

The official magazine of Team Bath Athletic Club
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THE BATH PLUG



Team Bath teamwork in action during the relay at the Avon League

Happy Bank Holiday Pluggers. Hopefully you've been enjoying an action-packed long weekend, in the never-ending summer weather, in our great outdoors, doing something fun, somewhere nice. Whatever your fancy, we've surely got something to tickle your tastebuds in this week's edition. From track & field to local relays, to a World Champs Aquabike, to a Parkrun Champs update. Yum, yum. Tuck in!

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

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

Cleeve Road Relays & Avon 5k Championships

28th August

By [Tom Hutchison](#)

TBAC used to enter these 5k road relays when they were held in Clevedon, though getting teams was always difficult due to the August Bank Holiday date.

Andy Mullet, Tom Hutchison and Niall Urquart entered a MV60 team. We won with a combined time of about 65 minutes. In second place were Westbury. Only two V60 teams mind you: but you have to be in it to win it.

There were about 50 teams in all: Westbury entered a huge team in every age category, as did Clevedon. I have not seen the official results yet, so can't give you any more details. I can just say that at the young end there were lots of 16-minute laps.

One interesting innovation was that this year there were at least three Parkrun mixed teams. The organisers hoping that perhaps new recruits might find their way to the EA registered local clubs.

Race entry was £5 and it was great to see an event with a break-even budget.

The venue at Cleeve Cricket Club was lovely, particularly with the sunny weather. The course dropped 30 metres in the first 2k then slowly climbed back with one big square lap of local open but quiet roads, well marshalled and organised.

At the end, the organisers gave TBAC a shout out for getting there for the first time in a few years. Readers, you would all have loved it, let's get a few more teams next year.





Avon League

21st August

By Di Viles

Team Bath AC took a small team to the Avon League match at Yate on Sunday and came away with third place, despite many gaps in the team, due to holidays. Final points, due to be confirmed were as follows:-

- 1 Yate. 266
2. Bristol. 176
3. Team Bath. 109
4. North Somerset. 92

5. SGS College. 82
6. Gloucester. 42
7. Forest of Dean. 11

Winners for the Club were Esme McKenzie in the U/15 girls triple jump, with 9.85, her first ever triple jump competition, Mia Bates in the Senior Womens 400m in 61.4 with Katie Macintosh in second place in 62.2, Charlie Haines in the U/15 boys 800m in 2.07.5, with Thomas White in second in 2.16.6, Charlie Staddon in the U/17 mens 100m hurdles in 14.8, Kenneth Muhumuza in both senior mens 100m in 11.2 and 200m in 23.2, with Michael Nickells in second in 23.8 in the 200m, Henri Cotineau in the U/17 mens 200m 2.09.0 plus the U/17 4 by 100m and the senior mens 4 by 100m relays in 50.1 and 47.7 respectively.

Second places went to Daisy Duncan in the U/15 girls high jump with 1.45, with Olivia Lewis third with 1.40 and Poppy Price in fourth with 1.35, Sofa Skidmore in the U/1607 1500 m in 5.12.2, Sophia Moore in the Senior Womens 1500 m in 5.06.7, Alice Wilson in the U/17 womens high jump with 1.45 and Rupert Rutter in the U/13 boys long jump with 4.20.

Third places went to Gertie Blewitt in the U/15 girls 300m in 44.5 and 1500m in 5.29.5, Charlie Staddon in the U/17 mens 200m in 23.6, Joe Markey in the U/17 mens 800m in 2.16.4 and William Willetts in the U/17 mens long jump with 5.13.

