

The Bath Plug

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Anna Burt in action in 800m at Cardiff Met GP3 Non Thomas Open, before a quick last lap to run away with the win and South West Champion. Plus inset John Howorth in a competitive 1500m that saw him break 4mins for the first time.

Trevor Davis, Top Indoor Performances & England Masters Selection

By Thomas Davies

We sadly report news of Trevor Davis' passing away this week, and a further tribute to Trevor will appear in next week's issue of the Bath Plug. Our sincere condolences go to his friends and family.

Indoor results reported in this issue covers action from across the last two weekends, including Welsh Champs, London Champs, and the latest Cardiff Met Grand Prix meeting. At the latter fixture, TBAC athletes collected 3 gold and 3 silver South West Championships medals. Highlights including gold (TJ) and

silver (LJ) for Robyn Ellison, gold for Anna Burt (800m) with a performance currently ranked top 3 in UK, and gold for John Howorth in the 1500m (taking 5s off his PB(!), breaking 4mins, & now currently ranked 1 U20 in UK).

On the roads Mike Dooley qualified for an England Masters vest by finishing 1st V50 at the Chichester Priory 10K, in an excellent 34:23.

Trevor Davis

By Di Viles

It is with great sadness that I have to report the death of another mainstay of the Club from its early days. Trevor Davis died on Friday at the RUH with his family by his bedside.

Trevor, and his wife Mary, were the mainstay of the club in the early

days at Percy Boys Club and Beechen Cliff School. Our club would not exist without their tireless fund raising efforts in the early years.

The funeral will take place at Haycombe Cemetary on Thursday 15th February at 1.45 and afterwards at the Boathouse at Newbridge to which all are welcome. No flowers but Mary' chosen charity is Cancer Research.

Cardiff Met Grand Prix Non Thomas Open 04 Feb 18

By Caroline Howorth

Several Team Bath athletes made the trip to compete at the Cardiff Met

Grand Prix Non Thomas Open meeting which incorporated the South West championships. There were 3 gold and 3 silver medal performances in the South West championships and many personal best performances set on the day.

Robyn Ellison had a fantastic day, coming away with a gold and silver in the triple jump and long jump. Robyn finished 5th overall in the triple jump competition with 10.31m and finished 1st in the South West championships, taking the gold. She went on to take silver in the South West champs in the long jump with 4.92m.

Anna Burt was competing in her first 800m of the indoor season and dominated the race, finishing with a season's best time of 2:09.78, taking gold in the South West champs. Anna's time currently ranks her 3rd in the UK.

Will Stockley had a great run in his heat of the 800m, knocking 6 seconds of his season's best, and winning his heat in a time of 1:57.53 (just outside of his PB) and took silver in the South West championships. Themis Bower finished 5th in the same heat with a season's best of 2:04.95. Ellery Cole (under 17), finished 2nd in heat 1 of the 800m with a PB of 2:05.91.

Rory Howorth and Will Scammell stepped up to the under 20 age group and competed in the open long jump competition which incorporated the south west championships and came away with gold and silver. Rory finished 2nd overall with 6.41m, 2 cm outside of his PB and took gold in the south west competition lifting him to 8th in the UK rankings. Will Scammell, competing in his first indoor competition of the season, finished 10th overall with 5.71m and took silver behind Rory in the South West champs. Rory also competed in the high jump open competition where he finished 3rd overall with 1.75m.

The outstanding performance of the day went to John Howorth, who was competing in his first 1500m of the season. Competing in the first heat, John finished in 5th position overall in a highly competitive race and



Rory Howorth (1) and Will Scammell (2) on the podium at Cardiff Met GP3, claiming South West Indoor Championships U20 medals.

broke 4 minutes for the first time, setting a 5 second PB of 3:57.06. John was first under 20 and his time currently ranks him 1st in the UK.

In the 60m sprints, Delano Stewart set a seasons' best of 7.61 finishing 3rd in his heat. Jonny Evans (under 17) was 5th in the same heat and set a PB of 7.66. In heat 5, Will Scammell and Joseph Keane (both under 17s), competing for the first time over 60m finished 5th and 6th respectively with the same time of 7.59 seconds. Joseph Keane also competed in the 200m and set a new indoor PB of 25.09 seconds. Abi Davies finished 7th in her heat of the senior women's 60m with a time of 7.98.

Craig Bridges set a season's best of 4:53.08 in heat 2 of the senior men's 1500m. Rebecca Pierce finished 6th overall in the senior women's 1500m, setting a new indoor PB of 4:51.11. Louise Jeffries set a season's best of 5:46.72 in the same race.

Rebecca was also in action in the senior women's 400m winning her heat with India Ibbotson, who is a first year under 17 finishing in 2nd place.

Chichester Priory 10K 04 Feb 18

By Mike Dooley

Delighted to have been selected to

run as an England Vet (V50) - by competing at a windy (and freezing) England Athletics Chichester 10K qualifier in a time of 34 mins 23 secs - the 6 Nations 10K is in Birmingham in May - Guy Woods also qualified.

