

# The Bath Plug

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*Femi Akinbobola leading the way with a hat-trick of wins at the Avon League Meeting at Yate.*

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In the Plug this week: Avon League report from Yate, plus a second report from Di on the Avon Champs fixtures at Yate AC Open, followed by two reports from Dave Coales - on the Yeovilton 5K and Two Tunnels 10K.

Remember to [send me](#) results/reports photos if you've been racing!

Tom Davies (Plug Editor)

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## **Avon League 3, Yate**

By [Di Viles](#)

Report from the third Avon League match which took place at Yate on 11th August, in which TBAC finished third behind North Somerset and Yate but ahead of Bristol and the rest.

Despite some shocking weather, there were some great performances. Winners for TBAC were Emily Jones in the U/13 girls high jump with 1m35, a new PB with Ciara Galvin in second with 1m25, sister Sophie Jones won the U/13 javelin with 17m66, Lottie Singleton won the U/15 javelin with 21m77 and Eleni Francis won the U/15 girls triple jump with 9m90. In the older age groups Abi Davies won the senior 100 m in 12.7 whilst Becci Ousby won the senior 400 m in 64.2 and Eleanor Webster won the U/17 1500 m in 4.59.4.

On the male side, it was Alex day, with wins for Alex Knight in the U/15 boys 800m in 2.15.6 and Alex Hearn in the U/13 boys long jump with 4m12 with Alex Hearn also finishing second in the 800m in 2.29.6 and third in the 100 m in 14.0, with yet another Alex, this time Alex Burton finishing second in the U/17 200 m in 23.0 and third in the 100m in 11.5.

Outstanding performance of the day came, once more, from Femi Akinbobola with a hat trick of wins in the senior 100m in 11.3, the 200m in 22.7 and the 110m hurdles in 16.0, which broke the long standing League record! He also brought the 4x100 m relay team home a long way ahead of the opposition in 46.8.

Other male winners were Dominic Murray in the U/15 boys 80m hurdles in 13.5, Jake Cover in the U/17 100m hurdles in 14.1, Ransford Ako'nai in the senior long jump with 5m21 and Keelan Tucker in the U/17 men's discus with 28m63.

Second places went to Sophie Jones in the U/13 girls 75 m in 10.8 and the 70m hurdles in 13.6, the same time as the "winner" (she was robbed), Emily Jones in the U/13 1200m in 4.25.9, Lottie Silverton in the U/15 1500m in 5.10.4 and high jump, with 1m40. For the boys, second places went to Dominic Murray in the U/15 long jump, with 5m13, Joe Carter in the U /27 100m in 11.4, Imam Qazi in the vet men's 100m in 12.6 and Lucas Regazzo in the men's 110m hurdles in 18.0.

Third places went to Emilia Rawstorne in the U/15 300 m in 45.8, Emily Jones in the U/13 70 m hurdles in 14.0, Phoebe Card in the U/17 100 m in 13.1, Sophie Moore in the U/17 300 m in 44.7, Dominic Murray in the U/15 100 m in 12.4, Sam Walker in the U/15 boys shot with 8m43, Joel Mattacks in the senior 100 m in 12.0 and Joe Dixon in the U/17 long jump with 4m15.



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***Yate AC Open Meet & Avon Champs***

By Di Viles

A small number of TBAC athletes competed at the second Open Meeting at Yate on Wednesday 14th August. The meeting incorporated Avon County Championships for some events which included the 200m races for all age groups, in which Sophie Jones won the only medal of the evening, the bronze medal for the U/13 girls 200m in 29.97, her first race at the distance. Other non championship performances included a win for Ciara Galvin in the U /13 girls high jump with 1m35 with Emily Jones in second place with 1m30. Second place also for Sam Walker in the U/15 boys javelin with 35m82 and Phoebe Card in the U/17 women's 100 m in 13.02.

It was a disappointing turn out from TBAC athletes, especially in the 800m races, which is a strong event for our club. This was a county championship for 200m, 800m, javelin and triple jump and I would have expected a better turn out.

