

# THE BATH PLUG



Alright bab... it's our Midland Road Relays Teams. Bostin'!

Two weeks of cracking results in this bumper edition, perhaps the highlight being the Midland Road Relays where we fielded not only our strongest teams, but also our highest member participation. A great reminder that team events are for everyone to enjoy - not just the fast guns - so don't be shy to get involved at the next opportunity (cross-country!) and you'll be guaranteed a brilliant day out!

Simon Brace.

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

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

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## Race news

By Paul King

### Midland Road Relays, 23rd September

We had a superb day out at a sunny Sutton Park yesterday to compete in the popular Midlands 6/4 stage Road Relay Champs with everyone performing exceptionally well. Collectively between the TBAC teams we had our most successful meeting. No one can recall from the archives a better joint effort. In the 6-stage event our Senior Men's team finished 11th overall in a very strong competition and the Masters Men of were 5th overall.

Fastest time from Dylan Stoneman (18:22) for the Senior Men and Dan Jones for the Masters Men (19:19).

11th Team Bath AC Senior Men 'A' 1:53:42

(Team position after each runner)

Dylan Stoneman (12) 18:22

Aaron Pritchard (23) 19:45

Aidan Daniel (20) 19:10

Elliott Avis (17) 18:50

Sean Barry (13) 18:55

Justin Davies (11) 18:40

76th Team Bath AC Senior Men 'B' 2:15:24

(Team position after each runner)

Aiden Wiffen (87) 21:47

Chris Else (76) 21:29

Owen Davies (77) 22:37

James Pigot (75) 22:16

Jorge Crockford (85) 26:46

Jason Rowland (76) 20:29

5th Team Bath AC Masters Men 2:02:58

(Team position after each runner)

Daniel Jones (3) 19:19

Andrew Fooks (3) 19:41

Simon Brace (4) 20:24

Malcolm Treby (6) 23:14

James Donald (6) 20:49

Peter Grist (5) 19:31

The best results of the day however, came in the 4-stage event where the TBAC Senior Women finished a splendid 3rd overall and the Masters Women went even better taking top spot in marvellous fashion. The Masters Women's team also boasted the 2 fastest course times of the day in Amber Gascoigne (14:55) and Laura Parsonage (15:46). The remaining team members being Ruth Mckean (16:32) and Cath Dale (18:36).

The Senior Women's side consisted of Freya Spruit (15:24); Bethan Francis (15:45); Anna Domville (15:12) and Annabelle Wallace (16:22)

3rd Team Bath AC Senior Women 'A' 1:02:43

(Team position after each runner)

Freya Spruit (6) 15:24

Bethan Francis (4) 15:45

Anna Domville (2) 15:12

Annabelle Wallac (3) 16:22

39th Team Bath AC Senior Women 'B' 1:16:10

(Team position after each runner)

Florrie Betts (34) 17:20



Kalliopi Makraki (40) 19:50  
Philippa Spruit (47) 20:38  
Katherine Kabala (39) 18:22

1st Team Bath AC Masters Women 1:05:49

(Team position after each runner)

Amber Gascoigne (1) 14:55  
Catherine Dale (1) 18:36  
Laura Parsonage (1) 15:46  
Ruth Mckean (1) 16:32

Big thanks to Aaron Pritchard for all his hard work as Team Manager.















A few TBACers were competing in the **Berlin Marathon**. Ben Holding MV40 managed a solid 2:58:07; Ed Gwynne-Harris 3:05:50 and Carl Tucker MV55 a very respectable 3:17:23. Interestingly Alex Carter was pacing the championship runners for the first 25km going through the half-marathon point in 1:09:01. He is considering his marathon debut in London next year and possibly Berlin in the Autumn.

TBAC Marianne and Natasha were competing at the **World Triathlon Champs** in Pontevedra, with Marianne finishing 11th (2nd Brit) in the F50 age group, and Natasha 16th in the F30 age group.





And from a couple of weeks ago...

Alex Carter consolidated his solid training by taking 1<sup>st</sup> place at the **Battersea Park HM** on Saturday in a time of 69:42. This should set him up nicely for the Bath HM due in 4 weeks' time.

