

# THE BATH PLUG



Shining form... our winning SM team at R3 of the Glous XC League

First things first... it's time to talk about my favourite race of the year, the Welsh Castles Relay. You may have seen in Paul's weekly emails that plans are already afoot to sign up anyone interested. As James explains below, we need to secure about 75 of you this month to field 3 teams in this extraordinarily fun race that takes place at the start of June every year. Check out the details and get involved - you won't regret it.

As for racing, we are of course in the middle of the XC season, with back-to-back events last weekend; plus the indoor athletics season, featuring the SW Champs last Sunday. We wrap up with Malcolm's round-up of the Club's 2023 ParkRun Champs, plus a look forward to the format of 2024's Champs. Big thanks to Malcolm for organising this, and all the Parkrun social meet-ups - now in its third year, the Champs are becoming as much an excuse for a great catch-up and coffee, as it is a competition. Win-win!

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

6th and 7th January

By Paul King & Mark Thomas

Bit of a challenge for us at the weekend in that we had a clash of XC events with Race 3 of the Gloucester XC League at Cotswold Farm Park on the Saturday and the South West XC Champs at RNAS Merryfield on the Sunday.

In the end we essentially targeted the Gloucester XC League in order to preserve our winning start to the season. Fortunately, we had enough quality runners to ensure we won both the Senior Men and Women's races for the **Gloucester XC League fixture**.

In the men's race James Reeder (33:35) was narrowly pipped on the line by Dominic James (33:35) of Western Tempo after both had fought out an excellent contest. The remaining 5 TBAC scorers (Elliott Avis (36:17); Aidan Daniel (36:23); Andy Fooks (36:25);

Aaron Pritchard (37:12) and Dan Jones (37:30) dominated the field to ensure the team finished ahead of a strong Western Tempo. Unfortunately, due to the early January date the University of Bath were unable to field a complete team. The TBAC Masters team of Andy Fooks (36:25); Dan Jones (37:30); Rob Eaton (38:13) and Simon Brace (39:18) narrowly lost out to Western Tempo for the top Masters team place.

In the Women's event Amber Gascoigne (26:27) - photo below - once again had an excellent race to take 1<sup>st</sup> place strongly supported by Sarah Wilson (27:26); and Bethan Francis (28:39) to ensure TBAC finished as top team. The same was true for the Masters Women team of Amber Gascoigne (26:27); Ruth McKean (29:43) and Jenny Carter (30:43). Photo above of TBAC Women's squad and MV65/70 runners Paul King and Tom Hutchison.

There were also some excellent performances from the younger TBAC runners namely Charlie Haines (4<sup>th</sup> MU17); Daniel Kestell (7<sup>th</sup> MU15); Angelica Copping (8<sup>th</sup> LU15); Zac Fleming (2<sup>nd</sup> MU13); Katherine Osborn (10<sup>th</sup> LU13) and Albert Jakubowski who dominated to take 1<sup>st</sup> place in the MU11 race.







Senior Men			9.9km			
Position	Number	Name	Club	Category	Time	
2	418	James Reeder	Team Bath AC	SM/02	33:35	
4	372	Elliott Avis	Team Bath AC	SM/04	36:17	
5	382	Aidan Daniel	Team Bath AC	SM/05	36:23	
6	391	Andy Fooks	Team Bath AC	MV45/01	36:25	
14	414	Aaron Pritchard	Team Bath AC	SM/08	37:12	
15	403	Daniel Jones	Team Bath AC	MV35/02	37:30	
21	389	Chris Else	Team Bath AC	SM/10	38:12	
22	388	Robert Eaton	Team Bath AC	MV35/04	38:13	
32	375	Simon Brace	Team Bath AC	MV50/02	39:18	
34	384	Thomas Davies	Team Bath AC	MV35/05	40:00	
38	406	Guy Landon	Team Bath AC	MV50/03	40:07	
73	422	Malcolm Treby	Team Bath AC	MV50/05	43:56	
74	423	Niall Urquhart	Team Bath AC	MV60+/01	44:03	
80	407	Mark Mackintosh	Team Bath AC	MV55/04	44:37	
90	380	Jorge Crockford	Team Bath AC	MV35/17	45:58	
107	371	Andrew Alcorn	Team Bath AC	MV55/09	47:36	
130	426	Mark Thomas	Team Bath AC	MV60+/07	51:48	
137	409	Dale Morgan	Team Bath AC	MV40/23	53:34	

