

# THE BATH PLUG



Katie Mackintosh flying to a PB and 🏅 in Cardiff

Happy Holidays Team. We made it. Just. I think. This will be the final Plug of 2023; and what a year it's been. The Pandemic feels firmly behind us, with the athletic calendar richer than ever, giving us all plenty of opportunity to get out and do our thing - from trail running to high-jump, from marathons to hurdles. So it's only fitting that this week's Plug is

as eclectic as ever - not loads to report, rather quality over quantity. We have some cracking performances indoors, as our T&F athletes take their spikes to the indoor arenas; then we head outdoors, as our endurance athletes take their spikes to round 2 of the XC League. Enjoy... and see you on the other side 🤔

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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## Cardiff MET Christmas Classic

17th December

By [Graham Mattacks](#)

Several of the club athletes travelled to Cardiff to compete in the annual Indoor Christmas Classic. Performance of the day was by under 20 hurdler Charlie Staddon (photo above), coming second in the heats of the 60m Hurdles and then repeating the feat later in the day with a personal best of 8.23s.

Sprinter James Burrage finished third in his heat with a time of 7.05s and then came third in the final with a personal best of 7.03s.

Dominic Murray competing in his new University colours of Cardiff MET finished 3rd in the senior high jump with 1.80m. V35 Craig Bridges, competing in the 3000m, finished in 3rd in his race with a time of 10:18.18s; and John Howorth finished 2nd in the 600m with a time of 1:22.45s.

Jemima Woods competed for the first time indoors and secured 1st in her heat of the 300m in 45.42s and 4th in her heat of the 60m with a time of 8.36s. Other 1st places in the



heats of the 300m included Noah Dyson 1st in 40.79s and Mia Bates 300m 1st in 44.46s. Personal bests included Katie Mackintosh in the 300m coming 2nd with 43.47s.









42	Kaine Dolphin	M U20	60m 1st 7.43s U20M	TBATH
68	Noah Dyson	M U20	300m 1st 40.79 60m 5th 7.78sU20M	TBATH
73	Jemima Woods	F U17	300m 1st 45.42s 60m 4th 8.36s U17W	TBATH
92	James Burrage	M SEN	60m 3rd 7.05s Final 3rd 7.03s SM	TBATH
96	Phoebe Card	F SEN	60m 7th 8.26s SW	TBATH
105	Louise Jeffries	F V60	300m 4th 58.76 600m 5th 2:11.20 W60	TBATH
120	Bea Richens	F U20	300m 3rd 52.24s U20W	TBATH
129	Mia Bates	F SEN	300m 1st 44.46 .SW	TBATH
165	John Howorth	M SEN	600m 2nd 1:22.45s SM	TBATH
242	Craig Bridges	M V35	300m 3rd 10:18.18M35	TBATH NW
283	Charlie Staddon	M U20	60mH 2nd 8.29 2nd Final 8.23s U20M	TBATH

106. -- Dominic  
Murray M U20 HJ  
1.80m 3rd

106. Katie Mackintosh. W. SW  
2nd 43.47 SW 300m

## December Indoor meets

3rd & 10th December

By Di Viles

Our boys took gold and silver in the U/17 high jump at Cardiff in the SW Indoor Championships on 3rd December. Otis Poole retained the title he won last year, jumping 1.85 whilst training partner Jamie Semple won silver with 1.70 (photo below). Then a week later Otis finished joint first at the indoor meeting at Loughborough, competing up an age group in the U/20s with a jump of 1.94, just 1cm lower than his outdoor pb.







## Glouc XC League R2 / Tri-Counties Champs

10th December

By the Editor/Paul King/Mark Thomas

Round 2 of the Gloucester XC League combined with the Tri-Counties XC Champs, hosted by TBAC, adjacent to Bath Uni. This made for a bumper edition with athletes joining from Avon, Somerset, and Wiltshire, as well as the usual crew competing in the Gloucester League.

