

# THE BATH PLUG



TBAC XL'ing as the XC season KOs

You could be forgiven for forgetting that XC season is well underway as we enjoy this weekend's unseasonably dry and warm weather... but you won't forget after you've digested this week's Plug. Up first, we have some cracking performances from a great turnout by the Club - young, old, and everyone in between, putting in lung-busting efforts in the wet, mud and wind. There's no such thing as bad weather...

Lots of other action too, from as far as Utah and Malta, to the Lake District, to as close as over the hill... in AVR's Over the Hills race supported by more than 20 TBACers! 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



## GlosAAA Cross Country League 2022-23 R1

5th November

By Paul King

An excellent day and big TBAC turn-out at Cirencester Park yesterday for Race 1 of the Gloucester XC League. The Senior Men had to contend with very strong teams from the University of Bath and Weston Tempo. The first 6 scorers finished in a very commendable 3<sup>rd</sup> place (Aidan Daniel; Leon Chevalier; Andy Fooks; Dan Jones; Elliot Avis; Brian Glynn).

The Masters Men team finished in a strong 4<sup>th</sup> place despite a number of key absentees due to injury. The Senior Ladies also managed an excellent 3<sup>rd</sup> place (Amber Gascoigne; Annabelle Wallace; Laura Parsonage) behind the University of Bath and Cheltenham & County Harriers. However, the Masters Ladies took top spot (Amber Gascoigne; Laura Parsonage; Marianne Parsonage). Amber Gascoigne was in fact 1<sup>st</sup> overall Senior Lady. Tom Hutchison continued his rich vein of form by taking 1<sup>st</sup> MV65.

To illustrate the excellent turnout, we had 3 complete teams in both the Senior Men and Ladies competitions. Pictures of the Senior Men and Ladies also attached.

There were also some splendid results from the junior TBAC runners particularly in the U17 boys where Harry Maxwell, Joshua Maxwell and Ben Wagstaff took the first 3 places to give a perfect score for the team. In addition, our U11 boys won the team event with 2nd and 5th individual results; we had a win in the U13 girls; and a 3rd, 4th, 5th and 7th in the U15 boys.



































## Over the Hills

6th November

By Paul King

A big turnout of over 20 TBAC runners at the AVR 'Over the Hills' race. Pride of place goes to an exceptional young talent in Alex Hammond who has been with our group for the last 4 months or so having previously been with Avon Valley Runners. He has trained well with our top squad and is a pleasure to coach. I am delighted with his 1<sup>st</sup> place in a time of 45:44 on a challenging course (pic below).

Chris Moore followed in a time of 48:10 to take 6<sup>th</sup> place and Lawrence Martindale 11<sup>th</sup> in a time of 50:41. Martin Rush pushed back the years by finishing top MV50 in 51:47 and Nial Urquhart finished top MV60 in 55:45.

From the lady's results Nina Davies finished top FV40 in 58:01 with Marianne Carpenter 2<sup>nd</sup> FV40 in 59:27 (remarkably Marianne had competed at the Gloucester XC League the day before!). Katie Strange finished 3<sup>rd</sup> Senior Female in a time of 58:47.





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## Otillo World SwimRun team series

6th November

By [Paul King](#)

Heather Fell and her race partner Ben Hallam were competing in the Otillo World SwimRun team series in Malta finishing in 12<sup>th</sup> (1<sup>st</sup> Vets).

In the SwimRun Sprint TBAC runners Aiden Wiffen and Natasha Perks finished 2<sup>nd</sup> male and 3<sup>rd</sup> female (pic below).





## OMM

29-30th October

By Paul King

A few of our more hardy athletes were tackling this year's OMM based in the Langdales, The Lake District. TBAC veterans Andy Mullet and Tom Hutchison successfully completed the Long Score Event over Saturday and Sunday. Alex Copping and Mark Mackintosh also performed well to finish 10<sup>th</sup> in the Vets category for the B race.





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## Calne Clock Change Challenge

30th October

By [Paul King](#)

Heather Fell was 1<sup>st</sup> Female in a time 39:30 and Steve Rose 1<sup>st</sup> MV50 in a time of 36:20.  
Steve's dad, Dave Rose, completed the 5k in 26:14 to finish 1<sup>st</sup> MV70.





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## Ironman 70.3 World Championships

28th October

By [Paul King](#)

Isabel (Izzy) Davis was competing in the 70.3 Ironman World Champs in St George, Utah and finished in 159<sup>th</sup> place in a time of 5:07:52 (43<sup>rd</sup> in her 25-29 age group). An excellent performance.









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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