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# THE BATH PLUG



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This week we hear about more mindblowing feats of endurance in Ironman and Marathon, followed by the lightening legs of our speedsters at the National Road Relays and the Langley Burrell 10k. Tom reminds us to support the Bath Hilly Half in November, while Mark lays down the indoor meeting schedule from December. Happy running, throwing, and jumping everyone!

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

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

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## Ironman World Championships, aka "Kona"

8th October

By [Chris Maxwell](#)

After a 6 year 'journey', I finally found myself fulfilling my triathlon dream, arriving on the big island for the 'big dance'! The Ironman World Championships in Kona, Hawaii is the pinnacle event for long distance triathletes. It's the birth place of the 'Ironman' - the first event held in 1978. Ever since I've been involved in triathlon, I have been fascinated by the event, and Ironman Wales in 2016 started my obsession on trying to qualify. I am delighted to say Kona met and surpassed my expectations both in terms of the spine tingling atmosphere surrounding the event and the challenge of the iconic course and conditions!

The pre-race atmosphere was like nothing I've experienced. Watching the pros meticulously prepare their transition area, the sunrise over the pacific ocean, helicopters purring overhead, and the goosebump-inducing beautifully sung national anthems. As I headed into my age group 'corral', the Hawaiian drums signalled the 'quickenings' - the start was near. The cannon fired and the best male Ironman (tri)athletes on the planet rapidly disappeared in a vast array of white water. My age group was due off almost an hour after the pros, so plenty of time to soak up the atmosphere. Although my main aim was to enjoy and savour this event, I was still somewhat nervous about the swim start. It's been a while since I've done a big mass start, and this was with over 600 male triathletes of fairly similar ability (the middle aged men categories have the biggest age groups!). The start was 'busy' but I found good space to swim in relatively quickly. So discipline 1 was a  - thoroughly enjoying the 2.4 miles in the warm, crystal clear Pacific, with tropical fish (in addition to ageing men) for company.

A hot & windy 112mile bike leg through the lava fields was next on the menu! I decided to be really conservative on the bike - respecting the course and conditions. I'd say this worked perfectly - I nailed my nutrition, and I felt strong on the second half (a tailwind helped!). Although the 'Queen K' highway was fairly tedious as warned by others, the top part up to Hawi was really scenic. Again box ticked  - enjoyed the bike! Not least as once again I had an active seat watching the pro race - firstly seeing them bike back into town, and secondly seeing 'the pass' as Gustav took the lead on the run (as starred on TV!).

The beating sun and humidity had been noticeably rising during the bike (temperatures of approx 30°C and humidity over 70%). So as I went through T2, it was time to hope my UK heat preparations in the sauna, steam room, indoor steamy turbos and over-dressed exercise, would be enough. A great start (perhaps a bit too enthusiastic), I felt like I was floating on the out and back along Ali'i drive, with the amazing support - including very welcome hosepipe drenching from local residents. After 7 miles, the run heads up and out onto the Queen K (incline and headwind), and then into the brutally hot and humid famous "energy lab" section. There's always a time in an Ironman when things go wrong and this is where things got rather tricky! The aid station heading into the energy lab had temporarily run out of water and ice! Also the spacing of aid stations had been extended from every mile to every 1.6 miles. Alarm bells in my head were ringing (brain starting to boil!). Time to switch from any ideas of pace targets to survival! Slowing the pace and hanging on between aid stations got me through back to the top of the Queen K! It was now a gradual 12km downhill run back to town. What was great to see about this World Championship event was the diversity - with 92 nations represented - and it was somewhat surreal to spend some time chatting with a very friendly chap from Southern India on the Queen K, which helped click a few miles away! I was still struggling to regain my thermoregulation, but my pace was coming back. I knew that once I got to the top of Palani, the crowds of supporters would pull me through. And so it was - the last mile through to the finish on the 'red carpet' lived up to be my greatest experience in sport! 🟩🏆🥰

I knew the competition in the 'World Championship' would be intense and therefore didn't really set a goal in terms of position. I did want to put in a performance that I was proud of - which I'm delighted to say I achieved this and even exceeded my expectations finishing with a time of 10:21, 149th in my age group! My 10th and (probably) last full Ironman!





