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

Issue 1655 21st September 2025

THE BATH PLUG



The Heavens opening at Run for Tash!

In this edition we recap Run for Tash, and cover a multitude of half marathon results, as many gear up for an autumn marathon. We're also spoilt with multisport action, and we wrap up with the climax of the track & field season.

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

September

By Paul King

The main event for TBAC endurance runners this month was the **'Run for Tash 10k'** held on 7th September at Odd Down Sports Complex, Bath. Since the tragic death of TBAC star Natasha Lewis in 2021, the Natashia Lewis Foundation and Team Bath AC have been organising an annual race around the cycle track at Odd Down (Bath). All the proceeds from the event are invested in Team Bath AC (itself a charity) to help support young rising star athletes reach their potential and fulfil their dreams. This year's event was expertly

organised and directed by Kim Barfoot-Brace reinforced by an army of willing volunteers and race results collated by DB Max Results.

Over 100 runners braced the exceptionally wet conditions and sped around the cycle track to complete the 10k course. First home was Tobi Loughlin to equal his PB in 32:12, followed by Dan Jones 2nd overall; 1st MV35 in 33:17 and Tom Davies 3rd overall; 2nd MV35 in 34:20. First Female home was recent TBAC newcomer Flo Thwaites-Miles finishing in 38:51. Unsurprisingly there were many TBAC runners involved, with notable results from Poppy Swarbrooke 1st FU20 (40:58); Martin Archbold 1st MV45 (38:15); Rebecca Marsh 1st FV45 (40:41); Phil King 1st MV50 (37:58); Victoria Ratcliffe 1st FV50 (40:08); Dave Coales 1st MV55 (38:31); Lisa Bennett 1st FV55 (44:50); Niall Urquhart 1st MV60 (41:24); Catherine Dale 2nd FV60 (47:02) and Tom Hutchison 1st MV70 (42:27). Photos below.

Sporting guests presenting the prizes to the male (Tobi Loughlin) and female (Flo Thwaites-Miles) winners were GB athlete super stars Justin Davies and Euan Murray. Photo above.

Elsewhere Lester James (68:52) and Eoin Cremen (74:04) had excellent PB races at the **London Big Half** on Sunday 07-09-25. Guy Bridgewood also ran in a time of 1:19:43. Photo below (Eoin Cremen L; Lester James R).

Will Maslin was putting the finishing touches to his Chicago Marathon training by completing the **Great North Run** in a time of 1:18:49.

And Justin Davies, bitterly disappointed in missing out on a GB place for the 800m at the World Athletic Champs in Tokyo, ran a solid 1:45.98 to win the **BMC 800m A Race at Gillingham** on Saturday 6th September.




RUNFORTASH
RONHILL
113


TEAMBATH
ATHLETIC CLUB
FINISHER 2025
FINISHER 2025
RONHILL
bigHalf
The
WAVE



On 14th September, Anna Domville while on holiday and in preparation for the Frankfurt Marathon next month finished in 1st place at the **Dolomitica 10k, Italy** in an excellent PB

time of 33:50. Photo above.

At the ever-popular **Swansea Bay 10km** on Sunday Freya Spruit ran and excellent 36:39 to finish 5th Female and Jo Thompson was 1st FV65 in an exceptional time of 44:03. Photo below. There were also good runs from Ralf Goad (37:37) and Tom Reece (3rd MJ; 37:57).

At the **Chippenham Half Marathon** the TBACers were out in numbers with Michael Towler finishing 16th in 1:17:45 followed by Alex Smith (1:19:03); Guy Landon (1st MV50; 1:19:15); Patrick Cobb (1:19:57); Dan Miles (1:20:13); Oliver Walton (1:24:42); Gary Macalister (1:26:20); Matt Lay (1:28:55); Phil Fry (1:32:17); Chris Quick (1:33:47); David Vaudin (1:35:00); Jonathan Hilsden (1:37:16); Will Hawking (1:41:42); Jamie Stokes (1:54:11); and Dominic Flavell1:56:52).

At the **Worcester Half Marathon** Marianne Carpenter ran a super race to finish 3rd FV50 in a time of 1:28:24 to earn an England Masters FV50 team selection for the HM. Andy Alcorn (MV55) ran a time of 1:30:39 in preparation for his Abingdon Marathon preparation in a few weeks' time. Photo below.

