

The official magazine of Team Bath Athletic Club
First published Tuesday 01 Dec 1987

Issue 1601 2nd July 2023

THE BATH PLUG





Whoop, whoop! Everyone's a winner in the TBAC U11 Squad!

We have a veritable feast of track & field results to kick off this week - so many inspiring performances across all ages and disciplines - and great to see such enthusiasm and energy from everyone who got out and got involved. In other news, it would appear that 5k's are the flavour of the month, with some cracking times. Tom shares news of his second claim conquests. And we wrap up with a call for EA Award nominations.

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

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

Track & Field

By Di Viles and Mark Thomas

Highlights from last Sunday's Avon League match at Yate:

The outstanding performances of the day came from Gertie Blewitt on the track and Otis Poole in the field. Gertie did the unusual double of 200m and 800m with times of 26.0 and 2.23.7 in the U/15 girls, finishing way ahead of the rest of the field in both races. Otis Poole, after his disappointment at finishing third in SW Schools, produced a master class in high jumping with jump of 1.95, only narrowly missing the magic 2 metres. This breaks the U/17 league record that has stood since 1994 and puts him back on top of the SW rankings and joint 5th in the country.

Other winners on the day were Mia McMullen in the U/15 girls long jump with 4.18, Jemima Woods in the U/17 women's 100m in 13.2 and 300 m hurdles in 52.6, Pboebe Card in the SW 100m in 13.4, Mia Bates in the SW 200m in 27.5 and 400m hurdles in 68.4, Camille Guillon in the U/17 women's long jump with 4.61, Rory Osbourne in the U/13 boys 1200m in 4.06.6, Tobi-Lee Laughlin in the U/15 boys 1500m in 4.34.0, Imam Qazi in the Masters 100m in 12.8, Peter Grist in the masters 1500m in 4.24.2, Jasper Cox in the SM 400m hurdles in 73.6 and William Willetts in the U/17 men's triple jump with 12.33.

Second places went to Sophie Phelps in the U/13 girls 800m in 2.58.3, Olivia Paul in the U/15 girls 800m in 2.28.0, Louise Jeffries in the Women's Masters 100m in 17.2, Jemima Woods in the U/17 women's 200m in 27.3, Phoebe Card in the SW 200m in 28.5, Emmanuel Daso in the U/15 boys 200m in 24.3, Jacob Sanchez-Fulton in the U25 boys 300m in 42.5 and Peter Krunity-Salako in the SM high jump with 1.85.

There were third places for Emma Pavey (U/15g 100m in 13.5), Victoria Barker (U/15g long jump with 3.98), Sarah Spalding (U/15g shot with 5.78), Emmanuel Daso (U/15b 100m in 12.1), Jacob Sanchez Fulton (U/15b high jump, with 1.45), Joseph Bailey (U/17m 100m in 12.1) and Iain Osbourne (SM hammer with 32.22).

















Three TBAC athletes competed at the England Athletics U20/U23 Championships in Chelmsford on Saturday 17th June:

Jake Cover (MU23) 110mH 4th 15.64s
Charlie Staddon (MU20) 110mH h1 2nd 14.37s
Charlie Staddon (MU20) 110mH F 2nd 14.56s
Dylan Stoneman (MU20) 3000mSC 2nd 9:20.89 (PB)

Athletes from TBAC competed for their county in the South-West Schools Championships held in Exeter on Saturday 17th June:

There were podium places and personal bests galore for TeamBath athletes with three TeamBath South West champions, two in the field and one on the track. Harry Maxwell had a comfortable win in the Inter boys 3000m in 8.43.36, a new PB, whilst in the field there were wins for high jumpers Daisy Duncan and Peter Krunity-Salako. Daisy won the Junior Girls event with 1.53, just 2cm below her PB, whilst Peter won the Senior Boys with 1.92, just clipping 1.97 on the way down.

There were second places for Ashley Avis in the Inter Boys 200m in 22.70, a new PB, Gertie Blewitt in the Junior Girls 300m in 42.38, also a PB, Stanley Wyatt in the Junior Boys 800m in 2.01.61 with Tom White in third in 2.03.05, both PBs, Tobi-Lee Laughlin in the Junior Boys 1500m in 4.21.23, a PB, Sebastian Copping in the Inter Boys pole vault with 3.20, a PB and Corey Summers in the Junior Boys javelin with 43.92, a PB.

