

The Bath Plug

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At the Avon League Meeting in Gloucester (from left to right): Alex Knight, Dylan Stoneman, Byron Mander, & Alec Davies.

Avon League 3, Gloucester

By Di Viles

Team Bath AC travelled to Gloucester for the third Avon League match of the season and finished second overall to Yate. The final positions, subject to confirmation were:

1. Yate 1217.50
2. TemBath 1051.50
3. N Somerset 910.50
(the other clubs well behind)

There were a number of winners on

the day, with young Byron Mander leading the way with wins in the U/13 boys shot with 6m71 and discus with 17m20, a new PB, whilst sister Caitlin also scored valuable points with a second in the U/15 girls triple jump, her first ever competition at the event, with 9m10 and 4th places in the 75m hurdles in 13.1 and high jump with 1m25. Other double winners were Jenna Blundell in the SW 100m in 12.9 and 100m hurdles in 15.1, Femi Akinbobola with wins in the U/17 mens 100m in 11.5 and 200m in 22.9, whilst Rory Howorth concentrated on the throws and won the U/17 mens shot with 12m73 and discus with 37m17. Other winners were India Ibbotson in the U/15

womens 300m in 46.2, Jo Lumb in the Vet W 100m in 15.5, Sarah Long in the SW 400m in 61.2, Rebecca Pierce in the SW 1500m in 5.01.7, Alex Knight in the U/13 boys 800m in 2.31.3 with Dylan Stoneman 2nd in 2.31.8, whilst Dylan won the 80m hurdles in 14.31. In the long jump, there were comfortable wins for Kiran Carter in the U/15 boys with 5m55 and Marcin Olech in the SM with a season's best jump of 6m40 and Imam Qazi win the VM 100m in 12.8. There were also relay wins for the U/13 boys in 60.5 and the U/17 men in 47.5.

Second places for Lottie Silverton in the U/13 girls high jump with 1m25, Josie Rucker in the U/15 girls

1500m in 5.51.3, Gabriella Holt in the SW hammer with 34m69, Joe Carter in the U/15 boys 100m in 11.8, Bailey Ellam in the U/15 boys 800m in 2.21.9 and Alex Parsons in the U/17 mens 800m in 2.09.3.

Third places to Lottie Silverton in the U/13 girls 1200m in 4.16.1 and javelin with 16m12, Nynka Rucker in the U/15 girls triple jump with 8m62, Sophie Harrison in the U/15 girls javelin with 22m39, India Ibbotson in the U/15 W 1500m in 5.21.5, Louise Jeffries in the VW 100m in 17.4, Sarah Long in the SW 100m in 13.1, Jo Lumb in the VW 1500m in 5.47.4, Alex Knight in the U/13 boys 100m in 14.4 and discus with 12.90, Kiran Carter in the U/15 boys 100m in 12.4, Chris Elmer in the SM 800m in 2.08.1 and Fraser Russell in the SM long jump with 5m41.

Many thanks again to Jen Stoneman for putting together a very useful team during the holiday season. There were some great performances there, despite not very good conditions. Jen will need all hands to the pump for the final march of the season at Gloucester as many of the Club's best U/17 and U/20 athletes will be at Bedford on the day, competing in the National Finals of the YDL UAG for team Avon. So if there are any U/17 upwards athletes who can compete on the day, please get in touch with Jen, she will need you on the day.

Midland T&F Champs

By Graham Mattacks

Joel Mattacks was the lone Team Bath AC athlete at the Midlands Championships taking place at the Pingles Stadium, Nuneaton at the weekend.

He competed in a strong 100m U17 field on day 1 and came 6th in a time of 12.39, outside his personal best but good enough to confirm his ranking as top 10 T20 athlete for the first time. On day 2 he competed in the 400m hurdles and came 5th in the final in a time of 66.50s.



Joel Mattacks at the Midland Champs finished with 6th in 100m & 5th in the 400mH

Coaching Courses

By Mark Thomas

The club could do with more group leaders who are qualified and insured to lead groups of runners. To get this qualification you have to do the Leader in Running Fitness course. The next such course in the South West is in Chippenham on Saturday 6th October.

The club could do with more track and field coaches for junior athletes. The first step in becoming a coach is to do the Coaching Assistant course. The next such courses in the South-West are in Gloucester on 29th & 30th September, and in Tavistock on 13th & 14th October.

