

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





Dylan: a stupendous second at the English Champs.
Good job there weren't bonus seconds for best mullet!

We have a bumper Plug this week, bursting with outstanding performances from our youngsters as the T&F season climaxes. The gang are back at Odd Down where 5k dreams can come true. We have exciting news about the Bath HILLY Half. There's another call for volunteers for two great roles at the Club. And we wrap up with another Parkrun Champs update from Malcolm. 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

England Athletics U15 & 17 Championships

27th August

By [Mark Thomas](#)

Two TBAC athletes went to the English U15 & U17 Championships in Bedford on Saturday 27th August. Charlie Staddon (MU17) pictured below, came 3rd in his 400m hurdles heat, and finished fifth in the final. Dylan Stoneman (MU17) pictured above, finished third in the 1500m steeplechase, but counts as second because the winning athlete was from Ireland and doesn't count for the English Championships.

Charlie Staddon, 400mH, heat 3rd 56.33s, final 5th 57.29s.

Dylan Stoneman, 1500mSC, 2nd 4:28.86.



Schools Games

3rd September

By [Mark Thomas](#)

Two TBAC athletes competed in the 2022 School Games in Loughborough on Saturday 3rd September:

Charlie Staddon (MU17) 400mH 8th 64.32

Dylan Stoneman (MU17) 1500mSC 6th 4:31.50



YDL National Finals

4th September

By [Paul Sutton](#)

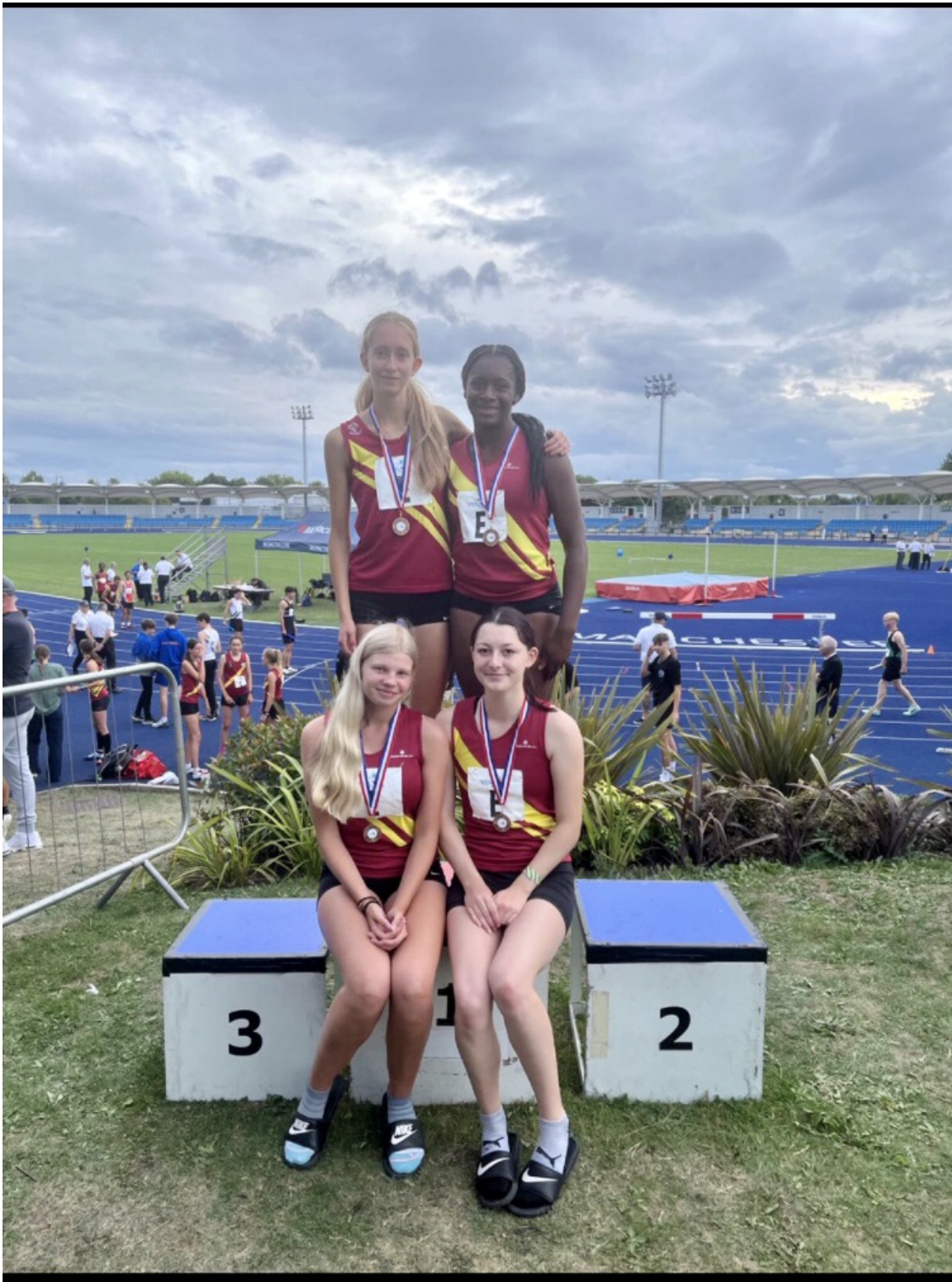
Our superstars have been at it again at the YDL National Finals at Manchester.

