

THE BATH PLUG



Date for your diary - 19th November - TBAC is now running the Bath Hilly Half

We look forward and back in this week's Plug. Forward to the above-pictured Bath Hilly Half, now organised by the Club; and also to the Cross Country Season. So don't get down about the summer that never happened - you've got the joys of leafy, muddy trails to look forward to. Looking back, we've got some speedy 5k and 10k results, and a couple of challenging 20 milers to get you inspired; plus more track & field to wrap things up.

Simon Brace.

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

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

Rose & King snake around the UK's fastest Parkrun

2nd August

By Phil King

Wednesday 2nd August saw the annual Cardiff Summer Sizzler 5K hosted by local running club Les Croupiers. Since 2010 this event has been one of the key races on the summer road racing circuit in South Wales.

Brilliantly organised, it uses the now famous beautiful Saturday Parkrun course that runs along side the River Taff and through Blackweir Fields. This course has held the Fastest Female Parkrun World Record, so it's status is cemented in Parkrun folklore.

Whilst the Saturday Park Run can see up to 700 runners taking on the tennis racket shaped course, thankfully just 107 runners lined up 7.30pm Wednesday evening. The gun went off and all runners charged along the narrow footpath. Runners have to share the park with the public, so the fast opening first kilometer had to be negotiated carefully. It is a beautiful flat course, but with the Jet Stream still positioned to the south of the UK, the wind was again the winner! However, this is a great event to be part of.

Results as follows:

Men's Winner > Hallam Girardet / Les Croupiers: 15:42

Women's Winner > Amy Griffiths / Les Croupiers: 19:09

Steve & Phil flew the flag for Team Bath AC

V50 Men's Results

1st Place > Phil King / Team Bath AC / 17:25 (14th overall) 2nd Place > Andrew Blair /

Les Croupiers / 18:11 (20th overall 3rd Place > Steve Rose / Team Bath AC /

18:34 (24th overall)

WISHING ALL TBAC RUNNERS A GREAT SUMMER OF RACING!!





In other race news

By Paul King

Lightning Bolt 10k (13th August) which also doubled up for the Wiltshire 10k Champs and SW Inter Counties Team 10k Champs.

A strong entry of runners with Harry Smith (City of Salisbury AC&RC) winning in 30:36.

First home for TBAC was Aidan Daniel (15th; 33:15) closely followed by Michael Towler (18th; 33:36). Simon Oldham had a good run finishing 37th in 35:13 and veteran Phil King broke his V50 PB in an excellent time of 36:39. Jay Ruddock (VM40) also had a good day achieving a PB in 38:35. Steve Rose (39:11) and Toby Eichler (41:55) completed the TBAC male finishers.

Bethan Francis finished 6th Female with a consistent time of 39:10. Ben Wagstaff finished 2nd U20 in 36:05 and juniors Ned Blackman finished 1st U17 in 37:32 and Alex Hearn 2nd U17 39:55.

Beast of Llangattock 20m race, 12th August

Aiden Wiffen finished 4th in a time of 2:57:01 and Teddy Page 19th and 2nd Female in a time of 3:58:30. Jess Ventham who is shortly to join TBAC also finished 3rd Female in 3:58:30. Photo above left Jess Ventham; Aiden Wiffen and Teddy Page.

TEC Cotswold Challenge, 13th August

Claire George successfully completed the 20-mile event having just returned to racing following the birth of twins. Photo below.



Dorney Lake 10k, 6th August

Anna Domville ran an excellent PB of 37:17 finishing 1st Female in the latest race edition from Dorney Lake. Photo below.

ABP Barry Island 10k, 6th August.

TBAC newcomer Phil Fry finished 108th in a PB time of 41:36 at the ever popular Barry Island 10k. Photo below.

Bitton 5k Summer Series, 2nd August

A number of TBACers turned out for the latest Bitton 5k. Heather Fell ran a very solid 18:46 to finish 3rd Female. Toby Bishop finished 8th overall (19:20) and veteran Gary Hughes showed his form by finishing 1st MV60 (9th overall; 19:25).





Cross Country 2023/24 Season

By James Donald and Cath Dale

Apologies for dropping the C bomb so early in the year, but with the nights now drawing in it's time to start thinking about the only good part of winter: Cross Country.

I think we had the highest ever TBAC turnout for the club last year, with, at some point over the 4 fixtures, 16 Ladies and 33 Men taking part! This was enough for the Ladies to power home to first in the league (defending their title and beating Western Tempo by only 2 places), and for the men to take second in both the senior and vets competitions. It would be great to get even more people out this year!

Cross country is great fun, and no matter how fast you are everyone contributes to the team effort, so please take part.

