

THE BATH PLUG



Place your bets! Runners (and riders?) line up on the race course for a trot along some of our most scenic trails. Must be the Bath Hilly Half!

'Tis well and truly the season to get off-road and enjoy the soggy grass, sloppy leaves, and sticky mud. As I write, I can see some awesome results rolling in from today's Tri

Counties XC - we'll save that for next week.

In this week's Plug, we have a write-up and results from a cracking local race that will be organised by us lot next year: the Bath Hilly Half and Ultra-10k - so make a note in your 2023 diaries for around mid-Nov. Then we have more great XC running by our Female Masters over the border. Malcolm then provides a Parkrun Champs update as we enter the final month of this year-long competition - there remain plenty of opportunities to bag your 6 runs. And we wrap up with a call for your nominations as our Annual Club Awards are back by popular demand.

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

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

Bath Hilly Half and Ultra-10k

13th November

By [Tom Davies](#)

Sunday morning saw the start of the 10th edition of the Bath Hilly Half and Ultra-10k. Back after a break of three years, the race HQ is based at the racecourse and the routes make the most of the spectacular views along the Cotswold Way and from the top of Kelston Round Hill. Views that were particularly impressive in the glorious (albeit worryingly) warm November sun. Oh, and there's no shortage of hills in the route - something like 500m of ascent in the full half.

Top TBAC performances from Cameron McGarry (5th) and Rachael Moon (2nd F) in the Half, and Alex Copping (4th) and Kate Darbyshire (1st F) in the Ultra-10k.

Thanks also to Tom H, Kelly (marshals) and Ilana (sweeper) who helped out on the day. This was the last edition of the race to be organised by Rob McCaffrey of Trionium. Rob has handed over the race to us (TBAC) for next year, jointly with the Bathavon Rotary Club. Rob has built a fantastic event over the last ten years, with a very friendly atmosphere, and based at the finish line I only heard positive things about the event. We will build on that for next year, and hopefully we can grow the event further while bringing in our own TBAC spin.

Full TBAC results below:

Half

- 1 Sebastian Symington (unatt.) 1:28:32
- 5 Cameron McGarry (TBAC) 1:40:24
- 7 Mike Dooley (TBAC) 1:40:58
- 10 Martin Archbold (TBAC) 1:45:45
- 14 Victoria Ratcliffe (Somer AC, 1st F) 1:49:22
- 21 Jay Ruddock (TBAC) 1:56:14
- 23 Rachael Moon (TBAC, 2nd F) 1:56:45

Ultra-10K (12.45km)

- 1 Tom Eldred (unatt.) 1:00:16

4 Alex Copping (TBAC) 1:03:53

6 Kate Darbyshire (TBAC, 1st F) 1:05:39

12 Paul King (TBAC) 1:15:19











Gwent XC League

13th November

By [Paul King](#)

A few of the senior ladies ran the Gwent XC League at Blaise Castle. The trio of Cath Dale, Jo Thompson and Phillipa Spruit were the top Female Masters age 55+ team. Photo below from left: Cath Dale; Jo Thompson; Annabel Harford (ex TBAC); Freya Spruit (ex TBAC); Phillipa Spruit.



Parkrun Championships update

October & November

By [Malcolm Treby](#)

A double helping of results this month, with the Team Bath results from October and November's Parkruns added into the latest results. With only a month to go, the number of people who have completed the full set for the championship has trebled which is fantastic to see, and many more are nearly there.

The Old Showfield was where I completed my set, a course I hadn't visited before but was well worth the visit on a twisty but fast course. And I wasn't the only one attracted to it, as we turned up and found a plethora of pushchair pushing runners, where lithe young fathers chatted amiably beforehand whilst their offspring exchanged sullen stares, hoping for the week's bragging rights in the preschool playground. They set an impressive pace too, powering up the short inclines before charging down the slight descents, like an athletic version of Ben-Hur's chariots, and leaving me in their wake. No doubt the quintet of our male juniors (Dylan Stoneman, Harry and Josh Maxwell, Charlie Haines and Tobi Loughlin) that have posted 8 of the 10 fastest TBAC times in October and November would have fared differently. Juniors led the way in the female results too, with Sophie Maxwell and Ella Treby each posting the fastest times for October and November respectively.

With five Saturdays in December, any of the 76 Team Bath members who have completed at least one of the Parkrun championship courses this year can still complete the set. In fact, with Ashton Court, Chipping Sodbury and Pomphrey Hill all offering a Christmas Day Parkrun it is possible to complete the full set in December alone. Please remember too,

that volunteering at at least one Parkrun event through 2022 is a requirement to qualify for the end of year standings, I'm sure there are opportunities to do that at any of the events before the year is out.

