

The official magazine of Team Bath Athletic Club  
First published Tuesday 01 Dec 1987

Issue 1623 27th April 2024

# THE BATH PLUG



James visibly flying to clock 2:22:29 at London 🤯

We top and tail this week's Plug with two epic events. Last Sunday's London Marathon comes first, delivering a bunch of impressive and inspirational results from TBACers. Our filling for this epic event sandwich comprises one of our favourite local 10Ks at Corsham, and more promising early season performances in April's track & field meetings. We finish with a great write-up by Tom on the history of our Club competing in the epic, iconic Welsh Castles Relay - it's well worth a read to get inspired and get involved.

Simon Brace.

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

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

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# TCS London Marathon

21st April

By Paul King

I had a good day at the TCS London Marathon. I realised within the first 10k that a sub-4 was not going to happen so I decided to dial it back and 'enjoy' the ride. The crowds were incredible. Full marks to TCS London Marathon for their excellent organisation which bodes well for next year's Bath Half Marathon.

We had nearly 25 runners from TBAC with pride of place going to James Reeder who managed a superb 2:22:29 for his debut marathon! (cover photo above). There were lots of other excellent runs with 4 other men managing sub 2:45: Brian Glynn (2:38:15) (photo below); Tom Dudden; (2:39:07); Cameron McGarry (2:39:14); Chris Pickering; (2:41:05). And 5 further men finishing under the 'magical' 3-hour mark: Richard James (2:51:04); Aiden Wiffen (2:51:43); Ralf Goad (2:54:17); Will Maslin (2:57:26); and Martin Archbold (2:57:32). Spare a thought for Matt Levett (3:00:07) who just missed the mark by the narrowest of margins!

From the TBAC women, there was a brilliant run from veteran Victoria Ratcliffe (2:57:07) and strong performances from Rachael Moon (3:10:55) (photo above); Jessica Ventham (3:29:25); Africa Mason (3:30:56); Lisa Bennett (3:48:31); Catherine Dale (3:50:36) and Alice Lucas (3:57:20).

The rest of the TBAC finishers were made up of Brett Raynes (3:06:46); Chris Siggery (3:12:05); Luke Angus (4:54:26) and a modest 4:14:24 from the Coach, Paul King!









## Corsham 10k & 2k

21st April

By Paul King & Mark Thomas

There was a good turn-out from TBAC at the ever-popular **Corsham 10k** on Sunday. With Aidan Daniel putting another strong performance in to finish 3<sup>rd</sup> in a further PB time of 31:48 just ahead of clubmate Elliot Avis in 4<sup>th</sup> place who also managed a PB of 32:49.

Annabelle Wallace finished 1<sup>st</sup> Female in a PB of 37:43 and Alex Hearn 1<sup>st</sup> U18 Male in a PB time of 36:40. In fact TBAC junior runners, coached by Mark Thomas, took the first

seven U18 Male places. There was also 1<sup>st</sup> place U18 Female for Poppy Feasey (45:49) as well as 1<sup>st</sup> FV50 for Jenny Carter (40:34).

## **FULL RESULTS**

### **Corsham 10k**

Aidan Daniel 3<sup>rd</sup> (3<sup>rd</sup> MSen) 31:48  
Elliott Avis 4<sup>th</sup> (4<sup>th</sup> MSen) 32:49  
Alex Hearn 13<sup>th</sup> (1<sup>st</sup> MU18) 36:40  
Sam Davies 15<sup>th</sup> (2<sup>nd</sup> MU18) 37:06  
James Donald 18<sup>th</sup> (2<sup>nd</sup> MV40) 37:12  
Ned Blackman 22<sup>nd</sup> (3<sup>rd</sup> MU18) 37:22  
Ian Dunning 23<sup>rd</sup> (4<sup>th</sup> MV40) 37:21  
Tom Davies 25<sup>th</sup> (13<sup>th</sup> MSen) 37:24  
Annabelle Wallace 27<sup>th</sup> (1<sup>st</sup> FSen) 37:44  
Tom Reece 32<sup>nd</sup> (5<sup>th</sup> MU18) 38:20  
Josh Davies 37<sup>th</sup> (6<sup>th</sup> MU18) 38:29  
Finn Landon 45<sup>th</sup> (7<sup>th</sup> MU18) 39:12  
Alex Copping 57<sup>th</sup> (3<sup>rd</sup> MV50) 39:38  
Jenny Carter 70<sup>th</sup> (1<sup>st</sup> FV50) 40:34  
Chris Quick 109<sup>th</sup> (29<sup>th</sup> MV40) 42:25  
Nick Worboys 163<sup>rd</sup> (16<sup>th</sup> MV50) 44:23  
Monty Evans 172<sup>nd</sup> (16<sup>th</sup> U18) 44:31  
Mark Thomas 184<sup>th</sup> (8<sup>th</sup> MV60) 45:38  
Poppy Feasey 207<sup>th</sup> (1<sup>st</sup> FU18) 45:50  
Paul Wilman 208<sup>th</sup> (25<sup>th</sup> MV50) 45:50  
Will Hawking 209<sup>th</sup> (26<sup>th</sup> MV50) 46:13

