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

Issue 1658 23rd November 2025

# THE BATH PLUG




Bath Hilly Ultra 10k Podium

We might be deep into autumn but we have track action aplenty, from Madeira to Bath, including Phil King's VDOT Pace Cards update at the very end of this week's Plug. We also have all the results from last Sunday's TBAC Hilly Half & Ultra 10k, led by race director Mark Mackintosh, which saw another great turn out, as this brilliant event rebuilds momentum.

Simon Brace.
The Plug Editor - email me here.

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

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# Essay from Madeira

**9th-19th October**

By Louise Jeffries

This year the Biannual European Master Track & Field Championships took place in Madeira between October 9th and 19th and the location of the Main Stadium was the most beautiful I have ever had the opportunity to run in. The track itself was glorious to run on and together with the perfect climate has made me consider this the perfect warm weather training venue. Set in a valley of towering mountains and waterfalls helped relax me into a gruelling two weeks of hard and challenging races.

As a W65, I entered the 400m and 200m as warm ups for my 800m on the final Saturday and also managed to get involved in both the 4x400 mixed relay and the 4x400 relay. Overall it went really well for me achieving season's bests in all events, my best in the 800m finishing 4th and a little over one second away from a medal. Despite this I was hugely delighted with my position and time. Finally the medals came for me in the relays with Bronze in the 65 Mixed and Gold in the W65.

Standing on the podium for the National Anthem was enormously satisfying to know we had contributed to the efforts of TeamGB (I'm second from the left receiving our gold medals). Finally what a result that was, TeamGB topping the medal table with 132 Gold, 102 Silver and 77 Bronze. Over 4,000 European athletes took part of which over 500 were from TeamGB.





# Ironman 70.3 World Championships

**8th November**

By Marianne Carpenter

The Ironman 70.3 Triathlon womens' World Championships were held in Marbella, Spain on November 8th.

Following her win at Ironman 70.3 Portugal last month, Bath-based elite triathlete Lizzie Rayner (photo below) finished 8th in the professional field, covering the 1.9k ocean swim, 90k bike course, and 21.1k run in 4h 28:42. The womens' pro winner, Lucy Charles-Barclay, finished in 4h 14:54.

Former Olympic pentathlete, Heather Fell, was 65th in the FV40-44 age category in 5h 49:21. Two more Team Bath AC athletes, Alison Vuagniaux and Victoria Randall, had also qualified for the World Championships, but due to injury were unfortunately unable to compete.


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1884
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IRONMAN
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# Recent race results

**November**

By Paul King

The highlight of the weekend 8/9 Nov, was Tilly Nickell's (photo above) excellent cross-country result (U20W 7th; 15:51) at the **Cardiff Cross Challenge** won by GB star Innes Fitzgerald. There was also a strong run from Imogen Gray (U20W 30th; 17:01). TBAC newcomer Jack Casey finished 74th(35:05) in the SM race.

A number of TBAC trail runners were tackling the various distances on offer at the **Gower Endurance Life Event.** In the Half Marathon Tim Lerwill finished 4th (1st MV50) in 1:29:45 and Nina Davies (photo below) was 2nd Female (1st FV50) in a time of 1:42:26.

In the full marathon Chris Cameron finished 19th in a time of 4:11:20 and Natasha Perks just behind as 2nd Female in a time of 4:17:22.






Main event last weekend was the TBAC and Rotary Club of Bathavon organised **Bath Hilly Half and Ultra 10k trail race based at the Bath Racecourse**. The event was well supported with well over 300 runners tackling either of the challenging courses. In the **Hilly Half** TBACs Kevin Meynard-Krause dominated the race to win in an excellent time of 1:26:52 with Gildas Whittle (unattached) 2nd in 1:28:12 and Robert Farley (Avon Tempo) 3rd in 1:28:53. Heather Fell (TBAC) ran an excellent race to finish 1st Female in a time of 1:42:49. Photos below.