Below:

1. October Parkrun Bests
2. November Parkrun Bests
3. Championships standings

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex PARSONS	Long Eaton parkrun	00:15:27	MS
2	Harry MAXWELL	Bushy parkrun	00:16:01	MJ
3	Joshua MAXWELL	Bushy parkrun	00:17:04	MJ
4	Charlie HAINES	Chipping Sodbury parkrun	00:17:26	MJ
5	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:17:37	MJ
6	Otto COPPING	Southwark parkrun	00:17:40	MS
7	Simon BRACE	Pomphrey Hill parkrun	00:18:00	MV40
8	Patrick COBB	Worcester Pitchcroft parkrun	00:18:05	MS
9	Robert EATON	Bath Skyline parkrun	00:18:19	MS
10	Mike DOOLEY	The Old Showfield parkrun	00:18:21	MV50
11	Thomas REECE	Swansea Bay parkrun	00:18:30	MJ
12	Sophie MAXWELL	Bushy parkrun	00:18:53	FJ
13	Chris MAXWELL	Bushy parkrun	00:18:54	MV40
14	Malcolm TREBY	The Old Showfield parkrun	00:19:16	MV40
15	David COALES	Chipping Sodbury parkrun	00:19:33	MV50
16	Ella TREBY	The Old Showfield parkrun	00:19:49	FJ
17	Niall URQUHART	Pomphrey Hill parkrun	00:20:00	MV60
18	Brett RAYNES	Victoria Dock parkrun	00:20:21	MV50
19	Gary HUGHES	Somerdale Pavilion parkrun	00:20:23	MV50
20	Marianne CARPENTER	The Old Showfield parkrun	00:20:36	FV40
21	Alessandro ZANCONATO	Bath Skyline parkrun	00:20:43	MS
22	Elizabeth PITT	Cardiff parkrun	00:20:46	FS
23	Alex COPPING	Bath Skyline parkrun	00:20:54	MV50
24	Tim HILL	Horspath parkrun	00:20:55	MV40
25	Stuart CURTIS	Bath Skyline parkrun	00:21:05	MV50
26	Jorge CROCKFORD	Pomphrey Hill parkrun	00:21:12	MS
27	Steve HALE	Central parkrun; Plymouth	00:21:20	MV60
28	Ben HOLDING	Southwick Country parkrun	00:21:22	MV40
29	Jenny CARTER	Town Moor parkrun	00:21:27	FV40
30	Kate DARBYSHIRE	The Old Showfield parkrun	00:21:36	FS
31	Paul CARTER	The Old Showfield parkrun	00:22:09	MV50
32	Heather FELL	Bath Skyline parkrun	00:22:15	FS
33	Nick PARRY	Bath Skyline parkrun	00:22:16	MV60
34	Jo THOMPSON	Bath Skyline parkrun	00:23:07	FV60
35	Storm HAYWARD	Levengrove parkrun	00:24:14	FS
36	Nigel OSBORNE	Marlborough Common parkrun	00:24:19	MV50
37	Owen DAVIES	Thornbury parkrun	00:24:48	MS
38	Lynn JONES	The Old Showfield parkrun	00:27:01	FV50
39	Natalie HARGRAVE	Basingstoke parkrun	00:27:36	FS
40	Pat ROGERS	Bath Skyline parkrun	00:28:34	MV70+
41	Anne CORLETT	Somerdale Pavilion parkrun	00:28:45	FV40
42	Keith JONES	Southwick Country parkrun	00:31:34	MV70+
43	Michael STANLEY	Southampton parkrun	00:37:16	MV60
44	Janice RAMBRIDGE	Bath Skyline parkrun	00:51:08	FV70+