### **Corsham 2k**

Olivia Paul 3<sup>rd</sup> (1<sup>st</sup> FU16) 6:33  
Aiden Stokes 48<sup>th</sup> (10<sup>th</sup> MU11) 8:38





## Track & Field

April

By Di Viles and Mark Thomas

TeamBath high jumpers continued their excellent start to the season on Sunday 14th April. Daisy Duncan was again victorious in the U/17 women's high jump, repeating her pb of a fortnight before with another jump of 1.60 whilst training partner Darcey Crossman finished second with a new pb of 1.50. Later in the day, Marley Adams improved his pb by 8cm to achieve a jump of 1.68 to win the U/15 boys event. Further afield, Otis Poole started his outdoor season brilliantly at the Birmingham Open meeting with an outdoor pb of 2.01, just 2cm below his indoor best earlier this year. This confirms his position at the top of the U/17 rankings in this country.

### Full results from the Sprints & Hurdles Meeting (Incorporating the Avon County Hurdles Championships), Yate, Sunday 14<sup>th</sup> April

#### 70m Hurdles

Immy Proctor (FU13) 4<sup>th</sup> 14:06s

Nelly Stopa (FU13) 8<sup>th</sup> 17.62s

#### 80m Hurdles

Jemima Woods (FU17) DNF

#### 110m Hurdles

George Isgrove (MU20) 4<sup>th</sup> 14.90s

Charlie Staddon (MU20) DNF

#### 300m (Heat 2)



Sophie Phelps (FU15) 2<sup>nd</sup> 47.57s

400m (Heat 1)

Ellie Mullins (FU20) 4<sup>th</sup> 62.41s

Louise Jeffries (FV65) 8<sup>th</sup> 83.21s

400m (Heat 3)

Thomas White (MU17) 2<sup>nd</sup> 54.97s

75m (Heat 2)

Nelly Stopa (FU13) 8<sup>th</sup> 12.67s

100m (Heat 1)

Mia McMullan (FU15) 3<sup>rd</sup> 13.76s

100m (Heat 2)

Sophie Phelps (FU15) 6<sup>th</sup> 14.61s

100m (Heat 4)

Alice Bassett (FU17) 6<sup>th</sup> 14.22s

100m (Heat 8)

Euan Murray (MU17) 1<sup>st</sup> 12.62s

Jemima Woods (FU17) 5<sup>th</sup> 13.12s

Beth Turner (FU15) 7<sup>th</sup> 13.33s

100m (Heat 11)

Martyn Morant (MV45) 4<sup>th</sup> 12.29s

100m (Heat 13)

Kenneth Mahumuza (SM) 3<sup>rd</sup> 11.21s

150m (Heat 1)

Nelly Stopa (FU13) 7<sup>th</sup> 26.05s

200m (Heat 2)

Louise Jeffries (FV65) 7<sup>th</sup> 37.24s

200m (Heat 3)

Sophie Phelps (FU15) 7<sup>th</sup> 30.86s

200m (Heat 4)

Alice Bassett (FU17) 6<sup>th</sup> 30.79s

200m (Heat 5)

Beth Turner (FU15) 1<sup>st</sup> 27.43s

Reef Owens (FU17) 4<sup>th</sup> 29.28s

200m (Heat 8)

Euan Murray (MU17) 1<sup>st</sup> 24.87s

200m (Heat 11)

Martyn Morant (MV45) DNF

200m (Heat 13)

Kenneth Mahumuza (SM) 4<sup>th</sup> 22.85s

300m Hurdles 76.2cm

Jemima Woods (FU17) 4<sup>th</sup> 51.80

400m Hurdles 76.2cm

Mia Bates (FU23) 2<sup>nd</sup> 67.57s

Katie Mackintosh (SF) DNF

400m Hurdles 91.4cm

Michael Callan (MU23) 3<sup>rd</sup> 65.57s







**Full results from the Mark Cawte Memorial Open Meeting, Swindon, Sunday 14<sup>th</sup> April**

Rory Osborne (MU15) 600m 4<sup>th</sup> 1:49.63 (PB)

Poppy Feasey (FU17) Mile 9<sup>th</sup> 6:12.15 (PB)

Sofia Skidmore (FU20) Mile DNF

Marley Adams (MU15) HJ 1<sup>st</sup> 1.68m (PB)

Daisy Duncan (FU17) HJ 1<sup>st</sup> 1.60m (PB)