MU17/FU17/ SL/MV65+			6.5km			
Position	Number	Name	Club	Category	Time	
4	920	Charlie Haines	Team Bath AC	MU17/04	25:19	
6	393	Amber Gascoigne	Team Bath AC	LV40/01	26:27	
7	913	Conal Cross	Team Bath AC	MU17/06	26:30	
10	885	Sarah Wilson	Team Bath AC	SL/01	27:26	
11	943	Thomas Reece	Team Bath AC	MU17/09	27:34	
18	392	Bethan Francis	Team Bath AC	SL/08	28:39	
28	664	Ruth McKean	Team Bath AC	LV45/02	29:43	
35	377	Jenny Carter	Team Bath AC	LV50/02	30:43	
36	383	Nina Davies	Team Bath AC	LV45/04	30:47	
44	376	Marianne Carpenter	Team Bath AC	LV45/05	31:29	
45	395	Ellie Gilham	Team Bath AC	SL/12	31:29	
49	402	Tom Hutchison	Team Bath AC	MV70/01	31:52	
53	415	Victoria Randall	Team Bath AC	LV40/09	32:03	
68	381	Cath Dale	Team Bath AC	LV55/02	33:20	
83	405	Paul King	Team Bath AC	MV65/04	35:03	

MU15/FU15			4.7km		
Position	Number	Name	Club	Category	Time
8	923	Daniel Kestell	Team Bath AC	MU15/07	19:51
12	924	Finlay Landon	Team Bath AC	MU15/10	20:11
19	946	Kyle Williams	Team Bath AC	MU15/15	20:49
24	940	Orson Pace	Team Bath AC	MU15/18	21:37
32	429	Angelica Copping	Team Bath AC	LU15/08	22:30
40	902	Poppy Feasey	Team Bath AC	LU15/14	25:10
MU13/FU13			3.1km		
Position	Number	Name	Club	Category	Time
2	919	Zac Fleming	Team Bath AC	MU13/02	12:32
24	944	Alex Sandison	Team Bath AC	MU13/19	14:05
31	926	Max Luck	Team Bath AC	MU13/24	14:30
36	905	Katherine Osborn	Team Bath AC	LU13/10	14:42
MU11/FU11			1.8km		
Position	Number	Name	Club	Category	Time
1	427	Albert Jakubowski	Team Bath AC	MU11/01	07:30
3	942	Finley Pierce	Team Bath AC	MU11/03	07:41
45	910	Elise Williams	Team Bath AC	LU11/11	09:38
59	928	Lewis Morgan	Team Bath AC	MU11/42	10:20

The other big event of the weekend was the **SW XC Champs**.

We managed to field a relatively strong Snr Women's team that achieved 2<sup>nd</sup> overall place behind Bristol & West AC with Avon County taking the top County title. Excellent runs from Freya Spruit (8<sup>th</sup> SW); Caitlin Wosika (20<sup>th</sup> SW); Annabelle Wallace (3<sup>rd</sup> U20W) and Ella Treby (5<sup>th</sup> U20W). A special mention for Philippa Spruit who finished 1<sup>st</sup> F55. Photo of Senior Women's squad below.

The TBAC Senior Men's side was much depleted and were unable to field a full team. However, Ben Wagstaff (7<sup>th</sup> U20M) and Steve Rose (2<sup>nd</sup> M50) both had excellent runs. In the U15 Boys Stanley Wyatt finished 3<sup>rd</sup> closely followed by Tobi Loughlin 4<sup>th</sup> and Archie Enstone 10<sup>th</sup>. In the U15G Sophie Maxwell finished 10<sup>th</sup>.

The Maxwell family were well represented in the U17 Men with Harry Maxwell finishing 1<sup>st</sup> and his brother Joshua finishing 5<sup>th</sup>. In the U17 Women Tilly Nickell finished a very commendable 3<sup>rd</sup>.

