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

Issue 1657 4th November 2025

THE BATH PLUG



Cross Country League - Round 2 ✅

With the leaves turning and filling our trails, we must be in the sweetspot of autumn, meaning the racing is coming thick & fast. We've got news from the autumn (half) marathon scene, a stack of cross country results, with some classic off-road racing in between. Grab a hot drink, put those sore feet up, and get stuck into this week's Plug.

Simon Brace.
The Plug Editor - email me here.

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



Maverick Jurassic Coast 102km Ultra

18th October

Kevin Meynard

I set my eyes on this 102km race with 2600m of elevation a few months ago as I was looking for an even in preparation for the Arc of Attrition 50 miler in January. After a good result at the GB Ultras 100km, I had a feeling I finally found my race format, and I was eager to push myself on this challenging course on the Dorset coast.

I was eyeing an 8h30 finish, at 5min per km pace (around 4min30 per KM GAP), which I knew was ambitious, but for what I want to achieve in the future it would be a good marker.

Without a start list you never know who shows up to these races, but I had a feeling I might be running on my own for a long time. I was super happy to see right next to me Augustin Segreg, a French runner I had met at my last ultra where we shared 40km together.

We set off in the night at 6.30am and I was at the front right away. Augustin and I were pushing at a good pace together for 20km, none even in sight behind us. I was a bit more efficient at the first aid station and this marked the start of my solo adventure. I started

picking up the pace and the last time I caught a glimpse of Augustin was around km 35, where he was roughly 10min behind.

I knew a fast section was coming up before the halfway point, and I thought this could be the break point already for the win. I had almost 30min on my chasers by Corfe Castle at km 44, clocking on the way a 3:26 marathon with around 1200m of elevation.

The half way point of the race saw me join runners from the 10k, and a bit later the 25k. I knew I was going a bit hard on this flat section as I kept up with the leaders of the 10k for a few kms... It was chaos at times as hundreds of runners were ahead and I had to cut my effort many times to try to take people over. I managed to stay focused on my race and crack on.

The last 35k felt very long, and saw me catch up with the 50k runners. It wasn't helped by the fact that I lost some of my carbs at an earlier aid station and I had to scramble with products available there that I had never tested before. Upon hearing that I was 45min ahead of 2nd 20km from the end, I knew the win was in the bag. I just had to finish it off in one piece. Some cramps slowed me down a little, but I managed to push through.

In the end, I crossed the finish line 1st in 8h41, almost 1h10 ahead of Augustin, and a new course record by 2h20. A really good time, although I know 8h30 or less was on today. Lots of small things learnt along the way again to optimise for upcoming races. Bring on the Arc!



Rose & King battle hard at the Great South Run

19th October

Phil King

Sunday 19th October showcased the largest 10 mile road race in Europe, as the Great South Run celebrated its 35th birthday. Held in Southsea, Portsmouth, the course makes maximum use of this small peninsula area next to the Solent.This year's race had more significance as it was the Official British 10-mile Road Championships. Having been cancelled last year due to a weather warning, all runners and organisers were eager for a successful 2025 event!

The weather still had the final word, with light persistent rain and a strengthening wind affecting all runners in the final 5 miles. However, with over 18,000 finishers the GSR 2025 proved a huge success, even though there was chaos trying to exit Southsea with complex post-race road closures in place.

RESULTS AS FOLLOWS:
Elite Men's Winner > **Marc Scott 47:21**
Elite Women's Winner > **Verity Ockenden 56:37**

Team Bath A.C had four representatives, all of whom performed brilliantly.
1 – **Tobi Loughlin > 52:38** / 21st overall and 1st under 20 male. **Outstanding run!**
2 – **Aidan Daniel > 53:43** / 32nd overall.
3 – **Phil King > 61:13** / 198th overall. 11th V50 and lifetime PB.
4 – **Steve Rose > 63:11** / 276th overall. 19th V50.

WISHING ALL TBAC RUNNERS CONTINUED RACING SUCCESS IN 2025!





Recent race results

October - November

By Paul King

On Saturday 18th October at the **Battersea HM** Annabel Wallace finished 2nd Female in a strong time of 1:20:18 just outside of her PB and Niall Urquhart 1st MV60 in a good time of 1:31:32.

