The official magazine of Team Bath Athletic Club

The Bath Plug

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Gabriella Holt throwing the hammer at TBAC Fieldfest on Sunday.

TBAC FieldFest

By Di Viles

Over 150 athletes competed at the sixth annual Fieldfest Meeting at Bath on Sunday, although a number of entrants withdrew due to the atrocious weather. Despite the adverse conditions, there were some very close contests, none more so than the long jump where TBAC's Jake Burkey took on Bristol's Simon Hamman and both finished with an identical leap of 6m49, Jake winning on a superior second jump. There was also a close contest between TBAC's Rory Howorth and Jude Brotherwood in the high jump with both athletes clearing 1m80, an outdoor PB for Rory and absolute PB for Jude, with Rory winning on countback. Other notable performances for TBAC came from Keelan Tucker who won the javelin B with a new PB and a new weight javelin with 30m89. Ben Game produced one of the few personal bests of the day, finishing second in the long jump B with 5m10, Jack Bardzil won the triple jump B with 11m79 with Joseph Keane adding over a metre to his PB to finish second with 11m66, Felix Vaughan produced a new PB in the hammer with 31m95, Robyn Ellison was close to her PB in the long jump with 5m06 and triple jump of 10m29, there was a close battle in the middle of the field between TBAC's Ebony Hammond and Eleni Francis in the U/15 girls long jump with both girls clearing 4m42, Ebony having the better second jump and it was good to see a TBAC pole vaulter with Theo Harper clearing 2m30 in the pole vault.

Among the visiting athletes, the outstanding performance came from Craig Murch from Rugby and Northampton in the hammer with a huge throw of 64m53, and there were excellent performances from Jason Copsey from Cardiff in the javelin with 58m09, whilst at the other end of the age scale, the UK's top U/13 girl javelin thrower, Hannah Lewington, from Swindon threw 34m49, whilst the SW No 1 U/15 girls long jumper, Lydia Smith from Taunton, jumped 5m20 and Mark Plowman from Yeovil had a superb throw in the discus of 51m07.

It was good to see a number of the Club's young athletes competing, some for the first time, and hopefully it bodes well for the YDL league season, which kicks off on Saturday at Swansea.

Becci Ousby (left) and Ebony Hammond (right) in the long jump at Fieldfest.

County Championships

By Di Viles

Please remember to enter your respective County Championships: Avon, Wiltshire, Somerset and Gloucestershire all have the details on their websites and the programme is out for the Avon/Yate/Bristol Open Meeting next Wednesday evening on the Avon website.

One good piece of County Championship news is that Wiltshire have, for the first time, had a separate U/20 age group in the championships, so all you U/20 athletes, get entered, you don't have to compete as a senior this year!

Edith Mattacks at TBAC Fieldfest

Marathon news

By Thomas Davies

Congratulations to Mike Dooley and Tom Hutchison who were the two TBAC athletes in marathon action last weekend. Mike ran 2:42:26 for 1st V50 at Brighton Marathon [That time would have been 5th fastest UK V50 in 2017, and is currently the fastest V50 marathon time of the year so far]. Meanwhile in Boston Tom Hutchison ran 03:49:59 in the appalling conditions. A brief report stolen from facebook: "I wanted 3.18. However you dont get that on 30 miles a week training. Conditions were also vile. Non stop rain just a degree over freezing with intermittent downpours and gusting winds mostly in the face. Ended up in the medical tent with a temperature of 34 in spite of running in leggings and an OMM top beenie and gloves. See you all soon for more of the same. Tom". Great efforts from both Mike and Tom!

Many TBAC are preparing for London on Sunday - so good luck to everyone and look out for plenty of post-London news in next week's Plug!

Talks at Bath Uni

By Mark Thomas

Please find attached a flyer [last page of the Plug] for a couple of open free talks at the University. Sounds interesting, unfortunately it is on a Thursday evening, though the organiser is hoping to get permission to film the talks so that they are available for all to watch later.

Results

Brighton Marathon

1	Stuart Hawkes (Tipton, V40)	02:22:33
31	Mike Dooley (1V50)	02:42:26

Boston Marathon

1	Yuki Kawauchi (JPN)	02:15:58
13371	Tom Hutchison (197V60)	03:49:59

TBAC FieldFest – 15 Apr 18

HJ SX A

1	Rory Howorth (U17M)	1.80
2	Jude Brotherwood (U20M)	1.80 PB
6	FRASER RUSSELL (U20M)	1.65
7	LUCAS REGAZZO (SENM)	1.65
10	Renee Jelf (U20W)	1.55

HJ SX B

3	Megan Davis (U20W)	1.50 PB
4	IMOGEN LEAKLEY (U15W)	1.45
11	Caitlin Mander (U15W)	1.30 PB
12	Andrew Slater (U15M)	1.25 PB

LJ SX A

1	Jake Burkey (U20M)	6.49
4	FRASER RUSSELL (U20M)	6.03
6	William Scammell (U17M)	5.39
7	Kiran Carter (U15M)	5.31
11	James Chadwick (U20M)	5.15
13	Robyn Ellison (U20W)	5.06

LJ SX B

2	Benjamin Game (U17M)	5.10 PB
8	BECCI OUSBY (U20W)	4.63
11	Ebony Hammond (U15W)	4.42
12	Eleni Francis (U15W)	4.42
16	Caitlin Mander (U15W)	4.09
21	Andrew Slater (U15M)	3.88
24	MATTHEW SLATER (U13M)	3.80
26	MILLIE HOLT (U15W)	3.75
30	Byron Mander (U13M)	2.92 PB