Darcey Crossman (FU17) HJ 2<sup>nd</sup> 1,50m (PB)

Sebastien Retter (MU17) LJ 5<sup>th</sup> 5.48m (PB)

Camille Guillion (FU17) LJ 1<sup>st</sup> 4.83m (PB)

Sarah Spalding (FU15) JT 4<sup>th</sup> 15.11m (PB)







## Team Bath AC & the Welsh Castles Relay - a history

By Thomas Davies

The Welsh Castles Relay is a 2 day, 20 stage, ~209 mile staggered relay stage race held mostly on road following a route from Caernarfon to Cardiff that passes numerous castles and which has its fair share of hills. The race has been organised by Les Croupiers running club (Cardiff) ever since its first pilot event in 1982. 2024 will be the 40<sup>th</sup> running of the event. Plenty of information about the race and previous results are available [here](#). The race is the closest running gets to a Tour de France type atmosphere, and really is something special to participate in. Below I have put together a brief history focused on Team Bath AC's participation in the race\*. Please use this to get inspired and up your training so we maximise our performances at this year's race!! If you missed our previous calls for runners, or are new to the club, we are still on the lookout for reserves so [do get in touch](#).

City of Bath AC were early entrants (first fielding a team in 1987) and there has been at least one team as "Team Bath AC" in every year since 2007. Since 1987, there is only one year in which Bath has not been represented in at least one race category (2006). This year will be the first time since the club became Team Bath AC that we've entered a team in all three categories (This was last done as City of Bath AC twenty years ago in 2004).

The race distance does fluctuate a little year-on-year as course alterations are often required, but typically totals ~210 miles across 20 stages. The six toughest stages are designated 'mountain' stages, with added prestige as these attract the best quality runners. Some stages have changed over time, while others have persisted. Most of the current route dates back to the early 2000s, although a few stages have changed more



recently (most significantly stages 16 & 17 were re-routed in 2018). Weather conditions also vary wildly both between years and even between stages in the same edition.

While it's difficult to compare directly between years, a couple of observations can be made:

- In recent years, it takes a time below 20 hours to be in for a chance of the overall win. Last year's winners Kent AC averaged 5:45 min/mile pace across the whole route (despite the 4000m+ total elevation gain) to finish in a time of 19 hours 46 minutes.
- The race has been getting increasingly competitive in the last few years. Recently a number of top-quality clubs from further afield have been entrants (Kent AC, Highgate Harriers) and Leeds AC are entered this year as well. In 2017, TBAC recorded our best overall finish of 3<sup>rd</sup> place, in a total time of 21 hours. Last year we had a slightly better overall time (20:46), but finished only 7<sup>th</sup> in the table.

This year is likely to be the most competitive yet. Five teams have entered that finished in the top 15 nationally at the 12 stage relays in April: Leeds (1<sup>st</sup>), Highgate (3<sup>rd</sup>), Swansea (10<sup>th</sup>), Kent (11<sup>th</sup>), and Salford (14<sup>th</sup>). The top 10 teams from last year's Castles are all returning, which includes Kent (1<sup>st</sup>), Highgate (2<sup>nd</sup>) and Salford (5<sup>th</sup>) (three teams mentioned above) as well as Pontypridd (3<sup>rd</sup> last year only after a late time penalty), Chorlton (4<sup>th</sup>), and Les Croupiers (6<sup>th</sup>).

Our Team Bath AC Open team this year has the best depth that we've been able to field for many years (perhaps ever), and our Ladies team is certainly one of the strongest entered. We have strong hopes of a top 5 finish in the Open competition and a real chance of taking the club's first Ladies win. The Vets will also have chances particularly in the mountain competition and any complete team will have a shot at a high placing too. The race is as much about logistics as it is performances, and it is essential to avoid any time penalties as these are costly and applied rigidly by Les Croupiers. We've been fine-tuning our preparation as much as possible over the last few years, and hope this might give us an advantage.



### Some history of TBAC performances at Castles:

- 2017: 3<sup>rd</sup> place overall (matching best previous result of 3<sup>rd</sup> in 2009).
- TBAC Vets finished 1<sup>st</sup>, 2<sup>nd</sup>, 1st in the vet category for the consecutive years 2013-2015, and 2<sup>nd</sup> again in 2018.
- 2023: TBAC ladies entered for the first time since 2017, finishing 6<sup>th</sup> place.
- Best previous TBAC ladies' results = 3<sup>rd</sup> place (2008, 2009, & 2016).
- TBAC athletes hold 2 current course records: Laura Parsonage (2011, S4) & Alex Carter (2023, S11). [Not in bad company, as 2:09 marathoner Dewi Griffiths holds the S3 record]

- The additional mountain competition (cumulative time for the six 'mountain' stages) is arguably even more competitive than the overall competition, as it tends to attract the fastest 6 runners on each team. The best recent TBAC results are: Kings (Open) (4<sup>th</sup>: 2019); Queens (Ladies) (2<sup>nd</sup>: 2008,2009); Monarchs (Vets) (1<sup>st</sup>: 2013, 2014, 2018).
- Individual stage wins are also highly sought after, and winners are rewarded with a much sought after yellow stage winner t-shirt. Last year (2023) we had wins for Leon Chevalier (S10), Alex Carter (S11), Isabel Davis (S12, 1<sup>st</sup> L), & Marianne Carpenter (S17, 1<sup>st</sup> L).