Remaining results:

Alice Wilson. U/17 w. 100m. 14.0.
 Louise Jeffries. SW 400m. 1.20.4
 Annabelle Wallace. SW. 1500 m. 5.22.3
 Caleb Lai. U/13 b. 100m. 15.4
 Tristan Lawrence. U/13 b. 100m. 15.9
 Jack Brown. U/13 b 100m. 16.5
 Harry King. U/15 b. 100m. 12.6
 Daniel Lawrence. U/15 b. 100m. 13.2
 Louis Wilkinson. U/15 b. 100m 14.8
 Maximilian Bastable. U/13 b. 800m. 2.43.3.
 Caleb Lai. U/13 b. LJ. 3.80
 Jack Brown. U/13 b. LJ. 3.01
 Tristan Lawrence. U/13 b. LJ. 2.94
 Louis Wilkinson. U/15 b. LJ. 3.94
 Maximilian Bastable U/13 b. SP. 5.30
 Jack Brown. U/13 b. SP. 5.14
 Luke Peroo. U/17 m 100m. 12.5
 Luke Peroo. U/17 m 200m. 24.9
 William Willetts. U/17 m. 200m. 25.7
 Alex Hearn. U/17 m. 800m. 2.20.8
 Craig Bridges. SM. 800m. 2.13.0
 Alex Hearn. U/17 m. LJ. 4.47

Thanks to everyone who helped, especially the parents who sold the raffle tickets and young Alex, Jamie's son, who was a real star, running the results from the timekeepers to

the results box.

The next Avon League match is on 11th September at Gloucester. Anyone interested in competing, please contact Oz (U/13 and U /15) or Mark (U/17 and Senior). On 4th September, TeamAvon, which includes a number of Team Bath athletes, will be making the long trek to Manchester to compete in the National Final of the YDL, against some of the country's best young athletes.







2022 World Triathlon Multisport Championships: Aquabike

21st August

By Kimberley Barfoot-Brace

My gold at the ITU Long Distance Tri World Championships repping GBR in my age group last year automatically qualified me for the event this year. Having been full 'ironman' distance (2.4 mile swim, 112 mile bike, 26.2 mile run) at 'Challenge Almere' in '21, this year the event was somewhat shortened to a total of 100K (2k Swim, 80k bike, 18k run) to coincide with the PTO Collins Cup (the pro triathlon equivalent of the Ryder Cup) at the X-Bionic Sphere in Slovakia (worth a Google, it's epic to say the least!).

Having suffered a stress fracture in my femur at the end of March which stopped me running for 4 months, I was transferred to the 'Aquabike' category, which is basically the swim, bike, then a 800m run to the finish (which kind of feels like cheating, ha ha).

Having had a pretty rubbish year on the sporting front thus far, I went into the event with low expectations and for the experience. My younger sister was doing the full tri repping GBR in her age group for the first time, and it had the makings of a very special trip, making memories with our mum.

