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# THE BATH PLUG





TBAC Women dominant at Sutton Park

Squeezing in a short Plug just in time, before we reveal today's result at the National Road Relays. The Men, and especially the Women, had super-strong runs at the Midland Road Relays last month, showcasing the exciting momentum in our TBAC teams right now.

This week we also hear about multiple outstanding performances at Yeovil over the Easter weekend, where a strong TBAC turnout delivered on the track and field.

Simon Brace.

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

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## Midland Road Relays

## 23rd March

By Paul King

The Team had a superb day at the 12 & 6 Stage Midland Road Relay Champs at Sutton Park.

The Senior Women managed a brilliant Silver, only narrowly losing by seconds (42 sec) to a very strong Western Tempo. For the records, that is the best Senior Women's performance at the 6 Stage Midland Road Relays in the history of TBAC. Photo above of TBAC Senior Women Team; back row from left: Freya Spruit, Lizzie Rayner; Caitlin Wosika, Anna Domville; front row from left: Tilly Nickell; Annabelle Wallace. All ran excellent legs.

And despite a number of injuries and unavailability the Senior Men put a great show on taking 15<sup>th</sup> position, in a very strong field, with lots of great individual performances. Photo below of TBAC Senior Men & Women squad. Big thanks to Aaron Pritchard for taking on the Team Manager's role.

We are all looking forward to competing at the National Road Relay Champs scheduled at again Sutton Park on Saturday 6<sup>th</sup> April [today!].







## Yeovil Spring Open

30th March & 1st April

By [Graham Mattacks](#)

The Easter Bank Holiday weekend marks the start of the outdoor season for many and this year was no exception. This year 34 Team Bath athletes travelled down to Yeovil to compete in the annual Olympiads Spring Open on the 30th March and 1st April, and competed across 49 disciplines in total.

Day one consisted of the hurdle events, with some limited field events and some 100m at the end of the day. Easter Monday covered all other track and field disciplines. The conditions can only be described as blustery with a mixture of head and tail winds

throughout the weekend, but following the troubles that Yeovil have had with potentially losing this great venue it was great to see this open go ahead and so well supported.

Practically everyone competing over this weekend would've achieved a season best due to its early point in the season, but several also started the season with personal bests. Highlight in the field was Daisy Duncan as she improved on her U17 high jump mark with 1.60m, which shows the great shape she's in this season to achieve the English Schools qualifying. On the track Euan Murray (T64) proved why he's been earmarked for great things by England Athletics with a massive 0.5s PB in the 100m with 12.67s to win his heat. This puts him into the number 1 spot in the T64 (below knee) classification. Again, great early indicators for the season ahead.

Elsewhere there were also large PBs for Michael Callen in the 400m (55.03), William Willets (long jump 5.89m) and Sophia Skidmore (3000m 11:22.89). Many of these athletes competed over both days and in 2 or 3 disciplines. U17 Gertie Blewitt was one of these showing great versatility by running 13.49 in the 100m, 2:23.82 in the 800m, and 41.84s in the 300m races. She was joined by senior Katie Mackintosh who opened her 400m hurdles account with a strong 2nd for 65.23s. She then followed this up with a PB in the unfamiliar 200m (27.05 -2.8 headwind) and a 59.36s in the 400m. Fellow hurdlers Mia Bates (67.49), Dominic Flavell (70.84), Ellie Mullins (72.50) and William Willetts (63.36) also competing in the various heats of the 400m hurdles showing an unusual strength in depth in this event.

In the shorter hurdles Charlie Staddon continued where he finished indoors, with a great 14.09 in 2nd place along with training partner George Isgrove in 3rd for 15.28s. Charlie also competed in the 200m running outside his PB in a time of 23.22s. For the shorter sprinters the conditions were difficult on the Saturday with recorded wind speeds varying between -2 to -2.8. Luckily the conditions were slightly better on the Monday to allow sprinter Ash Avis open his season with 11.12 in the 100m and 22.81 in the 200m. Joe Carter also competed in the same race securing 3rd with 11.18s.

Amongst the throwing community there was Felix Vaughan in the hammer (37.51m) and Iain 'Oz' Osbourne (32.10m). Sam Walker in the Javelin achieving 44.75m for 2nd U20. Despite the conditions it was great to see so many blue & yellow vests at this Open and hopefully this will continue at the forthcoming opens in the next few months. I also noticed a number of athletes competing for the first time which is great to see.