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## ***Yeovilton 5K***

By Dave Coales

Freya Spruit smashed her 5 km personal best by over half a minute at Yeovilton with a superb run last Wednesday evening. 16 year old Freya who was first junior lady and third overall lady in a highly competitive field recorded a time of 18:34, 34 seconds faster than her previous best for the distance.

Freya wasn't the only 16 year old to have a successful evening at Yeovilton as Alex Parsons finished second junior man and seventh overall with a fantastic time of 15:56 just 3 seconds outside his PB. Just behind Alex in ninth place was Aaron Pritchard who recorded another sub 16 minute 5 km carrying on from his recent successes on the track.

At the other end of the age scale Dave Coales recorded a season's best of 17:35 to finish third vet 40 and 19th overall.

Thankfully after a day of non stop rain the weather brightened up in time for the 7.15pm start making personal and season bests possible.

The Yeovilton 5 km course has been changed this year due to roadworks with the temporary course used last Wednesday being slightly slower than the traditional course, that said with 9 guys going sub 16 minutes and the winner posting a time of 15.02 the temporary course is still pretty fast!



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## ***Two Tunnels 10K***

By [Dave Coales](#)

Emily Hilliar ran a PB in the Two Tunnels 10 km. Emily who recently joined Team Bath AC recorded a time of 42.18 on the tricky, but interesting Two Tunnels out and back course along the old Somerset & Dorset railway line. Also taking part in the same race was Keith Jones who despite being just 10 months shy of his 80th (yes eightieth!) birthday ran a very respectable time of 55.49. Dave Coales came 4th (2nd vet 40) with a time of 37.32 in the fourth and final two tunnels race of the 2019 series.



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## ***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)

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# Results

## **Two Tunnels 10K 18 Aug 19**

1	Tristan Cooper (unatt)	34:32
4	Dave Coales	37:32
38	Emily Hillier	42:18
251	Keith Jones	55:49

## **Yeovilton 5K 14 Aug 19**

1	Flynn Jennings (Bideford)	15:02
7	Alex Parsons (2 JM)	15:56
9	Aaron Pritchard	15:58
19	Dave Coales (3VM40)	17:35
34	Freya Spruit (1 JF; 3F)	'18:34

## **Parkrun – 17 Aug 19**

### **Bath Skyline parkrun**

1	James DONALD	00:17:45
9	Nick PARRY	00:20:54
11	Carl TUCKER	00:21:06
32	Nigel OSBORNE	00:23:13
63	Paul HENAGHAN	00:25:15
101	Alison VUAGNIAUX (17F)	00:27:08
159	Juliet RAYNES (41F)	00:29:20
192	Claire FORSTER (58F)	00:31:07
220	Ray BRIGDEN	00:32:23
261	Pat ROGERS	00:36:48
278	Janice RAMBRIDGE (104F)	00:41:21

### **Lincoln parkrun**

39	Daniel MURRAY	00:22:15
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### **Bury St Edmunds parkrun**

288	Marcus FIELD-RAYNER	00:34:55
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### **Pomphrey Hill parkrun**

120	Leah DEVERICK (25F)	00:28:29
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### **Bideford parkrun**

1	Will BRAY	00:17:30
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### **Erddig parkrun**

4	Stuart HENDERSON	00:19:49
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### **Somerdale Pavilion parkrun**

8	Harry WILLIAMS	00:20:36
12	Gary HUGHES	00:21:21

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## AVON LEAGUE MATCH 3 11/8/19