Full TBAC results below thanks to Mark Thomas:

#### **SM & MU20 (6.0km)**

Ben Wagstaff 47<sup>th</sup> (7<sup>th</sup> U20) 22:53

Stephen Rose 58<sup>th</sup> (2<sup>nd</sup> V50) 23:59

#### **SF & FU20 (6.0km)**

Freya Spruit 9<sup>th</sup> 24:52

Annabelle Wallace 20<sup>th</sup> (3<sup>rd</sup> U20) 25:40

Caitlin Wosika 23<sup>rd</sup> 25:59  
Ella Treby 31<sup>st</sup> (5<sup>th</sup> U20) 26:37  
Phoebe Aspinall 47<sup>th</sup> (9<sup>th</sup> U20) 28:09  
Philippa Spruit 68<sup>th</sup> (1<sup>st</sup> V55) 34:05

**MU17 (4.8km)**

Harry Maxwell 1<sup>st</sup> 15:46  
Joshua Maxwell 5<sup>th</sup> 16:11  
Samuel Davies 31<sup>st</sup> 18:20  
Ned Blackman 32<sup>nd</sup> 18:21

**FU17 (4.2km)**

Tilly Nickell 3<sup>rd</sup> 15:53

**MU15 (2.9km)**

Stanley Wyatt 3<sup>rd</sup> 9:42  
Tobi-Lee Loughlin 4<sup>th</sup> 9:47  
Archie Enstone 10<sup>th</sup> 10:06  
William Smith 13<sup>th</sup> 10:20  
Daniel Phelps 14<sup>th</sup> 10:25  
Joshua Davies 45<sup>th</sup> 11:43

**FU15 (2.9km)**

Olivia Paul 8<sup>th</sup> 11:33  
Sophie Maxwell 10<sup>th</sup> 11:45  
Angelica Copping 40<sup>th</sup> 12:51

**MU13 (2.4km)**

Alex Stokes 24<sup>th</sup> 9:39

**MU11 (1.8km)**

Aiden Stokes 41<sup>st</sup> 8:07





## SW Indoor Championships

7th January

By Mark Thomas

The Junior Indoor Open at Cardiff on Sunday 7<sup>th</sup> January incorporated the South-West Indoor Championships. The overall results are given below, with those who medaled in the SW Championships identified.

### MU17 60mH

Jacob Sanchez-Fulton 8<sup>th</sup> 10.53s

### MU15 800m

Rory Osborne 4<sup>th</sup> 2:32.51 SW 1<sup>st</sup>

### MU15 LJ

Emmanuel Daso 5<sup>th</sup> 4.81m SW 2<sup>nd</sup>

### MU17 LJ

Harry Garner 11<sup>th</sup> 5.17m

### FU17 800m

Gertie Blewitt 3<sup>rd</sup> 2:23.39 SW 2<sup>nd</sup> (photo below)

**MU17 60m**

Harry Garner 20<sup>th</sup> 7.96s

**MU15 60m**

Emmanuel Daso 6<sup>th</sup> 8.06s SW 3<sup>rd</sup>

**FU15 60m**

Beth Turner 5<sup>th</sup> = 8.50s

Emma Pavey 7<sup>th</sup> 8.51s





## Welsh Castles Relay, 8-9th June 2024

By James Donald

January means one important event in the racing calendar; the opening of Welsh Castles Relay team registration. For those who haven't taken part in this event before, this is a 2 day, 20 stage, 209 mile staggered relay stage race, held almost all on road but with many hills and mountains on route from Caernarfon to Cardiff. This event is the closest a running competition gets to a grand cycling tour, with separate overall and KOM competitions, yellow t-shirts for stage winners, and very vocal crowds hanging around on remote mountain passes!

Given the two-day nature of the event, it's also a top social occasion as well as a sporting one and a great opportunity to get to know other club members. With the enthusiasm for the event last year, this year we are keen to enter three teams rather than the usual two: an **Open team** that will be looking to build on its highly competitive 7th last year; a **Ladies team**, and a **Veterans team**. With the need to field runners on every stage or face heavy time penalties, before we apply to enter these teams we need to be confident that come the race we will have 20 runners available for each team, with additional people available over the weekend to be able to step in should there be last minute dropouts (these "travelling reserves" are a key role in fact!). This means that before we register we need to make sure there are a minimum of 75 people able to commit to racing now (i.e. by the end of w/c Feb 12th so that we are then able to register teams before the deadline).

Entry will be £30 and this covers the majority of the costs associated with race entry, with TBAC then very kindly subsidising the remaining entry fee and paying for the team transport required to successfully field teams. In addition to this, team accommodation has been booked and is expected to be around £40 per person per night (accommodation is normally required for those racing stages on day one and the first half of day two). We hope to have most of the team travel up to mid-Wales on Friday afternoon/evening (returning to Bath late Sunday afternoon), but it's also possible to participate by joining the race for individual stages if you have other commitments.

