

# The Bath Plug

Issue 1475 01 Aug 2019

---

In the Plug this week: Report from successful YDL UAG regional final for Team Avon, plus a few of us Seniors were at the Bristol & West Fast 5000s in Yate, and Aaron set a fast PB at MK5000s.

Remember that because of the modern pentathlon championships, the track will be closed on both 6th & 8th August. There will be no access to the indoor or outdoor facilities, or access to changing rooms. Although I believe there should be access to toilets on the top floor and it is also still be possible to train on St John's field. Keep an eye on emails from your coaches to confirm exactly what sessions will be taking place (Paul King will run sessions for Seniors on St John's field).

And also note that applications for Good for Age entry into the 2020 Virgin Money London Marathon open next week (Wed 7 Aug 2019) and close 9 days later on Fri 16 Aug 2019.

Tom Davies (Plug Editor)

---

## ***RunningBath 5K Timetrial***

By [Ray Brigden](#)

**The August 5k timetrial will take place on Tuesday 13th August** (not 6th Aug because of the Modern Pentathlon Championships using STV that week).

Because of the change in date, we now need some more helpers this month. If you can help, please contact [Ray](#) or [Sue Brigden](#).

---

## ***YDL UAG Regional Final***

By [Di Viles](#)

Team Avon, of which Team Bath AC are a part, won the Regional Final of the YDL Upper Age Group on Sunday at Yate. The final, provisional scores were as follows:-

- |                        |       |
|------------------------|-------|
| 1. Team Avon           | 754   |
| 2. Birchfield Harriers | 675.5 |
| 3. Rugby & Northants   | 588.5 |
| 4. Cardiff             | 575   |

5.Swansea	482.5
6.Notts	373.5

Among the many TeamAvon winners were TBAC athletes Peter Adeosun in the U/17 mens high jump A with 1m85, Ellery Cole in the U/20 men's 800m B in 2.02.26, Femi Akimbobola in the U/20 men's 400m hurdles B in 63.64, Gabriella Holt in the U/20 women's discus B with 21m41, the U/20W 4 x 400m relay team, which included India Ibbotson, in 4.06.71, Kiran Carter in the U/17 men's high jump B with 1m70, Mia Bates in the U/17W 300m hurdles B in 48.14, Abby Rucker in the u/17W triple jump B with 8m67, Sophie Harrison in the U/17W shot B with 9m12 and Javelin B with 27m35 and the U/17W 4 x 300m relay, which included Sophie Moore and Mia Bates, in 2.59.8.

Second places went to Ben Game in the U/20m 100m B in 11.65, Ellery Cole in the U/20 400m hurdles A in 58.16, Becci Ousby in the U/20W 100m hurdles A in 18.80, Jake Cover in the U/17 men's 100m hurdles A in 14.33, William Scammell in the U/17 men's long jump B with 5m65 and Charlotte Longden in the U/17W long jump B with 4m36.

This was a step up for team Avon, with the best teams in the Midlands and Wales taking part and they did very well, with many of the big names missing. Next stop is the National Final at Manchester on September 8

---

## ***Bristol & West Fast 5000s***

By [Thomas Davies](#)

Despite some heavy rain on the drive to Yate, an hour later and it was almost perfect conditions for distance races on the track. Four of us Seniors were competing in the series of paced 5000m races.

First up was Chris Elmer, who stuck close to his pacemaker (16:30 pace) for much of the race, but gradually lost touch in the later stages and eventually finished in 16:47 equalling his PB set in Cheltenham a couple of weeks ago. In the next race (16:00 pace) James Donald was hoping for a sub 16:30, and ran an excellent race, holding back mid-pack early on before picking up the pace in the last mile to run a huge PB (50+seconds) of 16:11. Peter Grist, in the same race as James, but not in top shape at the moment, ran 16:35.

Having ambitiously given a target time of 15:50 a few months ago, I'd been placed in the following race, paced to 15:25. On the start line I was just hoping not to be completely out of my depth. From the gun, I settled in right at the back, trying to keep as comfortable as possible without losing touch. I reached 3K only a couple of seconds outside my 3000m time at the TBAC Open last month. In the latter stages I couldn't hold the same pace, and gradually saw my chances of a sub-16 disappear, but was pleased to nevertheless finish with a PB of 16:06, to round out a pretty successful night for us TBAC.

Thanks to B&W for putting on the really fun event - its great to have such good distance track races close to home - and also to Eliot Ball who may have temporarily retired his

running legs, but came along to offer enthusiastic support and helpfully shouted split times.

And meanwhile, earlier in the evening in Milton Keynes, Aaron Pritchard had also run a 5000m track PB of 15:18.

---

## ***Other bits of T&F news***

[By Julie Alexander](#)

Jenna Blundell just returning from winning Bronze in the England Senior Championships in Manchester on Sunday her first senior medal and still u20.

Jenna needs to return to Manchester as she has been selected to compete for GB at the Manchester international.

[By Graham Mattacks](#)

TBAC's own Julie Alexander will be acting as support staff for England Athletics at the upcoming Youth Nations Cup in Dublin!

---

## ***Cross-country***

[By James Donald](#)

2019/20 Gloucester League Cross-Country Fixtures have all been announced, so please stick them in your diaries today!

Last year we almost managed two men's and two women's teams out for every fixture and it would be great to have this level of participation again! It doesn't matter how fast you are, the more the merrier for XC.

Dates are:

13/10/19 (Sunday): Wotton under Edge

02/11/19 (Saturday): Charlton park

14/12/19 (Saturday): Old Down Country Park

16/02/20 (Sunday): Cheltenham

Reserve date: Sunday 1/3/20

Races are a super cheap: £3.