On Sunday at the **Abingdon Marathon** Pat Cobb (MV40) clocked a big PB and finished under the 3-hour mark in a time of 2:56:59. Oliver Walton (MV45) also claimed a PB in 3:01:05. And Lisa Bennett (FV55) finished well in 3:37:46.

At the **TCS Amsterdam Marathon** Simon Brace finished 4th MV50 in an excellent time of 2:44:21 which ranks him 21st MV50 in the world. Photo above.

At the final **Lightning Bolt 10k** race of the year there was strong representation from TBAC with youngster Sam Davies (U20) finishing 1st overall in a great PB time of 32:05 and his brother Josh Davies 12th (3rd U20) again in a PB time of 34:24. There were also solid runs from Simon Oldham (35:11); Atro Autio (36:28); Harry Deacon (36:39); Yi Yang (38:12) and Matt Lay (39:49). For the females Flo Thwaites-Miles had an excellent run finishing 3rd Female in a time of 38:12 and Lucy Young (FV40) finishing in 42:53.

At the local **Keynsham Dandy trail race** Ralf Goad finished 4th (1st MV40) in 1:31:46 and Nigel Osborne (MV50) finished in 2:09:45. Photo below.

At the challenging **White Horse Gallop trail race** Gary Macalister (MV40) finished 17th in a time of 59:14 and Elizabeth Fortin 2nd FV50 in 1:08:43.


2025



On 26th October Anna Domville joined the 'marathon club' by successfully completing the **Frankfurt marathon** in a super time of 2:38:17. I can only see Anna progressing at this distance following the disappointment of London in the Spring. Photo above.

At the **Venice marathon** Lizzie Clarke finished in 3:34:33 and at the **Lisbon marathon** Florrie Betts finished in 3:43:58. Former TBAC runner Dan Soltys finished 4th in 2:24:31 at the **Marine Corps Marathon in Washington**.

At the **Stroud HM** in form Lester James had a magnificent win in a PB time of 67:59. There were also solid runs from Dominic Perry (73:12); Tom Brooke (75:36); Louis O'Shaughnessy (1:22:10) and Owen Davies (1:27:06). Photo below.

At the **Mendip Muddle 20k trail race** veteran Barry Awan finished 2nd MV50 in 1:44:04 and James Hunter finished in 1:45:56.

And at the **Maidenhead HM**, Altria Autio finished in 1:17:02; Emily Dye in 1:34:05; Tim Hill 1:34:56 and Kelly Makraki 1:37:54.




ciele
TEAM BATH
ATHLETIC CLUB



On Sunday 2nd November, at the challenging and popular **'Over the Hills' trail race organised by Avon Valley Runners** there was a very strong TBAC representation and performances. Harry Palmer fresh from the Gloucester XC League race the day before roared away with 1st place in a time of 43:24. TBAC's Mark Threfall was 2nd (43:40); James Reeder 3rd (43:50) and Leon Chevalier 4th (46:22). Heather Fell had an excellent race to finish 1st Female in 53:22. Photos above and below.

There were also age group podium places for Neil Everett (3rd MV40; 54:14); Guy Landon (2nd MV50; 51:21); Nial Urquhart 1st MV60; 58:07); Lucy Young (1st FV40; 61:11); Nina Davies (1st FV50; 58:37) and Claire Riou (3rd FV60+; 78:05). Crossing the River Frome again proved stimulating for some!

On the international scene Brett Raynes (MV60; 3:09:23) and Ben Holding (MV45; 3:30:47) where running around the streets of Manhattan in this year's **New York City Marathon**.

And finally at the **Cirencester Half Marathon** Will Maslin fresh from the Chicago Marathon finished 7th in a time of 1:21:31 and Nick Catcheside (MV55; 1:41:01).


TEAM BATH
ATHLETIC CLUB


479
96




499
500



Cross Country

October - November

Paul King

On Saturday 1st November, we had **Race 2 of the Gloucester XC League held at the beautiful grounds of Cirencester Park**. Photos below.

