

The Bath Plug

25th year – first published Tuesday 1st December 1987

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Ray Brigden Steps Down From Bath Plug Editor Post

When I printed the very first newsletter on the 1st December 1987 I could never have imagined going on to produce 1,143 over 24 + years.

In those early days we had to make do with a single copy pinned to the notice board in Percy Boys Club. Runners would gather round the board to read Rays News as it was then called. Back then our membership was less than 100 and we didn't have high tech!

Now we have a membership of over 700, emails and a website. The Bath Plug is held on the website; emailed weekly to 150 members in addition to the 70 hard copies available at the Sports Village.

Thanks to all who have helped me over the years - the regular contributors; critics (and there has been many) some with just cause, others less so and some just out and out knit pickers.

I leave the Plug in the good hands of David Vaudin who has already started to make plans. David can be contacted by email on bathplugeditor@hotmail.com

Changes to Annual Subscriptions?

 From Tim Woodman

The 2012 AGM of Team Bath AC will take place on Monday 27th Feb in room 2.4, 5W, University of Bath at 7.30 pm.

The AGM is a very important occasion, when officers of the club are elected, and any significant changes in the way the club is run can be debated and voted on. Club members will be contacted shortly with details of the AGM, and in particular about processes such as nominating people for official posts, and how to go about making proposals for changing the club. Please note the time and place carefully.

In previous years the AGM has been held at the Sulis Club. This was closed for refurbishment last year, and subsequently the University has decided to keep it closed. We were offered the use of the meeting room in the Sports Training Village (STV) – however this room is not large enough to accommodate a larger than normal turn-out.

In order to ensure that all those who want to attend can do, the committee decided that a larger room on campus should be used, and have secured the use of 5W, 2.4.

For those not familiar with the University, 5W is at the west end of campus. From the STV the best way to get to 5W is to go onto the main University parade level and head to the far end of campus. 5W is clearly sign-posted. Room 2.4 (a lecture theatre) is found just on the right after entering the main doors of 5W.

This is not the place for full details, however one very important proposal that will



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



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(subscription changes from page 1)

be brought to the AGM should be mentioned. The committee is proposing that the club stops charging £1.50 per person for each training night and instead levies an annual fee, set to £75 to cover all affiliation, membership and facility bookings, with the fee to be collected in two parts, in April and in October.

Full details of this will be sent to all members, along with arguments for making this change, and also addressing exceptions and corollaries such as family memberships.

It is obvious that some people will have strong opinions about this proposal, and it is essential that any change such as this is agreed by club members at the AGM. For this reason we hope that any member with questions or concerns contact a member of the committee to discuss this. If you have any questions about the AGM please do not hesitate to contact me on tw226@bath.ac.uk or of 01985 220405.

I hope that we can have a good turnout for the AGM this year.

Tim Woodman (TBAC Secretary)

Steve Wins Slaughterford

Steve Rose won the Slaughterford 9 mile multi-terrain race on Sunday setting a new vets record of 55.09 just 2 seconds in front of Simon Plummer having taken the lead up the last massive hill half a mile from the finish.

Steve led us to team victory with Luke Sturgess-Durden (4th in 58.07) and Barry Awan (6th in 59.07) completing the team.

David Vaudin had to settle for 2nd vet 50 prize in 16th overall in 62.30 with 1st place honours going to his brother Andy.

A good TBAC day with 21 taking part.

1 Steve Rose	1M40	TBAC	55.09
2 Simon Plummer		Salisbury	55.11
3 Michael Towler		AVR	55.24
4 Luke Sturgess-Durden		TBAC	58.07
6 Barry Awan	3M40	TBAC	59.07
7 Alex Devine	M40	TBAC	59.33
12 Andy Vaudin	1M50	UA	62.30
13 Nick Parry	M40	TBAC	62.35
16 David Vaudin	2M50	TBAC	62.52

28 Rachael Elkins	1L	CLC	65.54
31 Andy Maggs	M40	TBAC	66.26
33 Viki Morgan	2L/1L35	Chepstow	66.40
50 Lynette Porter	3L/1L40	Bitton	68.39
54 Nick Watson	M50	TBAC	69.12
60 Paul King	M50	TBAC	70.07
64 Nick Tassell	M50	TBAC	70.29
76 Marilyn Keyford		TBAC	71.36
114 Alison Vuagniaux	L50	TBAC	75.16
141 Trevor Brighton		TBAC	77.25
146 Andy Mullett	M50	TBAC	78.09
176 Tim Slator	M50	TBAC	81.31
205 Lindsey Dow	M50	TBAC	84.45
218 Jo Leithwaite	L35	TBAC	85.58
227 Robyn Woodman		TBAC	87.19
275 Helen Pettemerides		TBAC	92.30
301 Sue Brigden	L50	TBAC	95.49
302 Leigh Samways	L40	TBAC	95.53
371 Last runner			2.00.01

Cross Country

From Janice Rambridge

The 4th and final Cross Country in this years Gloucester League is on 4th February at Tewkesbury School. Information and race times are on the Gloucester League web site. www.glosaaa.org.uk/

Be nice to get a good turn out as we have had quite a sparse entry for the previous matches. Weather permitting I will be there as usual.

