

THE BATH PLUG



Feeling chipper in Chippenham after TBAC's Parkrun takeover

After a quiet few weeks, TBACers were back in action this month. This year's Parkrun Champs is already in full swing with many runners bagging an early Skyline time, as well as joining the Club takeover at Chippenham. Malcolm reminds us of the competition format at the end of this week's Plug. Before then, you can read all about Elliott and Phil tearing up the tarmac on W-S-M's seafront. We then have more rapid road running at the

Wiltshire 10 miler; followed by the Carters on tour in Verona, both clocking very tidy HM times. Mark then keeps us up-to-date on the superb performances of our young guns racing track and XC.

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

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



Avis and King shine (silver) at the seaside!

16th February

By [Phil King](#)

With the brilliant Weston-Super-Mare Prom 5-mile 2022/23 road series fully under way, the February iteration was highly anticipated as 198 runners listened intently to the Race Directors final race instructions, 7.30pm Thursday 16th February!

All runners charged into a slight head wind in a southerly direction, before the first of four 180 degree turns to be navigated after about 400m. The 2 x 2.5 mile up and down laps are flat and fast along the promenade, with plenty of marshals to keep all runners in line, whilst warning the local dog walkers of the impending stampede of runners heading their way 😊. For a February race the conditions were favourable and the times achieved at all running levels reflected this.

Entry for a Club Athlete is just £8 and is great value. Parking close to the start/finish area is very accessible after 6pm!

Results as follows:

Elliott Avis & Phil King flew the flag for Team Bath AC (Apologies if I have missed anyone from TBAC).

SM Race winner was Weston AC's own star **Chris McMillan** in a rapid time of **25:26**.

2nd Place was our own **Team Bath AC** Runner **Elliott Avis** with a brilliant run for **26:15**.

3rd Place was Bitton Road Runners Robert Farley 26:19.

Senior Ladies

1st Place went to **Naomi Aylwin** of Bristol & West AC in an impressive time of **30:10**.

The Vets (V50) Category was also well contested!

1st > Matthew Robinson (Age 58) Bristol & West AC > **28:20**.

2nd > Phil King - Team Bath AC > **28:34**.

3rd > Steve Wood - Clevedon AC > 28:57.

Wishing ALL TBAC runners a very successful 2023! 😊





Wiltshire 10

12th February

By Paul King

The popular Wiltshire 10 mile race attracted a number of TBAC runners. Pete Grist ran a superb race finishing 2nd behind Simon Nott in a time of 55:46. Chris Moore (pics below) also managed to dip under the hour mark finishing 14th in a time of 59:57. Laura Parsonage ran strong to finish 2nd FV40 and 3rd Female in a time of 64:37 with Victoria Ratcliffe (2nd claim TBAC) finishing 1st FV40 in 63:14. There were also good performances from James Woosnam MV50 (65:11), Martin Couzins MV40 (65:22) and Bethan Francis (66:26).



