

The Bath Plug

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Kiran Carter jumping a big PB among many strong TBAC performances at FieldFest.

There are a good number of new subscribers to the Bath Plug this week, as I've resynced my mailing list following preferences given in your membership renewals - so welcome everyone. As most of you already know, this is the weekly round up of news, reports, results, & photos from TBAC over the last week. It is also the best place to hear about opportunities to compete for the club. I'm always looking for more content so please remember to send me your news, results & race reports to: plugeditor@teambathac.org (deadline Weds 6pm each week).

In the Plug this week: Full round-up from the action at FieldFest last weekend, plus Tom Hutchison's Manchester Marathon report, and Gareth Strange's report from the OTT Marathon in the Brecon Beacons. Its also your last chance to put in nominations for the Melvyn Potter Athlete of the Year (see info below).

There were also sub-3 marathons last weekend from Mark Mackintosh, Rob Lawrence & Heather Fell - see results section.

And Jenna Blundell has been selected for the isf world school championships in Croatia in May (hurdles, long jump and relay).

FieldFest!!

By Di Viles

Almost 200 athletes entered the annual Team Bath AC FieldFest which took place at the University of Bath on Sunday, a record number. The bitter wind precluded performances in some events but it remained dry and there were a number of excellent performances, both by host club athletes and visitors from away.

A huge thanks to all the officials who helped on the day, The meeting could not go ahead without you and we seemed to have enough this year with out me having to do any officiating. Special thanks to Graham Mattacks and Lisa Bennett who coped with the payments and printing the field cards, which made life so much easier for me. Special thanks also to John Deaton who travels from Swindon every year to act as our Field Referee and without whom the meeting would not go so well. Thanks, too, to the ever patient discus throwers who had to wait a long time for their event, due to very large fields in the hammer and javelin, you are a very patient lot, hats off to you for your patience.

Pick of the Team Bath AC athletes was Kiran Cater, in his first competition as an U/17 who added almost 40cm to his PB winning the U/17 long jump with 6m21, whilst Luke Game added even more to his PB in the U/15 boys event to finish second with 4m97, which puts Kiran 3rd on the Power of 10 in the SW and Luke in 6th in the SW. Other notable performances from Team Bath AC athletes came in Alannah Heneghan in the U/13 girl's high jump winning with 1m35, Alice Wilson in the U/15 girls long jump with 4m80, a new PB, Jonathan Evans produced a new PB in the U/20 pole vault with 3m00 as did Felix Vaughan in the SM hammer with 38m39 and the always excellent Rory Howorth won the U/20 men's long jump with 6m67 and jumped 3m50 in the pole vault.

There were outstanding performances from visiting athletes with top performances being Lewis Byng of Stratford in the U/20 men's shot with 18m08, Tom Hewson of Andover the U/20 men's javelin with 62m89, Cassey Grimwade of Cardiff in the U/17 women's hammer with 46m60 and Belinda Sargent of Bath University with 11m15 in the women's triple jump with Sian Swanson of Cardiff just behind with 11m10.

Well done to all the Team Bath AC athletes who competed, especially those competing for the first time, I hope you enjoyed the experience.





Manchester Marathon

By [Tom Hutchison](#)

I had a really good result at the Manchester Marathon. I finished in 3.11.24, which is my best time since 2015. All this has been well publicised by now and I have had a huge amount of support from all my running friends both before and after this event.

The course was flat and the weather was perfect. I was able to wave at Simon Brace way ahead of me as the Course looped back and he looked strong. My son Neil, a Queens Park Harrier was also up in Manchester for the weekend with me and went sub 3 for the first time with a 2.57. Happy boys!

Truthfully I would not be training and running like this without my Club and particularly my coach Paul King. Thanks Paul. The weight training starts now!

I joined the club 15 years ago at the age of 49 after a 3.24 London marathon, a 10 kg weight loss and a struggle to get fit for 50. At the time I was not particularly fast but I set myself to keep going and be the last man standing as the rankings thinned out. And so it has turned out. Many of my contemporaries have slowed or stopped because of illness or injury and the same could happen to me any day. So I take every race as it comes.

I am now ranked 26th Vet 65 in the UK. Many of those above me are scoring their points with shorter distances: A few are still running 10k 's down to 38 minutes. However I was pretty shocked to find that the next Manchester vet 65 was 26 minutes behind me. Where were they all? The Manchester Marathon had been nominated by England Athletics as a qualifying competition for a Masters Home International in York in October. I had assumed

everyone would come out of the woodwork searching for an England vest: Apparently not. I hope my time will do.

In late July 2020 the World Masters Athletic Association has its championships in Toronto. There are all the field events but also cross country 10k and half marathon in every age band from 35 yrs up. I am hoping to go. It would be great if a team of TBAC club masters could enter with me. Not cheap but at this distance we could work on sponsorship.