Howorths in Team Triumph

Team photo - Robert (left), Henry (middle) and John right).

From Caroline Howorth

Robert and John Howorth and Henry Dixon, representing their school St Augustines Catholic College, Trowbridge competed at the British Schools Biathlon semi-finals at Bath University on Sunday and finished in 1st place as a team.

Individually, Henry finished in 3rd place, John 5th and Robert 6th with Robert also winning the award for the fastest run time over 500m of 1:21.30. Rory Howorth, representing St Johns Catholic Primary school, competing for the first time in the Year 5 boys age group, finished 2nd place overall and again won the award for the fastest run time over 500m, his time of 1:23.47 was the fastest recorded 500m time to date for a Year 5 boy and a new club record at under 11.

They have all qualified by right to represent their school at the British Schools Championships to be held at Crystal Palace in March.

Results as follows:

Year 7 boys:	50m Swim	500m run
3 Henry Dixon	31.40	1:26.65
5 John Howorth	34.13	1:22.34
6 Robert Howorth	34.92	1:21.30
1st placed team		

Year 5 boys:		
2 Rory Howorth	37.98	1:23.47



The day before, Robert, John and Henry competed in the Wiltshire Schools cross country championships at Grittleton House and finished 1st, 2nd and 3rd respectively and will now go on to represent Wiltshire at the South West Schools championships at Exeter arena.

Laura McNab took 1st place in the Year 6 girls events with superb swim and run times of 33.27 and 1:28.89 and helped her school to 1st place as a team. Her older sister, Isabelle came 2nd in the year 7 girls events with times of 30.43 and 1:32.57 re

spectively. A fantastic achievement by both girls.

I am not sure which other athletes from Team Bath were competing but here are a few results of athletes I knew to be taking part:

Year 7 boys	50m Swim	500m run
8 Themis Bower	33.76	1:27.99
Year 6 boys		
16 Jonah Veakins	39.34	1:33.69
Year 5 girls		
6 Ella Veakins	34.39	1:44.84
17 Rhianon Bowen	35.35	1:54.94

Loren Bleaken In England Win

From Adrian Clover



Loren helps England win the Celtic Cup.

It was a very proud day for Loren Bleaken who pulled on an England vest for the first time in the Celtic Cup in Cardiff on Sunday. She was undaunted despite being the youngest member of the team and ran an outstanding first leg in the medley relay (600m, 400m, 200m 200m).

Running strongly from the gun she dominated the race giving the English U20 team a 30m lead which in the end the other teams, Scotland and Wales, could not reign in. The victory in the relay saw the English team win the Celtic cup.

The team management were so pleased with her performance that they gave her the honour of receiving the trophy for the team at the presentation.

This is great reward for all the hard work both her and her family have put in over

many years, also the help and support that rest of the Middle Distance training group have given her.

It's back to normal next week, SW Schools cross country for Wiltshire!

Editor - just reward for Loren and the hard training she has put in. Credit must also go to her coach Adrian Clover and his team who have worked so hard over a number of years.

Correction Margaret Thompson was missed out of the results of the Rough N Tumble 10, on 15 Jan. Margaret won the 1st V55 Trophy in 1:39.16.

runningBath Success

26 age records were broken in last years runningBath 5K series led by Laura Parsonage setting a new all time TBAC ladies best of 17.15 and Alex Carter the TBAC mens all time of 15.45.

Diary - Check Details

February

Sat 4 Gloucester Cross Country, Tewkesbury, RW

Sun 5 Longleat 10K

Tue 7 runningBath 5K

Wed 8 Street 5K, RW

Sun 12 Dursley Dozen, RW

Sat 11/12 Gwent XC League, Brecon (tbc)

Sun 12 Wilts 10 Mile, Melksham

Thu 16 Weston Prom 5 miles, RW

Sun 19 Bath Run Series 19k, RW

Sun 19 Tough Ten, Weston SM, 10 Miles MT

Sun 26 Terminator Pewsey

Tue 28 Bridge Inn 5K Bristol, RW

March

Sat 3 Gwent XC League, Blaise Castle, Bristol

Sun 4 Devizes 10K, RW

Tue 6 runningBath 5K, Bath

Sun 11 Bath Half

Sun 11 Salisbury 10 Mile, RW

Wed 14 Street 5K

Thu 15 Weston Prom 5 miles, RW

Sat 17 Calne Trail Race RW

Sun 18 Chedworth Trail 10 RW

Sun 18 Gloucester 20, RW

Sun 18 Mangotsfield 6 mile, RW

Sun 18 BMAF XC Champs, Bath, RW

Key AW - Athletics Weekly, PO10 - Power of 10, RW - Runners Word, ENT - Form

In addition 65 runners set new personal bests in 2011.

