

The Bath Plug

23rd year – first published Tuesday 1st December 1987

No. 1052 9th March 2010

Five Medals in South West Schools Cross Country

✎ from Adrian Clover

Team Bath's athletes secured 3 golds, a silver and 2 bronze medals at the South West Schools Championships in Truro.

Hayden Burton, Alex Carter and Loren Bleaken all continued from their wins in the previous round to become regional as well as county champions.

Hayden was out at the front from the very start and never looked like being beaten. In the same race Alfie Kilgour, who goes to the same school as Hayden ran well with a very fast finish to come in 6th.

Both Alex Carter and Loren Bleaken ran controlled until mid way through the race until applying the pressure and opening out winning margins. Miles had a good battle with the third placed runner to eventually finishing second to give us a one two in this age group.

Run of the day definitely came from Alex Hill who gave more than a good performance to come third in the Inter boy race in front of some very good athletes.

Imogen Wolsey was not at her best but still came in third in the Inter Girls race. In the same race Annie Ingram ran very strongly to finish inside the top ten. The full Team Bath results below.

Minor Boys

1 Hayden Buton	Wiltshire	St Laurence	10:31
6 Alfie Kilgour		St Laurence	10:49

Junior Boys

1 Alex Carter	Wiltshire	St Laurence	14:06
2 Miles Burton	Wiltshire	St Laurence	14:34
32 Lewis Lavelle	Wiltshire	Hardenhuish	15:34
55 Felix Freeston	Wiltshire	Warminster	16:22

Inter boys

3 Alex Hill	Avon	KES	20:26
33 Ryan Lavelle	Wiltshire	Hardenhuish	22:27
44 Chris Hine	Wiltshire	St Laurence	22:41

Senior Boys

13 Tom Beer	Wiltshire	Kingdown	26:32
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Junior Girls

1 Loren Bleaken	Wiltshire	Hardenhuish	14:38
28 Natalie Nash	Avon	St Greggs	16:43
39 Page Matthews	Avon	Norton Hill	17:02

Inter Girls

3 Imogen Wolsey	Wiltshire	SWGS	15:39
9 Annie Ingram	Wiltshire	Sheldon	16:09
20 Alex Stainthorpe	Wiltshire	Sheldon	17:20



Alex Carter South West Schools Junior Boys
Cross Country Champion

Join in the Fun

Next Tuesday 16th March we will be staging a Sports Relief Mile on the track at 7pm.

It would be superb if **All (!!!)** TBAC athletes and coaches supported the event. The plan is for all to donate £1 and run one mile on the track.

This would be a golden opportunity for all sections of the Club to do something together for a very good cause.

So what about it??

A special plea for coaches to get behind the initiative and encourage athletes to take part. It's only four and a bit laps of the track!!!

Try out our COBAC Web Site at www.teambathac.org



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Annie is Champion!

👏 From Dave Coales

Annie Ingram won the under 15 Gwent League title at Blaise Castle on Saturday. Annie had a fantastic run to finish second in the fifth and final Gwent League fixture of the season over a tough, hilly course at Blaise Castle, Bristol. It has been an excellent effort by Annie this season.

It was a good day all round for our under 15 girls team with Annie Ingram finishing second, Albany Burton fourth and Natalie Nash tenth.

The day got off to a great start with the Howorth twins finishing first and second in the under 11 boys race with Robert just edging out twin brother John. Not to be out done by his older brothers seven year old Rory Howorth had an excellent run in the same race to finish in eighth place.

Alex Hill continued his good form in the join under 17/under 20 men's race. In a good day for our under 17 men, Alex Hill came third, Chris Hine 12th and Ryan Lavelle 15th.

Miles Burton ran well to finish fourth in the under 15 boys race, team mate Lewis Lavelle finished 21st in the same race. Maddie Awan finished 15th in the under 11 girls race to complete a successful Gwent League season and Grace Lavelle battled bravely to finish 40th in the under 13 girls race on a cold but thankfully dry day at Blaise Castle.

Sadly with the Bath Half on the same weekend we only had two seniors competing for the club on Saturday. I enjoyed my best result of the season to finish 15th in the senior men's race and Margaret Thompson ran well to finish 72nd in the senior ladies' race.

