

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





On your barks, get set...

Here it is, the present at the top of everyone's Christmas wish-list, your festive Plug. Jam-packed with results throughout December, it might possibly be the best present you open this year. Though I hope it isn't 😊

Happy Holidays TBACers 🎁

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

December

[By the Editor](#)

Ironman 70.3 World Championships, New Zealand, 14th & 15th December

Lizzie Rayner: 16th (pro field)

Harry Palmer: 8th (pro field)

Telford 10k, 15th December

Harry Maxwell: 30:29

James Reeder (photo above): 30:44

Michael Towler: 32:55



CROSS-COUNTRY TBAC RESULTS by Mark Thomas
Quad Counties and Gloucester League Round 3, University of Bath
Sunday 8th December

Girls Under 11 over 1.9Km

[Overall position - race no - County - name - club - cat position - time]

10 443 A Charlotte Osborn Team Bath AC LU11/10 08:09

Boys Under 11 over 1.9Km

2 456 A Finley Pierce Team Bath AC MU11/02 06:49

14 540 Eugene Wicks Team Bath AC MU11/14 07:29
 24 515 A Oliver Tasker Team Bath AC MU11/24 07:48
 31 509 W Aiden Stokes Team Bath AC MU11/31 08:03
 35 691 A Daniel Hordern Team Bath AC MU11/35 08:11

Girls Under 13 over 2.8Km

9 444 A Katherine Osborn Team Bath AC LU13/09 11:21
 14 323 A Jasmine Fry Team Bath AC LU13/14 11:47

Boys Under 13 over 2.8Km

4 315 A Zac Fleming Team Bath AC MU13/04 10:07
 8 371 A Albert Jakubowski Team Bath AC MU13/08 10:39
 15 510 W Alexander Stokes Team Bath AC MU13/15 11:04
 23 745 A Kai Vermeulen Team Bath AC MU13/23 11:42
 26 409 W Rory Macpherson Team Bath AC MU13/26 11:49
 30 408 W Finn Macpherson Team Bath AC MU13/30 12:02

Boys and Girls Under 15 over 3.8Km

13 690 A Adam Hordern Team Bath AC MU15/13 13:15
 20 1008 W Sophie Maxwell Team Bath AC LU15/01 13:28
 22 292 A Gabriel Davies Team Bath AC MU15/21 13:30
 66 455 W Sophie Phelps Team Bath AC LU15/23 15:49
 70 451 A Polly Pennicott Team Bath AC LU15/25 16:14
 75 968 W Angelica Copping Team Bath AC LU15/28 16:31

Under 17 Men & Women over 5.7Km

5 933 W Archie Enstone Team Bath AC MU17/05 18:39
 6 404 W Tobi-Lee Loughlin Team Bath AC MU17/06 18:45
 8 454 W Daniel Phelps Team Bath AC MU17/08 19:10
 9 756 A Stanley Wyatt Team Bath AC MU17/09 19:15
 10 367 A Cormac Houghton Team Bath AC MU17/10 19:25
 11 377 W Ryan Johnstone Team Bath AC MU17/11 19:27
 15 1026 W Will Smith Team Bath AC MU17/15 19:52
 16 294 W Samuel Davies Team Bath AC MU17/16 20:00
 25 384 A Daniel Kestell Team Bath AC MU17/25 20:47
 26 568 W Kyle Williams Team Bath AC MU17/26 20:48
 447 Olivia Paul Team Bath AC LU15 21:21
 29 293 W Joshua Davies Team Bath AC MU17/27 21:31
 32 863 S Conal Cross Team Bath AC MU17/29 21:56
 50 514 A Poppy Swarbrooke Team Bath AC LU17/17 23:57
 54 314 A Poppy Feasey Team Bath AC LU17/20 24:59

Senior Ladies & Senior Lady Masters & Ladies Under 20 & Masters Men Over 65 over 6.6Km

4 327 W Amber Gascoigne Team Bath AC LV45/01 24:20
 6 1031 W Annabelle Wallace Team Bath AC LU20/02 24:41
 19 329 A Amy Gill Team Bath AC SL/11 26:05
 42 267 A Marianne Carpenter Team Bath AC LV50/03 27:57
 50 673 A Heather Fell Team Bath AC LV40/06 28:26

