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THE BATH PLUG





That Marathon-finish feeling... Lon-done!

This week we reflect on more incredible marathon running, this time from the iconic London Marathon. Closer to home, Corsham hosted the 40th anniversary of its ever-popular village 10k, attracting a strong TBAC contingent. We have the usual dose of stellar track & field performances, from both Gloucester and at the Uni where we hosted the inaugural Natasha Lewis Open. Finally we wrap up by saying huge thanks to our outgoing Club Chair, Ilana, while also calling out for new Trustees.

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

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

London Marathon
23rd April

By Tom Hutchison

Rain was predicted all day, but mercifully the early morning dawned dry with even some later sun patches. Travelling to the race it seemed busy and at the Green start it was crowded with massive toilet queues quickly building up. The wave start was well organised so that runners were well spaced by the time they rolled across the line; just as the first drizzle started. By the time the Green and Red streams met on the dual carriage way at 5k the crowds were larger and then three or four deep all the way to the finish. For the runners too there were few gaps and sometimes we needed to break step as the the road narrowed. Afterwards everyone blamed the crowding on the huge race entry field, swollen by those who had deferred during Covid.

As I had clocked 3:26 in London the previous autumn, I chose a 3:25 pace band and took care not to speed up too much at during the early downhill sections. Crossing Tower Bridge was a noisy thrill and I got to half way in 1:43. The rain was more intense causing puddles everywhere and I was glad of my hat visor.

The second half was pretty much a case of grinding it out and though the last 5k felt hard I managed to maintain the speed more or less for a 1:45 second split and a finish around 3:28. Worse than the last 5k was the scrum to get my finish bag off the lorry. Then the far too long slow walk to the Mall and the B meet up. The rest of TBAC had long gone and so I limped across Horse Guards Parade to Q where a few of my family of Queens Park Harriers were propping up a tree.

At the end I did not get a medal or T shirt because in a fit of virtue had opted to plant a Tree (somewhere? sometime?). I had big regrets and bling envy, so at home I printed a photo of my daughters medal both sides to paste up and keep.

Afterwards I got lots of positive comments about even splits. Actually a 2 minute positive split which is about par for a course with a downhill first half. The very nice thing about not hitting the wall until about 42k was that recovery has been pleasant and swift and I am looking forward to more!



By [Jamie Westcombe](#)

My thoughts turned to the London Marathon 2023 the day I ran 2:59 at the Newport Marathon 2021, gaining me a GFA MV 40- 45 time. Training for London was going well. Five weeks out I was feeling confident of another sub-3. Then I got Covid. Symptoms were mild, but I took things gently and hardly ran for a month. I thought about pulling out, and sought the advice of anyone I saw, which included coach King and fellow TBACer Owen Davies, both of whom I bumped into at the esteemed occasion of Bath City v Concord Rangers.

Of course, I entered. I felt surprisingly good. Maybe the very fresh legs helped. I ran evenly for 3:10:11. Mostly very happy with that, with a small dose of 'what could have

been'. An epic experience, and lovely to see lots of TBAC people before, during and after the race.

No time to recover. The Pentyrch Hill Race was then on the Tuesday. It starts and finishes in the Cardiff village where I grew up and my parents still live. It hadn't been held for four years. I felt a moral obligation to enter. It was a pleasing antidote to the London extravaganza. A £10 handwritten entry on the night. About 170 runners. 11k of trail and tarmac. You can see The Garth near Castell Coch on the A470 between Cardiff and Pontypridd. The race starts 'by the shops', takes you up the Garth, down it, back up it from the far side, back down it, before finishing at the rugby club.

My calves were still in bits, but carried me around ok. No official results yet. A trustworthy steward counted me through as 23rd at one point. My over-proud Mum said I 'was definitely in the top 10'. Thanks Mum.



By Paul King

Unfortunately, our leading marathon athlete Dan Jones, predicted for a sub 2:30hrs, had to make a late withdraw due to a knee injury. Nevertheless, there were some excellent performances from the rest of the TBAC entrants. Stars of the show were Dan Soltys (photo below; 2:35:54) who was also running for the Navy; Tom Dudden (2:37:42); Harry Bowles (2:38:01) and Martin Archbold (2:59:22). Accompanied by solid performances from James Woosnam (3:06:21); Tim Hill (3:06:40) James Donald (3:09:07); Jamie Westcombe (3:10:11); Clinton Montague (3:25:59) and Tom Hutchison (3:28:12). Tom, who becomes a MV70 this year, continues to inspire us all.

There was good representation from the TBAC females with performances of the day coming from Rachael Moon (3:21:03); Teddy Page (3:24:33) and Emily Griffiths (3:27:51). This was alongside hard-fought times from Kelly Makraki (3:39:38) and Sasha Bridgen

(5:04:37). Sasha is in the middle of a series of marathons raising funds for the Genesis Trust in Bath.

In the mini-marathon both Sophie Maxwell (12th) and Harry Maxwell (8th) were representing the South-West in their respective age groups. Not to be out done mum Michelle Maxwell (FV45), who runs for Chippenham Harriers, ran a very impressive 3:11:28 in the main event.



Corsham 10k

23rd April

By Paul King

A good turnout of TBAC runners at the ever popular and excellently organised Corsham 10k event. Elliott Avis was first home (4th overall; 1st SM; 33:18) closely followed by Aidan Daniel (6th; 3rd SM; 34:04). Simon Brace was back for his first race after a longstanding injury and managed a very satisfying 36:18 to take 2nd MV40 - Simon dedicates the performance to Brian, an English Bull Terrier, forever thankful for his unwavering support!

