

The Bath Plug

First published Tuesday 1 December 1987

No. 1423 · 28 Jun 2018



Ben (left) and Luke (right) Game competing in the long jump at the Avon Open Meeting on 20th June. Ben finishing 4th (1st junior) and Luke 6th (with a PB).

Avon Open Meeting

By Di Viles

A number of Team Bath AC athletes attended the 3rd Avon Open Meeting at Yate last Wednesday. The events all had mixed age categories so positions are less important than times and distances. In the U/15 girls age group, Caitlin Mander was 4th in her heat of the 100m in 14.25, 5th in her heat of the 200m in 31.26 (4th U/15G) and 6th in the long jump with 4m34 (3rd U/15G, whilst Keelan Tucker tackled unfamiliar events for him, recording 13.18 in the U/17 100m for second place, 26.52 in the 200m for 5th (4th U/17) and winning the discus with 22m32. Eleni Francis ran the 200m in 28.78 for 3rd place (2nd U/15) and jumped 4m47 in the long jump for 4th (2nd U/15). The only track winner on the night was Alex

Parsons who won the 3000m in 9.15.30. Joel Mattacks ran 25.35 to finish 3rd (2nd U/17) in the 200m, Louise Jeffries ran 78.75 in the 400m to finish 5th (1st VW/55) and the Game brothers both did long jump with Ben jumping 5m61 to finish 4th behind 3 seniors and Luke recording a PB jumping 4m20 to finish 6th (2nd U/15B).

Bristol & West Fast 5000s

By Thomas Davies

I went into this 5000m race at Yate very unsure of my fitness and what to target. I've had a couple of good weeks of training, and seem to finally be getting over recent injuries, but only one real session at the Club on Tuesday on which to gauge where I might be. Last week I asked

to drop into the 16:30 'C' race (my ambitious target back in March had been 15:50!), and my plan was to start at 80s laps (16:40 pace) and see how it goes. I stayed near the back of the pack (8th) behind the pacer, but was comfortable on the early laps. As soon as gaps started opening up, I started paying more attention, and drifted past anyone that was slowing to keep up with the pacing. With 4 laps to go I still felt strong had worked my way up to 3rd, just by holding the same pace. It was starting to feel tough now, and I was now running on my own about 20m behind the leader, but I think I'd judged my pacing very well, so had enough to hold on to the pace, plus a slightly quicker final lap to get me in at 16:26.

Very pleased to be back in some shape, and to feel like I've actually had a decent race, which has been



Elliott Chard & Louise Jeffries in action at the Avon Open Meeting at Yate.

rare this year. I was using it to see where my baseline was, but to be only 11s off my PB already, gives me confidence I can beat that over the coming months if I can get some decent training in.

Bristol & West put on a great event: very well organised, great support on the home straight, and the pacers did an excellent job. Its excellent having good quality distance track races within easy reach of Bath, and i'll definitely target this again next year.

RunningBath 5K Timetrial

Standings for the 5K League are posted at the end of the Plug.

Calendar

June

26 Filton Flyer 5K
27 TBAC Open Meeting
30 Cotswold Way Relay

July

1 Avon League
14 Bishops Cannings 5K
15 Avon League
15 British 10K

18 Chippenham River Run
21 YDL Lower Age Group
22 SW Inter Counties, Exeter
22 Colerne 5

August

12 Avon League
19 Trowbridge 10K
26 Cleeve 5K Road Relays

September

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

October

7 Cardiff Half
7 Oxford Half



Bristol & West AC Night of Fast 5000s. Tom Davies in the 5000 C race.

