

The Bath Plug

First published Tuesday 1 December 1987

No. 1374 · 13 July 2017



Kim Bracing the elements to finish second lady in the City to Summit Ultra Duathlon

Event News

Now that's Summit else!

By Simon Brace

1:45am Sunday 2nd July, Simon and Kimberley Brace awoke to start fuelling for the epic challenge that lie ahead. At 4am they joined 172 fellow participants at Edinburgh Castle to embark on the UK's longest duathlon. The race, called City To Summit, comprises a half marathon run from Edinburgh, heading north over the Forth Bridge; then a 112 mile cycle meandering up through the undulating Highlands; and finally a marathon distance run/climb ascending and descending the Summit of Ben Nevis, finishing in Fort William.

As dawn beckoned, the entrants departed their respective lodgings across the city, gradually grouping

as they approached the start, finding safety in packs from the night's revellers who presented drunken obstacles almost as hazardous as the bogs and boulders that would confront them hours later. Some comfort came from seeing the same fear in each other's eyes as they congregated, their minds fixed on the imminent journey they'd trained six months for. Indeed, just contemplating the colossal scale of the race was enough to dry gulping throats of the most seasoned ultra athletes; but had they known how such hideous weather would make it so nightmarishly brutal, many would have aborted immediately to save their bodies (and minds!) for another day.

It was a stunning rainbow framing the Forth Bridge that revealed the impending weather that would transform a tranquil sunrise into the



Simon enjoying a pleasant ride



A slightly fresher Kim at the start of the race



Always cheery Simon descending Ben Nevis

wettest and windiest of days. Torrential rain and relentless headwinds meant that most participants would steadily drop out as they missed successive checkpoint deadlines, with a final cut-off time of midnight (20 hours racing time). Simon would encounter frozen hands during his cycle, making him incapable of gear-change in the final 20 miles; while Kim would experience near-hypothermia during her second run, wet to the bone as daylight gradually faded.

With the winner finishing 3 hours later than expected at 7:33pm, it was no surprise that only another 50 people completed the full journey within time. Surrounded by elite multi sport ultra athletes, Military, and Team GB'ers, Simon and Kim were ecstatic to complete the course - Simon finishing at just gone 9pm in 17hrs, placing him 9th overall; and Kim arriving home at 11:47pm, to place 2nd lady. Simon reflects: "It was immensely rewarding and horribly traumatic in equal measure. The physical and mental scars will take a while to heal. We're now looking forward to some time off training and a few indulgences!"

The couple are raising funds for our local Emergency Air Ambulance that is 100% charity funded – a service that last year saved Kim's Dad's life – see: <https://www.justgiving.com/fundraising/BracesDoCitytoSummit>

Simon and Kim would like to thank all those TBAC'ers who have been so kind to donate; and remind others that it's not too late.

**Fan y big horseshoe (Saturday 8th)
Win for TBAC at Pen y Fan**
By Katrine Svane

This year it was also part of the village fete, which included a range of other events and games, such as the likewise tricky egg-and-spoon



Jim, David and James at Pen y fan

1	Jim Webb	01.14.39
7	James Atkinson	01.22.43
26	David Vaudin	01.31.36 (1st V60)

race. Importantly, there was also a BBQ and a stall with plenty of cake and tea. The dry and mostly overcast weather made the course reasonably quick, although the

The weather was lovely for the Pen y Fan races in the south of Wales this weekend. Saturday's race was a 10.5 mile race with 2200 ft of climb starting from Llanfrynacn.



Jim on his way to the win!

temperature was a bit on the warm side. Jim Webb made a convincing victory, finishing 6 minutes before the second runner, and won a bottle of wine which was opened in the marquee shortly after the prize ceremony. James Atkinson made an impressive sprint at the end to finish 7th overall, though with the same recorded time as the 6th runner. David Vaudin was first V60 and likewise won a bottle of wine, but was beaten by his younger brother. Together the team finished second behind Serpentine.

Sunday's race was a shorter 3.5 miles race with 2000 ft ascent, and, as it was also part of the Welsh Fell Running Association Championship, Jim was up against many runners who had turned up with well-rested legs. He made a good effort on the first part of the climb but had to acknowledge the tiredness from the previous day and slow down on the last bit, making a gentle descent (apart from a spectacular crash just before the finish) to finish 6th overall.

10 July

Avon League Success!

By Di Viles

TeamBath athletes took part in the first Avon League match of the season on Sunday at Yate and came back with some superb results despite a depleted tea, due to English Schools duties and injuries. A computer glitch means the final team result won't be known for some days, the Club finished either first or second in a very close finish.

Two athletes stood out with a hat trick of wins: Sarah Long proved unbeatable in the Senior Women's 100 m in 13.0, the 400 m in 62.0 and the long jump with 4.51, whilst Femi Akimbobola also won his three events in the U/17 men's events in the 100 m in 11.6, the 200 m in 23.3 and the 100 m hurdles in 15.1. Maximum points were scored in the U/15 girls 75 m hurdles by Tabitha Gallen and Mia Bates in 11.9 and 12.0, whilst Jenna Blundell, in her first competition back after a long lay off due to injury, and Anna Murray did the same in the U/17 women's 80 m hurdles in 12.0 and 12.3. They then reversed the order in the 100 m with Anna taking first place in 13.2 with Jenna second in 12.5. Keeping

it in the family, Anna's little brother Dominic won the U/13 boys 75 m hurdles in 14.4. Another family act saw Ben Game win his heat of the U/15 boys 100 m in 12.4 whilst little brother Luke won his heat in the U/13 race in 14.4. Filip Oczko ensured maximum points in the U/15 boys race winning the other heat in 12.1. First three places in the U/17 men's shot went to Jonathan Evans with 10.78, Sami Etherdene with 10.58 and Rob Jed with 10.45. Also in the field, Caitlin Mander and Eleni Francis both jumped 4.00 in the U/13 girls long jump for maximum points whilst back on the track, Eleanor Webster and India Ibbotson did the double in the U/15 girls 300 m in 44.1 and 44.9.

