

THE BATH PLUG



The lads tearing up the tarmac at the Bristol 10k

Results have been trickling in over the last couple of weeks to make this edition of The Plug a veritable compendium of inspiring performances across practically every athletic discipline. So I'm not quite sure where to start, so I won't bother. Just read. Thank you.

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

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

Ultra-trail Snowdonia

14th May

By [Aiden Wiffen](#)

I did the 55k. Beautiful sunny day in the mountains. Very humbling to see those doing 100k and 100m. Had a good race, first half you were locked in to a bit of a bottleneck going over Snowdon and then it thinned out and gained some ground, especially on the climbs. Came 68/1131 and picked up 2 UTMB stones for a chance to enter the Chamonix world champs lottery. Would recommend if anyone is thinking about it, a stunning race!





AJ Bell Great Bristol Run

14th May

[By the Editor](#)

Some extraordinary performances in both the 10k and Half Marathon. In the 10k, Alex Carter and James Reeder (picture below) took 2nd (31:24) and 3rd (31:37) respectively, beaten only by the great Chris Thompson (29:45)! Peter Grist finished 10th (33:20), and Cameron McGarry 24th (34:21). Full TBAC results below.

In the Half, Elliott Avis stormed to 5th in 1:12:53; while Omar Bakali was delighted with his HM debut, clocking 1:38:38 (picture below).





Name	Bib	Club	Pos	Finish Time
Alex Carter	10024	Team Bath AC	2	00:31:24
James Reeder	10058	Team Bath AC	3	00:31:37
peter grist	10106	Team Bath AC	10	00:33:20
cameron mcgarry	10103	Team Bath AC	24	00:34:21
simon oldham	10096	Team Bath AC	43	00:36:10
bethan francis	10110	Team Bath AC	103	00:39:07
tom binks	10911	Team Bath AC	412	00:45:05
poppy feasey	16128	Team Bath AC	2246	00:58:33
jemima woods	16122	Team Bath AC	2263	00:58:39

Westbury 5k

9th May

By Paul King

Some excellent results from a very wet Westbury 5k. Michael Towler (15:53) 2nd and Pete Grist (15:57) 3rd. A superb run from youngster Tobi Loughlin who was 4th overall and 1st U17 in an excellent time of 16:01. To round of the results Steve Rose was 10th (1st MV50) in a time of 16:59 and Bethan Francis 2nd Female in a solid time of 18:43.

Picture below highlighting Tobi L (1346) to the left and Michael T (1378) to the right of eventual winner William Ewens (15:38).



And more great performances...

7th May

By [Paul King](#)

Thames Path Centurian:

Chris Maxwell successfully completed the 100-mile ultra race in a little over 18hrs. Photo below.

XTERRA Malta Gozo Ultra Trail 2023:

Heather Fell had an excellent win along this tough but beautiful 50k trail on the iconic Mediterranean Island of Gozo. Photo below.

Prague Marathon:

Florrie Betts ran an excellent marathon finishing in a time of 3:27:38. Photo below.









Track & Field County Championships

13th & 14th May

By Oz

Last weekend saw many of our Track and Field Athletes compete in their respective County Championships. Team Bath AC had athletes competing in Wiltshire, Avon, Somerset, Gloucestershire and further beyond. There were many excellent performances and lots of PB's to boot. On the Medal front our athletes had lots of success. In total we bagged 68 medals which shows the hard work and effort put in by our members and coaches. Well done everyone we are very proud of you all.

Championship Medals:

Wiltshire

GOLD

- Ashley Avis – U17 100m, 200m
- Dominic Murray – U20 100m, Long Jump
- Micheal Callan – U20 200m
- Tobi-Lee Loughlin – U15 1500m, 3000m
- Olivia Paul – U15 3000m
- Ned Blackman – U17 3000m
- Sarah Wilson – Sen 1500m Steeplechase
- Charlie Staddon – Sen 110m Hurdles
- Ellie Mullins – U17 300m Hurdles
- Mia Bates – Sen 400m Hurdles
- Otis Poole – U17 High Jump
- Peter Crunity-Salako – U20 High Jump
- Daisy Duncan – U15 High Jump
- Joel Mattacks – Sen Long Jump

