	MV50	2		00:19:18	00:18:35				00:37:53	2	00:18:56
8	Owen DAVIES	MS	3	00:19:47	00:18:59					00:38:46	2	00:19:23
9	David COALES	MV50	3		00:19:51	00:18:59	00:19:33	00:19:49		01:18:12	4	00:19:33
10	Niall URQUHART	MV60	1		00:20:16				00:19:16	00:39:32	2	00:19:46
11	Mark MACKINTOSH	MV50	4	00:20:12	00:20:52	00:19:50	00:19:58		00:19:23	01:40:15	5	00:20:03
12	Malcolm TREBY	MV40	2		00:20:40	00:20:12	00:20:03			01:00:55	3	00:20:18
13	Ella TREBY	FJ	1		00:20:58	00:19:53	00:20:09			01:01:00	3	00:20:20
14	Tim HILL	MV40	3		00:21:31	00:19:57				00:41:28	2	00:20:44
15	Ben HOLDING	MV40	4	00:21:30	00:21:13				00:19:43	01:02:26	3	00:20:49
16	Jorge CROCKFORD	MS	4		00:21:18			00:21:59	00:20:18	01:03:35	3	00:21:12
17	Tom HUTCHISON	MV60	2	00:22:08	00:21:22	00:21:04				01:04:34	3	00:21:31
18	Kate DARBYSHIRE	FS	1		00:23:18			00:22:11		00:45:29	2	00:22:45
19	Victoria RANDALL	FS	2	00:22:18	00:23:22					00:45:40	2	00:22:50
20	Paul KING	MV60	3		00:25:42		00:24:10			00:49:52	2	00:24:56
21	Natalie HARGRAVE	FS	3	00:25:06	00:25:54					00:51:00	2	00:25:30
22	Nick PARRY	MV60	4	00:39:22	00:21:18			00:21:52	00:20:39	01:43:11	4	00:25:48
23	Lynn JONES	FV50	1	00:29:38			00:29:12		00:27:11	01:26:01	3	00:28:40
24	Michael STANLEY	MV60	5	00:40:21	00:38:06	00:35:34		00:38:47		02:32:48	4	00:38:12

May's fastest Parkruns - all courses

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Harry MAXWELL	Chipping Sodbury parkrun	00:15:52	MJ
2	Aidan DANIEL	Chippenham parkrun	00:16:50	MS
3	Joshua MAXWELL	Chipping Sodbury parkrun	00:16:54	MJ
4	Charlie HAINES	Chipping Sodbury parkrun	00:16:57	MJ
5	Simon BRACE	Exmouth parkrun	00:17:31	MV40
6	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:17:40	MJ
7	Josh TAYLOR	Melksham parkrun	00:17:46	MS
8	Thomas REECE	Swansea Bay parkrun	00:18:28	MJ
9	Chris MAXWELL	Chipping Sodbury parkrun	00:18:48	MV40
10	Caitlin WOSIKA	Southwick Country parkrun	00:18:50	FS
11	Alex BINLEY	Bath Skyline parkrun	00:19:19	FS
12	Ruth MCKEAN	The Old Showfield parkrun	00:19:20	FV40
13	David COALES	Severn Bridge parkrun	00:19:23	MV50
14	Alex COPPING	Somerdale Pavilion parkrun	00:19:33	MV50
15	Owen DAVIES	Cosmeston Lakes parkrun	00:19:33	MS
16	Malcolm TREBY	Pomphrey Hill parkrun	00:20:03	MV40
17	Sophie MAXWELL	Chipping Sodbury parkrun	00:20:05	FJ
18	Ella TREBY	Pomphrey Hill parkrun	00:20:09	FJ
19	Mark MACKINTOSH	Ashton Court parkrun	00:20:12	MV50
20	Jo THOMPSON	Mount Barker parkrun	00:20:14	FV60
21	David VAUDIN	Dreiländergarten parkrun	00:20:36	MV60
22	Elizabeth PITT	Albert parkrun; Middlesborough	00:20:45	FS
23	Gary HUGHES	Somerdale Pavilion parkrun	00:20:46	MV50
24	Niall URQUHART	Bath Skyline parkrun	00:20:47	MV60
25	Jorge CROCKFORD	Somerdale Pavilion parkrun	00:20:53	MS
26	Ben ASHBY	Mundy parkrun	00:20:57	MS
27	Martyn MORANT	Melksham parkrun	00:21:02	MV40
28	Nick PARRY	Bath Skyline parkrun	00:21:20	MV60
29	Tom HUTCHISON	Bath Skyline parkrun	00:21:22	MV60
30	Jenny CARTER	Bath Skyline parkrun	00:21:35	FV40
31	Isabel DAVIS	Sutton Park parkrun	00:21:46	FS
32	Paul CARTER	Bath Skyline parkrun	00:21:55	MV50
33	Brett RAYNES	Bath Skyline parkrun	00:22:06	MV50
34	India IBBOTSON	Pomphrey Hill parkrun	00:22:28	FS
35	Nigel OSBORNE	Marine Parade parkrun	00:23:55	MV50
36	Andy MULLETT	Ashton Court parkrun	00:23:55	MV60
37	Natalie HARGRAVE	Basingstoke parkrun	00:24:59	FS
38	Pat ROGERS	Bath Skyline parkrun	00:25:25	MV70+
39	Paul HENAGHAN	Bath Skyline parkrun	00:26:26	MV60
40	Anne CORLETT	Somerdale Pavilion parkrun	00:27:21	FV40
41	Jim GODFREY	Bath Skyline parkrun	00:28:42	MV40
42	Sue BRIGDEN	Exmouth parkrun	00:30:56	FV60
43	Michael STANLEY	Victoria Dock parkrun	00:35:56	MV60
44	Marcus FIELD-RAYNER	Clare Castle parkrun	00:41:19	MV70+
45	Janice RAMBRIDGE	Bath Skyline parkrun	00:46:30	FV70+



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