

# THE BATH PLUG



One of our fastest ever relay teams, bagging 10th at the Midland 12 Stage Road race... but who's hiding the baton?!

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The track & field season is now firmly underway; we've got our monthly Parkrun update; all manner of road racing, including more half-marathons than you can shake a carbon plate at; and rapid racing at the Relays by the lads. On your marks, get set, get stuck in!

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

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## Midland 12 Stage Road Relays

1st April

By [Aaron Pritchard](#)

After the success of the road relays in the autumn, we were ready to build on the 'road relay momentum' and enter a strong team in the Midland 12 Stage Road Relay. The 12 stages involved 4 long legs of 8.5km each and 8 short legs, each 5km long.

Alex Carter started the team off with an impressive 27:30, finishing leg 1 in 6th overall. The remaining 3 long legs were completed by Dan Soltys, Dan Jones and Elliott Avis in 29:52, 29:54 and 29:06, respectively, leaving Team Bath in 11th heading into the short legs.

Sam Rawes started the 5k legs with a 17:41 clocking on the 'not flat' course. Next up were Alex Tanner (17:51), Andy Fooks (16:59), Pete Grist (17:02) and Aaron Pritchard (16:10) where positions were exchanged with Worcester and North Somerset AC, leaving us in a close showdown for the top 10. Ewen Malloch (17:57), Owen Lythell (19:07) and Aidan Daniel (17:14) closed well and confirmed our top 10 finish.

After over 4 hours of racing and cheering, TBAC had achieved one of their most successful 12 Stage Relay performances to date, comfortably qualifying for the National 12 Stage Road Relays on the 15th April.









## Rose & King gain V50 PBs at Reading Half Marathon but Stoneman steals the show!

2nd April

By Phil King

The 41<sup>st</sup> running of the Reading HM witnessed 4,606 runners complete the twisty and undulating course in fresh and breezy conditions, making all running achievements for the day thoroughly deserved.

The race course showcases much of the city centre of Reading, including a twisty trip around the University Campus before a challenging final 400m takes you towards the Madejski Stadium where all runners complete half a lap around the edge of Reading FC football pitch. One of the iconic finishes to a HM in the UK!

The race was VERY well organised with brilliant support by the public. As ALL race numbers displayed each runners name, the impact of hearing your name being called by complete strangers was so warming, especially in the latter stages of the race where fatigue was taking its toll.

Results as follows:



**First Male > Ollie Lockley / Leeds City A.C / 64:35**

**First Female > Naomi Mitchell / Reading A.C / 72:11**

**A brilliant 11<sup>th</sup> place by Team Bath's A.C. > Dylan Stoneman in a NEW British Male 17 y/o Record > 69:09 <**

Surely a very bright future lies ahead for this talented young runner. A great asset to TBAC! Well done!

*Team Bath A.C. were well represented in several age groups: a quality set of results!!*

103<sup>rd</sup> Steve Rose > 2<sup>nd</sup> V50 / 79:34 / V50 PB

106<sup>th</sup> James Donald > V35 / 79:52

136<sup>th</sup> Phil King > 5<sup>th</sup> V50 / 81:42 / V50 PB

230<sup>th</sup> Heather Fell > F40 / 85:53

297<sup>th</sup> Tim Hill > V45 / 87:54

369<sup>th</sup> Jenny Carter > F50 / 89:54

GREAT Team Bath A.C performances and apologies if I have missed anyone.  
Wishing ALL TBAC runners a brilliant 2023 of running.







## Track & Field - New Season Updates

By Di Viles

Track season has started again so first results of the season. Three of my athletes went to Stoke Gifford last night (27th March) for the Avon/SGS meeting. Otis Poole had a comfortable win in the U/17 with 1.70 whilst two others made promising debuts for the club. 13 year old Marley Adams finished second in the U15 boys with 1.40 whilst 12 year old Ezra Ebanks won the U/15 girls with 1.35, both in the first competition. Stanley Wyatt finished second in his heat of the U/15 boys 100 m in 13.4. Yeovil next stop.