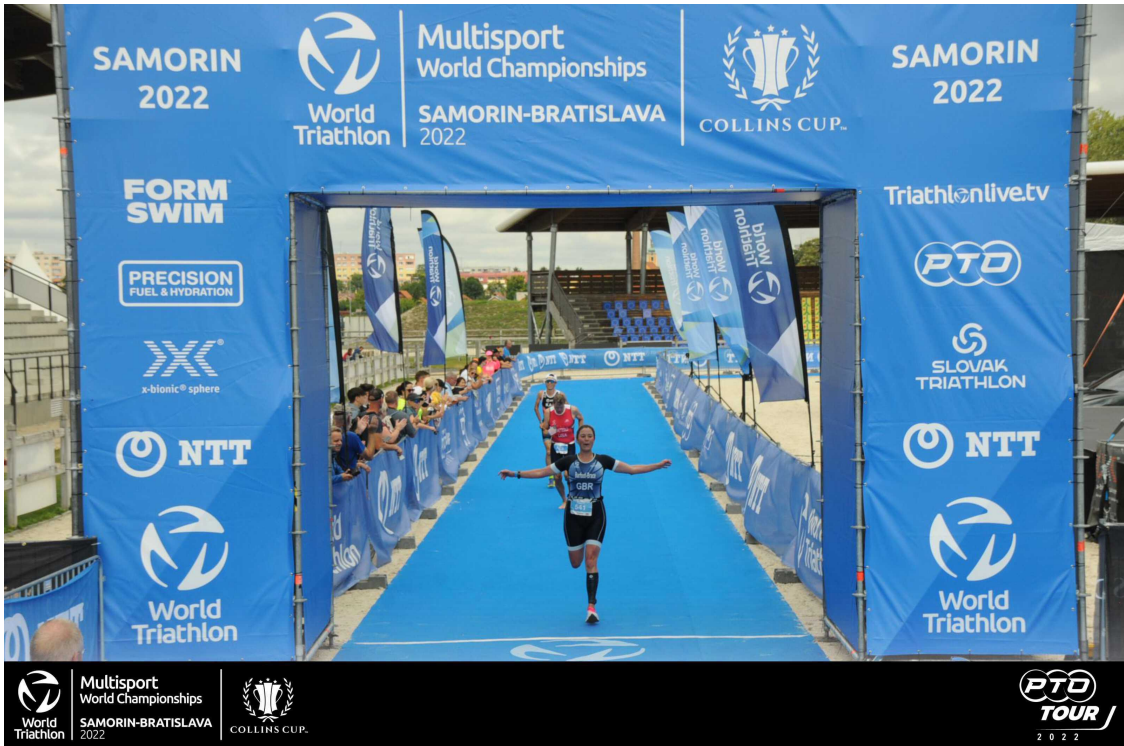
Race day arrived with high winds, but fortunately the forecasted rain stayed away. The swim in the Danube was like swimming in a rough stormy ocean without the buoyancy of the salt. I only learnt to swim properly 4 years ago so this was daunting to say the least... I surprised myself with a respectable time of 40:15 and I wasn't last out the water, result!

The bike course was a long flat out and back... I was in my element! On the way out with a strong tail wind I clocked 25 miles in 52 mins, averaging just under 29 mph. I thought I was saving something for the headwind on the return, but it turns out I wasn't, ha ha... the wind really took it out of me to a point I felt nauseous, and it was a battle of mind over matter to just keep going. At the time I was a bit disappointed with my flagging, but in hindsight I'm chuffed with the ride which was only a few minutes slower than the professionals.

On the bike I overtook a lot of people, but I had no idea where I was in the field and was conscious there would be a lot of competitors who had a 10min head start on me after the swim. Coming into transition, I clocked one other bike on the rack... as I put on my trainers and started to run, the pain subsided from my legs as I knew I was running to a silver medal. The last 800 metres onto the blue carpet and through the finish was pure joy, I did it, another podium on a world stage.

Shortly after, I cheered my sister on to winning gold her age group, it was the perfect family weekend.

With Ironman Barcelona (injury deferred from June's IM Hamburg) in just under 5 weeks time, I'm now cramming running training to get me through the marathon at the end... please wish me luck!





Asics Home Nations 5k Championships

20th August

By Paul King

Aaron Pritchard challenged himself in the main race at the Asics Home Nations 5k Champs where he ran a very commendable 15:51 off the back of little training which bodes well for his autumn/winter race programme.



Relish Running Two Tunnels Running Festival

21st August

By [Paul King](#)

A few TBAC runners competed in the latest round of the Two Tunnels races organised by Relish Running:

10K:

Sarah Layzell finished 3rd FV40-49 in a time of 52:28.

Half Marathon:

Matt Lay finished 4th MV40-49 in 1:36:55

Martin Archbold 5th MV40-49 in 1:37:48

TBAC Parkrun Championships update

July

By Malcolm Treby

Later than normal (summer holidays) is the July update for our Club 5k Parkrun Championships. Congratulations to Tobi Loughlin, Dave Coales and Mark Mackintosh who are our first runners to complete all six of the championship events. They now have the remainder of the year to improve their times, although all are already high in the overall standings.

