

# THE BATH PLUG



TBAC Ladies repping at the Tri County XC Champs

We kick off this week with more XC... this time the Tri County Champs where our Ladies and Gents turned out in full force. More XC to follow next week as our runners enjoyed yesterday's crisp sunshine in round 2 of the Gloucester League. Then we turn to last

Sunday's Bromham Christmas pudding 10k, the hugely popular local race that marks the start of the festive running season. We have a short report from Di on success at the South West Indoor Champs; while Mark serves up a stat-attack with a list of athletes achieving top-100 performances this year. Finally, another reminder to nominate for this year's Club Awards.

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

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

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## Tri County XC Champs

27th November

By Paul King and Mark Thomas

A strong turn out for TBAC in both the Senior Men and Women as well as the various junior age categories. TBAC took 1st club place for both the Men and Women with some excellent individual performances.

Amber Gascoigne was the star of the show taking 1st place again in the Senior Women's race. She was well supported by Izzy Davis, Bethan Francis, and Katie Strange for the winning Senior Ladies team; with further support from Laura Backhouse, Kate Derbyshire, Jo Thompson and Florrie Betts.

Leon Chevalier was 1st of the TBAC Senior Men home closely followed by the winning team of Aiden Daniel, Elliott Avis, Andy Fooks, Aaron Pritchard and Dan Jones. Excellent performances from our U20 men's team with Alex Hammond finishing 1st and Felix Newton 3rd. There were lots of super performances from our juniors too.

Full results below:

### **Senior & Masters Men**

- 1 Simon Byrne Wiltshire Swindon Harriers 32:36
- 5 Leon Chevalier Somerset TBAC 34:12
- 7 Aidan Daniel Wiltshire TBAC 34:58
- 14 Elliott Avis Avon TBAC 35:47
- 16 Andrew Fooks Wiltshire TBAC 35:55
- 23 Aaron Pritchard Avon TBAC 36:44
- 24 Daniel Jones Avon TBAC 36:50
- 31 Chris Else Wiltshire TBAC 37:50
- 32 Brian Glynn Avon TBAC 37:57
- 34 Chris Moore Wiltshire TBAC 38:04
- 37 James Donald Avon TBAC 38:36
- 40 Otto Copping Wiltshire TBAC 38:55
- 42 Kieran Payne Avon TBAC 39:03
- 44 Mike Dooley Wiltshire TBAC 39:37
- 46 Guy Landon Avon TBAC 40:08
- 50 James Pigot Avon TBAC 40:39
- 57 Ben Holding Avon TBAC 43:00
- 66 Tom Hutchison Avon TBAC 48:09

70 Finishers. Only two teams had enough competitors for the team competition.

- 1 Team Bath AC 89 Points
- 2 Westbury Harriers 135 Points

### **Senior & Masters Women**

- 1 Amber Gascoigne Wiltshire TBAC 24:03
- 6 Isabel Davis Avon TBAC 24:59
- 10 Bethan Francis Wiltshire TBAC 26:55
- 11 Katie Strange Wiltshire TBAC 27:06
- 17 Laura Backhouse Wiltshire TBAC 28:27
- 18 Kate Darbyshire Avon TBAC 29:23
- 19 Joanna Thompson Avon TBAC 29:27
- 20 Amy Glynn Avon TBAC 29:28
- 22 Florrie Betts Avon TBAC 29:43

25 Finishers. Only TBAC had enough competitors for the team competition.

- 1 Team Bath AC 28 Points

### **MU20/MU17 & Senior Men's Short Course**

- 1 Seamus Robinson U20 Avon Westbury Harriers 17:24
- 2 Harry Maxwell U17 Wiltshire TBAC 17:42
- 3 Dylan Stoneman U17 Avon TBAC 18:03
- 4 Alex Hammond U20 Wiltshire TBAC 18:25
- 5 Joshua Maxwell U17 Wiltshire TBAC 18:46

