

THE BATH PLUG



TBAC Women battled Bromham and won... a Christmas pud 🍩

What a treat... a Plug on a Friday night! What better way to let your hair down than go wild with your favourite newsletter. Go on... pour yourself a sherry, open the Quality Street, and get stuck into this week's edition. You can always shake it off in the morning at Parkrun...

after all, as Malcolm reminds us, you've still got time to cram in those missing Parkruns to complete your set in this year's TBAC Parkrun Champs. Enjoy!

Simon Brace.

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

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



Bath Hilly Half and Ultra 10k

19th November

By Paul King

A big event for the Club was the Bath Hilly Half and Ultra 10k which TBAC has taken over organising in conjunction with the Rotary Club of Bathavon. Over 300 registered for the event which was based at the Bath Racecourse and took runners on a beautiful, albeit muddy, course across the surrounding Cotswold hills with a collective ascent of over 600m. This along with the wet and blustery conditions made for a challenging but satisfying occasion.

The **Half Marathon** was a close-run competition with Richard Elsworthy just pulling away to finish 1st in 1:34:24 closely followed by ultra-running legend Damian Hall in 1:34:51.

TBAC runner Cameron McGarry finished 3rd in a solid time of 1:36:26. Photo above (from left: Cameron McGarry; Richard Elsworthy; Damian Hall). The women's podium places were taken by 1st Hannah Large (Westbury Harriers) who finished in 1:46:33; 2nd Victoria Ratcliffe (Somer AC) in 1:50:42 and 3rd Lucy Richens (unattached) in 1:54:53.

Unfortunately, three of the leading runners in the **Ultra 10k** mistakenly took a wrong turning leaving our very own Malcolm Treby to take the win (1:00:37), with fellow TBACer Niall Urquhart coming 4th (1:03:30). Podium places for the leading female runners were confirmed as: 1st Lucy Elliott (unattached) in a time of 1:05:22; 2nd Lucy Hughes (unattached) in 1:06:14 and 3rd TBAC seasoned runner Cath Dale in 1:08:57. Photo below (from left: Cath Dale; Lucy Elliott and Lucy Hughes).

A huge thank you must go to all the runners, marshals and volunteers in particular Mark Macintosh (Race Director) and Charles Hayward (Rotary Club Lead) along with the race sponsors Running Bath and Bath's Lo Tide Brewery. With race profits being distributed amongst local charities. Photo below of TBAC race volunteers (from left: Ilana Langdon; Philippa Spruit and Any Mullet).







Bromham Christmas Pudding 10k

3rd December

By Paul King

Last weekend was at the ever-popular Bromham Pudding 10k. A big turn-out from TBAC with nearly 30 runners taking part. Michael Towler was back to his winning ways finishing 1st in a SB time of 32:36, followed by Pete Dyson in 2nd place with a big PB time of 33:35. Bethan Francis continued her impressive form this season by finishing 1st SF in a SB time of 36:58 with Freya Spruit 3rd SF in 37:17.

There were a number of PBs and SBs from the rest of team with age group wins for Simon Brace (1st MV50; 35:02); Marianne Carpenter (1st FV40; 41:23); and Alison Vaugniaux (1st FV60; 50:00). Both the Men's and Women's team prizes went to TBAC.

Meanwhile at the **Valencia Marathon** Owen Davies managed a very creditable 3:03:58 and is on course for a sub 3 hour marathon in the near future.