Jamie Semple travelled to Portsmouth for the Open Meeting today (2nd April) and was rewarded with a new personal best of 1.70, an improvement of 10cm, in his first outdoor competition as an U/17 athlete, finishing in second place, losing only on countback.

TeamBath had a super day at Yeovil on Saturday (8th April) at their Spring Open Meeting, both in track and on the field (pics above and below).

TeamBath high jumpers dominated the male field with four of the top five being Bath jumpers. Leading the way was Peter Krunity-Salako with a winning jump of 1.90, equalling his pb, in his first outdoor competition as an U/20. He was closely followed by Otis Poole with a new pb of 1.85, he is in his first year as U/17. Tom Blackburn, now also U/20, jumped 1.70, a height equalled by Jamie Semple as a first year U/17 which also equalled his pb, set at Portsmouth the previous week. In the girls competition, Daisy Duncan produced two new personal bests to win with 1.55, Darcy Crossman was fourth with 1.35.

On the track there were wins for Rory Osborne in the U/13 800 m in a new pb of 2.32.10, Jemima Woods in her first competition, in the U/17 100 m in 13.61, Jamie Semple (again) in the U/17 100 m in 12.18, a new pb, Katie Mackintosh, competing for Newark at Yeovil but second claim for Bath, in the 400 m hurdles in 62.78 and first in their age group were Felix Vaughan in the SM hammer with 41.37, Maria Thorne in the U/20 long jump with 4.89. Second in their age groups were Maisey Harvey in the SW hammer with 40.04, Iain "Oz" Osborne in SM hammer with 30.89, Jemima Woods in U/17 hurdles in 14.43 and Alice Bassett in U/15 100 m in 14.52. Third places went to Mia Bates in SW 400 m hurdles in 66.75, Josh Maxwell in U/17 s/c in 4.47.41, Nicholas van Beneden in U/17 100 m in 12.13, Will Semple in U/17 100 m in 12.77. Other performances were Darcy Crossman 135 in U/15 girls high jump, Noah Dyson 12.41 in U/17 100 m and Maria Thorne 14.20 in U/20 100m.













## Road racing - Spring results

By Paul King

The Spring marathon season got under way with the **Brighton Marathon** where Richard James ran an impressive 2:47:52 and Kyle Pearce a sound 3:42:35.

Further afield in **Paris** Elizabeth Fortin was running for the Bath charity Julian House and finished in just over 4 hours (4:15:47).

At the **Forest of Dean Trails HM** Ellie Evans finished a splendid 3<sup>rd</sup> Female in a time of 1:28:44 (pic below). There was further strong showing from TBAC Women with Emma

Hatherley finishing in 1:44:39 (7<sup>th</sup> FV35), Ilana Wigfield 1:47:22 (4<sup>th</sup> FV55), Beccy Tarling 1:48:10 and Helen Donald 1:56:44.

At the **Pultney& Fulham HM** Lizzi Pitt finished 3<sup>rd</sup> Female in a time of 1:34:46 (pic below) and Chris Milbourne finished 10<sup>th</sup> in a time of 1:24:17.

At the **Kew Gardens HM** Matt Levett ran 1:27:25 as part of his ongoing marathon training (pic below).

At the **London Landmarks HM** Louis O'Shaughnessy finished in a PB of 1:22:48.

At the **Devizes HM** Matt Lay finished in 1:31:33.

Shorter distance at the **Highworth 5** TBAC's Michael Towler had an impressive run winning in 26:56 almost 2 minutes ahead of his nearest rival.











## Parkrun Championship Update

March

By Malcolm Treby

For some of the softer underfoot courses, spring Parkrunning should bring faster times. At least that's the theory. With our focus Parkrun in March being Somerdale Pavilion, I turned up at the beginning of March to run the course, check out cafe options, car parking, etc, and was able to run round easily in flat shoes. By the time I ran again the week after, wet March had got going and my flat shoes had me slip-sliding around. I returned the week after with spikes, only to discover Somerdale can really get quite wet and longer spikes would have been better. By the end of March the rain had won, with the first two events in



April cancelled altogether.

