

THE BATH PLUG



Leon keeping his cool in Kona

A quiet couple of weeks... apart from, of course, Leon's herculean effort at the home of triathlon, Kona, which once again played host to the men's Ironman World Champs. The weekend before, Lizzie also showed enormous strength to hang on to first place at Cascais 70.3 to take her first pro win; while Marianne executed another strong performance to finish 6th in her cat at the World Triathlon Champs in Spain. But if multisport isn't your bag, we've got the usual eclectic mix of running results, from 5Ks to marathons. Keep up the good work team!

Simon Brace.

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

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





Racing this month

October

By Paul King

Ironman World Championship, Kailua-Kona Hawaii (Men's Pro Race)

Leon Chevalier had a superb championship with a personal best Bike section after the swim which took him into podium contention at the start of the Run section. At one point Leon had worked his way into 2nd position behind the eventual winner Patrick Lange. The heat and humidity was brutal at this stage and unfortunately started to take it's toll on Leon, however he managed to rally and finished strongly in 4th position just 54 seconds behind 3rd placed Rudy Von Berg after 7 hours 46 minutes and 54 secs of racing (Swim: 50:43; Bike: 4:01:38; Run: 2:49:56). Totally inspiring! Photos above.

Irish Life Dublin Marathon

Eoin Cremen ran an excellent PB time of 2:38:02.

Stroud Half Marathon

Lester James ran 1 second short of his PB but still managed an admirable 3rd place in a time of 70:51.

Calne Clock Challenge - Autumn 5K

Youngsters Alex Hearn 2nd overall (17:37) and Sophie Phelps 4th Female (22:19) were in good form.

Original Mountain Marathon (OMM), Glen Artney, Scotland.

Father and son team Tom and Neill Hutchison competed in the OMM Long Score Course finishing 102nd in a time of 13:17:22. While Alex Copping and Malcolm Cook finished 72nd (21st Vet) on the B Course in a time of 12:01:52. Photo below: Tom Hutchison – Right.

Weston Prom 5 mile – Thursday 24 October

TBAC was well represented at the latest edition of this popular evening race series. Elliott Avis finished 5th (26:20) and Michael Towler 11th (27:24). Masters athletes Stephen Rose finished 3rd MV50 (29:06) and Victoria Ratcliffe 1st FV40 (31:38).



The best of the week before was from Lizzie Rayner who, with a sprint finish, won her first Pro Female **70.3 Ironman race in Cascais, Portugal** in an overall time of 4:15:18. Lizzie completed the event with a tremendous 1:21:15 for the half marathon finish. Photo below.

At the **World Triathlon standard-distance Championship Finals in Torremolinos-Andalucia** Marianne Carpenter finished 6th in the 50-54 Female Age group in an overall time of 2:31:38 and Natasha Perks 14th in the 35-39 Female Age group in a time of 2:33:21.

Meanwhile at a blustery **Abingdon Marathon** Richard James (MV40) managed a solid time of 2:56:57.

At the **Battersea Park Half Marathon** Guy Bridgewood finished a strong 20th in a time of 78:35 and Rachael Moon finished 5th Female in a good time of 87:26.

Closer to home at the **Bath & Bristol Railway Half Marathon** Phil Jacobowski (MV40) finished 13th in 86:21 and Sam Zimmerman 48th in 1:36:43.



World Triathlon Age-Group Championships

19th October

By Marianne Carpenter

The World Standard Distance Triathlon Championships took place on Saturday 19th in sunny Torremolinos. This was one of the most well-attended Championships I've been to, with some Age Groups containing over 125 athletes from many different countries.

The 1500m sea swim was mild but choppy, whipped up by a very brisk wind which added to the mayhem on the 3 laps of the busy 40k bike course (five Brits ended up in hospital from bike crashes). The final 10k run was an out-and back along the beach promenade, with a wall of supporters making for a great atmosphere and inspiring some strong finishes.

Natasha Perks did a brilliant final run (40:38) in the midday heat, to finish 14th in the 50-strong FV35. I was 6th out of 75 starters in the FV50, qualifying for next year's WC in Wollongong, Australia.



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.**

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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