

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





Harry Maxwell leading TBAC seniors to top spot

Cross-country is back, and we're mid HM/Marathon autumn season; plus some extraordinary multisport performances. Get stuck in.

Simon Brace.

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

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

TBAC shine at the final Lightning Bolt 10k

13th October

By [Phil King](#)

Sunday 13th October saw the 5th and final 10k race of the 2024 series hosted by I Compete, near the beautiful village of Langley Burrell close to Chippenham.

On a cold morning just over 300 runners assembled at the start line one kilometre away from the village in perfect racing conditions. Yes, wind speed just 2-3 mph: a runners dream!

Just after 10am the race start horn sent all runners into a stampede towards the first sharp right turn some 400m's away. Traffic was slowed to a standstill by the well organised race stewards as the snake of runners meandered its way through the beautiful Wiltshire countryside.

The pace was hot at the front with many runners taking advantage of the excellent racing conditions to run PB's or seasons bests.

Team Bath A.C had a solid turnout with some cracking performances:

Results as follows:

Men's Winner > David Long / Pontypridd Roadents AC **30:50**

Ladies Winner > Paige Quinn / Torbay AC **34:39** (Under 20)

TBAC runners & riders!

15th Jason Rowland **34:36** (3rd V40) **PB**

17th Simon Oldham **35:19**

21st Alex Hearn **36:02** (1st Under 20)

27th Steve Rose **36:18** (2nd V50)

28th Will Maslin **36:23 PB**

29th Phil King **36:26** (3rd V50) **PB**

38th David Jenkins **37:31**

41st Matthew Price **37:43**

45th Ben Holding **38:02**

49th Martin Couzins **38:20 PB**

104th Joe Newman **44:13**

112th Bradley Price **44:47**

WISHING ALL TBAC ATHLETES CONTINUED SUCCESS!



Racing this month

October

By Paul King

First fixture of the **Gloucester XC League held at Yate** for the first time. A flat 'North American style' course on a bright sunny day but challenging nonetheless.

TBAC had a strong turnout at all levels in particular the Senior and Masters Men. Our close rivals the University of Bath and Western Tempo were also out in force.

The Senior Men, bolstered for the first time by the inclusion of Harry and Josh Maxwell managed to hold off a strong University of Bath team to take top spot by just 4 points. The first six scoring runners: Harry Maxwell (2nd ; 1st MU20; 30:23); Aidan Daniel (6th; 31:20); Elliott Avis (9th; 31:34); Joshua Maxwell (13th; 32:11); Lester James (15th; 32:22) and Michael Towler (17th; 32:32).

In the Masters Men event (MV35+) TBAC were pushed into 2nd place by a very strong Western Tempo team. TBAC scoring runners were: Peter Grist (4th; 32:57); Dan Jones (6th; 33:12); James Donald (12th; 34:35) and Tom Davies (16th; 35:26).

There were other impressive performances from the remaining TBAC runners forming the 'B' and 'C' teams.

The Senior Women battled with Western Tempo and the University of Bath with the outcome ending in equal points and shared 1st place between TBAC and Western Tempo. The TBAC scoring runners: Amber Gascoigne (2nd; 23:03); Jacqueline Rockliffe (9th; 24:44) and Evie Matthews (11th; 2nd LU20; 24:52).

Boosted by some very good Masters Women (LV35+) TBAC easily took 1st place with the 3 scoring runners: Amber Gascoigne (1st; 1st LV45; 23:03); Jacqueline Rockliffe (3rd; 1st LV50; 24:44) and Victoria Randall (6th; 2nd LV40; 26:14).

There were other enjoyable performances from the remaining TBAC women runners forming the 'B' and 'C' teams.

The day was complete for the seniors when the TBAC Masters Men (MV65+) including Tom Hutchison (27:07); Paul King (32:13) and Andrew Griffiths (38:02) finished the day in 1st place for the 'older bloke' team category.