Under 11 Boys
1 Robert Howorth 2 John Howorth
8 Rory Howorth

Under 11 Girls
15 Maddie Awan

Under 13 Girls
40 Grace Lavelle

Under 15 Boys
4 Miles Burton
21 Lewis Lavelle

Under 15 Girls
2 Annie Ingram
4 Albany Burton
10 Natalie Nash

Under 17 Men/Under 20 Men
3 Alex Hill 12 Chris Hine

15 Ryan Lavelle

Senior Men
15 Dave Coales

Senior Ladies
72 Margaret Thompson

I would like to take this opportunity to thank everyone who has competed in and supported the Gwent League this season.

"Ideal Weather" for National

👏 From Craig Bridges

**National XC Championships 2010
(Roundhay Park, Leeds)**

Myself and Rebecca Pierce travelled with Great Western Runners up to Leeds on the 27th February for the 2010 National XC Championships. After walking the course, we knew it was going to be another tough one! For the ladies, "Hill 60" as it's known (named to commemorate Leeds soldiers who died in First World War battles around Hill 60 near Ypres) came twice, but for the men it came three times. There was plenty of mud to go around and a cold chill in the air too, ideal XC conditions!

Rebecca stormed to an impressive 112th place in the ladies race (I'm sure the first of many great runs this year) and Kirsty Morrison finished close behind in 139th, another great run.

In the mens race, I had a bit of a rushed warm up / start due to thinking the start was at 3.15 not 3pm (I must double check time tables in future!). I found it tough going and quickly faded, on the hilly, muddy course (but not as tough as Parliament Hill). Steve Rose was our first TBAC man home in 438th place.

I was next home in 567th place (100 places back from last year, so not a great run). Frank Checcia was next in 740th place, followed by Mark Bown in 883rd place. I didn't get to speak to any of the TBAC men that day as I didn't see them, so I'm not sure what they thought of the course.

We managed to hitch hike a lift back with Bristol & West AC, who had some outstanding performances that day. Including Claire Hallissey (ex Bristol Half Marathon winner) in 10th place (and Bronze team medal) in the senior ladies race and Tom Russell who finished 6th in the senior mens race!

I would just like to say a big thank you to Great Western Runners who gave me and Rebecca Pierce a lift up to Leeds, they also

let us use their club tent for changing etc. Also a thank you to Bristol & West AC for giving us a lift back on the same day in their mini bus.

Free Sports Massage Team Bath AC member Andrew Maggs is currently studying towards a UCAPD in Sports Massage and needs practice clients towards completion of portfolio. All ages needed (CRB checked). Home visits can be arranged. For free Sports Massage call Andy 01373 463194 or 07513 488769.

Tough Terminator

👏 From Barry Awan

With storms forecast for Sunday 28th February the Terminator was probably going to be more difficult than usual. The storm fortunately didn't materialise but a lot of rain fell in the night before the race. The weather during the race was damp and windy especially when on the high exposed parts of the course.

The race started in the car park of Pewsey Vale School. It isn't long before the roads are left behind and the mud and water of the off road section begin. At the time I thought the first stretches of bogs and mud were awful. This was nothing compared to what would be encountered later on.

The course remains relatively flat for the first few miles, running through wet muddy fields, running alongside the canal on a wet and muddy towpath, back into wet and muddy fields and through herds of grazing cattle. In case you were unsure the course was wet and muddy! The first hazard is called "Wildebast Leap", this is a river crossing followed by a very deep area of bog. Many runners were seen groping around in the mud trying to retrieve their lost running shoes.

The first hill starts with the "Gully" a narrow tree lined single file path that due to the rain was actually a stream. Once out of the trees there was a very sharp left turn up onto the hill proper, a rope was placed to help runners up the steep muddy embankment.

There are two further steep ascents and descents before the final sting in the tail. Just when it looks like you are heading back to Pewsey you are directed back up to the Pewsey White Horse. A very steep ascent followed by a very steep descent, bearing in mind your shoes are three times as heavy due to the amount of mud, chalk and water that has stuck to them.

This leaves about a mile and a half of the race left to go. Once back in Pewsey the **Continued over the page**

Terminator report contined

final obstacle is another river crossing through the River Avon. At least it washed most of the mud away. David Woodall managed to go right under the water and was spotless at the finish.

The race distance seemed to vary depending on where you looked but it was between 11 and 12 miles with over 1400ft of ascents. It is one of the hardest races I have ever done but also one of the most enjoyable.

