

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





Justin-side 1:48 for 800m! 🏃‍♂️

Stacks of stupendous results to share, spanning two weeks of great weather for great performances. So top up the factor 50, crack open a cold one, and get inspired!

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

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

Last week's running results

By Paul King & Mark Thomas

British Milers Club, 27th May

Top of the list was Justin Davies' superb 800m PB of 1:47:76 at the BMC meeting held at Sportcity, Manchester on Saturday. He's just getting better and better. **Photo above.**

Loughborough Open, 31st May

In his debut at the event Dylan Stoneman (age 17) ran a time of 9 minutes 38.98 seconds to win the 3000m steeplechase at the Loughborough Open on Wednesday 31st May. He comfortably beat a couple of Loughborough University students. Across all age groups this ranks him 28th in the UK.

Edinburgh Marathon, 28th May

Kim Prevett ran her debut marathon at a very hot Edinburgh finishing in a creditable 4:01:06. **Photo below.**

Bath Skyline ParkRun, 27th May

TBAC veteran Janice Rambridge ran her 250th Bath Sky-line ParkRun. What a splendid achievement. **Photo below.**

Weston Prom 5 mile Race, 25th May

Steve Rose finished 1st MV50 and 9th overall in a time of 28:58 and Phil King 3rd MV50 (29:39) at the latest edition of the Weston Prom Race.

Maverik Adidas Terrex X-series Peak District 2023, 20th May

Heather Fell completed the Middle Coarse (29km) finishing 15th overall (1st FV40) in a time of 2:26:19. **Photo below.**

The Fox Trail Half Marathon, Surrey, 27th May

Rachel Moon still recovering from the London Marathon from a few weeks ago finished 1st Female (7th overall) in a time of 1:46:24 on this challenging course. Photo below.

Run2Paris, 25th-28th May

TBAC Matt Lay joined 4 other work colleagues to run in a relay from London to Paris. Matt was raising funds for Parkinson's UK and SSAFA Armed Forces Charity. Matt completed the distance by running a half marathon for 4 consecutive days. Photo below with Matt 2nd from the right.











And the week before...

By Paul King

Worcester HM & Marathon:

Jay Ruddock (MV45) ran a PB 1:31:29 to finish 17th overall in the half marathon (photo below) while Pat Cobb ran a 3:13:46 finishing 16th overall in the full marathon.

Nottingham Outlaw Triathlon:

Competing in the half ironman event Pete Dyson took 1st place in an overall time of 3:57:41 (photo below). Ben Holding also competed finishing 25th MV45 in a time of 4:59:17.

3Laenderlauf Half Marathon:

David Vaudin finished 1st MV60 in a time of 1:32:48 at this unique race that starts and finishes in Basil, Switzerland but passes through France and Germany.





Chester Half Marathon

21st May

By the Editor

I ran last October's Bath Half with little expectation. My season had finished 6 weeks earlier, racing a long distance duathlon in Switzerland, so I was simply hoping to carry over some fitness to clock a half-decent time. I was delighted with a 1:17, and even more delighted to later learn that I had qualified to compete as an England Master at the Chester HM in May. I have a long held ambition to duck under 75mins, but never single-mindedly targeted a HM race with that target in mind - Chester felt like the perfect opportunity.

Then, two weeks after the Bath Half, I slipped a disc, playing with Brian (our dog - photo below) in the back garden. The pain was paralyzing - 10/10 is no exaggeration. Home alone, I called 999 for the first (and hopefully last) time in my life. Following several bed-ridden hours in hospital, some rather "invasive" tests, and an assortment of painkillers, I made it back home with the help of some dear friends and a set of crutches.

With my Doctor warning me of at least a year's recovery, and perhaps never recovering completely, I anticipated being attached to those crutches for several weeks. However, remarkably, 24hrs following the incident I found I could walk unassisted again, albeit extremely slowly and for only 5mins at a time. Luck has it that keeping active is the best way to recover from a slipped disc - in a controlled and measured way of course - I'm good at that I thought! A few days later I found I could cycle on the indoor trainer, and cutting a long story short (I'm not so good at that!), I managed a gentle 30min jog just 3 weeks after my hospitalisation.

