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THE BATH PLUG





Chris Maxwell - conquering the 153 mile Spartathlon in Greece. That's not a typo - one hundred and fifty-three miles!!!

A couple of awe-inspiring performances from TBACers these past couple of weeks - Chris Maxwell running more miles than I can get my head around... and in the Greek heat too; and Tom Hutchison bagging an age-group Gold medal at the World Champs in Chicago. Of course they weren't the only ones leaving it all out there - we've got loads more results, from marathon to Parkrun, so big-up yourself Team, you're all smashing it!

Simon Brace.

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

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



Race news

By Paul King

National Road Relays, 7th October

All in all we had a good day at Sutton Park. Despite both teams being slightly weakened by injuries, illness and unavailability, both the Senior Men and Women put on a strong performance and should be proud of their efforts.

The Senior Women finished a creditable 28th with again strong running from Anna Domville (15:35) and Bethan Francis (15:36) and well supported by Annabelle Wallace (16:27) and Ruth McKean (16:41). Photo above from left Bethan Francis; Ruth McKean; Annabelle Wallace and Anna Domville.

The Senior Men's team worked hard to finish 41st overall with consistent running throughout the team. An excellent start from Alex Carter (18:08) set the tone followed by solid runs from Elliott Avis (18:56); Sean Barry (19:57); Aidan Daniel (19:39); Chris Pickering (18:53) and rounded off by Justin Davies (18:46). Photo below of Alex Carter; plus team photo from left Justin Davies; Chris Pickering; Elliott Avis; Aidan Daniel; Alex Carter; Sean Barry and Coach Paul King. Big thanks should also go to Aaron Pritchard as Team Manager.

As a footnote these are the highest positions at the Nationals for both the Senior Men and Women's teams that anyone can remember and bodes well for the future.





One of the standout performances of the week was Tom Hutchison's brilliant gold medal in the MV70 age category at the **Chicago Marathon** which was also doubling up for the World Age-Group Champs. Tom (photo below) managed a superb 3:27:10 with brilliant splits. He is a machine! Club team mate Justin Maelzer was also running and finished in 4:16:00.

Elsewhere Dan Jones was competing in the **Chester Marathon** and for him had a slightly disappointing day finishing 42nd in a time of 2:43:08. Dan will now focus on the XC season over the winter before hopefully taking on the London Marathon next April.



Another outstanding achievement was Chris Maxwell's iconic **Athens to Sparta (Spartathlon) run**. An incredible effort to complete the 153 mile course in 31 hours and 5 mins. Photos below.

TBAC newcomer Jess Ventham took 3rd place Female in the inaugural **5 Valleys Ultra** in the Lake District.

At the **Cardiff Half Marathon** a number of TBAC runners tackled a blustery day with James Reeder managing a very respectable 49th place in a time of 1:10:55. There was also a solid performance from Michael Towler finishing 74th in a time of 1:13:10. Good

performances also from Brian Glynn 1:16:52; Toby Eichler 1:31:02; Florrie Betts 1:34:00 and Amy Glynn 1:48:51.





Parkrun Championship update

By Malcolm Treby

One of the great things which Parkrun promotes is a sense of community, and the ethos of volunteering is one of the ways in which it does this. That's why we ask everyone who takes part in the Championship to volunteer at least once in the year. To help with this, we're encouraging people to volunteer at the Parkrun events that correspond with the first two cross country weekends (Parkruns on 4th November and 9th December). It doesn't matter what you do, it's the helping that counts. Of course, to be eligible for the Championship, you can volunteer on any weekend, it doesn't have to be one of these two.

With three months to go in the Parkrun Championship and over 50 people have completed more than one of the events and are on the leaderboard. Alex Carter has a great lead at the top of the standings, but still has three events to complete; perhaps the TBAC group visits on the first event of the month, will help; October's will be at Somerdale Pavilion on

the 7th. Amber Gascoigne is in a similar position in the women's standings, having only completed two races, but with an average time more than two minutes ahead of the rest.

Most of the categories now have at least one runner who has completed all six events. Bizarrely the senior men is one of the exceptions, with Jorge Crockford having completed the most (4 events). The junior women, and both vet 70+ categories are the others without a full set yet. Looking at all Parkruns by TBAC athletes Alex continued his dominance, with a 15:43 in Clevedon in August, and a 15:56 at Bath in September. Creina O'Shea led the women in August with a 19:59 in Town Moor, and Alice Raban led September's women with a 20:15.

