

THE BATH PLUG



TBAC at the Welsh Castles Relay 2024.
Possibly the best race in the calendar!

Welsh Castles Relay

8th & 9th June

By [Tom Davies](#) & [James Donald](#)

the most competitive, and the Ladies certainly the most competitive, they have ever seen. This point was driven home by Stage 1 being won by Highgate Harriers in a time that took almost 2.5 minutes off the previous long-standing record.

Across the three TBAC teams there were a great number of stand out performances, but of particular note are the Ladies who took second place overall (photo below) and were winners of the Queens of the Mountains competition (combined time across the 6 classified mountain stages). They also bagged three individual stage wins and a course record, and only lost out on first overall to a Les Croupiers Ladies side that went under 24 hours for the first time ever.

Despite some last minute challenges, the Open team put in a club best performance, and were successful in taking 20 minutes off the previous club record to finish in 20hrs25 and eighth position, with three veteran stage winners. That this time is 35 minutes faster than the 2017 TBAC Open team that came third overall is a testament to the rapidly increasing quality of the competition. The Vets team also had some late in the day challenges to overcome and so became a more sociable-focused team, but which at least meant everyone who was available got the chance to take part and run a stage.

Welsh Castles Relay 2024: Team Bath AC Results.

TBAC Open. 8th/60 Overall.					TBAC Vets. 7th/7 Vets; 52/60 Overall					TBAC Ladies. 2nd/13 Ladies. 40/60 Overall.				
Stage	Name	Pos.	Cat. Pos.	Time	Stage	Name	Pos.	Cat. Pos.	Time	Stage	Name	Pos.	Cat. Pos.	Time
1	Stephen Rose (V)	18	18	00:58:30	1	Ilana Wigfield (FV)	47	7	01:15:03	1	Jenny Carter (FV)	29	2	01:05:02
2	Tom Dudden (V)	6	6	00:59:01	2	Nick Parry (V)	36	4	01:14:01	2	Abigail Mann (F)	57	10	01:26:18
3	Andy Fooks (V)	8	8	01:08:35	3	Mike Dooley (V)	25	3	01:17:13	3	Laura Parsonage (FV)	28	2	01:17:33
4	James Donald (V)	5	4	00:53:16	4	Liz Fortin (FV)	48	7	01:12:38	4	Amy Glynn (F)	40	5	01:08:17
5	Thomas Davies	10	9	00:58:04	5	Tom Hutchison (V)	35	5	01:08:18	5	Katherine Kabala (FV)	47	7	01:14:25
6	Daniel Jones	8	8	01:01:04	6	Helen Donald (FV)	53	6	01:28:29	6	Sarah Quickfall (F)	41	5	01:20:05
7	Aidan Daniel	4	4	00:57:55	7	Chris Maxwell (V)	60	7	01:33:47	7	Creina O'Shea (F)	47	8	01:13:58
8	Pete Dyson	2	2	00:58:35	8	Barry Awan (V)	32	4	01:14:04	8	Jess Venthams (F)	47	6	01:20:41
9	Sam Rawes	4	4	00:45:09	9	Mark Mackintosh (V)	37	4	00:59:34	9	Natasha Perks (FV)	16	1	00:52:33
10	Leon Chevalier	4	4	01:09:05	10	Malcolm Treby (V)	58	7	01:41:06	10	Anna Domville (F)	20	2	01:21:11
11	Michael Towler	5	5	01:00:38	11	Matt Lay (V)	43	7	01:16:35	11	Amber Gascoigne (FV)	23	1	01:07:27
12	Guy Landon (V)	11	11	01:02:58	12	Brett Raynes (V)	28	5	01:12:43	12	Kim Prevet (FV)	43	6	01:19:15
13	Themis Bower	6	6	01:00:11	13	Paul King (V)	51	6	01:25:54	13	Florrie Betts (F)	34	4	01:12:32
14	Lester James	7	7	01:03:12	14	David Coales (V)	43	7	01:16:53	14	Annabelle Wallace (F)	40	2	01:14:12
15	Brian Glynn	6	6	01:10:19	15	Lauren Jauss (FV)	58	7	01:46:42	15	Lisa Bennett (FV)	50	8	01:37:20
16	Dan Soltys (DNF)	60	36	01:59:00	16	Alex Copping (V)	35	6	01:31:31	16	Victoria Ratcliffe (FV)	33	2	01:29:57
17	James Pigot	11	10	00:51:40	17	Roland Teare (V)	30	6	00:58:55	17	Sevim Sangwell (FV)	54	11	01:10:19
18	Robert Eaton (V)	3	3	00:49:43	18	Tim Hill (V)	22	2	00:58:35	18	Jo Thompson (FV)	45	5	01:06:29
19	Simon Brace (V)	5	5	00:43:48	19	No runner (cut off+15)	60	7	01:28:00	19	Ruth McKean (FV)	16	1	00:50:33
20	Aaron Pritchard	5	5	00:54:27	20	Craig Davey (V)	36	5	01:06:52	20	Victoria Randall (FV)	35	4	01:06:39
20:25:10					26:06:53					24:34:46				