TJ SX B

1	Jack Bardzil (U20M)	11.79
2	Joseph Keane (U17M)	11.66 PB
3	Robyn Ellison (U20W)	10.29
5	BECCI OUSBY (U20W)	9.62

SP4K SX B

6	Jenna Blundell (U20W)	7.84
9	Andrew Slater (U15M)	6.83 PB

SP3K U17X B

14	Caitlin Mander (U15W)	6.33 PB
15	Byron Mander (U13M)	6.04 PB
17	Edith Mattacks (U15W)	4.43 PB

SP3K SW A

1	Sophie Harrison (U15W)	8.49

DT1K SX B

6	Byron Mander (U13M)	13.92

HT7.26K SM B

1	Felix Vaughan (U23M)	31.95 PB

HT4K SX A

8	Gabriella Holt (U20W)	39.51
7	OLIVER HAYWARD (U20M)	33.63

JT800 SM B

1	Felix Vaughan (U23M)	24.18

JT700 U17M A

2	RORY HOWORTH (U17M)	39.1

JT700 U17M B

1	Keelan Tucker (U17M)	30.89 PB
2	THEO HARPER (U17M)	27.7

JT500 U17W B

2	STELLA HARPER (U17W)	27.76
8	Sophie Harrison (U15W)	18.55
9	Edith Mattacks (U15W)	9.16 PB

Parkrun – 07 Apr 18

Bath Skyline parkrun

3	James DONALD	00:17:15
4	Alex PARSONS	00:17:40
8	Andrew KNIGHTLY	00:19:06
10	Mark MACKINTOSH	00:19:19
37	Ella TREBY (2F)	00:21:35
45	Nigel OSBORNE	00:22:06
83	Leah DEVERICK (8F)	00:24:10
103	Michael CHARLTON	00:25:01
131	Sue BRIGDEN (20F)	00:26:24
166	Pat ROGERS	00:28:05
218	Lottie TREBY (51F)	00:30:19
219	Malcolm TREBY	00:30:19
304	Janice RAMBRIDGE (108F)	00:35:43

Southampton parkrun

905	Michael STANLEY	00:38:23

Swindon parkrun

2	Justin DAVIES	00:17:35

Walsall Arboretum parkrun

42	Nicola CRACKNELL (4F)	00:22:06

Eastville parkrun

34	Fiona BLACKMORE (4F)	00:20:21

Southwick Country parkrun

1	Guy WOODS	00:17:16
9	Nick PARRY	00:20:08
112	Keith JONES	00:26:33

Chippenham parkrun

2	Robert HOWORTH	00:18:29

Porthcawl parkrun

51	Katie ROBINSON (4F)	00:22:46

Clare Castle parkrun

74	Marcus FIELD-RAYNER	00:33:46

Mount Edgcumbe parkrun

4	Stuart HENDERSON	00:21:09

Melksham parkrun

4	Alex COPPING	00:19:14

Jamaica Pond parkrun

57	Tom HUTCHISON	00:22:27

The Racing Calendar

April
21 YDL Lower Age Group
21-22 Bill Whistlecroft Festival, Yeovil Open
22 London Marathon
22 Corsham 10K
22 Cattle Country 5k/10k
25 Filton Flyer 5K

May
1 Tues RunningBath 5K 7pm
3 Mendip AC Open Meeting
6 Glastonbury Road Run
6 Great Birmingham 10K (6Nations Masters)
6 Trowbridge 5K
6 Two Tunnels races
12 Avon County Champs, Yate
13 Wilts County Champs, Tidworth
13 Great Bristol 10K
13 Wiltshire T&F Champs
13 Barton Stacey 10K
19 YDL Lower Age Group
24 Mendip AC Open Meeting
29 Filton Flyer 5K

June
5 Tues RunningBath 5K 7pm
9-10 Welsh Castles Relay
17 YDL Lower Age Group
20 Chippenham Longest Day 10K
21 Mendip AC Open Meeting
23 Night of Fast 5000s, Yate
26 Filton Flyer 5K
30 Cotswold Way Relay

July
1 Avon League
15 Avon League
15 British 10K
21 YDL Lower Age Group
22 SW Inter Counties, Exeter
22 Colerne 5

August
12 Avon League
19 Trowbridge 10K

September
2 Cardiff 10K
9 Avon League
9 Chippenham Half
16 Foxtrot 5
23 Bristol 10K

October
7 Cardiff Half
7 Oxford Half

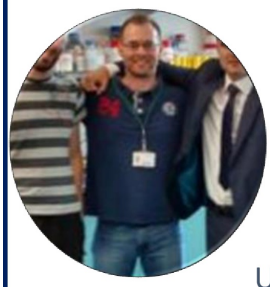
Endurance and Resistance Exercise: Friends or Foes

Seasoned athlete, regular exerciser, or looking to start exercising?

Come along to hear the latest research and practical tips on how to best combine your endurance and resistance exercise.

Talk 1: Optimising Concurrent Endurance and Resistance Exercise

Dr Lee Hamilton, University of Stirling



Thursday 26th April

18.30 – 20.30 hrs

Location:
Room 1.1, 8 West,
University of Bath, BA2 7AY

Talk 2: Food for Thought: Fueling Endurance and Resistance Exercise

Dr Sam Impey, University of Birmingham,
Team Wiggins Nutritionist and Exercise Physiologist

Find out more information and register your ***FREE attendance*** on:

https://enduranceandresistanceexercise-friendsorfoes.eventbrite.co.uk

Department for Health | UNIVERSITY OF BATH

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