

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

Issue 1604 5th August 2023

# THE BATH PLUG





Ashley Avis bags double Gold in the sprints at the SW Champs

TBAC's young guns continue to impress throughout the track & field season, consistently putting on a show of cracking performances wherever they "represent". Graham, Di, and Mark keep us posted on the most recent results, the highlight perhaps being last weekend's SW Inter-counties. Malcolm gives us an update on our TBAC Parkrun Champs following a ton of results during June and July. We have a handful of other race results, and we wrap up by welcoming Francis Okumu, a rather talented new member!

Simon Brace.

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

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



## Southwest Inter-county Championships 2023

Exeter Arena 30th July 2023

By [Graham Mattacks](#)

Despite the fixture clash with the YDL Regional final many of our senior and junior athletes travelled down to Exeter for the Inter-county Championships. Conditions were not ideal with heavy rain and swirling winds throughout the day but this didn't prevent a significant medal haul from Team Bath athletes.

This is a points driven competition where either the athletes compete for their club or, if county champions, compete for the county. This means that there are a variety of vests on display as our athletes represent Wiltshire, Avon, Somerset and Gloucester.

Arguably the most impressive performance of the day came from U17 Ashley Avis representing Wiltshire, who won double Gold in the 200m and 100m sprints. His 200m time of 22.72 was just 0.02 outside his PB despite shutting down at 50m to save himself for the 100m less than an hour later. In the 100m he ran 11.07 which was an equal PB in -1.9m/s head wind.

Also representing Wiltshire was Dominic Murray who won the U20 Long Jump with a PB of 6.55. He later came second in the 100m with a time of 11.04, which would have been a massive PB except for a +4.1m/s tailwind. Exeter is crazy at this time of year!!

Next up, and also representing Wiltshire, was Jake Cover who ran a great race to win the senior men's 110m Hurdles in a time of 14.83 (-1.0m/s headwind). He followed this up with a windy sub 11s time in the 100m to come 2nd with 10.91s (+2.1m/s).

In the U15 Girls High Jump we were well represented by the ever impressive Daisy Duncan who cleared 1.45m to take the silver.

Our thriving throwing community in the club were also doing well with Maisy Harvey winning the senior women's Hammer with 37.97m. Rory Osbourne won the U13 Javelin with 28.13m despite illness on the run-up to the event and Felix Vaughan won silver in the senior men's Hammer with 40.25m. Cory James Summers continued his excellent progression with 2nd in the U15 Javelin with 46.42m.

The hurdlers were the earliest to the track on the day with Katie Mackintosh winning the senior women's 400mH in a time of 63.53s. She was closely followed by training partner Mia Bates who secured the silver in 67.47s. Competing in her first ever 300mH, U17 Maya Jakubowski ran a PB of 57.43 for 4th in heavy rain and U15 William Game continued his fine progress this season coming third in the 80mH in a windy time of 12.89s.

In the U15 Boys 800m Thomas White ran 2:04.33 for 2nd.

There were also bronze medals for Emmanuel Daso 100m U15 Boys in 12.31s, and for Gertie Blewitt in the U15 Girls 200m in 26.49s.

Photos: (above) Katie Mackintosh & Mia Bates; (below, in order) Daisy Duncan, Jake Cover, Felix Vaughan, William Game, Dominic Murray.

Full results as follows:

3000m senior Men - Peter Grist 9:15.38 7th  
3000m U15 Girls - Olivia Paul 10:47.91 5th  
3000m U15 Boys - Daniel Phelps 10:28.10 9th  
Javelin U15 Boys - Cory James Summers 46.42m 2nd  
Hammer Senior Women - Maisy Harvey 37.97m 1st  
100m U15 Boys - Harry Garner 12.56s 4th  
200m U15 Girls - Sophia Johnson 27.32s 4th  
200m U17 Men - Ashley Avis 22.72 pb 1st  
100m U17 Men - Ashley Avis 11.07 pb 1st  
300m Hurdles U17 women - Maya Jakubowski 57.43s PB 4th  
200m U15 Girls - Gertie Blewitt 26.49s 3rd  
Hammer Senior Men - Felix Vaughan 40.25 2nd  
100m U15 Boys - Emmanuel Daso 12.31 3rd  
200m U15 Boys - Emmanuel Daso 24.61 6th  
800m U15 Boys - Thomas White 2:04.33 2nd  
80m Hurdles U15 Boys - William Game 12.89w 3rd

