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THE BATH PLUG



Dan relishing the moment as he came in 8th overall at the Long Distance Duathlon World Championships

First up, huge congrats to Emily and Tom who battled the wind and rain at Ironman Wales on Sunday - full story in next week's Plug. For now, we have the results from the NLF's "Run for Tash" 10k, full results from the YDL Nationals, a mind-blowing result in a bonkers Ultra by Nina, and finally my own report from the Long Distance Duathlon World Champs. A special mention should also go to Dan Soltys (image above) who also competed at these Champs - having last year won his age-group, this year qualified to compete as an elite, finishing in 8th place overall and bagging a very nice cheque!

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

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



Natasha Lewis Foundation, Run for Tash 10k

4th September

By the Editor

No race report but I know there was a great turnout by Club members for the second race run by the NLF. This time last year we enjoyed the inaugural NFL race, a half marathon at Odd Down. 12 months on, runners were at less risk of losing their lap count and getting dizzy, with just 10k to cover around the Odd Down Circuit, a venue with a "track record" for

fast times. TBACers did not disappoint with some great performances. Pics and top 20 ladies/gents below. For the full results see [here](#).



Place ^	Bib ⇅	Racer name ⇅	Category ⇅	Gender ⇅	Finish time ⇅
1	35	Alex stainthorpe	25 - 30	F	40:49
2	258	Rachael Moon	25 - 30	F	42:25
3	239	jo-anne barfoot	45 - 50	F	44:12
4	222	Emily Griffiths	30 - 35	F	45:27
5	218	Cath Dale	55 - 60	F	45:42
6	236	Jess Sowton	25 - 30	F	46:23
7	2	Hetty Alton	30 - 35	F	46:35
8	221	Ella O'Neill	30 - 35	F	47:15
9	150	Lucy Jones	35 - 40	F	47:32
10	47	Hollie Thomson	30 - 35	F	47:40
11	247	Katie Ogilvie	35 - 40	F	48:45
12	98	Beata Randall	30 - 35	F	48:49
13	6	Rebecca Devereux	35 - 40	F	49:13
14	208	Philippa Spruit	55 - 60	F	50:53
15	186	Amy Cousins	25 - 30	F	52:52
16	29	Laura Scott-Lowe	25 - 30	F	53:07
17	166	Bethan Harrison	30 - 35	F	53:43
18	1	Sarah Lillywhite	40 - 45	F	54:01
19	212	Storm Hayward	25 - 30	F	54:10
20	192	Claire	30 - 35	F	54:29

Place ^	Bib ⇅	Racer name ⇅	Category ⇅	Gender ⇅	Finish time ⇅
1	155	Adam Stokes	35 - 40	M	33:53
2	189	Daniel Jones	35 - 40	M	34:10
3	296	On the day	25 - 30	M	34:55
4	33	Jason Rowland	45 - 50	M	36:28
5	233	Phil King	50 - 55	M	37:55
6	82	Ben Holding	45 - 50	M	38:08
7	210	Jamie Westcombe	40 - 45	M	38:50
8	31	Matt Levett	40 - 45	M	39:20
9	127	David Coales	50 - 55	M	39:46
10	225	Martin Couzins	50 - 55	M	39:47
10	261	Jonny Atkinson	45 - 50	M	39:47
12	21	Louis O'Shaughnessy	20 - 25	M	40:42
13	22	Ash Smith	30 - 35	M	41:12
14	250	Niall Urquhart	Over 60	M	41:19
15	228	Stuart Curtis	55 - 60	M	41:38
16	297	Tom Craggs	Open	M	42:03
17	119	David Vaudin	Over 60	M	42:19
18	207	Andrew Watson	30 - 35	M	42:22
19	157	Matt Middler	30 - 35	M	43:34
20	219	tom hutchison	Over 60	M	43:38

YDL Upper Age Group National Finals

4th September

By Mark Thomas

Results from the Youth Development League, Upper Age Group, National Finals held in Sportcity, Manchester on Sunday 4th September. Team Bath athletes competed alongside athletes from Yate & District AC, Mendip AC and Bristol & West AC in Team Avon.

