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# THE BATH PLUG



TBAC's Mighty Marathoners

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It's the middle of April... it must be marathon season! Some cracking performances last weekend should inspire those running London tomorrow. Good luck Team! Last weekend also saw our lads burying themselves at the National Road Relays. We've got loads of speedy 10k runs too, plus more impressive action on track & field.

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

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

# Newport Marathon

16th April

By Ilana Wigfield

A very enjoyable, well organised marathon, mostly through flat pleasant countryside. Training had gone well since Christmas; initially a non-specific endurance build-up of long easy trail running. Following a rather sudden illness resulting in a diagnosis of a leaking heart valve, I saw a Sports Cardiologist (I can recommend him if you're unfortunate enough to ever need one!) who gave me the go-ahead to train properly with a balanced plan. Surprised to be feeling good again, I signed up for Newport to keep Cath company, quite on the spur of the moment, mainly as I thought the opportunity might not come again if the valve failed further! We trained together with other TBAC marathoners and set up a WhatsApp chat to coordinate weekend long runs based around Paul's excellent programme. We found that worked well and enjoyed camaraderie and that feeling of a hard session nailed, with a bit of competition in the faster sections! I must admit to doing a lot of the specified MRP sections at threshold pace, as I rarely can get to Thursday sessions.

Back to Newport – it was well organised from the entry onwards. There was a park and ride from the rather deluxe Welsh Convention Centre with coffee, croissants, and plentiful toilets. There was no need to collect a number as these were posted, although there was an event village. Baggage etc was easy and no crowding at any point. There was a large shopping centre right by the start that provided a good space to hang out and buy post-race treats, as well as yet more toilets (one of a marathoner's obsessions). Pens were well organised and there were no slow runners ahead of us. The 3:45 pacer was running at a seemingly random pace and we ignored her.

The course was mostly pleasant countryside out to the marshes east of Newport and actually quite pretty and certainly flat other than a couple of bridges. There was some lovely vocal support in the villages and friendly marshals. Being relatively quiet in sections actually suited me well; I could focus on my splits and "checking in" on how I was feeling, using my mantras, smiling a lot and having the odd chat. I picked up some of these useful mental strategies in the Endure book. There were lots of water stations, but I had planned to use 1L of Tailwind with BCAAs in my pack, which worked perfectly for me. The weight was minimal and I avoided slowing my pace to pick up drinks.

I kept to my plan of 5:10-5:15/km for the first half, which felt easy, then gently working up the pace for a negative split. Cath had decided to aim a little slower in the first half, so we weren't together for very long. I set my Garmin to auto-lap every km and made sure I kept each one on pace, adjusting during the km if needed. There was no "wall", I think because of the careful pacing and regular tailwind sips every km, but the last 5km through the industrial estates was enjoyably hard, as it should be if you're going for it. I realised I was on for a better time than I'd hoped and wanted to maximise it, so pushed hard and just loved passing people who were slowing as I was getting quicker – it may be Schadenfreude but you just can't help it. I kept that "Chrissie Wellington smile" firmly on my face and even finished with a cheesy grin rather than a grimace! It was great to



cheer Cath over the line shortly afterwards and we were 1<sup>st</sup> and 2<sup>nd</sup> VF55, which felt lovely after all of our training together.



## Marathons

16-17th April

By Paul King

### Boston Marathon:

Matt Levett perfectly paced his effort at the iconic point-to-point race that finishes in Boston city centre, bagging a PB by 23 seconds, clocking 2:59:33 (photo below).

**Manchester Marathon:**

Cameron McGarry finished in an excellent time of 2:47:45, followed by Aiden Wiffen (2:53:45), Simon Taylor in his debut marathon just ducking under the 3 hour time (2:59:06) and Mark Zimmerman 3:15:01. Elizabeth Pitt was the first female TBAC runner home in an admirable PB time of 3:13:47 with Lisa Bennett showing she still has her speed endurance as a FV50 finishing in 3:30:50, her best time for over 10 years (photo below). Alex Munro completed the TBAC runners finishing in 3:47:24.

**Newport Marathon:**

Solid runs from Patrick Cobb with a big PB of 3:04:24 and Stylianos Asimakopoulos (3:17:46) along with excellent runs from female masters Ilana Wigfield (1<sup>st</sup> FV55; 3:38:51) and Catherine Dale (2<sup>nd</sup> FV55 3:42:46).







