

THE BATH PLUG



TBAC Women tearing up the turf at round 1 of this season's XC League
(plus Tom, loving life!)

Time for some muddy good puns, as the cross-country season is now well underway. Without getting bogged down in detail, two weeks ago TBAC swamped the competition at round 1, sliding their way to top of the standings across the board.

We play host to round 2, up at the Uni, on Sunday 10th December. See this week's closing article for details on how to volunteer. Putting on a good show is not only about racing your lungs out; it's about magnificent marshalling too. So please raise a hand.

We've got plenty of other news coming at ya this week, including several inspiring members being recognised at the EA Volunteer Awards.

Simon Brace.

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

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



Cross-country Gloucester League

4th November

By Paul King

A big TBAC turn-out at Cirencester Park for Race 1 of the Gloucester XC League. There were over 30 TBAC men competing both for the team and the age group category competitions.

Some superb performances from the Senior Men in particular Leon Chevalier (photo below) taking an impressive 1st place in 35:47 on a very challenging and muddy course, closely followed by James Reeder 2nd (36:28) and Chris Pickering 3rd (37:01). Strong runs from Sean Barry (5th; 38:06), Pete Dyson (7th, 38:18) and Aidan Daniel (8th, 38:29) ensured that the senior men were comfortable team winners over competition rivals University of Bath and Western Tempo. Photo below of Senior Men winning team from left: Aidan Daniel; Sean Barry; Chris Pickering; Leon Chevalier; Pete Dyson; James Reeder.

TBAC Masters Men (now categorised as 35 years of age and above) demonstrated their strength in depth finishing in 1st place ahead of Western Tempo. Lots of strong contributions with the top scoring four being Andy Fooks (11th; 38:50); Dan Jones (21st; 40:47); Tom Davies (25th; 41:36) and James Donald (31st; 42:18).

The TBAC Senior Women were also out in force hoping to defend their Senior Women's title from last year. Cover photo above. Another commanding performance from Amber Gascoigne meant she finished 1st Senior & Masters Lady in a time of 27:11 (photo below). Amber was strongly supported by Annabelle Wallace (2nd LU20; 29:52) and Bethan Francis (4th SL; 30:16). Official team placings confirmed that TBAC tied for 1st place with the University of Bath.

TBAC Masters Women (35years of age and above) led home by Amber Gascoigne (1st; 27:11) and well supported by Ruth McKean (19th; 31:25) and Marianne Carpenter (34th; 32:47) took 1st place, ahead of a strong Cheltenham & County Harriers team.

There were lots of excellent contributions from the rest of the men's and ladies' teams with age group podium places for many.

The TBAC younger age groups also had an excellent day particularly in the U17 Men; U15 Boys & Girls and U11 Boys (see below results).