There were some though who made better footwear / course choices. Teignmouth Promenade is obviously a good surface, as Alex Carter ran the fastest Parkrun of all TBACers in March, with 16:01. Not for the first time, Isabel Davies led the women's rankings, with 19:40 at Colby. Alex also leads the championship standings, although as Alex has only a single championship run so far, perhaps it is Tobi Loughlin we should be looking at with half the required runs for the championship completed. Last year's junior champion, Ella Treby, is making a succesful start to her senior career as she leads the women's rankings, having completed four of the six parkruns. **Note:** from next month I'll start excluding all runners with a single Championship run from the published results (I'll keep them in my main results spreadsheet, so do keep completing them), so we have a clearer view of who is leading the way in the different categories. Perhaps the weather will stay dry and we'll see some really competitive times.

Fastest TBAC Parkruns				March 2023
Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Teignmouth Promenade parkrun	00:16:01	MS
2	Tobi LOUGHLIN	Somerdale Pavilion parkrun	00:17:37	MJ
3	Stanley WYATT	Bath Skyline parkrun	00:17:50	MJ
4	Chris MAXWELL	Stratford-upon-Avon parkrun	00:18:15	MV50
5	James DONALD	Maaraue parkrun	00:18:27	MV40
6	Robert EATON	Bath Skyline parkrun	00:18:34	MS
7	Alessandro ZANCONATO	Colby parkrun	00:18:38	MS
8	Thomas DAVIES	Bath Skyline parkrun	00:19:02	MS
9	Tim HILL	Somerdale Pavilion parkrun	00:19:18	MV40
10	Ben WHITE	Brueton parkrun	00:19:24	MS
11	Gary HUGHES	Somerdale Pavilion parkrun	00:19:24	MV60
12	Malcolm TREBY	Somerdale Pavilion parkrun	00:19:27	MV50
13	David COALES	Pomphrey Hill parkrun	00:19:30	MV50
14	Isabel DAVIS	Colby parkrun	00:19:40	FS
15	Marianne CARPENTER	Somerdale Pavilion parkrun	00:20:06	FV40
16	Martin ARCHBOLD	Bath Skyline parkrun	00:20:07	MV40
17	Ella TREBY	Southwick Country parkrun	00:20:12	FS
18	Stuart CURTIS	Somerdale Pavilion parkrun	00:20:17	MV50
19	Sidney WILLIAMS	Pomphrey Hill parkrun	00:20:37	MJ
20	Emily GRIFFITHS	The Old Showfield parkrun	00:20:45	FS
21	Katie STRANGE	Ashton Court parkrun	00:21:31	FS
22	Benjamin ROBINSON	Donaupark parkrun	00:21:32	MS
23	Clinton MONTAGUE	Bath Skyline parkrun	00:21:36	MS