Terminator MT Sunday 28th February

1 Mathew West	Winchester	82.02
4 Mike Johnson	1V40 Kenilworth	85.15
25 Neil Richardson	TBAC	91.04
30 Barry Awan	V40 TBAC	92.13
34 Malcolm Gammon	1V60 Weston	93.26
38 David Woodall	TBAC	94.23
55 Annie Baumber	1L Bracknell	97.16
58 Alex Copping	V40 TBAC	97.55
88 Lorraine Ryan	2L/1L40 Glos	1.43.12
535 Rachel King	L45 TBAC	2.41.57
556 Emma Mallon	L35 TBAC	2.49.07
585 Last Runner		3.52.17

Bath Half Results Sunday 7th March

1 Ezekiel Cherop	Kenya	63:03
2 Tomas Abu	Slaford Harriers	63:48
3 Simon Tonui	Kenya	64:30
8 Martin Cox	1V40	66:01
35 Michelle Ross-Cope	1L/1L35 Stoke AC	72:07
38 Allister Sheffield	TBAC	72:17
40 Mick O'Doherty	1V50 Bristol & West	72:36
62 Kat Grimmett	2L	75:18
93 Paul Cox	V40 TBAC	78:08
97 Luke Sturgess-Durden	TBAC	78:40
99 Steve Watmough	1V60 Warrington	78:50

Other TBAC Runners

100 Brian Penny	V40	1:18:54
109 Stuart Curtis	V40	1:19:27
115 Adrian Curtis		1:19:46
117 Paul Newman	V50	1:19:51
127 Guy Landon		1:20:18
141 Ben Lang		1:21:06
145 Neil Richardson		1:21:17
146 Georgia Wood		1:21:22
158 Dave Gunstone	V50	1:21:58
195 Joanna Thompson	1L50	1:23:08
225 Eric Downey	V40	1:24:01
236 Alan Every	V40	1:24:17
255 Ian Quinn		1:24:51
260 Jenny Carter	L35	1:24:55
265 Malcolm Treby		1:25:00
267 Tom Hutchinson	V50	1:25:01
282 Paul King	V50	1:25:21
314 Tom Dudden		1:26:09
318 Ian Rough		1:26:11
360 Barry Awan	V40	1:26:55
390 Chris Unsworth-White	V40	1:27:35
393 Nicholas Bower	V40	1:27:36
399 Nick Watson	V50	1:27:40
593 Nicolas Pollastrone	V50	1:30:13
David Parradise		1.31.28
703 Richard Roberts		1:31:41
765 Mathew Leese		1:32:23
802 Zina Marchant	V50	1:32:47
881 Michael Hill		1:33:51
892 Philip Threlfall	V50	1:33:56
929 Darren Edwards	V40	1:34:16
1015 Philippa Spruit	L40	1:35:09
1052 Mike Thompson	V50	1:35:26
1055 Christopher Moran	V50	1:35:27
1059 Alex Dick	V40	1:35:30
1142 Daniel Brown	V40	1:36:10
1212 Alison Vuagniaux	L45	1:36:44
1243 Ben Thornton	V40	1:36:56
1382 Nicholas Tassell	V50	1:37:59
1559 Andrew Gordon	V60	1:39:11
1592 Harvey Samways		1:39:26