If you want details of what these courses involve please contact Mark Thomas (mt-tbac@hotmail.com), or speak to someone at the club reception desk on Tuesday or Thursday evening.

Bath Plug to your inbox

By Tom Davies

I am now sending out the link to the Bath Plug as an email. If you wish to sign up to receive these weekly updates please confirm by sending a quick email to plugeditor@teambathac.org, and I'll add you to my list. Alternatively you can enter your details here: <http://teambathac.org/2018/07/27/bath-plug-mailing-list/>

Calendar

August

12 Avon League
18 Race the Train, Tywyn
19 Trowbridge 10K
21 Westbury 5K
26 Cleeve 5K Road Relays

September

2 Cardiff 10K
9 Avon League
9 Chippenham Half
9 Swindon Half
9 Great North Run
16 Foxtrot 5
22 Midland Road Relays, Sutton Pk
23 Bristol Half
23 Mells Scenic 7
30 Ealing Half

October

6 Natl Road Relays, Sutton Pk
7 Cardiff Half
7 Chester Marathon
7 Oxford Half
7 Basingstoke Half
13 Glos League XC, Old Down

November

3 Glos League XC, Charlton Pk

December

9 Glos League XC, Wooton
9 TriCounties XC, Bath

February 19

17 Glos League XC, Pitville

June 19

8-9 Welsh Castles

Results

Running Bath 5K TT 07 Aug 18

1	Josh Taylor	17:32
2	James Donald	17:36
3	Dylan Stoneman	18:33
4	Sreve Rose	18:34
5	Ian Dunning	18:51
6	Steve Henderson	19:05
7	Barry Awan	20:28
8	Alex Knight	20:29
9	Toby Baker	20:42
10	Ben Corlett	20:54
11	Helen Alvis	22:36
12	Cath Dale	22:38
13	Richard Roberts	22:40
14	Serena Read	22:47
15	Nicola Stracknell	24:07
16	Beth Carter	24:19
17	Josie Carter	24:28
18	Andy Griffiths	26:39