FU20 100m Race B, Eleni Francis 3rd 13.11s
Mu17 200m Race A, Ashley Avis 3rd 23.57s
MU20 400m Race B, Oskar Billett 4th 53.82s
MU17 400m Race A, Ashley Avis 6th 57.00s
MU17 800m Race B, Joe Markey 1st 2:07.16
MU17 1500m Race A, Ben Wagstaff 3rd 4:16.79 (PB)
FU17 1500m Race A, Sofia Skidmore 6th 5:21.02
MU20 3000m Race A, Ben Wagstaff 4th 9:15.86 (PB)
MU17 3000m Race B, Dylan Stoneman 1st 9:15.02
FU20 3000m Race B, Annabelle Wallace 1st 11:06.81 (PB)
FU17 3000m Race A, Tilly Nickell 2nd 10:47.28
MU17 100mH Race A, Charlie Staddon 3rd 14.27s
FU20 100mH Race A, Willa Gibb 1st 15.17s
MU20 110mH Race A, Jake Cover 1st 14.40s
MU17 400mH Race A, Charlie Staddon 2nd 59.49s
MU17 1500mSC Race A, Dylan Stoneman 1st 4:44.80
MU20 HJ Pool A, Dominic Murray 1st 1.85m
MU17 HJ Pool A, Tom Blackburn 3rd 1.75m
FU17 HJ Pool A, Alannah Heneghan 2nd= 1.45m
FU20 LJ Pool B, Eleni Francis 1st 4.62m
MU20 TJ Pool A, Dominic Murray 2nd 11.88m
FU17 TJ Pool A, Ciara Galvin 4th 10.32m
FU17 SP Pool B, Alice Wilson 1st 10.07m
MU20 JT Pool B, Sam Walker 1st 42.90m
FU17 JT Pool B, Alice Wilson 3rd 22.85m

These results helped Team Avon to 2nd place.









From Clair Matthews: Sam Walker of TBAC with Jacob Dribble – both won Gold in the men's under 20s javelin throw as A and B athletes. Sam wasn't throwing his best as he'd competed at on Saturday at a throws fest in Moulton and was exhausted. He was happy to win the points for Team Avon despite being a bit disappointed with his performance.

UTMR Mischabel 100k

3rd September

By [Paul King](#)

TBAC Nina Davies completed the UTMR Mischabel 100k race and finished 5th lady in an excellent time of 21:54:28.





Long Distance Duathlon World Championships

4th September

By [Simon Brace \(the Editor\)](#)

If we're connected on the socials, please forgive me for indulging one last time in this story...

I discovered this event in 2019 when I started taking duathlon seriously, a move that I can wholeheartedly recommend, which at least for me, has reduced running injuries and paradoxically made me a faster runner. Its full name is quite a mouthful - The World Triathlon Powerman Long Distance Duathlon World Championships - so while it's a duathlon (run-bike-run), it comes under World Triathlon jurisdiction, and it's also a "Powerman" branded event, equivalent to the "Ironman" brand in triathlon. All that amounts to it being the most famous race in duathlon, interestingly won by Emma Pooley 2014-2017. Are you still with me? Good...

It's become quite a cult event, hosted every year over (almost) the exact same course in the small, picturesque town of Zofingen in Switzerland. The 10k-150k-30k run-bike-run is designed to make or break you. The bike course is accurately described as hilly, technical and hazardous; while both runs take you up inclines almost too steep to run, with the majority of terrain off-road, through the woods. For most of the field, their aim is simply to finish in one piece. And so like many of these ultra-type challenges, it is curiously addictive. If you make it around, the sense of achievement keeps you coming back for more... and if you don't quite make it, the sense of unfinished business is equally compelling.