At the **Burnham-on-sea Half Marathon** Simon Brace clocked 1:17:15 to finish 7th overall and 1st MV50, setting him up nicely for Amsterdam Marathon in 5 weeks. Photo below.

At the **Stratford Half Marathon** Tom Hutchison maintained his fine form by finishing 1st MV65 in a time of 1:35:00.

The **Suffolk Coastal Path 50k** took place on Saturday 13 Sept with Justin Maelzer (MV50) completing the course in 8:40:04. Photo below.


FREYA
JO


4192
ANDY
6011
MARIANNE
HUUB
HUUB


188
Burnham Half Marathon



Worcester Half Marathon

14th September

By Marianne Carpenter

The rain and wind held off over this twisty course with only 74m elevation and great on-course spectator support. A solid 1:30: 23 for Andy Alcorn, using this as a training run for Abingdon marathon in a few weeks time. I'd been suffering with DOMS all week, and almost didn't go, but in the end after a shuffling warmup, my legs eased off a bit and I managed a 1:28:12 (20 sec PB). This was an EA Masters qualifier race, and my time was enough to take 3rd in AG, bagging my first England vest.



Ironman Kalmar

16th August

By Marianne Carpenter

Alison and Nigel Vuagniaux recently travelled to Sweden to compete in the 2025 Ironman Kalmar. For many years, it has been their goal to both qualify for the Ironman World Chanpionships at the same time, in the race's spiritual home of Kona, Hawaii. Recent years have seen the World Championships split between Nice, France, and Hawaii. However, from 2026, it reverts back to the original format of men and women competing in the same race at the same location.

It was the 10th Ironman for TBAC legend Alison, and the 13th for husband Nigel. Both racing in the 65-69 age group, the race started at 07:00 with 2400 entrants diving into the Baltic sea for the 2.4 mile swim, which was uneventful except for the unexpected jellyfish. Onto the 112-mile bike course over the bridge and into the stunning countryside of Oland. It was hot and windy but fast and flat, and the absolutely perfect road surface allowed for prolonged periods down on the TT extensions. An average speed of 33 km/hour for Nigel,

and 27km/hour for Alison. Safely off the bike and out onto the final 3-loop, 26.2 mile run, where the local support was exceptional.

Despite managing a running injury in the build-up to this event, Alison finished in 2nd place FV65-69, in a time of 13hr:25; husband Nigel finished 4th in the V65-69 in 11hr:52. These performances were rewarded the next day at the awards ceremony, with both achieving the highly coveted qualifying slots for the 2026 Ironman World Championships in Kona, Hawaii. These slots are pretty hard to win, especially with a new qualifying criteria introduced this year, so they are both extremely proud of their achievements.Well done both!





Asia & Europe Triathlon Championships

30th-31st August

By Marianne Carpenter

Emily Dye and Damian Bush travelled out to Istanbul to compete in the Asia and Europe Triathlon Championships. The race crossed 2 continents, with the swim taking place in the iconic Bosphorus.

Hot on the heels of her bronze medal in the World Sprint Duathlon Championships in Pontevedra, Emily Dye competed in the Sprint Triathlon event. Coming out of the 750m swim in 15:28, Emily returned to the transition area in a good position, only to find not one but two flat tyres, causing a lengthy delay for a pump and a slower than usual 20k bike leg. She battled on, making up time with the fourth-fastest 5k run (21:35) to overtake 7 athletes and finish in 1:38:44 and 11th place.

Fellow TBAC triathlete Damien Bush competed the following day in the standard distance

triathlon. The swim was considerably extended to 2300m (rather than the usual 1500m) due to logistics of a strong current, and athletes then had to contend with temperatures up to 32 degrees on the 40k bike and 10k run course. Damien, competing at his first international event, finished in a very promising 16th position out of 47 finishers, in 2:35:05 (swim 40:50, bike 1:11:29, and a strong finishing run of 38:14).





