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# THE BATH PLUG





Chris smashing the Dragon's Back... and it didn't backfire!

I often say we've got an eclectic mix of results, but this week more so than ever. We've got all kinds of road racing, track & field, the epic Dragon's Back, and my very own Duathlon World Champs. So kick back, dive in, get motivated; then get out and smash it.

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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# Racing this month

September

By Paul King

A real mixture this week. First up, Ellie Leather ran an impressive 4:36 outdoor PB in the **5<sup>th</sup> Avenue New York Mile** finishing 18<sup>th</sup> Female in the race.

At the **Great North Run** Anna Domville (nee Clark) was competing in the elite women's race but unfortunately the blustery conditions meant that she finished in 21<sup>st</sup> albeit in a solid time of 79:26. Chris Quick MV45 managed a very creditable 1:31:38. Photo below.

At the other end of the race distance spectrum a number of TBACers were tackling the legendary **Welsh Dragon's Back Race** covering 368km of mountainous trail spread over 6 days. Nina Davies (photo above) ran an impressive race finishing 46<sup>th</sup> overall; 6<sup>th</sup> Female and 1<sup>st</sup> FV50 in a total time of 72:00:42 with Chris Maxwell (cover photo) close behind finishing 66<sup>th</sup> overall and 4<sup>th</sup> MV50 in a time of 74:56:38. Tom Hutchison (photo below) also completed the 'Hatchling' version of the race finishing an excellent 2<sup>nd</sup> overall; 1<sup>st</sup> MV70 in a total time of 48:21:30.

At the **Stockholm Half Marathon** Harry Deacon (photo below) finished in a solid time of 1:32:23 and Nigel Osborne in a time of 1:43:54.

And finally local to home at the **Compton Bassett 5-mile** road race there was good representation from TBAC with Alex Hearn finishing 5<sup>th</sup> in a time of 29:23. Phil King (10<sup>th</sup>; 4<sup>th</sup> MV50; 30:00) finished just ahead of Steve Rose (11<sup>th</sup>; 5<sup>th</sup> MV50; 30:06) in the battle of the Vets.













## Long distance duathlon World Championships 8th September

By the Editor, Simon Brace

Last Sunday, I became an age-group World Champion. It's still sinking in. Five years after taking up duathlon, I finally achieved the pinnacle of the sport I've grown to love. Zofingen in Switzerland is duathlon's spiritual home (aka "the Kona of duathlon") and once again it played host to World Triathlon's self-proclaimed toughest race, the long distance duathlon World Championships. A 10k-150k-30k run-bike-run, that takes in some horribly steep trails on foot and repeated technical hills on the bike. It scared the 🤩 out of me the first time I raced it in 2019. So of course I kept coming back for more, this time my fourth attempt at glory.

Did I have the perfect race? Of course not - I assert that's impossible during 7 hours' racing. But I got enough things right. And the months of consistent, hard training, ensured I had just enough to get me over the line to take an age-group world title, just ahead of my



German rival Stephan who has become a great friend following our battles on the international duathlon stage.

So with my dream accomplished, what next? Right now, I've got no idea. But one thing is for sure... in a few weeks' time I'll be brought firmly back down to earth by the annual humbling experience that is the cross-country league season... ouch!





**DATA SPORT**



1.	BRACE Simon	1973		GBR	LD-AG-M50	<b>6:59:10,7</b>	>
2.	LEUENDORFF Stephan	1973		GER	LD-AG-M50	<b>7:04:02,5</b>	>
3.	PAYEN yann	1974		FRA	LD-AG-M50	<b>7:05:16,9</b>	>
4.	HAGEN Bernd	1974		GER	LD-AG-M50	<b>7:22:47,4</b>	>
5.	WATSON Nicholas	1974		USA	LD-AG-M50	<b>7:25:54,2</b>	>
6.	DIEDERICHS Jochen	1972		GER	LD-AG-M50	<b>7:52:24,3</b>	>
7.	RETZLAFF Sebastian	1971		GER	LD-AG-M50	<b>7:53:40,0</b>	>
8.	CONWAY Stewart	1972		GBR	LD-AG-M50	<b>8:03:35,9</b>	>
9.	KRANENBURG Werner	1974		NED	LD-AG-M50	<b>8:04:25,4</b>	>
10.	CLAVERT Philippe	1972		FRA	LD-AG-M50	<b>8:04:39,5</b>	>
11.	NEWHAM Andy	1972		GBR	LD-AG-M50	<b>8:20:01,0</b>	>
12.	THIAULT Michaël	1974		FRA	LD-AG-M50	<b>8:25:49,6</b>	>
13.	ABRACH Marcel	1971		SUI	LD-AG-M50	<b>9:10:38,4</b>	>
14.	SAVOLAINEN Markku	1972		FIN	LD-AG-M50	<b>9:11:10,0</b>	>





