

THE BATH PLUG



TBAC, pitting their skills (and smiles!) against the competition at Pitville Park

Short and sweet this week. First up, XC from last weekend - TBAC turned out in full force in the third round of the Gloucester League, returning some outstanding performances. Then we pop down to Barcelona where the Glynn's ran a super-speedy half-marathon,

clocking an impressive aggregate time. After that, we turn to Oz (Iain Osborne), one of our brilliant volunteers, with a quick Q&A on what he does for the club and why. And finally, we wrap-up with details of the Natasha Lewis Open, which is in fact two Junior Opens, in April and May - entries are free!

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

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



Gloucester Cross-country league

18th February

By Paul King

A good day out for the senior men, masters men and senior ladies at Pitville Park, Cheltenham for Race 3 of the Gloucester XC League. The senior men managed to go one place better than the previous races by overhauling Western Tempo but still falling short of a very strong University of Bath team. Individually pride of place went to Leon Chevalier* who powered away after the first lap to win the senior men's race comfortably. What was more impressive was the fact that Leon had decided to get some extra training in by cycling from Bath to Cheltenham prior to the race!

The remaining scorers for the senior men 'A' team were Elliott Avis (7th), Aiden Daniel (8th), Alex Hammond (11th), Andy Fooks (15th) and Sam Rawes (17th). TBAC masters men comprising of Andy Fooks, Stephen Rose, Pat Cobb and Chris Maxwell finished a very creditable 2nd overall to Western Tempo.

There were also excellent individual age group performances with Steve Rose finishing 1st MV50, Nial Urquhart 1st MV60 and Tom Hutchison 1st MV65.

The senior ladies maintained their 2nd overall team position losing out to a very strong Western Tempo team. Amber Gascoigne was again the first TBAC lady home in 3rd place (1st FV40), with Annabelle Wallace (9th) and Ella Treby (15th) completing the 'A' team. Unfortunately, due to illness and injury we were unable to field a full masters ladies team.

There were also some notable individual and team performances in the U17 Mens, U15 Boys and U11 Boys.

Addendum

[By the Editor](#)

*For those unaware, we are privileged to have a genuine star join our ranks in Leon Chevalier. Leon is a pro triathlete, who at the end of 2022, stood 13th in the world in the [PTO rankings](#). Among other achievements, in 2021 Leon won Ironman Mallorca, while in 2022, Leon finished 6th in the Ironman World Champs (the delayed 2021 race that took place in Utah). So if you see Leon gliding off into the distance at pace and with ease, don't be too disheartened - he's on another level!

















Barcelona Half Marathon

19th February

By [Paul King](#)

Husband and wife team Brian and Amy Glynn completed the Barcelona Half Marathon with Brian finishing in a time of 1:16:47 and Amy 1:34:54. Following on from the exploits of Jenny and Paul Carter at the Verona HM last week, Brian and Amy have now taken over the mantle of unofficial world record holders for the combined husband and wife HM time! This could be the start of something big for TBAC couples!

Addendum

By [the Editor](#)

Prompted by all these competitive couples, Kim and I are making a claim for the "unofficial vets record" with a 1:38:28 and a 1:17:25 at last year's Bath Half. I can think of a few other speedy couples, so let me know if you've also got an unofficial claim at any distance, and I'll consider writing up a couples-special article. If it helps your case for a claim, feel free to invent your own category, just as I've done :)





Inspired to volunteer?

By the Editor... and Iain Osborne (aka Oz)

The backbone of our club are the volunteers, be they coaches like Paul King and Mark Thomas (as profiled in previous Plugs), the Exec Committee, or Team Managers (many volunteers are ALL of these!). This regular feature puts the spotlight on such heroes, hoping to inspire others to step forward and join the team. This week we have a Q&A with Oz... who, when he's not managing our youngsters, is a dab hand with the hammer!

What is your volunteer title?

Junior Track & Field Manager, and Executive Committee member.

What do you manage?

I manage the U11, U13 and U15 Track & Field Teams.

How did you get into volunteering?

I was approached by the Committee and asked if I would help to try and improve the number of U11's competing in the Avon League. This quickly morphed into running 3 age groups across 2 leagues. When one of the Track & Field reps on the Exec Committee stood down, I was asked if I would join.

What do you love about your role?

What I love about the role is watching our young athletes challenge themselves, try their hardest and be the best they can be. I love seeing their determination, ability, confidence and most importantly friendships develop. Volunteering means I get to meet so many amazing people who give up so much time and energy to enable our kids to do what they love.

Why does the club need more members doing what you are doing?

The Club runs largely on the hard work and effort of a few volunteers. Getting involved in the running of the club is a great way to meet others and help to ensure that we continue to develop the club. The more people we have involved, the more ideas and energy we have. It's a great way to give something back to the club that gives us all so many opportunities.

If someone is interested in volunteering , what should they do?

If you can give any help, in any way, you can speak to us at any club night. Lucie and I are always around (I'm usually throwing heavy things in the middle of the field!) or you can email Lucie [here](#).



NATASHA LEWIS OPEN
FREE ENTRY U11, U13, U15
MEET 1: 26TH APRIL
MEET 2: 10TH MAY
6PM - 9PM, STV UNIVERSITY OF BATH

GO WELL, GO HARD, SMILE.



 Natasha Lewis
 Foundation.

Natasha Lewis Track & Field Open

Save the date!

April & May

By [Iain Osborne](#)

To encourage more junior participation in track and field competitions, this year we are organising two Junior Opens. The Natasha Lewis Open will take place on Wednesday 26th April and Wednesday 10th May between 6pm and 9pm.

The event will be funded by the Natasha Lewis Foundation, and to make it as accessible as possible, entries will be free (maximum capacity TBC). Entries will open soon via Roster Athletics and will be open to U11, U13 and U15 athletes.

We will need lots of help on those evenings to help make them a success. The kind of jobs that will need filling are:

- Helpers in the field and track
- Results recorders
- Runners to take results to the admin desk
- People to enter results into the database
- Someone to organise a raffle maybe
- General help to set up/pack away

The more people we have to help, the easier it will be for everyone.

If you are interested in helping or entering, please contact Oz [here](#).



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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