Team Bath AC was represented by 45 different runners in July, running everywhere from Italy (Otto Copping) to Canada (Paul & Jenny Carter), with times between 16 minutes (Alex Parsons) and 51 minutes. Whatever your time, and wherever you ran, well done to everyone, and I look forward to seeing further Parkrun tourism when compiling in August's report.

Fastest TBAC Parkruns

July 2022

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex PARSONS	Bushy parkrun	00:16:13	MS
2	Themis BOWER	Cardiff parkrun	00:17:20	MS
3	Otto COPPING	Milano Nord parkrun	00:17:34	MS
4	Robert HOWORTH	Southwick Country parkrun	00:17:41	MS
5	Charlie HAINES	Bath Skyline parkrun	00:17:50	MJ
6	Stanley WYATT	Southwick Country parkrun	00:18:05	MJ
7	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:18:16	MJ
8	David COALES	The Old Showfield parkrun	00:18:46	MV50
9	Mike DOOLEY	Bath Skyline parkrun	00:19:04	MV50
10	Alex BINLEY	Bushy parkrun	00:19:07	FS
11	Patrick COBB	Bath Skyline parkrun	00:19:12	MS
12	Barry AWAN	The Old Showfield parkrun	00:19:17	MV50
13	Malcolm TREBY	Eastville parkrun	00:19:20	MV40
14	Alessandro ZANCONATO	Sutton Park parkrun	00:19:30	MS
15	Mark MACKINTOSH	Southwick Country parkrun	00:19:46	MV50
16	James WOOSNAM	Bath Skyline parkrun	00:19:52	MV50
17	Ruth MCKEAN	Bath Skyline parkrun	00:20:05	FV40
18	Ella TREBY	Eastville parkrun	00:20:08	FJ
19	Gary HUGHES	Somerdale Pavilion parkrun	00:20:18	MV50
20	Heather FELL	Tetbury Goods Shed parkrun	00:20:24	FS
21	Niall URQUHART	Bath Skyline parkrun	00:20:35	MV60
22	David VAUDIN	Dreiländergarten parkrun	00:20:41	MV60

23	Brett RAYNES	The Old Showfield parkrun	00:20:50	MV50
24	Alex COPPING	Pomphrey Hill parkrun	00:21:13	MV50
25	Jenny CARTER	Frédéric Back parkrun	00:21:31	FV40
26	Tom HUTCHISON	Southwick Country parkrun	00:21:46	MV60
27	Ben HOLDING	Bath Skyline parkrun	00:21:46	MV40
28	Kate DARBYSHIRE	Chipping Sodbury parkrun	00:21:49	FS
29	Jorge CROCKFORD	Bath Skyline parkrun	00:21:57	MS
30	Elizabeth PITT	Bicester parkrun	00:22:00	FS
31	Cath DALE	Bath Skyline parkrun	00:22:14	FV50
32	Nick PARRY	Bath Skyline parkrun	00:22:39	MV60
33	Paul CARTER	Bath Skyline parkrun	00:22:48	MV50
34	Isabel DAVIS	Lydiard parkrun	00:22:48	FS
35	Nigel OSBORNE	Mallards Pike parkrun	00:23:04	MV50
36	Clinton MONTAGUE	Bath Skyline parkrun	00:23:48	MS
37	Owen DAVIES	Bath Skyline parkrun	00:24:29	MS
38	Natalie HARGRAVE	Basingstoke parkrun	00:25:35	FS
39	Pat ROGERS	Bath Skyline parkrun	00:29:32	MV70+
40	Michael STANLEY	The Old Showfield parkrun	00:37:56	MV60
41	Janice RAMBRIDGE	Bath Skyline parkrun	00:49:24	FV70+
42	Michael STANLEY	Ferry Meadows parkrun	00:37:02	MV60
43	Janice RAMBRIDGE	Bath Skyline parkrun	00:47:41	FV70+
44	Tim HILL	Bath Skyline parkrun	00:50:46	MV40
45	Marcus FIELD-RAYNER	Bury St Edmunds parkrun	00:51:20	MV70+

