

# The Bath Plug

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

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**A**n unseasonably mild Boxing Day Monday saw the running of the 2011 Clevedon 4 on the Severn Estuary seafront affording views across to South Wales and Lundy Island. The sun made a timely appearance through the cloud base just before race start at 11.10 with 700+ field attacking a course this year extended from 6k to 4 miles and with a flat first half and a hilly up then down home section in miles 3 and 4.

A strong Team Bath representation was rewarded with 6 individual prizes (1, 2 and 3V40, 1 and 3V50 and 1V60).

Running in a more competitive senior division highest place Bath runner Dan Jones missed out on a prize T-shirt but did finish equal time 21:11 with GB runner (and Venje Slovenia 2011 U23 European Cross Country champion) 1L Emma Pallant, Dan chivalrously ceding the place.

Interestingly Steve Rose and Alan Buckingham also crossed the line in the same time (21:58) but we are unable to confirm that they did this holding hands. Tom Hutchison rounded off an adventure-packed year with a 5V50 24:24.

Commendations are due to the Clevedon race organisers who ran a super race with speedily efficient computer registration, chip-backed race numbers (no velcro ankle bracelets here), instantaneous wide screen race results at the finish and seemingly fault free marshalling.

1 Richard Peters	B&W	19.11
2 Jean-Pierre Werts	AC Dampicourt	19.18
3 Michael Johnson	B&W	19.29
11 Emma Pallant	1L AFD	21.11
12 Dan Jones	TBAC	21.11
15 Dave Coales	1M40 TBAC	21.24
17 Alan Buckingham	2M40 TBAC	21.58
18 Steve Rose	TBAC	21.58
20 Stephanie Barnes	2L B&W	22.06
21 Alex Sampson	TBAC	22.18
29 Bob Creed	1M50 TBAC	22.59
33 Nial Urquhart	M40 TBAC	23.07
37 David Vaudin	2M50 TBAC	23.17
40 Laura Gent	3L AFD	23.29
53 Tom Hutchison	M50 TBAC	24.24
64 Vernon Crewe	1M60	24.44
83 Dave Rose	2M60 TBAC	25.37
139 Helen Ball	1L40 Clevedon	27.16
167 Nicky Bromhal	1L50 B&W	27.52

## TBAC Fare Well by the Sea

✎ From David Vaudin

223 Shirley Hume	1L60 RRC	29.20
465 Mark Griffiths	M50 TBAC	34.23
757 Last runner		49.19

Prizes and a free TBAC 2013/14 membership will be awarded to:

### Alex Double

✎ From Dave Coales

Alex Carter and Alex Hill saw off the local opposition to win the Christmas Eve Swindon 5 km Park Run. The race had a festive feel to it with many of the 236 runners including Alex Carter sporting santa hats, however within 200 metres Swindon's Nyle Clinton took up the early pace, Alex Carter threw his santa hat to one side and the race to be Christmas Number One at Swindon was on!

By halfway Alex Carter, Alex Hill and Nyle Clinton had pulled away from the rest of the field. Nyle managed to stay with Alex and Alex until 4 km at which point the Team Bath runners upped the pace and despite home advantage Nyle couldn't respond.

The Alexs crossed the finish line together in 16:05, 9 seconds ahead of Nyle Clinton.

1 Alex Carter	TBAC	16:05
1 Alex Hill	TBAC	16:05
3 Nyle Clinton	Swindon	16:14
6 Dave Coales	1M40 TBAC	16:57
Field 236		

- 1st, 2nd and 3rd men
- 1st and 2nd men over 40
- 1st man over 50
- 1st man under 20
- 1st, 2nd and 3rd lady
- 1st lady over 40
- 1st lady under 20

Note - in the over 20 competition where a runner has a faster average time than a younger runner he/she will be awarded the prize.

For example 2nd fastest over 40 has an average of 18.30; 2nd fastest over 50 has an average of 18.25 - the over 50 will be given the 2nd over 40 prizes.

A prize is awarded to the most improved runner every month.

## What Hangover!

✎ From Dave Coales

The annual New Year's morning running of Weston Hangover 10 km road race soon turned into a battle for second place between Cameron Coetzee of North Somerset, Alan Buckingham and myself with Michael Johnson of Bristol well out in front.

The three of us battled it out over the hilly course made tougher this year by a strong wind blowing in from the Bristol Channel.

We were still locked together with 300 metres to go when Cameron made his move, Alan went with him, but when Cameron kicked for the second time Alan didn't quite have the answer. Alan eventually finished one second behind Cameron in 34:25, I was a further four seconds adrift.

**5K Changes**  
In attempt to make the league more competitive the number of races to count will be reduced to from eight to six for this years running Bath 5K held on the first Tuesday of every month (the under 20 league is already six). This should mean more runners in the reckoning at the end of the year.

As normal the league will be restricted to paid up members of TBAC.

Positions are determined by the best average times.

Ages are as at 1st January 2012.

Try out our TBAC Web Site at [www.teambathac.org](http://www.teambathac.org)



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