Help is needed for the February 5K next Tuesday 7th February.

Please contact Ray Brigden tel 01762 432 326 or email ray@teambathac.org

Help Needed

Proud Dad and Mum Allister and Zoe Sheffield with Caspar



Superb Bronze For Alex Carter

 From Dan Jones

Alex Carter came an excellent 3rd in the U17 men's race at the Midland XC Championships at Wollaton Park, Nottingham last Saturday. Alex produced another strong performance on a day perfect for cross country running. On a hilly course around Wollaton Park, Alex was at the front throughout the race, and finished just 17 seconds behind the winner. Alex Jones ran a very good race to finish 29th.

Alex Stainthorpe continued her impressive season by finishing 4th in the U20 women's race, with Imogen Wolsey continuing her comeback from injury to finish an excellent 9th. Their performances bode well for the national championships next month.

Continuing his strong cross country season with strong showing ahead of the national championships, Alex Hill finished 10th in a very competitive U20 men's race.

Robert and John Howorth and Themis Bower all put in strong performances in the U13 boy's race. Both Robert and John made the top 10, while Themis continued an impressive start to cross country racing by finishing 42nd.

Rebecca Pierce finished 28th in the senior women's race, improving on her performance from last year's championships.

In the senior men's race, I came 73rd, Dave Coales 95th, while Nick Bower came 268th.

Results:

U13B (3K):			
1 James Fradley	Newcastle (Staffs)	10:25	
6 Robert Howorth	Team Bath AC	10:50	
10 John Howorth	Team Bath AC	10:57	
42 Themis Bower	Team Bath AC	11:49	
99 Last Runner		15:56	

U15B (4K):			
1 Ellis Cross	Tamworth AC	13:24	
43 George Chapman	Team Bath AC	14:50	
108 Last Runner		20:34	

U17M (6K):			
1 William Paulson	Stroud & District	19:34	
3 Alex Carter	Team Bath AC	19:51	
29 Alex Jones	Team Bath AC	21:28	
89 Last Runner		27:02	

U20W (5K):			
1 Chloe Richardson	Birchfield Harriers	17:59	
4 Alex Stainthorpe	Team Bath AC	18:32	
9 Imogen Wolsey	Team Bath AC	19:48	
38 Last Runner		26:24	

U20M (8K):			
1 Charlie Maclean	Bristol & West AC	24:49	
10 Alex Hill	Team Bath AC	25:57	
62 Last Runner		36:15	

SW (8K):			
1 Juliet Doyle	Charnwood AC	27:43	
28 Rebecca Pierce	Team Bath AC	31:51	
167 Last Runner		63:19	

SM (12K):			
1 James Walsh	Leeds City AC	36:36	
73 Dan Jones	Team Bath AC	42:27	
95 Dave Coales	Team Bath AC	43:43	
268 Nick Bower	Team Bath AC	51:18	
412 Last Runner		91:52	

Young Athletes League

 From Di Viles

I have now read the draft proposals for the new league due to replace the NYAL and NJL in 2013.

There are some good points in it, notably a decision to spread the league out from April to September, rather than cramming it all in in May and June. However, the main bone of contention is the decision to operate the NYAL part, for U/13s and U/15s on Saturday and the NJL part, for U/17s and U/20s the following day!

Everyone I have spoken to thinks this as a very bad idea. As an official, I certainly don't want to be officiating 2 days on the trot and the team managers don't want to have to organise 2 different teams 2 days on the trot. Saturdays are not popular for competitions for various reasons.

Having studied the programme for both events, it seems to me they are far too long with too many separate races that could have 2 age groups running together. Anything over 800m can involve more than 8 athletes, as can all field events. There is no ideal answer but my suggestion would be have both matches on the same day, with vastly shortened programmes. I would run the U/13 & U/15 from 10am to 1pm, and the U/17 & U/20 from 2pm to 5pm. It makes a very long day but I would rather this than 2 separate days following. What do others think?

I will go to the roadshow on Monday 6th Feb at Taunton, but I would like to speak for the majority in the Club, not just myself. If anyone wants to come with me, you are very welcome. If we don't voice our objections, it will just happen and we will have to live with the consequences. It may happen anyway but we must do our best to stop it.