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THE BATH PLUG





Hands in the air, Marianne raving in Ibeefa!

This week's headliner has to be Marianne who took the standard distance duathlon World title in Ibiza last weekend. We've also got some outstanding T&F performances at the BUCS Outdoors, as well as at Yate and Gloucester. Plus a selection of other great racing, not least a 15:13 5k by Dylan Stoneman whose form continues to shine.

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

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

Multisport World Championships

30th April

By Marianne Carpenter

Santa Eulalia on the east coast of Ibiza was the venue for this year's Multisport World Championships on. Andy Alcorn and I raced the Standard Duathlon (10k run/40k bike/5k run) on Sunday 30th, while Natasha Perks competed in Monday's Aquathlon (1k sea swim, 5k run).

My race (FV50) started at 08:30, the pack heading out at a good pace along the flat but twisting two-lap run course, which even at that early hour was lined with very enthusiastic supporters. In the lead after reeling in Australian Katherine Ryan towards the end of the first 10k, I dashed into transition and out onto the bike for a fast and gently undulating 3 lap out-and-back 40k as the sun started to really heat up.

Ryan passed me near the first lap turnaround, and we played cat-and-mouse, swapping the lead three times on the bike before she made a decisive move and pulled away out of sight with under 6k to go. Getting safely back to transition, I left the bike and legged it back out onto the run course for what was to be one of the toughest 5k's I've ever run, both mentally and physically. I heard someone yelling that she was under a minute ahead, but after a big effort on the bike and nearly 2 hours of intense racing already in my legs, I knew I had to dig deep.

Slowly I began gaining; by 2k I could see her, by 3k I was running on her shoulder. Knowing I didn't want to risk an uphill sprint-finish battle, I decided to push on with 2k to go. It paid off - I pulled away, crossing the finish line 45 seconds clear, and absolutely over the moon to take my first world title!

Andy was off at 09:00, and executed a well controlled first run, making up several more places on the bike before a very unfortunate accident on a sharp corner near the end of the course lost him precious time (and skin). After retrieving his bike, remounting and making it back to transition, he managed to battle on despite his injuries and complete the final run, finishing in a very creditable 12th place (MV55).

Natasha Perks (F30) almost didn't make the start line of the Aquathlon on Monday, after a stomach bug struck overnight - racing with no food and a churning stomach is never the ideal preparation. A strong open water swimmer, she made short work of the choppy conditions, and held on through midday heat for the final 5k run. True TBAC grit to place 18th in her age group.





British University Champs Outdoors 2023

29th/30th April/1st May

By [Graham Mattacks](#)

Although appearing very early in the event calendar the British University Championships (BUCS) represents some of the highest-level competition of University age athletes. This year the championship was held at the Manchester Regional Arena (Etihad Stadium). Many current and future world and European level athletes compete at this event during their studies. Most of the athletes who have come from Team Bath AC have either gone to

Bath University or the Cardiff Universities (MET or Uni).

First day was 1st round heats for most of the track athletes with Semi-finals or finals over the next two days.

Phoebe Card, competing for Cardiff MET, was first up in the Women's 100m putting in a season's best performance of 13.72s.

Rory Howorth (Cardiff University) competed in the qualifying rounds of the Men's Long Jump with a jump of 6.65m.

Katie Mackintosh (Uni of Bath - pictured) found herself in the fastest of three qualifying rounds for the Women's 400m Hurdles but was able to qualify for the final in a time of 64.49s. In the final the race was equally fast with the winner finishing in a European qualifying time, but Katie was able to match her previous performance with a time of 49.58s to finish 7th.

Jake Cover (Cardiff MET - pictured) produced a flawless display of 110m Hurdles to qualify for the final in a windy (+2.6m/s) 14.38s. In the final he produced an equally clean hurdle performance for a wind legal PB of 14.94s for 5th. He also ran a great 3rd leg of the 4x100m relay, but unfortunately his team was DQd for an earlier violation.

Femi Akinbobola (Cardiff MET – pictured) ran a great leg in the 4x400m relay to secure his team a place in the final with a time of 3:21.81s. This team later went on to secure the Silver medal in the Final with a time of 3:14.08s

Justin Davies (Uni of Bath – pictured) qualified for the next round of Men's 800m with a PB of 1:52.11, and followed this up the next day in the semi final with the fastest qualifying time and another huge PB of 1:50.94. In the final Justin left it late to secure the Bronze medal off the toes of the Loughborough athletes in a time of 1:51.17. This just goes to show you should never give up!

