

THE BATH PLUG



Justin Davies podiums at the UK Indoor Champs

First off, if you missed our 2023 Awards night and reports of it, you can read all about the event with the nominees and winners at the end of this week's Plug - if you weren't already aware of the richness of hard-working athletes, coaches, and volunteers at the Club, it's worth checking out to get inspired and get involved.

Ordinarily, the final round of the XC league would perhaps be our highlight this week. But maximum kudos must go to Justin who bagged a bronze at last weekend's UK Indoor Champs. He was joined by a handful of fellow Club members who also performed strongly on this national stage. The finale of the XC League also produced some outstanding results for the club, collecting a sackful of medals across the board.

And finally, you'll also see a call-out from Julian House for anyone who missed the Bath Half entry deadline - they are offering guaranteed spots at a discounted rate.

Simon Brace.

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

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



Gloucester XC League, final round

17th February

By Paul King & Mark Thomas

A depleted TBAC senior men and women's team narrowly lost to strong University of Bath teams in the final race of the Gloucester XC League at Pittville Park, Cheltenham. Chris Pickering was the senior men's winner (photo below) and Amber Gascoigne the senior women's winner (photo below). Further photos below of the senior women team (from Left: Sarah Wilson; Amber Gascoigne; Annabelle Wallace) and masters' women team (from Left: Amber Gascoigne; Marianne Carpenter; Jenny Carter).

However, for the final league standings of the 4 race Gloucester XC League season TBAC had a historic result taking Gold for the Senior Men, Masters Men, Senior Women and Masters Women team events. To highlight the strength in depth the Senior Men B team took Silver and the Masters Men B Bronze.

There were also 15 age-category individual medals won for the season. Notably Amber Gascoigne 1st FV40, Cath Dale 1st FV55, James Reeder 1st Senior Male; Dan Jones 1st MV35; Andy Fooks 1st MV45, Simon Brace 1st MV50 and Tom Hutchison 1st MV70. Other medal winners were Ruth McKean, Marianne Carpenter, Jenny Carter, Chris Pickering, Rob Eaton, Guy Landon, Mike Dooley and Paul King.

It shows that reward will come with commitment, hard work and a smile. And of course, a bit of talent! It's been a joy working with the squad this season.

The juniors also had an excellent final race and some notable season team titles and individual titles: the MU17 team took Gold and the MU15 Silver; plus individual medals for Conal Cross MU17 Bronze, Tobi-Lee Loughlin MU15 Gold, Zac Fleming MU13 Silver, Albert Jakubowski MU11 Gold (equal 1st), and Finley Pierce MU11 Bronze.









UK Athletics Indoor Championships

By Mark Thomas & Mark Davies

Working his way through a thrilling heat and final of the men's 800m UK Athletics Indoor Championships in Birmingham at the weekend, Justin Davies managed a season's best (1.49.44) and crossed the line in bronze medal position, well clear of the following runners.

Full TBAC results from the Champs, Sat 17th & Sun 18th Feb, Birmingham:

Justin Davies 800m h2 1st 1:51.41

Justin Davies 800m Final 3rd 1:49.44 (cover photo and photo below)

John Howarth 800m h1 5th 1:50.65

Ellie Leather 1500m h2 2nd 4:18.50

Ellie Leather 1500m Final 4th 4:13.37

Charlie Staddon 60mH h4 3rd 8.13s (PB)



Missed the Bath Half entry deadline? Fear not...

By Rachel Avent

Julian House Senior Community and Events Fundraiser

This year has proved to be a difficult one for the Bath Half Marathon, (Sunday 17th March) with general entries closing before the event sold out. This has left charity partners like Julian House in the difficult position of having not filled all our team places, which have already been purchased.

We have several entries still to fill, so we are now offering you the chance to take a place, for a one-off donation of £80. This will help us claw-back some of our costs and donate, so we can continue the life-changing work we do for men and woman locally who are impacted by homelessness.

For this you will receive a t-shirt, a race day medal, support from the Julian House team and a big cheer from us on the day!