Big thanks to Alex Copping as Race Director and skilled organiser. Also to Tom Hutchison and Paul King, along with John Rodgers from Glouc XC League, and the other County officials who with Alex made this happen. And not forgetting James Donald and all the TBAC Marshals for the races and helpers at the final clear up (photo above).

TBAC athletes dominated again, storming their way to a sack full of silverware. Too many accolades to list them all - full results can be found [here](#). The headlines: in the League we claimed top club team for both the Snr Men and Women; and County wise, Avon took both the Snr Men and Women events. Individually TBACers collected 9 Golds, 8 Silvers and 7 Bronzes. Impressive stuff team. Well done all.

Complete TBAC athlete results at the very bottom; thanks to Mark for compiling these.



















### Senior Women, FU20

1	393	Amber Gascoigne	Team Bath AC	LV40/01	24:17
4	1161	Freya Spruit	Team Bath AC	SL/03	25:10
7	1103	Laura Parsonage	Team Bath AC	LV40/02	25:44
9	1207	Caitlin Wosika	Team Bath AC	SL/05	25:54
14	392	Bethan Francis	Team Bath AC	SL/10	26:34
21	664	Ruth McKean	Team Bath AC	LV45/02	27:09
35	377	Jenny Carter	Team Bath AC	LV50/02	27:55
40	376	Marianne Carpenter	Team Bath AC	LV45/07	28:18
41	1170	Sophie Tabor	Team Bath AC	SL/17	28:23
45	374	Florrie Betts	Team Bath AC	SL/18	28:35
49	577	Phoebe Aspinall	Team Bath AC	LU20/10	28:46
60	1100	Creina Oshea	Team Bath AC	SL/25	29:38
65	402	Tom Hutchison	Team Bath AC	MV70/01	29:55
66	415	Victoria Randall	Team Bath AC	LV40/10	29:57
67	417	Ashia Reeder	Team Bath AC	SL/26	29:58
72	381	Cath Dale	Team Bath AC	LV55/01	30:23
77	399	Emma Hatherley	Team Bath AC	LV35/04	30:48
81	395	Ellie Gilham	Team Bath AC	SL/29	31:00
84	424	Ilana Wigfield	Team Bath AC	LV55/02	31:23
100	405	Paul King	Team Bath AC	MV65/04	33:07
101	419	Philippa Spruit	Team Bath AC	LV55/03	33:09
111	398	Lisa Hallett	Team Bath AC	LV45/21	34:48



<b>Senior Men/MU20</b>					
4	378	Leon Chevalier	Team Bath AC	SM/03	34:10
5	418	James Reeder	Team Bath AC	SM/04	34:23
13	412	Chris Pickering	Team Bath AC	SM/10	35:50
15	372	Elliott Avis	Team Bath AC	SM/11	36:01
17	382	Aidan Daniel	Team Bath AC	SM/13	36:08
18	387	Pete Dyson	Team Bath AC	SM/14	36:12
20	711	Michael Towler	Team Bath AC	SM/15	36:24
23	391	Andy Fooks	Team Bath AC	MV45/01	36:33
27	416	Samuel Rawes	Team Bath AC	SM/18	37:00
35	870	Alex Hammond	Team Bath AC	MU20/08	37:17
40	389	Chris Else	Team Bath AC	SM/23	37:32
43	1155	Daniel Soltys	Team Bath AC	SM/26	37:48
45	396	Brian Glynn	Team Bath AC	SM/27	38:14
49	1064	Cameron McGarry	Team Bath AC	SM/28	38:25
52	1185	Benjamin Wagstaff	Team Bath AC	MU20/12	38:44
53	388	Robert Eaton	Team Bath AC	MV35/05	38:47
54	914	Finley Davies	Team Bath AC	MU20/13	38:49
72	375	Simon Brace	Team Bath AC	MV50/02	39:37
78	385	James Donald	Team Bath AC	MV40/10	40:14
81	413	James Pigot	Team Bath AC	SM/40	40:39
83	384	Thomas Davies	Team Bath AC	MV35/08	40:57
94	386	Mike Dooley	Team Bath AC	MV55/03	42:04
99	816	Martin Couzins	Team Bath AC	MV50/04	42:40
107	1172	Roland Teare	Team Bath AC	MV40/14	43:18
109	1016	Phil King	Team Bath AC	MV50/05	43:23
111	858	Ralf Goad	Team Bath AC	MV40/15	43:31
118	422	Malcolm Treby	Team Bath AC	MV50/06	44:18
124	397	Jose Luis Gomez-Boquera	Team Bath AC	SM/48	44:43
127	400	Timothy Hill	Team Bath AC	MV45/11	44:53
139	394	Christopher George	Team Bath AC	MV40/21	45:44
144	401	Ben Holding	Team Bath AC	MV45/13	46:19
145	825	Stuart Curtis	Team Bath AC	MV55/09	46:20
147	407	Mark Mackintosh	Team Bath AC	MV55/10	46:40
171	380	Jorge Crockford	Team Bath AC	MV35/25	49:25
183	426	Mark Thomas	Team Bath AC	MV60+/09	51:15

