

Race Report: Gloucester XC League at Tewkesbury

Running for gold

First place for Team Bath at U11B and Gold at U11B and MV55

Janice Rambridge

It was a testing day at Tewkesbury on Saturday. The weather was not too bad travelling up but it started to snow as the Ladies race started and didn't stop thereafter. The journey back was a bit of an experience. We left for home as early as we could with Paul King still running in awful conditions in the mens senior race. It was not for the faint hearted; the ground was frozen and lumpy and the snow settling on the smoother parts made it very slippery; the senior course was quite long too.

One stand out performance was Rory Howorth's first place in the U11B race, with Jonas Veakins 3rd. Rory also picked up Gold medal in the U11B category for the Gloucester League season, with Jonas the Silver. Another was undoubtedly Paul King who picked up the VM55 Gold medal, a fitting reward not just for his performances and loyalty in the 11/12 Glos XC, but also for his persistence in returning from injury. Ella Veakins was 10th U11G. Rebecca Pierce 2L and 4th in the Ladies senior with Janice Rambridge 2L60. Janice also took the season LV60 Bronze.

Senior Men

1 John Parker CLC Striders	1M	34:43
2 Jeremy Bradley Cheltenham	2M	36:03
3 Dennis Walmsley Bourton RR	1M45	36:32
68 Paul King TBAC	1M55	44:36
120 Roger Beacham Bromsgrove	1M70	65:11

Senior Ladies

1 Amy Chalk Bristol & West	1L35	28:22
2 Gwen Kinsey Stroud & District	2L35	29:17
3 Nicola Whiteman Cheltenham	1L	29:27
4 Rebecca Pierce TBAC	2L	29:37
7 Millie Barnes Worcester	1U20L	30:33
12 Jacqui Phillips Kidderminster	1L40	31:43
19 Helen Ball Clevedon	1L45	32:52
26 Susie Tawney Leamington	1L50	33:57
45 Rosalind Townsend Worcester	1L55	36:29
60 Joan Mason Kenilworth	1L60	46:03
62 Janice Rambridge TBAC	2L60	52:58

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U11B

1 Rory Howorth TBAC	06:26
2 Alexander Grocott Tockington	06:44
3 Jonah Veakins TBAC	06:48

U11G

1 Harriet Emery North Somerset	07:14
2 Bethan Samuel Forest Of Dean	07:18
3 Grace Pitman Cheltenham Harriers	07:21
10 Ella Veakins TBAC	07:48

Track and Field

Alison Phillips

Amazingly, it is already February and the Track and Field season starts in April - this

Series: Input Output: Renee McGregor on nutrition and running

Racing recovery

Another successful session last Sunday 29 January saw the staging of the second Bath Half training workshop run by Martin, Holly and myself, with runners from different local clubs and all abilities turning up. These 20 strong were then further split up into groups of varying pace and distance with TBAC volunteers leading each running group.

Once back each group of runners attended a conditioning workshop with Martin; a short lunch break where we all indulged in amazing cakes made by Holly – my favourite was the chocolate and courgette!

The afternoon session was based around coaching, Holly's experiences as an Elite runner and nutrition aimed at endurance running lead by myself.

The focus of my session was to get runners to think about fuelling before, during and the importance of recovery nutrition after a long run – anything over 60 minutes of continuous running.

Most of us are aware that we need to load up on carbohydrate before a long run or race but few people are aware of the importance of good recovery nutrition; this is even more important if your next training session is less than 12 hours away – think Tuesday night track session followed by Wednesday am training run. However

year we have meets quite early in the calendar, as organisers have tried to keep the middle of the summer clear for the Olympics. Once again this season we hope to see as many Team Bath athletes as possible out competing for their club. Even if you can only manage a couple of meets your contribution is very welcome - last year a dedicated core of competitors did brilliantly and helped our teams secure good results but there is always room for new faces to join them.

Now that the 365 programme is going so well we hope too to see more U13 and U11 competitors trying their hand at events for the first time. A full availability form with details of all league meets will be ready soon, but in the meantime, to help people in planning their diaries, here are

even if your next training session is 24 hours away, what you eat for recovery will have a huge impact on your performance.

Recovery nutrition should ideally begin within 15-30 minutes of finishing your race or session, particularly if you won't be sitting down to your next meal within an hour. Some suggestions include:

- 300-500ml low fat flavoured milk drink
- Banana and fruit yoghurt
- Handful of raisins and nuts
- 2 oatcakes or rice cakes with peanut butter
- Small pot rice pudding
- Bowl of cereal and milk

It is the combination of carbohydrate with a small amount of protein food which will start the muscle recovery process. This should then be followed with a healthy balanced meal: anything from scrambled eggs on toast to jacket potato with salmon and salad.