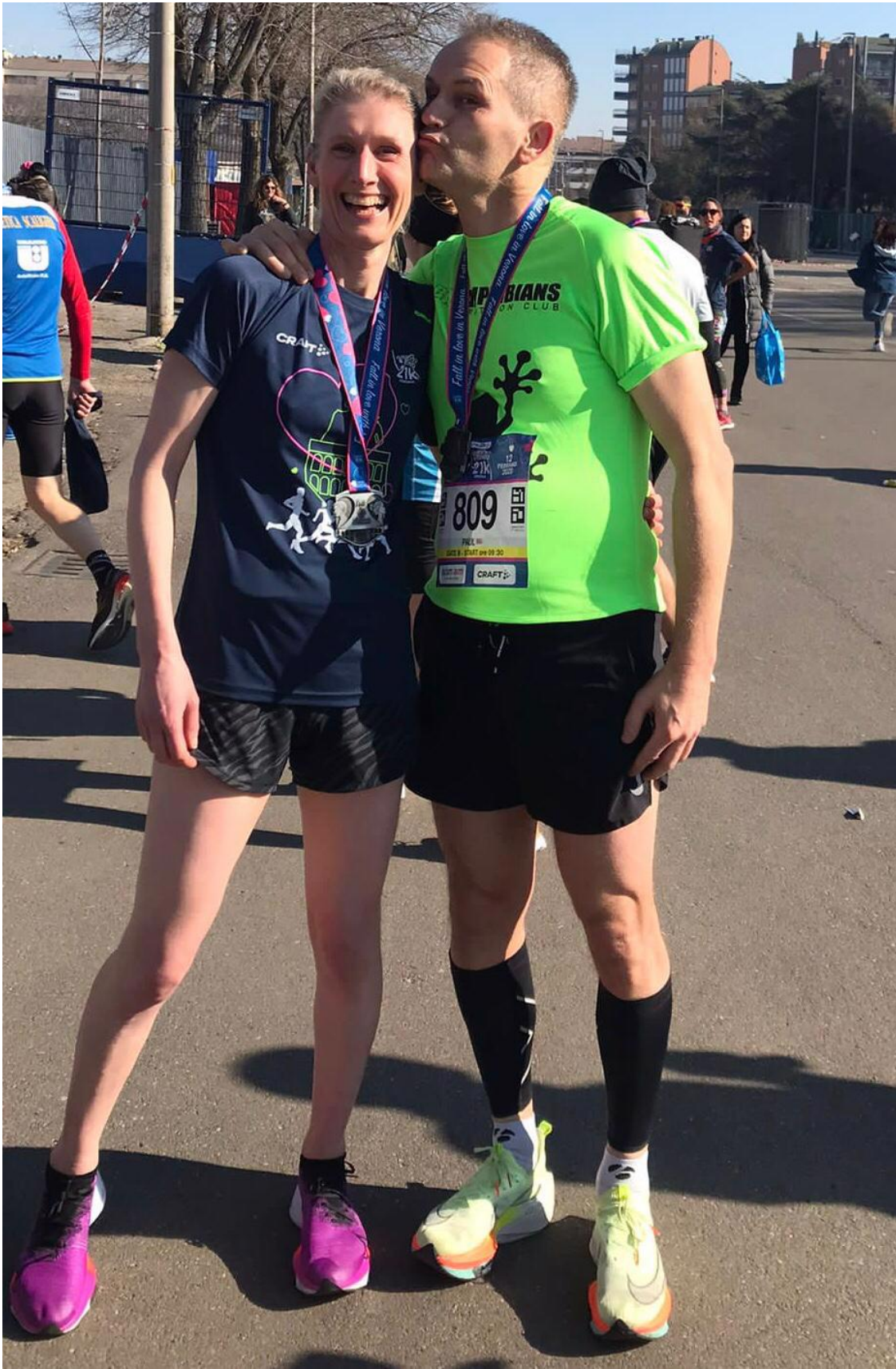


Giulietta e Romeo Half Marathon

12th February

By Mark Thomas

Husband and wife Paul and Jenny Carter were indulging in a romantic weekend in Verona and competing in the Giulietta e Romeo Half Marathon. Jenny took bragging rights by finishing in a time of 1:30:27 followed closely by Paul in a time of 1:35:22. They learnt later that they were unofficial world record breakers for the fastest combined married couple aggregate time for a half marathon!



England Athletics Championships

11-12th February

By Mark Thomas

Results from the England Athletics U20, U17 and U15 Championships in Sheffield on Saturday 11th and Sunday 12th February.

Charlie Staddon (MU20) 60m heat 6th 7.43s
Ashley Avis (MU17) 60m heat 3rd 7.27s (PB)
Eleni Francis (FU20) 60m heat 7th 8.15s (PB)
Charlie Haines (MU17) 800m heat 6th 2:06.20
Stanley Wyatt (MU15) 800m heat 4th 2:11.44
Stanley Wyatt (MU15) 800m semi-final 6th 2:10.37 (PB)
Charlie Staddon (MU20) 60mH heat 4th 8.41s (PB)
Charlie Staddon (MU20) 60mH final 8th 8.30 (PB)
Eleni Francis (FU20) LJ 6th 5.44m

South West Schools' Cross-country

4th February

By [Mark Thomas](#)

Club members were running for their County Schools' Athletics Association and the results do not, for the most part, show club affiliation. I apologise if I've missed anyone, but I've had to go on the names I recognise. Athletes were taking part from Gloucestershire, Wiltshire, Dorset, Avon, Somerset, Devon and Cornwall.

Senior Boys (Years 12 & 13) 6.9km

3rd Dylan Stoneman 21:50
7th Alex Hammond 22:18
17th Felix Newton 23:15
33rd Henri Cotineau 23:57
35th Ben Wagstaff 24:11
45th Finlay Davies 24:59

Intermediate Boys (Years 10 & 11) 5.4km

1st Harry Maxwell 16:59
6th Josh Maxwell 17:33
26th Charlie Haines 18:36

Junior Boys (Years 8 & 9) 3.2km

3rd Stanley Wyatt 11:39
5th Tobi Loughlin 11:44
31st Tom White 12:41
37th Ollie Squire 12:51
58th Daniel Kestell 13:24

Senior Girls (Years 12 & 13) 3.84km

15th Sofia Skidmore 13:41
33rd Lottie Silverton 14:31

Intermediate Girls (Years 10 & 11) 3.84km

3rd Tilly Nickell 12:41

Junior Girls (Years 8 & 9) 3.23km

12th Olivia Paul 11:21

13th Sophie Maxwell 11:21

43rd Polly Pennicott 12:13

TBAC Parkrun

January

By [Malcolm Treby](#)

January saw the launch of a new Parkrun Championship, with this year's events being:

- Bath Skyline
- Chippenham
- Somerdale Pavilion
- Southwick Country Park
- Pomphrey Hill
- Either Old Showfield or Chipping Sodbury (athlete's choice)

To add a greater social element, and to encourage lift sharing, we're going to visit one of these Parkruns on the first Saturday of the month, and Feb 4th saw a dozen of us take on Chippenham Parkrun, with most staying for coffee at a local cafe afterwards. We're next off to Somerdale Pavilion on the 11th March (to avoid clashing with the cross country on the first weekend).

