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THE BATH PLUG



Tom and Emily on top of Tenby, on top of the world, the day after conquering Ironman Wales.

For the second successive week we have our multisporters making the "front cover"... because they're smashing it! Congrats again to Emily and Tom for battling the elements on their way to conquering Ironman Wales. We have a few words on that, plus news of two age-group silver medals by Marianne and Kim in their respective multisport races. Meanwhile, it seems rather quiet in the world of running races... apart from Mr King and The Roses of course, back at it, this time getting spiritual in Glastonbury, bagging a fast 10k. Finally, we wrap up by wishing Di a happy 80th (what a legend!) and a reminder from James about the imminent cross county season - get involved - you won't regret it!

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

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

Ironman Wales

11th September

By the Editor

Massive respect to Emily and Tom for smashing Ironman Wales. Even in the best of conditions, it's a brutal Ironman course, with a cold sea swim, followed by a hilly and technical bike, and a hilly marathon to finish you off. But on 11th September, right on schedule, the wind and rain arrived, just to add to the day's challenges.

This race was some years in the making for Emily and Tom as Covid had ruined previous plans, so they were not to be beaten by the elements, nor the course, and certainly not themselves. Hard training pays, and it paid off in style on the day. Tom finished in 10:30:57, placing him 49th/1537 male and 9th/306 in his AG; while Emily came home in 13:12:25, placing her 40th/169 lady, and 11th/29 in her AG. What a day, what a team, brilliant!

Pics below - before, during, and the oh-so-welcome finish line!





King & two Roses charge across the Somerset Levels!

18th September

By Phil King

Sunday 18th September witnessed the second official running of the Glastonbury Levels 10k nr Street. Race director Ian Humphreys is very proud to say it is one of the flattest 10k races in the UK. (RB do back this up)

The runners were greeted with beautiful sunshine and good racing temperatures as they warmed up in the cosy confines of Strode College. At about 10.30am, all runners and officials took time out to pay their final respects to Her Majesty Q.E 2nd! With only 98 runners finishing (over 200 in 2021) the national mourning had clearly impacted on the number of runners taking part. However, there was still a buzz as the race started, and all looked forward to the up and back flat closed road 10k ahead.

The only weather impacting factor was the final 2k, where an unexpected stiff breeze (face on) had picked up, and this slowed all runners down.

RESULTS AS FOLLOWS:

First Male > Richard Hardy (Axe Valley Runners) **34:13**

First Female > Alison Thorn (Erme Valley Harriers) **37:14** (6th Overall)

Vet 50:

1st Phil King (TBAC) > 36:55 (5th overall)

2nd Steve Rose (TBAC) > 37:50 (7th overall)

3rd Lee Mcmeekin (Tavistock AC) > 39:05 (9th overall)

Vet 75:

1st John Mitchell (Lonely Goat RC) > 54:25 (65th overall)

2nd Dave Rose (TBAC) > 54:30 (66th overall)

3rd Bernie Mundy (Wells City Harriers) > 56:18 (70th overall)

In 2023 there will be a NEW 10-mile race to run alongside the 10k!

WISHING ALL TBAC RUNNERS A CONTINUED SUCCESSFUL 2022 OF HAPPY RUNNING! 🍀





Standard Distance Duathlon European Champs

18th September

By Marianne Carpenter

Marianne Carpenter and Andy Alcorn were out in sunny Bilbao at the weekend racing for GBR in the Age-Group standard duathlon.

The initial 10k run was fast and flat, heading out along the river and past the famous Guggenheim museum, before looping back into transition and jumping on the bikes for a hilly and technical two-lap course, climbing up into the surrounding hills with spectacular views over the city. Andy unfortunately came a cropper on the hill, falling off his bike and leaving plenty of skin on the pavement after hitting a drain cover. Battling on, he managed to finish the course, despite what looks suspiciously like a cracked rib.

Marianne just about managed to hold off the competition on the bike before getting to the favourite part - the final 5k run - taking home a European Silver medal in the 45-49AG.



