

The official magazine of Team Bath Athletic Club
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THE BATH PLUG



A rose between two thorns, or a thorn between two Roses?
The lads continue to impress with a scorching 4 miler in Wales.

Even in the quietest of racing periods, you can always rely on "King & Rose" to keep the TBAC blue & gold flag flying. The lads did not disappoint this week, inspired by Rose

Senior, smashing out a 4 miler over the border in Wales. Our Track & Fielders were also in action last weekend, helping take Team Avon to a dominant win at the regional final of the YDL Upper Age Group.

In other news, a reminder about Cross Country season - lock in those dates! A round-up of medals won by Bath Uni athletes at the Commonwealth Games. And finally, a notice for two vacant volunteer roles at the Club.

Simon Brace.

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

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



YDL Upper Age Group, Yate

7th August

By Di Viles

Team Avon scored a resounding victory in the regional final of the YDL Upper Age Group at Yate on Sunday. The final scores were:

Team Avon: 751 points.

Coventry with Leamington: 587 points.

The other teams scored much lower. These two teams now go on to the national finals at Manchester on 4th September.

A number of Team Bath athletes contributed to the final score, although many of the regulars were away on holiday. A event winners were Annabelle Wallace in the U/20 womens 3000m in 11.38.59, Ben Wallace in the U/17 mens 1500m in 4.18.95 and Tilly Nickell in the U/17 womens 3000m in 10.37.58. B winners were Dominic Murray in the U/20 mens high jump with 1.85, Sam Walker in the U/20 mens javelin with 47.97, Eleni Francis in the U/20 womens 200m in 26.90, Ashley Avis in the U/17 mens 200m in 23.89, Joe Markey in the U/17 mens 800m in 2.09.51, and Alice Wilson in the U/17 womens javelin with 28.09.

Second A places went to Ciara Galvin in the U/17 womens high jump with 1.50 and triple jump with 10.20. Second B places went to Eleni Francis in the U/20 womens 100m in 13.07 and Ashley Avis in the U/17 mens 100 m in 11.72, whilst third place went Eleni Francis in the long jump with 4.98. Other performances were Joe Markey, fourth in the 400m in 55.23, Sofia Skidmore, fourth in the U/17 womens 1500 m in 5.21.97, and Alice Wilson, fifth in the 80m hurdles in 13.97 and long jump 4.99.

Manchester here we come!

On Sunday 21st August, Team Bath are co-hosts of the third Avon League match at Yate. This means we have to run the meeting. Whilst most of the major jobs have been filled, we will need help from parents on the day. Among the jobs that need to be done are putting out the hurdles onto the track, uncovering the various field event facilities, moving the hurdles during the meeting and selling raffle tickets. Please do not rely on "other people" to do these jobs, we are the "other people". This is aimed at parents mainly, but it would be nice to see some of our senior runners turn out to support our track and field athletes. We have some very talented youngsters in both track and field and we do all belong to the same club. I will be there at 10am and I would like to see a few of you there soon after so we can get the hurdles out as soon as the Quadkids have finished their sprints.





Sam launching another mighty throw.

Rose Snr, Rose Jnr, & King roast at the Rose Inn 4-mile Road Race

9th August

By [Phil King](#)

Tucked away in the beautiful village of Redwick, Monmouthshire, this four-race series hosted by Chepstow Harriers reached its climax on Tuesday 9th August, with all to play for

amongst the runners & clubs contending the series titles and prizes.

There was clearly a lot at stake, as the race starting temperature (7.30pm) of 28 degrees hadn't dampened the hunger for racing, with 183 runners making the start line.

The 2 x 2-mile lap route is flat and fast on quiet country roads. The support and marshalling were excellent with vocal support much appreciated by the runners, especially on the second lap!

With the location of the lovely Rose Inn ideally placed as you finished, some athletes chose to do their warm downs at the bar 😊

The Results were spectacular

Race Winner & First Male > Kurt Taylor (Bristol AC) 19:10 (Course Record 19:05). The next six runners ran between 20:01 & 20:52. **First Female** (31st Overall and Series Winner) > **Lizzie Dimond (Lliswerry Runners) 23:31**.

The TBAC Runners & Riders

Phil King > 1st V50 / 23rd overall > 22:50 > New UK Road Ranking 2nd (V50-54).

Matt Turner (Caerleon R.C) 2nd V50 / 35th overall > **23:48 > V50 Series Winner**.

Steve Rose 3rd V50 / 37th overall > 23:55 > New UK Road Ranking 9th (V50-54).

A Bath AC Running Legend

On his 76th Birthday and after a four-year break from racing, **Dave Rose** ran an impressive **35:16** (155th overall) and a very good **2nd V70 !!!**

WISHING ALL TBAC RUNNERS A CONTINUED SUCCESSFUL SUMMER OF RUNNING !! 😊

**4 miles (6.43k)
Vet 50 PB
22:50 / New UK
Ranking ** 2 ****





Cross Country Season 2022/23

By the Editor

As we continue to experience Saharan-like weather, it's difficult to imagine slipping down muddy banks, losing a trainer in a bog, and pulling on gloves to stop your fingers turning blue, but these are the joys that await when the XC season kicks off in 12 weeks' time.

