

THE BATH PLUG



Joel runs away with it... "stealing" the show in Sheffield!

Inspiration this week from young and old, and everyone in between; across a wide spectrum of athletic disciplines. Special mention to Joel Mattacks whose performances last weekend now rank him UK #1 in 2023 for T20 60m and #2 for F20 Long Jump. Go get'em 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

England Athletics Para Indoor Championships

11th March

By [Graham Mattacks](#)

Last weekend saw the inaugural UK Parallel Success Indoor Championships from England Athletics, which was run alongside the Combined Events Indoor age group Championships in Sheffield. Team Bath were well represented by both current and alumni athletes in the jumps and sprints events.

This was a multi-category event for all IPC classified Ambulant athletes and the final result is calculated using the [RAZA points system](#) that enables direct comparison of athletes performance based on their specific classification.

First up was Team Devizes Moonraker T46 Paralympian Polly Maton (coached by Colin Baross) in the Women's Ambulant Long Jump. In her opening competition of the season Polly achieved a jump of 4.76m in the third round, before pulling out of the competition with a strain. This was enough to secure the Gold medal and initial reports suggest that the injury was not going to affect the rest of her season.

Next up were the Ambulant 60m men and Women represented by Joel Mattacks T20 (coached by Phil Warwicker), and Amirah Peckham T37 (DSW/Team Bath, coached by Colin Baross). Both athletes qualified through to the next round with Joel the fastest male qualifier 7.39s, and Amirah into the B final with a time of 10.61s.

In their respective finals Amirah ran an improved time for third place of 10.59s and puts her T37 UK #2 for 60m. Joel produced what England Athletics described as the 'highlight of the day' running 7.28s for the Gold medal.

The winner of the women's A final was Team Bath/B&W alumni athlete Sophie Kamlish coached by Rob Ellchuk in 8.66.

In the Ambulant men's long jump Joel had an epic 6 round battle with former T20 World Champion Karim Chan, with Joel securing the distance victory for the first time with a lifetime best of 6.23m. This based on RAZA points was good enough to secure the silver medal with the gold medalist (a T37) also securing lifetime best of 5.73m.

This puts Joel into UK #1 for T20 60m and #2 for F20 Long Jump for this year.

See [here](#) for more information about parallel success sport and the classifications.





Chester 10k

12th March

By Paul King

Tom Hutchison ran at the prestigious Chester 10k where he was representing England in the MV65 category. Tom who is a few months from his 70th birthday ran an excellent 42:26 finishing 39th in his age category.





Marshfield Mudlark & Mudlite

12th March

By Paul King and the Editor

The Marshfield Mudlark attracted a number of TBAC athletes with the ever-strong Heather Fell finishing 1st female and 10th overall in a time of 59:39. There were also solid runs from Nick Parry (63:31), David Vaudin (63:40), Jamie Feilden (63:45), Chris Quick (66:45), Claire Forster (69:26) and Beccy Starling (71:28). In fact Nick, David, and Jamie collectively picked up the men's team prize.

Running in parallel, the Mudlite, a 4.5km version of the Mudlark, saw Landon Junior (Finlay - pic above) take a convincing win. The clock is now ticking until Fin and his dad

Guy (TBAC marathon and ultra legend) go head-to-head in the ultimate running showdown, rumoured to be broadcast live on Sky Box Office.











Chippenham Spring 10 mile

12th March

By Paul King

The Chippenham Spring 10 mile saw some excellent running from Michael Towler (4th 55:46) and Peter Grist (6th 56:51) along with strong performances from Steve Rose (1st MV50, 59:45), Ian Dunning (4th MV40, 61:12), Phil King (2nd MV50, 62:38), Stylianos Asimakopoulos (MV35, 65:14), Martin Couzins (4th MV50, 66:28) and Antonia White (FV35, 1:35:33). Max Davis (Bristol & West AC) won the event in a very tidy 51:24.

Relish Running Two-Tunnels Half Marathons

12th March**By Paul King**

The Relish Two-Tunnels races offered the opportunity for a number of TBACers to undertake a half-marathon race distance as part of their Spring marathon preparations. Cameron McGarry finished 1st in a time of 1:33:32 and Martin Archbold 2nd (1:39:52; pic below) in the Hilly Ticket HM. While in the Return Ticket HM Clinton Montague finished in 1:38:41 and Kelly Makraki in 1:41:43 (pic below).





Vienna Half Marathon

12th March

By Paul King

And finally, Ben Robinson went further afield to complete the Vienna Half Marathon in a time of 1:34:14, but with a sub 40 10k PB.



Cleeviewold 2023

2nd April

By [Tom Hutchison](#)

Entries are now open for Cleeviewold 2023; the race is on Sunday 2nd April starting at 10.30am. Organised by Cheltenham & County Harriers, who are keen supporters of our own Cotswold Way Relay. The link to enter is now available [here](#).

The Cleeviewold is a tough and hilly 14 mile multi-terrain race. The race starts near to race HQ at the medieval Postlip tithe barn and covers the highest points of the Cotswold hills on Cleeve common, before heading into the countryside and returning to Postlip via the Belas Knap neolithic burial mound. The event was first held in 1990 from Cleeve Hill Golf Club, with the race moving to its Postlip start and the route changing in 1992. The race has been held each year since, apart from in 2001 due to the outbreak of foot and mouth disease. Slight alterations were made to the course in 2004 and this route continues to be used for the race.



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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