Please email me [here](#) before the deadline of Monday 4th March & say Yes! And I will do the rest & send you an invite to take your place at The Bath Half, 17th March, for Julian House.



A TBAC Party and 2023 Awards

January

By Tom Hutchison

TBAC hires wonderful sports facilities at the STV, but it has no Club House. We must work hard to create social events. So, it happened at the end of one Cold dark January Thursday training night. We stopped early and made time to celebrate.

The Lime Tree Café is not a glamorous venue, but we commandeered one end and rearranged the furniture. We lugged over our old Club P.A. system and promised the bar manager that we would spend £150 on drinks if they would stay open an extra hour. At 7.15 people started piling in, and with a tiny bit of encouragement the front benches were piled with younger athletes. By the time Jason Gardner arrived we had created our own atmosphere of expectation.

Jason had been asked to speak and did us proud. He reminded us of his origins and his early days at City of Bath AC as it was then. He spoke about the European and Olympic titles, but most memorably talked about when time had been difficult through injury and having to persevere.

Then it came to announcing the shortlist and winner in each category. Ian Osborne (Oz) had made a careful list of the achievements of each of our winners: Athlete of the year in every age category. Almost everyone was there to get their award and with each one Jason took time and care for a gracious pose while Mia Bates snapped a souvenir with Graham Mattack's huge camera

Malcolm Treby stepped up to introduce the Parkrun competition and call the winners. This time including many older athletes which added well to the feeling of the whole club together.

Then I stepped in to introduce the final bigger prizes: Coach and Volunteer of the Year, Melvyn Potter award and Natasha Lewis award.

And still Jason was stepping up for photo after photo. Altogether it was a short but intense and joyous evening, and I came away uplifted. Below are the shortlisted the winners with their citations.





MU13

Zachary Fleming

Maxi Bastable

Rory Osborne: winner

- 5 medals at County or Regional level including.
 - County, County Schools, and South-West Javelin Gold
 - Silver in Wiltshire County 800m
 - Bronze in Wiltshire Schools Combined Events – a year early
- He's ranked 5th in the Southwest for Javelin and 9th for 800m.
- He is always at events, often he's the first there and last to leave.
- He's helped Officiate at Avon League Quad kids.
- A happy and friendly soul who helps settle in any new athletes.

FU13

Ella Delin

Natalia Adamska

Sophie Phelps: winner

- Always happy to try new events that has seen her start to specialise in Sprints and Middle Distance this year.
- Her performances have improved greatly across the year.
- She consistently sits in the top 2 of our club rankings in every disciplines she has competed in.
- She is ever present at League events and can always be relied upon to give her best in everything we ask her to do.

MU15

Stanley Wyatt

Tobi-Lee Loughlin

Corey Summers: winner

- Has only been a member of the Club for a little over a year, has achieved a lot.
- He went to English Schools in only his 4th competition, 5th in the U15 Javelin.
- When he got back, I saw first-hand how the experience changed his outlook and attitude to training.
- This led to a number of PB's in subsequent events and he ended the year with a UK ranking of 3!!
- It's been a pleasure to watch him grow and learn as an athlete, and there are great things to come from him.

FU15

Daisy Duncan

Sophie Maxwell

Gertie Blewitt: winner (photo above)

- Has had achievements over distances from 200 to 800m.
- Went to English Schools where she got a PB in the 300m.
- Is also a fantastic 100m relay runner, anchoring the team home to several victories.
- A lovely young lady who always has a smile on her face and loves competing.

MU17

Ashley Avis

Harry Maxwell

Otis Poole: winner

- Wiltshire County and Schools Champion HJ
- 3rd Southwest Schools
- Selected for English Schools, injured in warm up.
- Podiumed in every competition he entered.
- He has continued to improve and has recently joined the 2m club!

FU17

Tilly Nickel

Jemima Woods

Ellie Mullins: winner

- A talented Long Sprinter, Hurdler and Combined Events.
- Wiltshire Schools Champion over 300 and 300H.
- County Champ over 300H.
- Overall ranking of 35 for 300mH.

