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Triumphant TBAC, led by our Ladies!

It seems that TBAC enjoyed its own Super-Sunday last weekend, with results coming in so thick and fast I could smell the cogs burning in my vidiprinter. From XC, to road racing, to multi-sport, to multi-terrain - brilliant performances across the board. So get stuck in!

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 5th March

By Paul King

At the last fixture of the Gloucester XC League at Over Farm Park, Gloucestershire, the Senior Women just managed to hold onto their 1<sup>st</sup> overall team position for the season from Weston Tempo. Both the Senior Men and Masters Men maintained their 2<sup>nd</sup> overall team positions, with the Seniors losing out to a very strong University of Bath squad, and the Masters to a consistent Weston Tempo. The final race of the season saw Amber Gascoigne again first home for the Senior Women with the remaining scorers being Isabel Davis and Ella Treby. Consistent Aidan Daniel was first Senior Man home with the remaining scorers being Elliott Avis, Pete Dyson, Andy Fooks, Sam Rawes and Brian Glynn. The Masters Men was led by Andy Fooks supported by Steve Rose, Mike Dooley and Malcolm Treby.

The final positions for the Senior Women, Senior Men and Masters Men confirmed as follows:

U20 Ladies - Annabelle Wallace, Silver.

L40 - Amber Gascoigne, Gold.

L45 – Marianne Carpenter, Silver.

The Senior Women took 2<sup>nd</sup> place.

U11 Boys – Zac Flemming, Silver.

Albert Jacubowski, Bronze.

The U11 Boys team also took 1st place.

U15 Boys - Tobi Loughlin, Bronze.

The U15 Boys team took 2<sup>nd</sup> place.

U17 Men - Harry Maxwell, Gold.

The U17 Mens team also took 1st place.

SM - Leon Chevalier, Gold.

Aidan Daniel, Bronze.

The Senior Men took 2<sup>nd</sup> place.

M45 – Andy Fooks, Gold.

M50 - Steve Rose, Gold.

M55 – Mike Dooley, Bronze.

M65 - Tom Hutchison, Gold.

The Mens Masters also took 2<sup>nd</sup> place.

Full results courtesy of Mark Thomas:

Gloucester League XC on Sunday 5th March at Over Farm

#### MU20/SM/MV 9.4K

- 7 323 Aidan Daniel Team Bath AC SM/02 32:59
- 12 313 Elliott Avis Team Bath AC SM/05 33:20
- 13 648 Pete Dyson Team Bath AC SM/06 33:24
- 14 332 Andy Fooks Team Bath AC MV45/01 33:38
- 15 363 Samuel Rawes Team Bath AC SM/07 33:44
- 22 337 Brian Glynn Team Bath AC SM/09 34:49
- 25 345 Daniel Jones Team Bath AC SM/12 34:54
- 34 327 James Donald Team Bath AC SM/18 35:38
- 39 364 Stephen Rose Team Bath AC MV50/01 35:53
- 43 649 Robert Eaton Team Bath AC SM/21 36:18
- 71 328 Mike Dooley Team Bath AC MV55/03 39:38
- 83 749 Malcolm Treby Team Bath AC MV45/12 41:00

### FU17+/MU17/MV65+ 6.4K

- 7 334 Amber Gascoigne Team Bath AC LV40/01 24:30
- 12 326 Isabel Davis Team Bath AC SL/04 25:36
- 21 368 Ella Treby Team Bath AC LU20/03 27:02
- 40 336 Amy Glynn Team Bath AC SL/13 28:55
- 63 359 Natasha Perks Team Bath AC SL/17 30:43
- 68 347 Makraki Kalliopi Team Bath AC SL/20 30:53
- 73 362 Victoria Randall Team Bath AC LV35/06 31:11
- 90 349 Paul King Team Bath AC MV65/04 33:00

### MU15/FU15 5.0K

- 2 350 Tobi-Lee Loughlin Team Bath AC MU15 17:23
- 4 374 Thomas White Team Bath AC MU15 19:26
- 8 348 Daniel Kestell Team Bath AC MU15 20:21
- 18 330 Poppy Feasey Team Bath AC LU15 22:35
- 19 316 Gertie Blewitt Team Bath AC LU15 22:39

#### MU13/FU13 3.4K

18 354 James Morgan Team Bath AC MU13 15:15

### MU11/FU11 2.0K

- 2 344 Albert Jakubowski Team Bath AC MU11 07:23
- 5 367 Alexander Stokes Team Bath AC MU11 07:36
- 47 703 Lewis Morgan Team Bath AC MU11 09:37



## **Tokyo Marathon**

5th March

By Nigel Osborne

I'd signed up to run the Tokyo marathon pre Covid, but that and Japan's prolonged ban on international visitors had pushed the date to March this year.

Japan is still only just relaxing covid restrictions. The 2023 marathon app required every runner to submit a temperature reading each day in the week running up to the start, as well as two negative covid test results (free issue at the expo).

Mask wearing both indoors and outdoors is still government recommendation and 99% of Japanese seem to comply. The event also required it in the start corrals, although I wondered why, as I was surrounded by the 30,000 most heavily screened people in the country!