If you are at all interested please book out the weekend in your diaries now (8th & 9th June), look out for further communications via the TBAC WhatsApp and fill in the survey linked [here](#) if you would like to take part.



If you have any questions about the event, please get in touch with one of the organising team at a club night: Dan Soltys, Creina O'Shea, Tom Davies, James Donald, Mark Mackintosh (or email James [here](#)).

Further information can be found on the race organiser's website [here](#) as well as in past Bath Plug editions e.g. [here](#), [here](#), and [here](#).



## Parkrun Championship 2023 Report

By Malcolm Treby

December saw the conclusion of the 2023 Parkrun Championship, and it went down to the wire in several categories. The women's overall winner was decided by just three seconds, with Ella Treby taking that and the senior women's title with an average time of 20:32. However that looked like a comfortable margin compared to the women's V40 title, where Heather Fell's 20:35 average was a single second ahead of Marianne Carpenter. The women's categories were rounded out by Jo Thompson (V60 21:46) and Cath Dale (V50 22:12).

The men's championship was more clear cut. Tobi Loughlin's 17:27 average secured the junior title and was the fastest overall average, nearly a minute ahead of James Donald's second overall time (18:17) which secured him the V40 title. The most competitive category, V50, covered the next three overall places but Mike Dooley (18:38) was over 40 seconds ahead of Dave Coales. The remaining men's categories were closed out by Niall Urquhart (V60, 20:08) and Jorge Crockford (Senior, 21:39).

December also saw some excellent individual Parkruns by TBAC runners, and they were down by the sea. Alex Carter ran 16:03 at Teignmouth, and Isabel Davies turned in a 17:50 at Poole. Great running from both, and Alex also ran the fastest 2023 Parkrun by any TBAC runner with his 15:34 in May (also at Teignmouth). Amber Gascoigne was the fastest woman with 17:31 at the Old Showfield.

Which brings us to the 2024 Championship. There are only slight changes this year, and six runs are still needed to complete the championship. To encourage more people to complete it though, two of those will be at Bath Skyline. The other venues see Five Arches (Radstock) coming in, and the other three are unchanged: Chippenham, Somerdale Pavilion and athlete's choice of Chipping Sodbury or Old Showfield. Hopefully that gives everyone a local run. I still plan on hosting a socialable Parkrun on the first Saturday of every month (this will vary when there are clashes with big club events), where we'll make more effort to share transport and go for coffee after the Parkrun - these made for some really enjoyable mornings this year. I also plan on organising some trips further afield. The schedule for the first half of the year looks like this:

Jan 13th: Five Arches  
Feb 3rd: Away trip (destination TBC)  
Mar 2nd: Chipping Sodbury  
April 6th: Chippenham  
May 4th: Away trip (TBC)  
Jun 1st: Somerdale Pavilion



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	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	
2	James DONALD	MV40	1	00:18:36	00:18:04	00:18:17	00:18:38	00:18:33	00:17:36	01:49:44	6	00:18:17	
3	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	
4	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	
5	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	
6	Niall URQUHART	MV60	1	00:20:46	00:19:35	00:19:59	00:20:34	00:20:13	00:19:43	02:00:50	6	00:20:08	
7	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	
8	Mark MACKINTOSH	MV50	4	00:20:08	00:20:57	00:20:34	00:21:22	00:20:26	00:19:16	02:02:43	6	00:20:27	
9	Ella TREBY	FS	1	00:21:06	00:20:12	00:20:04	00:20:12	00:19:58	00:21:38	02:03:10	6	00:20:32	
10	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	
11	Marianne CARPENTER	FV40	2	00:21:45	00:19:46	00:20:39	00:20:36	00:20:46	00:20:06	02:03:38	6	00:20:36	
12	Andy ALCORN	MV50	5	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	
13	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	
14	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	
15	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	
16	Jorge CROCKFORD	MS	1	00:21:19	00:21:42	00:24:02	00:21:47	00:20:50	00:20:14	02:09:54	6	00:21:39	
17	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	
18	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	
19	Kelly MAKRAKI	FS	2	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	
20	Helen DONALD	FS	3	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	
21	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	
22	James WOOSNAM	MV50		00:20:08		00:20:00	00:22:49	00:19:35	00:18:38	01:41:10	5	00:20:14	
23	Ilana WIGFIELD	FV50		00:23:23	00:22:56	00:23:35	00:23:17		00:22:44	01:55:55	5	00:23:11	
24	Lynn JONES	FV50		00:29:09	00:27:28		00:28:23	00:28:32	00:28:50	02:22:22	5	00:28:28	
25	Stuart CURTIS	MV50		00:21:22	00:20:29		00:20:41		00:20:17	01:22:49	4	00:20:42	
26	Alex COPPING	MV50		00:21:32	00:22:15		00:20:53	00:21:32		01:26:12	4	00:21:33	
27	Alex CARTER	MS		00:15:39		00:15:55	00:15:38			00:47:12	3	00:15:44	
28	Thomas DAVIES	MS		00:19:02	00:18:17	00:19:17				00:56:36	3	00:18:52	
29	Alessandro ZANCONATO	MS		00:19:26			00:18:29	00:19:40		00:57:35	3	00:19:12	
30	Creina O'SHEA	FS		00:21:15				00:19:49	00:20:03	01:01:07	3	00:20:22	
31	Kyle WILLIAMS	MJ		00:21:49	00:20:43		00:20:56			01:03:28	3	00:21:09	
32	Lucy SARGEANT	FS		00:25:13		00:24:52			00:26:38	01:16:43	3	00:25:34	
33	Keith JONES	MV70+		00:31:32	00:30:21		00:30:14			01:32:07	3	00:30:42	