Savannah Crunity-Salako – U17 Hammer

Iain Osborne – Sen Hammer

Rory Osborne – U13 Javelin

SILVER

Jake Cover – Sen 100m, 110m Hurdles

Alex Stokes – U13 200m, Long Jump

James Morgan – U15 200m

Reuben Fenton-Brown – U20 200m

Rory Osborne – U13 800m

Daniel Phelps – U15 3000m

Lily Mason – U17 300m Hurdles

Dominic Murray – U20 High Jump

Seb Copping – U20 Pole Vault

Micheal Callan – U20 Long Jump

Sam Walker – U20 Javelin

BRONZE

Kenneth Muhumuza – Sen 200m

Olivia Paul – U15 800m

Ben Wagstaff – U20 3000m

Avon

GOLD

Amalie Johnston – U13 800m

Aoife McGee – U15 High Jump

Stanley Wyatt – U15 800m

Tom White – U15 High Jump

Ezme McKenzie – U15 Triple Jump

Will Semple – U17 Pole Vault

Sofia Skidmore – U20 1500m

Eleni Francis – U20 Long Jump

Issac Murray – Sen Discuss

SILVER

Sidney Wyatt – U13 Shot

Tom White – U15 300m, 800m

Jacob Sanchez-Fulton – U15 Shot

Corey Summers – U15 Javelin

Charlie Haines – U17 800m

Jamie Semple – U17 High Jump

Lottie Silvertown – U20 1500m

Felix Vaughan – Sen Hammer

BRONZE

Jacob Sanchez-Fulton – U15 300m

Ezme McKenzie – U17 Long Jump

Nicholas Van Benedden – U20 100m

Louise Jeffries - V60 400m

Reece Clarke – Sen 1500m

Somerset

GOLD

Dylan Stoneman – U20 2000m Steeplechase

SILVER

Alice Wilson – U20 Long Jump

Gertie Blewitt – U15 800m

Gloucestershire

SILVER

Masie Harvey – Sen Hammer

Hampshire & Channel Islands

GOLD

Eden Canning – 100m Hurdles

Olivia Allbut – 400m Hurdles

SILVER

Olivia Allbut – 400m, 200m

Nottinghamshire

GOLD

Katie Macintosh – 400m

SILVER

Katie Macintosh – 400m Hurdles

FULL RESULTS

[By Mark Thomas](#)

Wiltshire County T&F Championships

Aiden Stokes MU11 75m 5th 14.2s

Beatris Bennett FU11 75m 1st 11.9s

Jake Cover SM/U23 100m 1st 11.13s

Joel Mattacks (T20/F20) SM/U23 100m 4th 11.88s

Dominic Murray MU20 100m 1st 11.53s

Ashley Avis MU17 100m 1st 11.28s

Michael Callan SM/U20 200m 2nd 23.90s (PB)

Reuben Fenton Brown SM/U20 200m 5th 24.62s (PB)

Kenneth Mahumuza SM 200m 6th 58.60s

Ashley Avis MU17 200m 1st 23.01s (PB)

James Morgan MU15 200m 2nd 25.97s (PB)

Alex Stokes MU13 200m 2nd 32.18s (PB)

Aiden Stokes MU11 600m 5th 2:20.5

Ned Blackman MU17 800m 4th 2:10.51 (PB)

Kyle Williams MU15 800m 4th 2:21.12 (PB)

Rory Osborne MU13 800m 2nd 2:30.04 (PB)

Alex Stokes MU13 800m 8th 2:50.29 (PB)