AUGUST FASTEST RUNS

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Clevedon Salthouse Fields parkrun	00:15:43	MS
2	Brian GLYNN	Bath Skyline parkrun	00:18:04	MS
3	James DONALD	The Old Showfield parkrun	00:18:04	MV40
4	Stephen ROSE	Cardiff parkrun	00:18:10	MV50
5	Robert EATON	Bath Skyline parkrun	00:18:24	MS
6	Thomas DAVIES	The Old Showfield parkrun	00:18:36	MS
7	Martin COUZINS	Mura di Lucca parkrun	00:18:40	MV50
8	Chris MAXWELL	Chippenham parkrun	00:19:06	MV50
9	Malcolm TREBY	Somerdale Pavilion parkrun	00:19:16	MV50
10	Mike DOOLEY	Bath Skyline parkrun	00:19:22	MV50
11	Gary HUGHES	Somerdale Pavilion parkrun	00:19:33	MV60
12	Andy ALCORN	Somerdale Pavilion parkrun	00:19:33	MV50
13	Thomas REECE	Cranbrook Country Park parkrun	00:19:37	MJ
14	Tim HILL	Heartlands parkrun	00:19:56	MV40
15	Creina O'SHEA	Town Moor parkrun	00:19:59	FS
16	Martin ARCHBOLD	Bath Skyline parkrun	00:20:03	MV40
17	James WOOSNAM	Bath Skyline parkrun	00:20:08	MV50
18	Ruth MCKEAN	Bath Skyline parkrun	00:20:13	FV40
19	Heather FELL	Chippenham parkrun	00:20:16	FV40
20	Daniel SOLTYS	Llanerchaeron parkrun	00:20:16	MS
21	Jo THOMPSON	The Old Showfield parkrun	00:20:23	FV60
22	Niall URQUHART	Nansenparken parkrun	00:20:30	MV60
23	Joshua DAVIES	Tetbury Goods Shed parkrun	00:20:35	MJ

24	Jorge CROCKFORD	Chippenham parkrun	00:20:50 MS
25	Elizabeth PITT	Maaraue parkrun	00:21:02 FS
26	Kyle WILLIAMS	Southwick Country parkrun	00:21:19 MJ
27	Mark MACKINTOSH	Bath Skyline parkrun	00:21:20 MV50
28	Alex COPPING	Melksham parkrun	00:21:20 MV50
29	David VAUDIN	Dreilöndergarten parkrun	00:21:32 MV60
30	Joel STALEY	Shrewsbury parkrun	00:21:41 MV40
31	Olivia PAUL	Tamar Trails parkrun	00:21:42 FJ
32	Ben HOLDING	Somerdale Pavilion parkrun	00:21:45 MV40
33	Alessandro ZANCONATO	Durlston Country Park parkrun	00:21:49 MS
34	Isabel DAVIS	Alice Holt parkrun	00:21:56 FS
35	Tom HUTCHISON	Chippenham parkrun	00:21:58 MV60
36	Cath DALE	The Old Showfield parkrun	00:21:58 FV50
37	Ella TREBY	Penryn Campus parkrun	00:22:04 FS
38	Nick PARRY	Bath Skyline parkrun	00:22:35 MV60
39	Jamie DURNFORD	Bath Skyline parkrun	00:22:44 MJ
40	Owen DAVIES	Cardiff parkrun	00:22:50 MS
41	Brett RAYNES	Kingdom parkrun	00:23:15 MV50
42	Miles ELVIDGE	Blaise Castle parkrun	00:23:17 MS
43	Nigel OSBORNE	Bath Skyline parkrun	00:23:25 MV50
44	Kelly MAKRAKI	The Old Showfield parkrun	00:23:42 FS
45	Helen DONALD	The Old Showfield parkrun	00:24:04 FS
46	Sevim SANGWELL	Chippenham parkrun	00:24:22 FV50
47	James MORGAN	Melksham parkrun	00:24:29 MJ
48	Kate DARBYSHIRE	Bath Skyline parkrun	00:24:29 FS
49	Julia WALDRON	Bolberry Down parkrun	00:25:49 FS
50	Mike CHARLTON	Bath Skyline parkrun	00:26:01 MV60
51	Pat ROGERS	Bath Skyline parkrun	00:26:03 MV70+
52	Lynn JONES	Bath Skyline parkrun	00:29:31 FV50
53	Keith JONES	Southwick Country parkrun	00:30:14 MV70+
54	Michael STANLEY	Kralingse Bos parkrun	00:35:32 MV60
55	Janice RAMBRIDGE	Bath Skyline parkrun	00:54:57 FV70+
56	Dave DONAGHY	Bath Skyline parkrun	00:59:37 MV50
57	James MORGAN	Southwick Country parkrun	00:31:25 MJ
58	Michael STANLEY	East Park parkrun	00:38:18 MV60
59	Janice RAMBRIDGE	Bath Skyline parkrun	00:54:05 FV70+
60	Dave DONAGHY	Bath Skyline parkrun	01:03:28 MV50