62 369 A Tom Hutchison Team Bath AC MV70/01 29:44
67 849 A Sarah Burns Team Bath AC SL/27 29:59
70 380 S Katherine Kabala Team Bath AC LV40/08 30:15
81 288 A Catherine Dale Team Bath AC LV55/03 31:18
82 723 A Kim Prevett Team Bath AC LV35/08 31:21
88 410 A Kalliopi Makraki Team Bath AC SL/33 31:42
91 319 A Claire Forster Team Bath AC LV45/08 31:50
94 411 S Abigail Mann Team Bath AC SL/36 32:21
107 874 A Alan Garrett Team Bath AC MV70/03 33:22
141 338 Andrew Griffiths Team Bath AC MV70/07 41:57

Senior Men & Senior Mens Masters & Men Under 20 race over 10.3Km

2 1006 W Harry Maxwell Team Bath AC MU20/02 33:18
8 721 A Chris Pickering Team Bath AC SM/02 34:12
9 729 A James Reeder Team Bath AC SM/03 34:19
13 1007 W Joshua Maxwell Team Bath AC MU20/06 34:45
17 290 W Aidan Daniel Team Bath AC SM/08 35:04
20 227 S Elliott Avis Team Bath AC SM/11 35:11
26 577 S Lester James Team Bath AC SM/14 35:44
34 526 W Michael Towler Team Bath AC SM/19 36:10
35 317 W Andy Fooks Team Bath AC MV45/01 36:13
39 378 A Daniel Jones Team Bath AC MV35/02 36:30
46 870 A Pete Dyson Team Bath AC MV35/04 37:07
59 681 A Peter Grist Team Bath AC MV40/04 37:51
65 565 A Thomas Davies Team Bath AC MV35/08 38:18
67 539 W Arnold Weston Team Bath AC SM/32 38:26
68 982 W Alex Hearn Team Bath AC MU20/21 38:39
75 1029 W Alex Tanner Team Bath AC MV45/02 38:56
77 248 A Simon Brace Team Bath AC MV50/02 39:06
78 300 A James Donald Team Bath AC MV40/07 39:14
84 246 W Matt Bond Team Bath AC SM/36 39:28
88 422 A Pete Miles Team Bath AC MV40/10 40:37
89 276 A Patrick Cobb Team Bath AC MV40/11 40:40
92 755 A James Woosnam Team Bath AC MV55/02 40:51
93 953 W Ned Blackman Team Bath AC MU20/27 40:52
96 754 A Sidney Williams Team Bath AC MU20/28 40:59
102 581 A Mike Dooley Team Bath AC MV55/04 41:28
116 661 A Martin Couzins Team Bath AC MV50/05 42:55
122 579 A Christopher Siggery Team Bath AC MV40/14 43:41
136 328 A Christopher George Team Bath AC MV40/17 44:39
137 533 A Niall Urquhart Team Bath AC MV60+/02 44:46
138 527 A Malcolm Treby Team Bath AC MV50/08 44:47
139 689 A Ben Holding Team Bath AC MV45/12 44:50
143 359 A Timothy Hill Team Bath AC MV45/14 45:01
146 550 A Paul Wilman Team Bath AC MV50/09 45:17
150 641 A Barry Awan Team Bath AC MV55/07 45:25
151 666 A Kevin Davies Team Bath AC MV60+/03 45:34
158 727 A Brett Raynes Team Bath AC MV60+/05 46:08



Dorset Endurance Life, 7th December

Marathon, reduced to 13 miles (due to weather).

Victoria Ratcliffe 1:48:37 2nd Woman

Natasha Perks 1:54:48 3rd Woman

[first photo below]

Half Marathon

Chris Maxwell 1:48:20 1st MV50
Michelle Maxwell 2:08:08 1st FV50
[second photo below]





On Sunday 1st December, a number of our Junior athletes travelled to Cardiff to compete in the **South West Junior Indoor Championships**.

There were lots of fantastic performances from all our athletes and great fun had by all (photo below).