By Mark Thomas

FU20 (6.4km) 15 Competitors

Annabelle Wallace 2nd 29:52

MU17 (6.4km) 18 Competitors

Joshua Maxwell 2nd 25:10

Charlie Haines 3rd 26:40

Conal Cross 5th 27:32

Samuel Davies 6th 27:39

Ned Blackman 7th 27:48

Thomas Reece 10th 28:44

MU15 (4.5km) 34 Competitors

Tobi-Lee Loughlin 1st 19:13

Archie Enstone 3rd 20:09

Ollie Squire 4th 20:27

Joshua Davies 9th 21:18

Daniel Kestell 12th 21:29

Adam Horder 16th 21:59

Orson Pace 18th 22:03

Kyle Williams 22nd 22:19

Finlay Landon 23rd 22:46

Jamie Durnford 28th 23:49

James Morgan 30th 24:46

FU15 (4.5km) 23 Competitors

Sophie Maxwell 4th 22:30

Angelica Copping 9th 23:56

Polly Pennicott 14th 26:42

Poppy Feasey 17th 28:16

Emily Searle 22nd 31:14

MU13 (3km) 44 Competitors

Alexander Stokes 14th 14:59

Alex Sandison 22nd 15:44

Max Luck 30th 16:33

FU13 (3km) 30 Competitors

Katherine Osborn 14th 16:33

Natalia Adamska 25th 18:56

MU11 (2km) 54 Competitors

Albert Jakubowski 1st 8:06

Finley Pierce 3rd 8:34

Frederick Cobb 41st 10:54

Lewis Morgan 46th 11:22

FU11 (2km) 31 Competitors

Elise Williams 14th 11:20







Over the Hills

5th November

By Paul King

It was Avon Valley Runners popular 'Over the Hills' trail race the next day, with a good contingent of TBAC runners taking part. Rather impressively James Reeder, who ran the Gloucester XC League race on Saturday, turned out again to win the race in an excellent time of 44:02. Picture below. There were also age category wins for Nial Urquhart (1st MV60; 54:44) and Claire Riou (1st LV60; 73:25).

Pos	Race No	Share	Name	Time	Chip Time	Category	Cat Pos	Gender	Gen Pos
1	472	✉ 🐦 f 📺	James REEDER	44:03.6	44:02.8	Sen	1	Male	1
11	890	✉ 🐦 f 📺	Freddie WEBB	47:42.6	47:42.2	Sen	11	Male	11
25	370	✉ 🐦 f 📺	Guy LANDON	51:01.9	50:58.5	Vet 50	2	Male	25
35	260	✉ 🐦 f 📺	Finlay DAVIES	52:18.3	52:14.2	Sen	23	Male	35
39	263	✉ 🐦 f 📺	Toby BISHOP	53:06.6	52:56.4	Vet 40	8	Male	38
55	878	✉ 🐦 f 📺	Niall URQUHART	54:49.8	54:44.5	Vet 60	1	Male	53
57	78	✉ 🐦 f 📺	Barry AWAN	55:01.4	54:58.5	Vet 50	12	Male	55
68	289	✉ 🐦 f 📺	Heather FELL	56:12.7	56:08.6	Vet 40	2	Female	3
96	232	✉ 🐦 f 📺	Marianne CARPENTER	58:48.3	58:42.7	Vet 40	3	Female	8
105	261	✉ 🐦 f 📺	Nina DAVIES	1:00:02.8	59:53.0	Vet 40	4	Female	10
141	443	✉ 🐦 f 📺	Nick PARRY	1:03:39.8	1:03:35.0	Vet 60	9	Male	123
149	421	✉ 🐦 f 📺	Alan MOWAT	1:04:11.8	1:04:05.1	Vet 50	33	Male	131
156	318	✉ 🐦 f 📺	Emily GRIFFITHS	1:04:44.0	1:04:33.1	Sen	12	Female	20
157	471	✉ 🐦 f 📺	Ashia REEDER	1:04:59.6	1:04:41.8	Sen	13	Female	21
159	857	✉ 🐦 f 📺	Beccy TARLING	1:05:25.1	1:05:17.1	Vet 40	6	Female	22
175	386	✉ 🐦 f 📺	Kelly MAKRAKI	1:07:04.8	1:06:56.5	Sen	18	Female	31
188	178	✉ 🐦 f 📺	Lisa BENNETT	1:08:07.8	1:07:59.1	Vet 50	6	Female	33
192	490	✉ 🐦 f 📺	Sevim SANGWELL	1:08:32.1	1:08:23.9	Vet 50	7	Female	34
230	479	✉ 🐦 f 📺	Claire RIOU	1:13:34.4	1:13:25.7	Vet 60	1	Female	50





Other Racing News

By Paul King

Sunday 5th November, Rachael Moon battled 20mph headwinds to run a 6 min PB at the **Nice Marathon** in a time of 3:15:04. Photo above.

Dylan Stoneman competed at the prestigious **U20 Men Cardiff Cross Challenge** on Saturday 12th November, finishing in a solid 45th position in a time of 22:17 for the 6.4 km course.