Ironman World Championships, Men

14th September

By Marianne Carpenter

TBAC's Pro triathletes Leon Chevalier and Harry Palmer competed in the Elite race over the 3.8k sea swim, hilly 180k bike course and 42k (marathon distance) run in and around Nice, France. Leon - ranked number 1 in the ProSeries World Rankings going into the race - finished in 25th place, in 8hr 31:29 including a 2hr 53 marathon. Recent Ironman Swansea winner Harry completed the race in 9hr 01:23 and was 40th pro finisher.

Matt Levett competed in the Open race, having to rethink his fuelling plan after losing his rear bottle cage on a speed bump just 30k into the bike course. "The day started with an awesome atmosphere and a beautiful swim in the Med. I managed to swim faster than in Wales where I qualified last year, and headed out onto the bike after a quick transition."

"The bike course in Nice is absolutely epic, very challenging with over 2,000m elevation and technical descents. Speed bumps in France are pretty epic too, and bits of people's

bikes were strewn across the road after each one. Unfortunately one got me, snapping my rear bottle cage which held my maintenance spares and extra nutrition. I had to stop and collect them, leaving the bottle having downed some, and carrying the spares box in the back of my tri-suit. My legs decided to give in after the next 950m ascent, with agonising cramps down the whole of the inside legs. I tried to stretch, and they eased off as some hastily consumed nutrition kicked in. The scenery on the course is awesome, although with the speed you can attain on the technical descents, it was necessary to concentrate! There were some pretty nasty crashes on the descents; thankfully my bike handling skills got me down the hills and back to transition in one piece. "

"I started off the marathon feeling good - although perhaps too good, as I looked down at my early pace that would cause problems later. Cramps started setting in, and the run was all about cramp management. It felt like I'd never get to the end of the run, so getting down that chute to a finish at the Ironman World Championships was absolutely amazing, I loved it!" Matt finished in 11hr 20, 5 minutes faster than his IM Wales finish time.

Alison Vuagniaux provided TBAC photography and support on course, with husband Nigel completing his 2nd full Ironman in just 4 weeks, after the pair successfully qualified for next year's Kona Championships at IM Kalmar last month.





On the same day at the **Bournemouth International Sprint Triathlon**, Emily Dye was 11th overall, and won the FV40 category by over 3 minutes, qualifying for the European Championships In Tarragona next year. Photo below.

Emily reported: "The swim felt awful, so I was very surprised to have clocked a PB, as my legs felt like lead until at least the first turn. Pleased with the bike, especially that the air managed to stay in my tyres this time! It got hard around mile 6 and I was convinced I had a flat, but then realised I was overtaking people, so it must have been fine! And the run is the best bit of that course - downhill then flat, with some sandy bits to run through, which sapped the legs. Really pleased to not be overtaken on the run, and absolutely gobsmacked to see my name at the top of the category leaderboard! Thrilled to have a Q1 - I normally rely on a roll down, so getting one of the automatic Championship places is much easier on the nerves!"



Track & Field update

By Di Viles & Mark Thomas

The final Avon League match of the season took place at Yate on Sunday 14th September and there were some great performances despite the atrocious weather.

One outstanding performance came from Euan McQuarrie who did the sprint double in the U/13 boys 75/150m events winning in 10.20 and 20.32 respectively. Another double winner was Ben Newport, who won the U/15 boys 300m in 39.38 and the triple jump with

11.56, also finishing second in the100m in 12.13. Thomas Southgate again excelled in the U/17 100m winning in 11.23, with teammate Eddie Reyes in second in 11.61.Ash Avis, as expected, won the senior men's 100m in 11.01. William Willetts won both the senior mens 400m and 400m hurdles in 54.29 and 59.02. Other male winners were Joseph Bailey in the senior mens 200m in 23.44, Kyle Williams in the U/17 400m in 55.16 and Jamie Semple in the senior men's high jump with 1.70.

There were also some great performances from the female athletes as well with wins coming from the ever reliable Gertie Blewitt who had double wins in the U/17 200m in 26.18 and the 300m hurdles in 46.34, Tullah Hickman in the U/13 girls 75m in 10.29, Beth Turner in the U/17 women's 100m in 12.75, Jade Kinsey in the senior women's 200m in 26.50 with Jemima Woods in second in 26.62, Olivia Paul in the U/17 3000m in 10.39.26, finishing over half a lap ahead of second place and lapping the fourth finisher, Sarah Spalding in the U/17 women's discus with 17.70 and Victoria Opara in the senior women's discus with 28.39.