If you've got this far, you are hopefully prepared for some really over-the-top stats: I'll leave you with a table of the fastest TBAC performance on each stage since 2006 (based on performances on the current stage routes/distances only). Take note of the time for your stage! If we can match these across the board, we'll be looking at wins in multiple categories! Note that an "M" by the stage means it's a mountain stage; wining one of these bags you a trophy of a dragon.

**Team Bath AC individual records on current Welsh Castles Stages (since 2006)**

Stage	Miles	Year stage established	Open (incl. all TBAC participants)		Vets		Females	
1	9.1	2002	Dave Coales (2019)	00:56:13	Dave Coales (2019)	00:56:13	Laura Parsonage (2008)	01:03:31
2	10.7	2005	Tom Dudden (2017)	01:00:54	Dave Gunstone (2010)	01:03:21	Ilana Wigfield (2014)	01:18:22
3 (M)	12.3	1996	Dave Coales (2012)	01:09:08	Alan Buckingham (2009)	01:10:08	Emer Brangan (2009)	01:24:51
4	9.5	2002	Laura Parsonage (2011)	00:54:37	David Vaudin (2014)	00:57:28	Laura Parsonage (2011)	00:54:37
5	9.6	2002	Eliot Ball (2017)	00:57:11	Steve Rose (2013)	01:00:23	Debbie Heywood (2016)	01:13:43
6	10.7	2004	Mike Dooley (2022)	01:05:16	Mike Dooley (2022)	01:05:16	Eilidh Prise (2016)	01:14:56
7 (M)	10.1	2018	James Donald (2022)	01:03:28	Guy Landon (2019)	01:04:11	Eilidh Bell (2018)	01:13:31
8	10.8	2011	James Donald (2019)	01:00:07	Gary Dunstone (2017)	01:02:28	Katrine Svane (2017)	01:08:12
9	8.5	2004	Oliver Bower (2009)	00:46:58	Rob Cowtards (2017)	00:47:49	Amber Gascoigne (2023)	00:49:08
10 (M)	13.1	2012	Leon Chevalier (2023)	01:09:59	Dave Coales (2014)	01:21:10	Jenny Carter (2013)	01:30:11
11 (M)	10.5	2019	Alex Carter (2023)	00:58:05	Claire Forster (2019)	01:26:10	Florrie Betts (2023)	01:17:46
12	11.2	1990	Brian Glynn (2023)	01:02:31	Mark Mackintosh (2017)	01:07:27	Jo Thompson (2011)	01:07:55
13	10.6	1998	Mike Dooley (2019)	01:01:02	Mike Dooley (2019)	01:01:02	Jo Thompson (2012)	01:05:04
14 (M)	10.8	2012	Alan Buckingham (2012)	01:03:34	Alan Buckingham (2012)	01:03:34	Laura Backhouse (2016)	01:19:41
15	12.8	2008	Aaron Pritchard (2022)	01:10:28	Tom Hutchison (2008)	01:18:39	Jo Clayton (2008)	01:22:20
16 (M)	12.5	2018	Rob Eaton (2019)	01:16:19	Steve Rose (2018)	01:25:55	Beccy Tarling (2019)	01:46:32
17	8.7	2018	Otto Copping (2019)	00:50:00	Malcolm Treby (2018)	00:58:01	Debbie Heywood (2018)	01:00:17
18	9.1	2005	Simon Brace (2019)	00:51:03	Simon Brace (2019)	00:51:03	Zosia Brown (2014)	01:00:07
19	7.7	2016	Chris Lawrence (2019)	00:45:41	Chris Lawrence (2019)	00:45:41	Jo Thompson (2022)	00:55:33
20	9.9	2018	Aaron Pritchard (2019)	00:53:38	Gary Dunstone (2018)	00:57:02	Jenny Carter (2019)	01:04:22
				19:56:12		21:23:01		23:50:39

\* This summary is undoubtedly biased towards recent results and is by no means all inclusive. I've been involved either as a runner or team captain only since 2016, and many other more longstanding club members will know a lot more about previous City of Bath / Team Bath AC campaigns at Castles than I do. The info is based on a quick scan of all results since the race began in 1984, and a more in-depth look through Team Bath AC performances since 2009.





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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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