- 11 Ben Wagstaff U17 Wiltshire TBAC 19:34
- 12 Felix Newton U20 Wiltshire TBAC 19:38
- 14 Henri Cotineau U17 Wiltshire TBAC 20:06
- 16 Jasper Cox U17 Avon TBAC 20:27
- 17 Phil King V50 Somerset TBAC 21:16
- 19 Alex Hearn U17 Wiltshire TBAC 21:23
- 21 Martin Couzins V50 Avon TBAC 21:39
- 24 Ned Blackman U17 Wiltshire TBAC 22:26

24 Finishers. Only two teams had enough competitors for the team competition.

- 1 Team Bath AC 9 Points
- 2 Bristol & West AC 43 Points

### **FU20/FU17**

- 1 Sophie Nicholls U17 Somerset Wells City Harriers 16:41
- 2 Tilly Nickell U17 Wiltshire TBAC 17:11
- 11 Alida Van Der Merwe U20 Somerset TBAC 19:53
- 15 Orla Rostom U17 Avon TBAC 20:29

23 Finishers.

- 1 Wells City Harriers 8 Points
- 2 TBAC 28 Points
- 3 City of Salisbury AC 41 Points
- 4 Westbury Harriers 51 Points

### **MU15**

- 1 Tom Webb Somerset Wells City Harriers 12:13
- 2 Tobi-Lee Loughlin Wiltshire TBAC 12:18
- 4 Stanley Wyatt Avon TBAC 12:37
- 13 Archie Enstone Wiltshire TBAC 13:34
- 16 Daniel Kestell Avon TBAC 13:51

27 finishers.

- 1 Team Bath AC 19 Points
- 2 Wells City Harriers 23 Points
- 3 City of Salisbury AC 29 Points
- 4 Chippenham Harriers 55 Points
- 5 Swindon Harriers 57 Points

### **FU15**

- 1 Jemima Davey Somerset Wells City Harriers 13:34
- 10 Gertie Blewitt Avon TBAC 15:05

22 Finishers.

- 1 Wells City Harriers 11 Points

2 City of Salisbury AC 17 Points

**MU13**

One TBAC entry, but no finishers.

**FU13**

- 1 Olivia Paul Wiltshire TBAC 10:29
- 2 Sophie Maxwell Wiltshire TBAC 10:30
- 3 Polly Pennicott Avon TBAC 10:53

23 Finishers.

- 1 Team Bath AC 6 Points
- 2 Wells City Harriers 22 Points
- 3 Westbury Harriers 25 Points

**MU11**

- 1 Edward Salter Somerset Taunton AC 6:34
- 2 Albert Jakubowski Somerset TBAC 6:52

32 Finishers.

- 1 Bristol & West AC 36 Points
- 2 Wells City Harriers 65 Points

**FU11**

No TBAC entries.







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## SW XC Champs: 8th Jan 2023

By Mark Thomas

One for your new diary. The South West Cross-Country Championships, Sunday 8th January, at RNAS Merryfield, Ilton (near Taunton). Enter [here](#). Closing date for entries is Thursday 22nd December.

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James, Steve, and Mike setting off at last Sunday's Bromham 10k, a staple in the festive running calendar; on their way to claiming the Men's team prize.

## Bromham Christmas Pudding 10k

4th December

[By the Editor](#)

It's fair to say that Team Bath cleaned up at this year's Bromham Christmas pud run. The local race that sells out within hours every year offers a flat and fast 10k blast, all on road, twice around the village of Bromham. The predictably bitter conditions didn't thwart TBAC's appetite to run hard and dominate, particularly the ladies, led by Freya who took the overall win, followed by Jenny, Ella, and Jo who all won their age categories. While James, Steve, and Mike all top-10'd to take the men's team prize. Full results below:

| Pos | Race No | Name               | Gun Time  | Chip Time | Category | Cat Pos | Gender | Gen Pos |
|-----|---------|--------------------|-----------|-----------|----------|---------|--------|---------|
| 5   | 130     | James DONALD       | 35:49.3   | 35:48.0   | Sen      | 4       | Male   | 5       |
| 6   | 378     | Stephen ROSE       | 35:52.5   | 35:51.5   | V50      | 2       | Male   | 6       |
| 9   | 132     | Mike DOOLEY        | 37:12.9   | 37:12.0   | V50      | 3       | Male   | 9       |
| 12  | 415     | Freya SPRUIT       | 37:45.8   | 37:45.5   | Sen      | 1       | Female | 1       |
| 28  | 448     | Malcolm TREBY      | 39:42.4   | 39:41.1   | V40      | 10      | Male   | 26      |
| 29  | 474     | Ben WHITE          | 39:48.6   | 39:44.4   | Sen      | 10      | Male   | 27      |
| 32  | 77      | Jenny CARTER       | 40:03.2   | 40:02.7   | V40      | 1       | Female | 3       |
| 35  | 3       | Andrew ALCORN      | 40:14.0   | 40:11.1   | V50      | 8       | Male   | 32      |
| 43  | 447     | Ella TREBY         | 41:30.0   | 41:27.7   | Under 20 | 1       | Female | 5       |
| 44  | 381     | Jay RUDDOCK        | 41:40.8   | 41:39.6   | V40      | 14      | Male   | 39      |
| 45  | 117     | Stuart CURTIS      | 41:47.1   | 41:46.5   | V50      | 12      | Male   | 40      |
| 51  | 440     | Joanna THOMPSON    | 42:20.2   | 42:19.9   | V60      | 1       | Female | 6       |
| 52  | 180     | Christopher GEORGE | 42:22.9   | 42:21.6   | V40      | 17      | Male   | 46      |
| 104 | 129     | Helen DONALD       | 47:30.1   | 47:26.5   | Sen      | 8       | Female | 19      |
| 106 | 296     | Kelly MAKRAKI      | 47:35.9   | 47:28.4   | Sen      | 9       | Female | 21      |
| 123 | 416     | Philippa SPRUIT    | 48:38.1   | 48:30.2   | V50      | 6       | Female | 27      |
| 127 | 385     | Sevim SANGWELL     | 49:10.9   | 49:03.0   | V40      | 10      | Female | 31      |
| 282 | 50      | Sasha BRIDGEN      | 1:01:16.7 | 1:01:01.9 | Sen      | 37      | Female | 111     |



Freya taking 1st senior; Ella, Jenny and Jo all winning their categories!



## SW Indoor Championships

3rd December

By Di Viles

Two of our high jumpers went to Cardiff for SW indoor champs today. New star on the horizon, Otis Poole won the overall U/17 comp with a fantastic new pb of 1.84. This is only his second comp for the club, the first being the final Avon League match at Gloucester which he won the U/15 high jump with 1.60. Jamie Semple also competed and equalled his pb with 1.60. Both boys in their first comp as U/17 athletes.

Also at Cardiff was Emmanuel Daso (pic below) who was competing as an U/15 boy for the first time and won the 200 m in 25.66 and the bronze in the high jump with 1.45.



## Top 100 rankings

By Mark Thomas

There have been many good athletic performances over the past year by TBAC athletes. Those performances have led to top 100 age-group rankings on Power-of-10 for thirty-nine people plus those in a relay team. These people and performances are listed below. (Data was extracted from Power-of-10 on 30<sup>th</sup> November so more recent performances will not be shown).

The highlights – ranked in the top 10, or in three or more events in the top 100, - are:

- Emmanuel Daso (MU13): top 25 performances in four events, including 5<sup>th</sup> for 200m and 10<sup>th</sup> for 100m.
- Charlie Haines (MU15): 7<sup>th</sup> for 800m.
- Dylan Stoneman (MU17): top 60 performances in four events, including 1<sup>st</sup> for half-marathon and 3<sup>rd</sup> for 1500mSC.
- Charlie Staddon (MU17): top 40 performances in three events, including 6<sup>th</sup> for 400mH.
- Alice Wilson (FU17): top 100 performances in seven events: 60mH, 80mH, LJ, SP, JT, indoor pentathlon, heptathlon.
- Joe Carter (MU20): three top 100 performances – 60m, 100m, 200m.
- Jake Cover (MU20): three top 100 performances – 60m, 60mH, 110mH.
- Justin Davies (MU20): 2<sup>nd</sup> for 1500m.
- Alexander Parsons (MU20): 3<sup>rd</sup> for marathon.

