

The Bath Plug

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Gary flying home to finish 6th at the Chippers Longest Day 10k

More action this week from TBAC's Elites as we catch up on more impressive performances by Alex Parsons and the Howorth twins, this time at this weekend's Muller British Athletics Championships.

Then back down to earth, we hear from three of six TBACers racing in Chippenham on Wednesday evening at the Longest Day 10k.

And finally, Di provides a recap of the brilliant T&F performances at the National Champs that preceded this weekend's British Champs.

Inspiring stuff. Awesome running Team!

Simon Brace.
The Plug Editor - email me [here](#).

PLEASE ADD MY EMAIL TO YOUR CONTACTS SO I DON'T END UP IN YOUR JUNK

Muller British Athletics Championships

25th June

By [The Editor](#)

While you were either settling down to your dinner or venturing to the pub, this Friday evening the Howorth twins and Alex Parsons were warming up for their respective races in Manchester at Day 1 of the Muller BA Champs. Check out the action on the British Athletics TV YouTube Channel [here](#).

Robert and John raced in the third heat of the 1500m. The first three would automatically qualify for the final (plus fastest losers), but as their heat unfolded to be the slowest, it was always going to be a challenge, especially when you have Charlie Grice in the field! As Charlie was joined by two others who pulled well ahead, it was clear that the rest of the pack eased off coming home, hence making their times largely irrelevant. Well done to Robert and John for running so well to earn the right to rep the Club in these Champs. I'm sure they will have learnt a lot from the experience and come back even stronger.



20:09 - 1500 METRES - Men - Heats - Heat 3**OFFICIAL RESULTS**

First 3 of each heat (Q) plus the 3 fastest times (q) qualified to Final

1	Charlie DA'VALL GRICE	BRIGHTON(GBR)	3:46.63 Q
2	James WEST	TONBRIDGE(GBR)	3:46.75 Q
3	Max WHARTON	HALIFAX(GBR)	3:47.46 Q
4	Andrew SMITH	LEEDS(GBR)	3:48.16
5	Joe EWING	EDINB AC(GBR)	3:50.25
6	Remi ADEBIYI	NEWPORT(GBR)	3:50.63
7	Adam MOORE	WSE HOUNS(GBR)	3:51.17
8	Robert HOWORTH	T BATH(GBR)	3:51.91
9	Cameron FIELD	WARRINGTON(GBR)	3:54.45
10	Kieran REILLY	TONBRIDGE(GBR)	3:56.85
11	John HOWORTH	T BATH(GBR)	3:57.82
12	Seb ANTHONY	CA&CO(GBR)	4:04.11

Later in the evening, in the race immediately before Mo's 10k, Alex competed in the final of the 3000m U20. Alex more than held his own, in a cagey race that ended up favouring those with a strong kick, delivering yet another impressive performance, placing 9th, not far behind the group of 5 that pulled away to compete for the win. Not a race for PBs, Alex was pleased to keep out of trouble and finish above his ranking, gaining more valuable experience that will pay off in competitions to come.

**21:20 - 3000 METRES U20 - Men - Final****OFFICIAL RESULTS**

1	Will BARNICOAT	WSE HOUNS(GBR)	8:23.10
2	Duncan ROBINSON	GIFFNOCK (GBR)	8:23.72
3	Alex MELLOY	CA&CO(GBR)	8:23.95
4	Osian PERRIN	MENAI(GBR)	8:24.06
5	Jack PATTON	KILBARCHAN(GBR)	8:24.13
6	David RACE	GATESHEAD(GBR)	8:26.38
7	Daydd JONES	CARMARTHEN(GBR)	8:27.83 PB
8	Liam RAWLINGS	SHREWS(GBR)	8:28.28
9	Alex PARSONS	T BATH(GBR)	8:28.45
10	Joseph O'BRIEN	YORK(GBR)	8:28.80
11	Frank MORGAN	CARMARTHEN(GBR)	8:31.94
12	Oliver SMART	TAVISTOCK(GBR)	8:31.98
13	Luca MINALE	GATESHEAD(GBR)	8:39.83
	Ethan O'SHEA	CHARNWOOD(GBR)	DNF