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		00:17:50	00:16:50	00:17:31			00:52:11	3	00:17:24
2	Thomas DAVIES	MS	1		00:18:15				00:17:14	00:35:29	2	00:17:44
3	Simon BRACE	MV40	1					00:18:12	00:17:46	00:35:58	2	00:17:59
4	Stanley WYATT	MJ	2		00:18:15			00:18:05		00:36:20	2	00:18:10
5	Tobi LOUGHLIN	MJ	3	00:19:00	00:17:54	00:17:40	00:18:41	00:18:58	00:17:30	01:49:43	6	00:18:17
6	Alex PARSONS	MS	2	00:16:11	00:21:00					00:37:11	2	00:18:36
7	Mike DOOLEY	MV50	1	00:18:48	00:19:04		00:18:36	00:18:44	00:18:14	01:33:26	5	00:18:41
8	James WOOSNAM	MV50	2		00:19:18	00:18:35				00:37:53	2	00:18:56
9	Isabel DAVIS	FS	1		00:19:45			00:18:54		00:38:39	2	00:19:19
10	Owen DAVIES	MS	3	00:19:47	00:18:59					00:38:46	2	00:19:23
11	David COALES	MV50	3	00:19:29	00:19:51	00:18:59	00:19:33	00:19:49	00:18:46	01:56:27	6	00:19:25
12	Ruth MCKEAN	FV40	1		00:19:36				00:19:20	00:38:56	2	00:19:28
13	Barry AWAN	MV50	4		00:20:30				00:19:17	00:39:47	2	00:19:53
14	Niall URQUHART	MV60	1		00:20:16			00:20:16	00:19:16	00:59:48	3	00:19:56
15	Mark MACKINTOSH	MV50	5	00:20:12	00:20:52	00:19:50	00:19:58	00:19:46	00:19:23	02:00:01	6	00:20:00
16	Malcolm TREBY	MV40	2	00:20:15	00:20:40	00:20:12	00:20:03	00:19:35		01:40:45	5	00:20:09
17	Alex COPPING	MV50	6			00:19:57	00:21:13		00:19:36	01:00:46	3	00:20:15
18	Heather FELL	FS	2		00:20:59				00:19:44	00:40:43	2	00:20:22
19	Ella TREBY	FJ	1	00:20:35	00:20:58	00:19:53	00:20:09	00:20:19		01:41:54	5	00:20:23
20	Tim HILL	MV40	3		00:21:31	00:19:57				00:41:28	2	00:20:44
21	Ben HOLDING	MV40	4	00:21:30	00:21:13				00:19:43	01:02:26	3	00:20:49
22	Brett RAYNES	MV50	7		00:21:33				00:20:50	00:42:23	2	00:21:12
23	Jorge CROCKFORD	MS	4		00:21:18			00:21:59	00:20:18	01:03:35	3	00:21:12
24	Tom HUTCHISON	MV60	2	00:22:08	00:21:22	00:21:04		00:21:46	00:20:38	01:46:58	5	00:21:24
25	Kate DARBYSHIRE	FS	3		00:22:57	00:21:49		00:22:11		01:06:57	3	00:22:19
26	Victoria RANDALL	FS	4	00:22:18	00:23:22					00:45:40	2	00:22:50
27	Paul KING	MV60	3		00:25:42		00:24:10			00:49:52	2	00:24:56
28	Natalie HARGRAVE	FS	6	00:25:06	00:25:54					00:51:00	2	00:25:30
29	Nick PARRY	MV60	4	00:39:22	00:21:18			00:21:52	00:20:39	01:43:11	4	00:25:48
30	Lynn JONES	FV50	5	00:29:38			00:29:12		00:27:11	01:26:01	3	00:28:40
31	Michael STANLEY	MV60	5	00:40:21	00:38:06	00:35:34		00:38:47	00:37:56	03:10:44	5	00:38:09



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