OTT Marathon

By Gareth Strange

I'd spotted the OTT Marathon on facebook and given I'm attempting UTS50 in May I thought it wise to try a race in the mountains beforehand. It started at the Parkhouse Outdoor Centre by Pontsticill reservoir and from the start you can see all the mountain tops you pass – it was a pretty daunting sight but the clear day gave me some

encouragement that it was definitely going to be a fun day out with fantastic views all around.

The first 9 miles were pretty uneventful with gradual inclines and declines I pottered along at a bit slower than marathon pace wondering whether I was going to regret not holding back later on in the course. As we dropped down to the Neuadd reservoirs and we looked up to the 642 trig point and the lengthy 20% climb I grabbed my poles out of my rucksack and prepared myself for the long climb initially to 642 and then on to Pen-y-fan. Going up inclines like this I quickly move into the anaerobic zone and get out of breath so by the time I reached the top I needed to keep walking for a couple of hundred metres and I got overtaken by a couple of people before starting a trot along the rocky and surprisingly steep ridge line to Pen-y-fan. At this point the wind was powerful and my poles were being blown to the left making it difficult to utilise them so I stuck them under my arms and kept trotting, thankful that the wind was blowing me further onto the cliff rather than off it. Due to the wind I didn't pause much at Pen-y-fan I just headed down Jacobs Ladder towards CP2. This is a steep descent and requires some bravery (or stupidity) to keep moving quickly. I went quicker than usual down here (fortunately staying on my feet). From the checkpoint we had to hike up to Fan-y-big (where I was very thankful for my poles again!) and then follow the ridgeline around until we dropped steeply down to Talybont reservoir where the final checkpoint was.

From here you could see the final climb to Tor-y-foel and what a beast it was. I'd been running with the 2nd placed lady for about 12 miles but on this climb I think she took about 5 minutes out of me and I was left to face the 4 miles to home alone. After descending off Tor-y-foel there was a gradual climb and, having not recovered from the previous climb, I had to drop to a walk where a work colleague overtook me on her way to catching the 2nd placed lady. Getting to the top of the hill and knowing it was a 2 mile gradual rocky descent was a relief until one of those rocks got trapped under my tired feet and sent me flying. I took a few minutes to gather myself on the floor before trotting home desperately trying to avoid falling again.

Out of 47 starters I finished in 14th place in a time of 5:26 which exceeded my expectations. The route was absolutely fantastic as was the organisation of the event. If you're interested in some mountain races in the Beacons I suggest you check out this company.



Melvyn Potter Club Athlete of the year award

By [Graham Mattacks](#)

This is awarded annually to recognise there is more to athletics than just winning. Nominations have been live on the website for a while, but we are intending to announce the winner very soon, and so any last minute nominations should be submitted as soon as possible via the TBAC website [here](#). Further info about the award below:

Criteria

Any club member who has shown outstanding performances or improvement in the past year potentially in the face of adversity or hardship. The member should be respected by their fellow team members and a role model for their training groups and younger athletes. The nominee should be regarded as a great ambassador for the club.

Nominations are accepted from the coaches or members of the club for persons who they consider deserve recognition in showing these qualities.

Justification should be given with all nominations.

The winner of the award will receive trophy and a year's free membership to the club.

Background to the award:

On Friday 10th November 2017, Melvyn Potter one of the great stalwarts of the track and field side of the club, died peacefully at the age of 64. Melvyn and his children, Adam and Lisa, joined the then City of Bath A.C in the early 1990s. Adam went on to become one of the Club's all-time greats, winning a gold medal at the U/23 European Championships for the 4 x 400m relay.

Melvyn quickly got involved with coaching, officiating and administration and was the club's vertical jumps coach for many years. His administrative duties in the Club included being Track and Field Secretary and also the League Secretary of the Avon League for many years. He was a valued part of the Wiltshire AA and did the entries for their County Championships.

He was always very friendly and approachable to both athletes and parents and supportive of all athletes whatever their events. Nothing was too much trouble and he regularly took on new responsibilities when required. Even when his health began to deteriorate, he would always struggle to get to meetings and sit for hours on end with stopwatch in hand, whatever the weather.

His dedication to athletics is the reason that as a club we honour his involvement by presenting the Melvyn Potter award annually to a club member that shows the qualities that he held so dear.

TBAC crop tops available

By [Julie Alexander](#)

Team Bath AC Crop Tops Available To Order. Delivery 6 weeks. £25.99.

To Order Email Julie (sprints&hurdles@teambathac.org) With Your Name & Size

Required: Sally Bloggs - Size 12

They are very true to size.