It was a fiercely contested Senior Men's race between TBAC and the University of Bath. Fortunately, with some excellent performances, TBAC managed to stay ahead of the spirited University side to take 1st place. The scoring runners for the Snr Men where Leon Chevalier; Harry Palmer; Aidan Daniel; Elliott Avis; Dan Jones and Sam Davies. Most of the male squad feature in this week's cover photo.

There were good performances from both the TBAC Masters Men and Masters Women. Official team results have not been announced but both should feature in podium finishes. Again, the Senior Women had a disappointing turnout due to illness and injury. The TBAC MV65+ team (Tom Hutchison; Alan Garrett, Paul King and Andy Griffiths) however maintained their winning start to the season.

There were also excellent performances from many of TBAC's juniors across the age groups.

Gloucester League Race 1 results

Sunday 12th October, Nympsfield. Photos above.

Mark Thomas

Under 11 Boys

Callum Le Roux 1st 6:06

Jasper Lloyd 12th 6:57

Under 11 Girls

Charlotte Osborne 3rd 7:03

Evie Matthews 14th 7:38

Ruby Blackmore 27th 8:20

Imogen Severs 28th 8:22

Lily Borer 29th 8:29

Under 13 Boys

Albert Jakubowski 1st 11:51

Eugene Wicks 2nd 11:55

Finn Macpherson 18th 13:28

Rory Macpherson 21st 13:53

Under 13 Girls

Olivia Lynch 2nd 12:51

Under 15 Boys

Conall King 1st 18:05

Gabriel Davies 3rd 19:00

George Groves 10th 19:58

Under 15 Girls

Katherine Osborn 3rd 21:49

Sophie Phelps 11th 24:09

Under 17 Boys

Tobi Loughlin 1st 21:58

Daniel Phelps 4th 22:50

Kyle Williams 11th 24:24

Under 17 Girls

Olivia Paul 1st 25:02

Poppy Swarbrooke 2nd 25:06

Sophie Maxwell 3rd 25:18

Poppy Feasey 7th 28:51

Senior Men

Mark Threlfall 3rd 30:52

Leon Chevalier 4th 30:54

Harry Palmer 6th 31:25

Aidan Daniel 8th 31:57

Elliott Avis 13th 32:31

Daniel Jones 14th 32:36

Thomas Davies 17th 33:19

Ryan Johnstone 19th 33:36

Jonathan Finch 24th 34:08

Matt Sargent 32nd 35:06

James Donald 51st 36:29

Matthew Young 56th 36:55

Mike Dooley 58th 37:18

Gary Macalister 66th 38:14

David Coales 81st 40:00

Seb Copping 82nd 40:02

Niall Urquhart 84th 40:16

Mark Mackintosh 85th 40:19

Paul Wilman 86th 40:26

Raul Conde Vila 104th 42:23

Gary Hughes 112th 43:27

Rory Buckley 141st 50:45

Senior Women

Nina Davies 14th 27:34

Florrie Betts 35th 30:05

Katherine Kabula 47th 31:50

Catherine Dale 48th 31:52

Men 65+

Tom Hutchison 1st 30:02

Paul King 12th 34:56

Alan Garrett 13th 35:03

Andrew Griffiths 20th 43:42

Team Results

Under 11 Girls 3 + 14 + 27 = 44 1st

Under 13 Boys 1 + 2 + 18 = 21 2nd

Under 15 Boys 1 + 3 + 10 =14 1st

Under 17 Boys 1 + 4 + 11 = 16 2nd

Under 17 Girls 1 + 2 + 3 = 6 1st

Senior Men A 3 + 4+ 6 + 8 + 13 + 14 = 48 1st

Senior Men B 17 + 19 + 24 + 32 + 51 + 56 = 199 5th

Senior Men C 58 + 62 + 67 + 82 + 83 + 85 = 437 9th

Senior Women 14 + 35 + 47 = 96 9th

Masters Women 4 + 20 + 21 = 45 4th

Masters Men A 2 + 5 + 6 + 12 = 25 1st

Masters Men B 21 + 25+ 26 + 31 = 103 5th

Masters Men C 41 + 42 + 44 + 45 = 172 8th

Men 65+ 1 + 12 + 13 = 26 1st


501


503



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.