The official magazine of Team Bath Athletic Club
First published Tuesday 01 Dec 1987

Issue 1649 18th June 2025

THE BATH PLUG



TBAC crushing it at the Welsh Castles

Huge congratulations to the organisers, runners, and all other helpers among our teams that ventured through Wales in pursuit of Welsh Castles Relay glory. Special mention must go to chief organisers Tom Davies, Kim Prevett, and James Donald who authored the article below - they can't thank themselves, so I'm sending them a big thank-you from everyone at the Club. It's a colossal task for which we're incredibly grateful. Read on to

see how we got on (we've got lots of pics!); as well as catch up on a great mix of other racing performances.

Simon Brace.
The Plug Editor - email me here.

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




5

Welsh Castles Relay 2025

7th-8th June

By James Donald

Welsh Castles Relay, the highlight of the racing calendar and a key TBAC social event, was held on 7 – 8 June with TBAC entering Open and Ladies teams.

After 20 stages of racing from Caernarfon to Cardiff, top result goes to the Ladies team for defending the second place they first won last year. This is a superb achievement given the level of ever increasing competition. Their total time of just 24 hours and 8 seconds was the quickest ever for our Ladies team. The Open team finished in 7th place, a small improvement on 8th last year, and demonstrating once again that we can mix it with some of the top clubs in the country. Their total time, just a couple of minutes from dipping under 20 hours, was an improvement by over 21 minutes on our previous best from 2024, and a time that only a few years ago would have almost guaranteed victory. In the mountain competition (the best cumulative time over the six designated mountain stages), the Open team finished 5th overall, while the Ladies finished second, just 16 minutes behind Les Croupiers.

Across the two days we had a great mix of Castles veterans and those making their debut. Everyone performed brilliantly and should be very proud of their efforts. Having such depth is really the secret behind our success in such a team competition. Special mention to Tori, Ruth, and Laura though who claimed highly sought after yellow t-shirts as 1st vet female stage winners. Across both teams we also had several runners set new club stage records (see updated club records in the table below, and see the full results).

Much more importantly though and despite some occasionally suspect weather, the event lived up to its reputation as also being a highlight of the running social calendar. Lots of fun was had during the extensive cheering duties of those not running, and the optional 1am pub visit (luckily the accommodation we've newly adopted allowed such late night activities to take place without then waking others!).

A big thank you needs to be said to everyone who contributed to making the weekend so great: those that ran, the team drivers (Dave, Craig, Ruth, Helen, Aiden, Jess and Tom), others who helped in various ways (marshalling, providing lifts, etc.), our reserve runners who kept their weekend free, and the club for kindly subsidising each team to the tune of £500.

Please all block out the weekend of 6 - 7 June 2026 in your diaries and if the event sounds like something you might want to take part in next year, just give one of us below a shout and we'd be happy to discuss!

Tom Davies, Kim Prevett, James Donald.

Team Bath AC individual records on current Welsh Castles Stages (since 2006)

Stage	Miles	stage establi	Open (incl. all TBAC participants)		Vets		Females	
1	9.1	2002	Dave Coales (2019)	00:56:13	Dave Coales (2019)	00:56:13	Laura Parsonage (2008)	01:03:31
2	10.7	2005	Tom Dudden (2024)	00:59:01	Tom Dudden (2024)	00:59:01	Kim Prevett (2025)	01:15:41
3	12.3	1996	Lester James (2025)	01:05:54	Andy Fooks (2024)	01:08:35	Laura Parsonage (2024)	01:17:33
4	9.5	2002	James Donald (2024)	00:53:16	James Donald (2024)	00:53:16	Laura Parsonage (2011)	00:54:37
5	9.6	2002	James Donald (2025)	00:56:24	James Donald (2025)	00:56:24	Debbie Heywood (2016)	01:13:43
6	10.7	2004	Daniel Jones (2024)	01:01:04	Mike Dooley (2022)	01:05:16	Eilidh Prise (2016)	01:14:56
7	10.1	2018	Aidan Daniel (2024)	00:57:55	Guy Landon (2019)	01:04:11	Eilidh Bell (2018)	01:13:31
8	10.8	2011	Pete Dyson(2024)	00:58:35	Gary Dunstone (2017)	01:02:28	Katrine Svane (2017)	01:08:12
9	8.5	2004	Sam Rawes (2024)	00:45:09	Rob Cowlards (2017)	00:47:49	Amber Gascoigne (2023)	00:49:08
10	13.1	2012	Leon Chevalier (2024)	01:09:05	David Coales (2014)	01:21:10	Anna Domville (2025)	01:20:18
11	10.5	2019	Alex Carter (2023)	00:58:05	Amber Gascoigne (2024)	01:07:27	Amber Gascoigne (2024)	01:07:27
12	11.2	1990	Brian Glynn (2023)	01:02:31	Guy Landon (2024)	01:02:58	Jo Thompson (2011)	01:07:55
13	10.6	1998	Themis Bower (2024)	01:00:11	Mike Dooley (2019)	01:01:02	Jo Thompson (2012)	01:05:04
14	10.8	2012	Lester James (2024)	01:03:12	Alan Buckingham (2012)	01:03:34	Annabelle Wallace (2025)	01:11:12
15	12.8	2008	James Reeder (2025)	01:05:20	Tom Hutchison (2008)	01:18:39	Jo Clayton (2008)	01:22:20
16	12.5	2018	Aidan Daniel (2025)	01:12:41	Laura Parsonage (2025)	01:24:06	Laura Parsonage (2025)	01:24:06
17	8.7	2018	Otto Copping (2019)	00:50:00	Malcolm Treby (2018)	00:58:01	Debbie Heywood (2018)	01:00:17
18	9.1	2005	Eoin Cremen (2025)	00:48:54	Robert Eaton (2024)	00:49:43	Zosia Brown (2014)	01:00:07
19	7.7	2016	Simon Brace (2024)	00:43:48	Simon Brace (2024)	00:43:48	Ruth McKean (2024)	00:50:33
20	9.9	2018	Aaron Pritchard (2019)	00:53:38	Gary Dunstone (2018)	00:57:02	Jenny Carter (2019)	01:04:22