Next time: Renee discusses hydration.

Renee is a Team Bath club member and Registered Dietitian and Sports Nutritionist at the University of Bath. She can be contacted at renee@eatwellfeelfab.co.uk

the dates we have had confirmed to us so far. If you are keen to compete for Team Bath this season, whether as a returning competitor or a new club member, we would like to hear from you NOW: email team managers Alison Phillips on alinglenn@btinternet.com, or Caroline Howorth on howorths@virginmedia.com with your details, so we can send you a form electronically. We can also help with any queries parents of young athletes have about competing, competitions and what's involved.

If you have been training with Team Bath this season, now is the time to start making your plans for the summer competitions. The point of training for athletics is to improve at your chosen sport. The only way you will know how well you are doing is to test your skills in competition, so come on, have a go this season. Remember: if we don't know you are there, we can't include you in a team. Athletics meets are great fun and a really good way to make friends with even more people who, just like you, love coming training and doing athletics.

League meets for 2012 are detailed below.

Race report: [10k road race at Longleat](#)

Snow at Longleat

First place for Jo

A diluted Team Bath turnout at Sunday's Longleat 10k nevertheless saw two 2nd places among the 1000 plus field.

The hilly course had a start forward of the finish on the long flat drive in front of the house and turning left almost immediately runners then picked up the climb through the forest road to Horningham and back down the drive from the Bath Arms to complete the opening loop.

The second loop passes the maze and runs up through the East Woodlands before returning towards the house and starting the third loop, a repeat of the first, this time to the finish line on the drive.

2:09 organisers had a tricky call to make in the aftermath of Saturday's snowfall



across Britain. In the event the sun came through for the race itself though residual snow cover on the loop one climb through Coppice and Cock Rd meant slightly difficult conditions. Jo Thompson described the course overall as "quite tough".

1	William Christofi	Dauntsey's	35:18	
2	Michael Towler	AVR	35:52	
3	Matthew Young		37:10	
6	Gary Dunstone	Chippm	38:31	1V40
12	Gary Eagle		39:17	1V50
13	David Vaudin	TBAC	39:29	2V50
20	Sian Thomas	Chiltern	40:14	1L
29	Joanna Thompson	TBAC	40:54	1LV50
31	Sue Bawler		41:13	1LV40
67	Mike Hill	TBAC	44:07	
173	Mike Nicholls	TBAC	48:33	
188	Nigel Savory	TBAC	49:21	
392	Ilana Wigfield	TBAC	54:56	
794	Last runner		1:54:57	

This year Longleat is the first race of the new Wiltshire Road Race League, other fixtures being:

- #2 The Devizes 10k
- #3 St Georges 10K - Corsham
- #4 The Highworth 5
- #5 The Bath Hilly 10
- #6 The Springfield 5K - Corsham
- #7 The TBAS 10K - Castle
- #8 The Foxtrot 5 - Broughton Gifford
- #9 The Melksham 10
- #10 The Cricklade Half Marathon
- #11 The Clock Change Challenge 10K - Calne
- #12 The Downton Half Marathon

Running diary

[Check all details](#)

February 2012						
M	T	W	T	F	S	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	1	2	3	4
5	6	7	8	9	10	11

8	Street 5K Series Race 5 rw
12	Dursley dozen rw
12	Bath Run Series 10km rw
19	Brighton Half Marathon rw
19	Cotswold 35.2 rw
19	Easy Runner Tough Ten WsM rw
19	The SMaRTT Smasher 10K rw
26	Skyline 10km rw
26	Slay the Dragon 10K Hinton St George rw
26	The Castle Combe 'Chilly' 10k rw
26	The Terminator Pewsey rw
28	Bridge Inn 5K Bristol rw
March	
4	Devizes 10k rw
4	Priston Mad March Race rw
11	Bath Half Marathon rw
14	Street 5K Series 2011/2012 Race 6 rw
17	Exmoor Coastal Ultra Minehead rw
17	Spirithill Trail 10.5k Run Calne rw
18	Chedworth Roman Trail 10 rw
18	Gloucester 20 Mile RR rw
18	Minchinhampton 10K rw
25	BMAF CC Championships 2012 rw
25	Clock Change Challenge Calne rw

Series: [Sweet spot - TBAC runners recall routes and races](#)

Natural beauty Frank Hilker discusses the Bath Hilly Half

From a time long before I started running regularly, I can recollect some memorable moments such as racing across a rural parish fair in northern Germany or over the iconic suspension bridge of beautiful Lisbon. Still being somewhat a running newbie it's probably way too early to pinpoint my favourite leg but there is one recent race that I enjoyed tremendously, namely the "Bath Hilly Half". It was my very first cross-country experience. The natural beauty of the hills couldn't have provided more amazing scenery, and the views were spectacular throughout. Some

tiny details (like beer at the finish line or singing the National Anthem at the start) lent the event a rather special feel; so special in fact that I didn't even mind the extra 1K arising from a marshalling error. The "hilly" moniker is well deserved: some 1600 feet of ascent and descent make the course a (very) tough one. Oddly enough, though, I seem to enjoy running hills ever since I've started training with TBAC.