Results

Chichester Priory 10K

04 Feb 18

1 Richard Allen (AFD)	29:45
34 Mike Dooley (1V50)	34:23

Cardiff Met GP3 Non Thomas Open - 04 Feb 18

60m SM h2

3 Delano Stewart (U20)	7.61
5 Jonny Evans (U17)	7.66 PB

60m SM h5

5 William Scammell (U17)	7.59 PB
6 Joseph Keane (U17)	7.59 PB

60m SW h1

5 Sophie Kamlish T44 (U23)	8.53 PB
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60m SW h2

6 Daphne Schrage T35/F35 (U20)	10.59
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200m SM 5

4 Joseph Keane (U17)	25.09
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400m SM 4

3 James Ellis	55.77 PB
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400m SW 7

1 Rebecca Pierce	65.61
2 India Ibbotson (U17)	65.71 PB

800m SM 1
2 Ellery Cole (U17) 02:05.91 PB

800m SM 2
1 Will Stockley (U20) 01:57.53 (2 SW-U20)
5 Themis Bower (U20) 02:04.95

800m SW 2
1 Anna Burt (U20) 02:09.78 (1 SW-U20)

1500m SM 1
5 John Howorth (U20) 03:57.06 PB

1500m SM 2
6 Craig Bridges 04:53.08

1500m SW
6 Rebecca Pierce 04:51.11
12 Louise Jeffries (V55) 05:46.72

HJ SM
3 Rory Howorth (U17) 1.75

LJ SM
2 Rory Howorth (U17) 6.41 (1 SW-U20)
10 William Scammell (U17) 5.71 (2 SW-U20)

LJ SW
12 Robyn Ellison (U20) 4.92 (2 SW-U20)

TJ SW
5 Robyn Ellison (U20) 10.31 (1 SW-U20)

Welsh Athletics Senior Championships - 28 Jan 18

800m SM
4 John Howorth 01:57.78
5 Robert Howorth 01:59.17

800m SM H1
2 John Howorth 01:55.82
4 Robert Howorth 01:56.98

Midland Counties Open Series – 27/28 Jan 18

60m U17 1.1
2 Femi Akinbobola 7.47

60m U17 2.1
4 Femi Akinbobola 7.43

HJ SX B
4 Kiran Carter (U15) 1.66

London SEN & U20 Champs, Lee Valley - 28 Jan 18

60m U20M 1.6
3 Jake Burkey 7.37

60m U20M 1.7
4 Sam Roberts 7.65

60m U20M 2.8
2 Sam Roberts 7.67

200m U20M 7
3 Jonny Evans (U17) 24.94

400m U20M 2
3 Rory Howorth (U17) 51.54

400m U20M 5
6 Jonny Evans (U17) 56.4

60HW SW 1.3
3 Jenna Blundell 9.08

60HW SW 2.3
4 Jenna Blundell 9.13

LJ U20M
2 Jake Burkey 6.62

Parkrun 03 Feb 18

Bath Skyline parkrun
1 Elias VUORINEN 00:17:27
2 Eliot BALL 00:18:02
3 Simon BRACE 00:18:16
5 Luke STURGESS-DURDEN 00:19:02
10 Tim HILL 00:20:12
31 Paul HENAGHAN 00:22:52
35 Nigel OSBORNE 00:23:06
39 Nick PARRY 00:23:53
81 Edward FEIL 00:26:30
135 Tom HUTCHISON 00:29:22
259 Michael STANLEY 00:53:39

Luton Wardown parkrun
61 Leah DEVERICK (10F) 00:25:30

Rickmansworth parkrun
2 Chris MOLLOY 00:17:18

Southwick Country parkrun
22 Oli WELBOURN 00:21:18

Pomphrey Hill parkrun
5 James TRAVERS 00:19:55

Cirencester parkrun
7 Stuart HENDERSON 00:20:59

The Racing Calendar

February
3 Avon Valley Railway 4k/10k
4 Cardiff Uni Open Grand Prix
4 Lungbuster Royal Wootton Bassett
6 Tues RunningBath 5k 7pm
10 Bath Skyline Night Run
10 Gwent League XC
11 Dursley Dozen
11 Bath Skyline 5k/10k
11 Wiltshire 10
11 Cotswold races, Cheltenham
11 Humdinger Half and Hurtle
17 Gloucester League XC
17/18 Welsh Athletics Junior Champ



Robyn Ellison in flight during the Cardiff Met GP3 and on way to two medals - gold in triple jump and silver in the long jump.

The Bath Plug is the weekly magazine of Team Bath AC. Copy and comment for publication, questions and corrections to the editor at bathplug.editor@gmail.com. Notify the editor of expected copy the week before. Copy to the editor by Wednesday 18.00 for inclusion. Available online at teambathac.org.

18 Wells HM
18 River Avon Trail 6k/10k
18 Two Tunnels 10k
24 National XC Championships
24 Back to Black Bristol 5/10k
24 Athletics Direct Midlands
Championships
25 Two Bays Tough 10
25 The Terminator 12M
25 Brimingham Games Open

March

3 Gwent League XC
3 Railway River Run 6k/11k
4 Bath Half
6 Tues RunningBath 5k 7pm
11 Aspire 5M

11 Imber Ultra
11 The big cheese 15m, Cheddar
17 Mark Cawte Memorial Open
Meeting
17/18 Midland Open Meeting
17 Midlands Road Relays
18 Forest of Dean HM
24 Walcot Whopper 10k
25 Yeovil HM
30 Good Friday 10M Chippenham

April

1 Hanham Horror
2 Yeovilton Easter Bunny 10k
8 Devizes HM
8 Old Down Estate 5k/10k
15 Chedworth Roman Trail 10m

22 London Marathon
22 Corsham 10K
22 Cattle Country 5k/10k

May

6 Great Birmingham 10K (6Nations
Masters)
6 Trowbridge 5K
13 Great Bristol 10K
13 Wiltshire T&F Champs

June

9-10 Welsh Castles Relay