A huge number of club records were broken this year, as can be seen in the table below:

9	8.3	2004	Sam Rawes (2024)	00:43:09	Rob Cowtards (2017)	00:47:49	Amber Gascoigne (2023)	00:49:08
10	13.1	2012	Leon Chevalier (2024)	01:09:05	Dave Coales (2014)	01:21:10	Anna Domville (2024)	01:21:11
11	10.5	2019	Alex Carter (2023)	00:58:05	Amber Gascoigne (2024)	01:07:27	Amber Gascoigne (2024)	01:07:27
12	11.2	1990	Brian Glynn (2023)	01:02:31	Guy Landon (2024)	01:02:58	Jo Thompson (2011)	01:07:55
13	10.6	1998	Themis Bower (2024)	01:00:11	Mike Dooley (2019)	01:01:02	Jo Thompson (2012)	01:05:04
14	10.8	2012	Lester James (2024)	01:03:12	Alan Buckingham (2012)	01:03:34	Annabelle Wallace (2024)	01:14:12
15	12.8	2008	Brian Glynn (2024)	01:10:19	Tom Hutchison (2008)	01:18:39	Jo Clayton (2008)	01:22:20
16	12.5	2018	Rob Eaton (2019)	01:16:19	Steve Rose (2018)	01:25:55	Victoria Ratcliffe (2024)	01:29:57
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	Robert Eaton (2024)	00:49:43	Robert Eaton (2024)	00:49:43	Zosia Brown (2014)	01:00:07
19	7.7	2016	Simon Brace (2024)	00:43:48	Simon Brace (2024)	00:43:48	Ruth McKean (2024)	00:50:33
20	9.9	2018	Aaron Pritchard (2019)	00:53:38	Gary Dunstone (2018)	00:57:02	Jenny Carter (2019)	01:04:22
				19:33:50			20:46:31	22:56:58

The weekend is only possible due to a huge amount of support from everyone before and during the weekend. Thanks to Dan, Creina, & Mark for sharing the team organisation; Steve, Dave, Mark & Malc for driving our hired minibuses; Amy, Aiden & Ruth for driving their cars/van in support for the entire weekend, and to many others who helped with various tasks including driving, marshalling or supporting across the weekend.

Thanks particularly to our Stage 11 team who attended the 6.30am Sunday briefing for us, and to both Chelsea and Aiden who travelled and supported as reserves. Huge thanks also to TBAC for very kindly subsidizing the associated costs to the tune of £500 per team.

If you've not taken part in the event before and this issue inspires you to want to take part next year, please block out the 7 - 8 June 2025 and talk to any of the 2024 management team if you want to find out more.



Welsh Castles Relay: Club records tumble on Drovers!

9th June

By [Dave Coales](#)

Lester James and Annabelle Wallace broke the club's men and women's records on Drovers (leg 14) the most iconic of all the Welsh Castles Relay's mountain stages. Lester ran superbly (photo below) to finish in seventh position overall, whilst Annabelle's second place the day before taking her Geography A-Level was arguably the performance of the weekend on the toughest of all mountain legs. It was my first outing since 2010 on leg 14 which starts at Builth Wells before climbing 520 metres to Drovers Arms. I have to admit to finding it very tough. There really is no hiding place on the road to Drovers!

A huge thank you to James Donald, Tom Davies, Mark Mackintosh and everyone else who helped organise Team Bath's 2024 Welsh Castles Relay teams. This year was the first time in 20 years that the club entered 3 teams in the WCR. A great achievement. It was my 13th WCR with my first WCR being way back in 2003. Despite having run much better in previous years I have to say this year was the most enjoyable of all my Welsh Castles Relays.



