

# THE BATH PLUG



TBAC on sparkling form at Sunday's Slaughterford 9

This week we celebrate more strong off-road running with results from Sunday's Slaughterford 9, a regular favourite in the local running calendar. Then we have a call out for interest in this June's Welsh Castles Relay, the favourite event of the year for many

Club runners. Mark reports on results from the Schools XC races last Saturday. And we wrap up with coach Paul King in the spotlight, telling us what got him into coaching and why he loves it - will he inspire you to join the coaching team?

Simon Brace.

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

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



## Slaughterford 9

22nd January

By [Paul King](#)

Main event at the weekend was the Slaughterford 9 race organised by Chippenham Harriers. A good day for TBAC with both the men and women taking the team prizes along with some excellent individual results.

Pride of place goes to Aidan Daniel winning the race in an impressive time of 54:20 followed by young Alex Hammond in 2<sup>nd</sup> place (56:25) and James Donald in 6<sup>th</sup>, again under the hour in a time of 59:55. Incidentally Alex raced the postponed Wilts Schools XC Champs the day before! Picture above of the winning TBAC mens team (from left: Alex Hammond; James Donald; Aidan Daniel).

TBAC female team consisted of Heather Fell who finished 2<sup>nd</sup> overall to Georgia Wood (AVR) but 1<sup>st</sup> senior female in a time of 1:06:17, followed by Laura Backhouse (1:11:14) and Cath Dale (1:15:28); Cath finishing as 1<sup>st</sup> FV50.

Other fine achievements from Nial Urquhart 1<sup>st</sup> MV60 in 1:06:59; David Vaudin 3<sup>rd</sup> MV60 (1:09:59) and Claire Riou 3<sup>rd</sup> FV60 (1:31:29).











## Welsh Castles Relay



## Welsh Castles Relay 2023

10th-11th June

By Mark Mackintosh

You'll be pleased to know that the Welsh Castles Relay is open for entries and planning is starting. This two day, 20 stage, 209 mile staggered relay stage race, is held mostly on

road but with many hills and mountains on route takes you from Caernarfon to Cardiff with an overnight stay in Newtown. Each team has 20 runners so as an individual you will run a stage that's between 7 and 13 miles. The race is organised by Les Croupiers Running Club Cardiff. Last year's race page is [here](#) - details are unlikely to change much for 2023.

Team Bath AC have a long history of entering this event and it is always a highlight in our summer calendar. Our women have been performing really well over the cross-country season and we therefore hope we can get both a women's and an open team out this year. We need to know within the next few weeks if we have enough interested runners for this to be viable. To help us with the decision, please can you let me, Mark Mackintosh, know through DMs on WhatsApp, or email [here](#), or tell me at club nights. From experience, we need at least 25 runners per team confirmed as interested at this stage to be confident of fielding a full team in June, as inevitably injuries or life will cause the odd person to drop out.

Runners can either follow the race for the whole weekend, or join for just the Saturday or Sunday. We will also need team captains and help organising logistics so please raise your hand if you can do that. We still need to work out costs but expect it to be around £35/runner to enter and then some other costs for travel and logistics - more on that soon. So get the dates in your diary and tell me you are keen to run this brilliant race - don't miss out - just do it now! 😊



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## Schools Cross-country races

21st January

By [Mark Thomas](#)

Several TBAC runners took part in the Wiltshire or Avon Schools' Cross-Country Races on Saturday 21st January. Apologies if I have missed any TBAC members - the results do not show club affiliation.



**Wiltshire Schools' Cross-Country Results.**

## Junior Girls (Years 8 &amp; 9)

1. Olivia Paul
2. Sophie Maxwell
20. Abi Tobin

## Intermediate Girls (Years 10 &amp; 11)

1. Tilly Nickell

## Minor Boys (Year 7)

13. Rory Osborne

## Junior Boys (Years 8 &amp; 9)

1. Tobi-Lee Loughlin

## Intermediate Boys (Years 10 &amp; 11)

1. Harry Maxwell
2. Josh Maxwell

## Senior Boys (Years 12 &amp; 13)

1. Alex Hammond
5. Felix Newton
8. Ben Wagstaff
9. Henri Cotineau

**Avon Schools' Cross-Country Results.**

## Junior Girls (Years 8 &amp; 9)

7. Polly Pennicott
11. Poppy Feasey

## Senior Girls (Years 12 &amp; 13)

5. Sofia Skidmore
8. Lottie Silverton

## Junior Boys (Years 8 &amp; 9)

2. Stanley Wyatt
3. Ollie Squire
6. Tom White
11. Daniel Kestell

## Intermediate Boys (Years 10 &amp; 11)

3. Charlie Haines
19. Sidney Williams

## Senior Boys (Years 12 &amp; 13)

1. Dylan Stoneman
  4. Finlay Davies
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## Inspired to coach?

By the Editor... and Paul King

I'm sure that most readers appreciate the backbone of any successful athletics club is the coaches. Here at Team Bath AC, we're no different. We are therefore always looking to appoint new volunteer coaches. To give you a flavour of coaching at the Club, we have a new regular feature here that puts the spotlight on one of our coaches, hoping to inspire you to get qualified and join the coaching team.

