

# The Bath Plug

25<sup>th</sup> year – first published Tuesday 1st December 1987

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Holly Rush took 18 seconds from her personal best finishing the Houston marathon last Sunday (15th January) in 2.37.38 to take 7th women and 2nd GB places.

1 Alemiti Abera	USA	2.23.14
2 Benita Willis	USA	2.28.24
3 Yihunlish Delelecha	USA	2.31.19
4 Ava Hutchison	GBR	2.35.33
5 Zsofia Erdelyi	USA	2.36.56
6 Nuti Olaru	USA	2.37.37
7 Holly Rush	GBR/TBAC	2.37.38
5K	18.32	25K 1.33.11
10K	37.10	30K 1.52.10
15K	55.51	35K 2.10.40
20K	1.14.39	40K 2.29.30
Half	1.18.44	Full 2.37.38

## Strong Team Bath Performances

 From Dan Jones

There were some great performances by Team Bath athletes at the latest round of the MCain UK Cross Challenge at Cardiff last Sunday.

On a chilly but sunny day, making for ideal cross country conditions, Alex Stainthorpe and Alex Hill put in some great performances. In the U20W race, Alex built on the performance from the South West XC Championships last weekend by finishing 8th in a high quality field, finishing just over a minute behind the winner. Imogen Wolsey continued her comeback to racing by finishing in an excellent 15th place.

In the U20M race, Alex Hill put in another strong performance to finish 6th, and stay near the top of the leaderboard in the overall race series. In a competitive race, Alex was always at the front and was close in reproducing the form he showed at the Bristol fixture back in November where he finished 2nd.

Kirsty Stanley ran an excellent race to finish 10th in the U15W race, rounding off a successful weekend for Adrian's training group.

Laura Parsonage also kept up her good form by finishing 14th in a competitive

## Holly Sets New Best in Houston Marathon

enior women's race. Laura has continued to impress in XC this winter, earlier on in the season winning the Avon title and finishing 3rd at the South West XC Championships last weekend.

I finished 49th in the senior men's race, and was a minute quicker this time than I was last year, so all in all a good day for Team Bath.

SM		
1 Frank Tickner	Wells City	32:10
2 Jonathan Hay	AFD	32:16
3 Adam Hickey	Southend	32:23
49 Dan Jones	Team Bath	37:46
88 Last Runner		54:05

SW		
1 Lauren Howarth	Leigh	24:18
2 Caryl Jones	Swansea	24:35
3 Katrina Wootton	Bedford	24:49
16 Laura Parsonage	Team Bath	26:14
46 Last Runner		37:16

U20M		
1 Harvey Dixon	AFD	25:16
2 Ian Bailey	AFD	25:32
3 Zak Seddon	Bracknell	25:44
6 Alex Hill	Team Bath	25:57
62 Last Runner		39:50

U20W		
1 Annabel Gummow	B&W	16:35
2 Jennifer Walsh	Spensborough	16:46
3 Jess Chen	Portsmouth	17:27
8 Alex Stainthorpe	Team Bath	17:56
15 Imogen Wolsey	Team Bath	19:06
33 Last Runner		27:25

U15W		
1 Elisabeth Hood	Poole	13:22
2 Siannah Rayment	Bracknell	13:24
3 Olivia Gwynn	Swansea	13:41
10 Kirsty Stanley	Team Bath	14:37
109 Last Runner		21:21

## Win For Jenny

 From David Vaudin

Jenny Carter showed renewed form at the start of 2012 to take first place in the Bath Series 8k at Claverton on Sunday 15 Jan.

1 Ben Nagy		26.30
2 Adrian Curtis		30.56
3 Felix Young		31.21
4 Jenny Carter	1L TBAC	31.31
5 David Vaudin	1M50 TBAC	31.44
30 Last Runner		62.39

**Corrections** - missed Barry Awans pb and best time in Dublin 3hrs 05min 50 secs. No change to his 7th rankings.

Steve Rose ran 75.43 in Gosport Half to put him at 8th on the 2011 rankings.

Missed - SW Country Champs. Maddie Awan ran in the U13G and came 25th.

