

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





Anna on fire as she goes sub-35 in the Big Smoke

A short one this week, covering the last few weeks' action. Lots of strong early year performances, boding well for spring racing. Keep up the good work team.

We end with a tribute to Mike Strange who sadly passed this week - he contributed a huge amount to the sport we love and will be hugely missed.

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

February & March

By Paul King

High Performance London 10k – 3rd March

Anna Domville had a great run last Sunday at the HP London 10k. She finished 3rd overall (1st Women) in a superb time of 34:36. This is all looking promising for the Bath HM.

Cambridge Half Marathon – 3rd March

James Reeder (photo above) had another superb run at the Cambridge HM clocking a PB of 65:57 to finish 9th in a very strong field. A well-deserved result for James given his consistent hard training and fine cross-country season over the Winter. Hopefully this will be a good year for James.

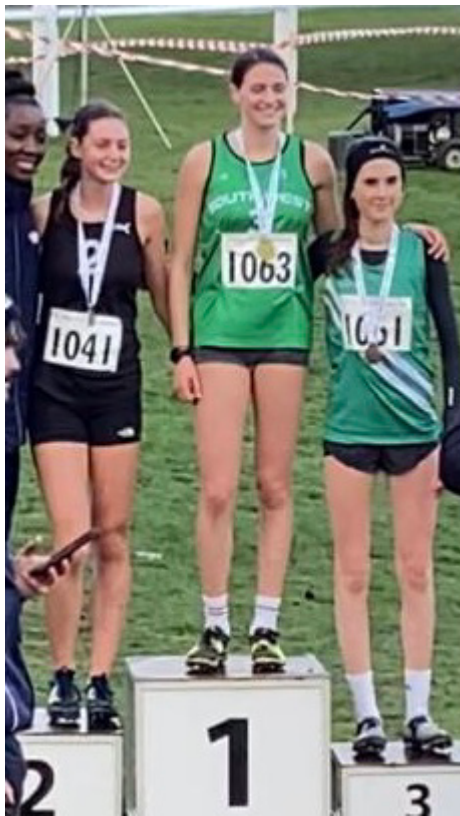
Chippenham Spring 10 mile – 3rd March

A number of TBAC athletes were running this race as part preparation for the Bath HM in 2 weeks' time. Rob Eaton (photo below) was 4th overall with a good time of 57:31. There were also solid performances from Toby Bishop (MV40; 62:01); Mike Dooley (2nd MV50; 62:25); and Chris George (MV40; 66:57).

ISA (Independent Schools Association) National XC Champs – 2nd March

TBAC athlete Annabelle Wallace (photo below) representing the South West and Westonbirt Senior School took the gold medal with a commanding run in the Year12/13 Girls race at Worksop School. Annabelle continues to improve her performances and is another of the squad to watch during 2024.





Two-Tunnels Hilly Half - 25th February

A few TBAC runners took on the local Two-Tunnels Hilly Half won by Cameron McGarry (1:26:32) with fellow club runners James Mumstead 2nd (1:30:05) and Martin Archbold 3rd (1st MV40; 1:34:25).

Brighton Half Marathon - 25th February

Further afield at the Brighton Half Marathon Chris Quick managed a creditable 1:29:45 and Elizabeth Fortin 1:47:45

BUCS Indoor Championships - 17th February

Following on from his impressive 800m bronze medal at the British Indoor Champs last week in Cardiff, Justin Davies ran another excellent race at the British Universities Indoor Champs in Sheffield finishing with silver in the 1500m final (3:55.99). Photo below.



Devon racing

February

By [Steve Hale](#)

A couple of results from deepest, darkest Devon!

17th Feb Tavistock 5k - 21st - 1st MV60 - 20:55.

24th Feb Exeter Trail 10k at Escot Estate Nr Ottery St Mary - 13th - 1st MV 60 - 48:23.

A well organised friendly event which included pitting your wits with some very clever dogs in the Canicross event. Wet, hilly, muddy etc but great fun with camaraderie you don't find in road races.



Mike Strange

By Di Viles

There is some very sad news today, the announcement of the death of Mike Strange, of Bristol and West A.C. Many of you will know Mike by sight, if not by name. He was, for many years, on the timekeepers stand at meetings all round the area, including many TeamBath/Cityof Bath open meetings. In addition, Mike was for many years, a sprints and hurdles coach at Bristol, plus he was Secretary of Avon Athletics for many years. He was always very approachable and I am sure there are many timekeepers in Avon and beyond who have been grateful for his advice and support. I first met Mike almost forty years ago when he helped my daughter Helen, with her sprinting. He was very generous with his time and advice. He will be sorely missed in Avon and beyond.



By the Editor

In 2022, in England Athletics' South West Regional Volunteer Awards, Mike won "Services to Athletics". Here are a few words that accompany that award, detailing Mike's committed and generous contribution to our sport:

Mike has been involved with Bristol & West AC for over 50 years. He competed for the club in 1968 and has been coaching since 1972. He has aided the club on its management committee, helped set up the Midlands Athletics League and given up his time at countless events as a Level 3 Timekeeper and Chief Track Judge. He always encourages others to get involved and has been hugely supportive in the development of others in the club. Some of his most recent successes include Jodie Hallett who came 4th at English Schools twice and Yannick Budd who went on to compete in the Diamond League after finishing 4th in the British Championships.

The Bath Plug is the weekly magazine of Team Bath AC. Copy and comment for publication, questions and corrections to the editor at pluggeditor@teambathac.org. Copy to the editor by Wednesday 16.00 for inclusion. Available online at teambathac.org.

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