400m Hurdle Senior Women - Mia Bates 1:07.47 2nd  
400m Hurdle Senior Women - Katie Mackintosh 63.58 1st  
Javelin U15 Girls - Rosie Dalton 31.12m 6th  
800m U13 Boys - Charlie Thomas 2:36.20 6th  
110m Hurdles Senior Men - Jake Cover 14.83 1st  
100m senior men - Jake Cover 10.91w 2nd  
High Jump U15 Girls - Daisy Duncan 1.45 2nd  
Long Jump U20 Men - Dominic Murray 6.55 1st  
100m U20 Men - Dominic Murray 11.04 2nd  
100m U15 Boys - Alexander Hadler 12.76 8th  
800m U15 Boys - Alexander Stokes 2:37.52 7th  
Javelin U15 Boys - Rory Osbourne 28.13 1st







## YDL Regional Final

By Di Viles

Other members of the Club, in the U/17 and U/20 age groups, travelled north to Rugby as part of Team Avon, for the regional final of the YDL UAG. TeamAvon needed to finish in the first two to compete in the final and they managed it, finishing second to host club Rugby and Northampton. Scores as follows:

- 1.Rugby and Northampton 44
- 2.TeamAvon 690.5
- 3.Cheltenham 519
- 4.Birchfield H 508
- 5.Swansea H 468.5
6. Notts 454

TeamBath A winners were Charlie Haines in the U/17 m 800m in 2.03.66, Dylan Stoneman in the U/20 3000m in 8.52.83, Charlie Staddon in the U/20 m 110m hurdles in 15.0 and Peter Krunity-Salako in the U/20 m high jump, with 1.85. B winners were Ellie Mullins in U/17 w long jump with 4.80, Charlie Staddon in the U/20 m s/c in 7.55.29 and William Willetts in the U/17 m long jump with 5.69 and triple jump with 11.97.

Second A places went to Annabel Wallace (sw 3000m in 10.48.32) and Savanna Krunity-Salako (U/27 w hammer with 28.20.) Second B places to Ned Blackman (U/15 m 800m in 2.18.50), Ben Wagstaff (U/20 3000m in 9.43.40) and Camille Guillon (U/17 w triple jump with 9.45). Third A place to Lottie Silverton(U/20 w 1500m in 5.50.96).



---

## More Track & Field results

By [Mark Thomas](#)

### Cheltenham Midsummer Open, Gloucester, Wednesday 5<sup>th</sup> July

Jacob Sanchez-Fulton (MU15) 200m 4<sup>th</sup> 26.31s (PB)

Aisling Saunders (FU11) 600m 2<sup>nd</sup> 2:08.63 (PB)

Lottie Silvertown (FU20) 1500m 9<sup>th</sup> 5:36.80

William Willetts (MU17) LJ 3<sup>rd</sup> 5.66m (PB)

Jacob Sanchez-Fulton (MU15) LJ 2<sup>nd</sup> 4.94m (PB)

### Cheltenham Midsummer Open, Gloucester, Wednesday 12<sup>th</sup> July

Michael Nickells (SM) 100m 3<sup>rd</sup> 11.99s

Maya Jakubowski (FU17) 80mH 2<sup>nd</sup> 14.91s (PB)

### Cheltenham Midsummer Open, Gloucester, Wednesday 19<sup>th</sup> July

Jacob Sanchez-Fulton (MU15) 800m h4 3<sup>rd</sup> 2:13.86

Kyle Williams (MU15) 800m h5 2<sup>nd</sup> 2:14.43 (PB)

