

THE BATH PLUG



The boys, back in action, on the longest day of the year.

Short and sweet this week. The lads were out mid-week smashing out some local 10Ks, while our young guns were on fine form at the SW Schools T&F Champs last weekend. Happy running (and jumping and throwing!) everyone.

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

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

Rose & King get stitched up at the Chippenham Longest Day 10k

22nd June

By [Phil King](#)

This established annual event organised by DB Max, aims to offer Chippenham locals a running spectacle showcasing the running talents from Wiltshire and neighbouring counties.

There was certainly much hype and noise as the runners were escorted to the main High Street, to the noise of drums beating by the Jamma de Samba Band. Once the noise had stopped and all runners had taken a deep breath, we were at the mercy of the Race Director for the 7.30pm race start!

385 runners set off up the High Street in a very warm 25 degrees C. This was a much depleted race field based on the number of entrants, with the hot weather clearly keeping many runners away. For those that know the 2019 route (pre-covid) the first 5k offers more of a challenge than the last 5k. There is much undulation and stony cycle path to negotiate early on. The stony old railway path/route, is certainly NOT super shoe friendly!

The course was well marshalled and supported with drinks stations at 3 & 6k. On a tough night the Winning Male (**Johnny Suttle**) clocked a solid performance of **33:12**.

Team Bath AC had four runners who were mad enough to take on the race conditions:

Heather Fell was impressive in winning the Female Category > **39:22**

Chris Moore (soon to be a dad of three) finished in **36:53** > 6th overall

Male Vets 50 (Perhaps old age has caught up with Rose & King > (**Both suffered with stitches in the final 5k**).

1st Place > **Phil King** - **38:00** (8th overall)

2nd Place > **Steve Rose** - **39:16** (10th overall)

3rd Place > **Neil Edmundson** **41:09** (22nd overall)

Onwards & upwards and wishing ALL TBAC runners a super summer of running! ☺

The Great Chalfield 10k

23rd June

By [Ian Dunning](#)

The Great Chalfield 10k... I only went and 'chuffing' won it! Took me by surprise, leading from start to finish. Ran my '1 pace' throughout except for 1k where I nearly got run over by a Porsche! Unfortunately no presentation due to a medical issue at the finish and the Race Director then went to the pub!

Official race report

Ian Dunning of Team Bath AC ran out as the winner in the eleventh running of the Geat Chalfield 10k held with Broughton Gifford & Holt Scout Group. Ian completed the playfully undulating course in 37-minutes and 40-seconds ahead of Nicholas Hancock of Corsham Running Club and Marko Nurminen from Nailsea. In the Ladies race Emma Tate from Neston led home in 44-minutes and 7-seconds ahead of Jenny Freeman from Broughton Gifford and Catherine Adsett of Corsham Running Club.



Track & Field: SW Schools

18th & 19th June

By Di Viles & Mark Thomas

Several of the junior athletes took part in The South-West Schools Track & Field Championships took place in Exeter on Saturday 18th June with several of our junior athletes taking part and achieving three 1st places, four 2nd places and two 3rd places.

In the high jump there was a silver medal for newcomer Peter Krunity Salako in the Inter boys event with 1.77, and a bronze for Ciara Galvin in the Inter girls with 1.54, whilst there was a silver medal for Alice Wilson in the Inter girls long jump with 5.37.

On the track, there were gold medals for Dylan Stoneman in the Inter boys 1500 s/c in 4.34.92 and Charlie Staddon in the Inter boys 400m hurdles in 57.11, with a silver in the 100 hurdles in 14.35. Other silver medals went to Joe Markey in the U/17 400m in 53.19 and Harry Maxwell in the Inter boys 3000m in 9.09.82.

Full results

Joe Carter (MU20) 100m Final 11.34s 3rd
Joe Carter (MU20) 100m Heat 1 11.02s 2nd
Eleni Francis (FU20) 100m 12.86s 7th
Eleni Francis (FU20) LJ 5.15m 9th
Ashley Avis (MU17) 100m 11.99s 7th
Ashley Avis (MU17) 200m 24.50s 6th
Joe Markey (MU17) 400m 53.19s (PB) 2nd
Ben Wagstaff (MU17) 1500m 4:22.66 7th
Harry Maxwell (MU17) 3000m 9:09.82 2nd
Tilly Nickell (FU17) 3000m 10:45.96 4th
Alice Wilson (FU17) 80mH 13.08s 5th
Charlie Staddon (MU17) 100mH Final 14.35s 2nd
Ashley Avis (MU17) 100mH Heat 1 11.70s (PB) 3rd
Nicholas Van Beneden (MU17) 100mH Heat 2 12.26s (PB) 7th
Charlie Staddon (MU17) 400mH 57.11s (PB) 1st
Dylan Stoneman (MU17) 1500mSC 4:34.92 (PB) 1st
Alice Wilson (FU17) LJ 5.37m 2nd
Ciara Galvin (FU17) HJ 1.54m 3rd
Emily Jones (FU17) HJ 1.44m (PB) 9th
Charlie Haines (MU15) 800m 2:07.87 (PB) 1st



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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