<b>FU13</b>					
23	905	Katherine Osborn	Team Bath AC	LU13/22	12:05
41	428	Natalia Adamska	Team Bath AC	LU13/40	14:16
<b>FU11</b>					
15	907	Aisling Saunders	Team Bath AC	LU11/15	08:39
20	910	Elise Williams	Team Bath AC	LU11/20	08:55
<b>MU17 &amp; FU17</b>					
1	1055	Harry Maxwell	Team Bath AC	MU17/01	18:03
5	1056	Joshua Maxwell	Team Bath AC	MU17/05	18:46
18	916	Samuel Davies	Team Bath AC	MU17/18	20:24
21	921	Alex Hearn	Team Bath AC	MU17/21	20:42
22	911	Ned Blackman	Team Bath AC	MU17/22	20:48
24	1094	Tilly Nickell	Team Bath AC	LU17/02	20:55
30	943	Thomas Reece	Team Bath AC	MU17/26	21:32

<b>MU15 &amp; FU15</b>					
1	947	Stanley Wyatt	Team Bath AC	MU15/01	12:11
2	925	Tobi-Lee Loughlin	Team Bath AC	MU15/02	12:22
7	918	Archie Enstone	Team Bath AC	MU15/07	12:53
8	941	Daniel Phelps	Team Bath AC	MU15/08	12:55
10	700	Ollie Squire	Team Bath AC	MU15/10	13:13
11	923	Daniel Kestell	Team Bath AC	MU15/11	13:19
17	895	Adam Hordern	Team Bath AC	MU15/16	13:28
25	915	Joshua Davies	Team Bath AC	MU15/23	13:54
34	924	Finlay Landon	Team Bath AC	MU15/32	14:08
36	946	Kyle Williams	Team Bath AC	MU15/33	14:12
37	940	Orson Pace	Team Bath AC	MU15/34	14:15
38	1104	Olivia Paul	Team Bath AC	LU15/04	14:17
43	1057	Sophie Maxwell	Team Bath AC	LU15/06	14:42
64	927	James Morgan	Team Bath AC	MU15/47	16:04
67	917	Jamie Durnford	Team Bath AC	MU15/49	16:25
68	906	Polly Pennicott	Team Bath AC	LU15/18	16:27
69	429	Angelica Copping	Team Bath AC	LU15/19	16:29

<b>MU13</b>					
3	919	Zac Fleming	Team Bath AC	MU13/03	10:05
30	944	Alex Sandison	Team Bath AC	MU13/30	11:29
38	945	Alexander Stokes	Team Bath AC	MU13/38	11:50
40	926	Max Luck	Team Bath AC	MU13/40	11:52
<b>MU11</b>					
2	427	Albert Jakubowski	Team Bath AC	MU11/02	06:48
3	942	Finley Pierce	Team Bath AC	MU11/03	06:52
50	912	Frederick Cobb	Team Bath AC	MU11/49	09:12
53	928	Lewis Morgan	Team Bath AC	MU11/52	10:12



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