Rory Osborne (MU13) 800m h7 4<sup>th</sup> 2:24.86 (PB)

Alex Stokes (MU13) 800m h10 2<sup>nd</sup> 2:33.25 (PB)

Freya Spruit (FU23) 5000m 2<sup>nd</sup> 17:46.55 (PB)



Jo Thompson (FV60) 5000m 16<sup>th</sup> 20:21.01

Jacob Sanchez-Fulton (MU15) HJ 1<sup>st</sup> 1.50m (PB)

Iain Osborne (MV45) HT 1<sup>st</sup> 29.29m

### **BMC Regional Races, Exeter,**

#### **Tuesday 25<sup>th</sup> July**

Stanley Wyatt (MU15) 800m 3<sup>rd</sup> 2:00.20 (PB)

### **Cheltenham Midsummer Open, Gloucester,**

#### **Wednesday 26<sup>th</sup> July**

Thomas White (MU15) 400m 2<sup>nd</sup> 55.28s (PB)

Joshua Davies (MU15) Mile 8<sup>th</sup> 5:07.26 (PB)

### **Yeovil Evening Open, Yeovil**

#### **Thursday 27<sup>th</sup> July**

Gertie Blewitt (FU15) 300m 1<sup>st</sup> 42.81s

### **BMC Regional Races, Wormwood Scrubs,**

#### **Wednesday 2nd August**

Dylan Stoneman (MU20) 800m 3<sup>rd</sup> 1:59.01 (PB)

---

## **Parkrun Championship update**

By [Malcolm Treby](#)

After a quiet month of Parkrunrunning for me in June, it was back to it in July with Parkruns at four of the five weekends. Having completed the six events already, it's just about improving times now for me. That and the search for an elusive first Parkrun win, which continued to be elusive despite a second place at Somerdale. When I'm second, it always seems that I'm beaten by someone who didn't plan on being there either, "it's my first time", "I only decided to run 15 mins before" and other similar statements are made. As the second place finisher it's not what you want to hear, it'd make second more bearable if I was told someone had trained diligently for months on end, targeting this race.

Others though have had far more success, most notably Alex Carter who set a course record (15:39) at Bath Skyline, winning by almost three minutes. There are a myriad of first finishers across a range of courses too; well done to Alex Parsons, Ella Treby, Rob Eaton, Ruth McKean, Harry Williams, Otto Copping, Heather Fell, Olivia Paul, Amber Gascoigne, Tobi Loughlin, Creina O'Shea, Jo Thompson and Isabel Davis. Fastest times in June went to Amber Gascoigne (17:31, Old Showfield) and Alex Carter (15:55, Pomphrey) and in July to Isabel Davis (Chippenham 20:22) and Alex Carter's Bath run.

The overall championship standings continue to mature, with seven runners having completed the full set of runs, and 40 having completed at least 2 events. Amber Gascoigne's runs take her to the top of the women's V40 standings, close races remain in

the MV40, MV50 and FS categories and, as people improve times or fill in gaps, there are a number of significant movers in the overall standings.