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## London - Chicago 2022

9th October

By [Ben Holding](#)

Back to back Marathons wasn't the long term plan. One was supposed to be a back-up for the other but I decided at the last minute to do both and rather than try to PB at Chicago,

I'd go for it at London where I felt I knew what to expect.

So the two events were very different in effort and mindsets. I was racing for a time in London with Chicago more relaxed. The latter had to be as I anticipated that my legs would be screaming at me halfway around. It's not something I would recommend or intend to do again. But saying that, the first half was great with no pressure or targets; second half my legs just got very very shouty so I focused on keeping relaxed and taking in as much as possible.

The Chicago race is a lot colder than I realised, at the 7:30am start I was unbearably cold. Also, because I was going at a considerably slower pace the first half felt great and it was a great way to see the city. 29 different city districts and a variety of smells of amazing food, sounds of disco, latino, deep house and irish bagpipes... the works, and beautiful greenery and massive glass/concrete/ornate skyscrapers to fill the eyes.

So to summarise, don't do back-to-backs, Chicago is a great opportunity to PB (or PR in American lingo - one supporter sign early on said "PR or ER"), but equally worth it just for the experience. Like being a big sight seeing queue but everyone is running/walking fast.

It's very well organised - as you would expect from a World Major event but I'd like to point out it is probably the most multicultural running event I've been to. It also had a good gender mix (from what I saw at least), with Male, Female and non-binary top awards for age groups, local runners and elite and international runners.

P.S. In Chicago I was only 4 minutes slower than my PB attempt a week earlier in London. What does that tell you?



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## National Road Relays

8th October



By Paul King

Our senior men and women competed at the ERRA National Road Relay Champs at Sutton Park just 2 weeks after their success at the Midlands Champs. Despite some runners being absent due to injury or unavailability both teams put in splendid efforts with the men finishing 63<sup>rd</sup> and the women 49<sup>th</sup>.



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## Oxford Half Marathon

9th October

By Paul King

Nigel Osborne (MV50) completed the Oxford Half Marathon in 1:37:42.

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## Langley Burrell 10k

9th October

By Paul King

Father and son duo of Steve Rose (MV50) and Dave Rose (MV70) were at it again, competing in the Langley Burrell 10k. Both finished 1<sup>st</sup> in their respective age groups with Steve clocking 36:39 and Dave 53:49.

Other TBACers at the race:

Stylianios Asimakopoulos (MV35) 41:15

Marianne Carpenter (FV45) 41:46

Andrew Alcorn (MV50) 42:25



## Bath Hilly Half

By Tom Davies

One of the closest trail races you can sign up for is the [Bath Hilly Half](#) at the racecourse on Sunday 13th Nov. It's a good local race to support, that primarily exists to raise money for charities, so please consider signing up. There's a ~12km distance too if you don't want a full HM.

TBAC are taking over the organising of this race in 2023, alongside Bathavon rotary club, so I'm helping the current race director, Rob, out a bit this year too.

One important volunteer role that needs filling is a 'sweep' (tail) runner on the day this year? If you are interested please let me know. Similarly if anyone would like to volunteer as a marshal, let me know [here](#) and I can sign you up.

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## Indoor race meeting schedule

By [Mark Thomas](#)

The dates of some indoor meetings have been released. These competitions will be popular so if you wish to take part get your application in early - some events in some of the competitions below have already sold out.

Sunday 4th December, [Welsh Junior Open & South-West Championships](#), Cardiff, Entries close 24th November.

Sunday 4th December, [Lee Valley Open & London Games](#).

Monday 2nd January, [Lee Valley New Year Open](#).

Sunday 8th January, Welsh Junior Open, Cardiff.

Saturday 21st & Sunday 22nd January, London Indoor Games, Lee Valley, U20s & Seniors only.

Saturday 28th & Sunday 29th January, Welsh Champs & Open, Cardiff, U15s and Seniors only.

Saturday 28th & Sunday 29th January, London Indoor Games, Lee Valley, U13s, U15s and U17s only.

Saturday 4th & Sunday 5th February, Welsh Champs & Open, Cardiff, U13s, U17s & U20s.

Saturday 11th & Sunday 12th February, England Athletics Championships, Sheffield, U15s, U17s, U20s.

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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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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