SEPTEMBER FASTEST RUNS

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Bath Skyline parkrun	00:15:56	MS
2	Charlie HAINES	Chipping Sodbury parkrun	00:16:25	MJ
3	Justin DAVIES	Bath Skyline parkrun	00:16:38	MS
4	James DONALD	Five Arches parkrun	00:17:24	MV40
5	Robert EATON	Royal Tunbridge Wells parkrun	00:17:44	MS
6	Thomas DAVIES	Five Arches parkrun	00:17:48	MS
7	Brian GLYNN	Royal Tunbridge Wells parkrun	00:18:01	MS
8	Tobi LOUGHLIN	The Old Showfield parkrun	00:18:07	MJ
9	Alex HAMMOND	Brockenhurst parkrun	00:18:13	MS
10	Tim HILL	Five Arches parkrun	00:18:31	MV40
11	James WOOSNAM	Somerdale Pavilion parkrun	00:18:38	MV50
12	Eliot BALL	Chippenham parkrun	00:18:42	MS
13	Martin ARCHBOLD	Bath Skyline parkrun	00:18:43	MV40
14	Ewen MALLOCH	Bath Skyline parkrun	00:18:45	MV40
15	Joshua DAVIES	Tetbury Goods Shed parkrun	00:19:07	MJ
16	David COALES	Chipping Sodbury parkrun	00:19:13	MV50
17	Mike DOOLEY	Bath Skyline parkrun	00:19:23	MV50
18	Gary HUGHES	Somerdale Pavilion parkrun	00:19:28	MV60
19	Cameron MCGARRY	Fulham Palace parkrun	00:19:29	MS
20	Malcolm TREBY	Pomphrey Hill parkrun	00:19:34	MV50
21	Niall URQUHART	Somerdale Pavilion parkrun	00:19:43	MV60
22	Chris MAXWELL	Chippenham parkrun	00:19:46	MV50
23	Sidney WILLIAMS	Somerdale Pavilion parkrun	00:19:58	MJ
24	Matthew LEVETT	Southwick Country parkrun	00:20:01	MV40
25	Rory OSBORNE	The Old Showfield parkrun	00:20:01	MJ
26	Alice RABAN	Darwin parkrun	00:20:15	FS
27	Andy ALCORN	Chippenham parkrun	00:20:26	MV50
28	Heather FELL	The Old Showfield parkrun	00:20:35	FV40
29	Marianne CARPENTER	Pomphrey Hill parkrun	00:20:39	FV40
30	Alex MUNRO	Bath Skyline parkrun	00:20:50	MS
31	Jo THOMPSON	Silksworth parkrun	00:20:56	FV60
32	Jenny CARTER	Whitley Bay parkrun	00:21:05	FV50
33	Creina O'SHEA	Forest of Dean parkrun	00:21:09	FS
34	Benjamin ROBINSON	Stadtpark parkrun; Graz	00:21:11	MS
35	Ella TREBY	Bath Skyline parkrun	00:21:14	FS
36	Nick PARRY	Bath Skyline parkrun	00:21:23	MV60
37	Kyle PEARCE	Bath Skyline parkrun	00:21:27	MS
38	Elizabeth PITT	Tooting Common parkrun	00:21:34	FS
39	Tom HUTCHISON	Bath Skyline parkrun	00:21:37	MV60
40	Barry AWAN	Land's End parkrun	00:21:41	MV50
41	Kyle WILLIAMS	Southwick Country parkrun	00:21:49	MJ
42	Alessandro ZANCONATO	Durlston Country Park parkrun	00:22:05	MS
43	Jorge CROCKFORD	Seaton parkrun	00:22:07	MS
44	Brett RAYNES	Bath Skyline parkrun	00:22:07	MV50
45	Stuart CURTIS	Bath Skyline parkrun	00:22:08	MV50
46	Nigel OSBORNE	Five Arches parkrun	00:22:16	MV50
47	Emily GRIFFITHS	The Old Showfield parkrun	00:22:19	FS