The next day, Tom Hutchison represented the England MV70 Team who took Gold at the **British and Irish Masters Cross Country International** held in Glasgow. Photo below.

Elsewhere a few TBAC runners took on the **Endurance Life Gower Trail Half and Full Marathon**. In the marathon Alessandro Zanconato ran a very solid race finishing 4th overall in a time of 4:14:28. In the Half Marathon Izzy Davis was 2nd Open F in an excellent time of 2:15:52 followed by James Woosnam who completed a creditable 1st MV50 in a time of 2:17:41 with Martin Couzins finishing close behind in 2:18:59.



Tavy 5k

By [Steve Hale](#)

According to a recent report many 'Jenners' i.e. Plymothians visit Tavistock to get away from a 'soulless' city environment and to enjoy the string of independent shops and the atmosphere that the town brings. Often called the Gateway to Cornwall, what attracts me especially is the excellent market, a couple of great bookshops one of which serves coffee and has a small music room in its attic. But Saturday brought the excellent Tavy 5k, not a Parkrun but organised by the local athletics club on every 3rd Saturday of the month. The race starts and finishes on the track with the chance to do a full 400 metres at the end, so coming home you know exactly what you have to do to achieve that target time! The course is reasonably flat if a bit hazardous in places with the recent rain and falling leaves (must have been worth all of 15 seconds ha ha) and takes runners around the picturesque local park. I ran a respectable 20:45 (80% age grade but just missed out by 4 seconds on the MV60 category).



England Athletic Volunteer Awards

By [Tom Hutchison](#)

Team Bath AC picked up five awards at the South West regional volunteer awards presentation in Exeter on Saturday 11 November.

Andy Mullet and Di Viles were recognised for their long service to Athletics. Di has been a high level coach for many years. Andy has been Club president Club treasurer and long term committees member, as well as the founder of an off road running group Bath Bats Mark Thomas, was awarded Coach of the Year. He is highly respected for his organisation and commitment and also has been a big contributor to club organisation.

Iain (Oz) Osborne was recognised as a relative newcomer to the club for his contribution to the organisation of services to the club and his enthusiasm and new ideas.

Tom Hutchison was recognised for his role in club leadership.

Tom Hutchison was unable to attend the event as he had been selected for the England and Irish masters Cross country being held the same day in Glasgow. This was his first England Cross country Vest at age 70 so this shows its never too late. The England MV70 team did come first in the 5 nations team competition.

On the endurance athlete front Dylan Stoneman received the honour of junior male 'Off-Track athlete of the Year'.

Photo above of Andy Mullett, Mark Thomas, Di Viles and Oz at the awards (plus Tom "inserted"). Photo below of Dylan Stoneman.



Your local cross-country race needs you!

By James Donald

Team Bath AC will be hosting their first Gloucester League Cross Country fixture on Sunday 10th December at the University campus. Building on the previous Tri-counties competition held in previous years, this fixture will also be incorporating the county competitions of Wiltshire, Avon, Somerset, and Gloucestershire, so a good turnout is expected.

Vital to hosting this event is the support of volunteers as Marshalls, so if you are able to help out at any point between 10:30 (prior to the first race at 11:00) and 15:10 (when the last race is expected to be finished) your help would be greatly appreciated, especially so if you are able to help with the later races when many of the senior club members will be running.

The full timetable of the day is as follows and ideally ten people are needed for each race. If you'll be spectating children or partners for any of the races anyway, it would be great if you could also volunteer as a marshall:

11.00 – U13 Girls
11.20 – U13 Boys
11.40 – U11 Girls
11.55 – U11 Boys
12.10 – U15 Girls
12.30 – U15 Boys
12.50 – U17 Women
13.10 – U17 Men
13.40 – Senior & Masters Women, U20 Women, MV65+
14.10 – Senior & Masters Men, U20 Men

If you are able to support by marshalling at any point in the day, please let James Donald know via the TBAC community WhatsApp. Or email reply to this Plug, and James will get the message.

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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