

The official magazine of Team Bath Athletic Club
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THE BATH PLUG



Running for Tash... the secret is synchronisation!

It's nearly two weeks since TBAC turned out in force in memory of Natasha Lewis, one of the Club's most talented and inspiring individuals. Tash continues to inspire, as runners battled for 10k through the heat on a late Sunday morning along the shadeless Odd Down cycle circuit. In its third year, Run for Tash, supporting the Natasha Lewis Foundation, is gaining momentum, fast-becoming a staple in our local running calendar. Look out for next year's race date and lock it in your diary.

This week we have lots more racing news; short, long, off-road, and multisport. Plus more from track & field as the season comes to a close.

Simon Brace.

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

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



Race news

By Paul King

On Sunday 3rd September, the third edition of the **'Run for Tash' 10k** event took place at Odd Down Cycle Circuit in memory of TBAC's Natasha Lewis who sadly lost her life while out training on the roads 3 years ago. There was a splendid turnout of runners and spectators all raising funds for the Natasha Lewis Foundation that aim to support a variety of sporting clubs and athletes including TBAC.

With over 200 participants the race was won by Harry Waring of San Domenico Running Club in a time of 34:13 with TBAC's Dan Jones a close 2nd in a time of 34:36 and veterans Simon Brace and Jason Rowland 3rd equal in 35:55. First female finisher was Victoria Ratcliffe (2nd claim TBAC) in a time of 41:05 followed by TBAC's Marianne Carpenter in 2nd (41:52) and Jenny Carter 3rd in a time of 42:13.

Other TBAC runners were Tim Hill, James Woosnam, Dave Coales, Toby Bishop, Andy Alcorn, Niall Urquhart, Brett Raynes, Jo-Anne Barfoot, Cath Dale, Kim Prevet, Kim

Barfoot-Brace, Paul King, Claire Riou, Maori Nagayoshi, Kelly Makraki, Natalie Wigfield and Scott Jardine.











Meanwhile at a very competitive **Cardiff 10k** Freya Spruit finished 4th female in a very strong time of 37:34 while veteran Jo Thompson took 1st FV 60 spot in a world-class time of 42:32.

At the **Big Half in London** Dan Soltys (1:29:22) paced Creina Oshea to a PB time of 1:29:10 breaking the 'magic' 90 min barrier. While TBAC 2nd claim Cameron McGarry also managed a big PB finishing in 1:17:57.

Further afield TBAC newcomer Ralf Goad was competing in the prestigious **UTMB ultramarathon** finishing 315th in a very solid time of 33:19:37.

And finally TBAC's Aiden Wiffen was competing for the Bath Amphibians at Ironman Wales finishing 99th in a time 11:32:52 with an impressive running marathon of 3:45.







YDL Final, Manchester

2nd September

By Di Viles

TeamAvon, of whom TeamBath are a part, made the long journey to Manchester for the final of the YDL UAG for the second year running, having qualified for the final at Rugby several weeks ago. The team was weakened by injury and holidays and finished fifth with 619 points. TeamBath athletes contributed a large number of these points with A winners being Dylan Stoneman in the U/20m s/c in 6.15.35 and Eleni Francis in the U/20 w long

jump with 5.47. B winners were Tom Blackburn in the U/20 m high jump with 1.80 and William Willetts in the U/17 m triple jump with 12.29.

Unluckiest athlete of the day was Dominic Murray who produced a huge new personal best in the U/20 long jump of 6.74, only to be pipped by 1cm by the winner with 6.75. Other second A places went to Peter Krunity-Salako in the U/20 m high jump with 1.85 and Tilly Nickell in the U/17 w 3000m in 10.20.27. whilst second B place went to Ashley Avis in the U/17 m 200m in 22.39. Third A-place also for Ashley Avis in the U/17 m 100m in 11.22 and third B places for Dominic Murray in the U/20 m 100m in 11.36 and Eleni Francis in the U/20 w 200m in 26.48.

Other results as follows:-

Ben Wagstaff. U/20 m. 3000m. 9.34.03

Sam Walker. U/20 m. JT. 47.08

Charlie Haines. U/17 m. 800m. 2.06.21

Charlie Haines. U17m. 1500m. 4.22.11

William Willetts. U/17 m 400m hur. 63.35

Jamie Semple. U/17 m. HJ. 1.70

Camille Guillon. U/17 w. 80m hur. 13.66

Jemima Woods. U17 w 80m hur. 14.31

Jemima Woods. U/17 w 300m hur. 53.10

Camille Guillon. U/17. TJ. 9.45





More track & field

9 & 10th September

By Di Viles & Mark Thomas

Several TeamBath athletes had a busy weekend, among them Jamie Semple who travelled to Yeovil on Saturday and produced a new high jump pb of 1.76 to win the U/17 event and finished fifth in the 100m in 11.88, not far off his pb. He then travelled to Swindon on Sunday and finished second in the high jump with 1.70 and won the 100m in 12.02 in the rain. He was beaten in the high jump by team mate and training partner Otis Poole who was returning from injury, and who jumped 1.85 to win the event. Both boys are in the running to win trophies in the SW Sapphire League.

FULL RESULTS AT YEOVIL

Jamie Semple (MU17) 100m h1 5th 11.81s

Tye Leo-Stroud (MU20) 100m h1 7th 12.01s

Emmanuel Daso (MU15) 100m h2 2nd 12.19s

Will Semple (MU17) 100m h3 1st 12.57s
Jamie Semple (MU17) 200m h1 5th 24.95s
Emmanuel Daso (MU15) 200m h1 6th 24.68s
Will Semple (MU17) 200m h2 2nd 25.68s
Gertie Blewitt (FU15) 300m 2nd 42.07s
Martyn Morant (MV45) 400m h2 1st 54.70s
Peter Grist (MV35) 800m h1 3rd 2:06.32
Jacob Sanchez-Fulton (MU15) 800m h1 4th 2:11.95
Craig Bridges (MV35) 800m h1 5th 2:12.88
Rory Osborne (MU13) 800m h2 7th 2:35.25
Louise Jeffries (FV60) 800m h4 6th 2:58.21
Stanley Wyatt (MU15) Mile 1st 4:38.27 (PB)
Peter Grist (MV35) Mile 2nd 4:43.49
Craig Bridges (MV35) Mile 3rd 5:13.75
Jamie Semple (MU17) HJ 1st 1.76m (PB)
Jacob Sanchez-Fulton (MU15) LJ 3rd 5.13m
Jacob-Sanchez-Fulton (MU15) SP 1st 10.67m
Felix Vaughan (SM) HT 1st 38.28m
Iain Osborne (MV45) HT 2nd 29.28m
Sam Walker (MU20) JT 5th 44.38m
Corey Summers (MU15) JT 2nd 45.58m

AND FINALLY

Tom Gale returned to competition after over 700 days due to injury. He came back with a bang with a win in Rovereto in Italy on the World Athletics Continental Silver Tour, with a jump of 2.23. Those he beat included British no 1 Joel Clarke-Khan and former world no 1 Bondarenko.



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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