Results

Bristol & West Fast 5000s 23 Jun 18

5000m SX 3

2 Thomas Davies 16:26.47

5000m SX 7

9 Tom Burgess (V65) 22:56.95 PB

Chippenham Longest Day 10K – 20 Jun 18

1 Simon Nott (Calne) 32:31.4

20 Stephanie Lane (1F, Bourton) 40:11.0

42 Paul Griffiths (3V50) 42:31.5

143 Nick Kingwell (37V40) 48:34.1

292 Keith Jones (2V70) 54:58.8

Swansea Half 24 Jun 18

1 Matt Clowes (Cardiff) 1:04:43

9 Tracey Barlow (Thames V) 1:13:51

10 Dan Jones 1:13:56

78 Stephen Rose (17V40) 1:24:05

297 Jenny Creed (23F) 1:34:22

289 Owen Davies 1:34.25

Lee Valley Sprint Open 20 Jun 18

100m SX 1.10

4 Delano Stewart (U20M) 12.08

100mH U18W 1

1 Jenna Blundell (U20W) 14.28

100mH U18W 2

1 Jenna Blundell (U20W) 14.36

Avon Open Meet, Yate 20 Jun 18

75m U15X 1

5 Jorja Tucker (U11G) 12.14 PB

100m SX 3

4 Caitlin Mander (U15G) 14.26

100m SX 6

2 Keelan Tucker (U17M) 13.18 PB

200m SM

3 Joel Mattacks (U17M) 25.38 PB

5 Keelan Tucker (U17M) 26.82 PB

200m U17W

3 Eleni Francis (U15G) 28.78

5 Caitlin Mander (U15G) 31.26

400m SW

5 Louise Jeffries (V55) 78.75

600m U15W

4 Jorja Tucker (U11G) 2:13.52 PB

1500m SX 1

2 Elliott Chard (U23M) 4:19.08

3000m SX 1

1 Alex Parsons (U17M) 9:15.30

LJ SM

4 Benjamin Game (U17M) 5.61

6 Luke Game (U15M) 4.20 PB

LJ U20W

4 Eleni Francis (U15G) 4.47

6 Caitlin Mander (U15G) 4.37

DT1.5K U17M

1 Keelan Tucker (U17M) 22.32 PB

Parkrun – 23 Jun 18

Cardiff parkrun

10 Stuart HENDERSON 00:17:39

Cannock Chase parkrun

93 Leah DEVERICK 00:24:40

Bath Skyline parkrun

2 Alex PARSONS 00:16:54

4 Mike DOOLEY 00:17:49

7 Mark MACKINTOSH 00:18:56

12 Nick PARRY 00:19:44

18 Ella TREBY (1F) 00:20:25

20 Malcolm TREBY 00:20:26

43 Jo THOMPSON (3F) 00:22:09

64 Mark IRELAND 00:23:42

89 Owen DAVIES 00:25:26

101 Rhys CROW 00:25:51

140 Colin HITCHIN 00:27:39

141 Sophie TREBY (28F) 00:27:44

153 Pat ROGERS 00:27:57

268 Janice RAMBRIDGE (91F) 00:35:28

280 Michael STANLEY 00:37:13

Salisbury parkrun

56 Nicola CRACKNELL (7F) 00:22:56

Melksham parkrun

9 Caitlin WOSIKA (1F) 00:21:11

Witney parkrun

4 Chris MILBOURNE 00:20:08

Clapham Common parkrun

3 James DONALD 00:17:39

131 Helen ALVIS (13F) 00:23:18

Street parkrun

72 Nigel OSBORNE 00:28:38

RunningBath 5K Timetrial – League standings to June 2018

		02/01/2018	06/02/2018	06/03/2018	03/04/2018	01/05/2018	05/06/2018	Average
1 Elias Vuorinen			16:46					16:46
2 Veikka Vaananen				17:00		16:36		16:48
3 Mike Dooley		17:10	16:54	16:55				17:00
4 Josh Taylor		17:31	16:52	16:45	17:06			17:04
5 James Donald			17:18	16:41	17:09	17:30	17:15	17:11
6 Steve Rose		17:53	17:26	17:14				17:31
7 Luke Sturgess-Durden			17:59	17:45		17:24		17:43
8 Josh McHale							17:52	17:52
9 Simon Brace		18:14	17:41	17:52			17:47	17:54
10 Ian Downing						18:25		18:25
11 Niall Urquhart			18:40					18:40
12 Andrew Knightly				18:43				18:43
13 Ian Dunning		19:24	18:38	18:28	18:22		18:43	18:43
14 Dave Coales						18:47		18:47
15 Dylan Stoneman							18:49	18:49
16 Stuart Henderson			19:00		19:07	18:45		18:57
17 Tim Hill		19:13	18:43	19:14				19:03
18 Dwight Knightly							19:04	19:04
19 Owen Davies				19:05				19:05
20 Mark Mackintosh		19:06		19:04		19:43	18:54	19:12
21 Barry Awan		19:02	19:25					19:14
22 Ben Gifford		19:31	19:01	19:24				19:19
23 Paul Cox						19:32		19:32
24 Joel Staley				19:37				19:37
25 Jim Rutherford		19:41	20:33	19:29		18:42	20:23	19:46
26 Tim Luck			20:10					20:10
27 Ben Corlett			20:30	20:17			20:05	20:17
28 Dave Gunstone			20:54			19:59	20:35	20:29
29 Gareth Strange						20:33		20:33
30 Tom Martin				21:28		20:29		20:59
31 Lizzie Nobes							21:02	21:02
32 Themis Bower		21:08						21:08
33 Marcus Wiltshire			21:48			21:03		21:26
34 Vicky Cooper			21:16	21:08	21:30	22:12		21:32
35 Ewan Hibbert							21:34	21:34
36 Chloe Haffenden			21:41	21:46		21:16		21:34
37 Ewelina Wojtala			22:15					22:15
38 Kim Brace		22:46	21:51					22:19
39 Henlen Alvis			22:10	22:32		22:18		22:20
40 Buddhi Guruie				22:21				22:21
41 Nicola Cracknell		22:18		23:28	22:37	21:33	22:14	22:26
42 Richard Roberts				22:57	22:27		23:09	22:51
43 Cath Dale			23:41		23:23	21:58	22:47	22:57
44 Maddie Sharp							23:13	23:13
45 Caroline Francis				23:20	23:08			23:14
46 Emilie Barman							23:24	23:24
47 Ricaroo Santanna							23:59	23:59
48 Clare Riou					24:23			24:23
49 Nina Brain							24:33	24:33
50 Matt Gisby					24:41			24:41
51 Boo McConnell		25:23						25:23
52 Andy Griffiths						25:50	26:09	26:00
53 Keith Jones							27:00	27:00
54 Paul Carroll		30:48						30:48