Position	Runner	Category	Cat Pos	Chipping			Southwick		Somerdale		Total Time	Total Parkruns	Average Time
				Bath Skyline	Sodbury/ Old Showfield	Pomphrey Hill	Country-park	Chippenham	Pavilion				
1	Alex CARTER	MS	1	00:15:39		00:15:55	00:15:38			00:47:12	3	00:15:44	
2	Alex HAMMOND	MS	2		00:16:48		00:17:39			00:34:27	2	00:17:14	
3	Tobi LOUGHLIN	MJ	1	00:17:50	00:17:00	00:17:11	00:17:16	00:17:50	00:17:37	01:44:44	6	00:17:27	
4	Amber GASCOIGNE	FV40	1		00:17:31		00:18:01			00:35:32	2	00:17:46	
5	Mike DOOLEY	MV50	1	00:18:43	00:17:57	00:19:12	00:18:38	00:18:30	00:18:46	01:51:46	6	00:18:38	
6	Chris MAXWELL	MV50	2		00:18:33			00:18:51		00:37:24	2	00:18:42	
7	James DONALD	MV40	1	00:18:54					00:18:49	00:37:43	2	00:18:51	
8	Ewen MALLOCH	MV40	2	00:19:35			00:18:13			00:37:48	2	00:18:54	
9	Thomas DAVIES	MS	3	00:19:02	00:18:17	00:19:35				00:56:54	3	00:18:58	
10	Alessandro ZANCON/MS	MS	4	00:19:26			00:18:29	00:19:40		00:57:35	3	00:19:12	
11	David COALES	MV50	3	00:19:36	00:19:26	00:19:30	00:19:10	00:19:39	00:18:53	01:56:14	6	00:19:22	
12	Malcolm TREBY	MV50	4	00:19:46	00:19:00	00:19:50	00:19:14	00:19:47	00:19:10	01:56:47	6	00:19:28	
13	Ben WHITE	MS	5	00:20:05	00:18:59					00:39:04	2	00:19:32	
14	Luke STURGES-DUR	MV50	5	00:20:18	00:18:49					00:39:07	2	00:19:33	
15	Heather FELL	FV40	2	00:20:11					00:19:21	00:39:32	2	00:19:46	
16	Mark MACKINTOSH	MV50	6	00:20:08		00:20:34		00:20:26	00:19:16	01:20:24	4	00:20:06	
17	Sidney WILLIAMS	MJ	2	00:20:25	00:19:37	00:20:37	00:20:00	00:21:19	00:19:41	02:01:39	6	00:20:16	
18	Creina O'SHEA	FS	1	00:21:15				00:19:49		00:41:04	2	00:20:32	
19	Ella TREBY	FS	1	00:21:08	00:20:12	00:20:04	00:20:12	00:19:58	00:21:38	02:03:12	6	00:20:32	
20	Niall URQUHART	MV60	1	00:20:58				00:20:13		00:41:11	2	00:20:35	
21	Isabel DAVIS	FS	3	00:21:04				00:20:22		00:41:26	2	00:20:43	
22	Nick PARRY	MV60	2	00:21:23					00:20:05	00:41:28	2	00:20:44	
23	Stuart CURTIS	MV50	7	00:21:22			00:20:41		00:20:17	01:02:20	3	00:20:47	
24	Marianne CARPENTE	FV40	3	00:22:25	00:19:46		00:20:36		00:20:06	01:22:53	4	00:20:43	
25	Jorge CROCKFORD	MS	6	00:21:19			00:21:47		00:20:14	01:03:20	3	00:21:07	
26	Ben HOLDING	MV40	3	00:22:28	00:19:53		00:20:27	00:21:53		01:24:41	4	00:21:10	
27	James WOOSNAM	MV50	8	00:20:32		00:20:44	00:22:49			01:04:05	3	00:21:22	
28	Owen DAVIES	MS	7	00:24:25			00:18:28			00:42:53	2	00:21:27	
29	Tom HUTCHISON	MV60	3	00:21:59	00:20:21	00:22:01	00:22:04	00:22:24	00:21:30	02:10:19	6	00:21:43	
30	Jo THOMPSON	FV60	1	00:22:04	00:20:43	00:22:32	00:22:20			01:27:39	4	00:21:55	
31	Andy ALCORN	MV50	9	00:23:22	00:20:10					00:43:32	2	00:21:46	
32	Tim HILL	MV40	4	00:21:40		00:22:17		00:24:53	00:18:41	01:27:31	4	00:21:53	
33	Alex COPPING	MV50	10		00:22:15		00:22:12	00:21:32		01:05:59	3	00:22:00	
34	Emily GRIFFITHS	FS	4		00:20:45		00:23:27			00:44:12	2	00:22:06	
35	Kate DARBYSHIRE	FS	5	00:22:57					00:21:28	00:44:25	2	00:22:12	
36	Cath DALE	FV50	1	00:22:08		00:22:57	00:22:06	00:22:04		01:51:13	5	00:22:15	
37	Ilana WIGFIELD	FV50	2	00:23:23			00:23:17		00:22:44	01:09:24	3	00:23:08	
38	Polly PENNICOTT	FJ	1	00:24:40					00:22:20	00:47:00	2	00:23:30	
39	Kelly MAKRAKI	FS	6	00:24:57		00:23:12	00:22:54	00:23:36		01:34:39	4	00:23:40	
40	Lucy SARGEANT	FS	7	00:25:13		00:24:52			00:26:38	01:16:43	3	00:25:34	