Olivia Paul FU15 800m 2nd 2:33.97

Tobi-Lee Loughlin MU15 1500m 1st 4:27.98 (PB)
Joshua Davies MU15 1500m 4th 4:43.72 (PB)
Daniel Phelps MU15 1500m 5th 4:47.01 (PB)
Tobi-Lee Loughlin MU15 3000m 1st 9:35.27 (PB)
Daniel Phelps MU15 3000m 2nd 10:09.56 (PB)
Olivia Paul FU15 3000m 1st 11:27.56 (PB)
Ben Wagstaff MU20 3000m 3rd 9:49.89
Ned Blackman MU17 3000m 4th 10:24.97 (PB)
Charlie Staddon SM/MU20 110mH 1st 14:37s (PB)
Jake Cover SM/MU23 110mH 2nd 15.01s (PB)
Ellie Mullins FU17 300mH 1st 48.97s
Lily Mason FU17 300mH 2nd 52.13s (PB)
Mia Bates SW/FU23 400mH 1st 72.64s
Sarah Wilson SW/FU23 1500mSC 1st 5:05.73 (PB)
Peter Krunity-Salako MU20 HJ 1st 1.90m
Dominic Murray MU20 HJ 2nd 1.75m
Otis Poole MU17 HJ 1st 1.65m
Daisy Duncan FU15 HJ 1st 1.45m
Darcey Crossman FU15 HJ 4th 1.35m
Sebastian Copping MU20 PV 2nd 2.90m
Joel Mattacks (T20/F20) SM/MU23 LJ 1st 5.72m
Dominic Murray MU20 LJ 1st 6.15m
Michael Callan MU20 LJ 2nd 5.47m
Alex Stokes MU13 LJ 2nd 3.45m
Aiden Stokes MU11 LJ 15th 1.90m
Beatrix Bennett FU11 LJ 4th 3.16m
Iain Osborne SM/V45 HT 1st 28.33m
Savana Krunity-Salako FU17 HT 1st 27.18m
Sam Walker MU20 JT 2nd 43.14m
Rory Osborne MU13 JT 1st 27.58m (PB)

Avon County T&F Championships

Nicholas Van Beneden (MU20) 100m F 3rd 11.88s
Noah Dyson (MU17) 100m F 5th 12.19s
Jamie Semple (MU17) 100m F 6th 12.25s
Will Semple (MU17) 100m F 8th 12.59s
Noah Dyson (MU17) 100m h1 3rd 12.22s
Jamie Semple (MU17) 100m h1 4th 12.23s
Will Semple (MU17) 100m h2 3rd 12.51s
Euan Murray (T64.F64) (MU17) 100m h2 4th 13.85s (PB)

Esmé McKenzie (FU17) 100m F 7th 14.55s
 Alice Bassett (FU15) 100m F 6th 14.42s
 Alice Bassett (FU15) 100m h2 2nd 14.42s
 Alice Bassett (FU15) 200m F 6th 30.17s
 Alice Bassett (FU15) 200m h2 4th 29.91s (PB)
 Thomas White (MU15) 300m 2nd 40.68s (PB)
 Jacob Sanchez-Fulton (MU15) 300m 3rd 40.78s (PB)
 Louise Jeffries (SW/V60) 400m 3rd 80.03s
 Charlie Haines (MU17) 800m 2nd 2:04.61
 Stanley Wyatt (MU15) 800m 1st 2:06.26 (PB)
 Thomas White (MU15) 800m 2nd 2:07.55 (PB)
 Amalie Johnston (FU13) 800m 1st 2:32.78 (PB)
 Reece Clarke (SM/U23) 1500m 4th 4:31.85
 Sofia Skidmore (SW/U20) 1500m 1st 5:00.80 (PB)
 Lottie Silverton (SW/U20) 1500m 2nd 5:18.56
 Jamie Semple (MU17) HJ 2nd 1.60m
 Thomas White (MU15) HJ 1st 1.55m (PB)
 Aoife McGee (FU15) HJ 1st 1.40m
 Will Semple (MU17) PV 1st 2.10m
 Eleni Francis (SW/U20) LJ 1st 5.33m
 Esmé McKenzie (FU17) LJ 3rd 4.18m
 Esmé McKenzie (FU17) TJ 1st 9.36m
 Isaac Murray (SM) SP 2nd 9.36m
 Jacob Sanchez Fulton (MU15) SP 2nd 8.96m (PB)
 Sidney Wyatt (MU13) SP 2nd 5.67m (PB)
 Felix Vaughan (SM) HT 2nd 38.62m
 Corey Summers (MU15) JT 2nd 40.35m (PB)
 Sidney Wyatt (MU13) JT 4th 16.83m (PB)

Anybody listed above who finished first is the Avon County Champion. The Avon steeplechase races were contested on Sunday 14th May at Yeovil alongside the Somerset County Championships.

Dylan Stoneman (MU20) 2000mSC 1st 6:09.85 (PB)
 This time is an Avon County Championship record.

Somerset County T&F Championships

Gertie Blewitt FU15 200m F 1st 26.99s (PB)
 Gertie Blewitt FU15 200m h1 1st 27.17s (PB)
 Gertie Blewitt FU15 800m 2nd 2:28.76 (PB)
 Dylan Stoneman MU20 2000mSC 1st 6:09.85 (PB)

Alice Wilson FU20 LJ 2nd 5.28m









More Track & Field: YDL League

7th May

By [Mark Thomas](#)

Results as follows from the Youth Development League Lower Age Group meeting held at Gloucester on Sunday 7th May.