The journey since then has been two steps forward, one (and sometimes two) steps back. As you can imagine, slipping a disc can cause havoc all over your body. But I've got an

awesome Physio and great Chiropractor; and an unwillingness to give up on the chance to sport my hard-earned England vest, while running a vaguely respectable time.

About 4 weeks out from the race, I finally felt niggles-free, which enabled me to bag my first really hard, quality block of training just in time. I'd given up on ducking under 75mins while lying on a hospital bed 6 months previous; but my numbers were telling me that I was finding some form again. So, despite a minor hiccup in race week (a bee sting in my face!), I was just feeling chuffed and privileged to make the start line, confident that I could run hard and fast'ish.

And so it turned out that way... I ran with a consistently hard effort that gave me another 1:17 on a course considerably slower than the Bath Half. It's a race that I'd heartily recommend for its great organisation, atmosphere, and pretty route, but it's not fast. So just 4 months from my 50th birthday, I couldn't be happier to finally feel "back-in-the-game", and excited about building on that form as I approach my new age cat and the races that follow.



Track & Field

By Mark Thomas & Di Viles

Youth Development League, Upper Age Group. Carmarthen, 28th May.

A number of TBAC U17 and U20 athletes competed for Team Avon at the YDL UAG meeting in Carmarthen. (Team Avon is composed of athletes from TBAC, Yate & District AC, Bristol & West AC). Fast times in the sprints and long distances in the horizontal jumps were aided by winds of up to 6.4m/s, but those same winds were not conducive to

fast times in the endurance events. Team Avon won the meeting and, after two meetings (with one to go), look to be on the way to the regional final as winners of their group.

1. Team Avon: 579 points
2. Cheltenham: 376
3. Swansea: 336
4. East Wales: 324
5. Cardiff Archers: 279

Ashley Avis (MU17) 100m A 1st 10.98s (PB)

Ashley Avis (MU17) 200m A 2nd 22.90s (PB)

Jamie Semple (MU17) 200m B 2nd 23.99s (PB)

Ned Blackman (MU17) 800m A 3rd 2:16.80

Ben Wagstaff (MU20) 1500m A 2nd 4:28.32

Lottie Silverton (FU20) 1500m A 1st 5:24.13

Annabelle Wallace (FU20) 3000m A 2nd 10:57.31

Jemima Woods (FU17) 80mH A 5th 13.98s (PB)

Ellie Mullins (FU17) 80mH B 1st 14.54s

Ellie Mullins (FU17) 300mH A 1st 49.59s

Jemima Woods (FU17) 300mH B 1st 53.59s (PB)

Dylan Stoneman (MU20) 2000mSC A 1st 6:14.46

Peter Krunity-Salako (MU20) HJ A 2nd 1.80m

Tom Blackburn (MU20) HJ B 1st 1.65m

Otis Poole (MU17) HJ A 1st 1.85m (PB)

Alice Wilson (FU20) LJ A 1st 5.49m (PB)

Ellie Mullins (FU17) LJ B 1st 5.02m

Esmé McKenzie (FU17) TJ A 1st 10.26m (PB)

Savana Krunity-Salako (FU17) SP A 2nd 7.43m (PB)

Savana Krunity-Salako (FU17) HT A 2nd 26.45m

Sam Walker (MU20) JT A 1st 41.29m





Avon League Results.

Yate, 21st May.