1725 Richard Howell		1:40:23
1771 Roy Hayward	V40	1:40:43
1780 David Sanson		1:40:45
1808 Paul Treasure		1:40:58
1836 Gavin Jones		1:41:08
1870 Sarah Street	L40	1:41:18
1923 Andrew Boyce		1:41:38
1989 Michael Butcher	V50	1:42:02
2015 Paul Richardson		1:42:11
2041 Mandy Savory	L40	1:42:18
2130 Andy Reid	V50	1:42:53
2250 Jo Lewthwaite	L40	1:43:32
2366 Duncan Sigourmay	V40	1:44:03
2378 Paul Carroll	V50	1:44:08
2681 Julie Letchford		1.45.40
2515 Stuart Seaman		1:44:48
2552 James Stevenson		1.44.58
2960 Tony Cosgrove	V40	1.47.03
3156 Tim Slatore	V50	1.47.56
3174 Michael Forder		1.48.02
3408 Gina Antoniazzi		1.48.53
3753 Brendan Riggs		1.50.08
3766 Joanne Hine		1.50.15
3858 Mark Griffiths	V40	1.50.41
3888 Nigel Savory	V40	1.50.49
4009 Yolande Parry		1.51.21
3639 Louise Jefferies	L50	1.49.44
3732 Brendan Riggs	V40	1.50.08
3766 Joanne Hine	L40	1.50.15
4079 Richard Bailey	V50	1.51.39
4118 Helen Pettemerides		1.51.51
4325 Kevin O'Malley	V40	1.52.45
4467 Andrew Taylor	V50	1.53.57
4496 Emma Gibbins		1.53.29
4512 Hayley Copper	L40	1.53.35
4066 Sara Black		1.51.37
5195 Rachael King	L40	1.56.10
5966 Caroline Thomas	L50	1.59.48
6112 Marion Bevan	L60	2.00.28
6152 Ray Brigden	V60	2.00.38
6279 Colin Lee	V60	2.01.18
6318 Stephen Sobey	V40	2.01.33
6323 Amanda Sobey	L40	2.01.34
6972 Phillipa Colles		2.05.10
7814 Emma Mallon	L40	2.10.14
7831 Liz O'Donovan		2.10.56
7833 Laudia Paraschivescu		2.10.22
9145 Tom Trosborg	V50	2.20.42
9445 Suzzana Rolf		2.23.45
9593 Tom Thornton		2.25.34
9987 Lisa Anderson	L40	2.31.15
10064 Kerry Evans		2.32.38
10858 Last runner		3.28.43

Midland Road Relays

From Dave Coales

The following have been entered for the Midlands 12 stage road relay at Sutton Park on Saturday 20th March. Please could you contact Steve Rose stephen-jrose@googlemail.com or Dave Coales 07742 176460 dave.coales@hotmail.com to let us know if you are available to run on 20th March.

Clive Beer	Tom Beer	Ruben Bower
Ollie Bower	Nick Bower	Mark Bown
Craig Bridges	Ray Brigden	Alan Buckingham
Iain Cade	Frank Checcia	Dave Coales
Paul Cox	Stuart Curtis	Craig Davey
Robert Dowley	Alan Every	Steve Hale
Dave Gunstone	Tom Hutchison	Dan Jones
Paul King	Guy Landon	Andy Maggs
Den Marchant	Paul Newman	Brian Penny
Steve Rose	Dave Rose	Alex Sampson
Allister Sheffield	Matt Ray	Paul Synott
Luke Sturgess-Durden		
Neil Richardson	Lee Southernwood	

Last weeks Plug - sorry there were no Bath Plugs at the Club last week. There

was a copy on the web-site but I was not able to provide copies. Do however pick up a copy this weeks - it is still worth a read and has the track and field fixture list.

Allister Wins Series

Congratulations Allister Sheffield who won the Bristol Bridge Inn Winter 5K Series and Gary Hughes on winning the V45 category.

1 Allister Sheffield	TBAC	SM	63.45
2 Thomas Fewster	GWR	SM	63.51
3 Benjamin Morley	GWR	SM	64.06
6 Jonathan Goodland	B&W	1V50	70.44
9 Debbie Marsden	Westbury	1L	72.31
10 Martin Stalley	Bitton	1V40	72.31
14 Gary Hughes	TBAC	1V45	73.20
15 Emma D'Alton	Westbury	2L	73.26
18 Vicky Tester	B&W	3L	76.30
22 Tony Jefferies	Westbury	1V60	79.49
23 Aileen Brown	GWR	1L35	79.51

5K Course Record Goes

Yet another month of records for the Running Bath 5K last week. In good conditions for running Allister Sheffield took 6 seconds from his own TBAC record setting a time of 16.03. Also reducing their own records, both by 10 seconds, Felix Freeston set a new age 12 record of 20.30 and Alex Carter a new 14 record of 16.45.

Jo Thompson had a storming run to take 1st lady spot and equal her own over 50 record of 18.28. Stuart Curtis was 1V40 in 17.37 and Paul Newman 1V50 in 18.17.

Report from the sharp end from Dave Coales. Last night's (Tuesday 2nd March) race became a battle for second place as Alistair Sheffield ran off into the distance leaving Alex Carter, Mike Griffin and myself to battle it out for second on a dry and fairly wind free evening.