If you'd like to take part, just make sure that you have linked to TeamBath AC on your Parkrun profile (click "manage my profile" from your results e-mail, then select "Groups" and then search for an join "TeamBath AC"), and then simply run at each of the above Parkruns during 2023 (you don't have to choose the weekend we go as a group), and volunteer at least once. I'll take your fastest time, and compile it into overall standings - first standings published next month. There's also a WhatsApp group [here](#) for all things TBAC Parkrun; any questions, please just email me [here](#).

Away from the Championships, there was the normal array of excellent Parkruns across the country. Ella Treby was the fastest woman, running 21:08 round a partially frozen Bath Skyline, and Otto Copping was fastest man, completing the Southwark course in a speedy 16:54. Full results below.

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Otto COPPING	Southwark parkrun	00:16:54	MS
2	Tobi LOUGHLIN	Burnham and Highbridge parkrun	00:17:00	MJ
3	Peter GRIST	The Old Showfield parkrun	00:17:48	MS
4	Charlie HAINES	Chipping Sodbury parkrun	00:17:52	MJ
5	Alex PARSONS	Bath Skyline parkrun	00:18:13	MS
6	Ben ASHBY	Mundy parkrun	00:18:40	MS
7	James DONALD	Haverfordwest parkrun	00:18:46	MS
8	Alessandro ZANCONATO	Stratford-upon-Avon parkrun	00:18:48	MS
9	Robert EATON	Bath Skyline parkrun	00:19:09	MS
10	David COALES	Chipping Sodbury parkrun	00:19:26	MV50
11	Themis BOWER	Cardiff parkrun	00:19:36	MS
12	Mike DOOLEY	Bath Skyline parkrun	00:20:01	MV50
13	James WOOSNAM	Bath Skyline parkrun	00:20:32	MV50
14	Isabel DAVIS	Stratford-upon-Avon parkrun	00:21:05	FS
15	Alex COPPING	Eastville parkrun	00:21:07	MV50
16	Ella TREBY	Bath Skyline parkrun	00:21:08	FJ
17	Malcolm TREBY	Bath Skyline parkrun	00:21:10	MV40
18	Creina O'SHEA	Bath Skyline parkrun	00:21:15	FS
19	Niall URQUHART	Bath Skyline parkrun	00:21:20	MV60
20	Stuart CURTIS	Bath Skyline parkrun	00:21:40	MV50
21	Elizabeth PITT	University Parks parkrun	00:21:55	FS
22	Mark MACKINTOSH	Bath Skyline parkrun	00:21:58	MV50
23	Nick PARRY	Bath Skyline parkrun	00:22:01	MV60
24	Brett RAYNES	Bath Skyline parkrun	00:22:13	MV50
25	Marianne CARPENTER	Bath Skyline parkrun	00:22:25	FV40
26	Ben HOLDING	Bath Skyline parkrun	00:22:28	MV40
27	Jenny CARTER	Bath Skyline parkrun	00:22:34	FV40
28	Cath DALE	Bath Skyline parkrun	00:23:11	FV50
29	Jo THOMPSON	Bath Skyline parkrun	00:23:15	FV60
30	Paul CARTER	Bath Skyline parkrun	00:23:18	MV50
31	Kate DARBYSHIRE	Bath Skyline parkrun	00:24:13	FS
32	Nigel OSBORNE	Bath Skyline parkrun	00:24:42	MV50
33	Tim HILL	Oxford parkrun	00:24:44	MV40
34	Claire FORSTER	Bath Skyline parkrun	00:24:53	FV40
35	Kelly MAKRAKI	Bath Skyline parkrun	00:24:57	FS
36	Nick KINGWELL	Chippenham parkrun	00:25:28	MV40
37	Helen DONALD	Haverfordwest parkrun	00:25:33	FS
38	Owen DAVIES	Bath Skyline parkrun	00:25:50	MS
39	Mike CHARLTON	Bath Skyline parkrun	00:26:52	MV60
40	Pat ROGERS	Bath Skyline parkrun	00:27:09	MV70+
41	Jim GODFREY	Bath Skyline parkrun	00:27:19	MV40
42	Alison VUAGNIAUX	Bath Skyline parkrun	00:28:01	FV60
43	Michael STANLEY	Swansea Bay parkrun	00:37:17	MV60
44	Janice RAMBRIDGE	Bath Skyline parkrun	00:53:34	FV70+



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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