

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





Nearly 70 hours later, Barry arrives on the other side of the country

Barry Awan! Oh my word. 300km. 69 hours of racing. From one side of the country to the other. Brave, bonkers, brilliant. And then our women at Sutton Park last weekend - also very brilliant, finishing 8th in the National Road Relays. We wrap up with the British Duathlon Champs, plus a handful of other impressive race results squeezed in between.

Simon Brace.

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

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



National 6-stage Road Relays

6th April

By Paul King

The TBAC Senior Women's team came an excellent 8th overall place at the National 6-Stage Road Relay Champs at Sutton Park on Saturday.

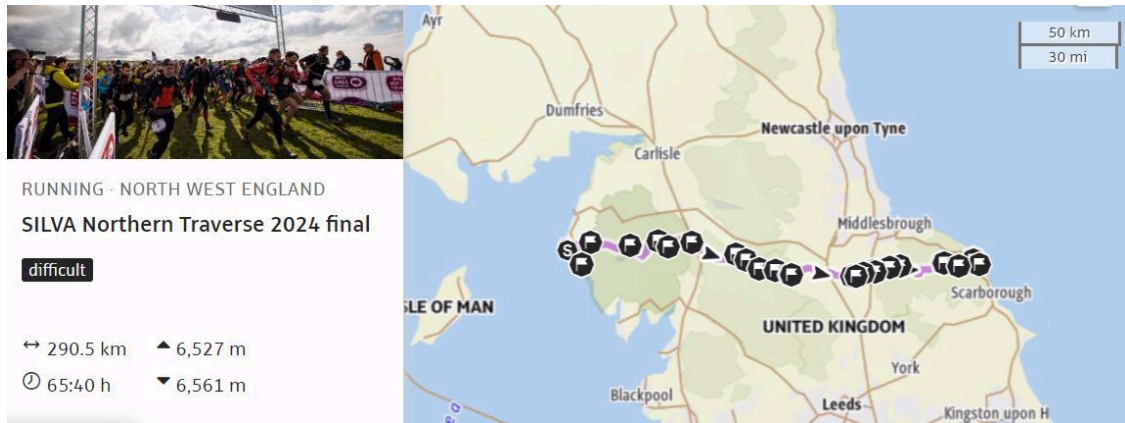
Despite challenging conditions with the high winds, the whole team performed well continuing the form shown at the Midlands event 2 weeks previously. We are all looking forward to the Autumn Road Relay Champs to hopefully continue the Club's run of success.

In form Freya Spruit clocked the fastest short leg time of 18:17 (photo below) and Anna Domville the fastest long leg time of 32:13 (photo below).

Team photo above, back row from left: Annabelle Wallace; Victoria Ratcliffe; Anna Domville; Caitlin Wosika. Front row from left: Freya Spruit; Laura Parsonage.







SILVA Northern Traverse

By Paul King & the Editor

Barry Awan (cover photo) has just completed the 300km SILVA Northern Traverse Ultra (Wainwrights Coast to Coast) in 69:38:29!

The SILVA Northern Traverse™ is a 300km ultra following Wainwright's coast to coast route from St Bees to Robin Hood's Bay. The event has a strong adventurous ethos and culture of self-sufficiency. Beginning at St Bees on the west coast, the route crosses the north of England through three National Parks finishing in Robin Hood's Bay on the east coast. Taking in iconic mountains, valleys, moors and ~6,500m of ascent, the SILVA Northern Traverse™ is one of the most spectacular journeys in the UK.

Simply awesome Barry 😊👍



In other racing news

By [Paul King](#)

The start of the Spring Marathon's was upon us with TBAC being represented in the **Brighton Marathon**. Louis OShaughnessy completed the course in a solid 2:58:25.

Philip Fry (tackling his 1st marathon) ran a good 3:35:00. Lisa Bennett ran a splendid 3:35:58 and Beth Padbury a fine 4:07:36 for her 1st marathon. Beth even had time to help carry a fellow struggling runner over the finish line! (photo below)

Nial Urquhart finished 1st MV60 at the **Southampton Half Marathon** in a first-rate time of 1:34:06

For the longer distances Ilana Wigfield (12th overall; 11:42:07) and Natasha Perks (16th overall; 12:45:19) were completing the **Silva Moors Traverse 80k Ultra-Marathon**.





British Duathlon Championships

24th March 2024

By the Editor, Simon Brace

A few weekends ago, Marianne Carpenter (photo above and below) and I (photos below) both retained our titles at the British Duathlon Championships, which took place once again on Oulton Park race circuit. A rather fresh and blustery day made for some challenging racing conditions on the twisting, undulating and very exposed race track. Neither of us had the smoothest race, Marianne with a bike mechanical and my transitions were terrible as I fumbled with freezing fingers. But we both maintained enough focus to minimise lost time and complete the (roughly) 10k-40k-5k run-bike-run event in 2:05:08 and 1:47:54 respectively to take gold in our respective V50 categories.





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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