

The Bath Plug

23rd year – first published Tuesday 1st December 1987

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Good luck to Holly Rush in the European Athletics Championship Marathon next Saturday. Tune in to BBC2 for 9am start.

AGM News

Your new officers and committee elected at last night's AGM is:

Chairman	Dave Coales
Treasurer	Val Bullough
Secretary	Tim Woodman
Track and Field	Vacancy
Road Race	Dan Jones
Cross Country	Jo Thompson
Coaching	Martyn Rush
Membership	Sue Brigden
Committee	Malcolm Treby
Holly Rush	Angela Stacey
Caroline Howarth	Julie Fielding
Junior Member	Vacancy

Non Committee Posts

Newsletter Editor	Ray Brigden
Press Officer	Vacancy
Schools Liaison	Vacancy

The following proposals were agreed with overwhelming majorities:

- All memberships should be individual and raised to £25 across the board except the Associate membership which should be raised to £5,
- Memberships will stay the same throughout the year. Those joining after 1st January will not be expected to pay another fee from April.
- The annual AGM should be called in February.
- The primary means of communication for the club with its members will be via email. Members may opt out of this and will receive communications via post, but this will be the exception.

Good Luck Holly!!!

Considering the importance of the proposals above (and they did trigger a lengthy debate) it was surprising that less than 50 members felt strongly enough to vote.

Webb Twins in Double!

 **From Julie Fielding**

Bradley and Kyle Webb travelled to Cheltenham open meeting last Wednesday evening to compete in the u13 boys 800m. Both boys were determined to achieve a Pb's.

The conditions were perfect for running. The twins haven't run that many 800m races, but are slowly beginning to find their feet and understand a little better about how to run a tactical race. The race was very fast and Bradley and Kyle made the most of the pace set by the eventual winner (2.26.0).

Bradley came in 2nd place crossing the line in 2.31.6 setting a new pb by 8 seconds. Kyle was not far behind crossing the finishing line with a new pb 2.33.7, 2 seconds faster than his previous Pb. Both boys enjoyed the race and were so determined to come away with Pb's. Well done boys all the hard work you have put in your training sessions is now paying off. I am sure you will go below 2.30.0 before the end of the season.

Lindsey Over the Water

 **From Lindsey Dow**

Portaferry Co Down, Northern Ireland 10 miles July 20th 2010

Holidaying in Northern Ireland -How can you resist a 10 mile race? Quoted by Irish runners as the most beautiful race in Northern Ireland and also worryingly "well hilly". It took place in a coastal village and almost half of the race was along the coast.

We prepared well that day by mountain walking in the morning !

There were over 250 runners. Perfect running conditions, beautiful evening start at 7.45pm, well marshalled and lots of water stations. My son Chris was 23rd in a time of 66 minutes and I did 79 minutes (131st, 2nd FV50) which I was chuffed at. It would make a great 3 day break for a group of us to go over next year.

Throws at Last!

 **From Di Viles**

At last, a throws training session during Club sessions! Steve Carr from Stroud came last Thursday and had a very successful session with 4 of the Club's young athletes coaching discus and hammer. I will keep the Plug and website posted when he comes next.

Less than a month to go before the Club's open medal meeting and Melvyn has started receiving entries. However, as usual, we are still short of officials. With a full track programme from 75m to 5k and encompassing hurdles plus 7 field events, we need 40 to 50 helpers.

Help is needed on the stands for the track, in the field for jumps and throws and in the box for admin plus bodies to help move hurdles etc. If your child is competing, please volunteer to help.

Seniors, if you are taking part in the 5K, please help either before or after. This is the Club's flagship track meeting and we want it to go without a hitch. This means all events, both track and field, having enough officials to run smoothly and to time.

We are encouraging athletes to compete at the Dennett trophy meeting on Sunday August 29th at Yeovil. This is the date we wanted for our Open Meeting but cannot have so we are hoping many of you will support the Dennett. It is an Open Meeting with a team element. Last year, we had enough individual entries and winners to finish 4th team (**continued on back**)



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(continued from front) even though we did not enter a team! It is a well run meeting with good quality fields and unusual prizes. Further details from Melvyn and/or Alison.

Membership Report

From Sue Brigen

This past year has been a challenging yet rewarding time regarding membership. I must say a **huge** thank you to members and parents alike for responding to the changes.

When I took this on last July I knew it would be a challenge but with so much co-operation from everyone the membership is now updated and operating efficiently.

I won't say its not time consuming especially during April & May & again in August but it also gives its own rewards when you realise just how much it contributes to the smooth running of Team Bath AC

Trying to combine the membership with the organisation of the 'Junior Desk' and the committee has however been too much.

The desk duties are great fun. It's a way of getting to know the junior members, coaches and parents alike as well as contributing to the organisation of TBAC so I'm hoping that some of you parents out there will come forward and help? A maximum of 2 hours on a Tuesday & Thursday evening is all that's required?

I have put myself forward to stand for Membership Secretary again, although if there is anyone else who would like to get involved, please feel free to come forward.

It will be lovely to train/coach with some fellow members again and see what it's like on the other side of the desk!