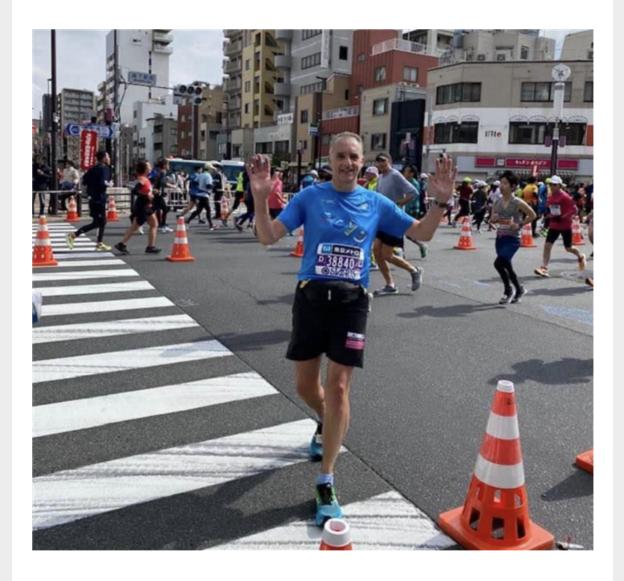
Timing chip is an 'old school' IC tag attached to your shoe, and staring down I realised the American runner next to me had identical trainers. I mused on their journeys from the same factory in China, to the US and UK respectively, before being 'reunited' on the start line in Tokyo.

Weather conditions were ideal, dry but cool. My condition was less so, older and less fit than when I had originally entered. Nevertheless I enjoyed the race, having set my goal just to finish rather than hit a particular time.

The route is pretty flat, and branch like, so it doubles back on itself three or four times. The twin advantages of that were that I got to see the elite runners go by on one section, and my wife, who was supporting me (thanks Louise), was able to find several spots to see me run past.

As this has been the first Tokyo marathon for international entrants since 2019, there were a backlog of runners there to finally become Abbott six star finishers. Many had an additional bib on their backs to signify it was their sixth event. I thought there seemed to be a lot of them, and that was confirmed afterwards when I read more than 3,000 people became six star finishers on the day. About 10% of all those running!

My eventual finish time was 4:21, a fair way off my PB, but at least bucking my recent trend of running every marathon slower than the last. Hopefully that will continue with the next one!



## Half Marathon (and 10k) results

5th March

By Paul King

There were also a number of half marathon races dotted around attracting TBAC runners.

An excellent performance and PB for TBAC newcomer James Reeder who clocked a very impressive time of 66:28 finishing 6<sup>th</sup> at the **Cambridge Half Marathon**. James was running for his home club of Ipswich Harriers but he's been training with the senior TBAC squad for the last 2 to 3 months having recently relocated to Bath. First pic below.

At the **Anglesey Half Marathon** Dan Soltys finished on the podium in 3<sup>rd</sup> position with a solid time of 72:12. Second pic below.

The **Dorney Lake Half Marathon** was an option for a number of TBAC runners as part of their Spring marathon preparations. Pat Cobb had a first-rate run, finishing 5<sup>th</sup> (1<sup>st</sup> MV40) in a PB time of 77:43. Third pic below. TBAC newcomers Mark Zimmerman (1:26:44) and Sam Brock (1:32:45) also had impressive runs.

Bethan Francis opted for the DB Max **Castle Coombe 10k** and cracked the sub 40 barrier finishing as 2<sup>nd</sup> female in a time of 39:06.







## **Ironman South Africa**

5th March

By Paul King

Leon Chevalier proved to be a class act winning the Ironman South Africa at the weekend in a combined time of 7:11:44. It's good to see that Leon benefited from his cross-country season with TBAC!



# **English Standard Distance Duathlon Champs**5th March

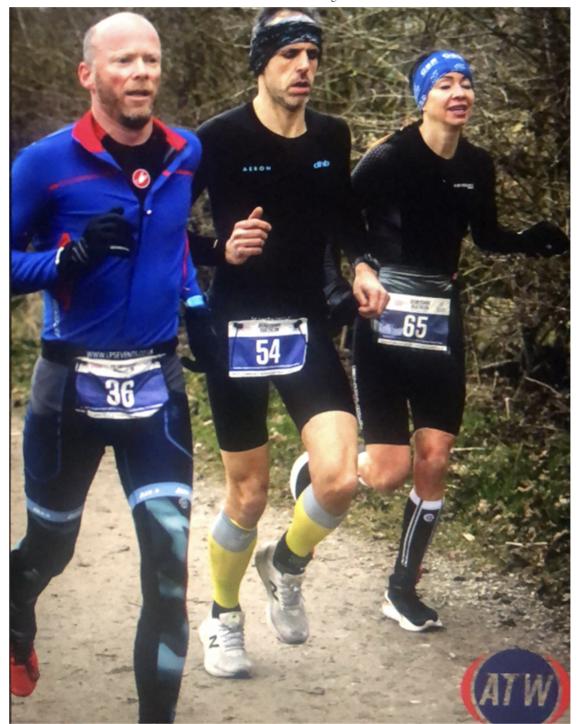
By Marianne Carpenter

Marianne - 10th female, 1st in AG (English Champ FV50-54).

Andy Alcorn - 4th in MV 55-59.

Pics below. Absolutely baltic - 1.5 degrees all day.





## The Grizzly 5th March

By Paul King

Chris Maxwell tackled the Grizzly 2023 last weekend - a multi-terrain race across the glorious East Devon coastline and countryside. He had a solid run finishing 5<sup>th</sup> MV50 in a time of 2:49:18. He was however attempting to beat well known triathlete Chrissie Wellington and just missed out!





Chris getting a post-race hose-down!



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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