The Hilly Half was a new race in 2011 and is distinct from longer-established races such as the Bath Hilly Ten road race — see bathhillyten.co.uk for details

The Bath Plug is the weekly newsheet of Team Bath AC. Copy and comment for publication, questions and corrections to the editor at bath-plugeditor@hotmail.com. An extended version of this paper issue is available online at the Team Bath website teambathac.org

League Meets 2012

Alison Phillips

League meets for 2012 are:

Avon League (under 11s-seniors): April 15/June 10/July 8/August 26. All Sundays, 11.30am start at Yate athletics track

National Young Athletes League (under 13s-under 17s): May 6, Bath; May 20; June 17; July 29. The venues for the later meetings are not finalised yet, and will be notified as soon as they are. A coach is usually available to take the team to these matches. All Sundays, 11.30am start

National Junior Athletes League (under 17s and under 20s only): April 29, Derby; June 24, Avon; July 22, West Wales; August 12, Nottingham. All Sundays from 11am. This is a composite team with other clubs, TeamBath only provide some of the athletes. Transport arrangements to the Midlands matches are still being considered.

Wiltshire Super8 League (under 11s-under 17s): dates and venues for this are still being finalised, the intention is to have four meetings, but at weekends, not midweek as last year

Athletics report: Welsh Championships

Success at Cardiff

Abi Davies

Coached by Nick Brown, Abi Davies, Laura Smith, Katie Geddes (photo below) and Billy Thorpe took part in the Welsh Championships in Cardiff on the 5th February 2012.



After breaking her foot and missing out all of last season Abi finished in 1st position, in her straight final with a PB of 7.94 in the U20WOMEN 60m.

Laura Smith ran 60.87 in her heat and came 3rd in the final with 60.80 of the U20WOMEN 400m.

Katie Geddes also ran the U20WOMEN 400m, and clocking 60.60 in her heat and 61.67 in the final to place 4th.

Billy Thorpe came 3rd in both U20MEN long jump and triple jump with jumps of 5.88m and 11.34m

Race report: parkrun

Killer Coales

Killerton parkrun event number 41

70 participants completed the run today. The first male to finish was David COALES (M) in a time of 00:17:27. The first lady completing the course was Carly AUDRITT (F) in a time of 00:23:20.

1 David COALES TBAC 17:27

[parkrun near you \(from the parkrun site\)](#)

parkrun is a not for profit organisation that helps to organise free weekly timed 5km runs around the country. Our first event was Bushy Park, which started in October 2004 with 13 runners. By the start of 2010 we had almost 30 events up and running around the UK.

All of our runs are 5km . Courses are varied: some are single lap courses, others multi-laps. They are generally not too hilly,

but some have a few bumps. We stay away from roads (and cars), but all are on reasonable surfaces. As far as venues are concerned, they range from urban parks, country parks and seaside promenades to nature reserves, woodland and open fields.

Most events start at 9.00 on Saturday morning. There are events all over the country and more starting all the time . We have tried to make parkrun as easy to take part in as possible. We ask all runners to register in advance of their first run and print out their barcodes then that's it. You will then be able to turn up at whichever event you want, whenever you want. people of all ages and abilities take part in our runs.

Every athlete who has registered with us has their own unique barcode, You should print the barcode, cut it out and take it with you to each parkrun event. All runners are emailed their results whenever they run. The results can also be found on the results page of each event's website, summary statistics can also be found on the main parkrun website. Every runner has a permanent results page (which can be bookmarked) which provides a complete history of all their runs.

Each event runs a yearly points competition which starts from that event's anniversary, and carries through until the week before the anniversary in the next year.

Ray Brigden

A tribute to the retiring editor

It would be remiss of us not to acknowledge the contribution made by the retiring editor Ray Brigden. His own words speak for themselves: "When I printed the very first newsletter on the 1st December 1987 I could never have imagined going on to produce 1143 more 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, mails and a website." Ray will continue to contribute to the Plug including race reports for the monthly 5k.