

THE BATH PLUG



A fine nine... to count at the XC Nationals

This week we continue the cross-country theme with some stella performances in the National Champs at Bolesworth Castle. While the XC season comes to a climax, half-

marathon season is now in full swing with results from three different races last Sunday.

We wrap up with Malcolm's update on our Parkrun Champs, a competition that has no season - running all year long, there remains plenty of time to get involved and run all 6 courses that count. Next Saturday, TBACers will be descending en masse to Somerdale Parkrun, with rumours of cake afterwards - what's not to love!

Simon Brace.

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

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

National Cross-country Championships

25th February

By Paul King

We managed to field a full team of 9 runners for the Senior Men led by team captain James Donald (pic below). Aidan Daniel was 1st home in 250th in a time of 41:52 with the remaining team all within minutes of each other. This left the team in 37th position for the 6 scorers and a brilliant 24th for the 9 scores ranking. Well done team! Amy Glynn (pic below) was the only Senior Female entry for this year's championship.

Alex Hammond managed a respectable 75th (36:21) in the Junior Men. Performances of the day went to Tilly Nickel who finished 20th (19:26) in the U17 Women and Tobi Loughlin (pic below) 24th (15:33) in the U15 Boys events. Other commendable runs came from Stanley Wyatt 70th (16:12) also in the U15 Boys and Olivia Paul 79th (12:33) in the U13 Girls.

Full results courtesy of Mark Thomas:

[English National XC Championships held at Bolesworth Castle](#)

Oliva Paul (FU13) 3 km, 80th, 12:33

Tobi Loughlin (MU15) 4 km, 24th, 15:33

Stanley Wyatt (MU15) 4 km, 71st, 16:12

Tilly Nickell (FU17) 5 km, 20th, 19:26

Amy Glynn (SW) 8 km, 391st, 41:21

Ashia Reader (SW) 8 km, 416th, 41:57

Alex Hammond (MU20) 10 km, 75th, 36:21

Aidan Daniel (SM) 10 km, 251st, 41:52

Dan Jones (V35) 10 km, 357th, 43:29

Brian Glynn (SM) 10 km, 433rd, 44:26

James Donald (V35) 10 km, 436th, 44:26

Steve Rose (V50) 10 km, 455th, 44:41

Nicolas Fournier (V45) 10 km, 683rd, 47:44

Craig Bridges (V35) 10 km, 741st, 48:32

Tim Hill (V45) 10 km, 796th, 49:24







Wokingham Half Marathon

26th February

By [Ben Holding](#)

The Wokingham Half Marathon is a great course for a PB but it is not flat with an early hill, dead turn and several motorway bridges to tackle. However, if you get over those hills at a good tempo you are rewarded with long and fast descents.

Like last year the weather looked like it was going to be cold and/or raining but on the day the sun shone brightly - with a fairly strong head wind on the outbound 10/15k.

How I got on:

My race was run on the premise that I would kick for home after the last hill with around 2k to go. From Coach Paul's sessions, I am getting a good idea of what pace I can hold and for how long at the end of a race. However, I misjudged my splits in the middle section believing I was doing better than I was, so I had a shock when it looked like I had 7 or so minutes left. The planned kick at the end turned into a desperate grasp at matching my pb or at least getting close (please don't look at the race photos - they're all teeth and grimaces). At first, it looked like I crossed the line 1 second over but official results had me 2 seconds under. Phew.

I do highly recommend this race; it's well organised, there is good competitive runners at all levels and pacers up to 1:25 (there was last year), but it is a long drive on the M4 and parking is tight when getting there late - but I scrapped a 2 second improvement so sort of worth it?!?



Half Marathon results

26th February

By Paul King

Wokingham Half Marathon

Ben Holding: 1:21:40

Louis O'Shaughnessy: 1:23:22

Brighton Half Marathon

FV50 Lisa Bennett ran a very impressive 1:35:21. There were also good runs from Chris Quick (1:32:46), Will Hawking (1:38:55), Nick Worboys (1:39:51), and Antonia White

(1:51:23).