24	Jorge CROCKFORD	Southwick Country parkrun	00:21:47 MS
25	Brett RAYNES	Bath Skyline parkrun	00:21:57 MV50
26	Cath DALE	Somerdale Pavilion parkrun	00:21:58 FV50
27	Tom HUTCHISON	Southwick Country parkrun	00:22:04 MV60
28	Alex COPPING	Chipping Sodbury parkrun	00:22:15 MV50
29	Ilana WIGFIELD	Somerdale Pavilion parkrun	00:22:44 FV50
30	James WOOSNAM	Southwick Country parkrun	00:22:49 MV50
31	Kelly MAKRAKI	Southwick Country parkrun	00:22:54 FS
32	Kim PREVETT	Margate parkrun	00:22:59 FS
33	Kate DARBYSHIRE	Bath Skyline parkrun	00:23:02 FS
34	Jenny CARTER	Bath Skyline parkrun	00:23:16 FV50
35	Nigel OSBORNE	Bath Skyline parkrun	00:24:22 MV50
36	Helen DONALD	Maaraue parkrun	00:24:25 FS
37	James MORGAN	Melksham parkrun	00:24:47 MJ
38	Dave DONAGHY	Bath Skyline parkrun	00:24:48 MV50
39	Mike CHARLTON	Bath Skyline parkrun	00:25:49 MV60
40	Alison VUAGNIAUX	Bath Skyline parkrun	00:26:04 FV60
41	Elizabeth PITT	Tooting Common parkrun	00:26:40 FS
42	Pat ROGERS	Bath Skyline parkrun	00:27:05 MV70+
43	Lucy SARGEANT	Bath Skyline parkrun	00:27:12 FS
44	Lynn JONES	Somerdale Pavilion parkrun	00:28:50 FV50
45	Nick PARRY	Bath Skyline parkrun	00:28:51 MV60
46	Michael STANLEY	Marlborough Common parkrun	00:38:47 MV60
47	Janice RAMBRIDGE	Bath Skyline parkrun	00:53:56 FV70+

Position	Runner	Category	Cat Pos	Chipping				Southwick		Somerdale Pavilion	Total Time	Total Parkruns	Average Time
				Bath Skyline	Sodbury/ Old Showfield	Pomphrey Hill	Country-park	Chippenham					
1	Alex CARTER	MS	1			00:16:16				00:16:16	1	00:16:16	
2	Aidan DANIEL	MS	2					00:17:02		00:17:02	1	00:17:02	
3	Alex HAMMOND	MS	3		00:16:48		00:17:39			00:34:27	2	00:17:14	
4	Charlie HAINES	MJ	1		00:17:33					00:17:33	1	00:17:33	
5	Tobi LOUGHLIN	MJ	2		00:17:18			00:17:50	00:17:37	00:52:45	3	00:17:35	
6	Peter GRIST	MS	4		00:17:48					00:17:48	1	00:17:48	
7	Stanley WYATT	MJ	3	00:17:50						00:17:50	1	00:17:50	
8	Alex PARSONS	MS	5	00:18:13						00:18:13	1	00:18:13	
9	Robert EATON	MS	6	00:18:34						00:18:34	1	00:18:34	
10	James DONALD	MV40	1						00:18:49	00:18:49	1	00:18:49	
11	Thomas DAVIES	MS	7	00:19:02						00:19:02	1	00:19:02	
12	Chris MAXWELL	MV50	1					00:19:14		00:19:14	1	00:19:14	
13	Gary HUGHES	MV60	1						00:19:24	00:19:24	1	00:19:24	
14	Ben WHITE	MS	8	00:20:05	00:18:59					00:39:04	2	00:19:32	
15	David COALES	MV50	2		00:19:26	00:19:30		00:19:39	00:19:59	01:18:34	4	00:19:39	
16	Martin ARCHBOLD	MV40	2	00:19:40						00:19:40	1	00:19:40	
17	Mike DOOLEY	MV50	3	00:20:01						00:20:01	1	00:20:01	
18	Malcolm TREBY	MV50	4	00:21:10		00:19:50	00:20:22	00:19:47	00:19:27	01:40:36	5	00:20:07	
19	Ella TREBY	FS	1	00:21:08		00:20:04	00:20:12	00:19:58		01:21:22	4	00:20:20	
20	Creina O'SHEA	FS	2	00:21:15				00:19:49		00:41:04	2	00:20:32	
21	Rory OSBORNE	MJ	4		00:20:43					00:20:43	1	00:20:43	
22	Emily GRIFFITHS	FS	3		00:20:45					00:20:45	1	00:20:45	
23	Niall URQUHART	MV60	2	00:21:20				00:20:13		00:41:33	2	00:20:46	
24	Stuart CURTIS	MV50	5	00:21:22					00:20:17	00:41:39	2	00:20:50	
25	Sidney WILLIAMS	MJ	5		00:20:10	00:20:37	00:21:16	00:21:19		01:23:22	4	00:20:51	
26	Mark MACKINTOSH	MV50	6	00:21:58		00:20:34		00:20:26		01:02:58	3	00:20:59	
27	Marianne CARPENTE	FV40	1	00:22:25			00:20:36		00:20:06	01:03:07	3	00:21:02	
28	James WOOSNAM	MV50	7	00:20:32		00:20:44	00:22:49			01:04:05	3	00:21:22	
29	Clinton MONTAGUE	MS	9	00:21:36						00:21:36	1	00:21:36	