PHOTOS in order

Cover photo: Team in Cardiff

Photo 1 above: Dan cruising up Drovers on Stage 14

Photo 2 above: Abi enjoying Stage 15 as seen from Team Van 2

Photo 3 below: Guy and Emma kicking Stage 1 off

Photo 4 below: Anna crushing Stage 10

Photo 5 below: Tom bringing home day 1 for the Open team

Photo 6 below: Annabelle knocking another 3 minutes off her previous club record for Stage 14


Welsh Castles Relay
37
Welsh Castles Relay
59


59


37



Photo 7 below: Aiden and Laura having completed the final mountain stage (Stage 15)
Photo 8 below: Lizzie and Michael having completed the relay!
Photo 9 below: Ruth and Victoria modelling yellow
Photo 10 below: Ladies team on the podium for the second year running


les croupiers
Running Club
WELSH CASTLES RELAY
RAS GYFNEWID CESTYLL CYMRU
JUNE 7-8 2025
BRECON CARREG
Burges Salmon
les croupiers
Running Club
WELSH CASTLES RELAY
JUNE 7-8 2025
Burges Salmon


Welsh Castles Relay
59


WINNER



Avon Masters Open & Welsh Masters Champs

8th June, Yate

Mark Thomas

There was a disappointing turnout from the TBAC Master athletes (V35+) at this meeting, but lots of PBs from those who did take part.

Carl Lazzari (MV40) 100m h3 1st 13.56s (PB)

Carl Lazzari (MV40) 200m h3 1st 28.96s (PB)

Neil Turner (MV45) 200m h4 1st 26.94s (PB)

Carl Lazzari (MV40) 400m h1 4th 66.17s (PB)

Neil Turner (MV45) 400m h2 2nd 60.15s (PB)

Kevin Davies (MV60) 5000m 8th 19:15.04 (PB)

Victoria Opara (FV35) SP4K 2nd 9.53m

Debbie Janson (FV45) SP4K 3rd 8.67m (PB)

Victoria Opara (FV35) DT1K 4th 22.78m (PB)

Debbie Janson (FV45) DT1K 5th 22.74m (PB)

Debbie Janson (FV45) HT4K 3rd 25.70m (PB)

Wiltshire Schools

14th-15th June

Di Viles

Star turn was Marley Adams who won the Inter Boys comp with a new pb of 1.81, 6 cm above his previous pb. Daisy Duncan and Lottie Robeck were both third in the Inter girls and Junior girls respectively. On Sunday, competing for the combined Bristol and TeamBath team in the Midland League, Grace Witcher jumped an outdoor pb of 1.55, having jumped this height indoors. This puts her back as joint first in U/17 rankings in the South West. Next weekend is YDL LAG. at Aberdare, again!

Other racing

June

By Paul King

Elsewhere Lizzie Rayner ran a big PB 10km of 35:54 to finish 1st Overall at the **Stanley Stomp 10k, Chippenham** on Tuesday 3rd June evening. In the 5km event Simon Oldham finished 1st in a time of 17:21.

At the **Cheddar Gorge Challenge Trail Marathon** Nick Flemming finished 2nd in a time of 3:55:13.

Good turn out of TBAC runners at the latest edition of the **Westbury 5k Series** last Tuesday (10-06-25) [photos below]. Again Tobi Loughlin was top TBAC runner finishing 4th overall in 15:17. Gabriel Davies 3rd U16 (17:20); Matt Price was 2nd MV50 (17:59); Kevin Davies 2nd MV60 (19:22). Sophie Maxwell was 2nd Woman (17:21), then Freya Spruit was 3rd (17:40); Emily Dye was 2nd FV40 (19:13) and Lucy Young 3rd FV40 (20:25); Jenny Carter was 1st FV50 (19:08); Jo Thompson was 1st FV60 (21:26) and Cath Dale 2nd FV60 (22:35).

At the **Martock 10k** Lewis Price managed a PB in a time of 38:35 with his Father Matt Price MV50 finishing just in front in a time of 38:30. Alan Garrett MV70 finished in a time of 55:54.

At the Rose Inn, **Redwick 4 mile event** organised by Chepstow Harriers Phil King finished 1st MV50 in a time of 23:24.


WESTBURY
5K SERIES
311


32
234


39



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.

If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences

more generally, please do so here. This ensures your preferences are updated within the TBAC membership records.