## 5K Park Race Southwick Sat 14th Jan

1 Max Hazel	17.07
11 Louis Gillow	21.41

## Riverside Rollock Sun 15th Jan

1 Gareth Green	San Domenico	55.56
2 Tony Glover	Westbury	56.19
3 Steve Rose	1M40 TBAC	56.30
16 Mike Collin	1M50 Fire Service	62.13
22 Lucy Richens	1L Westbury	63.35
33 Liz Wiggins	2L Weston	64.55
42 Sophie Voller	3L Westbury	66.07
62 Nicky Russell	1L40 Southville	68.15
73 Jullian Bailey	1M60 Westbury	69.34
107 Yvonne Cox	1L50 Bitton	72.49
185 Heather Weevil	L40 TBAC	81.27
186 David Samson	TBAC	81.27
225 Alison Lucas	1L60 Kingswood Tri	85.07
248 Mark Griffiths	M50 TBAC	89.19
302 Last runner		1.57.34

## Rough n` Tumble Sun 15th Jan

1 Tom Fisher	AVR	64.33
2 Andrew Fisher	1M40	65.50
3 Roy Forbes	Cirencester	68.20
8 Barry Awan	2M40 TBAC	72.30
20 Clem Dixon	1M50 Cambridge	76.11
22 Nick Parry	M40 TBAC	76.30
39 Gemma Jones	1L Horwich	79.00
47 Niki Morgan	2L/1L35 Chepstow	80.12
51 Suzzane Enhard	3L/1L40 Compton	80.56
332 Robyn Woodman	TBAC	1.45.41
486 Hari Lohano	M40 TBAC	2.14.13
495 Val Bullough	L50 TBAC	2.16.45
496 Tim Woodman	TBAC	2.16.48
509 Last Runner		2.29.53

**Wiltshire Road League** The start of the inaugural Wiltshire Race League is now only three weeks away with its first race being the Longleat 10K on Sunday 5<sup>th</sup> February.



# TBACC Best 10Ks on the Road in 2011

Corrections to Ray Brigden

			Time	Age							
1	Sheffield	Allister	32:49	33	Bristol	81	Jones	Robert	55:09	55	Corsham
2	Coales	David	33:57	40	Weston	82	Riddoch	Louise	55:35	52	Keynsham
3	Rush	Holly	34:13	33	Poole	83	Brigden	Ray	55:44	64	Beckington
4	Jones	Daniel	34:15	25	Swansea	84	Sharp	Lynsey	56:31	24	Bristol
5	Landon	Guy	34:31	39	Bristol	85	Stratford	Richard	56:53	59	Longleat
6	Rose	Stephen	35:05	40	Bromham	86	Rambridge	Janice	57:47	63	Castle Combe
7	Hine	Chris	35:21	17	Great Chalfield	87	Thomas	Caroline	58:46	51	Longleat
8	Synott	Paul	35:32	45	Castle Combe	88	Travers-Clark	Sarah	01:13:12	29	Keynsham
9	Malloch	Ewen	35:38	34	Great Chalfield						
10	Parsonage	Laura	35:44	30	London						
11	Thompson	Jo	36:08	52	Cardiff						
12	Copping	Alex	36:17	44	Calne						
13	Treby	Malcolm	36:37	38	Bristol						
14	Hale	Steve	36:48	52	Bristol						
15	Gaskell	Alex	37:07	42	Castle Combe						
16	Carter	Jenny	37:22	38	Bristol						
17	Vaudin	David	37:28	54	Bromham						
18	Curtis	Stuart	37:40	46	Bristol						
19	Hughes	Gary	37:43	48	Castle Combe						
20	Maggs	Andrew	37:47	48	Yeovil						
21	Penny	Brian	38:15	43	Hemington						
22	Trethewey	Finan	38:19	15	Great Chalfield						
23	Every	Alan	38:22	43	Bristol						
24	Derrick	Martin	38:32	41	Hemington						
25	Webber	Naiomi	39:13	19	Bromham						
26	Awan	Barry	39:20	42	Beckington						
27	Parry	Nick	39:20	49	Bristol						
28	Elmer	Harrison	39:38	16	Keynsham						
29	Brown	Zosia	39:39	31	Bromham						
30	Watson	Leah	39:49		Corsham						
31	Bower	Nick	40:31	42	Bristol						
32	Rose	David J	41:02	65	Bromham						
33	Davison	Andy	41:13	48	Bristol						
34	Horner	Katy	41:13	39	Bromham						
35	Woodall	David	41:31	27	Bleadon						
36	King	Paul	41:53	55	Bristol						
37	Thompson	Mike	41:59	53	Bromham						
38	Marchant	Zina	42:20	60	Bristol						
39	Walker	Chris	42:28		Castle Combe						
40	Hill	Michael	42:37	34	Corsham						
41	Griffiths	Paul	42:40	46	Great Chalfield						
42	Southernwood	Natalie	42:44	28	Bristol						
43	Streets	Christopher	42:47	43	Bristol						
44	Gibson	Mark	42:50	30	Castle Combe						
45	Plummer	Victoria	43:05	28	Yeovil						
46	Leese	Mathew	43:06	38	Bromham						
47	Staley	Jeol	43:17	33	York						
48	Davis	Alan	43:32	47	Bristol						
49	Harford	Annabel	43:59	44	Bleadon						
50	Bennett	Lisa	44:28	40	Longleat						
51	Samways	Harvey	44:36	39	Longleat						
52	Wills	Thomas	44:57	19	Bristol						
53	Smith	Brett	45:02	48	Bristol						
54	Jones	Keith	45:05	70	Bristol						
55	Brigden	Sue	45:16	54	Ropley						
56	Nicholls	Michael	45:17	56	Bristol						
57	Wraith	Lizzie	45:21	26	Corsham						
58	Burgess	Tom	45:22		Bristol						
59	Jones	Gavin	45:47	38	Bristol						
60	Reid	Andrew	46:27	56	Calne						
61	Pettemerides	Helen	46:46	33	Hemington						
62	Marchant	Dennis	47:11	62	Corsham						
63	Savory	Mandy	47:22	44	Bromham						
64	Bower	Carole	47:23	42	Keynsham						
65	Boyce	Andrew	47:40	37	Hemington						
66	Page	Chris	47:55	59	Martock						
67	Savory	Nigel	48:36	44	Hemington						
68	Layzell	Sarah	48:53	49	Hemington						
69	Buxton	Louise	49:13	47	Bromham						
70	Jeffries	Louise	49:20	52	Bromham						
71	Samways	Leigh	49:22	41	Beckington						
72	Dodd	Christopher	50:06	29	Keynsham						
73	Woods	Claire	50:07	27	Longleat						
74	Lord	Susan	51:08	30	Bristol						
75	Ellis	Debbie	51:55	47	Devizes						
76	Gurung	Sammar	52:18	37	Bristol						
77	Jeffries	Louise	52:21	52	Corsham						
78	Griffiths	Mark	52:45	50	Bristol						
79	Watts	Trish	53:30	37	Hemington						
80	Gregory	Jill	54:37	56	Sedgemoor						