**Full results**

By Mark Thomas

**Yeovil Spring Open, Saturday 30<sup>th</sup> March**

James Burrage (MU23) 100m h1 3<sup>rd</sup> 11.58s  
Mandipa-ishe Mamvura (MU20) 100m h1 4<sup>th</sup> 11.73  
Joel Mattacks (MU23, T20) 100m h2 5<sup>th</sup> 12:06  
Jamie Semple (MU17) 100m h3 1<sup>st</sup> 11.84s  
Will Semple (MU17) 100m h4 1<sup>st</sup> 12.51s  
Walter Tidball-Zapp (MU17) 100m h4 4<sup>th</sup> 12.76s  
Gertie Blewitt (FU17) 100m h1 5<sup>th</sup> 13.49s (PB)  
Mia MacMullan (FU15) 100m h3 2<sup>nd</sup> 13.94s (PB)  
Peter Grist (MV40) 800m h2 5<sup>th</sup> 2:12.88  
Rory Osborne (MU15) 800m h3 2<sup>nd</sup> 2:27.66  
Conal Cross (MU17) 800m h4 1<sup>st</sup> 2:15.26 (PB)  
Gertie Blewitt (FU17) 800m h1 6<sup>th</sup> 2:23.82  
Charlie Staddon (MU20) 110mH h1 2<sup>nd</sup> 14.09s  
Dominic Flavell (SM) 400mH h2 4<sup>th</sup> 70.87s  
William Willetts (MU20) 400mH h1 4<sup>th</sup> 63.36s  
Ellie Mullins (FU20) 400mH h1 2<sup>nd</sup> 72.50s (PB)  
Katie Mackintosh (SW) 400mH h2 2<sup>nd</sup> 65.23s  
Mia Bates (FU23) 400mH h2 3<sup>rd</sup> 67.49s  
Jamie Semple (MU17) HJ 2<sup>nd</sup> 1.75m  
Mia McMullan (FU15) LJ 2<sup>nd</sup>= 6.61m (PB)  
William Willetts (MU20) LJ 6<sup>th</sup> 5.89m (PB)  
Felix Vaughan (SM) HT 2<sup>nd</sup> 37.51m  
Iain Osborne (MV45) HT 3<sup>rd</sup> 32.10m

**Yeovil Spring Open, Monday 1<sup>st</sup> April**

Elise Williams (FU11) 75m h7 4th 13:09s (PB)  
Ashley Avis (MU20) 100m h1 2nd 11.16s  
Joe Carter (MU23) 100m h1 3rd 11.18s  
Tye Leo-Stroud (MU23) 100m h2 5th 11.96s  
Walter Tidball-Zapp (MU17) 100m h4 4th 12.97  
Euan Murray (MU17, T64) 100m h5 1st 12.67s (PB)  
Beth Turner (FU15) 100m h1 5th 13.50s (PB)  
Katie Sharp (FU17) 100m h6 1st 13.47s (PB)  
Ashley Avis (MU20) 200m h1 1st 22.81s  
Charlie Staddon (MU20) 200m h2 1st 23.22s (PB)  
Michael Callan (MU23) 200m h3 1st 24.83s



Katie Mackintosh (SW) 200m h2 1st 27.05s (PB)  
Gertie Blewitt (FU17) 300m h1 3rd 41.84s  
Michael Callan (MU23) 400m h2 1st 55.03s (PB)  
Katie Mackintosh (SW) 400m h1 3rd 59.36s  
Ellie Mullins (FU20) 400m h1 5th 61.57s (PB)  
Elise Williams (FU11) 600m h3 7th 2:19.35 (PB)  
Kyle Williams (MU17) 800m h2 5th 2:20.75  
Louise Jeffries (FV60) 800m h2 7th 3:09.22  
Peter Grist (MV40) 1500m h1 4th 4:28.71  
Conal Cross (MU17) 1500m h1 5th 4:30.58 (PB)  
Poppy Feasey (FU17) 1500m h2 1st 5:24.91  
Sofia Skidmore (FU20) 3000m 13th 11:22.89  
Daisy Duncan (FU17) HJ 3rd 1.60m (PB)  
William Willets (MU20) TJ 2nd 12.57m  
Sam Walker (MU20) JT 3rd 44.75m







## In other racing news

By Paul King

**The Calne Clock Challenge Spring 10k and 5k.**

In the 10k Pat Rogers finished 2<sup>nd</sup> MV70 in 54:36

In the 5k Michael Stanley finished 2<sup>nd</sup> MV60 in 35:48

## The Westonbirt Easter Half.

Shanil Mantra finished a solid 16<sup>th</sup> in a time of 1:33:39

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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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