## Fastest Parkruns this year:

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Teignmouth Promenade parkrun	00:15:34	MS
2	Dylan STONEMAN	Hastings parkrun	00:15:50	MJ
3	John HOWORTH	Dulwich parkrun	00:15:53	MS
4	Harry MAXWELL	Chippenham parkrun	00:16:22	MJ
5	Charlie HAINES	Chipping Sodbury parkrun	00:16:25	MJ
6	Daniel JONES	Cardiff parkrun	00:16:35	MS
7	Justin DAVIES	Bath Skyline parkrun	00:16:38	MS
8	Alex HAMMOND	The Old Showfield parkrun	00:16:48	MS
9	Tobi LOUGHLIN	Sandy Water parkrun	00:16:53	MJ
10	Alex PARSONS	Jamaica Pond parkrun	00:16:54	MS
11	Otto COPPING	Southwark parkrun	00:16:54	MS
12	Joshua MAXWELL	Chipping Sodbury parkrun	00:16:54	MJ
13	Aaron PRITCHARD	Pomphrey Hill parkrun	00:17:00	MS
14	Aidan DANIEL	Chippenham parkrun	00:17:02	MS
15	Brian GLYNN	Eden Project parkrun	00:17:11	MS
16	James DONALD	Five Arches parkrun	00:17:24	MV40
17	Stephen ROSE	Cardiff parkrun	00:17:29	MV50
18	Thomas DAVIES	Five Arches parkrun	00:17:31	MS
19	Amber GASCOIGNE	The Old Showfield parkrun	00:17:31	FV40
20	Alessandro ZANCONATO	Poole parkrun	00:17:33	MS
21	Robert EATON	Eden Project parkrun	00:17:37	MS
22	Archie ENSTONE	Coventry parkrun	00:17:45	MJ