1	442	Michael TOWLER	32:36.8	32:36.8	Top 3	1	Male	1
2	509	Pete DYSON	33:35.3	33:35.0	Top 3	2	Male	2
7	50	Simon BRACE	35:02.3	35:02.3	V50	1	Male	7
13	127	James DONALD	36:05.0	36:04.5	V40	5	Male	13
14	117	Thomas DAVIES	36:13.1	36:13.1	Sen	5	Male	14
15	479	Aiden WIFFEN	36:31.8	36:31.7	Sen	6	Male	15
17	174	Bethan FRANCIS	36:59.0	36:58.4	Top 3	1	Female	1
19	457	Oliver WALTON	37:15.0	37:12.9	V40	7	Male	17
20	37	Toby BISHOP	37:16.7	37:14.9	V40	8	Male	18
21	414	Freya SPRUIT	37:17.8	37:17.8	Top 3	3	Female	3
24	283	Owen LYTHELL	37:21.1	37:20.9	Sen	8	Male	20
29	271	Matthew LEVETT	37:52.0	37:51.0	V40	9	Male	25
31	220	Tim HILL	38:12.6	38:12.6	V40	10	Male	27
35	77	Jenny CARTER	39:38.8	39:37.3	V50	2	Female	5
39	320	Creina OSHEA	39:44.1	39:43.1	Sen	1	Female	6
40	443	Malcolm TREBY	39:47.0	39:45.0	V50	4	Male	34
54	76	Marianne CARPENTER	41:29.8	41:23.3	V40	1	Female	7
55	109	Stuart CURTIS	41:31.4	41:29.4	V50	7	Male	48
75	450	Jess VENTHAM	42:43.2	42:36.1	Sen	2	Female	8
89	412	Florrie BETTS	44:07.0	44:00.3	Sen	3	Female	10
109	346	Kim PREVETT	46:00.8	45:56.1	Sen	5	Female	13
116	287	Kelly MAKRAKI	46:36.1	46:22.9	Sen	6	Female	14
142	126	Helen DONALD	48:30.4	48:26.3	V40	6	Female	24
149	432	Beccy TARLING	49:11.0	48:59.9	V40	7	Female	25
154	415	Philippa SPRUIT	49:39.3	49:31.8	V50	8	Female	26
159	391	Sevim SANGWELL	50:04.2	49:51.5	V50	9	Female	27
161	452	Alison VUAGNIAUX	50:12.0	50:00.0	V60	1	Female	29
165	371	Claire RIOU	50:26.1	50:13.4	V60	2	Female	31
172	242	Lauren JAUSS	50:59.6	50:47.1	V40	9	Female	36



Other Racing News

3rd December

By [Claire Blewitt](#)

Gertie Blewitt (photo above) took part in her first indoor track meet in Cardiff. She was quite nervous against all the older girls now in her new U17 category. There were 6 heats and out of all the regions she was 3rd but picked up a silver medal as 2nd in the SW region, so she was pleased with that. Not a PB (43.04) but very solid for her first one this season.

Weekend of 25th/26th November

By [Paul King](#)

A number of TBAC runners were at the prestigious **Liverpool Cross Challenge**. Justin Davis finished a very respectable 11th in the European short course relay trial in a time of 4:40 and Ellie Leather was an impressive 5th in a time of 5:20. On the junior front the Maxwell family were out in force with Harry Maxwell finishing a very impressive 5th in the U17 Boys with brother Josh finishing in 38th and sister Sophie 39th in the U15 Girls.

TBAC ultra-runner Anna-Marie Watson was out in Nepal completing the ever-popular **Manaslu Trail Race**. This is an amazing 7-stage event which covers 140km amongst some breath-taking scenery. Anna-Marie (photo below) completed the course as 5th Female behind the phenomenal Swedish runner Ida Nilsson and 3 x local Nepalese ladies who were simply mountain goats!

Elsewhere Matt Lay (photo below) was completing the **Leptos Cyprus International 4-day Challenge**. This involved mountainous runs of 6km, 11km, Half-Marathon, and 10km over 4 days.

Nearer to home the **AVR Wiltshire Half-Marathon** took place with TBAC's Martin Arcbold finishing 8th (2nd MV40) in a solid time of 1:21:58. Andy Alcorn finished 3rd MV50 in a time of 1:31:49, Marianne Carpenter 1st VF40 in a time of 1:33:54 and TBAC newcomer Jess Ventham 2nd SF in a time of 1:35:47. Photo below from Left: Marianne Carpenter; Andy Alcorn; Jess Ventham.









TBAC Parkrun Championship Latest

December

By Malcolm Treby

As we move into December, opportunities to complete the Parkrun Championships get fewer but, at the time of writing (6th) there are still five available Parkrun dates this year. For those who really want to take it to the wire, details of Christmas Day Parkruns are available [here](#).

November saw 55 TBACers take on a Parkrun somewhere, and there were familiar names at the top of the timing sheet with John Howorth at Dulwich leading the men and Isabel Davies at Upton House the fastest woman. Well done to both. The Championship still has several things to be decided though, most interestingly the overall winner with Alex Carter leading but having only completed three of the six Parkruns. Tobi Loughlin looks set to benefit if Alex falls short. It's very similar in the women's race, where Creina O'Shea leads, but has also only completed three runs. Ella Treby or Heather Fell have both completed the six runs already and, if Creina does not manage six, either of them could pick up the overall lead as an average of only 3 seconds splits them.