48	Isabel DAVIS	Durlston Country Park parkrun	00:22:19 FS
49	Jamie DURNFORD	Bath Skyline parkrun	00:22:30 MJ
50	David VAUDIN	Dreilföe Høndergarten parkrun	00:22:31 MV60
51	Helen DONALD	Five Arches parkrun	00:22:33 FS
52	Steve HALE	Central parkrun; Plymouth	00:22:37 MV60
53	Kate DARBYSHIRE	Bath Skyline parkrun	00:23:15 FS
54	Kim PREVETT	Margate parkrun	00:23:24 FS
55	James MORGAN	Melksham parkrun	00:23:29 MJ
56	Philippa SPRUIT	Somerdale Pavilion parkrun	00:23:34 FV50
57	Ilana WIGFIELD	Pomphrey Hill parkrun	00:23:35 FV50
58	Owen DAVIES	Bath Skyline parkrun	00:24:15 MS
59	Mark IRELAND	Bath Skyline parkrun	00:24:25 MV50
60	Beccy TARLING	Bath Skyline parkrun	00:24:32 FV40
61	Sevim SANGWELL	Bath Skyline parkrun	00:24:34 FV50
62	Julia WALDRON	Bolberry Down parkrun	00:24:54 FS
63	Pat ROGERS	Bath Skyline parkrun	00:25:45 MV70+
64	Roger HAMMOND	Bath Skyline parkrun	00:25:55 MV50
65	Patrick COBB	Somerdale Pavilion parkrun	00:26:42 MV40
66	Alex PARSONS	Dishley parkrun; Loughborough	00:27:25 MS
67	Rhys CROW	Bath Skyline parkrun	00:27:43 MV50
68	Keith JONES	Bath Skyline parkrun	00:32:25 MV70+
69	Michael STANLEY	Somerdale Pavilion parkrun	00:35:43 MV60
70	Daniel SOLTYS	Forest of Dean parkrun	00:49:53 MS
71	Janice RAMBRIDGE	Bath Skyline parkrun	00:58:00 FV70+

CHAMPIONSHIP STANDINGS

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	00:15:39		00:15:55	00:15:38			00:47:12	3	00:15:44	
2	Alex HAMMOND	MS	2		00:16:48		00:17:39			00:34:27	2	00:17:14	
3	Tobi LOUGHLIN	MJ	1	00:17:50	00:17:00	00:17:11	00:17:16	00:17:50	00:17:37	01:44:44	6	00:17:27	
4	Amber GASCOIGNE	FV40	1		00:17:31		00:18:01			00:35:32	2	00:17:46	
5	Ewen MALLOCH	MV40	1	00:18:45			00:18:13			00:36:58	2	00:18:29	
6	James DONALD	MV40	2	00:18:36	00:18:04			00:18:33	00:18:49	01:14:02	4	00:18:30	
7	Mike DOOLEY	MV50	1	00:18:43	00:17:57	00:19:12	00:18:38	00:18:30	00:18:46	01:51:46	6	00:18:38	
8	Chris MAXWELL	MV50	2		00:18:33			00:18:51		00:37:24	2	00:18:42	
9	Thomas DAVIES	MS	3	00:19:02	00:18:17	00:19:17				00:56:36	3	00:18:52	
10	Alessandro ZANCONI	MS	4	00:19:26			00:18:29	00:19:40		00:57:35	3	00:19:12	
11	David COALES	MV50	3	00:19:36	00:19:13	00:19:30	00:19:10	00:19:39	00:18:53	01:56:01	6	00:19:20	
12	Malcolm TREBY	MV50	4	00:19:46	00:19:00	00:19:34	00:19:14	00:19:47	00:19:10	01:56:31	6	00:19:25	
13	Ben WHITE	MS	5	00:20:05	00:18:59					00:39:04	2	00:19:32	
14	Luke STURGESS-DUR	MV50	5	00:20:18	00:18:49					00:39:07	2	00:19:33	
15	Heather FELL	FV40	2	00:20:11	00:20:35			00:20:16	00:19:21	01:20:23	4	00:20:06	
16	Mark MACKINTOSH	MV50	6	00:20:08		00:20:34		00:20:26	00:19:16	01:20:24	4	00:20:06	
17	James WOOSNAM	MV50	7	00:20:08		00:20:00	00:22:49	00:19:35	00:18:38	01:41:10	5	00:20:14	
18	Niall URQUHART	MV60	1	00:20:58				00:20:13	00:19:43	01:00:54	3	00:20:18	
19	Sidney WILLIAMS	MJ	2	00:20:25	00:19:37	00:20:37	00:20:00	00:21:19	00:19:41	02:01:39	6	00:20:16	
20	Creina O'SHEA	FS	1	00:21:15				00:19:49		00:41:04	2	00:20:32	
21	Ella TREBY	FS	2	00:21:08	00:20:12	00:20:04	00:20:12	00:19:58	00:21:38	02:03:12	6	00:20:32	
22	Isabel DAVIS	FS	3	00:21:04				00:20:22		00:41:26	2	00:20:43	
23	Nick PARRY	MV60	2	00:21:23					00:20:05	00:41:28	2	00:20:44	
24	Marianne CARPENTE	FV40	3	00:22:25	00:19:46	00:20:39	00:20:36	00:20:46	00:20:06	02:04:18	6	00:20:43	
25	Stuart CURTIS	MV50	8	00:21:22			00:20:41		00:20:17	01:02:20	3	00:20:47	
26	Matthew LEVETT	MV40	3	00:21:36			00:20:01			00:41:37	2	00:20:48	
27	Alex MUNRO	MS	6	00:20:50				00:20:50		00:41:40	2	00:20:50	
28	Andy ALCORN	MV50	9	00:23:22	00:20:10	00:21:33	00:21:01	00:20:26	00:19:33	02:06:05	6	00:21:01	
29	Jorge CROCKFORD	MS	7	00:21:19			00:21:47	00:20:50	00:20:14	01:24:10	4	00:21:03	
30	Kyle WILLIAMS	MJ	3	00:21:49	00:20:43		00:21:19			01:03:51	3	00:21:17	
31	Owen DAVIES	MS	8	00:24:15			00:18:28			00:42:43	2	00:21:22	
32	Tom HUTCHISON	MV60	3	00:21:37	00:20:21	00:22:01	00:22:04	00:21:58	00:21:30	02:09:31	6	00:21:35	
33	Tim HILL	MV40	4	00:20:40		00:22:17		00:24:53	00:18:41	01:26:31	4	00:21:38	

