

The official magazine of Team Bath Athletic Club  
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# THE BATH PLUG



**TBAC's BATH HILLY HALF & ULTRA 10K**  
*19th NOVEMBER 2023*  
**ENTRIES ARE STILL OPEN!**

Good things come to those who wait... and the Plug is no different. Racing has been less thick 'n fast these past few weeks, so we've saved up the results to deliver a veritable feast of fine performances in this edition.

We wrap up with a "plug" for this month's Hilly Half, organised by TBAC in collaboration with the Rotary Club of Bathavon - there's still time to enter this brilliant race, so don't delay, do it now :)

Simon Brace.

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

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



## Racing News

By Paul King

### Last weekend

The main event based near Chippenham was the **Lightning Bolt 10k – Race 5 organised by DB Max**. Sean Barry was top TBAC runner home finishing 5<sup>th</sup> overall in a good time of 32:50 closely followed by the ever-present Michael Towler who was 7<sup>th</sup> in a SB time of 32:52. Laura Parsonage had an excellent run finishing 1<sup>st</sup> FV40 in a SB time of 37:24. There were also solid runs from Alex Hearn (3<sup>rd</sup> U 20M; 39:26) and Matt Lay (50<sup>th</sup>; 39:42).

There was also the Clock Change Challenge 10k where Tom Davies came 3<sup>rd</sup> in a time of 36:38. Good to see Tom back racing.

Meanwhile at the **Eryri (Snowdon) Marathon** Claire Forster managed at time of 4:02:24 on the challenging course.

Tom Hutchison not content with all his recent Marathon and Cross-Country success was tackling the **OMM Long Course in Snowdonia** over the weekend finishing a respectable 19<sup>th</sup> Vet with Bath Bats running partner David Mackie. **Photo above**.

### The weekend before

James Reeder decided to make the most of his holiday in Spain by running the **Bilbao 10km race**. He managed to take the Bronze medal in an impressive time of 31:28. **Photo below (James in red top)**.

Elsewhere mother and daughter team of Ilana Wigfield (nee Langdon) and Natalie completed the **Abington Marathon** in a gentle time of 4:34:47. This was Ilana's recovery run from last week's York Marathon! Also running from TBAC was Oliver Walton MV40 who finished in a solid time of 3:06:58.



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## Sapphire League Winners

By Di Viles

Two of our athletes won Sapphire League trophies for this year's track season. The Sapphire League was brought in this year by South West Athletics, based on the Diamond League format, for U/17 and senior athletes in the South West. Points were awarded in certain events at selected open meetings in the South West. Our winners were Otis Poole



for the U/17 men's high jump and Tom Blackburn for the Senior men's high jump. Otis also won the athlete of the match award for the third Avon League match of the season for breaking the U/17men's high jump record. The attached photos show them receiving the awards.





## British Duathlon Championships

29th October 2023

By [Simon Brace](#), the Editor

Last Sunday the domestic duathlon season climaxed at Grafham Water in Huntingdon, where British Triathlon hosted the standard distance national duathlon Championships. The very best multi-sporters turned out to flex their skills one last time this year, and it was lovely to see so many familiar faces, including of course fellow TBACers, Marianne Carpenter and Andy Alcorn.

Overnight rain thankfully eased off to make for a dry-ish run-bike-run over 10k-40k-5k. Not an especially technical course, although the run route did meander off-road through a slippery mud section which made a mess of everyone's shiny Alphaflies. And the open road bike section left you at the mercy of local traffic, which presented hazards for both Marianne and I. But we got through it unscathed, just.

The race was a big deal for me. Exactly one year since I slipped my disc. I had decided at the start of the year to focus on this shorter (standard) distance for fear of risking another "slippage" if I persisted in pursuing my preferred long distance duathlon World Champs. I had even sacrificed running the Bath Half - one of my fav events - as it was just two weeks before this race; an especially painful decision when I looked on with envy at everyone's impressive times in the near-perfect conditions, knowing I was on PB form.

But I have no regrets. I went into the race having won a European standard distance duathlon qualifier just 4 weeks previous, so after bagging another quality block of training, I stood on the start line feeling quietly confident of my chances. I had trod the usual injury-

tightrope as training intensified during the final months, somehow managing to tick off every session while navigating several niggles. I was sooo very ready.

As the race unfolded, on two occasions I did my best to mess things up - firstly by dropping my chain at a junction on the bike; secondly by taking forever to remove my helmet in T2 with frozen fingers. But I pressed on, never really knowing if there was someone as old as me ahead of me. And as it turned out, there never was. I crossed the finish line to see no.1 supporter Mrs B (and Brian #iykyk) who checked the live tracker, confirming that I'd achieved my A race/goal this year - British Champion (OV50) - wohoo!

But I wasn't the only TBAC British Champ. Fellow V50 competitor, Marianne Carpenter also claimed top spot on the podium to complete a remarkable set of duathlon results this year: English Champ; British Champ; European Champ; World Champ! Interestingly, from what I can tell by the results, Marianne was chasing down the third TBACer racing at Grafham Water, Andy Alcorn. In the end, after 2hrs 18mins of racing, Andy finished just two seconds ahead, placing him a very commendable 8th OV55.





## Bath Hilly Half

By Mark Mackintosh (Race Director)

Entries are still open for Team Bath AC's [Bath Hilly Half](#); the course been checked and is looking good, and we are pleased to say that there are no changes to the route. TBAC is also pleased to announce that Low tide Brewing, which is an independent low alcohol craft brewer based in Bath, is sponsoring the finishers' beers (see [here](#) for more on the company), and also [Running Bath](#), a great local running shop for the finisher prizes.



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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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