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Dylan STONEMAN	Hastings parkrun	00:16:15	MJ
2	Harry MAXWELL	Ashton Court parkrun	00:16:24	MJ
3	Joshua MAXWELL	Ashton Court parkrun	00:17:13	MJ
4	Tobi LOUGHLIN	Marine Parade parkrun	00:17:32	MJ
5	Peter GRIST	The Old Showfield parkrun	00:17:36	MS
6	Mike DOOLEY	Southwick Country parkrun	00:18:49	MV50
7	David COALES	Severn Bridge parkrun	00:19:01	MV50
8	James DONALD	Bath Skyline parkrun	00:19:17	MS
9	Nick PARRY	The Old Showfield parkrun	00:19:29	MV60
10	Chris MAXWELL	Ashton Court parkrun	00:19:35	MV40
11	Ben ASHBY	Mundy parkrun	00:19:35	MS
12	Malcolm TREBY	Chipping Sodbury parkrun	00:19:42	MV40
13	Alex COPPING	Chippenham parkrun	00:19:54	MV50
14	Ella TREBY	Chipping Sodbury parkrun	00:20:13	FJ
15	Gary HUGHES	Somerdale Pavilion parkrun	00:20:30	MV50
16	Tim HILL	Dinton Pastures parkrun	00:20:36	MV40
17	Elizabeth PITT	Albert parkrun; Middlesborough	00:20:47	FS
18	Mark MACKINTOSH	Bath Skyline parkrun	00:20:47	MV50
19	Steve HALE	Central parkrun; Plymouth	00:20:49	MV60
20	James WOOSNAM	Bath Skyline parkrun	00:20:56	MV50
21	Niall URQUHART	Bath Skyline parkrun	00:21:06	MV60
22	Jenny CARTER	Bath Skyline parkrun	00:21:16	FV40
23	Marianne CARPENTER	Ashton Court parkrun	00:21:20	FV40
24	Tom HUTCHISON	Pomphrey Hill parkrun	00:21:31	MV60
25	Isabel DAVIS	Sutton Park parkrun	00:21:49	FS
26	Tom DUDDEN	The Old Showfield parkrun	00:21:51	MV40
27	Owen DAVIES	Barry Island parkrun	00:22:08	MS
28	Cath DALE	Wollaton Hall parkrun	00:22:28	FV50
29	Jo THOMPSON	Bath Skyline parkrun	00:22:29	FV60
30	Paul CARTER	Bath Skyline parkrun	00:22:41	MV50
31	Brett RAYNES	Bath Skyline parkrun	00:22:48	MV50
32	Emily GRIFFITHS	Southwick Country parkrun	00:22:57	FS
33	Jorge CROCKFORD	Bath Skyline parkrun	00:23:54	MS
34	Kate DARBYSHIRE	Bath Skyline parkrun	00:24:12	FS
35	Andy MULLETT	Ashton Court parkrun	00:24:15	MV60
36	Nigel OSBORNE	Bath Skyline parkrun	00:24:36	MV50
37	Beccy TARLING	Bath Skyline parkrun	00:24:41	FV40
38	Alessandro ZANCONATO	Sutton Park parkrun	00:24:41	MS
39	Helen DONALD	Bath Skyline parkrun	00:24:49	FS
40	Kelly MAKRAKI	Bath Skyline parkrun	00:25:04	FS
41	Paul HENAGHAN	Bath Skyline parkrun	00:26:06	MV60
42	Jim GODFREY	Bath Skyline parkrun	00:26:08	MV40
43	Pat ROGERS	Bath Skyline parkrun	00:26:39	MV70+
44	Natalie HARGRAVE	Basingstoke parkrun	00:26:39	FS
45	Lynn JONES	Southwick Country parkrun	00:27:56	FV50
46	Libbie HERBERT	Kingsway parkrun; Gloucester	00:29:08	FS
47	Keith JONES	Southwick Country parkrun	00:31:44	MV70+
48	Anne CORLETT	Somerdale Pavilion parkrun	00:32:28	FV40
49	Alison VUAGNIAUX	Bath Skyline parkrun	00:35:02	FV60
50	Michael STANLEY	Mile End parkrun	00:37:20	MV60
51	Janice RAMBRIDGE	Bath Skyline parkrun	00:51:18	FV70+

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	Harry MAXWELL	MJ	1	00:16:24	00:17:24	00:15:52			00:16:09	01:05:49	4	00:16:27
2	Alex CARTER	MS	1	00:16:45			00:16:19			00:33:04	2	00:16:32
3	Peter GRIST	MS	2					00:16:52	00:16:20	00:33:12	2	00:16:36
4	Joshua MAXWELL	MJ	2	00:17:13		00:16:54			00:16:29	00:50:36	3	00:16:52
5	Aidan DANIEL	MS	3		00:17:26			00:16:39		00:34:05	2	00:17:02
6	Charlie HAINES	MJ	3		00:17:50	00:16:50	00:17:31			00:52:11	3	00:17:24
7	Thomas DAVIES	MS	4		00:18:15				00:17:14	00:35:29	2	00:17:44
8	Tobi LOUGHLIN	MJ	4	00:18:10	00:17:54	00:17:37	00:17:56	00:17:59	00:17:30	01:47:06	6	00:17:51
9	Simon BRACE	MV40	1			00:17:36	00:18:00	00:18:12	00:17:46	01:11:34	4	00:17:53
10	Stanley WYATT	MJ	5		00:18:15			00:18:05		00:36:20	2	00:18:10
11	Mike DOOLEY	MV50	1	00:18:48	00:19:04	00:18:01	00:18:36	00:18:44	00:18:14	01:51:27	6	00:18:34
12	Alex PARSONS	MS	5	00:16:11	00:21:00					00:37:11	2	00:18:36
13	James WOOSNAM	MV50	2		00:19:18	00:18:35	00:19:34			00:57:27	3	00:19:09
14	Isabel DAVIS	FS	1		00:19:45			00:18:54		00:38:39	2	00:19:19
15	Owen DAVIES	MS	1	00:19:47	00:18:59			00:19:20		00:58:06	3	00:19:22
16	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
17	Chris MAXWELL	MV40	2	00:19:35	00:19:58	00:18:48				00:58:21	3	00:19:27
18	Ruth MCKEAN	FV40	1		00:19:36				00:19:20	00:38:56	2	00:19:28
19	Barry AWAN	MV50	4		00:19:53			00:19:57	00:19:17	00:59:07	3	00:19:42
20	Malcolm TREBY	MV40	3	00:20:15	00:19:52	00:19:37	00:20:03	00:19:35	00:19:16	01:58:38	6	00:19:46
21	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
22	Niall URQUHART	MV60	1		00:20:13		00:20:00	00:20:16	00:19:16	01:19:45	4	00:19:56