At least that's my experience. In 2019, I vividly recall completing the bike leg in the cold and wet, feeling physically and mentally exhausted, traumatised by the energy-sapping

ascents and the nerve-wrangling descents. So I cracked on with the final run with just one aim - to cross the finish line and claim my t-shirt. In the end, as my body warmed up, I found my running legs, and snuck into 5th place in my age group. Buoyed by the buzz of my performance, I couldn't wait to return. Covid wiped out 2020, so 2021 became the sequel. Cutting a not-so-long story short, 2021 delivered even colder and wetter conditions, forcing me to pull up with hypothermia in the middle of the bike leg. So this year, 2022, I was praying for 3rd time lucky.

As we all know, luck really plays only a very small part - perhaps with the weather, with a mechanical, with the local wildlife or a tractor blocking your path (it happens!). Your performance will be largely down to how hard and smartly you've trained/recovered, and how well you execute the race. I had never trained harder, smarter, or more meticulously. I had even arrived a week early to practice the bike course, to learn where I can save seconds on the corners and especially the descents that had challenged my novice bike-handling skills 3 years previous. I was oh-so ready. I just needed to deliver on the day. Based on my numbers in training, I knew, at the grand old age of nearly-49, I was in the shape of my life, which put me in contention for an age-group medal. But from analysing the start list, I was contending with at least 5 other chaps, all of whom had previously podiumed in World Triathlon races.

Pre-race, I had obsessed far too long over my competition, so I knew all their names... in fact, two of them I knew especially well as they finished 2nd and 3rd, to my 4th, at the European Champs in April. By some quirk of fate, or perhaps it was unconscious bias, with their names on their suits and numbers, I could see that we were all suddenly side-by-side at the mass race start. No one said a word. But I think we all knew. Heads down, we checked our laces, our watches, and wished away the seconds for the horn to go and we could get on with this thing that had consumed our lives for the last 5 months.

Run 1 went as well as I could have hoped for. Pacing up the steep hills at 8-9/10 effort and active-recovering back down at 6-7/10 effort, I ran considerably faster than 2019 and 2021, coming into T1 feeling good, and by about 40 seconds, in 1st place. Knowing the bike-strength of my competition, I figured it was only a matter of time until they started passing me, but for how long could I hold on? With that in mind, I made the easy mistake of hitting the bike leg too hard too soon. By far the best biker in our age group passed me just after halfway. I'll take that, I thought... as long as I didn't capitulate over the final third. Fortunately I held on, with just two other contenders passing me as we approached T2.

The start of Run 2 was a bit 'cat & mouse'. I immediately jumped from 4th to 2nd, then got re-overtaken, then overtook again, leaving me in 3rd. But then, after about 5k, the medal positions were settled. Not that anything felt settled until we all crossed that finish line. I was cramping on both the uphill and downhill like never before, and from glancing around, I wasn't the only one suffering in the 26 degree sunshine. Petrified that a minor cramp would become a major, debilitating cramp, I had to adopt a more tentative, conservative running style. This saw the first-placed Belgian extend his lead, while the second-placed German cemented his position ahead of me. But I could see my 3rd place was looking increasingly solid as the German behind me was making no inroads to the gap I had created early on. And so to my immense relief and elation, after 6 hours and 54 minutes of intense racing, that's how it finished. In fact, the top 6 were the exact top 6 that I had identified as contenders in my pre-race homework.

So did I execute perfectly? On reflection, I could have minimised those cramps on Run 2 with better hydration/salts on the bike... but apart from that, it was good enough. It was *definitely* good enough. The Germans who had beaten me in April, I had managed to split to 2nd and 4th. I had won a bronze medal at the World Championships that represents the pinnacle of the sport that I love. And what's more, I'd made some good friends along the way. You can see the aforementioned two Germans in the final image below - we spent a lot of time afterwards chatting, praising one another, and hugging! It's a very special, unique race that can be both intensely competitive but equally intensely unifying in the rollercoaster experiences that you'll share forever.











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