Team Avon was represented by TBAC, including Dom Murray in U20 HJ with 1m 85cm and TJ with 11m 88cm. He won 'Gold' in both! Tom Blackburn HJ U17 won bronze and Ciara Galvin U17 just missed out on a medal in TJ but with a new PB of 10m 32cm. However, she did get a medal in the 4x100 relay. Alannah Heneghan took silver in U17 HJ. The team finished 2nd behind Blackheath and Bromley.











Odd Down 5k Series

31st August

By [Ben Holding](#)

Andy had his first race back in over a year and in his humble opinion did ok - to everyone else that is a 16:18, and according to Po10 this is his first ever 5K, while I suspect that is not the case it is still worth kudos with a recorded parkrun best of 16:49. Next question has got to be how fast was the stuff not on Po10?

Amber did really well (I am not sure she agrees) but from what I can see improved on her 18:38 at Street at the end of last year to 17:16 - her all time pb of 16:44 is now within sight. Maybe I am over egging it but it is still worth getting excited about the possibilities!

Notable for the club is that Pete Grist looks like he aggravated an injury which forced him to stop, the consequences of which meaning the club maybe losing a strong leg for the relays. Peter has shown some great performances over the last 12 months. Here is hoping it's not as bad as it seems and wishing you a strong recovery.

Myself, Matt Levett (18:02), Toby (18:07) and Jamie (18:16) all finished within a short amount of time. Then Martin (18:41) and Malcolm (18:58) finished with strong runs. I believe all of us (TBAC) finished in the 18 minutes region.

Side note - Guy Woods ran in a disguise outfit so while he did really well (17:37) it was too dark to tell!

16	33	Andrew Fooks	00:16:18	V45	1
42	120	Amber Gascoigne	00:17:16	V40	1
45	54	Guy Woods	00:17:37	V60	2
50	38	Ben Holding	00:17:47	V45	7
56	30	Matthew Levett	00:18:02	V40	3
58	24	Toby Bishop	00:18:07	V40	4
64	23	Jamie Westcombe	00:18:16	V40	7
70	49	Martin Couzins	00:18:41	V50	4
76	37	Malcolm Treby	00:18:58	V45	8

Position overall / number / TBAC runner / time / category / category position











Bath Hilly Half

By Tom Davies

From 2023, TBAC are going to be taking over the organisation of the Bath Hilly Half in collaboration with the Bathavon Rotary Club, for whom the race is a charity fundraiser. Our involvement will hopefully bring in a little money for the club but more importantly it will raise our profile locally and be a fantastic opportunity to put on a great event for the local community and local runners.

This year's event takes place on Sunday 13th November at the Bath racecourse. It's a trail event, plenty of hills (as the name suggests), and also the option to do a single lap

12.45km ("ultra 10k"). It would be great to have a lot of TBAC faces there this year - partly to support the event as Rob organises it for the last time, and partly so that we have as many club members as possible with experience of the route and the event. So please consider entering one of the races (which you can do [here](#)). If you just want to volunteer on the day, then I'm sure your help would be appreciated (just let me know, and I'll coordinate with Rob). Likewise if you'd like to be involved in organising next year's event I'm still looking for a couple of extra volunteers to join the race organisation team.

It's the perfect local race to enter if you are inspired by all the trail running at UTMB this past week, and also (thankfully) fits in neatly around the Gloucester League XC. So as far as I see it your autumn/spring race calendar should look as follows:

5th Nov - Gloucester League XC, Cirencester.

13th Nov - Bath Hilly Half.

10 or 11 Dec - Gloucester League 2nd round.

8th Jan - SW XC Champs (provisional date).

19 Feb - Gloucester League 3rd round.

25th Feb - Nationals XC, Harewood House, Leeds.

5th Mar - Gloucester League 4th round, Over Farm Park.

Everyone can enter to run for the club at any of those races - and it's great for us to get big teams out. None of these require being selected or being able to run at a particular standard or anything like that. It's very much the more the merrier. So lots of great chances to put on your TBAC vest and race for the club! Contact me [here](#).





