

THE BATH PLUG



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 1st overall team position for the season from Weston Tempo. Both the Senior Men and Masters Men maintained their 2nd 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 2nd place.

U11 Boys – Zac Flemming, Silver.

Albert Jacobowski, Bronze.

The U11 Boys team also took 1st place.

U15 Boys – Tobi Loughlin, Bronze.

The U15 Boys team took 2nd 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 2nd place.

M45 – Andy Fooks, Gold.

M50 – Steve Rose, Gold.

M55 – Mike Dooley, Bronze.

M65 – Tom Hutchison, Gold.

The Mens Masters also took 2nd 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
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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 6th 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 3rd 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 5th (1st 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 2nd 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 5th 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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