Team Win Conkwell

From Barry Awan

Around fifty runners lined up for the fifth running of the Conkwell Killer race hosted by Avon Valley Runners. The eight mile run features one of the toughest climbs in the area as the competitors run from Bradford on Avon Rugby Club in Winsley down to Limpley Stoke where the Kennet & Avon Canal is followed to Dundas Aqueduct where the steep Miners Track has to be tackled up Conkwell hill before the hitting the final miles around Ashley to the finish on tired legs.

Michael Towler of the host club led all the way to finish in fifty one minutes & twenty five seconds. Niall Urquhart of Team

Bath was second and Alec Copping was third placed man. In third place overall was Avon Valley Runners new female signing Ruth Barnes who smashed the Ladies course record with a time of fifty four minutes and twenty six seconds, Nardia Gray of Team Bath finished as Ladies runner up.

In the team race, Team Bath AC took a narrow victory ahead of Avon Valley Runners, with Niall Urquhart, Alex Copping, Barry Awan and Andrew Boyce scoring. In the Ladies race Avon Valley Runners took the honours.

1 Michael Towler	AVR	51:25
2 Niall Urquhart	1M40 Team Bath Ac	54:12
3 Ruth Barnes	1L AVR	54:26
4 Alex Copping	2M40 Team Bath Ac	54:40
8 Tom Stokes	1M50 Frome	59:16
9 Barry Awan	M40 Team Bath Ac	59:28
11 Jon Bateman	1M60 Road Runners Club	60:32
13 Nardia Gray	2L Team Bath Ac	61:10
22 Linda Ladner	3L/1L40 AVR	69:05
33 Esme Ireland	1L50 Winchester	73:41
36 Helen Petteimerides	Team Bath Ac	79:31
37 Andrew Boyce	Team Bath Ac	79:32
44 Rose Barber	1L60 AVR	84:11
47 Richard Llewellyn	Team Bath Ac	87:32
48 Last runner		88:54

There was also a 1.8 mile Junior Race and I have emailed the event organiser to ask for the results and will let you have them if I get them. A boy from Team Bath finished first and Maddie was second (1st Girl).

Gloucester XC Dates

The dates, venues and host clubs for next season's Gloucestershire CC League are:

Oct 9	Guiting Power (Bourton RR)
Nov 20	Cheltenham
Dec 11	Gloucester (Blackbridge)
Feb 5	Gloucester (Plock Court)

First Over 50

From Nick Watson

Having had a very late Friday night I thought I should make amends and looked for a race on Sunday. I found High Wycombe half marathon, just a 2 hour drive each way! Approximately 1,000 runners but can enter on the day so decided to go.

Part of the motorway was closed so arrived late and had to run across the park to enter just in time for the start. Left straight after and now find I was 1st V50 and 38th overall. It's all about who turns up on the day but that made the trip worthwhile. I thought it was the hardest half I have done with long hill at the beginning but Friday night didn't help..

1 Eddie O'Gorman	Chiltern Harriers	73:16
2 John Herbert	1M4 Werrington	73:58
3 Fabian Downs	Chiltern Harriers	76:50
4 Sarah Gee	1/1L40 Reading	77:07
17 Sophie Carter	2L Kidlington	84:53



Diary Check Details

July

Wed 28 Back in a Flash (Swindon) 5K, 7.30pm, £4, www.grassevents.co.uk RW
Sat 30 Mens Southern Track League, Radley

August

Sun 1 The Sturminster Half, 10.30am, £8, ENT
Wed 4 Pewsey 5 Mile, 7.30pm, £7, ENT
Sat 7/8 England Athletics U15/U17 combined events Championships, Stoke

Sat 8 SW Intercounties T&F, Exeter

Sun 8 Sidmouth Festival 10K MT, 11am, £6, ENT

Wed 11 Yeovil 5K, 7.30pm, www.ytrc.com

Sat 14 Maiden Newton 10K

Sat 14 Jurassic Coast 10K, Budleigh Salterton, £5, ENT, www.jurassiccoast10k.co.uk

Sun 15 TBAC Open Track and Field Meeting, Bath

Sun 15 Standish Woodland Chase 10 miles MT, 11am, £6, www.stroudac.co.uk ENT

Sun 22 Foxtrot 5 mile Broughton Gifford, 11am www.avonvalleyrunners.org.uk

Sun 29 Dennett Trophy T&F, Yeovil

Sun 29 Sedgemoor 10K, 11am, Langport

Sun 29 Pewsey Half, 10.30am, £11, ENT

Sept

Sun 5 Avon T&F League, Yate

Sun 5 White Horse Relay

Key : RW Runners World, ENT Entry Form, AW Athletics Weekly

23 Sarah Urwin-Mann	3L Reading	86:06
38 Nick Watson	1M50 TBAC	89:02

Correction - Eliot Green was 3rd in the U17M 400 in 59.16 in the 18th July NYAL fixture not Harry Allen as reported in last weeks Plug.

Help Needed for Next Tuesday's (3rd August) 5K Please Speak to Ray Brigen