Third places went to Ashley Avis (IB 100 m in 11.14, 11.10 in heats), Charlie Haines (IB 800m in 2.02.65, a PB), Ellie Mullins (IG 300m hurdles in 46.92 with Lily Mason in fourth in 49.50, both PBs), Otis Poole (IB high jump with 1.82), Josh Maxwell (IB 1500 m/c in 4.41.55, a PB) and Rosie Dalton (JG javelin with 30.85, a PB).

Other performances were Oliver McGowan (IB 100m in 11.79), Thomas Southgate (JB 200m in 24.67), Ned Blackman (IB 800m in 2.16.94), Ben Wagstaffe SB 3000m in 9.05.17), Jemima Woods (IG 300m hurdles in 52.65), Jamie Semple (IB high jump 1.72 PB), Esme McKenzie (IG triple jump with 9.75), Alice Wilson (SG long jump with 5.36),

Camille Guillon (IG triple jump, with 9.57), Marcie Woods (IG shot with 8.39) and Savana Krunity-Salako (IG hammer with 26.79).

FULL RESULTS:

Ashley Avis MU17 100m h1 2nd 11.10s

Ashley Avis MU17 100m F 3rd 11.14s

Ashley Avis MU17 200m h2 1st 22.71 (PB)

Ashley Avis MU17 200m F 2nd 22.70 (PB)

Thomas Southgate MU15 200m 7th 24.67 (PB)

Gertie Blewitt FU15 300m 2nd 42.38 (PB)

Charlie Haines MU17 800m 3rd 2:02.55

Ned Blackman MU17 800m 10th 2:16.94

Stanley Wyatt MU15 800m 2nd 2:01.61 (PB)

Tom White MU15 800m 3rd 2:03.05 (PB)

Tobi-Lee Loughlin MU15 1500m 2nd 4:21.23 (PB)

Ben Wagstaff MU20 3000m 6th 9:25.17

Harry Maxwell MU17 3000m 1st 8:43.36 (PB) Championship Record!

Ellie Mullins FU17 300mH 3rd 46.92s (PB)

Lily Mason FU17 300mH 4th 49.50s (PB)

Jemima Woods FU17 300mH 8th 52.65s (PB)

Joshua Maxwell MU17 1500mSC 3rd 4:41.55

Peter Krunity-Salako MU20 HJ 1st 1.92m

Otis Poole MU17 HJ 3rd 1.82m

Jamie Semple MU17 HJ 7th= 1.72m (PB)

Daisy Duncan FU15 HJ 1st= 1.53m

Sebastian Copping MU20 PV 2nd 3.20m (PB)

Alice Wilson FU20 LJ 4th 5.36m

Esmé McKenzie FU20 TJ 6th 9.75m

Camille Guillon FU17 TJ 8th 9.57m (PB)

Marcie Wood FU17 SP 7th 8.39m (PB)