- Rebecca Hilland (FV40): 2<sup>nd</sup> for half-marathon.
- Robert Howorth (MU23): top 100 performances in three events – 800m, 1500m, 3000mSC.

### MU13

- Emmanuel Daso 75m 10.0s 25<sup>th</sup>
- Emmanuel Daso 100m 12.45s 10<sup>th</sup>
- Emmanuel Daso 200m 25.15s 5<sup>th</sup>
- Rupert Rutter 75mH 13.9s 81<sup>st</sup>
- Emmanuel Daso HJ 1.51m 12<sup>th</sup>

### FU13

- Olivia Paul 800m 2:27.56 36<sup>th</sup>
- Sophie Maxwell 1200m 4:03.86 45<sup>th</sup>
- Sophie Maxwell 1500m 5:10.56 62<sup>nd</sup>

### MU15

- Joseph Bailey 200m 24.35s 99<sup>th</sup>
- Charlie Haines 800m 2:01.16 7<sup>th</sup>
- Charlie Haines 1500m 4:19.75 35<sup>th</sup>
- Jamie Semple HJ 1.60m 92<sup>nd</sup>
- Team 4 x 300m 2:49.16 25<sup>th</sup> (Will Semple, Stanley Wyatt, Thomas White, Charlie Haines)

### FU15

- Olivia Lewis HJ 1.50m 62<sup>nd</sup>
- Daisy Duncan HJ 1.49m 91<sup>st</sup>
- Esmé McKenzie TJ 9.97m 18<sup>th</sup>

### MU17

- Harry Maxwell 1500m 4:11.09 100<sup>th</sup>
- Harry Maxwell 3000m 9:04.58 52<sup>nd</sup>
- Dylan Stoneman 3000m 9:06.34 57<sup>th</sup>
- Ben Wagstaff 3000m 9:15.86 91<sup>st</sup>
- Dylan Stoneman 1500mSC 4:21.40 3<sup>rd</sup>
- Charlie Staddon 60mH 8.67s 25<sup>th</sup>
- Charlie Staddon 100mH 14.27s 33<sup>rd</sup>
- Charlie Staddon 400mH 55.97s 6<sup>th</sup>
- Peter Krunity-Salako HJ 1.90m 15<sup>th</sup>
- Tom Blackburn HJ 1.83m 28<sup>th</sup>
- Ben Wagstaff 10K 34:51 40<sup>th</sup>

- Dylan Stoneman 10K 34:54 41<sup>st</sup>
- Felix Newton 10K 36:57 97<sup>th</sup>
- Dylan Stoneman HM 73:36 1<sup>st</sup>

### FU17

- Tilly Nickell 3000m 10:28.34 51<sup>st</sup>
- Annabelle Wallace 10K 43:29 47<sup>th</sup>
- Alice Wilson 60mH 9.59s 78<sup>th</sup>
- Alice Wilson 80mH 12.50s 88<sup>th</sup>
- Ciara Galvin HJ 1.54m 87<sup>th</sup>
- Alice Wilson LJ 5.40m 26<sup>th</sup>
- Ciara Galvin LJ 5.13m 72<sup>nd</sup>
- Ciara Galvin TJ 10.32m 53<sup>rd</sup>
- Alice Wilson SP 11.06m 56<sup>th</sup>
- Alice Wilson JT 33.07 58<sup>th</sup>
- Alice Wilson Pentathlon (i) 3109Pts 12<sup>th</sup>
- Alice Wilson Heptathlon 4193 Pts 27<sup>th</sup>