- Noah Dyson (MU17) 100m 3rd 12.1s
 James Burrage (MU23) 100m 1st 11.2s
 Ashley Avis (MU17) 100m 1st 11.3s
 Walter Tidball-Zapp (MU17) 100m 4th 13.2s (PB)
 Emmanuel Daso (MU15) 100m 3rd= 12.8s
 Alexander Hadler (MU15) 100m 1st 13.0s
 James Morgan (MU15) 100m 1st 12.8s (PB)
 Michael Katsande (MU13) 100m 4th 15.3s (PB)
 Caleb Lai (MU13) 100m 6th= 15.9s
 Jacob Katsande (MU13) 100m 7th 16.3s (PB)
 Michelle Katsande (FU15) 100m 2nd 14.2s
 Rhianne Gibb (FU15) 100m 3rd 15.3s
 Emma Pavey (FU15) 100m 1st 14.3s (PB)
 Harper Jensen (FU13) 100m 4th 15.2s (PB)
 Louise Jeffries (FV60) 100m 2nd 18.0s
 Euan Murray (T64/F64) (MU17) 100m 1st 13.9s (PB)
 Martyn Morant (MV40) 200m 5th 27.1s
 Daniel Lawrence (MU17) 200m 4th 25.5s (PB)
 Louis Morant (MU17) 200m 5th= 25.9s (PB)
 Harry King (MU17) 200m 7th 26.3s
 Michelle Katsande (FU15) 300m 3rd= 47.2s (PB)

Mia McMullan (FU15) 300m 3rd 51.5s (PB)
Emma Pavey (FU15) 300m 4th 54.8s (PB)
Olivia Allbut (FU23) 400m 1st 57.4s (PB)
Katie Mackintosh ((SW) 400m 2nd 58.7s
Louise Jeffries (FV60) 400m 8th 80.2s
Alex Tanner (MV40) 800m 3rd 2:11.6
Reece Clarke (MU23) 800m 4th 2:12.5 (PB)
Ned Blackman (MU17) 800m 4th 2:13.6
Jacob Sanchez-Fulton (MU15) 800m 2nd 2:11.7 (PB)
Joshua Davies (MU15) 800m 1st 2:20.1 (PB)
Jamie Durnford (MU15) 800m 7th 2:42.7 (PB)
Charlie Thomas (MU13) 800m 2nd 2:30.5 (PB)
Rory Osborne (MU13) 800m 4th 2:38.2
Maxi Bastable (MU13) 800m 4th 2:44.6
Natalia Adamska (FU13) 1200m 7th 4:49.1 (PB)
Lottie Silverton (FU20) 1500m 1st 5:27.1
Poppy Feasey (FU15) 1500m 2nd 5:24.1 (PB)
Freya Waker (FU15) 1500m 11th 6:18.9 (PB)
Sassi Gibson (FU13) 70mH 3rd 15.4s (PB)
Rory Osborne (MU13) 75mH 3rd 16.8s (PB)
Freya Waker (FU15) 75mH 5th 16.9s (PB)
Rupert Rutter (MU15) 80mH 8th 16.3s (PB)
Mixed TBAC Team (U13) 4 x 100m 4th 59.6s
TBAC Team (MU17) 4 x 100m 2nd 48.3s
TBAC Team (MU15) 4 x 100m 3rd 52.3s
Mia McMullan (FU15) HJ 5th= 1.30m (PB)
Ella Delin (FU13) HJ 3rd= 1.25m (PB)
Sassi Gibson (FU13) HJ 10th 1.10m (PB)
Dominic Murray (MU20) LJ 1st 6.02m
Michael Callan (MU20) LJ 4th 4.90m
Euan Murray (T64/F64) (MU17) LJ 3rd 5.00m (PB)
Daniel Lawrence (MU17) LJ 5th 4.55m (PB)
Emmanuel Daso (MU15) LJ 6th 4.47m
Rupert Rutter (MU15) LJ 8th 4.31m (PB)
James Morgan (MU15) LJ 12th 3.90m (PB)
Charlie Thomas (MU13) LJ 4th 4.19m (PB)
Caleb Lai (MU13) LJ 5th 3.97m (PB)
Michael Katsande (MU13) LJ 7th 3.70m (PB)
Emma Pavey (FU15) TJ 5th 7.81m (PB)
Jacob Sanchez-Fulton (MU15) SP 5th 8.77m

Michael Katsande (MU13) SP 3rd 7.14m

Maxi Bastable (MU13) SP 6th 5.26m

Rory Osborne (MU13) DT 6th 12.64m (PB)

Jacob Katsande (MU13) DT 8th 11.19m (PB)

Savana Krunity-Salako (FU17) HT 2nd 21.61m

Sarah Spalding (FU15) JT 8th 11.91m

Rhianne Gibb (FU15) JT 10th 11.36m





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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