34	Jo THOMPSON	FV60	1	00:22:04	00:20:23	00:22:32	00:22:20	00:22:01	00:21:15	02:10:35	6	00:21:46
35	Ben HOLDING	MV40	5	00:22:28	00:19:53	00:24:19	00:20:27	00:21:53	00:21:45	02:10:45	6	00:21:47
36	Alex COPPING	MV50	10		00:22:15		00:22:12	00:21:32		01:05:59	3	00:22:00
37	Emily GRIFFITHS	FS	4		00:20:45		00:23:27			00:44:12	2	00:22:06
38	Cath DALE	FV50	1	00:22:08	00:21:58	00:22:57	00:22:06	00:22:04	00:21:58	02:13:11	6	00:22:12
39	Kate DARBYSHIRE	FS	5	00:22:57					00:21:28	00:44:25	2	00:22:12
40	Ilana WIGFIELD	FV50	2	00:23:23		00:23:35	00:23:17		00:22:44	01:32:59	4	00:23:15
41	Polly PENNICOTT	FJ	1	00:24:40					00:22:20	00:47:00	2	00:23:30
42	Kelly MAKRAKI	FS	6	00:24:57	00:23:42	00:23:12	00:22:54	00:23:36		01:58:21	5	00:23:40
43	Miles ELVIDGE	MS	9	00:24:39				00:24:01		00:48:40	2	00:24:20
44	Sevim SANGWELL	FV50	3	00:24:34				00:24:22		00:48:56	2	00:24:28
45	Philippa SPRUIT	FV50	4			00:25:34			00:23:34	00:49:08	2	00:24:34
46	Helen DONALD	FS	7	00:24:44	00:24:04		00:23:30	00:25:59		01:38:17	4	00:24:34
47	Lucy SARGEANT	FS	8	00:25:13		00:24:52			00:26:38	01:16:43	3	00:25:34
48	Patrick COBB	MV40	6	00:29:52					00:26:42	00:56:34	2	00:28:17
49	Lynn JONES	FV50	5	00:29:09	00:27:42		00:28:23	00:28:32	00:28:50	02:22:36	5	00:28:31
50	Keith JONES	MV70+	1	00:31:32	00:30:21		00:30:14			01:32:07	3	00:30:42
51	Michael STANLEY	MV60	4	00:39:31	00:36:15		00:40:08	00:38:12	00:35:43	03:09:49	5	00:37:58

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