Other A winners were Clara Newcastle in the U/13 girls 1200 m in 4.03.9, James Gordon in the U/15 Boys 880 m in 2.11.3, Themis Bower in the senior men's 800 m in 2.02.8, Otto Copping in the U/17 men's 800 m in 2.04.3, Fern Dashon in the U/13 girls javelin with 20.81, Robyn Ellison in the U/17 women's long jump with 4.89, Kiran Carter in the U/15 boys high jump with 1.55 and a stunning debut for the club in the triple jump from Luke Scott with 12.30.

Other B winners/ second places went to Joseph Keane (U/17 men's 100 m in 11.8 and 200 m in 24.2), Joel Mattacks (U/17 men's 100 m hurdles in 19.1), Eleanor Webster (U/15 girls long jump with 4.55), Jack Bardzil (U/17 men's triple jump with 11.86), Adam Gordon (SM 200 m in 23.5), Byron Mander (uU/13 boys discus with 16 m30) and Jonathan Evans (U/17 men's high jump with 1.55).

Special thanks to those who came back from English Schools the previous day and competed again on the Sunday. That is dedication for you.

Bristol Half Marathon

By Mark Thomas

Entries for the Bristol Half Marathon on Sunday 17th September are now open. The cost is £39 per person. If we can get 20 or more runners to enter then we can get a club discount bringing the cost down to £31.20 per person. Will you please

let me know if you are interested in this and I will look into bulk buying entries.

Mark Thomas

mt-tbac@hotmail.com

Revised! Running Bath 5k Time trial, Tuesday 4th July

There was a rare mistake in the results previously published for the July 5km TT. Here are the corrected results. Good running all, especially Ella Treby who broke the age 12 record by 1min 16 secs that was held by Maddie Awan!

Josh Taylor	16.58
James Donald	17.17
Luke Sturgess Durden	17.21
Sean Barry (U20)	17.46
Steve Rose	17.55
Josh McHale (U20)	18.10
Luke Scott	18.17
Ian Dunning	18.30
Mark Macintosh	18.36
Ben Gifford	18.51
Niall Urquhart	18.55
Stuart Henderson	19.11
James Taylor	19.13
Dave Gunstone	20.11
Ella Treby (U13)	20.51
Malcolm Treby	20.52
Tom Hutchinson	20.54
Paul Taylor	21.54
Helen Alvis	21.55
Nicola Cracknell	22.02
Richard Roberts	22.20
Helen Seymour	25.41
Keith Jones	26.10
Ray Brigden	32.45

News: Long Jump Training

By Di Viles

Long jump training at the Club is changing

The Club has a new dedicated long jump coach for the first time in several years. Toby Parkes is taking over the role of long jump coach very shortly. Many of you may know Toby as a 365 coach but he will be taking long jump sessions for most of the long jumpers. The sessions will run from 7pm to 8pm. A small number of elite long jumpers will stay with me and will train from 6pm to 7pm. This means that all long jumpers will get an hour session and it means both Toby and myself will be able to spend more time with each individual athlete. Toby was himself a top class long jumper and

hurdler and has studied long jump under a number of top class coaches including Paul Weston so the long jumpers will be in good hands.

The triple jumpers will carry on as before.

If anyone has any queries, please come and see me.

The Racing Calendar

July

16 Run the River Bath 7.5/15/22.5k
16 Frome 5k/10k/HM
18 Bristol and West AC Open
22 Bristol and West AC Fast 5000
23 Bath running festival
30 Avon League, Gloucester

August

1 Tues RunningBath 5k 7pm
4 Westonbirt House 10k
6 Gloucester City Marathon
9 Bitton 5k summer series
13 Avon League, Yate
15 Warmley Forest Sunset 5k
20 Bath Two Tunnels 5/10/HM/M/50
20 Trowbridge 10k
20 SW Championships, Exeter
27 Severn Bridge half marathon



Rory Howorth (top) and Jade Littlechild (bottom) in action at English Schools National Championships

September

2 Malmesbury 10k
3 Cardiff 10k
5 Tues RunningBath 5k 7pm
8 Cheddar Gorge Sunset 6k/10k
10 Chippenham HM
10 Avon League, Yate
10 New Forest 5k/10k/HM/M
10 Cheddar Gorge Challenge
17 Melksham 10k
17 Bristol HM
23 Midland Road Relays
24 Berlin Marathon

October

1 Cardiff HM
1 Dyrham park 5k/10k
1 Mud Bath 2.5/6/10k
1 Cricklade 10k/HM
3 Tues Running Bath 5k 7pm
14 Gloucester league XC
14 Gwent league XC, Cardiff
15 Grittleton 10k
22 Stroud HM
28 Warmley Forest Park 5k/10k
29 Shepton Mallet 10k

November

4 Gloucester League XC
4 National XC relays, Mansfield
5 Over the Hills 12k
7 Tues RunningBath 5k 7pm
11 Avon Valley Railway 4k/10k
11 Gwent League XC, Brecon
12 Sodbury Slog
19 Bath Skyline 5k/10k
19 Castle Combe Chilly 10k