

The Bath Plug

First published Tuesday 1 December 1987

No. 1435 · 27 Sep 2018



Our Senior Men's team at Midland 6 stage road relays successfully qualified for the Nationals in 2 weeks time.

Midland Road Relays

By Dave Coales

Our Senior men's team qualified for the English National Road Relays on Saturday. Needing to finish in the top 25, we finished a very respectable 21st out of over 100 teams at Sutton Park, with the returning Alex Carter running our fastest Leg.

First off was Dan Jones. Dan at 32 the oldest member of the team by nearly 10 years got us off to a good start recording a time of 19:29 for the hilly 5.8 km course. Next up was Alex Carter, representing the club for

the first time in over 4 years having been training, studying and working in America. Alex's time of 19:13 was to prove our quickest time of the day. Aaron Pritchard ran leg 3 in 19:46 a sure sign that he is getting over the injury which hampered him earlier in the year.

John Howorth who along with twin brother Robert have broken 1 minute 55 seconds for 800 metres this summer ran bravely on leg 4 to keep us well within the top 25. I can only imagine how tough 5.8 km must have felt after a summer of 800 and 1500 metre races. Themis Bower took 23 seconds off his previous best for Sutton Park on leg 5 to keep

us well in contention. With the weather closing in and the rain starting to fall Robert Howorth showed tremendous strength to bring the team home in 21st place and guarantee qualification.

Our time of 2 hours and 45 seconds was our fastest time in 5 years and our second fastest time this century. With three of the team aged only 18 and five of the team aged 23 or under the future really does look bright.

End of season track meets

By Di Viles

Despite terrible weather last Saturday, two Team Bath AC athletes performed well at the Swindon Field Open meeting. Ransford Ako'nai produced a season's best in winning the U/17 men's long jump with 6m03 with Joel Mattacks in second in a new PB of 4m80, in what is a new event for him.

The previous week at Portsmouth, at the Havant Open meeting, another two Team Bath AC athletes competed. Keelan Tucker finished 6th in the javelin, in a very large field, with 36m62 and third in his heat of the 100m in 13.9, whilst Nathan Bye finished 3rd in both the long jump and high jump with 5m25 and 1m50 respectively.

Officials Needed!

By Di Viles

The club always needs more officials and we have been desperately short this past summer. There is momentum to organise a training course locally between a number of clubs - please consider volunteering! Some further info:

It is essential that we recruit additional volunteers and officials to allow our club to continue to provide fantastic opportunities for our athletes to compete. As you may be aware we are required to supply officials for all our league fixtures and we are keen to continue to run local meetings which cannot go ahead without help from volunteers.

PLEASE consider taking a one-day course (no assessment) as a field judge, track judge, starter/starter's assistant or timekeeper. The minimum age to take the course is 14 (with a view to becoming a qualified official at the age of 16). We would not expect you to help regularly throughout the season but would greatly appreciate any help you could offer.

For further general information

please go to the following link:
<https://www.englandathletics.org/england-athletics-officials/becoming-a-licensed-official>

Melvyn Potter Club Athlete of the year award

By Graham Mattacks

We are looking for nominations for the Melvyn Potter award. The award honours Melvyn Potter's involvement with the club and dedication to athletics, and is awarded annually to a club member that shows the qualities that he held so dear. Please make nominations via the website, where there is also more information available.

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

September

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

Cotswold Way Century 22-23 Sep 18

1	Spencer Bunn (unatt)	20:33:50
7	Clare Prosser (1F, Town & Coun	22:47:04
35	James Rutherford	27:20:16

Midland Road Relays 22 Sep 18

Senior Men – Team

1	Birchfield Harriers	01:48:01
21	Team Bath AC	02:00:45

Senior Men – Indiv. Legs (5.8km)

leg no.; name (team position); time

1	Dan Jones (31)	19:29
2	Alex Carter (19)	19:13
3	Aaron Pritchard (16)	19:46
4	John Howorth (22)	20:40
5	Themis Bower (22)	20:46
6	Robert Howorth (21)	20:53

Great Bristol Half 23 Sep 18

1	Matt Clowes (Cardiff)	01:05:10
37	Clara Evans (1F, Cardiff)	01:16:26
39	James Atkinson	01:16:37
185	Barry Awan	01:24:54
409	David Gunstone	01:29:44
1078	Rachel Burns	01:39:05
1082	Ben Corlett	01:39:06
1544	John Mitchard	01:43:20
1932	Justin Maelzer	01:46:17
3695	Elizabeth Anthony	01:58:46

Swindon Winter Throws 22 Sep 18

LJ U17M

1	Ransford Akonai	6.03
2	Joel Mattacks	4.80

Havant Open Meeting 15 Sep 18

100 SM 5

3	Keelan Tucker (U17)	13.9
---	---------------------	------

LJ SM

3	Nathan Bye (U20)	5.25
---	------------------	------

JT700 SM

1	Keelan Tucker (U17)	36.62
---	---------------------	-------

Parkrun – 22 Sep 18

Amager Fælled parkrun

7	Anupam DAS	00:18:54
---	------------	----------

Bath Skyline parkrun

1	Alex PARSONS	00:17:14
4	James DONALD	00:17:47
5	Mike DOOLEY	00:17:58
6	Thomas DAVIES	00:18:03
20	Harry WILLIAMS	00:19:49
21	Rebecca PIERCE (1F)	00:19:52
29	Lee ALLEN	00:20:48
35	Jocelyn COTTERILL (3F)	00:21:23
48	Nigel OSBORNE	00:22:38
67	Claire FORSTER (7F)	00:23:44
254	Ray BRIGDEN	00:33:53

Thornbury parkrun

1	Gary HUGHES	00:20:01
---	-------------	----------

Chippenham parkrun

6	Alex COPPING	00:19:11
---	--------------	----------

Chipping Sodbury parkrun

8	Elliott CHARD	00:19:04
---	---------------	----------

Parke parkrun

34	Gareth STRANGE	00:24:30
----	----------------	----------

Melksham parkrun

4	Ellery COLE	00:18:29
---	-------------	----------

Taman Pudu Ulu parkrun

9	Chiew Heng CHUN	00:22:57
---	-----------------	----------