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THE BATH PLUG





Dan proving he's still got the skills with a 2:35 at Newport

An eclectic mix of news this week. We kick off in traditional style, ticking off the road race news with Newport's Festival of Running. Then we look back at Ilana's epic ultra run last month. Duathlon news follows, with three TBACers taking on the European Champs in Germany. And we wrap up with an excellent initiative by the Club to get "greener" - lots more to come on this 🌍🌱🍃.

Simon Brace.

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

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

Newport Running Festival

28th April

By Paul King

In the **Marathon*** veteran Dan Jones was back to form finishing 6th overall and 2nd MV35 with an impressive 2:35:35 (cover photo above). There were also decent runs from Eoin Cremen (2:44:48); Owen Davies (3:00:35) and Monica Longhorn (4:17:04).

In the **Half-Marathon** Alex Carter came 3rd overall with an excellent time of 1:09:18 (photo below). There were also solid runs from Mike Towler (1:19:10); Steve Rose 2nd MV50 (1:19:10); Mike Dooley 1st MV55 (1:21:08); Jenny Carter 1st FV50 (1:28:01); Malcolm Treby MV50 (1:29:46) and Jo Thompson 1st FV65 (1:35:31).

In the **10km** there were good finishes for George Davidson (40:06) and Lynn Jones FV50 (59:30).

*The Marathon has since been [reported](#) as running over distance by 276m. Organisers said a three-hour finish time would be corrected approximately by 70 seconds, a three-and-a-half hour chip would be changed by 82 seconds while a four-hour finish time would be corrected by 94 seconds.





Silva Moors Traverse

6th April

By Ilana Wigfield

Whilst not in the same league as Barry Awan's epic achievement in the full Silva Northern Traverse, I thought some other mere mortals might be interested in the Silva Moors Traverse. This is a new race organised by the fabulous Ourea Events, who also run the Dragons Back and Cape Wrath Ultras, as well as the Great Lakeland 3 Day mountain marathon. These are all brilliantly-organised and when an email came in about a new race along the final 80km section of the NT along the Wainwright Coast to Coast trail, finishing at Robin Hood's Bay, I didn't hesitate for long.

I was looking for a good race of 40-50 miles.... Natasha Perks was keen to join in as a long training run, only two weeks after her success winning the Votwo Jurassic Coast 40 miler two weeks before, and in preparation for Race to the Stones later this summer. It was great to have her company. Unfortunately, my build up was interrupted by a skiing injury in January, but I decided to follow Camille Herron's strategy of lots of medium-long runs with overall focus on monthly distance rather than one-off very long runs, and this paid off.

Although this section is new as a standalone, the excellent organisation along the whole Northern Traverse meant that logistics were predictably perfect. There was a gpx and even a bespoke nav app. Obviously paper map and compass are also mandatory. The kit list is safely long but manageable, and when Natasha found herself walking it in nursing an injury, she found it was just right.

The scenery was mostly absolutely outstanding, with a good mix of terrain. The high

ridges were especially good, if er, "breezy". Towards the end, the weather worsened, and horizontal lashing rain whilst crossing mile upon mile of bog and moor made me keen to crack on, even if my legs were not. Then the coastal path that I'd been so looking forward to for months, indeed my reason for choosing it, turned out to be a crazy mud fest with hilarious comedy moments of runners going A over T. Funny, not funny at times!

Whilst the weather was not warm, the very high winds of Storm Kathleen made me dehydrated, and I should have carried more fluid or looked for a shop before I ran out completely well before the end. In retrospect, dehydration contributed to my sense of humour failure, I suspect. There was an emphasis on being self sufficient, with only one checkpoint over the main 66km of the route. There were no marshals. However, the volunteers were just lovely. There was a cup of tea made at the start, 1:1 support at the checkpoint and at the finish, which was down a steep hill to the sea. Shane Ohly the RD, was really supportive and helpful to Natasha, who unfortunately developed a knee issue mid-race, but still loved her day and valiantly finished.

It was iconic and beautiful, perfectly organised, and I'd definitely recommend it to those wanting to make a step up from trail marathon or shorter distance ultras. Just try to avoid a named storm 😊.







European middle distance duathlon Champs

5th May

By the Editor

Last weekend fellow TBACers Marianne Carpenter, Andy Alcorn and I headed over to Alsdorf in Germany for European Triathlon's middle distance duathlon Championships. The run-bike-run over 10k-60k-10k doubled as Germany's national Champs, ensuring that the competition was as fierce as ever.

Two years ago at the same race we were faced with freezing temperatures - shifting the race date back by 4 weeks proved successful as we were greeted by near perfect conditions. As you would expect, the organisation was impeccable, so we had no excuses - the racing would be pure and hard, on mostly smooth tarmac, with a bit of trail on the runs.

Marianne finished the day as third fastest female Brit overall in 3hr14:50, winning a silver medal in the FV50 category. She won silver in the same race in 2022. *"I was hoping to improve on my performance from 2 years ago, but despite finishing over 3 minutes quicker over a slightly longer course this year, it wasn't quite enough - it just shows how much the quality is improving year-on-year"* she said. Andy finished in a similar time, with another strong showing among the MV55 age-groupers.

I wasn't sure what to expect from my body (or mind) as this was my third big race in 7 weeks, following the Bath Half and British Duathlon Champs. I'm not a fan of cramming so much into such a short period - you're asking for trouble - if it doesn't injure you now, it can catch up with you later. But I have no regrets, as I managed to place one better than two years ago, taking bronze by 9 seconds in 2hr46:05, only 15 seconds behind first. It was an intensely competitive MV50 category with the top 4 swapping positions throughout. While I was frustratingly close to the title, as the days pass, I'm increasingly proud to make the podium and complete a dream set of results for the first half of 2024. Time for a rest now to make sure it doesn't catch up with me... and I'm fresh for the Welsh Castles of course!



Taking steps towards a greener Team Bath AC

By Caitlin Wosika

As a club, we recognise our impact on the environment and our role in protecting it. After all, our environment is not just our background; it is the stage in which we train, compete and excel. Therefore, we are excited to announce our involvement in the Greener Clubs initiative to help promote and encourage sustainability in our club.

The Greener Clubs initiative was formed by a partnership between England Athletics and The Green Runners to inspire positive environmental action. The initiative focuses on four key areas, which are briefly summarised:

1. How we fuel
2. How we move
3. How we kit up
4. How we speak out (for environmental action).

If you are interested in learning more about The Green Runners, check out their website www.greenrunners.co.uk. In the meantime, stay tuned for more information and resources on what Team Bath AC will be incorporating and things you can do to lead a greener lifestyle!



GREENER step by step

As a club, we have an opportunity to do better for our environment. It is not just our background; it's the very stage upon which we train, compete, and excel. Let's support the planet with the same enthusiasm we show to our team mates!



things we can do:

let's be more conscious about...

1. How we fuel



Opt for plastic-free packaging and reusable water bottles!

Opt for more sustainable food choices

2. How we move



Opt for more sustainable travel (carpooling, trains, buses, cycling)

3. How we kit up



Buy what we need and make it last (repairing)

Opt for second-hand

4. How we speak up



Share your ideas and champion positive action

Find out more about The Green Runners Community and join their mission of running without the footprint




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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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