## Track & Field

By Mark Thomas

### Yeovil Games

**Saturday 7<sup>th</sup> September**

Mia McMullan (FU15) 100m h1 8<sup>th</sup> 13.79s

Rebekah Atkins (FU15) 100m h2 7<sup>th</sup> 14.68s

Louise Jeffries (FV65) 200m h4 5<sup>th</sup> 36.82s

Peter Grist (MV40) 800m h1 4<sup>th</sup> 2:06.63

Rhys Newington-Wise (MU15) 800m h1 5<sup>th</sup> 2:09.65 (PB)

Craig Bridges (MV35) 800m h1 8<sup>th</sup> 2:12.63

Louise Jeffries (FV65) 800m h3 6<sup>th</sup> 3:02.05

Peter Grist (MV40) Mile 3<sup>rd</sup> 4:47.59

### Avon Track & Field League, Gloucester

**Sunday 8<sup>th</sup> September**

Alexandra Clowes (FU13) 75m 5<sup>th</sup> 11:0s

Martha Smith (FU13) 75m 6<sup>th</sup>= 11.1s

Immy Proctor (FU13) 75m 11<sup>th</sup> 11.6s

Martha Smith (FU13) 150m 5<sup>th</sup> 21.9s

Alexandra Clowes (FU13) 150m 10<sup>th</sup> 22.4s  
Lucy Gamble (FU13) 800m 5<sup>th</sup> 2:44.6s  
Jasmine Fry (FU13) 800m 6<sup>th</sup> 2:45.0  
Katherine Osborne (FU13) 800m 12<sup>th</sup> 2:57.9  
Immy Proctor (FU13) 70mH 5<sup>th</sup> 13.5s  
Ella Delin (FU13) HJ 2<sup>nd</sup> 1.35m  
Beth Proctor (FU13) HJ 8<sup>th</sup> 1.10m  
Katherine Osborne (FU13) JT 8<sup>th</sup> 9.99m  
Jasmine Fry (FU13) JT 9<sup>th</sup> 7.78m

Beth Turner (FU15) 100m 2<sup>nd</sup> 13.1s  
Emma Pavey (FU15) 100m 7<sup>th</sup> 13.8s  
Beth Turner (FU15) 200m 1<sup>st</sup>= 27.4s  
Sophie Phelps (FU15) 300m 3<sup>rd</sup> 46.8s  
Olivia Paul (FU15) 800m 2<sup>nd</sup> 2:26.7  
Sophie Phelps (FU15) 800m 6<sup>th</sup> 2:42.3  
Grace McMullely (FU15) 800m 9<sup>th</sup> 2:57.9  
Grace Witcher (FU15) HJ 3<sup>rd</sup> 1.45m  
Sophie Phelps (FU15) HJ 9<sup>th</sup> 1.15m  
Sarah Spalding (FU15) HT 2<sup>nd</sup> 27.03m  
Sarah Spalding (FU15) JT 6<sup>th</sup> 13.51m

Jemima Woods (FU17) 100m 1<sup>st</sup> 12.8s  
Lily Pix (FU17) 100m 5<sup>th</sup>= 13.8s  
Jemima Woods (FU17) 200m 1<sup>st</sup> 26.1s  
Lily Pix (FU17) 200m 4<sup>th</sup> 29.3s  
Reef Ovens (FU17) 200m 5<sup>th</sup> 29.5s  
Gertie Blewitt (FU17) 300m 1<sup>st</sup> 41.2s  
Gertie Blewitt (FU17) 800m 1<sup>st</sup> 2:28.4  
Poppy Feasey (FU17) 800m 2<sup>nd</sup> 2:33.4  
Darcey Crossman (FU17) HJ 1<sup>st</sup> 1.55m  
Rosie Dalton (FU17) JT 1<sup>st</sup> 32.02m  
TBAC Relay Team (FU17) 4 x 100m 1<sup>st</sup> 53.5s  
(Jemima Woods, Reef Ovens, Lily Pix, Gertie Blewitt)

