

THE BATH PLUG



My kinda Friday night...
TBAC at the Hazelbury Hurrah!

Happy Tuesday Pluggers. I hope you're all coping well with the heat. Apparently paddling pool sales are up. If you haven't got yours already, it's probably too late. Run a cold bath

instead and look out of the window. If you haven't got a window, maybe Google some nice pics of Caribbean beaches and dream. That's enough advice from me. Paul King is your man for hot weather running tips - he'll be on hand at St. John's field tonight. I'm here to edit and publish the Plug. That is all. I think the heat is affecting me. Stop mentioning the heat. Oh, it happened again. It is hot though, isn't it? Please read the Plug below, hot off the press!

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

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

Home Countries Schools International

16th July

By [Mark Thomas](#)

Dylan Stoneman, competing for England Schools in the Home Countries Schools International in Belfast on Saturday 16th July, finished 3rd in a time of 4:21.40, which was a PB by 6 seconds (1500m). In the space of eight days he has improved his PB by 13 seconds.



Hazelbury Hurrah!

15th July

By Ilana Wigfield

Team Maxwell led the way as TBAC made a strong showing across the board, on a glorious summer's evening in Wiltshire. A friendly but impeccably organised race by Corsham Runners, with a great kids 2km, then just shy of 10km of super hills and proper mud (yes, even this week!). Lots of fun, and chatting in the sun, with vegan beer and sausage rolls. What could be better, I hear you say? Well, trophies, of course!

Harry Maxwell surely provided the standout performance of the evening as he won the overall men's race as an U15! Chris and Joshua weren't far behind and everyone had a good run. We had a large number of category firsts and were 3rd mixed team.













1	135	Harry MAXWELL	37:38.9	37:37.7	TOP 3	1	Male	1
8	52	Patrick COBB	40:40.4	40:39.5	Sen	2	Male	8
11	136	Joshua MAXWELL	41:22.1	41:20.6	Sen	5	Male	11
12	134	Chris MAXWELL	41:30.6	41:29.1	Vet 40	4	Male	12
15	210	Niall URQUHART	43:19.1	43:15.1	Vet 60+	1	Male	14
29	1	Andrew ALCORN	45:17.1	45:12.7	Vet 50	2	Male	27
53	81	Claire FORSTER	49:49.9	49:45.5	Vet 40	3	Female	8
59	216	Ilana WIGFIELD	50:47.5	50:42.3	Vet 50	1	Female	9
91	180	Sevim SANGWELL	55:21.6	55:16.8	Vet 40	7	Female	18

Main race results: position overall, category, gender

47	539	Amy FORSTER	10:52.0	10:49.5	U17	1	Female	13
1	557	Tobi LOUGHLIN	7:15.2	7:15.1	U15	1	Male	1
8	564	Sophie MAXWELL	8:06.6	8:06.0	U13	1	Female	1
21	591	Wilfred VIOLET	9:13.0	9:11.9	U9	1	Male	18
24	549	Sophia HUNT	9:19.2	9:16.7	U15	1	Female	4
25	544	Reuben GILES	9:21.6	9:20.1	U11	7	Male	21

Junior race results: position overall, category, gender

Rose, Holding, and King burn rubber at the Yeovilton 5k

13th July

By Phil King

After a 3-year covid/course restriction forced break, the fast, flat and iconic 5k race hosted by Yeovil Running Club returns. The organisers are keen to emphasise this is not the usual summer series, but just three separate races to welcome runners back.

With an entrance fee of just £8 for an affiliated runner online, and £10 on the night, this represents great value for club runners chasing a seasons best or PB. Please note the next two races are scheduled for Wed Aug 10th 7:15pm and Wed 14th Sept 7:15pm respectively. With a race licence issued via UKA and therefore linked to Run Britain/Power of 10, all results will appear in your Run Britain accounts and go towards your running handicap 😊

109 runners congregated on the main road sandwiched by the Yeovilton Air Base. With the stationery jets, helicopters close by, it created a real buzz as all runners charged along the fast straight of road that takes you to the first corner! And boy it was a quick start, with the smell of super shoe rubber burning in the warm summers evening's air (23 degrees).

The one lap course is such that even the three main corners and S-Bends can be taken at speed with no slowing down required!! The final 1k is completely flat, straight and painful if you have over-cooked it in the earlier stages of the race 😊

RESULTS

First Male > **Simon Fox 15:06 (Exeter Harriers)** Top 4 Males sub 15:20

First Female > **Daisy Davies 16:48 (Wells City Harriers)**

Team Bath A.C Runners

Ben Holding, Steve Rose & Phil King proudly flew the flag for the club.

V40

1st Place (14th overall) Phil Burden > 16:25 (Taunton AC)

9th Place (39th overall) **Ben Holding > 18:25** (Brilliant run after getting back from a 2 week holiday the day before)

V50

1st Place (26th overall) **Phil King > 17:04**

2nd Place (30th overall) **Steve Rose > 17:36** (Great run as Steve starts his return to form)

3rd Place (47th overall) Keith Paul > 19:01 (Taunton AC)

Wishing ALL TBAC runners a continued great summer of running! 🙌





Westbury 5k Series

12th July

By Paul King

Some excellent TBAC performances with Pete Grist finishing 3rd in 16:11 closely followed by Aidan Daniel in 4th with 16:30. Tobi-Lee Loughlin produced a commendable 17:26 in the younger age category.

Freya Spruit again took 1st Female place in 18:41 with Heather Fell 2nd Female in 19:00. Solid runs also from Matt Levett (18:35) and Toby Bishop (18:59). Picture below from left,

Aidan Daniel; Heather Fell; Matt Levett; Toby Bishop; Tobi Loughlin; Freya Spruit.



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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