Your Club Needs You!

By [Tom Hutchison](#)

Two New Team Bath Executive Team Members needed.

TBAC Executive committee member with Human Resources expertise

Team Bath AC is a registered charity, and it is also an employer. The club needs input into the Executive Committee from a Club member, coach, or parent of an athlete with expertise in the management of employees: recruitment, contracts, pay and terms and conditions, leave, personal development, etc.

If you have these skills, and if you have had job experience in HR would you please consider donating a few hours per month of your voluntary time to the club. You would need to attend meetings of the club executive online once every 6 weeks and there would be some work by email in between meetings.

Please get in touch with the Club Secretary, Tom Hutchison [here](#) for more information.

New welfare officer needed for Team Bath AC

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 online 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 three years. The job has been held by Tom Hutchison and Phillipa Spruit for 6 years. Tom 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](#).

TBAC Parkrun Championships update

August

By [Malcolm Treby](#)

It's amazing how much difference running in a group makes. Somehow times which are unachievable on their own are back within reach when you have others encouraging you, even if that encouragement is their trying to pull away. We had an excellent group demonstrating this at this August's final Bath Skyline Parkrun, where we saw seven TBACers finish within thirty seconds of each other, the lead having changed between them several time during the run. Six of them posted their fastest time at Skyline this year. Perhaps time to target some of the remaining Parkruns you need as a group? The Team Bath Parkrun [WhatsApp group here](#) is a good way to coordinate if needed.

August was a good month for some more unusual Parkruns. I'll be tackling the sand at Woolacombe Dunes this weekend, but Sophia Hunt beat me to it in August and it was just one of 52 different parkruns that TBAC runners tackled this month. Alex Binley was the fastest woman, and Alex Carter the fastest man. Hopefully September sees the good times continue as those training for autumn marathons and half marathons approach their peak.

Fastest TBAC Parkruns

August 2022

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Pomphrey Hill parkrun	00:16:19	MS
2	Dylan STONEMAN	Clermont Waterfront parkrun	00:16:57	MJ
3	Charlie HAINES	Chipping Sodbury parkrun	00:17:08	MJ
4	Alessandro ZANCONATO	Poole parkrun	00:18:07	MS
5	Harry MAXWELL	Durlston Country Park parkrun	00:18:26	MJ
6	Tobi LOUGHLIN	Chippenham parkrun	00:18:45	MJ
7	David COALES	Cardiff parkrun	00:18:49	MV50
8	Thomas DAVIES	Church Mead parkrun	00:19:02	MS
9	Patrick COBB	Mallards Pike parkrun	00:19:06	MS
10	Alex BINLEY	Kettering parkrun	00:19:10	FS
11	Ella TREBY	Bideford parkrun	00:19:51	FJ
12	Malcolm TREBY	Bath Skyline parkrun	00:19:52	MV40
13	Barry AWAN	Bath Skyline parkrun	00:19:53	MV50
14	Alex COPPING	Southend parkrun	00:19:55	MV50
15	James WOOSNAM	Bath Skyline parkrun	00:20:03	MV50
16	Isabel DAVIS	Sutton Park parkrun	00:20:04	FS
17	Joshua MAXWELL	Durlston Country Park parkrun	00:20:08	MJ
18	Stuart CURTIS	Harrogate parkrun	00:20:10	MV50
19	Mark MACKINTOSH	Bath Skyline parkrun	00:20:12	MV50
20	Niall URQUHART	Bath Skyline parkrun	00:20:13	MV60
21	Gary HUGHES	Somerdale Pavilion parkrun	00:20:18	MV50
22	Ben HOLDING	Bath Skyline parkrun	00:20:21	MV40
23	Jorge CROCKFORD	Chipping Sodbury parkrun	00:20:35	MS
24	Jenny CARTER	Leazes parkrun	00:20:38	FV40

