

THE BATH PLUG



Kevin shows the way in the Wildstrubel UTMB

Happy October Team! A lot of everything from everyone in this edition; plus another promo for our Bath Hilly Half - challenging and stunning, a rewarding experience is guaranteed.

Simon Brace.

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

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



Wild 70 - Wildstrubel by UTMB

13th September

By [Kevin Meynard](#)

On 13th September I took part in the Wildstrubel 70k, a UTMB World Series event in Switzerland. The weather that week changed swiftly from summer to winter, creating a nightmare for the organisers. We were meant to run a point to point race from Kandersteg to Crans Montana but the conditions made the original route impossible as we would have had to cross a mountain pass at over 2600m which was on race day buried under 1m20 of fresh snow, battered by 50km/h winds and temperatures of -20C.

Hats off to the organisers who managed to redraw a route 48hrs before the event. The new route was 74km long with 3600m of elevation, a sort of out and return from Crans Montana with some steep climbs but fairly untechnical terrain. It snowed all day, and we had -10 degrees at times, but it was not really an issue, at least for me.

I had a simple plan, steady pace for the first 30k and start pushing from there on. Many runners started too fast, and I started taking over people progressively from the 20k mark. Feeling good, I started my move forward at the bottom of the biggest climbing section of the race. In the space of 15km I managed to overtake a few runners I let run past me earlier, and catch up Julie Roux, the female winner, who had almost 10min on me at the previous aid station.

We had a penultimate aid station back in Crans Montana before embarking on a 20k loop, where I saw the ranking for the first time. Realising I was in 18th place, I quickly picked up my bottles and some gels. This final section felt endless at times, but I was moving well

and catching up with other runners. I underestimated the elevation left at this point, as we still had a section with nearly 900m for 10k. This slowed me down a bit on the final 5k as I could really feel my legs at this point, and it took some mental strength to push to the finish line.

Final result - 13th overall in 7h35 and a 755 index.





Racing this month

September

By Paul King

Last week...

At the **North Staffs XC League** meeting at Berley Farm, the ever-young Tom Hutchison finished 3rd MV70 qualifying him for the England Masters MV70 Team competing at the British & Irish Masters XC International in Belfast on the 16 November 2024. Photo above.

At the **Trailfest HM at Blaenau Ffestiniog** Alex Copping (4th MV50; 1:52:15) and Niall Urquhart (3rd MV60; 1:52:51) fought through challenging conditions to finish well. Photo below.

Leon Chevalier was competing in the latest round of the **T100 in Ibiza** and finished in overall 14th place (3:20:53) with a very strong run in the final stage of the competition. Photo below.







The week before...

Main event was the **Midlands 6 & 4 Stage Road Relay Champs at Sutton Park**. Despite the usual last minute injuries and unavailability the TBAC senior squad managed to field a number of teams namely Senior Men; Senior Women; 2 x Masters Men and one Masters Women.

All teams performed exceptionally well with the Senior Female team of Lizzie Rayner; Annabelle Wallace; Anna Domville and Freya Spruit taking pride of place with a very strong Silver medal place behind a very talented Western Tempo team. Photo above, from left: Annabelle Wallace; Freya Spruit; Anna Domville and Lizzie Rayner.

There was also a strong performance from the Masters Female team of Jackie Rockliffe; Cath Dale; Georgia Wood and Ruth McKean who finished in a hard fought Bronze medal place.

The Senior Men (Alex Carter; Chris Pickering; Aaron Pritchard; Mike Towler; Aiden Daniel and Elliot Avis) ran well to finish 9th in a closely contested competition. The Masters Men, as last year, were cruelly pushed into 4th place by seconds (Dan Jones; Peter Grist; Jason Rowland; Harry Bowles; Simon Brace and James Donald). The Masters Men 'B' team finished a creditable 13th (Alex Tanner; Phil King; Jorge Crockford; David Coales; Tim Hill and Steve Rose).

Big thanks as always goes to Aaron Pritchard for his exceptional Team Manager duties. Team photo below.





And the week before that...

The National Cross-Country Championships, Weston Park Shropshire, was rearranged from last March due to bad weather. Only two TBACers took part but both did really well. Tilly Nickell (FU17) 3rd 18:52 and Tobi-Lee Loughlin (MU15) 6th 13:38.

At the **Swansea Bay 10k** Freya Spruit had an excellent race finishing 8th Female; 4th FU23 in a PB time of 36:39. Photo below. Thomas Reece (MU17) also ran well to clock a PB in 36:17; while Tom Wiper completed a trio of PBs with 38:02.