There were many splendid performances from the TBAC juniors in particular Tobi Loughlin (1st MU17; 20:42); Daniel Phelps (2nd MU17; 21:28); Ryan Johnstone (3rd MU17; 21:55); Sophie Maxwell (1st LU15; 16:29); Olivier Paul (3rd LU15; 16:51); Albert Jakubowski (2nd MU13; 13:14); and Finley Pierce (1st MU11; 7:54).



FULL RESULTS by Mark Thomas:

Gloucester League

Yate Outdoor Sports Complex

Saturday 12th October

Senior Men & Senior Mens Masters & Men Under 20 race over 9.0Km

- 2 Harry Maxwell MU20/01 30:23
- 6 Aidan Daniel SM/02 31:20
- 9 Elliott Avis SM/05 31:34
- 13 Joshua Maxwell MU20/05 32:11
- 15 Lester James SM/08 32:22
- 17 Michael Towler SM/10 32:32
- 19 Arnold Weston SM/11 32:39
- 22 Peter Grist MV40/02 32:57
- 25 Daniel Jones MV35/03 33:12
- 28 Samuel Rawes SM/16 33:34
- 38 James Donald MV40/06 34:35
- 40 Matt Bond SM/19 34:49
- 44 Thomas Davies MV35/04 35:26
- 55 Mike Dooley MV55/02 36:18
- 56 Patrick Cobb MV40/09 36:29
- 73 Pete Miles MV40/10 37:50
- 77 Barry Awan MV55/05 38:20
- 78 Christopher Siggery MV40/12 38:24
- 82 Niall Urquhart MV60+/01 38:47
- 85 Timothy Hill MV45/10 39:06
- 90 Christopher George MV40/13 39:17
- 95 Alex Copping MV55/07 39:29

99 Paul Wilman MV50/08 39:42
120 Malcolm Treby MV50/10 41:55

Senior Ladies & Senior Lady Masters & Ladies Under 20 & Ladies Under 17 & Men
Under 17 & Masters Men Over 65 over 5.9Km

1 Tobi-Lee Loughlin MU17/01 20:42
2 Daniel Phelps MU17/02 21:28
3 Ryan Johnstone MU17/03 21:55
7 Samuel Davies MU17/07 22:40
10 Cormac Houghton MU17/09 23:00
11 Amber Gascoigne LV45/01 23:03
13 Kyle Williams MU17/11 23:14
23 Jacqueline Rockliffe LV50/01 24:44
24 Joshua Davies MU17/15 24:50
26 Evie Matthews LU20/02 24:52
28 Amy Gill SL/07 25:02
29 Daniel Kestell MU17/16 25:05
37 Victoria Randall LV40/02 26:14
38 Natasha Perks LV35/02 26:32
46 Tom Hutchison MV70/01 27:07
57 Poppy Feasey LU17/06 28:06
68 Abigail Mann SL/18 29:11
69 Cath Dale LV55/01 29:13
84 Claire Forster LV45/09 30:55
91 Chelsea Rawes SL/22 31:58
93 Paul King MV65/05 32:13
124 Andrew Griffiths MV70/06 38:02

Boys and Girls Under 15 over 4.64Km

6 Gabriel Davies MU15/06 16:11
9 Sophie Maxwell LU15/01 16:29
13 Olivia Paul LU15/03 16:51
17 Alex Sandison MU15/12 18:16
30 Sophie Phelps LU15/13 19:02
33 Polly Pennicott LU15/16 19:23

Boys and Girls Under 13 over 3Km

2 Albert Jakubowski MU13/02 13:14
6 Alexander Stokes MU13/06 13:32
24 Katherine Osborn LU13/07 14:55
29 Jasmine Fry LU13/09 15:25
38 Sam Mayes MU13/25 16:19
53 Frederick Cobb MU13/31 20:25

Boys and Girls Under 11 over 2.1Km

1 Finley Pierce MU11/01 07:54
9 Eugene Wicks MU11/08 08:41
22 Oliver Tasker MU11/18 09:13
28 Aiden Stokes MU11/22 09:31

30 Elise Williams LU11/07 09:36

61 Charlotte Osborn LU11/20 10:33

72 William Cobb MU11/45 11:23



At the **Chicago Marathon** TBAC runner Sevim Sangwell (FV50) completed the course in a time of 4:11:09.