July's fastest times below

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Bath Skyline parkrun	00:15:39	MS
2	Alex PARSONS	Jamaica Pond parkrun	00:16:54	MS
3	Aidan DANIEL	Clapham Common parkrun	00:17:15	MS
4	Otto COPPING	Southwark parkrun	00:17:28	MS
5	James DONALD	Hove Promenade parkrun	00:17:59	MV40
6	Tobi LOUGHLIN	Bedford parkrun	00:18:11	MJ
7	Robert EATON	Kingdom parkrun	00:18:15	MS
8	Miles ELVIDGE	Whiteley parkrun	00:18:20	MS
9	Owen DAVIES	Southwick Country parkrun	00:18:28	MS
10	Eliot BALL	Chippenham parkrun	00:18:31	MS
11	Benjamin ROBINSON	Donaupark parkrun	00:18:46	MS
12	Chris MAXWELL	Lydiard parkrun	00:18:53	MV50
13	Daniel SOLTYS	Bath Skyline parkrun	00:19:09	MS
14	Mike DOOLEY	Pomphrey Hill parkrun	00:19:12	MV50
15	Malcolm TREBY	Somerdale Pavilion parkrun	00:19:13	MV50
16	Gary HUGHES	Somerdale Pavilion parkrun	00:19:23	MV60
17	Thomas DAVIES	The Old Showfield parkrun	00:19:24	MS
18	Thomas WHITE	The Old Showfield parkrun	00:19:26	MJ
19	Ewen MALLOCH	Bath Skyline parkrun	00:19:35	MV40
20	Alessandro ZANCONATO	Chippenham parkrun	00:19:40	MS
21	Martin ARCHBOLD	Bath Skyline parkrun	00:19:46	MV40
22	Ben HOLDING	The Old Showfield parkrun	00:19:53	MV40
23	Joshua DAVIES	Lydiard parkrun	00:20:02	MJ
24	Jorge CROCKFORD	Somerdale Pavilion parkrun	00:20:14	MS
25	Tom HUTCHISON	The Old Showfield parkrun	00:20:21	MV60

