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THE BATH PLUG



4th at the National Relays - Brilliant!!!

A bumper edition for all you Pluggers, with three weeks of cracking results, the pinnacle perhaps being our Senior Women (pictured above) bagging 4th at the National Road Relays... though a special mention must also go to Alex Carter for his 2:17 marathon at Chester, the Club's fastest ever marathon time, just pipping James Reeder's 2:18 (as far as our records can tell). We kick off with our only race report; a seaside 5K series in the North West which saw Alan ensuring that TBAC counted in the series - top repping Alan!

Simon Brace.
The Plug Editor - email me here.

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

Wirral Seaside 5K Race Series

Alan Garrett

If anyone finds themselves up in the North West then let me recommend the 5K Seaside race series as an event worth a visit. This is a series of 6 evening 5K events they run

March to August on the last Wednesday of the month at 7PM, the course is a point to point along two sea walls with half a kilometer of gravel between the two but almost pan flat with only a couple of short 1 to 2 metre ramps over the whole course. As it's a point to point, one can pray for a tail wind but often the wind dies down to a flat calm on summer evenings, however in dry conditions sand can get blown onto odd bits of the course from the nearby dunes; best if there has been some rain to harden the sand.

Most events attract about 300 runners with over three-quarters being club runners. Some clubs regularly put in over 24 runners of all ages; the winning time is usually between 15 and 16 minutes. It is organised by Pensby Runners who organise the league table of results similarly to other series events, with points given to position in category; 25 for 1st in cat, 0 for 26th to DNs/f; highest points (5 of 6 to count) wins, which also means that the cat winner has the lowest total time (if they qualify).

For the first time (probably ever) TBAC was represented in this series, unfortunately only in 3 of the 6 races so no prize, however the 3 races I did run, I was the first MO70+ in each (not that it is a large MO70 category with only 17 runners) gaining 75 points and an aggregate time of 1:07:47 (Race 3 22:04, Race 5 22:50, Race 6 22:53) and somehow TBAC managed to come equal 37th in the team competition😳 (68 ACs competed).





Recent race results

September - October

By Paul King

Despite Storm Amy, on Saturday 4th November we managed to race at the ERRA National Road Relay Champs at Sutton Park. And although we had to make a last-minute change due to injury, our Senior Women (Tilly Nickell; Annabelle Wallace; Amber Gascoigne; Lizzie Rayner) continued their excellent form with an outstanding 4th place finish in a very competitive field. Cover photo, from left; Tilly Nickell; Lizzie Rayner; Annabelle Wallace; Amber Gascoigne.

The Senior Men were up against some excellent teams but nevertheless managed a strong 40th place finish. Photo above, from left; Dan Jones; Tom Brooke; Aidan Daniel; Lester James; Josh Maxwell; Harry Maxwell.

Meanwhile Alex Carter was completing his 2nd ever marathon at the MBNA Chester Marathon after his successful debut at the London Marathon earlier this year. Alex just missed out on top spot by 5 seconds from Joshua Griffiths of Swansea Harriers finishing in a brilliant PB time of 2:17:21. Photo below.

Nearer to home a number of TBAC were running the very popular Oysho Cardiff Half Marathon with Anna Domville having a fine race finishing 13th Female in a time of 74:55. This was further preparation for the Frankfurt Marathon which Anna is scheduled to run at

the end of the month. Off the back of the Berlin Marathon 2 weeks ago James Reeder was in excellent form finishing 21st in a time of 66:05. There were also solid performances from Owen Davies (1:21:25) and Ben Holding (1:24:54).




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On 28th September, TBAC stalwart Cath Dale, representing England Masters at the **Forest of Dean Trail Half Marathon,** finished 2nd FV60 in a time of 1:49:36. Also running for TBAC was Andy Alcorn (MV55; 1:39:42) and Claire Forster (FV50; 1:52:05). Photo above.

Tom Hutchison was running at the **North Staffs XC League at Betley Nr Crewe** which was an England qualifying race for team selection for the Home Countries Masters XC International at Leeds in November. Tom managed an excellent 3rd MV70 and consequently will be selected for the England team. Well done, Tom. Photo above.

At the **Trail Escape Bristol to Bath** event Nick Parry finished 1st MV60 in 3:02:05 for the 25km distance.

And at the **Nottingham Half Marathon** Nigel Osborne (MV55) completed the course in a solid time of 1:42:15.


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MIDLAND COUNTIES AA
ROAD RELAYS
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THE DERBY RUNNER
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For the weekend 20/21 September, the big event of the weekend was the **Midland Counties Road Relay Champs at Sutton Park, Sutton Coldfield**. On a relatively damp but enjoyable day the 6 and 4 stage TBAC teams had a successful event. Top performance came from the **Masters Women** (Amber Gascoigne; Laura Parsonage; Jenny Carter and Victoria Ratcliffe) taking Gold in a collective time of 1:22:25. With Amber Gascoigne (19:29) running the 2nd fastest and Laura Parsonage (20:17) 3rd fastest time of all the Legs. Photo above (from Left Victoria Radcliffe; Amber Gascoigne; Laura Parsonage and Jenny Carter).

In a very strong competition of just under 100 teams the **Senior Women** (Tilly Nickel; Annabelle Wallace; Caitlin Wosika; and Anna Domville) managed a superb result taking Bronze behind Western Tempo and Westbury Harriers in a collective time of 1:18:44. Photo attached (from Left Tilly Nickel; Caitlin Wosika; Anna Domville; and Annabelle Wallace).

With over 100 teams competing in the **Senior Men** event the **TBAC 'A' team** (Harry Maxwell; Josh Maxwell; Elliot Avis; Aidan Daniel; Tom Brooke; and Lester James) finished a very solid 13th position and the **'B' team** (Sam Rawes; Aaron Pritchard; Harry McMurtie; Simon Oldham; Lukus Benes; and Phil King) finished a noteworthy 32nd. Photo attached of the 'A' Team (from Left Josh Maxwell; Lester James; Aidan Daniel; Elliot Avis; Tom Brooke; and Harry Maxwell).

Unfortunately, the **Masters Men** team due to last minute injury and illness was depleted leaving sole survivor Dan Jones to run the 1st leg in an excellent time of 17:54 (5th fastest of all the legs).

A big thanks should also go to Team Captain Aaron Pritchard, Senior Endurance Coach Paul King and the race organisers for helping to make this happen. The Club now hopes to field a Senior Men and Senior Women team for the England National Road Relay Champs scheduled for the 4 October, again at Sutton Park.

Elsewhere at the **Berlin Marathon** in brutally hot conditions TBAC's James Reeder (2:30:16), Eoin Cremen (2:42:25) and Rebecca Marsh (3:24:21) all successfully completed the famous course. Photo below of Rebecca Marsh.

At the local **Mells Scenic 7** organised by Frome Running Club TBAC's Tom Wiper finished 1st. (awaiting official results). Photo below.

And finally at the Doone 10 mile trail race Tim Lerwill finished 1st MV50 in a time of 1:24:16.


21. SEPTEMBER 2025
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BERLIN
MARATHON
BERLIN LEGEND



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