23	Peter GRIST	The Old Showfield parkrun	00:17:48 MS
24	Isabel DAVIS	Poole parkrun	00:17:50 FS
25	Stanley WYATT	Bath Skyline parkrun	00:17:50 MJ
26	Reece CLARKE	Cardiff parkrun	00:17:55 MS
27	Mike DOOLEY	The Old Showfield parkrun	00:17:57 MV50
28	Owen DAVIES	Worcester Pitchcroft parkrun	00:18:13 MS
29	Ewen MALLOCH	Southwick Country parkrun	00:18:13 MV40
30	Thomas REECE	Swansea Bay parkrun	00:18:13 MJ
31	Chris MAXWELL	Stratford-upon-Avon parkrun	00:18:15 MV50
32	Miles ELVIDGE	Keswick parkrun	00:18:19 MS
33	Cameron MCGARRY	Bath Skyline parkrun	00:18:23 MS
34	Tim HILL	Five Arches parkrun	00:18:31 MV40
35	Eliot BALL	Chippenham parkrun	00:18:31 MS
36	Daniel SOLTYS	Bath Skyline parkrun	00:18:35 MS
37	James WOOSNAM	Somerdale Pavilion parkrun	00:18:38 MV50
38	Martin COUZINS	Mura di Lucca parkrun	00:18:40 MV50
39	Martin ARCHBOLD	Bath Skyline parkrun	00:18:43 MV40
40	Benjamin ROBINSON	Donaupark parkrun	00:18:46 MS
41	Luke STURGESS-DURDEN	The Old Showfield parkrun	00:18:49 MV50
42	Joshua DAVIES	Tetbury Goods Shed parkrun	00:18:51 MJ
43	David COALES	Somerdale Pavilion parkrun	00:18:53 MV50
44	Patrick COBB	Edgbaston Reservoir parkrun	00:18:53 MV40
45	Ben WHITE	Shrewsbury parkrun	00:18:57 MS
46	Malcolm TREBY	Chipping Sodbury parkrun	00:19:00 MV50
47	Gary HUGHES	Somerdale Pavilion parkrun	00:19:12 MV60
48	Mark MACKINTOSH	Somerdale Pavilion parkrun	00:19:16 MV50
49	Sidney WILLIAMS	Chipping Sodbury parkrun	00:19:18 MJ
50	Olivia PAUL	Chippenham parkrun	00:19:18 FJ
51	Heather FELL	Somerdale Pavilion parkrun	00:19:21 FV40
52	Thomas WHITE	The Old Showfield parkrun	00:19:26 MJ
53	Andy ALCORN	Somerdale Pavilion parkrun	00:19:33 MV50
54	Niall URQUHART	Chipping Sodbury parkrun	00:19:35 MV60
55	Themis BOWER	Cardiff parkrun	00:19:36 MS
56	Ruth MCKEAN	Hay Lodge parkrun	00:19:45 FV40
57	Marianne CARPENTER	Chipping Sodbury parkrun	00:19:46 FV40
58	Creina O'SHEA	Chippenham parkrun	00:19:49 FS
59	Ben HOLDING	The Old Showfield parkrun	00:19:53 MV40
60	Ella TREBY	Chippenham parkrun	00:19:58 FS
61	Elizabeth PITT	Dulwich parkrun	00:20:01 FS
62	Rory OSBORNE	The Old Showfield parkrun	00:20:01 MJ
63	Matthew LEVETT	Southwick Country parkrun	00:20:01 MV40
64	Nick PARRY	Somerdale Pavilion parkrun	00:20:05 MV60
65	Alex COPPING	Five Arches parkrun	00:20:05 MV50
66	Jenny CARTER	Penrose parkrun	00:20:13 FV50
67	Jorge CROCKFORD	Somerdale Pavilion parkrun	00:20:14 MS
68	Alice RABAN	Mudgee parkrun	00:20:14 FS
69	Stuart CURTIS	Somerdale Pavilion parkrun	00:20:17 MV50
70	Tom HUTCHISON	The Old Showfield parkrun	00:20:21 MV60
71	Jo THOMPSON	The Old Showfield parkrun	00:20:23 FV60
72	Kyle WILLIAMS	The Old Showfield parkrun	00:20:43 MJ