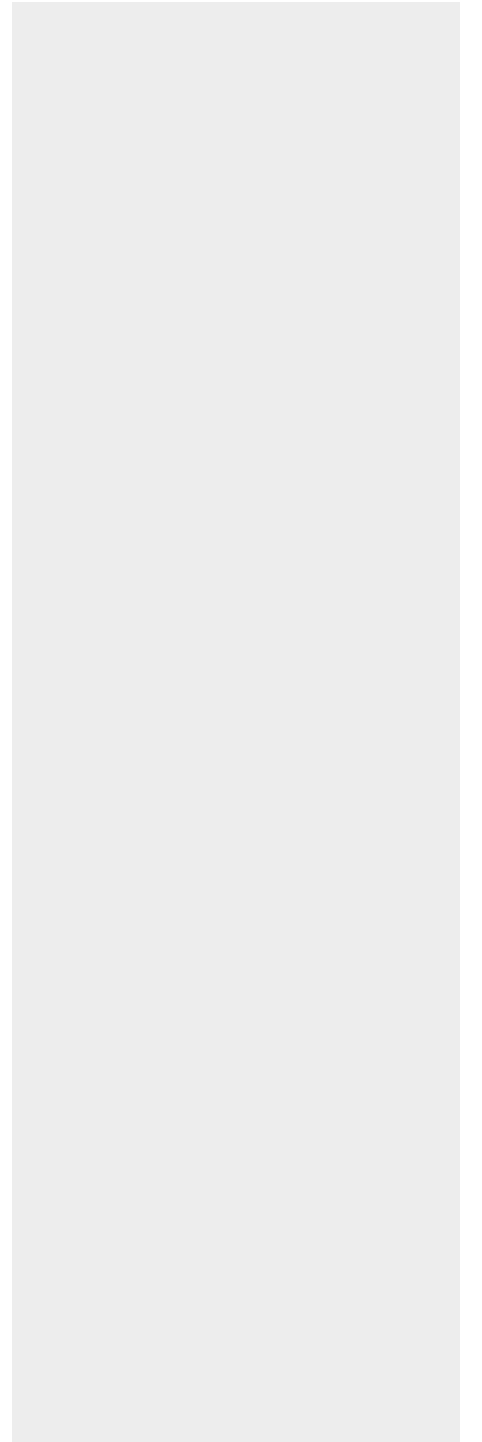
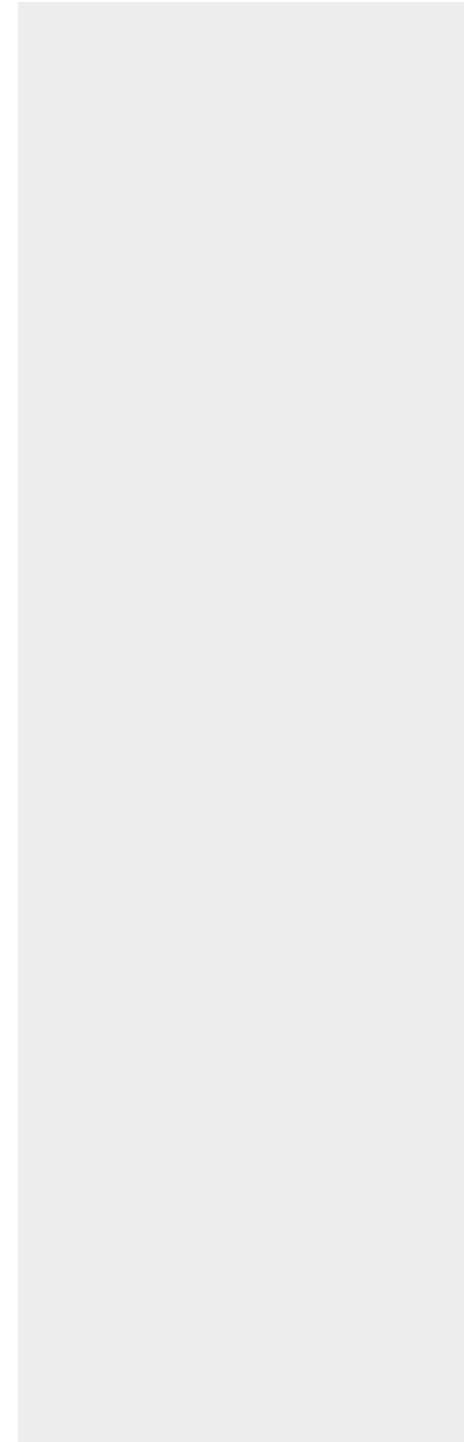
Savana Krunity-Salako FU17 HT 9th 26.79m

Corey Summers MU15 JT 2nd 43.92m (PB)

Rosie Dalton FU15 JT 3rd 30.85m (PB)











In other news

By [Paul King](#)

Westbury 5k – Tuesday 13th.June:

Young Tobi Loughlin performed yet again finishing 2nd overall (1st MU20) in a time of 16:11 and Freya Spruit finished 1st Female in a time of 17:56. There were also strong runs from Matt Levett (3rd MV40; 18:56), Emily Davis (2nd Female; 19:26) and Niall Urquhart (1st MV60; 19:52). Photo below from left: Freya Spruit; Nial Urquhart; Matt Levett; Tobi Loughlin.