Screenshot



Weymouth 70.3

18th September

By Kimberley Barfoot-Brace

The highlights from my race last weekend:

- The walk to the start in the pitch black on my own through the nature reserve was the most terrifying thing of the day!
- Swim: Start, including a moment for Queenie was utterly beautiful. My swim was ok/respectable for me.
- Bike: My goal was to ride steady within myself with 2 weeks before my A race (Ironman Barcelona). I had to stop to correct a wardrobe malfunction 20 mins into it

and spent a lot of time worrying about having to get off and push up the final big hill with my single chain ring. I went up the hills like a big heavy bolder with what felt like everyone overtaking me, but coming down was a very different story I loved it 🚲😄 I was delighted to not have had to get off and push, have the fastest female bike of the day, and be in some pretty cool company on the course Strava leaderboard.

- Run: Holding back on the bike meant I started my run feeling great. I had 4 months of no running due to injury and am only 10 weeks back...running smoothly/consistently was my goal and I nailed it. Huge love to Emily and Tom (of aforementioned Ironman Wales fame) on the course cheering me on 🥰

DELIGHTED/SURPRISED to bag a podium in my age group 🏆😄🥳

Weymouth is fabulous and Dorset so beautiful. The spectators were awesome and Ironman UK did a brilliant job (inc. Vegan Pizza for the first time! 🍕). I had a lovely day.







Cross Country Season is on the way

By James Donald

With the clocks changing soon, the only good thing about winter is on the way, Cross Country Season! The last season was a particularly successful one for TBAC seniors, with people clearly glad to be back running as a team through some of the best weather and underfoot conditions that a British winter and Gloucestershire could provide.

The Gloucester League results last season were the best in many years for TBAC and a strong testament to the high levels of participation that we had. TBAC took home the Ladies Open, Ladies Masters, and Men's Open titles. Ladies teams are made up of 3 and Men's teams of 6 runners, but the great strength in depth and level of participation from TBAC meant that a large number of different runners contributed to these teams across the season (the combined team score from each race decides the overall ranking).

The nature of cross country means that even if you aren't in an A team scoring position, you are still contributing to the team performance wherever you finish as you're still pushing other runners down the rankings and impacting on their team score. This means the more runners the merrier at every event and how fast you are is irrelevant. Just come along and join the fun. After Saturday fixtures there tends to be some social in Bath (open to anyone, not just those who have raced) so all the more reason to take part.

2021/22 in numbers:

Ladies Open (3 to score)

A Team – 1st

6 different individual runners contributing

B Team – 3rd

9 different individual runners contributing

Ladies Masters (3 to score)

A Team – 1st

6 different individual runners contributing

Men's Open (6 to score)

A Team – 1st

9 different individual runners contributing

Men's Masters (4 to score)

A Team- 2nd

9 different individual runners contributing

Over 40 total TBAC senior competitors!

Full results [here](#).

All fixtures for the 2022/23 season are now out (see Paul's training email or the TBAC facebook page for dates), and it would be great to have even more people take part than last year. If you've not taken part in XC before, or it's been a long time since you have, please give James Donald or Amy Glynn a shout, or join the XC WhatsApp group (link in Paul's weekly training email) where entry information is shared, lifts arranged, and associated socials organised.



Happy 80th birthday Di, TBAC Legend

By Paul Sutton

Di started in 1981 at Percy's boys club. That became a community hall; the club merged with the newly formed City of Bath club to become Percy's and City of Bath, then City of Bath, then Bath Athletic Club (I think).

The city didn't have a track. There were 3 options, the uni' was least preferred but gave the best maintenance contract so they were awarded the money by the council and the club moved up.

She has organised the club's field fest every year, which clubs from all over the Midlands and South and Wales attended until the Uni wanted too much money, then Covid.

Jason Gardiner was coached by her as a youngster and occasionally does sprint drill sessions for us. I think even Mr Motivator was at her sessions as a young boy. Tom Gale UK no1 high jumper was coached by her up to 18 years old.

She has officiated at most Avon league and YDLs forever.

She will be 80 on Sept 26th but will be in Australia visiting her daughter.

I know at one stage some of the original coaches left the club after some disagreements and took athletes with them and the club nearly folded but Di and a few others, one or two now deceased, kept it together and forged the club towards what we have now.

It's a shame so many new people come in and have no idea how it all got where it is. Some don't even know who she is.

She and later both of us coached long and triple jump for a long time, but it was getting a bit much for her so Toby took over, then left.

Luckily Eugene, who also coached at B&W agreed to take some on. Others go on to Paul Weston (who Di coached as a youngster and was a 15m+ triple jumper).

As unknown as she is in newer circles, there wouldn't be a club without her efforts. She deserves an award!





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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