## National 12 Stage Road Relays

15th April

By [Paul King](#)

We had the National 12 Stage Road Relay Champs on Saturday at Sutton Park again. It was touch-and-go fielding a full team due to last minute drop outs due to illness and injury. Fortunately, veterans Dave Coales (photo below) and Steve Rose made themselves available to complete the side. Solid running all round with particular highlights from Elliott Avis (photo below), Andy Fooks and Team Captain Aaron Pritchard (photo below). In the end we finished 39<sup>th</sup> overall which records would suggest is our best ever result at the 12-stage event.









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## 10ks

13th-16th April

By Paul King

### Bryan Clay Invitational, USA

Of spectacular note Caitlin Wosika achieved a 34:12:30 at a recent 10,000m race in California (Bryan Clay Invitational, Azusa, CA). Her splits 17:05; 17:07! Photo below.

### Newport 10k

A number of TBAC runners chose the 10k race with Freya Spruit finishing in an excellent time of 36:59. There were also good runs from Owen Davies (37:26); Malcolm Treby (MV45 39:00); Ella Treby (40:53) and Sevim Sangwell (FV45 47:01). Photo below.

### Lightning Bolt 10k

A number of TBAC speedy runners were at the 2<sup>nd</sup> Lightning Bolt 10k (Langley Burrell) with Aidan Daniel finishing 3<sup>rd</sup> in a time of 34:21 closely followed by Andy Fooks (4<sup>th</sup> overall and 1<sup>st</sup> MV45; 34:24). More impressive was the fact that both had raced the day before in the National 12-stage Road Relay Champs! Amber Gascoigne had an impressive run finishing as 1<sup>st</sup> Female in a time of 35:54. There was also a solid run from Chris Else (36:59).







## Track & Field News

15th-16th April

By Di Viles

Top of the heap was Peter Krunity-Salako again, who travelled to Poole and won the Open Meeting there, improving his pb twice to win a closely contested comp with 1.96, narrowly missing 1.99 (I know, I have seen the video).

Elsewhere, at the Throws and Jumps meeting at Yate on Saturday, the rest of the training group took the first three places in the male high jump with Tom Blackburn winning with a season's best jump of 1.80, with Otis Poole second with 1.75, and Jamie Semple in third with another 1.70. In the girls' competition, Daisy Duncan was again victorious with a jump of 1.51, with Darcy Crossman second girl with a new pb of 1.40. Elsewhere, Maisey Harvey produced a season's best in the hammer with 42.83 and Eleni Francis was first



female in the long jump with 5.33. The Sprints and Hurdles meeting on the Sunday will probably have some more good TeamBath performances.

Otis Poole completed a busy weekend with a trip to Exeter on Sunday and produced a jump of 1.80.

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## Track & Field - Spring Open Yeovil

10th April

By [Claire Blewitt](#)

Gertie Blewitt ran in the 300m U15G on Easter Monday; clocking 44:05 Gertie finished first and set a new PB.



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## Forest of Dean Half Marathon

2nd April

By [Ellie Evans](#)

The weather predicted a dry start after several weeks (okay, days) of heavy rain so when we arrived at the Forest of Dean we were expecting a mud feast on the trails but vest and

shorts weather at the very least. In typical British fashion, the drizzle started on the start line so I froze and the course wasn't too muddy and I wore road shoes. Starting with a nice 5k PB for all runners involved due to the amazing decline at the start of the course which then evolved to rolling hills, pretty forest views and finishing on an uphill.

Team Bath AC line up was all women this year. Emma came in 2nd for the team with a time of 1.44.39 which placed her 7th in her age category and 32nd female to cross the line. Closely behind her was our own chairlady (taking the lead on showing us what sensible marathon pacing looks like) and achieved a great time of 1.47.02 which placed her 4th in her age category. This meant with three ladies finishing that we achieved 2nd place for the female club teams. However, Ilana was closely chased by our very own Beccy whom finished in 1.47.50 but unfortunately missed out on the free t-shirt for the top 50 women runners but don't worry Beccy, the T-shirt was white so would just get muddy anyway. Finally, Helen crossed the line 1.56.46 and was 99th female! Maybe we should ask if they could extend the free t-shirts to the top 100 next year.

Well done to all the ladies involved !





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## Sports Quiz Social

28th April

By Ellie Evans



# THE SPORTS QUIZ

## What?

A cracking six round sports quiz and short talk about the Christian faith. Teams of up to 6, entry is free!

## When?

Friday 28th April, doors open at 7pm for a 7:30pm start  
Bath Cricket Club, BA2 4EX

We'd love to see you there!



# THE SPORTS QUIZ

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**Friday 28th April,**  
**7.00pm for an 7.30pm start**

A six round sports quiz and a short talk about the Christian faith.







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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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