South West PB Series 5k – Odd Down Cycle Circuit, Wednesday 14th June:

A big turn out from TBAC saw some excellent performances from both the men and women in a strong field. Dylan Stoneman finished 1st U17M and 7th overall in a time of 15:02, closely followed by James Reeder (8th; 15:11), Alex Carter (16th; 15:54) and Peter Grist (18th; 2nd MV35; 15:59) all under the 16 min mark. There were also good runs from Brian Glynn (16:14); Ed Gwynne-Harris (17:13); Chris Else (17:20); Simon Tang (18:17); Jamie Westcombe (18:43); Matt Lay (19:42); Nick Parry (1st MV60, 19:59).

From the TBAC women Florrie Betts led the group (20:03) followed by Amy Glynn (20:18); Joanna Thompson (1st FV60; 20:24); Ellie Gilham (21:03); Lisa Bennett (1st FV50; 21:49); Ilana Wigfield (2nd FV55; 22:07). Photo below of the TBAC squad.





London Summer League 1 Headstone Manor

18th June

By [Tom Hutchison](#)

Two weekends ago I was one part of the winning the mixed team 400m relay in Headstone Park London. There was also an 8k with 240 runners. I was 64th but first V65 in a time of 36.30.

I ran for Queens Park Harriers because it is one of my two second claim clubs. I joined QPH because my daughter and her family live in London and are all members. I am a frequent visitor and babysitter. More than that, QPH takes part in a London Summer race league. There are 9 clubs, and the races are hosted in different Parks. These are amazing family friendly events and there is nothing like it in the Bath area.

There is usually an 8-10k main race. Followed by a tenderfoot mile for under 12s and then team relays round a cricket pitch. There are men women and mixed age gender teams They also really needed and valued older runners as extremes of age bring more points.

I wonder if there would be any take up if we organised a similar thing in the Wiltshire and Bath Bristol Area. We would need 5 Sunday mornings between June and September.

EA Regional Volunteer Award Nominations

By [Tom Hutchison](#)

England Athletics have launched their Regional Volunteer Award Nominations for 2023. And we'd love for you to get involved.

As a Club we rely heavily on the work of volunteers to be able to provide all the services and opportunities that we all benefit from. These awards give each of us the opportunity to show our gratitude and recognise those that give up their time and expertise.

Making these nominations supports the work of volunteers, and it also raises the profile of your club.

Scan the QR code on the attachment or follow this link [Regional Volunteer Awards 2023 - England Athletics](#) and it will take you to the nomination form.

Some of the categories have certain criteria. To help with some of the main categories: **Coach of the Year – Minimum of Level 2 CIRF or Athletics Coach and volunteers their time to the club. These are:**

Mark Thomas

Ken Holmes

Paul King

Chris Maxwell

Kevin Brunt

Graham Mattacks

Newcomer to Volunteering – Volunteering for less than 2 years

This category is for volunteers who give a substantial amount of time and effort to the club, such as Team Managers, Committee Members and Event Organisers.

So please:
Follow the links.
Make your nominations.
And keep training and volunteering.

REGIONAL ENGLAND ATHLETICS VOLUNTEER AWARDS '23



Say thank you to the fantastic people who make our sport possible.

Nominate your favourite volunteer for an award now!

"Saying thank you for a volunteer's efforts can be very powerful. Many people propping up our clubs don't get the recognition they deserve, so I felt it was important to nominate to highlight their achievements"

Matt Spicer, Yate & District AC,
Nominator of an award winner in 2021.



JUST SCAN THE CODE TO NOMINATE NOW

AWARD CATEGORIES

- Coach of the Year
- Club of the Year
- Community Project of the Year
- Newcomer to Volunteering
- Club Leader of the Year
- Services to Athletics & Running
- Inspiring Official of The Year
- Contribution to Running

Nominate now at: www.Englandathletics.org/volunteerawards

Nominations close 26 July 2023



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.

If you would like to unsubscribe from The Bath Plug or to update your TBAC communication preferences more generally, please do so [here](#). This ensures your preferences are updated within the TBAC membership records.