Avon League 3, Gloucester 12 Aug 18

U13G 75m

6	Maria Thorne	11.5
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U15G 100m

4	Sophie Harrison	13.7
5	Phoebe Card	13.8
12	Anisah Qazi	14.3

U15G 300m

4	Nynka Rucker	48.8
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U13G 1200m

3	Lottie Silverton	4:16.10
12	Maria Thorne	5:31.10

U15G 1500m

2	Josie Rucker	5:51.30
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U13G 70mH

3	Maria Thorne	14.5
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U15G 75mH

3	Sophie Harrison	12.9
4	Caitlin Mander	13.1
5	Ebony Hammond	13.3

U13G HJ

2	Lottie Silverton	1.25m
7	Amy Harrison	1.15m

U15G HJ

4	Caitlin Mander	1.25m
7	Josie Rucker	1.20m

U15G TJ

2	Caitlin Mander	9.10m
3	Nynka Rucker	8.62m
4	Abby Rucker	8.45m

U13G JT

3	Lottie Silverton	16.12m
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U15G JT

3	Sophie Harrison	22.89m
4	Evie Blower	20.12m

VW 100m

1	Jo Lumb	15.5
3	Louise Jeffries	17.4
–	Rebecca Peirce	15.3

SW 100m

1	Jenna Blundell	12.9
3	Sarah Long	13.1
8	Charlotte Clark	16.2

U17W 300m

1	India Ibbotson	46.2
6	Abby Rucker	49.3

SW 400m

1	Sarah Long	61.2
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U17W 1500m

3	India Ibbotson	5:21.50
4	Serena Read	5:28.60

VW 1500m

3	Jo Lumb	5:47.40
4	Louise Jeffries	5:50.00

SW 1500m

1	Rebecca Peirce	5:01.70
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SW 100mH

1	Jenna Blundell	15.1
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SW HT

2	Gabriella Holt	34.69m
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U17W JT

4	Jenna Blundell	28.58m
7	India Ibbotson	19.35m

U13B 100m

3	Alex Knight	14.40
11	Alec Davies	15.30

U15B 100m

2	Joe Carter	11.8
3	Kiran Carter	12.4
9	Dominic Murray	13.2

U13B 800m

1	Alex Knight	2:31.30
2	Dylan Stoneman	2:31.80

U15B 800m

2	Bayley Ellam	2:21.90
5	Scott Collier	2:27.50

U13B 75mH

1	Dylan Stoneman	14.3
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U13B 4x100m

1	Team Bath AC	60.5
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U15B 4x100m

5	Team Bath AC	60.90
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U13B LJ

10	Alec Davies	3.59m
11	Byron Mander	3.52m

U15B LJ

1	Kiran Carter	5.55m
6	Dominic Murray	4.31m
8	Scott Collier	4.13m

U13B SP

1	Byron Mander	6.71m
8	Dylan Stoneman	5.00m

U13B DT

1	Byron Mander	17.20m
3	Alex Knight	12.91m

U15B DT

6	Bayley Ellam	19.09m
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U17M 100m

1	Femi Akinbobola	11.5
4	Jonathan Evans	12.1
4	Michael McDonagh	12.1

VM 100m

1	Imam Qazi	12.8
8	Ian Long	14.9

SM 100m

7	Delano Stewart	11.9
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U17M 200m

1	Femi Akinbobola	22.9
4	Jonathan Evans	24.5
7	Michael McDonagh	24.6

SM 200m

5	Delano Stewart	24.3
6	Imam Qazi	25.8

U17M 800m

2	Alex Parsons	2:09.30
6	Edward Hayes	2:25.90
7	William Browne	3:04.80

SM 800m

3	Chris Elmer	2:08.70
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U15B 80mH

6	Dominic Murray	15.1
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U17M 4x100m Relay

1	Team Bath AC	47.5
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SM 4x100m Relay

2	Team Bath AC	48.6
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U17M LJ

3	Jonathan Evans	4.77m
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SM LJ

1	Marcin Ollech	6.40m
3	Fraser Russell	5.41m

U17M SP

1 Rory Howorth 12.73m

SM SP

4 Marcin Ollech 7.68m

5 Fraser Russell 7.42m

U17M DT

1 Rory Howorth 37.12m

3 William Browne 23.34m

SM DT

9 Chris Elmer 11.67m

Parkrun – 11 Aug 18**Bath Skyline parkrun**

1 Mike DOOLEY 00:18:08

16 Lizzie WRAITH (1F) 00:20:39

28 Nicola CRACKNELL (2F) 00:22:41

38 Nigel OSBORNE 00:23:37

69 Owen DAVIES 00:25:33

86 Pat ROGERS 00:26:23

101 Colin HITCHIN 00:27:54

212 Janice RAMBRIDGE (72F) 00:35:34

215 Ray BRIGDEN 00:35:59

Whitstable parkrun

133 Edward FEIL 00:27:01

Poole parkrun

10 Andrew HUGHES 00:17:51

Linford Wood parkrun

59 Leah DEVERICK (6F) 00:25:59

Southwick Country parkrun

2 Josh TAYLOR 00:17:15

Alice Holt parkrun

105 Natalie HARGRAVE 00:28:26

Pomphrey Hill parkrun

13 Stuart HENDERSON 00:20:39

42 Vicky COOPER (5F) 00:22:57

Fell Foot parkrun, Newby Bridge

70 John MITCHARD 00:24:13

Penrose parkrun

21 Jenny CARTER (1F) 00:20:09

Hasenheide parkrun

13 Chris MILBOURNE 00:18:44

Parkrun – 04 Aug 18**Trelissick parkrun**

49 Tom HUTCHISON 00:26:08

Bath Skyline parkrun

2 Thomas DAVIES 00:17:06

3 Mike DOOLEY 00:18:19

4 James DONALD 00:18:19

38 Nicola CRACKNELL (3F) 00:23:08

85 Michael CHARLTON 00:25:47

164 Pat ROGERS 00:29:54

168 Nigel OSBORNE 00:30:03

226 Janice RAMBRIDGE (64F) 00:35:31

234 Ray BRIGDEN 00:36:54

Shepton Mallet parkrun

73 Stuart HENDERSON 00:27:01

Newport parkrun

3 Stephen ROSE 00:18:18

Eden Project parkrun

1 Alex PARSONS 00:16:33

Chippenham parkrun

3 Owen DAVIES 00:19:28

46 Natalie HARGRAVE (3F) 00:24:50

Tilgate parkrun

7 Tim HILL 00:19:21

Melksham parkrun

79 Joanne HINE (16F) 00:29:36