26 Isabel DAVIS	Chippenham parkrun	00:20:22 FS
27 Ruth MCKEAN	Bath Skyline parkrun	00:20:23 FV40
28 Creina O'SHEA	Penrose parkrun	00:20:25 FS
29 Elizabeth PITT	Dulwich parkrun	00:20:27 FS
30 Ella TREBY	The Old Showfield parkrun	00:20:36 FS
31 Sidney WILLIAMS	The Old Showfield parkrun	00:20:37 MJ
32 Kyle WILLIAMS	The Old Showfield parkrun	00:20:43 MJ
33 Alex MUNRO	Chippenham parkrun	00:20:50 MS
34 Niall URQUHART	Bath Skyline parkrun	00:20:58 MV60
35 Nick PARRY	Melksham parkrun	00:21:00 MV60
36 Marianne CARPENTER	The Old Showfield parkrun	00:21:08 FV40
37 Steve HALE	Exmouth parkrun	00:21:13 MV60
38 Alex COPPING	Seven Fields parkrun	00:21:29 MV50
39 Tim HILL	Bath Skyline parkrun	00:21:40 MV40
40 Brett RAYNES	Bath Skyline parkrun	00:21:55 MV50
41 Jo THOMPSON	Bath Skyline parkrun	00:22:07 FV60
42 Cath DALE	Bath Skyline parkrun	00:23:02 FV50
43 Emily GRIFFITHS	Southwick Country parkrun	00:23:27 FS
44 Clinton MONTAGUE	Woolacombe Dunes parkrun	00:23:34 MS
45 Jenny CARTER	Penrose parkrun	00:23:37 FV50
46 Nigel OSBORNE	Bath Skyline parkrun	00:24:36 MV50
47 Sevim SANGWELL	Weymouth parkrun	00:24:36 FV50
48 Kate DARBYSHIRE	Bath Skyline parkrun	00:24:51 FS
49 Paul KING	Bath Skyline parkrun	00:25:01 MV60
50 Mike CHARLTON	Wynyard Woodland parkrun	00:25:26 MV60
51 Barry AWAN	Chevin Forest parkrun	00:25:57 MV50
52 Darren JEFFORD	Bath Skyline parkrun	00:26:24 MV40
53 Pat ROGERS	Bath Skyline parkrun	00:26:24 MV70+
54 Lucy SARGEANT	Bath Skyline parkrun	00:26:59 FS
55 Lynn JONES	Bath Skyline parkrun	00:29:25 FV50
56 Keith JONES	The Old Showfield parkrun	00:30:33 MV70+
57 James MORGAN	Southwick Country parkrun	00:31:25 MJ
58 Michael STANLEY	East Park parkrun	00:38:18 MV60
59 Janice RAMBRIDGE	Bath Skyline parkrun	00:54:05 FV70+
60 Dave DONAGHY	Bath Skyline parkrun	01:03:28 MV50