### MU20

- Joe Carter 60m 7.00s 25<sup>th</sup>
- Jake Cover 60m 7.17s 83<sup>rd</sup>
- Joe Carter 100m 11.02s 80<sup>th</sup>
- Joe Carter 200m 22.48s 87<sup>th</sup>
- Justin Davies 1500m 3:43.62 2<sup>nd</sup>
- Alexander Parsons Marathon 2:41:43 3<sup>rd</sup>
- Jake Cover 60mH 8.18s 13<sup>th</sup>
- Jake Cover 110mH 14.40s 11<sup>th</sup>
- Dominic Murray 110mH 15.69s 50<sup>th</sup>
- Dominic Murray HJ 1.90m 34<sup>th</sup>
- Sam Walker JT 50.16m 30<sup>th</sup>

### FU20

- Willa Gibb 100mH 15.17s 43<sup>rd</sup>
- Eleni Francis LJ 5.48m 36<sup>th</sup>
- Freya Spruit 10K 38:38 23<sup>rd</sup>
- Annabelle Wallace HM 94:24 25<sup>th</sup>

### MU23 (Road runs only)

- Jack Gumm 10K 31:14 32<sup>nd</sup>
- Themis Bower HM 76.06 90<sup>th</sup>

**FU23** (Road runs only)

- Katie Strange HM 98:05 71<sup>st</sup>

**FV40**

- Amber Gascoigne 10K 36:31 16<sup>th</sup>
- Rebecca Hilland HM 75:17 2<sup>nd</sup>
- Amber Gascoigne HM 81:17 20<sup>th</sup>

**MV45**

- Matt Wilton HM 74:10 49<sup>th</sup>

**FV45**

- Jenny Carter HM 88:54 84<sup>th</sup>

**FV55**

- Catherine Dale 10K 42:56 40<sup>th</sup>

**FV60**

- Jo Thompson 10K 42:02 13<sup>th</sup>

**Male Overall Rankings** (all age groups, not listed above)

- Robert Howorth 800m 1:50,52 80<sup>th</sup>
- John Howorth 1500m 3:41.16 34<sup>th</sup>
- Robert Howorth 1500m 3:45.00 72<sup>nd</sup>
- Jack Gumm 1500m 3:45.69 79<sup>th</sup>
- Robert Howorth 3000mSC 9:53.49 59<sup>th</sup>
- Jake Burkey LJ 7.50m 12<sup>th</sup>
- Rory Howorth SP 13.63m 50<sup>th</sup>
- Rory Howorth DT 40,24m 74<sup>th</sup>
- Felix Vaughan HT 48.69m 61<sup>st</sup>
- Tom Dollery JT 61.70m 23<sup>rd</sup>

**Female Overall Rankings** (all age groups, not listed above)

- Anna Burt 1500m 4:23.46 79<sup>th</sup>
  - Imogen Dawe-Lane 60mH 9.29s 92<sup>nd</sup>
  - Mia Bates 400mH 65,72s 71<sup>st</sup>
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## TBAC Annual Awards

By the Executive Committee

Following member feedback in a recent survey, Team Bath AC's annual awards are to be reinstated. The winners of the awards are to be nominated by the club's members, with winners considered and decided by coaches, the Exec and Trustees. There will be a prize for each winner.

Please complete the survey [here](#) to see the awards and make your nominations based on 2022 activities, by midnight on 18th December 2022. Nominations will be kept confidential. You don't need to nominate in every category - leave categories blank where you don't have a nomination.

The awards will be announced on Thursday 12th January following a shortened track session and will take place at the Lime Tree adjacent to the STV. Please arrive at the Lime Tree at 7, the presentation will start at 7:15pm and end by 8pm. Parents, please arrive earlier if you would like to order food for hungry children.

There will be an informal gathering for adults in town afterwards for those who are keen... please indicate on the survey so that we can make arrangements :-)

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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 16.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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