Anna Domville (photo below) continued her fine form by finishing 2<sup>nd</sup> Women at the **Worcester 10k** in an excellent PB time of 36:05.

At the **Chippenham HM** Chris Moore finished in a time of 1:22:11, Oliver Walton in 1:25:10, Alex Harris in 1:38:57, veteran Jo Thompson 1<sup>st</sup> FV60 in a time of 1:39:06 (photo below) and Elizabeth Fortin in 1:52:59.

On Wednesday **Yeovilton 5K Race 6** saw Freya Spruit finishing 2<sup>nd</sup> Female in an excellent PB time of 17:37 and Bethan Francis 4<sup>th</sup> Female in a superb PB time of 17:55.

At the **Oldbury 10** Jason Rowland ran an impressive 58:21 finishing 4<sup>th</sup> MV40 (11<sup>th</sup> overall).

Clinton Montague managed a big PB by finishing the **Cheddar 10k** in 8<sup>th</sup> position in a time of 38:33.

Further afield Nigel Osborne completed the **Oslo HM** in a time of 1:39:07.

And finally at the last of the season **Avon League T&F meeting in Yate** Pete Grist finished 3<sup>rd</sup> in the SM 1500m in a time of 4:16:47, Alex Tanner 5<sup>th</sup> in 4:26:08 and Craig Bridges 7<sup>th</sup> in 4:39:66.







# Track & Field results

By Mark Thomas

## Avon League, Sunday 17<sup>th</sup> September, Yate

Jacob Katsande (MU13) 75m 9<sup>th</sup> 12.19s (PB)  
Nicholas Van Beneden (MU20) 100m 4<sup>th</sup> 12.28s  
Nathan Brooks (MU20) 100m 5<sup>th</sup> 12.34s  
Jamie Semple (MU17) 100m h1 3<sup>rd</sup> 12.12s  
Daniel Lawrence (MU17) 100m h2 4<sup>th</sup> 12.46s  
Will Semple (MU17) 100m h2 DQ  
Euan Murray (T64/F64, MU17) 100m 1<sup>st</sup> 13.61s  
Harry Garner (MU15) 100m h1 3<sup>rd</sup> 12.73s  
Emmanuel Daso (MU15) 100m h2 2<sup>nd</sup> 12.72s  
James Morgan (MU15) 100m h2 5<sup>th</sup> 13.04s  
Imam Qazi (MV45) 100m 1<sup>st</sup> 12.89s  
Phoebe Card (FU23) 100m 3<sup>rd</sup> 13.94s  
Jemima Woods (FU17) 100m h1 2<sup>nd</sup> 13.66s  
Naomi Ngwompo (FU17) 100m h2 4<sup>th</sup> 14.24s  
Emma Pavey (FU15) 100m h1 3<sup>rd</sup> 13.92s  
Alice Bassett (FU15) 100m h2 2<sup>nd</sup> 14.46s  
Michelle Katsande (FU15) 100m h2 3<sup>rd</sup> 14.49s  
Louise Jeffries (FV60) 100m 3<sup>rd</sup> 17.85s  
Euan Murray (T64/F64, MU17) 200m 1<sup>st</sup> 27.62s  
Harry Garner (MU15) 200m h1 3<sup>rd</sup> 25.84s (PB)  
James Morgan (MU15) 200m h1 5<sup>th</sup> 26.78s  
Emmanuel Daso (MU15) 200m h2 1<sup>st</sup> 25.38s  
Louise Jeffries (FV60) 200m 5<sup>th</sup> 36.83s  
Jemima Woods (FU17) 200m 3<sup>rd</sup> 28.04s  
Alice Bassett (FU15) 200m h1 5<sup>th</sup> 30.59s  
Michelle Katsande (FU15) 200m h1 6<sup>th</sup> 30.99s  
Gertie Blewitt (FU15) 200m h2 1<sup>st</sup> 26.89s  
Kyle Williams (MU15) 300m 5<sup>th</sup> 45.21s  
Martyn Morant (MV45) 400m h1 1<sup>st</sup> 54.95s  
Craig Bridges (MV35) 400m h2 3<sup>rd</sup> 60.07s  
Louis Morant (MU17) 400m 3<sup>rd</sup> 59.29s (PB)  
Louise Jeffries (FV60) 800m 7<sup>th</sup> 3:00.03  
Gertie Blewitt (FU15) 800m 1<sup>st</sup> 2:24.07  
Olivia Paul (FU15) 800m 2<sup>nd</sup> 2:25.18 (PB)