[More info here.](#)

Other XC events that TBAC normally take teams to are the South West County Championships (normally first weekend of Jan), Tri-County Championships (first half of December, if the fixture doesn't clash with Gloucester League) and the English Nationals (22nd Feb, Wollaton Park, Nottingham)

---

# Upcoming T&F Open Meets

By Di Viles

## **B&W/Avon AA/Yate Open Meetings**

includes Avon AA Championships events, and entries are now open.

[August 14th meeting:](#) Avon Championships entries close Aug 11th.

[September 4th meeting:](#) Avon Championships entries close Sep 1st.

---

## Results

### **MK5000s**

**27 Jul 19**

#### **5000m 7**

2 Aaron Pritchard 15:18 PB

### **B&W Fast 5000s**

**27 Jul 19**

#### **5000m B**

13 Thomas Davies 16:06 PB

#### **5000m C**

6 James Donald 16:11 PB

15 Peter Grist 16:35

#### **5000m D**

3 Chris Elmer 16:47 =PB

## **Parkrun – 27 Jul 19**

### **Cardiff parkrun**

14 Harry WILLIAMS 00:17:49

### **Albert parkrun, Middlesbrough**

4 Chris MILBOURNE 00:17:14

21 Elizabeth PITT (2F) 00:19:54

### **Bath Skyline parkrun**

1 Mike DOOLEY 00:18:05

5 Sarah WILSON (1F) 00:18:44

11 Mark MACKINTOSH 00:19:33

19 Lizzie NOBES (2F) 00:20:29

20 Nick PARRY 00:20:33

28 Tom HUTCHISON 00:21:11

32 Daniel MURRAY 00:21:34

55 Claire FORSTER (8F) 00:23:19

115 Pat ROGERS 00:25:35

119 Nicola CRACKNELL (22F) 00:25:46

140 Natalie HARGRAVE (27F) 00:26:18

151 Owen DAVIES 00:26:38

203 Juliet RAYNES (43F) 00:28:00

249 John MITCHARD 00:29:08

404 Michael STANLEY 00:37:13

408 Janice RAMBRIDGE 00:37:32

### **Bury St Edmunds parkrun**

214 Marcus FIELD-RAYNER 00:34:25

### **Thornbury parkrun**

9 Gary HUGHES 00:20:16

### **Southwick Country parkrun**

174 Caroline THOMAS (48F) 00:30:23

215 Ray BRIGDEN 00:32:27

### **Mile End parkrun**

1 Alex CARTER 00:15:46

### **Melksham parkrun**

94 Ben PHILLIPS 00:28:58

### **Dishley parkrun, Loughborough**

9 Stuart HENDERSON 00:18:42

---

**YDL UPPER AGE GROUP, REGIONAL FINAL YATE 2019**

2	BEN GAME	100M B U/20 M	11.65	4	KIRAN CARTER	LJA U/17 M	5M80
3	FEMI AKIMBOBOLA	400M A U/20 M	51.97	2	WILLIAM SCAMMELL	LJ B U/17 M	5M65
1	ELLERY COLE	800M B U/20 M	2.02.26	1	PATER ADEOSUN	HJA U/17 M	1M85
3	JONATHAN EVANS	110M HUR A U/20	18.3	1	KIRAN CARTER	HJ B U/17 M	1M70
2	ELLERY COLE	400M HURA U/20	58.16	3	BEN GAME	TJA U/17 M	10M72
1	FEMI AKIMBOBOLA	400M HUR B U/20	63.64	4	4 X 100M RELAY	U/17 M	45.62
3	BEN GAME	LJ A U/20 M	5M51	3	4 X 400M RELAY	U/17 M	3.43.64
3	JONATHAN EVANS	DT A U/20 M	31M12	3	PHOEBE CARD	100M B U/17 W	13.53
3	JONATHAN EVANS	JT A U/20 M	37M06	3	CHARLOTTE LONGDE	200M A U/17 W	26.93
3	4 X 100M RELAY	U/20 M	45.38	4	SOPHIE MOORE	300M B U/17 W	44.66
3	4 X 400M RELAY	U/20 M	3.29.59	3	INDIA IBBOTSON	800M A U/17 W	2.26.28
2	BECCI OUSBY	100M HURA U/20	18.8	3	ABBY RUCKER	1500M B U/17 W	5.26.39
3	BECCI OUSBY	HJ A U/20 W	1M45	1	MIA BATES	300M HUR B U/17	48.14
3	GABRIELLA HOLT	SPA U/20 W	9M60	2	CHARLOTTE LONGDE	LJ B U/27 W	4M36
1	GABRIELLA HOLT	DT B U/20 W	21M41	1	ABBY RUCKER	TJ B U/17 W	8M67
4	GABRIELLA HOLT	HT A U/20 W	42M68	1	SOPHIE HARRISON	SP B U/17 W	9M12
3	4 X 100M RELAY	U/20 W	50.68	1	SOPHIE HARRISON	JT B U/17 W	27M35
1	4 X 400M RELAY	U/20 W	4.06.71	3	4 X 100M RELAY	U/17 W	51.58
5	LUCA WILLIAMS	100M A U/17 M	11.87	1	4 X 300M RELAY	U/17 W	2.59.80
3	JAMES GORDON	800M B U/17 M	2.05.21	G	SOPHIE HARRISON	200M U/17 W	28.38
2	JAKE COVER	100M HURA U/17	14.33				

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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 18.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences more generally, please do so [here](#). This ensures your preferences are updated within the TBAC membership records.