## Please Help Sue Help Parkinsons Sufferers

Sue Brigden is running the London Marathon to raise money for the Parkinsons UK Charity.

Parkinsons is a progressive neurological condition for which there is no cure, but it is not terminal.

1 in every 500 people in the UK get Parkinsons.

Check out [www.parkinsons.org.uk](http://www.parkinsons.org.uk) for more information

Please sponsor Sue at [www.virginmoneygiving.com](http://www.virginmoneygiving.com) - use the "find a friend" option or speak to Sue.



Wiltshire Athletic Association present:  
**The Wiltshire Race League**



The Wiltshire Race League is a series of twelve races open to all runners from clubs affiliated to Wiltshire Athletic Association.

Points shall be scored by teams according to the relative finishing positions of runners belonging to the same Wiltshire club.

An award shall be made to the club with the highest scoring team within the League.

Awards shall also be made to the highest scoring Men and Women within The League and also in the V40, V50 & V60 age categories.

The following races make up inaugural League in 2012:

- |                                    |   |
|------------------------------------|---|
| #1 - The Longleat 10K - Warminster | #7 - The TBAS 10K <sup>*</sup> - Castle Combe     |
| #2 - The Devizes 10K - Devizes     | #8 - The Foxtrot 5 - Broughton Gifford            |
| #3 - St Georges 10K - Corsham      | #9 - The Melksham 10 <sup>*</sup> - Melksham      |
| #4 - The Highworth 5 - Highworth   | #10 - The Cricklade Half <sup>*</sup> - Cricklade |
| #5 - The Bath Hilly 10 - Bath      | #11 - The Clock Change 10K - Calne                |
| #6 - The Springfield 5K - Corsham  | #12 - The Downton Half - Downton                  |

*\* Wiltshire County Championship Race*

*More details can be found at [WWW.WILTSHIRE-ATHLETICS.ORG.UK](http://WWW.WILTSHIRE-ATHLETICS.ORG.UK)*