The three of us were level after the first lap, then Mike and myself got away from Alex. I thought maybe Alex was tired after winning the South-West Schools cross country championship at Truro on Saturday, but Alex was having none of it as he caught Mike and myself as we went down Quarry Road and went past us going up North Road. I tried to keep up with Alex, but couldn't, but I did break my time trial pb by two seconds and I managed to hold Mike off.

First Aid Course - speak to Sue Brigden (01761 432 426) if you want to attend a First Aid course aimed at runners to be held in Bath on 17th April.

Endurance Training Day - a training day is being planned for endurance runners with Bruce Tulloh as guest speaker at Bath Univ on Sun 18th April. More details later.

Running Bath 2010 5K Over 20 Over League

		Age	Run	Feb	Mar	Avg Time
1	Allister Sheffield	32	2	16:09	16:03	16:06
2	Steve Rose	38	1	16:40		16:40
3	Dan Jones	24	1	17:03		17:03
4	Matthew Birchall	38	1	17:04		17:04
5	Beren Cross (guest)	10	1	17:09		17:09
6	Ewen Malloch	33	1	17:11		17:11
7	Luke Sturgess-Durden	37	2	17:20	17:12	17:16
8	Stuart Curtis	44	2	17:36	17:37	17:37
9	Niall Urquhart	48	1	17:42		17:42
10	Steve Clifford	42	1		17:57	17:57
11	James Ford	30	1	18:05		18:05
12	Neil Richardson	31	1	18:10		18:10
13	Gary Hughes	46	1	18:13		18:13
14	Paul Newman	51	2	18:42	18:17	18:30
15	Dave Gunstone	53	2	18:29	18:37	18:33
16	Guy Landon	37	1	18:35		18:35
17	Jo Thompson	51	2	19:03	18:28	18:45
18	Malcolm Treby	36			18:58	18:58
19	Ian Quinn	29	1	18:58		18:58
20	Andrew Maggs	47			19:08	19:08
21	Jenny Carter	37	1	19:11		19:11
22	Tom Hutchinson	56			19:17	19:17
23	Nigel Brown	45			19:18	19:18
24	Rebecca Pierce	22	2	19:33	19:34	19:33
25	Barry Awan	40	1	19:36		19:36
26	Chris Unsworth-White	44	2	19:17	19:57	19:37
27	Nick Bower	41	1	19:44		19:44
28	Nick Parry	48	1	19:48		19:48
29	Kirsty Morrison	29	2	20:11	19:39	19:55
30	David Vaudin	52	1	19:57		19:57
31	Geoff Davis	57	2	20:07	20:05	20:06
32	Richard Roberts	37	2	20:06	20:18	20:12
33	Charlie Sanders	44	1		20:13	20:13
34	Clive Beer	55	1	20:17		20:17
35	Matt Leese	37			20:21	20:21
36	Paul Kilby	23	2	21:03	19:51	20:27
37	Julian Shepherd	39	1	20:29		20:29
38	Martin Lavelle	47	1	20:50		20:50
39	Alex Dick	46			20:51	20:51
40	Neil Turner (guest)		2	21:35	20:25	21:00
41	Lisa Bennett	39			21:02	21:02
42	Malcolm Turner	39	1	21:32		21:32
43	Philippa Spruit	42			21:33	21:33
44	Robyn Woodman	30	1	21:35		21:35
45	Mark Gibson	29	1	21:36		21:36
46	Harvey Samways	38			22:05	22:05
47	Zina Marchant	59	2	22:21	21:56	22:08
48	Caroline Ford	28	1	22:35		22:35
49	David Aplin	42	1		22:37	22:37
50	Sarah Street	43	1	22:46		22:46
51	Tracey Halliday	44			22:49	22:49
52	Chris Page	58			22:56	22:56
53	Dan Brown	48	1	23:00		23:00
54	Glen Wright	35	2	23:30	22:50	23:10
55	Andy Reid	55			23:12	23:12
56	Harsh Kubavat	26	1	23:20		23:20
57	Ross Singleton	48			23:27	23:27
58	Tom Calver	28			23:30	23:30
59	Richard Bailey	56	2	23:37	23:24	23:30
60	Caroline Quinn	29	1	23:33		23:33
61	Louise Buxton	45	2	23:55	23:30	23:43
62	Den Marchant	61			23:43	23:43
63	Darren Pearce	38	2	24:35	23:21	23:58
64	Louise Jeffries	50	1	24:29		24:29
65	Ray Brigden	63	2	24:21	25:47	25:04
66	Graham Mehaig (guest)	10	2	25:49	24:29	25:09
67	Ralph Hibbert	60	1		25:30	25:30
68	Matthew Sewell (guest)	10	1	25:39		25:39
69	Aoife Thompson	22			25:40	25:40
70	Becky Lang	34			25:44	25:44
71	Justin Hine	40	1	26:16		26:16
72	Jill Gregory	54			26:23	26:23
73	Caroline Thomas	50	1	27:39		27:39
74	Bob McCabe	53	1	27:39		27:39
75	Janice Rambridge	62	2	29:20	28:13	28:46