At the challenging **Worcester City HM** Annabelle Wallace shrugged off a heavy cold to finish 2nd Female in a time of 1:26:39. Photo below (**AW on the right**).

There was strong representation from TBAC at the local **Chippenham HM** with 4 Senior Men finishing in the top 10; Chris Pickering (6th 72:10); James Reeder (7th 72:17); Aidan Daniel (8th 72:17) and Michael Towler (10th 73:44). Alex Hearn finished 2nd MU21 in 1:24:04; Jackie Rockliffe 1st FV50 in 1:26:16; James Woosnam 3rd MV50 in 1:26:45 and David Vaudin 2nd MV60 in 1:30:55. There were also competitive runs from Ben Holding (1:24:32); Pat Cobb (1:24:35); Peter Veleski (1:25:37); Paul Bartlett (1:39:30); Cath Dale (1:44:08); Lisa Bennett (1:44:18); Kim Prevett (1:45:13); Alice Lucas (1:48:19) and Sevim Sangwell 1:53:00). Photo below.

At the last **Yeovilton 5k** of the Summer season Jason Rowland finished 2nd MV40 in 17:00 with Peter Veleski (17:45) and George Davidson (18:23).





Track & Field and XC

By Mark Thomas [& Di Viles]

Avon League, Yate**Sunday 29th September**

A special mention for Jamie Semple who won the U/17 men's high jump with a new PB of 1.83 which puts him 5th in the South West rankings (photo above). [Di Viles]

FU13

Martha Smith 75m 5th 10.95s
Immy Proctor 75m 12th 11.39s (PB)
Martha Smith 150m 3rd 22.03s
Immy Proctor 150m 16th 24.42s
Jasmine Fry 1200m 7th 4:20.70
Lucy Gamble 1200m 9th 4:30.15 (PB)
Katherine Osborn 1200m 10th 4:38.22 (PB)
Beth Proctor LJ 7th 3.36m (PB)
Immy Proctor LJ 12th 3.08m

FU15

Beth Turner 100m 1st 13.20s
Mia McMullan 100m 6th 13.60s
Beth Turner 200m 1st 27.38s
Olivia Paul 1500m 1st 5:01.07 (PB)
Sophie Phelps 1500m 10th 5:37.22
Sarah Spalding SP 6th 6.64m (PB)
Sarah Spalding DT 3rd 16.00m
Mia McMullan LJ 1st 4.67m

FU17

Jemima Woods 100m 1st 12.76s
Jemima Woods 200m 1st 26.35s
Reef Ovens 200m 7th 29.27s
Isobel Stacey 1500m 1st 5:14.06 (PB)
Poppy Swarbrooke 1500m 2nd 5:17.03
Jemima Woods 300mH 1st 48.71s

Combined FU15/FU17

TBAC Relay Team 4 x 300m 3rd 3:10.97
(Poppy Feasey, Reef Ovens, Olivia Paul, Sophie Phelps)

SF

Phoebe Card 100m 1st 13.23s

Katie Mackintosh 200m 1st 27.17s
Phoebe Card 200m 3rd 28.48s
Louise Jeffries 200m 5th 37.10s
Katie Mackintosh 400mH 1st 65.94s
Maeve McGee LJ 3rd 3.44m

VF

Louise Jeffries 100m 1st 17.62s
Louise Jeffries 1500m 2nd 6:43.11

MU13

Charlie Mead 75m 8th 11.98s (PB)
Charlie Mead 150m 10th 23.60s (PB)
Rory MacPherson 1200m 7th 4:30.67 (PB)
Finn MacPherson 1200m 8th 4:35.86
Charlie Mead JT 10th 19.41m
Rory MacPherson JT 12th 15.98m
Finn MacPherson JT 15th 9.18m (PB)

MU15

Rhys Newington-Wise 300m 1st 40.55s (PB)
Rhys Newington-Wise 1500m 2nd 4:36.59 (PB)
Marc Goulding 1500m 4th 4:41.42 (PB)
Gabriel Davies 1500m 6th 4:55.24 (PB)
Marc Goulding HJ 3rd 1.45m (PB)
William Frankton TJ 1st 11.03m
Josh Sutton JT 2nd 28.50m

MU17

Will Semple 100m 1st 11.70s (PB)
Dylan Clifford 100m 3rd 11.80s
Ben Benoit 100m 5th 12.20s
Dylan Clifford 200m 3rd 23.97s
Will Semple 200m 5th 24.24s (PB)
Ben Benoit 200m 8th 25.55s
Thomas White 400m 1st 54.13s
Kyle Williams 400m 3rd 56.88s
Will Game 400m 5th 61.26s (PB)
Tobi-Lee Loughlin 1500m 2nd 4:24.60
Joshua Davies 1500m 4th 4:48.99
Will Game 400mH 1st 67.80s (PB)