Position	Athlete	Parkrun	Fastest Time	Age Category
1	John HOWORTH	Dulwich parkrun	00:15:53	MS
2	Alex CARTER	Ashton Court parkrun	00:16:05	MS
3	Alex HAMMOND	University Parks parkrun	00:16:59	MS
4	Tobi LOUGHLIN	The Old Showfield parkrun	00:17:09	MJ
5	Otto COPPING	Southwick Country parkrun	00:17:35	MS
6	Thomas DAVIES	Five Arches parkrun	00:17:43	MS
7	Reece CLARKE	Cardiff parkrun	00:17:55	MS
8	Ewen MALLOCH	Bath Skyline parkrun	00:18:16	MV40
9	Cameron MCGARRY	Bath Skyline parkrun	00:18:23	MS
10	James DONALD	Quakers Walk parkrun	00:18:24	MV40
11	Joshua DAVIES	Tetbury Goods Shed parkrun	00:18:51	MJ
12	Mike DOOLEY	Chipping Sodbury parkrun	00:18:56	MV50
13	David COALES	Cardiff parkrun	00:18:58	MV50
14	Niall URQUHART	Chipping Sodbury parkrun	00:19:35	MV60
15	Tim HILL	Chipping Sodbury parkrun	00:19:37	MV40
16	Martin ARCHBOLD	Bath Skyline parkrun	00:19:41	MV40
17	Daniel SOLTYS	Trelissick parkrun	00:19:51	MS
18	Isabel DAVIS	Upton House parkrun	00:19:52	FS
19	Malcolm TREBY	Bath Skyline parkrun	00:20:06	MV50
20	Ruth MCKEAN	Bath Skyline parkrun	00:20:14	FV40
21	Elizabeth PITT	Kingston parkrun	00:20:30	FS
22	Alex COPPING	Quakers Walk parkrun	00:20:44	MV50
23	Gary HUGHES	Somerdale Pavilion parkrun	00:20:47	MV60
24	Jo THOMPSON	Patawalonga River parkrun	00:20:57	FV60
25	Kyle WILLIAMS	Southwick Country parkrun	00:21:00	MJ
26	Alice RABAN	Centennial parkrun	00:21:15	FS
27	Ella TREBY	Bath Skyline parkrun	00:21:16	FS
28	Rory OSBORNE	The Old Showfield parkrun	00:21:43	MJ
29	Creina O'SHEA	Bath Skyline parkrun	00:21:46	FS
30	Joel STALEY	Bramhall parkrun	00:21:47	MV40
31	Stuart CURTIS	Bath Skyline parkrun	00:21:50	MV50
32	Andy ALCORN	Bath Skyline parkrun	00:22:04	MV50
33	Brett RAYNES	Hellbrunn parkrun	00:22:13	MV50
34	Heather FELL	Southwick Country parkrun	00:22:24	FV40
35	Nigel OSBORNE	Quakers Walk parkrun	00:22:43	MV50
36	Alex MUNRO	Bath Skyline parkrun	00:22:50	MS
37	Victoria RANDALL	Pomphrey Hill parkrun	00:23:11	FS
38	Aiden WIFFEN	Quakers Walk parkrun	00:23:15	MS
39	Steve HALE	Teignmouth Promenade parkrun	00:23:21	MV60
40	Helen DONALD	Quakers Walk parkrun	00:23:49	FS
41	Kelly MAKRAKI	Bath Skyline parkrun	00:23:49	FS
42	Ilana WIGFIELD	Pomphrey Hill parkrun	00:23:56	FV50
43	James MORGAN	Bath Skyline parkrun	00:24:25	MJ
44	Jorge CROCKFORD	Frogmary Green Farm parkrun	00:24:26	MS
45	Kate DARBYSHIRE	Bath Skyline parkrun	00:24:30	FS
46	Philippa SPRUIT	Five Arches parkrun	00:25:07	FV50
47	Mike CHARLTON	Bath Skyline parkrun	00:25:40	MV60
48	Owen DAVIES	Eastville parkrun	00:25:58	MS
49	Pat ROGERS	Bath Skyline parkrun	00:26:13	MV70+
50	Lauren JAUSS	Bath Skyline parkrun	00:26:17	FV40
51	Lynn JONES	Chipping Sodbury parkrun	00:27:28	FV50
52	Benjamin ROBINSON	Donaupark parkrun	00:28:33	MS
53	Keith JONES	Five Arches parkrun	00:31:23	MV70+
54	Michael STANLEY	Pomphrey Hill parkrun	00:37:36	MV60
55	Janice RAMBRIDGE	Bath Skyline parkrun	00:58:46	FV70+