RunningBath 2010 5K Under 20 League Table

Pos	Name	Age	Run	Feb	Mar	Avg Time
1	Alex Carter	14	2	16:55	16:45	16:50
2	Sam Burnstone	16	1	17:25		17:25
3	Chris Hine	16	1	17:48		17:48
4	Imogen Woolsey	16	1	17:55		17:55
5	Ryan Lavelle	16	1		18:04	18:04
6	James Humphrey	15	2	18:11	18:26	18:18
7	Tom Beer	17	1	18:23		18:23
8	Mark Warren	17	1		18:49	18:49
9	Matt Bartlett	16	1	18:54		18:54
10	James Hazell	16	1	18:55		18:55
11	Loren Bleaken	14	1	19:07		19:07
12	Tom Brown	15	1		19:27	19:27
13	Lewis Lavelle	14	1	19:52	20:08	20:00
12	Alex Dudbridge	14	1	20:04		20:04
14	Marcie Bower	16	1	20:33		20:33
15	Felix Freeston	13	2	20:44	20:30	20:37
16	Naomi Webber	17	1	21:30		21:30
17	Adam Whittaker	14	2	22:23	21:36	22:00

RunningBath March 5K

			PB By
1	Allister Sheffield	16:03	6s
2	Alex Carter	16:45	10s
3	Dave Coales	16:51	1s
4	Mike Griffiths	17:00	
5	Luke Sturgess-Durden	17:12	4s
6	Stuart Curtis	17:37	
7	Steve Clifford	17:57	
8	Ryan Lavelle	18:04	17s
9	Paul Newman	18:17	
10	James Humphrey	18:26	
11	Jo Thompson	18:28	
12	Dave Gunstone	18:37	
13	Mark Warren	18:49	16s
14	Malcolm Treby	18:58	
15	Andrew Maggs	19:08	2s
16	Tom Hutchinson	19:17	
17	Nigel Brown	19:18	
18	Tom Brown	19:27	
19	Rebecca Pierce	19:34	
20	Kirsty Morrison	19:39	32s
21	Paul Kilby	19:51	14s
22	Chris Unsworth-White	19:57	
23	Geoff Davis	20:05	
24	Lewis Lavelle	20:08	
25	Charlie Sanders	20:13	
26	Richard Roberts	20:18	
27	Matt Leese	20:21	3s
28	Neil Turner	20:25	10s
29	Felix Freeston	20:30	10s
30	Alex Dick	20:51	
31	Lisa Bennett	21:02	43s
32	Philippa Spruit	21:33	
33	Adam Whittaker	21:36	
34	Zina Marchant	21:56	
35	Harvey Samways	22:05	
36	David Aplin	22:37	35s
37	Tracey Halliday	22:49	
38	Glen Wright	22:50	
39	Chris Page	22:56	
40	Andy Reid	23:12	
41	Darren Pearce	23:21	
42	Richard Bailey	23:24	
43	Ross Singleton	23:27	
44	Louise Buxton	23:30	25s
44=	Tom Calver	23:30	
46	Den Marchant	23:43	
47	Graham Meharg	24:29	12s
48	Ralph Hibbert	25:30	
49	Aoite Thompson	25:40	45s
50	Becky Lang	25:44	86s
51	Ray Brigden	25:47	
52	Jill Gregory	26:23	
53	Janice Rambridge	28:13	

5K League - best 7 out of 11 times in the year to count for the over 20 league and best 5 out of 11 for under 20s. Prizes for at least 1st male and female for under 20s and 1st three men/women over 20, 1st and 2nd over 40 man, 1st over 50 man and 1st over 40 women. All prize winners will receive free 2011/12 TBAC membership plus a prize given by our sponsor RunningBath.