Hampton Court Half Marathon

Matt Levett managed a 1:23:04 PB, knocking 1min20 off his previous best (pic below).



Parkrun Championships update

February

By [Malcolm Treby](#)

I write this latest Parkrun update having been lucky enough to just have returned from cycling for a week with Bath CC in Spain. Our group was a mixture of those I knew and didn't, but as we bonded together over the week, we supported each other and together completed rides we wouldn't have managed on our own and I think we all returned stronger. This month I've also seen the same in Parkrun, with groups forming and testing each other and, as a result, running faster times than they would have otherwise. It's one of the benefits that the regular, informal, competition of Parkrun brings. Looking at the first cut of the overall championships this is plainest in the women's category, where Creina O'Shea turned around a 7 second deficit at Bath to beat Ella Treby by 9 seconds at Chippenham the week after (Ella leads the overall standings though, due to also having run a fast time at Pomphrey Hill). They ran the 2nd and 3rd fastest times of the month too, just a few seconds behind Issy Davies who ran 19:41 at the non-Championship Moors Valley course.

Early days in the men's competition with Tobi Loughlin the only top 5 runner to have completed more than one course. His 17:34 average is in touch with Aidan Daniel's 17:02 that currently leads the way. A nice win for James Donald at Somerdale opened his Parkrun account at the top of the V40s, and with 11 V50s already competing, that again looks to be making a bid as the most competitive category. Remember it's your age midway through the year (1st July) that sets your age category for the year. The fastest TBAC men's time anywhere this month was Alex Carter's 16:26 at Lydiard.

Reminder: we will be targetting Somerdale Pavilion parkrun on 11th March. Lift sharing, post run cafe details etc, will be shared on the [TBAC Parkrun WhatsApp](#).

