

THE BATH PLUG



And they're off!
The Cotswold Way Relay 2024

Saturday 13th July saw the brilliant efforts of TBAC's many volunteers, led by race Director Tom Hutchison, organise the Club's flagship race, the Cotswold Way Relay. Just one race report received (big thanks Alison) but I can confirm that, as well as our ladies taking 2nd place among the Women's teams, our two Vets teams bagged 1st and 3rd.

Track & field news follows, then a truly eclectic mix of road, trail, ultra, and multisport results.

Simon Brace.

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

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Cotswold Way Relay - Women's Team

13th July

By Alison Vuagniaux

Another year, another fantastic day in the Cotswolds. All the ladies ran their socks off in very challenging weather. We had it all on Saturday; torrential rain, fog, hail and sunshine but everyone had a wonderful day as always. To run as a team brings out the best in everyone and the result shows this. We had 3 stage winners with Freya Spruit, Annabelle Wallace and Laura Parsonage; and a very close 2nd Tori Ratcliffe.

With great runs from all the ladies, we placed 2nd Ladies team and we are getting closer to Bristol & West each year! As well as thanking the ladies I would like to thank all the volunteers, timekeepers, marshals, and the huge amount of work done in the background by many with Tom Hutchison at the helm. No easy task.

Position	Time	Name	Open	Club
1	12:27:43	Bristol and West Men		Bristol and West AC
2	12:28:48	Stroud AC Mens		Stroud AC
3	12:50:17	Cheltenham & County Harriers Open 1		Cheltenham & County Harriers

Women

Position	Time	Name	Club
1	14:44:27	Bristol and West Women	Bristol and West AC
2	15:03:08	Team Bath AC Ladies	Team Bath AC
3	16:01:01	Cheltenham & County Harriers Women	Cheltenham & County Harriers

Veterans

Position	Time	Name	Club
1	14:11:30	Team Bath AC Vets 1	Team Bath AC
2	14:29:08	Veteran Hares	Cirencester AC
3	14:39:03	Team Bath AC Vets 2	Team Bath AC









Track & Field

By Mark Davies & Di Viles

Running in the men's 800m A race at the **BMC Grand Prix event in Birmingham** on Saturday 6th July, Justin Davies led from the front with an outstanding performance to set a new pb of 1.46.05 and break the Welsh National U'23 men's 800m record.

Ella Dellin competed at **Braunton** last week and produced a new personal best in the U/13 girls high jump, winning the event with a jump of 1.40, very close to 1.45 just clipping

the bar on the way down. She has missed a lot of training due to a broken arm and has only just returned.



In other news...

July

By Paul King

Westbury 5km – 9 July 2024

Tobi Loughlin again excelled with another PB time of 15:27 to finish 1st overall. Another young athlete Archie Enstone U16 finished 4th in 16:19. In form Sarah Wilson ran a big PB time of 16:42 to finish 1st Female. Also, strong performances from Daniel Phelps U16 (16:46); Will Smith U16 (16:58); Emily Griffiths (20:22) and Dale Morgan (22:49).

Yeovilton 5km – 10 July 2024

Lester James ran an admirable time of 15:45 to finish 6th overall with Andy Fooks finishing 1st MV40 in a time of 16:33. Amber Gascoigne finished 1st Female in an excellent time of 17:16.

Hazelbury Hurrah – 12 July 2024

A big TBAC showing at this local trail race organised by Corsham Running Club. Nick Flemming finished 6th in 40:39 with Ned Blackman 9th in 42:57. There were strong performances from the Vets with Andy Alcorn 2nd MV50 (44:53) and Nial Urquhart 2nd MV60 (44:55) and Tom Hutchison 1st MV70 (48:46). Youngster Poppy Feasey finished an excellent 3rd Female (48:53). There were also solid runs from Paul Wilman MV50 (48:53); Alex Harris (49:15); Claire Forster (51:58) and Ilana Wigfield (54:36). Photo above.

The squad's triathletes were in fine form at the weekend with Harry Palmer winning the **Swansea 70.3 Ironman** in 3:52:54 (72:08 HM Run) (photo below) and Lizzie Rayner, returning from injury, came 3rd in the Female PRO category in a time of 4:28:21.

Further afield TBAC stalwart Alison Vuagniaux finished 2nd in the Female 60-64 category for the full **Ironman distance at Vitoria-Gasteiz, Spain** in a time of 13:17:34.

And finally, Natasha Perks completed the **Xterra Snowdonia Trail Marathon** finishing 3rd Female (7:10:49) in the 50km event.



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

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