Position	Runner	Category	Cat Pos	Bath Skyline	Chipping		Southwick		Somerdale		Total Time	Total Parkruns	Average Time
					Sodbury/ Old Showfield	Pomphrey Hill	Country-park	Chippenham	Pavilion				
30	Matthew LEVETT	MV40	3	00:21:36							00:21:36	1	00:21:36
31	Jenny CARTER	FV50	1	00:21:38							00:21:38	1	00:21:38
32	Jorge CROCKFORD	MS	10	00:21:49			00:21:47				00:43:36	2	00:21:48
33	Brett RAYNES	MV50	8	00:21:57							00:21:57	1	00:21:57
34	Nick PARRY	MV60	3	00:22:01							00:22:01	1	00:22:01
35	Alessandro ZANCONI	MS	11	00:22:02							00:22:02	1	00:22:02
36	Cath DALE	FV50	2	00:22:14			00:22:06	00:22:04	00:21:58		01:28:22	4	00:22:06
37	Jo THOMPSON	FV60	1	00:22:36	00:20:57	00:22:32	00:22:20				01:28:25	4	00:22:06
38	Ben HOLDING	MV40	4	00:22:28				00:21:53			00:44:21	2	00:22:10
39	Alex COPPING	MV50	9		00:22:15			00:22:14			00:44:29	2	00:22:15
40	Tom HUTCHISON	MV60	4	00:22:27			00:22:04	00:22:24			01:06:55	3	00:22:18
41	Ilana WIGFIELD	FV50	3				00:23:17		00:22:44		00:46:01	2	00:23:00
42	Kate DARBYSHIRE	FS	4	00:23:02							00:23:02	1	00:23:02
43	Tim HILL	MV40	5	00:24:57				00:24:53	00:19:18		01:09:08	3	00:23:03
44	Andy ALCORN	MV50	10	00:23:22							00:23:22	1	00:23:22
45	Kelly MAKRAKI	FS	5	00:24:57			00:22:54	00:23:36			01:11:27	3	00:23:49
46	Nigel OSBORNE	MV50	11	00:24:22							00:24:22	1	00:24:22
47	Mike CHARLTON	MV60	5	00:24:45							00:24:45	1	00:24:45
48	Dave DONAGHY	MV50	12	00:24:48							00:24:48	1	00:24:48
49	Nick KINGWELL	MV40	6						00:25:28		00:25:28	1	00:25:28
50	Owen DAVIES	MS	12	00:25:50							00:25:50	1	00:25:50
51	Allison VUAGNIAUX	FV60	2	00:26:04							00:26:04	1	00:26:04
52	Lucy SARGEANT	FS	6	00:27:12		00:24:52			00:26:38		01:18:42	3	00:26:14
53	Pat ROGERS	MV70+	1	00:26:47							00:26:47	1	00:26:47
54	Polly PENNICOTT	FJ	1	00:27:13							00:27:13	1	00:27:13
55	Lynn JONES	FV50	4					00:28:32	00:28:50		00:57:22	2	00:28:41
56	Patrick COBB	MV40	7	00:29:52							00:29:52	1	00:29:52
57	Michael STANLEY	MV60	6	00:39:31							00:39:31	1	00:39:31
58	Janice RAMBRIDGE	FV70+	1	00:52:49							00:52:49	1	00:52:49



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