June's fastest times below

Position	Athlete	Parkrun	Fastest Time	Age Category
1	Alex CARTER	Pomphrey Hill parkrun	00:15:55	MS
2	Tobi LOUGHLIN	Chipping Sodbury parkrun	00:17:11	MJ
3	Otto COPPING	Southwark parkrun	00:17:16	MS
4	Amber GASCOIGNE	The Old Showfield parkrun	00:17:31	FV40
5	Brian GLYNN	Bath Skyline parkrun	00:17:45	MS
6	Miles ELVIDGE	Keswick parkrun	00:18:19	MS
7	Mike DOOLEY	Chippenham parkrun	00:18:30	MV50
8	Thomas DAVIES	The Old Showfield parkrun	00:18:31	MS
9	James DONALD	Newbury parkrun	00:18:35	MV40
10	Tim HILL	Somerdale Pavilion parkrun	00:18:41	MV40
11	Luke STURGESS-DURDEN	The Old Showfield parkrun	00:18:49	MV50
12	Chris MAXWELL	Chippenham parkrun	00:18:51	MV50
13	David COALES	Somerdale Pavilion parkrun	00:18:53	MV50
14	Eliot BALL	Blaise Castle parkrun	00:18:56	MS
15	Isabel DAVIS	Clevedon Salthouse Fields parkrun	00:18:59	FS
16	Alessandro ZANCONATO	Clevedon Salthouse Fields parkrun	00:19:07	MS
17	Heather FELL	Somerdale Pavilion parkrun	00:19:21	FV40
18	Martin COUZINS	Bath Skyline parkrun	00:19:21	MV50
19	Gary HUGHES	Somerdale Pavilion parkrun	00:19:29	MV60
20	Martin ARCHBOLD	Bath Skyline parkrun	00:19:36	MV40
21	Daniel SOLTYS	Bath Skyline parkrun	00:19:45	MS
22	Sidney WILLIAMS	Southwick Country parkrun	00:20:00	MJ
23	Jo THOMPSON	The Old Showfield parkrun	00:20:43	FV60
24	Jenny CARTER	Bath Skyline parkrun	00:20:44	FV50
25	Alex COPPING	Severn Bridge parkrun	00:20:47	MV50
26	Elizabeth PITT	Wimbledon Common parkrun	00:20:59	FS
27	Joshua DAVIES	Brockenhurst parkrun	00:21:00	MJ
28	James WOOSNAM	Bath Skyline parkrun	00:21:02	MV50
29	Creina O'SHEA	Llanerchaeron parkrun	00:21:10	FS
30	Jorge CROCKFORD	Bath Skyline parkrun	00:21:19	MS
31	Nick PARRY	Bath Skyline parkrun	00:21:23	MV60
32	Brett RAYNES	Bath Skyline parkrun	00:21:48	MV50
33	Tom HUTCHISON	Bath Skyline parkrun	00:21:59	MV60
34	Cath DALE	Bath Skyline parkrun	00:22:08	FV50
35	David VAUDIN	Dreil Hinder Garten parkrun	00:22:18	MV60
36	Niall URQUHART	Bath Skyline parkrun	00:22:30	MV60
37	Nigel OSBORNE	Chippenham Playing Fields parkrun	00:22:38	MV50
38	Kate DARBYSHIRE	Bath Skyline parkrun	00:22:57	FS
39	Ilana WIGFIELD	Bath Skyline parkrun	00:23:23	FV50
40	Helen DONALD	Newbury parkrun	00:23:39	FS
41	Dave DONAGHY	Bath Skyline parkrun	00:24:45	MV50
42	Lucy SARGEANT	Bath Skyline parkrun	00:25:13	FS
43	Owen DAVIES	Bath Skyline parkrun	00:25:44	MS
44	Pat ROGERS	Bath Skyline parkrun	00:26:39	MV70+
45	Andy MULLETT	Achill Greenway parkrun	00:26:59	MV60
46	Alison VUAGNIAUX	Bath Skyline parkrun	00:27:56	FV60
47	Darren JEFFORD	Bath Skyline parkrun	00:27:59	MV40
48	Anne CORLETT	Somerdale Pavilion parkrun	00:28:33	FV40
49	Lynn JONES	Bath Skyline parkrun	00:29:09	FV50
50	Keith JONES	Bath Skyline parkrun	00:32:09	MV70+
51	Michael STANLEY	Marine Parade parkrun	00:37:45	MV60
52	Patrick COBB	Mallards Pike parkrun	00:39:52	MV40
53	Janice RAMBRIDGE	Bath Skyline parkrun	00:55:59	FV70+

## In other race news

By Paul King

**Cheltenham & County Harriers Midsummer Open T&F 5000m B Event:**

Freya Spruit was 1<sup>st</sup> Woman home in a PB of 17:46 and veteran Jo Thompson also ran an excellent SB time of 20:21 to put her top of the FV60 UK rankings.

**England Athletics Senior Championships, Chelmsford 22-23 July:**

Justin Davies coached by Martin Rush won the 800m SM race in a time of 1:51:20.

**Old Crown Round Fell Race, Lake District 22 July 2023:**

Brian Glynn, Rob Eaton and Amy Britton all took time off their holiday to run the popular fell race based in the Northern Lake District.

**TEC Exmoor Ultra 2023, 22 July:**

TBAC newcomer Ralf Goad finished 3<sup>rd</sup> in this challenging ultra race (awaiting official results).







## Welcome Francis Okumu

By Paul King

Francis Okumu joined my training group at the beginning of the Summer. Francis, a native of Kenya, has been serving with the British Army for over 20 years and is currently living and working in Wiltshire.

He was encouraged by the Army to compete and hopefully win the MV45 age category event in the 800m at the European Masters Track & Field Champs (part of the European Masters Games) at Tampere, Finland over the weekend of the 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> July 2023.

Francis trained well with us and was justly rewarded at the Championships by not only taking Gold in MV45 800m, but also Gold in the 400m and 5,000m. He also narrowly missed out on Gold in the 1,500m by 0.5 sec and had to settle for Silver.

We are delighted that Francis continues to be an active member of the senior endurance running squad of Team Bath AC.



---

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](mailto:plugeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://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.