23	Ella TREBY	FJ	1	00:20:35	00:19:54	00:19:53	00:20:09	00:20:19	00:19:49	02:00:39	6	00:20:07
24	Heather FELL	FS	2		00:20:59				00:19:44	00:40:43	2	00:20:22
25	Nick PARRY	MV60	2	00:20:48	00:21:18	00:19:48	00:20:16	00:21:52	00:19:29	02:03:31	6	00:20:35
26	Ben HOLDING	MV40	4	00:21:30	00:20:21	00:20:01	00:20:43	00:21:22	00:19:43	02:03:40	6	00:20:37
27	Alex COPPING	MV50	6	00:24:12	00:20:54	00:19:57	00:20:35	00:20:16	00:19:36	02:05:30	6	00:20:55
28	Marianne CARPENTE	FV40	2	00:21:20	00:21:29	00:21:26	00:20:54	00:20:33	00:20:36	02:06:18	6	00:21:03
29	Brett RAYNES	MV50	7		00:21:25				00:20:50	00:42:15	2	00:21:07
30	Jorge CROCKFORD	MS	3	00:21:42	00:21:11	00:20:35	00:21:12	00:21:59	00:20:18	02:06:57	6	00:21:10
31	Jenny CARTER	FV40	3		00:20:25				00:21:58	00:42:23	2	00:21:12
32	Tom HUTCHISON	MV60	3	00:22:08	00:21:22	00:21:04	00:21:31	00:21:46	00:20:38	02:08:29	6	00:21:25
33	Paul CARTER	MV50	8		00:21:55				00:22:09	00:44:04	2	00:22:02
34	Kate DARBYSHIRE	FS	3	00:22:56	00:22:57	00:21:49	00:22:21	00:22:11	00:21:36	02:13:50	6	00:22:18
35	Tim HILL	MV40	5	00:26:40	00:21:31	00:19:57			00:21:49	01:29:57	4	00:22:29
36	Emily GRIFFITHS	FS	4					00:22:57	00:22:07	00:45:04	2	00:22:32
37	Victoria RANDALL	FS	5	00:22:18	00:23:22					00:45:40	2	00:22:50

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
38	Paul KING	MV60	4		00:25:42		00:24:10			00:49:52	2	00:24:56
39	Natalie HARGRAVE	FS	6	00:25:06	00:25:54					00:51:00	2	00:25:30
40	Lynn JONES	FV50	1	00:29:38		00:27:11	00:29:12	00:27:56	00:27:01	02:20:58	5	00:28:12



TBAC Annual Awards

By the Executive Committee

Following member feedback in a recent survey, Team Bath AC's annual awards are to be reinstated. The winners of the awards are to be nominated by the club's members, with winners considered and decided by coaches, the Exec and Trustees. There will be a prize for each winner.

Please complete the survey [here](#) to see the awards and make your nominations based on 2022 activities, by midnight on 18th December 2022. Nominations will be kept confidential. You don't need to nominate in every category - leave categories blank where you don't have a nomination.

The awards will be announced on Thursday 12th January following a shortened track session and will take place at the Lime Tree adjacent to the STV. Please arrive at the Lime Tree at 7, the presentation will start at 7:15pm and end by 8pm. Parents, please arrive earlier if you would like to order food for hungry children.

There will be an informal gathering for adults in town afterwards for those who are keen... please indicate on the survey so that we can make arrangements :-)



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.

If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences more generally, please do so [here](#). This ensures your preferences are updated within the TBAC membership records.