In the **Ultra 10k** event there was a clean sweep for TBAC with Guy Bridgewood 1st (53:17); Simon Oldham 2nd (53:19) and Matt Chataway 3rd (53:58) - photo below. First female was TBACs Rachael Moon (1:00:02) with Lauren Wells (Great Western Runners) 2nd (1:00:12) and Victoria Ratcliffe (TBAC) 3rd (1:03:14). A special big thanks to Mark Mackintosh (Race Director); Charles Hayward and the Rotary Club of Bathavon, Bath Racecourse and the army of volunteers that made this event happen.

Elsewhere Tom Hutchison was part of the England MV70 XC Team competing in the **British & Irish Masters' XC International at Roundhay Park, Leeds**. Tom was one of 4 England scorers who came 2nd to Ireland in the competition. Cath Dale was travelling 1st reserve for the England FV60 XC Team but ran in the Open event. Photo above of Tom Hutchison and Cath Dale.

At the **Brighton 10k**, Lisa Bennett finished in an excellent time of 43:09 (6th FV55).

At the **University of Bath athletics track** on Wednesday 12th November there was **Project 45 – Night of the 3000m** organised jointly between British Modern Pentathlon and Team Bath AC. A series of 3000m races held throughout the evening with PB performances for many.

Imogen Gray U20 finished in 10:34.9 and Poppy Swarbrooke U20 in 10:53.7 in the Women's A Race. Tobi Loughlin U20 hit an excellent PB of 8:45.8 in the Men's A race.

In the other Men's races held during the evening Dan Phelps U20 ran a PB of 9:04.1; Stan Wyatt U20 PB of 9:14.6; Conal King U17 PB of 9:15.8; Cormac Houghton U20 PB of 9:21.2; Ryan Johnstone U20 PB of 9:24.3; Tom Davies M35 (9:41.0); Jo Finch SM PB of 9:43.9; George Bamber SM PB of 9:44.8; George Pym SM PB of 10:06.7; James Donald M40 (10:20.4); Jamie Durnford U20 PB of 10:34.0; James Ferguson M35 PB of 10:39.7; Gary Macalister M45 PB of 10:46.6; Damian Bush M35 PB of 10:42.8; Simeon Cryer M50 PB of 11:05.2; Henry Anderson M45 PB of 11:11.9; James Hunter M40 PB of 11:25.9; Raul Conde Vila M45 PB of 12:08.5 and Tom Hutchison M70 (12:50.0).

In the Women's B race Poppy Feasey U20 finished with a PB of 10:51.1; Lucy Gamble U17 PB of 10:56.8; Emily Dye W40 PB of 11:27.1; and Lisa Bennett W55 PB of 11:58.4.


353
285
222
TEMPO






# VDOT Pace Cards upgraded - launch #2 Nov25

**For the attention of all endurance runners**

Phil King

Following on from the original successful VDOT Pace Card launch back in March 2025, I decided to upgrade the way the pace cards are displayed as a collective.

After several conversations with Head Coach (Snr Endurance), Paul King, I started work on developing a format that could make full use of an A1 sized A-Board. This was needed as a central viewing point for all runners engaging with the pace card training structure when attending Track Tuesday/Thursday, Bath University.

*The picture below is the end result of my endeavours of the past few weeks.*

The formal launch took place Tuesday 18th November with both the 6pm/7pm senior endurance running groups. This was well received and re-ignited both training groups focus on training with fellow runners sharing the same (VDOT Number) fitness levels.

Whilst the original individual hand held pace cards are still available to use, the introduction of the A-Board really does offer the big picture experience. This has already

given runners a vision of how they can use the VDOT Pace Cards as a stepping stone to aid and achieve a higher fitness/performance level.

The final point I wish to make is the most important: On Monday 17th November, Paul King sent all senior endurance runners an email written by myself that clearly explains the philosophy and best practices behind the VDOT Pace Cards.

PLEASE read this, or you will be left in the dark and will not know how to obtain your starting VDOT Fitness Number! If you have NOT received Paul's email OR have any questions relating to the VDOT Pace Card training principles, please speak to me privately online or face-to-face on club nights.

HAPPY TRAINING!




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