Joel Mattacks (Cardiff MET - pictured) competed in the Mens Ambulant 100m and Ambulant Long Jump. In the final of the 100m, Joel raced hard against the reigning Paralympic Champion (Thomas Young) and thought he had him over the 1st 60m but was forced to settle for Silver medal in a season's best time of 11.60s. In the Long Jump he continued his good form in difficult windy conditions, and secured the Gold medal with a jump of 5.74m before pulling out of the competition to avoid injury. There are certainly more important competitions to come for him (**announcement soon!**)

For more details concerning BUCS check out their [webpage](#) and to view the live streams check out their Youtube page to review all three days' action.







Track & Field

29/30th April

By Di Viles

Busy weekend for our track and field athletes. Saturday saw Tom Blackburn take silver in the Gloucestershire County Championships with 1.75.

Sunday was the first YDL UAG match at Yate with a number of TeamBath athletes in the TeamAvon team. TeamAvon won the match comfortably with 641 points, from second place Cheltenham with 438 points. TeamBath A winners were Charlie Staddon in the U/20 mens 110 hurdles in 14.36 and 400m hurdles in 58.03, Eleni Francis in the U/20 women's long jump with 5.52, Ashley Avis in the U/17 mens 100m in 11.27, Josh Maxwell in the U/17 mens 1500m s/c in 4.36.44 and Otis Poole in the U/17 men's high jump with 1.80.

B winners were Ben Wagstaff in the U/20 mens 3000m in 9.31.44, Peter Krunity-Salako in the U/20 men's high jump with 1.90, Eleni Francis in the U/20 women's 200m in 26.43, Sophia Skidmore in the U/20 women's 1500m in 5.02.27 and Jamie Semple, stepping in at the last minute for injured Ashley Avis, in the U/17 200 in 24.09.

Second A places went to Sam Walker (U/20 m javelin with 44.31,) Esme McKenzie (U/17 w triple jump with 9.72) and Savana Krunity-Salako (U/17 w hammer with 28.32). Second B place to Nicholas van Benenden (U/20 m 100m in 11.85) and third A place to Annabelle Wallace (U/20 w 3000m in 10.46.38). Jamie Semple did a pb of 11.79 running as a guest in the U/17 100m.

Highlight of the weekend was the first 2 metre jump for Peter Krunity-Salako in the Brewer Games at Gloucester on Monday. He is only the fourth athlete from the club to jump 2m,

the last being Olympic finalist Tom Gale. Another PB was achieved by Darcy Crossman who jumped 1.45 in the U/15 girls high jump to finish second. Jamie Semple won the U/17 100m comfortably in 11.92 plus jumping 1.70 in the high jump, just clipping 1.75. Otis Poole jumped 1.75 and Tom Blackburn jumped 1.70.

Complete results from Mark Thomas:

MU20 100m B, Nicholas Van Beneden 2nd 11.85s

MU17 100m A, Ashley Avis 1st 11.27s (PB)

MU17 100m ns Jamie Semple 2nd 11.79s (PB)

MU17 200m B Jamie Semple 1st 24.09s (PB)

FU20 200m B Eleni Francis 1st 26.43s (PB)

MU17 800m A Charlie Haines 2nd 2:06.84

FU20 1500m B Sofia Skidmore 1st 5:02.27 (PB)

MU20 3000m B Ben Wagstaff 1st 9:31.44 (PB)

FU20 3000m A Annabelle Wallace 3rd 10:46.38 (PB)

FU17 80mH A Camille Guillon 2nd 14:06 (PB)

MU20 110mH A Charlie Staddon 1st 14.36s (PB)

MU20 400mH A Charlie Staddon 1st 58.03s (PB)

MU20 400mH B Michael Callan 1st 65.35s (PB)

MU17 1500mSC A Joshua Maxwell 1st 4:46.44 (PB)

MU20 HJ B Peter Krunity-Salako 1st 1.90m

MU17 HJ A Otis Poole 1st 1.80m

FU20 LJ A Eleni Francis 1st 5.52m

FU17 TJ A Esmé McKenzie 2nd 9.72m

FU17 TJ B Camille Guillon 1st 9.52m (PB)

FU17 HT A Savana Krunity-Salako 2nd 28.32m (PB)

MU20 JT A Sam Walker 2nd 44.31m



Two metre Peter!

In other news...

By [Paul King](#)

Cardiff 5k – Race to Victory, 30th April

In a very competitive event Dylan Stoneman managed a very commendable result finishing in 33rd place overall, in a time of 15:13, with Reece Clarke clocking 17:56.

Glastonbury 10k, 30th April

Elliott Avis continued his fine form finishing 2nd overall in a time of 33:02.

Vienna Half Marathon, 30th April

Ben Robinson chose to run the Vienna half marathon last Sunday (23/4) and managed a good PB of 1:29:37.

Scarpa Great Lakeland 3Day Challenge

A number of TBAC ladies were enjoying themselves in the Lakeland mountains during this popular event set over 3 days. Picture below, from Left- Philippa Spruit; Ilana Wigfield; Jo Thompson; Beccy Tarling; Sevim Sangwell.



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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