This week we have the one and only Paul King...

### **What is your coach title and qualifications?**

UKA Coach in Running Fitness (licenced since 2016); previously UKA Leader in Running Fitness (2013-16).

### **What/who/when do you coach?**

I am responsible for the Endurance Road/Trail Running Section (Seniors) of the club. This accounts for over 250 members. Fortunately, I am well supported by a number of Leaders in Running Fitness who work under my general guidance. I conduct the main coaching sessions held on a Tuesday and Thursday evening at the STV, University of Bath.

I also frequently support in person many of our athletes and teams at race events during the year. Well, someone has to put up the club tent and flags at meetings!

Much of my time is also devoted to planning the monthly training programme, weekly training and news email along with individual athlete programmes and support when required. I am a strong advocate of strength and conditioning training as an adjunct to running and promote and coach this to many.

I choose to be a volunteer coach with TBAC.

### **How did you get into coaching?**

I came to proper running relatively late having been a keen amateur footballer for most of my sporting life. My road event was the marathon and I ran my first (Edinburgh) in my fiftieth year. I subsequently joined TBAC in 2006 under the pupillage of Sue and Ray Brigden. My proudest moment was completing the World Majors Marathon Series (London, Berlin, Boston, Chicago, New York and Tokyo) in 2014.

Unfortunately, at the age of 60 my arthritic left hip required resurfacing joint replacement surgery (a consequence of far too much football in my younger years!). This all coincided with my planned retirement from a busy but rewarding career as a hospital consultant. I now had the time and energy to rehabilitate from my hip surgery as well as pursuing a long-term ambition to gain my higher UK Athletics Coaching qualifications alongside further practical training in strength and conditioning.

In 2017 I had the opportunity and privilege to take over the coaching responsibilities for the Endurance Running Section (Seniors) of the club succeeding Martin Rush and Mark Thomas. I had a 'big act' to follow!

**What do you love about coaching?**

I thoroughly enjoy my role as endurance running coach with TBAC and endeavour to share my drive, knowledge and passion with others. We have many excellent athletes at the club and I find the challenge of helping them to be 'the best they can be' very rewarding. It's amazing what can be achieved through combining human endeavour with smart training and conditioning. Along with a smile and appropriate humour of course!

**Why does the club need more coaches doing what you are doing?**

For the club to survive and grow it is essential we have a steady flow of enthusiastic and dedicated individuals who are prepared to assist and share the coaching load. This becomes more critical for the junior athlete groups where a much smaller coach to athlete ratio is essential to appropriately supervise and meet our safeguarding responsibilities.

**If someone is interested in coaching, what should they do?**

Come and talk to me and I will be very happy to explain the various coaching pathways available through the England Athletics training and accreditation programmes. If they decide to pursue a Leader and/or Coaching in Running Fitness programme then I am very willing to guide and mentor them through the process particularly with the practical elements.

We are also very fortunate that for the present the club's coach training needs is being generously supported by the Natasha Lewis Foundation.

Sport and physical exercise have been my lifelong companions and continue to be. They bring me great joy, emotion and well-being.

[Paul King.](#)





# RUN JUMP THROW!

**JOIN TEAM BATH AC  
365 JUNIOR ACADEMY!**

## **We're taking 7-14 year olds into our 365 Academy!**

Lead by qualified coaches, our youth development programme introduces budding athletes to the fundamental skills of athletics and provides a solid foundation for all other sports.

The sessions focus not only on how fast someone runs or how far they jump or throw but more importantly on developing their technical skills. There is also a focus on physical, mental and emotional development

Sessions are the University of Bath on Tuesday and Thursday evenings from 6pm and Sunday mornings 9:30-11am.

**Please contact [admin@teambathac.org](mailto:admin@teambathac.org)  
[teambathac.org](http://teambathac.org) | [@teambathac](https://www.instagram.com/teambathac)**





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