2	SOPHIE JONES	75 M U/13 G	10.8	1	ALEX HEARN	LJ U/13 B	4M12
10	CIARA GALVIN	75 M U/13 G	11.4	11	YUSUF QAZI	LJ U/13 B	3M43
10 E	ESME McKENZIE	75 M U/13 G	11.4	2	DOMINIC MURRAY	LJ U/15 B	5M13
4 E	ELENI FRANCIS	100M U/15 G	13.6	9	CHARLIE STADDON	LJ U/15 B	4M26
7	MEGAN YOUNG	100M U/15 G	13.7	8	YUSUF QAZI	SP U/13 B	5M74
3	EMILIA RAWSTORNE	300M U/15 G	45.8	9	ISRAEL MILES	SP U/13 B	4M83
10	MEGAN YOUNG	300M U/15 G	51	3	SAM WALKER	SP U/15 B	8M43
2	EMILY JONES	1200M U/13 G	4.25.9	6	ISRAEL MILES	DT U/13 B	9M68
8	ESME McKENZIE	1200M U/13 G	4.52.2	2	JOE CARTER	100M U/17 M	11.4
2	LOTTIE SILVERTON	1500M U/15 G	5.10.4	3	ALEX BURTON	100M U/17 M	11.5
1 E	SOPHIE JONES	70M HUR U/13	13.6	8	RANSFORD AKO'NAI	100M U/17 M	12.1
3	EMILY JONES	70M HUR U/13	14	2	IMAM QAZI	100M VM	12.6
4	CIARA GALVIN	70M HUR U/13	14.5	6	IAN LONG	100M VM	14.6
1	EMILY JONES	HJ U/13 G	1M35	7	GRAHAM MATTACKS	100M VM	14.7
2	CIARA GALVIN	HJ U/13 G	1M25	1	FEMI AKINBOBOLA	100M SM	11.3
6	ESME McKENZIE	HJ U/13 G	1M10	3	JOEL MATTACKS	100M SM	12
2	LOTTIE SILVERTON	HJ U/15 G	1M40	4	DELANO STEWART	100M SM	12.1
9	MEGAN YOUNG	HJ U/15 G	1M25	2	ALEX BURTON	200M U/17 M	23
1	ELENI FRANCIS	TJ U/15 G	9M90	6	RANSFORD AKO'NAI	200M U/17 M	24.7
1	SOPHIE JONES	JT U/13 G	17M66	1	FEMI AKINBOBOLA	200M SM	22.7
1	LOTTIE SILVERTON	JT U/15 G	21M37	8	JOSEPH DIXON	800M U/17 M	2.30.5
9	EDITH MATTACKS	JT U/15 G	9M98	7	THOMAS DAVIES	800M SM	2.15.0
3	PHOEBE CARD	100M U/17 W	13.1	1	DOMINIC MURRAY	80M HUR U/15 B	13.5
8	ANISAH QAZI	100M U/17 W	13.8	4	CHARLIE STADDON	80M HUR U/15 B	15.2
11	LAUREN McKENZIE	100M U/17 W	14.2	1	JAKE COVER	100M HUR U/17 M	14.1
1	ABI DAVIES	100M SW	12.7	1	FEMI AKINBOBOLA	110M HUR SM	16
5	ZOE MATTACKS	100M SW	13.7	2	LUCAS REGAZZO	110M HUR SM	18
6	RHIANNA JAMES	100M SW	13.9	3	4 X 100M RELAY	U/17 M	48.9
3	SOPHIE MOORE	300M U/17 W	44.7	1	4 X 100M RELAY	SM	46.8
1	BECCI OUSBY	400M SW	64.2	3	JOSEPH DIXON	LJ U/17 M	4M15
1	ELEANOR WEBSTER	1500M U/17 W	4.59.4	1	RANSFORD AKO'NAI	LJ SM	5M21
5	LAUREN McKENZIE	JT U/17 W	8M07	4	JOEL MATTACKS	LJ SM	4M68
4	BECCI OUSBY	JT SW	20.47	6	DELANO STEWART	LJ SM	4M49
3	ALEX HEARN	100M U/13 B	14	3	ALEX BURTON	SP U/17 M	8M17
6	ISRAEL MILES	100M U/13 B	14.3	4	JOE CARTER	SP U/17 M	8M13
3	DOMINIC MURRAY	100M U/15 B	12.4	5	KEELAN TUCKER	SP U/17 M	8M10
6	ALEX KNIGHT	100M U/15 B	12.9	6	IMAM QAZI	SP SM	6M15
2	ALEX HEARN	800M U/13 B	2.29.6	7	GRAHAM MATTACKS	SP SM	5M81
6	YUSUF QAZI	800M U/13 B	2.40.3	1	KEELAN TUCKER	DT U/17 M	28M63
1	ALEX KNIGHT	800M U/15 B	2.15.6	5	GRAHAM MATTACKS	DT SM	12M98
4	CHARLIE STADDON	800M U/15 B	2.32.0				

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).

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