MU20

Charlie Staddon

Peter Krunity-Salako

Dylan Stoneman: winner

- Started the year well, Setting an U17 British HM Record of 69.09.
- Went on to further his PB by 5 secs at the Bath Half.
- 2nd at the English U20 National Championships over SC.

- 1st at English Schools, again in the SC, at what can only be described as a canter.
- Finished the year with rankings of 3rd U20 HM and 2nd for 2000 & 3000 SC.

FU20

Elani Francis

Maisy Harvey

Annabelle Wallace: winner

- Finished first woman in the Corsham 10K.
- In April, 11th woman and first FU20 in the Bristol HM.
- In 2023 in both the 22/23 and the 23/24 XC seasons she has finished top 5 in Gloucester League races and top 10 in the EA SW Regional XC Champs.
- She has competed for the club in both the Midland Counties and ERRA National 4-stage relays. She has competed multiple times in the YDL UAG over 30000m, never finishing lower than 3rd.
- Ranked 18 for HM with a time of 89mins.

MU23

Justin Davies

Jake Cover

Joel Mattacks: winner

- Joel came to the club as a very quiet 11-year-old; never the fastest or the biggest in the group and generally he found the sport difficult with all his peers being physically larger.
- However, his stubbornness prevailed, and he secured a place in the YDL and Avon league teams as an athlete who would have a go at anything.
- He was officially diagnosed with Autism and qualified with the International Paralympic Committee (IPC) as a T20/F20 athlete with an intellectual learning disability.
- This proved to be the making of him as an athlete winning numerous national titles for Long Jump, 60m and 100m in the process.
- This year he won the inaugural England Athletics indoor championships and qualified for the Virtus Global Games in France where he made the 100m final with a personal best performance.
- His all-time rankings currently place him as number 3 for Long Jump, number 1 for 60m and number 2 for the 100m and as a result he has been accepted onto the Loughborough & England Athletics Senior Talent programme for this year.

FU23

Mia Bates

Freya Spruit

Katie Mackintosh: winner (photo above)

- Katie can only be described as a ray of sunshine; her unbounding energy has seen her grow as a Leader within the Track and Field Teams.
- Last year saw her going back to her Combined events roots, competing in the Avon League in events such as Javelin and Discus.
- Her major successes this year include making the BUCs outdoor 400m Hurdles final (5th), the U23 finals, coming 2nd in the England Athletics Hurdle Festival, and

qualifying for the UK Senior Outdoor Championships in Manchester where she came 5th in her heat.

- She also broke a 10-year county record for 400m with a gold medal this year. This has improved her overall ranking to UK U23 number 8 in her primary event and she is ranked 34th for 400m.

Senior Men

Tom Gale

Alex Carter

Leon Chevalier: winner

- Helped the Senior Men's XC team to a 2nd Place in Gloucester League.
- Individually was 1st overall in the League with two 1st places. One after cycling 60miles to the race.
- A professional Long-Distance Triathlete, he finished 5th at the Ironman World Championships in Nice.
- Won IM South Africa.

Senior Women

Ellie Leather

Anna Domville

Caitlin Wosika: winner

- Had an excellent year on the track in 2023 while finishing her degree at Rice University, Texas.
- She managed a sub 17min (16:55) 5000m and a sub 35min (34:12) 10,000m which placed her in the top 100 and top 25 UK rankings.
- Now back in the UK, Caitlin is looking forward to a summer track season focusing on her favoured event, the 3000m steeplechase.
- Ranking of 10 for 10K and 58 for 3000m.

Masters Men

Martyn Morant

Iain Osborne (equal ranking)

Alex Copping (equal ranking)

Tom Hutchison: winner

- His longevity in the sport is amazing to see and a testament to his hard work.
- He regularly competes in the Masters team in the Gloucester XC League, with the Team finishing 2nd.
- He ran both the London and Chicago Marathons in under 3:30 as a V70.
- At the Chicago Marathon, won the master's 70 World Championship.
- When not doing that, he is running our Club where he puts in so much time behind the scenes to make our club work.