Performances of note were:

Grace Witcher - 1st - U17G High Jump

Gertie Blewitt - 2nd - U17G 300m and 200m

Thomas Southgate - 1st - U17B 200m, 2nd - 400m

James Boyd - 3rd - U17B High Jump

Henry Dent - 1st - U17B Triple Jump



Bromham Christmas Pudding 10k, 1st December

Always a favourite in the festive calendar but this year TBAC turned out with possibly its strongest ever field, claiming men's and women's team prizes, as well as multiple overall and age cate prizes. Stonkin' stuff!

1	270	Lester JAMES	32:07.9	32:07.9	Sen	1	Male	1	TEAM BATH ATHLETICS CLUB	18.7 km/h
4	20	Elliott AVIS	32:38.5	32:38.5	Sen	4	Male	4	TEAM BATH ATHLETICS CLUB	18.4 km/h
5	54	Harry BOWLES	33:26.4	33:25.7	Sen	5	Male	5	TEAM BATH ATHLETICS CLUB	17.9 km/h
6	224	Peter GRIST	34:21.2	34:21.2	V40	1	Male	6	TEAM BATH ATHLETICS CLUB	17.5 km/h
7	184	Tom FOLAN	34:25.7	34:25.5	Sen	6	Male	7	TEAM BATH ATHLETICS CLUB	17.4 km/h
9	377	Aaron PRITCHARD	34:43.7	34:43.4	Sen	7	Male	9	TEAM BATH ATHLETICS CLUB	17.3 km/h
10	56	Simon BRACE	35:21.7	35:21.7	V50	1	Male	10	TEAM BATH ATHLETICS CLUB	17.0 km/h
11	297	Guy LANDON	35:29.2	35:29.2	V50	2	Male	11	TEAM BATH ATHLETICS CLUB	16.9 km/h
13	117	Eoin CREMEN	35:46.8	35:46.5	Sen	8	Male	13	TEAM BATH ATHLETICS CLUB	16.8 km/h
19	140	James DONALD	36:41.5	36:41.4	V40	7	Male	18	TEAM BATH ATHLETICS CLUB	16.4 km/h
20	128	Thomas DAVIES	37:01.6	37:01.4	Sen	10	Male	19	TEAM BATH ATHLETICS CLUB	16.2 km/h
23	164	Chris ELSE	37:35.2	37:35.2	Sen	12	Male	22	TEAM BATH ATHLETICS CLUB	16.0 km/h
27	507	Freya SPRUIT	38:11.0	38:10.5	Sen	1	Female	2	TEAM BATH ATHLETICS CLUB	15.7 km/h
35	416	Christopher SIGGERY	39:12.4	39:10.4	V40	11	Male	33	TEAM BATH ATHLETICS CLUB	15.3 km/h
36	91	Jenny CARTER	39:20.7	39:19.9	V50	1	Female	3	TEAM BATH ATHLETICS CLUB	15.2 km/h
41	359	Creina O'SHEA	40:40.6	40:39.2	Sen	2	Female	4	TEAM BATH ATHLETICS CLUB	14.8 km/h
47	247	Tim HILL	41:19.4	41:19.4	V40	14	Male	43	TEAM BATH ATHLETICS CLUB	14.5 km/h
82	75	Sarah BURNS	44:59.4	44:57.5	Sen	5	Female	9	TEAM BATH ATHLETICS CLUB	13.3 km/h
84	374	Kim PREVETT	45:03.8	45:01.1	Sen	6	Female	10	TEAM BATH ATHLETICS CLUB	13.3 km/h
91	125	Catherine DALE	45:44.2	45:41.8	V60	1	Female	14	TEAM BATH ATHLETICS CLUB	13.1 km/h
104	38	Lisa BENNETT	46:35.3	46:32.7	V50	4	Female	19	TEAM BATH ATHLETICS CLUB	12.9 km/h
164	139	Helen DONALD	49:42.3	49:39.3	V40	9	Female	39	TEAM BATH ATHLETICS CLUB	12.1 km/h
173	474	Alison VUAGNIAUX	50:39.9	50:36.9	V60	2	Female	43	TEAM BATH ATHLETICS CLUB	11.8 km/h
186	393	Claire RIOU	51:44.3	51:40.7	V60	3	Female	52	TEAM BATH ATHLETICS CLUB	11.6 km/h
281	275	Louise JEFFRIES	57:39.5	57:34.7	V60	9	Female	96	TEAM BATH ATHLETICS CLUB	10.4 km/h



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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