Payment can be made at the Team Bath AC desk

Or by Bank Transfer with the REF: CT & Athletes Name

Results

Paris Marathon 14 Apr 19

1	Abrha Milaw	2:07:05
1F	Gelete Burka	2:22:47
727	Mark Mackintosh (V55)	2:53:43

Brighton Marathon 14 Apr 19

1	Peter Le Grice (B&W)	2:16:22
1F	Helen Davies (Ipswich)	2:34:06
78	Rob Lawrence	2:55:24
155	Heather Fell (Tavistock/TBAC)	2:59:52

OTT Marathon, Brecon Beacons 14 Apr 19

1	Dylan Jones (unatt)	4:25:38
2	Lowri Morgan (1F, F40, AT Run)	4:31:00
14	Gareth Strange	5:26:32

Parkrun – 13 Apr 19

Cardiff parkrun

58 Harry WILLIAMS 00:20:50

Finsbury parkrun

3 James DONALD 00:17:19

107 Helen ALVIS (12F) 00:23:34

Plymvalley parkrun

44 Claire FORSTER (3F) 00:23:40

Bath Skyline parkrun

1 Thomas DAVIES 00:17:09

35 Nick PARRY 00:20:49

48 Debbie HEYWOOD (7F) 00:21:36

62 Ilana WIGFIELD (8F) 00:22:57

63 Mike THOMPSON 00:23:04

80 Nicola CRACKNELL (12F) 00:23:39

102 Paul HENAGHAN 00:24:54

139 Pat ROGERS 00:26:12

164 Keith JONES 00:27:06

265 Nigel OSBORNE 00:31:12

282 Tom HUTCHISON 00:31:47

345 Ray BRIGDEN 00:35:15

378 Michael STANLEY 00:38:41

Medina I.O.W. parkrun

233 Joel STALEY 00:32:50

Chippenham parkrun

24 Stuart HENDERSON 00:22:13

117 Vicky COOPER (26F) 00:26:54

121 Zina MARCHANT (27F) 00:27:17

Chipping Sodbury parkrun

11 Malcolm TREBY 00:19:03

20 Ella TREBY (4F) 00:19:44

203 Andy REID 00:27:24

217 Lottie TREBY (54F) 00:27:59

Melksham parkrun

96 Justin HINE 00:28:30

129 Joanne HINE (47F) 00:30:32

Somerdale Pavilion parkrun

13 Gary HUGHES 00:21:12

FieldFest results – TBAC athletes
14 Apr 19

RORY HOWORTH	U/20 M	LJ	6M67	ELENI FRANCIS	U/15 G	TJ	9M89
KIRAN CARTER	U/17 M	LJ	6M21	CAITLIN MANDER	U/15 G	TJ	9M15
BEN GAME	U/17 M	LJ	5M95	DOMINIC MURRAY	U/15 B	HJ	1M45
ROBYN ELLISON	U/20 W	LJ	5M21	MEGAN DAVIS	U/20 W	HJ	1M45
LUKE GAME	U/15 B	LJ	4M97	ELLA WALKER-WILTSHIRE	U/20 W	HJ	1M40
ALICE WILSON	U/15 G	LJ	4M80	BECCI OUSBY	U/20 W	HJ	1M40
JOEL MATTACKS	U/20 M	LJ	4M74	ALANNAH HENEGHAN	U/13 G	HJ	1M35
ELENI FRANCIS	U/15 G	LJ	4M68	CIAA GALVIN	U/13 G	HJ	1M25
DOMINIC MURRAY	U/15 B	LJ	4M48	DARAGH KEANE	U/13 B	HJ	1M15
RENEE JELF	U/20 W	LJ	4M45	RORY HOWORTH	U/20 M	PV	3M50
BECCI OUSBT	U/20 W	LJ	4M45	JONATHAN EVANS	U/20 M	PV	3M00
EBONY HAMMOND	U/17 W	LJ	4M44	JAKE BURKEY	U/20 M	JT	40M61
CAITLIN MANDER	U/15 G	LJ	4M42	KEELAN TUCKER	U/17 M	JT	38M55
BYRON MANDER	U/15 B	LJ	4M24	JENNA BLUNDELL	U/20 W	JT	26M70
MEGAN DAVIS	U/20 W	LJ	4M18	SAM WALKER	U/15 B	JT	25M65
LAUREN McKENZIE	U/17 W	LJ	3M95	JORJA TUCKER	U/13 G	JT	23M72
ALANNAH HENEGHAN	U/13 G	LJ	3M69	DARAGH KEANE	U/13 B	JT	22M61
CIARA GALVIN	U/13 G	LJ	3M52	ALICE HOLNESS	U/17 W	JT	20M35
JORJA TUCKER	U/13 G	LJ	3M40	JONATHAN EVANS	U/20 M	SP	11M84
ESME McKENZIE	U/13 G	LJ	2M98	RORY HOWORTH	U/20 M	SP	11M82
DARAGH KEANE	U/13 B	LJ	2M64	JOEL MATTACKS	U/20 M	SP	5M32
LUCA ROTTE	U/13 G	LJ	2M61	CAITLIN MANDER	U/1 G	SP	8M36
FELIX VAUGHAN	SM	HT	38M39	BYRON MANDER	U/15 B	SP	6M99
JONATHAN EVANS	U/20 M	DT	26M98	ALICE WILSON	U/15 G	SP	6M98
KEELAN TUCKER	U/17 M	DT	26M68				
BYRON MANDER	U/15 B	DT	14M84				

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

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