Cross country is not only great winter strength training, laying the foundations for your spring/summer 2023 racing ambitions, but it's great fun too - we make up as many teams as there are people keen on running, cheer on each other as the various races take place throughout the day, get thoroughly muddy and usually wet, and hopefully eat cake if someone has kindly brought baked goodies to share.

So you don't miss out on all the fun, you'll want to block out now the below dates in your diary, and join the WhatsApp Group [here](#) for all the latest updates.

Gloucestershire Cross Country

The dates and some venues for the Gloucestershire Cross Country League 2022/23 season are:

First round Cirencester Park Sat 5th Nov (RSE)

Second Round Sun 18 Dec

Third round Sun 12 Feb 2023

Final Round Over Farm Park Sun 5th March 2023
(Gloucester)

Championship Cotswold Farm Park Sat 7 Jan 2023

The other venues are awaiting final confirmation.

Birmingham 2022: 33 medal-haul for University of Bath-associated athletes

[By the Editor](#)

As it's been a quiet fortnight, I thought I'd share an excerpt from an article I came across about the University's success at the Games, including Alastair Chalmers' bronze in the Men's 400m Hurdles - the first ever Commonwealth track and field medal for Team Guernsey - for me, one of the highlights!

Over the 11 days of the Birmingham 2022 Commonwealth Games, 37 students, alumni and Bath-based sportspeople represented their countries. They brought home an incredible 33 medals between them – 7 gold, 17 silver and 9 bronze – meaning that if Bath were a country, it'd be ranked 14th in the medal table. See the full list below:

GOLD (7)	SILVER (17)	BRONZE (9)
TOM DEAN (<i>swimming, England</i>) – men's 4x100m medley relay	FREYA ANDERSON (<i>swimming, England</i>) – mixed 4x100m freestyle relay; women's 4x100m freestyle relay	FREYA ANDERSON (<i>swimming, England</i>) – women's 4x200m freestyle relay; mixed 4x100m medley relay
JAMES GUY (<i>swimming, England</i>) – men's 4x100m medley relay	TOM DEAN (<i>swimming, England</i>) – 100m freestyle; 200m freestyle; 200m individual medley; mixed 4x100m freestyle relay; men's 4x100m freestyle relay; men's 4x200m freestyle relay	JAMES GUY (<i>swimming, England</i>) – 200m butterfly; mixed 4x100m medley relay
JACOB PETERS (<i>swimming, England</i>) – men's 4x100m medley relay**	JAMES GUY (<i>swimming, England</i>) – 100m butterfly; men's 4x100m freestyle relay; men's 4x200m freestyle relay	ED MILDRED (<i>swimming, England</i>) – mixed 4x100m medley relay**
BEN PROUD (<i>swimming, England</i>) – 50m butterfly, 50m freestyle	ED MILDRED (<i>swimming, England</i>) – mixed 4x100m freestyle relay**; men's 4x100m freestyle relay**	LUKE TURLEY (<i>swimming, England</i>) – 1500m freestyle
BRODIE WILLIAMS (<i>swimming, England</i>) – 200m backstroke, men's 4x100m medley relay	BRODIE WILLIAMS (<i>swimming, England</i>) – 100m backstroke	ANNA HOPKIN* (<i>swimming, England</i>) – women's 4x100m medley relay
	ANNA HOPKIN* (<i>swimming, England</i>) – mixed 4x100m freestyle relay; women's 4x100m freestyle relay	RHYS THOMPSON (<i>judo, England</i>) – men's -100kg
	GEMMA HOWELL* (<i>judo, England</i>) – women's -63kg	ALASTAIR CHALMERS* (<i>athletics, Guernsey</i>) – men's 400m hurdles

Club volunteer roles vacant

By Lucie Osborne, Membership Manager

Welfare Officer

England Athletics recommend that every athletic club have two Welfare Officers, one male and one female. This is a core standard for club accreditation. The Welfare Officers need to remain up to date with training. Courses are offered on line and in person by EA.

Welfare is everyone's responsibility but the Welfare Officer should be proactive in promoting standards and practice within the club. Occasionally there is an incident or an issue, maybe an injury, maybe a complaint, maybe an allegation or concern. It does not happen often but one of the welfare officers will have to respond quickly and both together consult if needed.

One of the welfare officers attends the Club executive committee meetings. The role should be formalised at the AGM and held for 3 years with optional extension for 3 years. The job has been held by Tom Hutchison and Phillipa Spruit for 6 years. Tom Hutchison is stepping down at the next AGM and Phillipa will serve for a further year before stepping down. The incoming welfare officer will be supported fully by the Club secretary who has had previous welfare experience. If interested or wanting more information please contact Tom Hutchison [here](#).

Track & Field Executive Representative

The Club is looking for members to join the Executive Committee.

Responsibilities:

- Represent the voice of the club, athletes and members for the track and field.

- Gain feedback from athletes to ensure the club is supporting athlete.
- Attend regular 6 weekly executive committee meetings on zoom.
- Support in the annual athlete awards.
- Put together an annual track and field competition schedule in the summer.
- Be passionate about athletics and Team Bath Athletics Club.

Please apply by emailing Julia Waldron [here](#).



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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