Carter Harrison MU13 75m A 4th 11.8s (PB)

Michael Katsande MU13 75m B 1st 11.2s (PB)
Harper Jensen FU13 75m A 4th 11.7s (PB)
Sophie Phelps FU13 75m B 2nd 11.8s
Emmanuel Daso MU15 100m A 2nd 12.4s (PB)
Alexander Hadler MU15 100m B 1st 12.9s (PB)
Alice Bassett FU15 100m A 4th 13.9s (PB)
Michelle Katsande FU15 100m B 2nd 14.3s
Rhianne Gibb FU15 100m nsA 1st 14.5s (PB)
Alexis Belizaire FU15 100m nsB 3rd 15.7s (PB)
Michael Katsande MU13 150m A 4th 22.6s (PB)
Rory Osborne MU13 150m B 2nd 22.8s (PB)
Natalia Adamska FU13 150m A 4th 24.1s (PB)
Emmanuel Daso MU15 200m A 2nd 25.5s
Alice Bassett FU15 200m A 4th 29.3s (PB)
Michelle Katsande FU15 200m B 4th 29.5s
Thomas White MU15 300m A 1st 41.6s (PB)
Orson Pace MU15 300m B 2nd 44.2s (PB)
Daisy Duncan FU15 300m A 2nd 46.6s (PB)
Ezra Ebanks FU15 300m B 3rd 51.1s (PB)
Thomas White MU15 800m A 1st 2:08.1 (PB)
Jacob Sanchez-Fulton MU15 800m B 1st 2:14.7
Orson Pace MU15 800m nsA 1st 2:20,5 (PB)
Joshua Davies MU15 800m nsA 2nd 2:22.0 (PB)
Rory Osborne MU13 800m A 2nd 2:32.5
Gertie Blewitt FU15 800m A 1st 2:36.1
Natalia Adamska FU13 800m A 2nd 3:02.4
Sophie Phelps FU13 1200m A 1st 4:34.6
Stanley Wyatt MU15 1500m A 1st 4:23.8 (PB)
Daniel Phelps MU15 1500m B 1st 4:47.7
Konstantina Kampanou FU13 70mH A 2nd 15.6s (PB)
William Game MU15 80mH A 1st 13.5s (PB)
Team Bath U15 Team MU15 4 x 100m 1st 53.2s
Team Bath U13 Team MU13 4 x 100m 5th 63.2s
Team Bath U15 Team FU15 4 x 100m 5th 63.1s
Team Bath U13 Team FU13 4 x 100m 4th 64.1s
Team Bath U15 Team MU15 4 x 300m 1st 2:47.2
Marley Adams MU15 HJ A 1st 1.53m (PB)
Thomas White MU15 HJ B 1st 1.45m
Carter Harrison MU13 HJ A 4th 1.05m (PB)
Daisy Duncan FU15 HJ A 2nd 1.45m

Ezra Ebanks FU15 HJ B 1st 1.35m (PB)
Emmanuel Daso MU15 LJ A 1st 4.48m (PB)
Orson Pace MU15 LJ B 1st 4.37m (PB)
Carter Harrison MU13 LJ A 5th 3.35m (PB)
Victoria Barker FU15 LJ A 4th 4.06m (PB)
Mia McMullan FU15 LJ B 3rd 4.03m (PB)
Natalia Adamska FU13 LJ A 4th 3.23m (PB)
Konstantina Kompanou FU13 LJ B 4th 2.77m (PB)
Jacob Sanchez-Fulton MU15 SP A 3rd 8.49m (PB)
Daniel Phelps MU15 SP B 2nd 4.94m (PB)
Michael Katsande MU13 SP A 1st 7.75m (PB)
Sidney Wyatt MU13 SP B 1st 5.45m
Rosie Dalton FU15 SP A 4th 6.88m (PB)
Sarah Spalding FU15 SP B 4th 5.12m (PB)
Harper Jensen FU13 SP A 4th 3.44m (PB)
Marley Adams MU15 JT A 1st 28.13m (PB)
Rosie Dalton FU15 JT A 2nd 24.70m
Sarah Spalding FU15 JT B 2nd 13.76m (PB)
Rory Osborne MU13 JT A 1st 26.46m (PB)
Sidney Wyatt MU13 JT B 2nd 16.13m (PB)



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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