25	Nick PARRY	Ashton Court parkrun	00:20:48	MV60
26	Kate DARBYSHIRE	Shanganagh parkrun	00:21:13	FS
27	Martyn MORANT	Melksham parkrun	00:21:14	MV40
28	Brett RAYNES	The Pastures parkrun	00:21:17	MV50
29	Elizabeth PITT	Bicester parkrun	00:21:27	FS
30	Paul CARTER	Leazes parkrun	00:22:04	MV50
31	Chris MAXWELL	Durlston Country Park parkrun	00:22:15	MV40
32	Cath DALE	Bath Skyline parkrun	00:22:18	FV50
33	Nigel OSBORNE	Poole parkrun	00:22:48	MV50
34	Steve HALE	Plymvalley parkrun	00:23:05	MV60
35	Lottie SILVERTON	Chipping Sodbury parkrun	00:23:23	FJ
36	Sophie MAXWELL	Durlston Country Park parkrun	00:23:59	FJ
37	Owen DAVIES	Peel parkrun	00:24:44	MS
38	Tom HUTCHISON	Bath Skyline parkrun	00:25:04	MV60
39	Tim HILL	Penrose parkrun	00:25:31	MV40
40	Natalie HARGRAVE	Basingstoke parkrun	00:25:55	FS
41	Mike CHARLTON	Bath Skyline parkrun	00:25:57	MV60
42	Storm HAYWARD	Bath Skyline parkrun	00:26:18	FS
43	Libbie HERBERT	Stonehouse parkrun	00:26:32	FS
44	Jim GODFREY	Bath Skyline parkrun	00:28:16	MV40
45	Lynn JONES	Southwick Country parkrun	00:28:52	FV50
46	Darren JEFFORD	Bath Skyline parkrun	00:29:16	MV40
47	Bruce COTTERILL	Bath Skyline parkrun	00:30:31	MV50
48	Michael STANLEY	Bartley Park parkrun	00:37:40	MV60
49	Pat ROGERS	Bath Skyline parkrun	00:39:58	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	Alex CARTER	MS	1	00:16:45			00:16:19			00:33:04	2	00:16:32
2	Charlie HAINES	MJ	1		00:17:50	00:16:50	00:17:31			00:52:11	3	00:17:24
3	Thomas DAVIES	MS	2		00:18:15				00:17:14	00:35:29	2	00:17:44
4	Simon BRACE	MV40	1					00:18:12	00:17:46	00:35:58	2	00:17:59
5	Stanley WYATT	MJ	2		00:18:15			00:18:05		00:36:20	2	00:18:10
6	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
7	Alex PARSONS	MS	3	00:16:11	00:21:00					00:37:11	2	00:18:36
8	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
9	James WOOSNAM	MV50	2		00:19:18	00:18:35				00:37:53	2	00:18:56
10	Isabel DAVIS	FS	1		00:19:45			00:18:54		00:38:39	2	00:19:19
11	Owen DAVIES	MS	4	00:19:47	00:18:59					00:38:46	2	00:19:23
12	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
13	Ruth MCKEAN	FV40	1		00:19:36				00:19:20	00:38:56	2	00:19:28
14	Barry AWAN	MV50	4		00:19:53			00:19:57	00:19:17	00:59:07	3	00:19:42
15	Mark MACKINTOSH	MV50	5	00:20:12	00:20:12	00:19:50	00:19:58	00:19:46	00:19:23	01:59:21	6	00:19:53

16	Niall URQUHART	MV60	1		00:20:13			00:20:16	00:19:16	00:59:45	3	00:19:55
17	Malcolm TREBY	MV40	2	00:20:15	00:19:52	00:20:12	00:20:03	00:19:35		01:39:57	5	00:19:59
18	Alex COPPING	MV50	6			00:19:57	00:20:35		00:19:36	01:00:08	3	00:20:03
19	Ella TREBY	FJ	1	00:20:35	00:19:54	00:19:53	00:20:09	00:20:19		01:40:50	5	00:20:10
20	Heather FELL	FS	2		00:20:59				00:19:44	00:40:43	2	00:20:22
21	Ben HOLDING	MV40	3	00:21:30	00:20:21				00:19:43	01:01:34	3	00:20:31
22	Tim HILL	MV40	4		00:21:31	00:19:57				00:41:28	2	00:20:44
23	Jorge CROCKFORD	MS	5	00:21:42	00:21:11	00:20:35		00:21:59	00:20:18	01:45:45	5	00:21:09
24	Nick PARRY	MV60	2	00:20:48	00:21:18			00:21:52	00:20:39	01:24:37	4	00:21:09
25	Brett RAYNES	MV50	7		00:21:33				00:20:50	00:42:23	2	00:21:12
26	Tom HUTCHISON	MV60	3	00:22:08	00:21:22	00:21:04		00:21:46	00:20:38	01:46:58	5	00:21:24
27	Kate DARBYSHIRE	FS	3		00:22:57	00:21:49	00:22:21	00:22:11		01:29:18	4	00:22:20
28	Victoria RANDALL	FS	4	00:22:18	00:23:22					00:45:40	2	00:22:50
29	Paul KING	MV60	4		00:25:42		00:24:10			00:49:52	2	00:24:56
30	Natalie HARGRAVE	FS	5	00:25:06	00:25:54					00:51:00	2	00:25:30
31	Lynn JONES	FV50	1	00:29:38			00:29:12	00:28:52	00:27:11	01:54:53	4	00:28:43
32	Michael STANLEY	MV60	5	00:39:30	00:38:06	00:35:34		00:38:47	00:37:56	03:09:53	5	00:37:59



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