TBAC Relay Team 4 x 100m 1st 46.74s
(Jamie Semple, Will Semple, Ben Benoit, Dylan Clifford)

Jamie Semple HJ 1st 1.83m (PB)

Thomas White HJ 2nd= 1.70m

James Boyd HJ 4th= 1.70m

Will Semple PV 2nd 2.50m

Corey Summers JT 2nd 39.33m

Combined MU15/MU17

TBAC Relay Team 4 x 400m 1st 3:47.00
(Thomas White, Kyle Williams, Tobi-Lee Loughlin, Rhys Newington-Wise)

SM

Kenneth Muhumuza 100m 1st 11.27s

Dale Morgan 100m 5th 13.63s

Kenneth Muhumuza 200m 2nd 23.10s

Ned Blackman 400m 2nd 59.60s

Dominic Flavell 400m 3rd 60.54s

Chris Pickering 1500m 1st 4:12.70

Alex Hearn 1500m 3rd 4:35.93

Craig Bridges 1500m 4th 4:48.10

William Willetts 400mH 1st 60.72s

Dominic Flavell 400mH 2nd 67.98s

Dominic Flavell HJ 1st 1.45m (PB)

William Willetts TJ 1st 12.57m

Iain Osborne HT 4th 27.02m

Mixed 3000m

Tobi-Lee Loughlin (MU17) 1st 9:05.21

Toby Davies (MU20) 2nd 9:48.02 (PB)

Joshua Davies (MU17) 4th 10:09.09

Poppy Feasey (FU17) 8th 11:31.79 (PB)





**Sunday 22nd September
Portsmouth Open**

Kyle Williams (MU17) 800m 3rd 2:08.36 (PB)

**Saucony National Cross-Country Championships
Saturday 14th September**

Senior Men

Aiden Daniel 251st 41:52

Daniel Jones 357th 43:29

Bryan Glynn 433rd 44:26
James Donald 436th 44:26
Steven Rose 455th 44:41
Aiden Wiffen 550th 45:56
Nicholas Fournier 683rd 47:44
Craig Bridges 741st 48:32
Tim Hill 796th 49:24

Senior Women

Amy Glynn 391st 41:21
Ashia Reeder 416th 41:57

Junior Men

Alex Hammond 75th 36:21

FU17

Tilly Nickell 20th 19:26

MU15

Tobi-Lee Loughlin 24th 15:33
Stanley Wyatt 71st 16:12

FU13

Olivia Paul 80th 12:33

Bath Hilly Half

17th November 2024

By [Mark Mackintosh](#)

A reminder that the Bath Hilly Half, which is run as a fundraiser for TBAC and the Bathavon Rotary, is open for entries. There are two races, an ultra 10k and a half marathon, both incredibly scenic and quite hilly! The races take place at 10.30am on Sunday 17th November 2024 from Lansdown Racecourse, Bath. Entries can be found online [here](#), or scan the QR Code in the flyer below. Details of the course routes and .gpx files are available from the website.

The venue we run from has plenty of dry space, lots of toilets and showers too. For the finish goodies we are very pleased to announce that local brewing experts [Electric Bear Brewing Co](#) and [Below Brew Co](#) are co-sponsoring the finisher's alcohol-free beers – Good Times and Great Beer and the perfect reward along with other treats and a wooden medal for crossing the line! There should also be a good coffee stand and cakes.

There is unfortunately no public transport to the event from Bath. TBAC runners are very good at sharing lifts, but if you are stuck and you would like to get a lift or can offer a lift email us [here](#) and we'll try and connect people. We are aware of apps being developed for this but don't think the ones we have heard of will be ready in time this year.

SUNDAY 17TH NOVEMBER 2024

BATH HILLY HALF

HALF MARATHON & ULTRA 10K

**OFF ROAD TRAILS
SPECTACULAR VIEWS**

**ALL PROFITS TO CHARITY, FREE PARKING,
EXCELLENT FACILITIES, FINISHER GOODIES,
LARGE DRY RACE VILLAGE, CATEGORY PRIZES.**

LANDSDOWN RACECOURSE 10:30AM

RACE INFORMATION AND ENTRY FORMS CAN BE FOUND AT: <https://bathhillyhalf.org/>

ORGANISED TO FUNDRAISE FOR TEAM BATH AC AND THE ROTARY CLUB OF BATHAVON

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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