At the **English National Road Relay Champs at Sutton Park** our Senior Women's team put on a brave effort against some very strong teams to finish 27th overall in a combined time of 1:03:25. The team consisted of Anna Domville; Elen Lyndsay; Annabelle Wallace and Tilly Nickel (photo above from left: Anna Domville; Elen Lyndsay; Annabelle Wallace; Tilly Nickell).

At the **MBNA Chester Marathon** a number of TBAC masters women were representing England in this championship race. James Reeder had another impressive race on a challenging course finishing 5th overall (4th SM) in a time of 2:22:54. Victoria Ratcliffe had a superb race winning the FV45 age category in a time of 2:58:16. There were also good runs from Kelly Makraki (43rd SF; 3:37:00); Ilana Wigfield (10th FV55; 3:41:27) and Lisa Bennett (19th FV50; 3:48:46). In the Metric Marathon event on the same course Cath Dale

was 1st FV55 in a time of 2:11:10. Photo below from left: Ilana Wigfield; Cath Dale; Victoria Ratcliffe; Kelly Makraki; Lisa Bennett).

At the **Cardiff Half Marathon** Jenny Carter had a great run finishing as 3rd FV50 in a time of 1:27:56. Alex Harris (1:44:23) and Mark Ireland (2:05:07) also ran the course.

In the inaugural **Bristol to Bath 'Trail Escape' Marathon** TBAC's Amy Boalch was 1st Female (4th overall) in a solid time of 3:29:35.



Ironman

September & October

By the Editor

No reports from anyone, but we should celebrate some incredible recent performances in the multisport world by TBACers.

Having qualified by winning her age group at Swansea 70.3, on 22nd September, Victoria Randall (aka Vix) raced the Ironman World Champs (her first Ironman!) in Nice against the best long-course athletes in the world to place 33rd of 155 in her category!!! On the same day, Pete Dyson raced among the amateur age-groupers to take the outright win at Ironman Wales! Matt Levett followed Pete in, on a horribly wet and windy day, placing 9th in his AG to join Pete in qualifying for next year's World Champs.

And finally, only yesterday (so forgive me if a report is incoming), Lizzie Rayner raced in the pro field at Ironman Cascais (Portugal) 70.3, and took victory in a sprint to the tape by

just two seconds!! Extraordinary stuff!!!

VR **Victoria Randall**
IRONMAN®, F40-44 Bib 859

🕒 **Finish Time**
11:45:28
05:26 min/km

33rd Place out of 155 >
F40-44

221st Place out of 1,137 >
by Gender

221st Place out of 1,138 >
Overall


PD **Pete Dyson**
IRONMAN®, M35-39 Bib 2134

🕒 **Finish Time**
9:34:24
04:30 min/km

1st Place out of 309 >
M35-39

1st Place out of 1,482 >
by Gender

1st Place out of 1,634 >
Overall

 **Matthew Levett**
IRONMAN®, M40-44 Bib 1576

🕒 **Finish Time**
11:25:05
05:21 min/km

9th Place out of 271 >
M40-44

92nd Place out of 1,482 >
by Gender

97th Place out of 1,634 >
Overall

LR **Lizzie Rayner**
IRONMAN 70.3®, FPRO Bib 7
Cascais IRONMAN 70.3®, FPRO

🕒 **Finish Time**
4:15:18
03:52 min/km

1st Place out of 441 >
by Gender

18th Place out of 2,379 >
Overall

SUNDAY 17TH NOVEMBER 2024

BATH HILLY HALF



HALF MARATHON & ULTRA 10K



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SPECTACULAR VIEWS**

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EXCELLENT FACILITIES, FINISHER GOODIES,
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LANSDOWN 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

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