Track & Field

By Di Viles & Mark Thomas

Team Bath A.C. sent a sadly depleted team to **Aberdare on Sunday for the third YDL LAG** match and finished fifth of eight teams. Despite this, there were some excellent performances on the day. Star of the show was Beth Turner who won both 100m A and 200m A In the U/15 girls with 13.0 and 27.0 respectively. Other A winners were Olivia Paul who finished 5 seconds ahead of second place in the U/15 girls 800m in 2.24.0, Mia McMullan in the U/15 girls long jump with 4.67, Orson Pace in the U/15 boys 800m in

in his first appearance for the Club, (U/13 boys high jump with 1.42), and Jasmin Fry (U/13 girls 1200m in 4.10.4). Second B places for James Morgan (U/13 boys 100m in 12.2) and Mia McMullan (U/15 girls 100m in 13.4).

Third A places to Rhys Newington-Wise (U/15 boys 1500m in 4.42.7), Ernest Harris (U/13 boys 75m hurdles in 17.3) and Alexandra Clowes (U/13 girls 75m in 10.9). Third B places to Rory Osborne (U/15 boys 300m in 47.0), Sophie Phelps (U/15 girls 800m in 2.40.3) and Luca McMullan (U/13 boys long jump with 2.93).



South-West Schools Championships
Saturday 15th June

Ashley Avis (MU20) 100m h2 1st 10.93s

Ashley Avis (MU20) 100m F 2nd 10.66s (PB)

Ashley Avis (MU20) 200m h2 1st 22.69s

Ashley Avis (MU20) 200mF 2nd 22.04s

Beth Turner (FU15) 100m h1 4th 12.99s (PB)

Beth Turner (FU15) 100m F 5th 13.09s

Gertie Blewitt (FU17) 300m F 3rd 42.05s

Jemima Woods (FU17) 300m F 8th 42.98s

Olivia Paul (FU15) 1500m 4th 4:53.21

Sophie Maxwell (FU15) 1500m 8th 5:04.69

Harry Maxwell (MU20) 3000m 2nd 8:46.04

Josh Maxwell (MU20) 3000m 4th 8:56.33

Tobi-Lee Loughlin (MU17) 3000m 4th 8:56.70

Tilly Nickell (FU20) 3000m 3rd 9:52.87

Charlotte Smith (FU17) 80mH h2 5th 13.13s

Charlotte Smith (FU17) 80mH F 7th 13.06s (PB)

George Isgrove (MU20) 110mH 5th 15.34s

Jemima Woods (FU17) 300mH 1st 47.48s (PB)

Lily Mason (FU17) 300mH 3rd 49.38s (PB)

Stanley Wyatt (MU17) 1500mSC 1st 4:35.96

Dylan Stoneman (MU20) 2000mSC 1st 6:07.34

Ned Blackman (MU20) 2000mSC 4th 6:59.81

Peter Krunity-Salako (MU20) HJ 1st 1.96m

Otis Poole (MU17) HJ 1st 2.00m

Jamie Semple (MU17) HJ 8th 1.77m

Clem Nacchia (MU17) HJ 10th 1.67m (PB)

Daisy Duncan (FU17) HJ 3rd 1.54m

Camille Guillon (FU17) LJ 6th 4.98m (PB)

Charlotte Smith (FU17) LJ 7th 4.89m (PB)

Mia McMullan (FU15) LJ 5th 4.88m

Camille Guillon (FU17) TJ 4th 10.53m (PB)

Savana Krunity-Salako (FU17) HT 6th 32.70m

Corey Summers (MU17) JT 3rd 51.47m (PB)

Josh Sutton (MU15) JT 11th 23.88m

Rosie Dalton (FU17) JT 3rd 34.19m



European Multisport Championships

16th & 22nd June

By Marianne Carpenter

The beautiful little city of Coimbra in Portugal was the setting for a week of Multisport for the European Championships, kicking off with the duathlon (10k run/ 40k bike/ 5k run). It was sunny and rapidly warming up for our 10am start- all thoughts were on staying cool enough to race hard!

Andy Alcorn had a solid race in the V55-59, running the first 10k in 41:31, cycling 1hr14 on a twisty technical course, then 22:07 for the final run, finishing in 2hr21:15 and 14th in a very strong category.

I was towed around the first run by a friend from a younger age group and managed



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