Chippenham Longest Day 10k

23rd June

By James Woosnam

A warm and sunny evening saw a number of TBAC runners taking part in the Longest Day 10k. This Wednesday night event was well organized by DB Max with a finishing field of about 500. We were set off in groups of 30 following a route that started in Monkton Park and wound through houses, along paths before eventually heading back via the London Road for a beer and a solid medal.

This was my first race since the Bath Half over a year ago with only the magic of Odd Down and a few injuries inbetween. It was great to see some blue and gold at the start although it did not last long as Gary and Pat sped off into the distance. It was shortly after this that I realized how much I had missed racing as we wound along the river. With no real idea of my form I spent most of the race trying to pace myself so that my total collapse was after the finish rather than before it. I just about made it although the finishing picture with my eyes shut may tell a different story. Whilst my time reflects the fact that my super shoes are still in the post it was a great evening and an event I would recommend.



By Pat Cobb

Like James this was my first race with real people since the Bath Half 2020, and I hadn't realised how much I'd missed the atmosphere of a race. Not sure of form I decided to be ambitious and set off in the first group of 30, which then put paid to any plans of starting steady! Perhaps paying for an over enthusiastic start I tried to maintain a constant effort for the rest of the race, wishing the finish to arrive as soon as possible! Some good cheering down the finish straight got me to the line - and then a good lie down on the cool grass! As the days now start to get shorter maybe I'll put the Shortest Day 10k on my calendar!



By [Lisa Bennett](#)

I would echo what James and Pat said. It was actually my second race since lockdown; a really well organised event by DB Max, putting on a midweek option of a quick race, and fantastic to turn up alone and then see the blue and gold vests!

6	343	Gary DUNSTONE	35:54	V40	3	Male	6	TEAM BATH ATHLETICS CLUB
11	10	Stephen ROSE	36:22	V40	4	Male	11	TEAM BATH ATHLETICS CLUB
19	136	Patrick COBB	38:01	Sen	7	Male	19	TEAM BATH ATHLETICS CLUB
30	240	James WOOSNAM	39:35	V50	3	Male	30	TEAM BATH ATHLETICS CLUB
115	293	Lisa BENNETT	46:27	V50	2	Female	14	TEAM BATH ATHLETICS CLUB
214	179	Antonia WHITE	52:02	Sen	22	Female	46	TEAM BATH ATHLETICS CLUB

Track & Field

By Di Viles

Team Bath athletes gave magnificent performances at the National U/23 and U/20 championships at Bedford last weekend.

Top of the tree was Alex Parsons, who is coached by Kevin Brunt, who won the U/20 3000m in a time of 8.31.58, well ahead of second place. Closely following behind were Jake Burkey who took silver in the U/23 men's long jump with a new pb of 7.37 and Emily Tyrell who also took silver in the U/20 women's long jump with a new pb of 5.98 which is also a new club record. Another silver medal went to Tom Dollery in the U/20 men's javelin with another pb of 64.75.

Also competing were the Howorth twins with John finishing 6th in the U/23 1500m in 3:43.15 in the final and Robert finishing 6th in his heat in 4.07.67. Justin Davies finished 5th in the U/20 1500m in 3.55.74, while Imogen Dawes-Lane produced a pb to finish 4th in her heat of the U/23 women's 400m hurdles. Well done all.

The next Avon League match is at Yate on 4th July and we are very short of officials, especially field officials, for that date, as Julia and her family are away. If anyone is willing to help at that match, can they please get in touch with me [here](#). Any help at all will be most welcome. Also I am looking for a lift to Yate on that day as I am not yet driving.

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. Copy to the editor by Wednesday 16.00 for inclusion. Available online at teambathac.org.

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