73	Emily GRIFFITHS	The Old Showfield parkrun	00:20:45 FS
74	Kyle PEARCE	Severn Bridge parkrun	00:20:45 MS
75	Alex MUNRO	Bath Skyline parkrun	00:20:50 MS
76	Nigel OSBORNE	Five Arches parkrun	00:21:04 MV50
77	Steve HALE	Exmouth parkrun	00:21:13 MV60
78	Katie STRANGE	Chippenham parkrun	00:21:13 FS
79	Brett RAYNES	Finsbury parkrun	00:21:16 MV50
80	Barry AWAN	Bath Skyline parkrun	00:21:18 MV50
81	Joel STALEY	Five Arches parkrun	00:21:25 MV40
82	Kate DARBYSHIRE	Somerdale Pavilion parkrun	00:21:28 FS
83	Jamie DURNFORD	Osterley parkrun	00:21:31 MJ
84	David VAUDIN	Dreilföndergarten parkrun	00:21:32 MV60
85	Sophie MAXWELL	Tetbury Goods Shed parkrun	00:21:34 FJ
86	Clinton MONTAGUE	Bath Skyline parkrun	00:21:36 MS
87	Stephen CLIFFORD	Bath Skyline parkrun	00:21:39 MV50
88	Cath DALE	The Old Showfield parkrun	00:21:58 FV50
89	Polly PENNICOTT	Somerdale Pavilion parkrun	00:22:20 FJ
90	Helen DONALD	Five Arches parkrun	00:22:33 FS
91	Victoria RANDALL	Bath Skyline parkrun	00:22:35 FS
92	Ilana WIGFIELD	Somerdale Pavilion parkrun	00:22:44 FV50
93	Kelly MAKRAKI	Southwick Country parkrun	00:22:54 FS
94	Kim PREVETT	Margate parkrun	00:22:59 FS
95	James MORGAN	Cirencester parkrun	00:23:07 MJ
96	Aiden WIFFEN	Quakers Walk parkrun	00:23:15 MS
97	Philippa SPRUIT	Somerdale Pavilion parkrun	00:23:34 FV50
98	Dale MORGAN	Melksham parkrun	00:24:10 MV40
99	Mark IRELAND	Blickling parkrun	00:24:15 MV50
100	Beccy TARLING	Bath Skyline parkrun	00:24:15 FV40
101	Paul KING	Rothay Park parkrun	00:24:18 MV60
102	Sevim SANGWELL	Chippenham parkrun	00:24:22 FV50
103	Mike CHARLTON	Bath Skyline parkrun	00:24:45 MV60
104	Andy MULLETT	Eden Project parkrun	00:24:45 MV60
105	Dave DONAGHY	Bath Skyline parkrun	00:24:45 MV50
106	Lucy SARGEANT	Pomphrey Hill parkrun	00:24:52 FS
107	Julia WALDRON	Bolberry Down parkrun	00:24:54 FS
108	Roger HAMMOND	Leamington parkrun	00:24:55 MV50
109	Nick KINGWELL	Chippenham parkrun	00:25:28 MV40
110	Lauren JAUSS	Brockenhurst parkrun	00:25:33 FV40
111	Pat ROGERS	Bath Skyline parkrun	00:25:45 MV70+
112	Justin MAELZER	Bath Skyline parkrun	00:25:54 MV40
113	Alison VUAGNIAUX	Bath Skyline parkrun	00:26:04 FV60
114	Mia BATES	Chippenham parkrun	00:26:15 FS
115	Darren JEFFORD	Bath Skyline parkrun	00:26:24 MV40
116	Lynn JONES	Chipping Sodbury parkrun	00:27:28 FV50
117	Rhys CROW	Bath Skyline parkrun	00:27:37 MV50
118	Anne CORLETT	Somerdale Pavilion parkrun	00:28:33 FV40
119	Keith JONES	Southwick Country parkrun	00:30:14 MV70+
120	Michael STANLEY	Kralingse Bos parkrun	00:35:32 MV60
121	Janice RAMBRIDGE	Bath Skyline parkrun	00:52:49 FV70+

Fastest Parkruns December:

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Teignmouth Promenade parkrun	00:16:03	MS
2	Daniel JONES	Cardiff parkrun	00:16:35	MS
3	Aaron PRITCHARD	Exmouth parkrun	00:17:07	MS
4	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:17:20	MJ
5	Otto COPPING	Hove Promenade parkrun	00:17:21	MS
6	Stephen ROSE	Cardiff parkrun	00:17:29	MV50
7	Harry MAXWELL	Chippenham parkrun	00:17:39	MJ
8	Archie ENSTONE	Coventry parkrun	00:17:45	MJ
9	Isabel DAVIS	Poole parkrun	00:17:50	FS
10	Joshua MAXWELL	Chippenham parkrun	00:17:54	MJ
11	Alex PARSONS	Bath Skyline parkrun	00:17:59	MS
12	Brian GLYNN	Exeter Riverside parkrun	00:18:28	MS
13	Thomas DAVIES	Bedford parkrun	00:18:34	MS
14	Daniel SOLTYS	Bath Skyline parkrun	00:18:35	MS
15	James DONALD	Southwick Country parkrun	00:18:38	MV40
16	Joshua DAVIES	Tetbury Goods Shed parkrun	00:18:53	MJ
17	Cameron MCGARRY	Bath Skyline parkrun	00:18:57	MS
18	Robert EATON	Bath Skyline parkrun	00:18:59	MS
19	David COALES	Cardiff parkrun	00:19:00	MV50
20	Mike DOOLEY	Bath Skyline parkrun	00:19:03	MV50
21	Olivia PAUL	Chippenham parkrun	00:19:18	FJ
22	Malcolm TREBY	Five Arches parkrun	00:19:38	MV50
23	Ruth MCKEAN	Hay Lodge parkrun	00:19:45	FV40
24	Thomas REECE	St Albans parkrun	00:19:50	MJ
25	Alex COPPING	Five Arches parkrun	00:20:05	MV50
26	Jenny CARTER	Penrose parkrun	00:20:13	FV50
27	Alice RABAN	Mudgee parkrun	00:20:14	FS
28	Gary HUGHES	Somerdale Pavilion parkrun	00:20:16	MV60
29	Jo THOMPSON	West Beach parkrun	00:20:32	FV60
30	James WOOSNAM	Bath Skyline parkrun	00:20:34	MV50
31	Ella TREBY	Five Arches parkrun	00:20:35	FS
32	Elizabeth PITT	Albert parkrun; Middlesborough	00:20:44	FS
33	Niall URQUHART	Bath Skyline parkrun	00:20:46	MV60
34	Kyle WILLIAMS	Southwick Country parkrun	00:20:56	MJ
35	Tim HILL	Blaise Castle parkrun	00:20:57	MV40
36	Mark MACKINTOSH	Chipping Sodbury parkrun	00:20:57	MV50
37	Chris MAXWELL	Lydiard parkrun	00:21:07	MV50
38	Rory OSBORNE	Southwick Country parkrun	00:21:10	MJ
39	Alex MUNRO	University Parks parkrun	00:21:20	MS
40	Owen DAVIES	Cosmeston Lakes parkrun	00:21:34	MS
41	Jorge CROCKFORD	The Old Showfield parkrun	00:21:42	MS
42	Marianne CARPENTER	Bath Skyline parkrun	00:21:45	FV40
43	Creina O'SHEA	Bath Skyline parkrun	00:21:51	FS
44	Stuart CURTIS	Bath Skyline parkrun	00:21:53	MV50
45	Emily GRIFFITHS	The Old Showfield parkrun	00:22:01	FS
46	Sophie MAXWELL	Chippenham parkrun	00:22:11	FJ
47	Nick PARRY	Bath Skyline parkrun	00:22:12	MV60



48 Tom HUTCHISON	Bath Skyline parkrun	00:22:30 MV60
49 Sidney WILLIAMS	Eastville parkrun	00:22:33 MJ
50 Victoria RANDALL	Bath Skyline parkrun	00:22:35 FS
51 Ben HOLDING	Bath Skyline parkrun	00:22:50 MV40
52 Andy ALCORN	Bath Skyline parkrun	00:23:12 MV50
53 Helen DONALD	Southwick Country parkrun	00:23:45 FS
54 Aiden WIFFEN	Frimley Lodge parkrun	00:23:48 MS
55 Brett RAYNES	Bath Skyline parkrun	00:23:50 MV50
56 Cath DALE	Bath Skyline parkrun	00:23:54 FV50
57 Nigel OSBORNE	Bath Skyline parkrun	00:23:55 MV50
58 Kate DARBYSHIRE	Bath Skyline parkrun	00:24:04 FS
59 Kyle PEARCE	Bath Skyline parkrun	00:24:09 MS
60 Dale MORGAN	Melksham parkrun	00:24:10 MV40
61 Mark IRELAND	Blickling parkrun	00:24:15 MV50
62 James MORGAN	Melksham parkrun	00:24:17 MJ
63 Julia WALDRON	Bolberry Down parkrun	00:25:33 FS
64 Barry AWAN	Bath Skyline parkrun	00:25:36 MV50
65 Justin MAELZER	Bath Skyline parkrun	00:25:54 MV40
66 Mia BATES	Chippenham parkrun	00:26:15 FS
67 Beccy TARLING	Bath Skyline parkrun	00:26:37 FV40
68 Martin ARCHBOLD	Bath Skyline parkrun	00:26:43 MV40
69 Sevim SANGWELL	Bath Skyline parkrun	00:26:56 FV50
70 Pat ROGERS	Bath Skyline parkrun	00:27:16 MV70+
71 Lauren JAUSS	Bath Skyline parkrun	00:27:56 FV40
72 Alison VUAGNIAUX	Bath Skyline parkrun	00:27:56 FV60
73 Patrick COBB	Five Arches parkrun	00:30:22 MV40
74 Keith JONES	Five Arches parkrun	00:30:56 MV70+
75 Michael STANLEY	Weymouth parkrun	00:36:24 MV60
76 Janice RAMBRIDGE	Bath Skyline parkrun	00:58:22 FV70+

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