Fastest TBAC Parkruns

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Lydiard parkrun	00:16:26	MS
2	Aidan DANIEL	Chippenham parkrun	00:17:02	MS
3	Charlie HAINES	Chipping Sodbury parkrun	00:17:33	MJ
4	Robert EATON	Eden Project parkrun	00:17:37	MS
5	Otto COPPING	Southwark parkrun	00:17:49	MS
6	Tobi LOUGHLIN	Chippenham parkrun	00:17:50	MJ
7	Alessandro ZANCONATO	Moors Valley parkrun	00:18:15	MS
8	James DONALD	Somerdale Pavilion parkrun	00:18:49	MV40
9	Ewen MALLOCH	Lancaster parkrun	00:19:03	MV40
10	Peter GRIST	Tetbury Goods Shed parkrun	00:19:06	MS
11	Chris MAXWELL	Chippenham parkrun	00:19:14	MV50
12	David COALES	Rogiet parkrun	00:19:15	MV50
13	Thomas DAVIES	Bath Skyline parkrun	00:19:36	MS
14	Isabel DAVIS	Moors Valley parkrun	00:19:41	FS
15	Malcolm TREBY	Chippenham parkrun	00:19:47	MV50
16	Creina O'SHEA	Chippenham parkrun	00:19:49	FS
17	Ella TREBY	Chippenham parkrun	00:19:58	FS
18	Gary HUGHES	Somerdale Pavilion parkrun	00:20:02	MV60
19	Niall URQUHART	Chippenham parkrun	00:20:13	MV60
20	Elizabeth PITT	Bushy parkrun	00:20:21	FS
21	Tim HILL	Somerdale Pavilion parkrun	00:20:22	MV40
22	Benjamin ROBINSON	Dulwich parkrun	00:20:25	MS
23	Mark MACKINTOSH	Chippenham parkrun	00:20:26	MV50
24	James WOOSNAM	Pomphrey Hill parkrun	00:20:44	MV50
25	Jo THOMPSON	Chipping Sodbury parkrun	00:20:57	FV60
26	Marianne CARPENTER	Exeter Riverside parkrun	00:21:14	FV40
27	Alex COPPING	Bushy parkrun	00:21:16	MV50
28	Brett RAYNES	Finsbury parkrun	00:21:16	MV50
29	Stuart CURTIS	Bath Skyline parkrun	00:21:22	MV50
30	Matthew LEVETT	Bath Skyline parkrun	00:21:36	MV40
31	Emily GRIFFITHS	The Old Showfield parkrun	00:21:36	FS
32	Jenny CARTER	Bath Skyline parkrun	00:21:38	FV50
33	Ben HOLDING	Chippenham parkrun	00:21:53	MV40
34	Cath DALE	Chippenham parkrun	00:22:04	FV50
35	Tom HUTCHISON	Chippenham parkrun	00:22:24	MV60
36	Jorge CROCKFORD	Bath Skyline parkrun	00:22:40	MS
37	Paul CARTER	Bath Skyline parkrun	00:23:09	MV50
38	Steve HALE	Plymvalley parkrun	00:23:12	MV60
39	Kelly MAKRAKI	Chippenham parkrun	00:23:36	FS
40	India IBBOTSON	The Wammy parkrun	00:23:37	FS
41	Nigel OSBORNE	University Parks parkrun	00:24:11	MV50
42	Kate DARBYSHIRE	Bath Skyline parkrun	00:24:12	FS
43	Mike CHARLTON	Bath Skyline parkrun	00:24:45	MV60
44	Andy MULLETT	Eden Project parkrun	00:24:45	MV60
45	Jim GODFREY	Bath Skyline parkrun	00:25:57	MV40
46	Natalie HARGRAVE	Basingstoke parkrun	00:26:25	FS
47	Pat ROGERS	Bath Skyline parkrun	00:26:47	MV70+
48	Lynn JONES	Chippenham parkrun	00:28:32	FV50
49	Patrick COBB	Bath Skyline parkrun	00:29:52	MV40
50	Michael STANLEY	Hilly Fields parkrun	00:38:04	MV60
51	Marcus FIELD-RAYNER	Clare Castle parkrun	00:41:07	MV70+
52	Janice RAMBRIDGE	Bath Skyline parkrun	00:52:49	FV70+