Maeve McGee (SF) TJ 1<sup>st</sup> 8.20m

Bailey Clarke (MU13) 75m 3<sup>rd</sup>= 10.8s  
Isaac Weiss (MU13) 75m 5<sup>th</sup> 10.9s  
Bailey Clarke (MU13) 150m 2<sup>nd</sup>= 21.4s



Isaac Weiss (MU13) 150m 4<sup>th</sup>= 21.6s

Rory MacPherson (MU13) 800m 12<sup>th</sup> 2:52.2

Finn MacPherson (MU13) 800m 14<sup>th</sup> 2:57.9

Jacob Le Roux (MU13) 75mH 2<sup>nd</sup> 14.5s

Bailey Clarke (MU13) LJ 5<sup>th</sup> 4.22m

Carter Harrison (MU13) LJ 6<sup>th</sup> 4.13m

Charlie Mead (MU13) LJ 8<sup>th</sup> 3.96m

Jacob Le Roux (MU13) DT 4<sup>th</sup> 15.54m

Frankie Pethers (MU15) 100m 2<sup>nd</sup>= 12.0s

James Morgan (MU15) 100m 6<sup>th</sup> 12.2s

Alexander Hadler (MU15) 100m 7<sup>th</sup>= 12.3s

James Morgan (MU15) 200m 4<sup>th</sup>= 24.9s

Frankie Pethers (MU15) 200m 6<sup>th</sup> 25.0s

Rhys Newington-Wise (MU15) 800m 1<sup>st</sup> 2:09.8

Rory Osborne (MU15) 800m 9<sup>th</sup> 2:29.1

Rory Osborne (MU15) 80mH 4<sup>th</sup> 16.4s

TBAC Relay Team (MU13) 4 x 100m 4<sup>th</sup> 50.9s

(James Morgan, Alexander Hadler, Lucas Weiss, Frankie Pethers)

Harry Glover (MU17) 100m 1<sup>st</sup> 11.9s

Jamie Semple (MU17) 200m 2<sup>nd</sup> 23.6s

Dylan Clifford (MU17) 200m 3<sup>rd</sup> 23.8s

Will Semple (MU17) 200m 5<sup>th</sup> 24.3s

Thomas White (MU17) 800m 1<sup>st</sup> 2:05.0

Kyle Williams (MU17) 800m 4<sup>th</sup> 2:09.7

Joshua Davies (MU17) 800m 7<sup>th</sup> 2:19.2

Will Semple (MU17) PV 1<sup>st</sup> 2.60m

William Willetts (MU17) LJ 1<sup>st</sup> 5.88m

Ethan Taylor (MU17) SP 5<sup>th</sup> 10.06m

Kyle Williams (MU17) SP 6<sup>th</sup> 7.33m

Ethan Taylor (MU17) DT 4<sup>th</sup> 31.44m

Kyle Williams (MU17) DT 5<sup>th</sup> 18.69m

TBAC Relay Team (MU17) 4 x 100m 1<sup>st</sup> 47.2s

(Jamie Semple, Will Semple, Dylan Clifford, Thomas White)

Kenneth Muhumuza (SM) 100m 1<sup>st</sup> 11.5s

Imam Qazi (VM) 100m 1<sup>st</sup> 12.9s

Dominic Flavell (SM) 200m 3<sup>rd</sup> 26.4s

Dominic Flavell (SM) 800m 2<sup>nd</sup> 2:25.2

Iain Osborne (VM) DT 2<sup>nd</sup> 26.91m

Mixed 3000m

Tobi-Lee Loughlin (MU17) 3000m 1<sup>st</sup> 9:03.6

Daniel Phelps (MU17) 3000m 3<sup>rd</sup> 9:27.6

Toby Davies (SM) 3000m 4<sup>th</sup> 9:51.2

Freya Spruit (SF) 3000m 5<sup>th</sup> 10:03.1

Joshua Davies (MU17) 3000m 7<sup>th</sup> 10:08.2

Ned Blackman (SM) 3000m 8<sup>th</sup> 10:34.1

Olivia Paul (FU15) 3000m 9<sup>th</sup> 10:36.6

Mixed U13

TBAC Relay Team (U13) 4 x 100m 2<sup>nd</sup> 57.7s

(Bailey Clarke, Isaac Weiss, Martha Smith, Alexandra Clowes)





**SUNDAY 17TH NOVEMBER 2024**

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