Second places went to Aidan Murphy (U/15 boys 200m in 24.63), Imam Qazi (vet man's 100m in 13.01), Kyle Williams (U/17 m 1500m in 4.35.09), Marley Adams (U/17 m high jump with 1.75), Will Semple (SM pole vault with 2.80), Amy Matthews (U/15 g 100m in 13.39), Tullah Hickman (U/13 g 150m in 20.25), Florence Leanza (U/13 g long jump with 3.79), Nia Jones (U/15 g discus with 22.47), Beth Turner (U/17 w 100m in 12.75) and Maisey Harvey (sw discus with 19.21).

Third places for Aidan Murphy (U/15 boys100m in 12.30), Eugene Wicks (U/13 boys 1200 m in 3.59.16), Rory Osborne (U/15 b javelin with 25.72), Oliver Upton (SM 100m in 11.64), William Game (U/17 m 400m in 57.31), Iain Osborne (SM hammer with 31.84), Martha Smith (U/13 girls 75m in 10.69), Luna Wakefield (U/15 girls 100m in 13.53), Amy Matthews (U/15 girls 200m in 28.89), Beth Turner (U/17 women's 200m in 26.64), Poppy Feasey (U/17 women's 3000m in 11.41.47), Sarah Spalding (U/17 women's shot with 6.75) and Maisey Harvey (SW shot with 7.75).

UK Youth Development League National Final (Upper Age Group)
Wavertree Stadium, Liverpool
Sunday 7th September

Thomas Southgate (MU17) 100m A 2nd 11.38s

Jemima Woods (FU20) 100m A 5th 12.99s

Sophia Johnson (FU20) 100m B 4th 13.47s

Beth Turner (FU17) 100m A 3rd 12.87s

Thomas Southgate (MU17) 200m A 3rd 23.17s

Jemima Woods (FU20) 200m A 3rd 26.22s

Beth Turner (FU17) 200m A 2nd 26.76s

Gertie Blewitt (FU17) 300m A 3rd 41.56s

Oliver Upton (MU20) 400m A 5th 52.18s (PB)

William Willetts (MU20) 400m B 6th 54.95s

Rhys Newington-Wise (MU17) 800m A 4th 2:09.15

William Willetts (MU20) 800m B 4th 2:13.10

Cormac Houghton (MU17) 1500m A 3rd 4:20.08

Joshua Davies (MU17) 1500m A 4th 4:20.70

Samuel Davies (MU20) 3000m B 2nd 9:03.28

Daniel Phelps (MU17) 3000m A 5th 9:25.33

Tabitha Olivier (FU17) 80mH B 4th 13.76s

Gertie Blewitt (FU17) 300mH A 2nd 45.45s

William Willetts (MU20) 400mH A 3rd 57.85s

Stanley Wyatt (MU17) 1500mSC A 2nd 4:30.74

Daniel Phelps (MU17) 1500mSC B 2nd 4:58.60

Olivia Paul (FU17) 1500mSC A 2nd 5:12.35

Poppy Feasey (FU17) 1500mSC B 1st 5:36.73

Jamie Semple (MU20) HJ A 4th= 1.70m

Grace Witcher (FU17) HJ A 3rd 1.50m

Will Semple (MU20) PV A 3rd 2.75m (PB)

William Willetts (MU20) LJ A 2nd 6.46m

Camille Guillon (FU20) LJ A 6th 4.43m

Mia McMullan (FU17) LJ A 4th 4.69m

Tabitha Olivier (FU17) LJ B 2nd 4.41m

Camille Guillon (FU20) TJ A 4th 9.76m

Mia McMullan (FU17) TJ A 3rd 10.44m

Ethan Taylor (MU17) SP A 4th 10.62m

Tabitha Olivier (FU17) SP A 2nd 10.86m

Sarah Spalding (FU17) DT A 5th 18.12m

Ethan Taylor (MU17) HT A 5th 41.48m

Savana Krunity-Salako (FU20) HT A 2nd 39.25m

Sarah Spalding (FU17) HT A 4th 34.49m

Corey Summers (MU17) JT A 3rd 48.32m

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.