Annabelle Wallace was the TBAC female star taking 1st place in a time of 38:59 and Jenny Carter continued her current form finishing in 41:12 and 1st FV50.

Other solid performances from Alex Hearn (40:27; 3rd MU18); Ned Blackman (40:33); Matt Lay (41:36); Chris Quick (41:57); Chris George (42:22); Nick Worboys (44:25); Will Hawking (45:12); Laura Smith (50:42); Paul King (50:45) and Pat Rogers (52:58; 3rd MV70).

Corsham 2k:

In the junior event TBAC's Archie Enstone (U16) was 1st home in an impressive time of 6:16. Wilfred Violet (U11) also had a strong race finishing in 8:14.



St George's Day Open

23rd April

By [Mark Thomas](#)

A number of TBACers competed at the St George's Day Open at Gloucester on Sunday 23rd April.

Nicholas van Beneden (MU20) 100m 1st 11.74s (PB), 100m 2nd 11.93s

Noah Dyson (MU17) 100m 3rd 12.05s (PB), 100m 3rd 12.25s

Jemima Woods (FU17) 100m 6th 13.72, 80mH 2nd 14.25s (PB)

Tom White (MU15) 400m 2nd 57.62s (PB), 800m 3rd 2:08.11 (PB)

Jacob Sanchez-Fulton (MU15) 400m 4th 57.99 (PB), 800m 7th 2:12.08 (PB)

Sofia Skidmore (FU20) 1500m 2nd 5:03.79 (PB)

Natasha Lewis Open

26th April

On Wednesday night we held the inaugural Natasha Lewis Open for U11, U13 and U15 athletes from across the region. Some great performances with lots of athletes competing for the first time. Thank you to everyone who gave up their evening to help out and make it such a success. Special thanks goes to the Natasha Lewis Foundation for all the support, you rock!!





TBAC and the Avon Athletics Association

By [Mark Thomas](#)

Athletics in England is organised, at least in part, along county lines. TBAC lies within the Unitary Authority area of Bath & North-East Somerset which, together with South Gloucestershire, Bristol and North Somerset, comprise the county of Avon.

The governing body of athletics in Avon is the Avon Athletics Association (AAA) of which TBAC is a member. The AAA has a [website](#), a constitution, and elected or appointed officers.

The AAA organises the following competitions:

- Avon Track and Field Championships
- Tri-County Cross-Country Championships
- Avon Road Race Championships

The AAA enters teams into the following competitions:

- South-West Inter-Counties Cross-Country Championships
- South-West Inter-Counties Track and Field Championships
- South-West Inter-Counties Road Running Championships

And, jointly with the Somerset Athletics Association:

UK CAU Inter-Counties Track and Field Championships
UK CAU Inter-Counties Cross-Country Championships

Aside from the competitions, the AAA is responsible for the registration of coaches and officials without whom athletics could not take place.

The AAA has close links with:

The [Avon Track and Field League](#)

The [Avon Schools Athletics Association](#)

but they are separate organisations.

If you would like to be involved in running athletics in Avon please contact Mark Thomas [here](#) for more details.

Thank you Chair / call for new Trustees

April

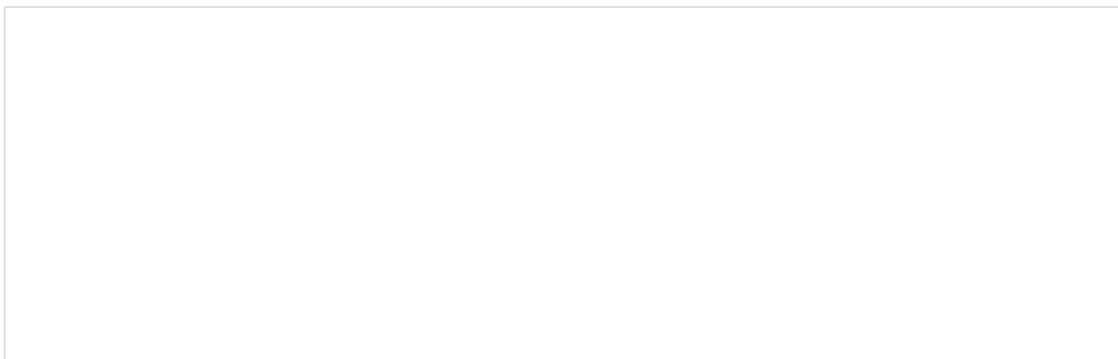
[By the Editor](#)

Enormous thanks goes to Ilana Wigfield, our Club's long-standing Chair, who recently stood down from the position. Ilana has helped steer the Club through some challenging times, not least the pandemic, during which she was more than a little occupied in her day (and night!) job as a NHS Doctor. We're all incredibly grateful to Ilana for giving up her time; Ilana's energy and commitment in the role has been invaluable.

Ilana was keen to stand down to allow some fresh hands to take the reins. So, as well as thanking Ilana for her leadership, this article also serves to advertise for interest from anyone in the Club who would like to join the Trustees, perhaps with a view to becoming Chair of the Club. Typically the Chair is also a Trustee, so joining the Trustees would be the perfect stepping stone.

The role of the Trustees (and Chair) is largely consultative, advising on matters (from Finance, to HR, to Marketing, to Coaching, to race organisation, to membership structure, and so on) rather than actually executing or delivering such activities. So the demands on your time are relatively minimal - in fact, we meet only quarterly, for about 1-2hrs. If you're interested and feel like you've got some useful expertise to offer, then please contact me by reply to this edition of the Plug.

Thank you. And big thanks again to Ilana!





Ilana (and Cath) after smashing Newport Marathon this April



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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