Position	Runner	Category	Cat Pos	Chipping			Southwick		Somerdale		Total Time	Parkruns	Average Time
				Bath Skyline	Sodbury/ Old Showfield	Pomphrey Hill	Country-park	Chippenham	Pavilion				
1	Alex CARTER	MS	1	00:15:39		00:15:55	00:15:38			00:47:12	3	00:15:44	
2	Tobi LOUGHLIN	MJ	1	00:17:50	00:17:00	00:17:11	00:17:16	00:17:47	00:17:37	01:44:41	6	00:17:27	
3	James DONALD	MV40	1	00:18:36	00:18:04	00:18:17		00:18:33	00:17:36	01:31:06	5	00:18:13	
4	Mike DODLEY	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	
5	Thomas DAVIES	MS	2	00:19:02	00:18:17	00:19:17				00:56:36	3	00:18:52	
6	Alessandro ZANCONI	MS	3	00:19:26			00:18:29	00:19:40		00:57:35	3	00:19:12	
7	David COALES	MV50	2	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	
8	Malcolm TREBY	MV50	3	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	
9	Mark MACKINTOSH	MV50	4	00:20:08		00:20:34		00:20:26	00:19:16	01:20:24	4	00:20:06	
10	Niall URQUHART	MV60	1	00:20:58	00:19:35	00:19:59	00:20:34	00:20:13	00:19:43	02:01:02	6	00:20:10	
11	James WOOSNAM	MV50	5	00:20:08		00:20:00	00:22:49	00:19:35	00:18:38	01:41:10	5	00:20:14	
12	Sidney WILLIAMS	MJ	2	00:20:25	00:19:18	00:20:37	00:20:00	00:21:19	00:19:41	02:01:20	6	00:20:13	
13	Creina O'SHEA	FS	1	00:21:15				00:19:49	00:20:03	01:01:07	3	00:20:22	
14	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	
15	Heather FELL	FV40	1	00:20:11	00:20:35	00:20:45	00:22:24	00:20:16	00:19:21	02:03:32	6	00:20:35	
16	Stuart CURTIS	MV50	6	00:21:22	00:20:29		00:20:41		00:20:17	01:22:49	4	00:20:42	
17	Marianne CARPENTE	FV40	2	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	
18	Andy ALCORN	MV50	7	00:22:04	00:20:10	00:21:33	00:21:01	00:20:26	00:19:33	02:04:47	6	00:20:48	
19	Jorge CROCKFORD	MS	4	00:21:19			00:21:47	00:20:50	00:20:14	01:24:10	4	00:21:03	
20	Kyle WILLIAMS	MJ	3	00:21:49	00:20:43		00:21:00			01:03:32	3	00:21:11	
21	Tim HILL	MV40	2	00:20:40	00:19:37	00:22:17	00:21:03	00:24:53	00:18:41	02:07:11	6	00:21:12	
22	Alex COPPING	MV50	8	00:21:32	00:22:15		00:20:53	00:21:32		01:26:12	4	00:21:33	
23	Tom HUTCHISON	MV60	2	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	
24	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	
25	Ben HOLDING	MV40	3	00:22:22	00:19:53	00:24:19	00:20:27	00:21:53	00:21:45	02:10:39	6	00:21:46	
26	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	
27	Ilana WIGFIELD	FV50	2	00:23:23	00:22:56	00:23:35	00:23:17		00:22:44	01:55:55	5	00:23:11	
28	Kelly MAKRAKI	FS	3	00:23:49	00:23:42	00:23:12	00:22:54	00:23:36	00:23:33	02:20:46	6	00:23:28	
29	Helen DONALD	FS	4	00:24:44	00:24:04	00:24:21	00:23:30	00:24:48	00:24:01	02:25:28	6	00:24:15	
30	Lucy SARGEANT	FS	5	00:25:13		00:24:52			00:26:38	01:16:43	3	00:25:34	
31	Lynn JONES	FV50	3	00:29:09	00:27:28		00:28:23	00:28:32	00:28:50	02:22:22	5	00:28:28	
32	Keith JONES	MV70+	1	00:31:32	00:30:21		00:30:14			01:32:07	3	00:30:42	
33	Michael STANLEY	MV60	3	00:39:31	00:36:15	00:37:36	00:40:08	00:38:12	00:35:43	03:47:25	6	00:37:54	





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