The fixtures for the Gloucester League are as follows (note we tend to have a pizza based social at Green Park after the Saturday fixtures):

Sat 4th Nov Round 1 Cirencester Park (Hosted by Cirencester AC)

Sun 10th Dec Round 2 Bath University (Team Bath) Incorporating County Championships

Sat 6th Jan Round 3 Cotswold Farm Park (Bourton Road Runners/ NCTR)

Sat 17th Feb Round 4 Pittville Park Cheltenham (Chelt Harriers)

In addition to this, please keep Sat 24 Feb free for the English National XC. It will be near Telford this year. As for previous fixtures we'll organise an Airbnb for those that want to make a weekend of it.

Information about the Gloucester League can be found [here](#).

Entry is either on an event by event basis (£10 per race), or if you want to be part of the club entry (£18.75 for all 4 races) please join the [XC Group Chat](#) and get in contact with James Donald or Cath Dale to let us know (ditto if you are new to XC and have any questions).



Avon League

By Di Viles

Belatedly, here are the results from last week's Avon League.

A small team, due mainly to holidays, made the trip to Gloucester for the third Avon League match and recorded a number of wins in various events.

Kenneth Muhumuza had an excellent day, winning his heat of the senior men's 100m in 11.5, the 200m in 23.2 and was part of the winning 4 x 100m relay. Further down the age range Emmanuel Daso was another double winner, in the U/15 boys' age group, winning the 200m and the long jump, with 5.26 plus a second place in the 100m in 12.9. Other winners on the day were Olivia Paul in the U/15 girls' 1500m in 5.05.9, Rosie Dalton in the U/15 girls' javelin with 30.89, Maise Harvey in the SW hammer with 42.25, Rory Osborne in the U/13 boys' 800m in 2.31.4, Tom White in the U/15 boys' 800m in 2.10.4, Dominic Murray in his heat of the 100m in 11.5 plus a second place in the long jump with 6.53 and William Willetts in the U/17 men's 100m hurdles in 16.8.

Second places went to Darcy Crossman in the U/15 girls' high jump, with 1.40, Katie McIntosh in the SW 400m in 59.4, Jemima Woods in the U/17 w 80m hurdles in 14.2, Camille Guillon in the U/17 w triple jump with 9.49, Jacob Sanchez-Fulton in the U/15 boys' long jump with 5.15 and 80m hurdles in 13.5 and Iain Osborne in the SM discus with 26.20.

Third places were taken by Phoebe Card (SW 200m in 13.7), Savanna Krunity-Salako (U/17 w hammer with 29.34), Kyle Williams (U/15 b 800m in 2.18.0), Rory Osborne (U/13 b long jump with 4.02 and discus with 13.26), Joseph Bailey (U/17 100m in 12.1), Michael Callan (SM 200m in 23.8) and William Willetts (U/17 m long jump with 5.60). Other results as follows:-

Rihanne Gibb. U/15 g. 100m. 14.1. 5th
 Olivia Paul. U/15 g. 300m. 47.7. 6th
 Poppy Feasy. U/15 g. 300m. 49.3. 7th
 Noelle Dellin. U/15 g. 1500m. 5.49 8. 7th
 Ella Dellin. U/13 g. HJ. 1.20. 5th
 Camille Duillon. U/17 w. 100m. 14.3. 6th
 Mia Bates. SW. 400m. 64.4. 4th
 Katie McIntosh. SW. JT. 13.63. 4th
 Mia Bates. SW. JT. 4.37. 5th
 Orson Pace. U/15 b. 800m. 2.29.0. 8th
 Orson Pace. U/15 b. SP. 8.55. 5th
 Kyle Williams. U/15 b. DT. 17.46. 7th
 Walter Timbrell-Zapp. U/17 m. 100m. 12.5. 6th
 Harvey King. U/17 m 100m. 12. 7th
 Harvey King. U/17 m. 200m. 25.6. 5th
 Martyn Morant. SM. 200m. 25.0. 6th
 Ned Blackman. U/17 m. 800m. 2.16.8. 4th
 Craig Bridges. SM. 800m. 2.17.9. 6th
 Michael Callan SM. LJ. 5.38. 5th
 William Willetts. U/27 m. SP 6.29 4th.

Special mention for Noelle Dellin in the U/15 girls' 800m who fell at the beginning of the race but completed the race having skinned her leg from the knee upwards and broken her wrist but still completed the race and beat several other athletes. Well done, Noelle.

Bath Hilly Half & Ultra 10k

10:30am Sunday 19th November 2023

By [Mark Mackintosh](#)

A tough, hilly half marathon on trails with two laps (or a one-lap Ultra 10km option, which is actually 12.45km!) offering spectacular views.

We're excited to announce that Team Bath AC and the Rotary Club of Bathavon have taken on the running of this ever popular annual race from Trionium. The 11th running of this race takes place on the 19th November and continues with the same fun and ethos, and is aimed at fundraising for Team Bath AC and the Rotary Club of Bathavon. The entries are now open at [here](#). The race always has a good turnout from Team Bath, and the current course records for the half are held by the club. It is based at (and starts on) the Lansdown Race track which has great dry changing facilities and amenities. Look forward to seeing you there.



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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