

THE BATH PLUG



A TBAC 7 dominating the Slaughterford 9

Short and sweet this week - mainly an excuse to show off a cracking turn out for last weekend's Slaughterford 9, plus read about Chris Maxwell's quite extraordinary 28hr Arc of Attrition. But don't miss our final article - an opportunity to apply for funding; the deadline for applications: 20th February.

Simon Brace.

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

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



Slaughterford 9

28th January

By [Paul King](#)

Sunday saw the return of the ever-popular Slaughterford 9 organised by Corsham RC. A strong turn-out from TBAC with over 30 runners on this scenic, hilly, muddy challenging trail course.

Aidan Daniel was first home in a splendid time of 54:46, almost 5 minutes ahead of Felix Young from AVR in 2nd place. TBAC winning men's team was completed with Jamie Feldon (7th; 61:31) and Aiden Wiffen (11th; 62:47) - photo above.

Not to be outdone TBAC ladies also took the team prize with strong performances from Anne-Marie Watson (2nd F; 1st FV40; 70:07); Nina Davies (3rd F; 2nd FV40; 70:52) and Cath Dale (8th F; 2nd FV50; 78:51).

Stalwart Tom Hutchison took the MV70 title in a time of 79:47 with Nick Parry 2nd MV60 in 73:06, Barry Awan 2nd MV50 in 64:32 and Sevim Sangwell 3rd FV50 in 83:01.









The Arc of Attrition

26th January

By [Chris Maxwell](#)

The Arc of Attrition 104 miles, 2024, lived up to expectations and more! ★ Amazing support, community, atmosphere, the Arc angels are the best! ★ The Cornish coastal path is truly stunning, especially in the sunshine & even better in the moonlight! ★ So grateful for the support from Michelle, amazing crewing trying to keep me eating (and running). Of course with any ultra there are challenges: 🏔️ 18,000ft of elevation, relentless up & down, rock climbing, steps, steps & more steps including the “bitches” and “Sally’s bottom” in the last 6 miles 😬 Unfortunately fuelling didn’t go well including embarrassingly bringing up

the lovely veggie chilli at Lands End checkpoint (sorry all!) 🤢 Those deep bogs near Pendeen which I fell in twice! Dizzy spells from the lack of fuel = 4 falls, luckily causing nothing more than scratches. Asthma wasn't good and didn't respond to salbutamol for some reason. 🤧 With my quads smashed and limited fuelling, I had to dig very deep and my running poles were vital in the second half to help me stay (mostly) upright & propel me onwards! Although my pace slowed considerably, I kept moving forward, soaking up the views and in the end delighted to finish in my "B-goal" time of sub-30hrs (28:56) to receive the gold buckle. Massive thank you to Mudcrew Events & all the volunteers, and congratulations to all finishers of a truly brutal incredible race.





Non Thomas New Year Open

19th January

By Di Viles

At the indoor meeting in Cardiff, the Non Thomas Open Meeting, Otis Poole joined the 2m club! He jumped 2m to finish equal second, the leading U/17 athlete in a senior competition. He has been threatening 2m for a while now and this was the day. Tom Blackburn jumped 1.70 for third U/20 in the same competition.



GLL SPORT FOUNDATION

SUPPORT **DEVELOP** ACHIEVE

Funding opportunity for talented athletes who live or train in Bath & NE Somerset

By Mark Harrison, Community Sport Manager, GLL

The GLL Sport Foundation is an athlete focussed support programme providing athletes across the UK with tangible support to aid their sports performance. Support is available for those competing at a Regional level and above. The Foundation has provided cash awards to many athletes that train at the University Bath since 2015. Previous local recipients include Stephanie Millward, Calum Jarvis, Kieran Bird (Swimming), Joseph Choong, Joanna Muir (Modern Pentathlon), and Marcus Wyatt (Skeleton).

Financial awards are available up to the value of £1,250. Since its inception the Foundation has provided over 17,000 athlete award bursaries nationally, totalling over £9 million worth of support. The Foundation has supported athletes in B&NES since 2015 and in 2019 we supported over 100 athletes (from 26 different sports) from Bath and North East Somerset with award support totalling over £70,600.

To find out more and to apply please click on the links below:

Applications made here through [this online portal](#). **Deadline is 20th February 2024.**

For information on funding criteria, see [here](#).

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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