Masters Women

Amber Gascoigne

Jo Thompson

Louise Jeffries: winner

- An ever-present competitor at the Avon League competing over distances 100, 200, 400 and 800.
- Ranked 7th in UK over 400 and 800.
- Represented GB at the Masters European Champs in Pescara in Italy – 8th in 800 4th in 400.

The Parkrun results were as follows.

- Tobi Loughlin: J M Parkrun Champion 2023
- Jorge Crockford: S M Parkrun Champion 2023
- Ella Treby: S F Parkrun Champion 2023
- James Donald: MV40 Parkrun Champion 2023
- Heather Fell: FV40 Parkrun Champion 2023
- Mike Dooley: MV50 Parkrun Champion 2023
- Cath Dale: FV50 Parkrun Champion 2023
- Niall Urquhart: MV60 Parkrun Champion 2023
- Jo Thompson: FV60 Parkrun Champion 2023
- Alex Carter: Fastest Male Parkrun 2023
- Amber Gascoigne: Fastest Female Parkrun 2023

Coach of the Year

Paul King

Graham Mattacks

Ken Holmes

Mark Thomas: winner (photo below)

We are extremely lucky to have so many amazing coaches, and there are many who deserved this award. To reflect this, we have shortlisted 4 coaches in this category. The winner is a fantastic coach with great knowledge and experience. He knows all his athletes individually and is always happy to offer advice and to give extra help where needed. He also shows a great interest in events that his athletes take part in. His weekly emails are very informative. His athletes regularly win races at all levels across Track and Field and Cross Country, often they take the whole podium. His recent win at the Southwest Regional Volunteer awards speaks volumes. We all wish him luck in the National Stage of the volunteer awards.

Volunteer of the Year

Malcolm Treby

Tom Hutchison

Iain Osborne: winner (photo below)

This person's contribution to the club is well known. He puts in hours of his own time picking teams, attending events, and supporting young athletes. He has transformed the quad kids with his enthusiasm and encouragement and is continuing his mission to get more young athletes involved in competition. He organised two open meetings last year almost singlehandedly. He also ran some successful athletics outreach sessions at local schools with the support of the club's coaches. He doesn't appear to see barriers and is driven to promote the club and its athletes at all levels, a quality which was recently recognised at the England Athletics Volunteer award.

Natasha Lewis Award

Mia Bates

Jacob Sanches Fulton

Charlie Staddon: winner

What a season this athlete had last year. A bronze medallist at English Schools for 110m Hurdles, almost qualifying for the Youth Commonwealth games, a UK ranking of 5 for 110mh and 23 for 400mH, 2nd at the England U20 Championships and numerous county and SW titles to his name. What separates him from many other athletes is the excitement he generates and enthusiasm that he brings to everything he does. His post competitions are amazing; at English Schools National Finals the commentator on the live stream spent longer speaking about him and his reaction to coming third than they did the 1st and 2nd place athletes!!! Whether it is a personal performance that he's excited by or a training session he always comes across as being positive and this inspires those around him. He is committed to encouraging, supporting, and inspiring others in their sport truly makes him a standout ambassador. If we could bottle his enthusiasm, we would be rich.

Melvyn Potter Award

Harry Maxwell

Charlie Staddon

Mia Bates: winner

An athlete who has competed for Team Bath since the U13 age group. She started out as a sprinter & hurdler and developed an interest in 300/400m Hurdles in the U17 age group. During her time in the club, she has competed in all the leagues available (Avon and YDL at all age groups) and she continues to do so, even as senior she has shown willing to try a new event to get points for the team, most recently securing vital points in the Javelin and Discus whilst also getting maximum points in the 400 hurdles, 400 flats, 200m and relay. Last year she qualified for the U23 championships in Bedford as the youngest in the age group and as a result made it onto the England Athletics Junior Talent programme. Unfortunately, early this year Mia suffered a foot injury which limited her competition opportunities. Her resilience during this time is a testament to her dedication to the sport. Even with this limiting her ability to train, she continued to attend every training session to support her teammates. Whether cheering from the side lines, offering advice to younger teammates, or inspiring everyone with her unwavering support, Mia has been invaluable to the group!!



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.