Position	Runner	Category	Cat Pos	Chipping			Southwick		Somerdale		Total Time	Parkruns	Average Time
				Bath Skyline	Sodbury/ Old Showfield	Pomphrey Hill	Country-park	Chippenham	Pavilion				
1	Aidan DANIEL	MS	1						00:17:02		00:17:02	1	00:17:02
2	Charlie HAINES	MJ	1		00:17:33						00:17:33	1	00:17:33
3	Tobi LOUGHLIN	MJ	2		00:17:18				00:17:50		00:35:08	2	00:17:34
4	Peter GRIST	MS	2		00:17:48						00:17:48	1	00:17:48
5	Alex PARSONS	MS	3	00:18:13							00:18:13	1	00:18:13
6	James DONALD	MV40	1						00:18:49		00:18:49	1	00:18:49
7	Robert EATON	MS	4	00:19:09							00:19:09	1	00:19:09
8	Chris MAXWELL	MV50	1						00:19:14		00:19:14	1	00:19:14
9	David COALES	MV50	2		00:19:26				00:19:39		00:39:05	2	00:19:32
10	Thomas DAVIES	MS	5	00:19:36							00:19:36	1	00:19:36
11	Mike DOOLEY	MV50	3	00:20:01							00:20:01	1	00:20:01
12	Gary HUGHES	MV60	1						00:20:02		00:20:02	1	00:20:02
13	Malcolm TREBY	MV50	4	00:21:10		00:19:50			00:19:47		01:00:47	3	00:20:16
14	Ella TREBY	FS	1	00:21:08		00:20:04			00:19:58		01:01:10	3	00:20:23
15	Creina O'SHEA	FS	2	00:21:15					00:19:49		00:41:04	2	00:20:32
16	James WOOSNAM	MV50	5	00:20:32		00:20:44					00:41:16	2	00:20:38
17	Niall URQUHART	MV60	2	00:21:20					00:20:13		00:41:33	2	00:20:46
18	Mark MACKINTOSH	MV50	6	00:21:58		00:20:34			00:20:26		01:02:58	3	00:20:59
19	Stuart CURTIS	MV50	7	00:21:22							00:21:22	1	00:21:22
20	Matthew LEVETT	MV40	2	00:21:36							00:21:36	1	00:21:36
21	Emily GRIFFITHS	FS	3		00:21:36						00:21:36	1	00:21:36
22	Jenny CARTER	FV50	1	00:21:38							00:21:38	1	00:21:38
23	Nick PARRY	MV60	3	00:22:01							00:22:01	1	00:22:01
24	Alessandro ZANCONI	MS	6	00:22:02							00:22:02	1	00:22:02
25	Jo THOMPSON	FV60	1	00:22:36	00:20:57	00:22:32	00:22:20				01:28:25	4	00:22:06
26	Ben HOLDING	MV40	3	00:22:28					00:21:53		00:44:21	2	00:22:10
27	Brett RAYNES	MV50	8	00:22:13							00:22:13	1	00:22:13
28	Alex COPPING	MV50	9						00:22:14		00:22:14	1	00:22:14
29	Tom HUTCHISON	MV60	4						00:22:24		00:22:24	1	00:22:24

Position	Runner	Category	Cat Pos	Chipping			Southwick		Somerdale		Total Time	Parkruns	Average Time
				Bath Skyline	Sodbury/ Old Showfield	Pomphrey Hill	Country-park	Chippenham	Pavilion				
30	Marianne CARPENTE	FV40	1	00:22:25							00:22:25	1	00:22:25
31	Cath DALE	FV50	2	00:23:11					00:22:04		00:45:15	2	00:22:37
32	Jorge CROCKFORD	MS	7	00:22:40							00:22:40	1	00:22:40
33	Paul CARTER	MV50	10	00:23:09							00:23:09	1	00:23:09
34	Tim HILL	MV40	4	00:24:57					00:24:53	00:20:22	01:10:12	3	00:23:24
35	Kate DARBYSHIRE	FS	4	00:24:12							00:24:12	1	00:24:12
36	India IBBOTSON	FS	5		00:22:42				00:25:46		00:48:28	2	00:24:14
37	Kelly MAKRAKI	FS	6	00:24:57					00:23:36		00:48:33	2	00:24:16
38	Nigel OSBORNE	MV50	11	00:24:42							00:24:42	1	00:24:42
39	Mike CHARLTON	MV60	5	00:24:45							00:24:45	1	00:24:45
40	Claire FORSTER	FV40	2	00:24:53							00:24:53	1	00:24:53
41	Nick KINGWELL	MV40	5						00:25:28		00:25:28	1	00:25:28
42	Owen DAVIES	MS	8	00:25:50							00:25:50	1	00:25:50
43	Jim GODFREY	MV40	6	00:25:57							00:25:57	1	00:25:57
44	Pat ROGERS	MV70+	1	00:26:47							00:26:47	1	00:26:47
45	Alison VUAGNIAUX	FV60	2	00:28:01							00:28:01	1	00:28:01
46	Lynn JONES	FV50	3						00:28:32		00:28:32	1	00:28:32
47	Patrick COBB	MV40	7	00:29:52							00:29:52	1	00:29:52
48	Michael STANLEY	MV60	6	00:39:31							00:39:31	1	00:39:31
49	Janice RAMBRIDGE	FV70+	1	00:52:49							00:52:49	1	00:52:49



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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