Poppy Feasey (FU15) 800m 4<sup>th</sup> 2:37.13 (PB)  
Sophie Phelps (FU13) 800m 4<sup>th</sup> 2:45.04 (PB)  
Ella Delin (FU13) 800m 6<sup>th</sup> 2:54.57 (PB)  
Natalia Adamska (FU13) 800m 8<sup>th</sup> 3:01.14  
Zachary Fleming (MU13) 1200m 1<sup>st</sup> 3:52.08 (PB)  
Peter Grist (MV35) 1500m 3<sup>rd</sup> 4:16.47  
Joshua Davies (MU15) 1500m 2<sup>nd</sup> 4:47.32  
Kyle Williams (MU15) 1500m 5<sup>th</sup> 4:54.18  
Alex Tanner (MV40) 1500m 1<sup>st</sup> 4:26.08  
Craig Bridges (MV35) 1500m 3<sup>rd</sup> 4:39.66  
Jemima Woods (FU17) 300mH 1<sup>st</sup> 50.62s (PB)  
Lily Mason (FU17) 300mH 2<sup>nd</sup> 50.83s  
Maya Jakubowski (FU17) 300mH 4<sup>th</sup> 57.31s (PB)  
Dominic Flavell (SEN) 400mH 1<sup>st</sup> 70.80s (PB)  
Jasper Cox (MU20) 400mH 2<sup>nd</sup> 74.59s  
Katie Mackintosh (FU23) 400mH 1<sup>st</sup> 64.44s  
Mia Bates (FU23) 400mH 2<sup>nd</sup> 72.05s  
Team Bath (SEN) 4 x 100m 1<sup>st</sup> 53.13s  
Team Bath (U15) 4 x 100m 2<sup>nd</sup> 56.51s  
Tom Blackburn (MU20) HJ 1<sup>st</sup> 1.75m  
Otis Poole (MU17) HJ 1<sup>st</sup> 1.85m  
Jamie Semple (MU17) HJ 2<sup>nd</sup> 1.70m  
Marley Adams (MU15) HJ 1<sup>st</sup> 1.60m  
Will Semple (MU17) PV 1<sup>st</sup> 2.00m  
Camille Guillon (FU17) LJ 3<sup>rd</sup> 4.57m  
Maeve McGee (FU17) LJ 9<sup>th</sup> 3.44m  
Mia McMullan (FU15) LJ 2<sup>nd</sup> 4.08m  
Rosie Dalton (FU15) LJ 5<sup>th</sup> 3.65m  
Natalia Adamska (FU13) LJ 6<sup>th</sup> 3.53m  
Rosie Dalton (FU15) SP 2<sup>nd</sup> 7.41m (PB)  
Katie Mackintosh (FU23) DT 5<sup>th</sup> 13.72m (PB)  
Mia Bates (FU23) DT 6<sup>th</sup> 13.52m  
Sarah Spalding (FU15) DT 4<sup>th</sup> 11.68m  
Iain Osborne (MV45) HT 1<sup>st</sup> 31.17m  
Iain Osborne (MV45) JT 3<sup>rd</sup> 22.26m (PB)  
Marley Adams (MU15) JT 3<sup>rd</sup> 27.06m

**Exeter Evening Open Meeting, Tuesday 26<sup>th</sup> September**

Craig Bridges (MV35) 800m 4<sup>th</sup> 2:15.11

Craig Bridges (MV35) 3000m 1<sup>st</sup> 10:44.35



Gertie on the way to another win!

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).

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