

THE BATH PLUG



TBACers, John (ENG) and Justin (GBJ), tearing up the track at the Loughborough International

Two weeks for the price of one in this issue, as the second half of this week's Plug squeezes in yesterday's action, while the first half is jam-packed with cracking

performances from young and old in Track & Field. Special mention must go to John Howorth and Justin Davies whose talent and hard work continues to convert into yet more richly deserved rewards. Hugo kudos to the lads themselves plus the coaches and support teams behind these two extraordinary TBACers.

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

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

Loughborough International Men's 1500m

22nd May

By [Mark Davies](#)

A creditable performance by John Howorth (representing England) and Justin Davies (representing Great Britain and NI U20 Juniors), at the Loughborough International on 22nd May where a slow tactical 1500m race burst into life with a furious sprint for the line with 450m to go. In a talented field of athletes first place went to John (3:51:04) and third place to Justin (3:51:50). A great showcase for Team Bath.



Track & Field Wiltshire County Championships

13-14-15th May

By [Di Viles](#)

At the Wiltshire County Championships held at Swindon on 13/14/15 May, the Club won loads of medals with some excellent pbs.

There were double gold medals for Kenneth Muhumuza in the senior mens 100 ad 200 m

in 11.43 and 23.16, Joe Carter in the U/20 mens 100 and 200 m in 11.16 and 22.84, Ashley Avis in the U/17 mens 100 and 200 m in 11.92 and 24.28 and Charlie Staddon in the U/17 mens 100 m hurdles and 400 m hurdles in 14.5 and 58.54.

Gold medals also to Ben Wagstaffe in the U/17 mens 1500 m in 4.20.54, Tilly Nickell in the U/17 womens 3000 m in 10.30.43, Katie Strange in the womens 5000 m in 19.31.04, Jake Cover in the U/20 mens 110 hurdles in 14.74, Dominic Murray in the U/20 mens high jump with 1.85, Daisy Duncan in the U/15 girls high jump with 1.49, Joel Mattacks in the senior mens long jump with 5.73, Alice Wilson in the U/17 womens long jump with 5.19 and Sam Walker in the U/20 mens javelin with 43.73.

Silver medals went to Joel Mattacks in the 100 m in 11.66, Aaron Pritchard in the men's 5000 m in 15.52.17 and Dominic Murray in the U/20 mens 110 hurdles in 15.69 and 200 m in 23.41.

Third places went to Daisy Duncan in the U/15 girls 100 m in 14.39, Reuben Fenton Brown in the U/20 mens 200 m in 24.63, Aiden Davies in the mens 3000 m in 9.29.22 and 5000 m in 16.09.17 and Alice Wilson in the U/17 womens javelin with 31.06.

Other performances were fourth places for Garry King and Phoebe Card in 100 m in 13.29 and 13.66 respectively, fifth place for Poppy Price in the U/15 girls high jump, with 1.25 and sixth for Rory Osborne in the U/13 boys 800 m in 2.42.04.

Special mention for Beatrix Bennett, the youngest competitor for the club at only nine, who finished fifth in a large field in the long jump with 2.92 and 15th in an even larger field in the 75 m in 13.3.

All these performances, together with the Avon medals won at Yate, the s/c medal won by Dylan Stoneman at Yeovil and the two gold medals won in Gloucestershire three weeks ago makes for a very successful county championship season.



Louise Jeffries topping the 800m podium at the Avon Champs

Complete results below thanks to Mark Thomas:

Wiltshire:

Beatrix Bennett (FU11) 75m 15th 13.3s
 Kenneth Muhumuza (SM) 100m 1st 11.43s
 Joel Mattacks (SM) 100m 2nd 11.66s
 Joe Carter (MU20) 100m 1st 11.16s
 Ashley Avis (MU17) 100m 1st 11.92s (PB)
 Harry King (MU15) 100m 4th 13.29s (PB)
 Phoebe Card (FU20) 100m 4th 13.66s
 Daisy Duncan (FU15) 100m 3rd 14.39s (PB)
 Ashley Avis (MU17) 200m 1st 24.28s (PB)
 Kenneth Muhumuza (SM) 200m 1st 23.16s
 Joe Carter (MU20) 200m 1st 22.84s
 Dominic Murray (MU20) 200m 2nd 23.41s
 Reuben Fenton Brown (MU20) 3rd 24.63 (PB)
 Rory Osborne (MU13) 800m 6th 2:42.94
 Ben Wagstaff (MU17) 1500m 1st 4:20.54 (PB)
 Aidan Daniel (SM) 3000m 3rd 9:29.22 (PB)
 Tilly Nickell (FU17) 3000m 1st 10:30.43 (PB)
 Aaron Pritchard (SM) 5000m 2nd 15:52.17

Aidan Daniel (SM) 5000m 3rd 16:09.17 (PB)
Katie Strange (SW) 5000m 1st 19:31.04
Charlie Staddon (MU17) 100mH 1st 14.50s
Jake Cover (MU20) 110mH 1st 14.74s
Dominic Murray (MU20) 110mH 2nd 15.69 (PB)
Charlie Staddon (MU17) 400mH 1st 58.54s (PB)
Dominic Murray (MU20) HJ 1st 1.85m
Daisy Duncan (FU15) HJ 1st 1.49m (PB)
Poppy Price (FU15) HJ 5th 1.25m (PB)
Joel Mattacks (SM) LJ 1st 5.73m
Alice Wilson (FU17) LJ 1st 5.19m
Sam Walker (MU20) JT 1st 43.73m
Beatrix Bennett (FU11) LJ 4th 2.92m (PB)
Alice Wilson (FU17) JT 3rd 31.06m

Somerset:

Ricardo Reyes (MU17) 400m 2nd 54.45s
Louise Jeffries (FV60) 400m 1st 81.40s
Ricardo Reyes (MU17) 800m 5th 2:06.41
Louise Jeffries (FV60) 800m 1st 3:02.46
Dylan Stoneman (MU17) 1500mSC 1st 4:36.27 (PB)

Bristol Epic 3 Peaks Race

21st May

By [Paul King](#)

Ilana Wigfield 3:07:59 1st FV50
Jo Thompson 3:27:07 1st FV60
Philippa Spruit 3:27:07 4th FV50



Edinburgh Marathon (full & half)

29th May

By [Paul King](#)

Heather Fell paced her good friend Laura Lilley in her debut marathon and enabled her to break the sub-4 hour barrier. Heather Fell 3:58:16; Laura Lilley 3:58:17. Katie Strange raced the Half and clocked a commendable 1:37:30.



Ride London

29th May

By Paul King

Matt Levett swapped his running shoes for cycle shoes and completed the 100 mile Ride London course to pick up his supersize London Classics medal: Ride London + London Marathon + Swim Serpentine (2 mile swim).





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.

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.

