

THE BATH PLUG



Dylan flying at Loughborough

We're ticking all the boxes in this edition of the Plug - make sure you get to the end to catch a ton of impressive track & field results from various meets all over the country. Before that, tuck into tales of ultra trail running and fast 10ks, some elite level multisporting, plus a strong fielding at the Great Bristol Run. Keep up the good work team.

Simon Brace.

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

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



Ultra Trail Snowdonia, 50k

11th May

By [Kevin Meynard](#)

Martin Archbold and I ran at Ultra Trail Snowdonia by UTMB the 50k, which actually was 58km. The weather was amazing for the entire weekend. The organisers were operating a wave system based on runners' UTMB ranking, which meant that both of us started in the last wave, 30min after the first one. Buzzing and nervous at the start, we gave each other a last high five before we went off.

I quickly wanted to push to the front as I had had high hopes for this race. We first had the classic way up Snowdon, which is 7km with roughly 1000m of elevation. The path was quite rocky but runnable for long sections, until we hit the steepest part of the climb which meant sticks out, and starting the ski mountaineering style run/walk for the last 2 km. At the top, we dropped down a col, for the most technical descent of the race. It was very slow to get down as there were lots of slower runners ahead and tourists coming up the other way.

Around km 15, we had our first aid station which was a quick pit stop just to refill my flasks. We had a couple km of undulating terrain before attacking our second ascent of Snowdon. This way up was shorter, but much steeper as a result. The path was very busy at the top as we were crossing with the 25k runners. Quick look around to appreciate the view at the summit for a second, and straight down a rocky path to our 2nd aid station. I took it pretty easy so far as I wanted to keep my legs fresh for the final 25k. Those who didn't ended up paying the price it seemed.

Feeling very good, I decided to push harder on this final section after the 2nd aid station. I knew from there we only had around 1200m of ascent left over two grassy hills, which were a welcomed change from the sea of rocks that we had so far. I managed to sustain a good pace, and catch up quite a few runners, also as my nutrition strategy was working well with 90gr of carbs, 800mg of sodium and around 750ml of water per hour. We had a series of small but steep hills just before the final 6km, which was a lovely downhill gravel path. My quads were still in good shape, and I managed to get into a good pace until the finish line in Llanberis.

I ended up 12th overall in 7h31, which I'm happy about but still left wondering where I could have ended up had I started in the first wave. Oh well, that's for next year I guess! Revenge is a dish best served in North Wales.

Martin finished in 10hr and was 135th overall, which is amazing for his first ultra trail, and considering he had a dodgy ankle too!



Lightening Bolt 10k (race 2)

22nd May

By [Phil King](#)

Wednesday 22nd May witnessed some great performances in the second race of the 2024 Lightening Bolt 10k road race series. (Hosted by I-compete) Nestled just to the north east of Chippenham, in the Wiltshire countryside, the village of Langley Burrell has played host to one of the fastest 10k road races in the southwest since its inception in 2022! Male Course Record: Ben Cole **30:14** / Female Course Record: Ellie Wallace **32:49**

106 runners assembled at the start line under starter's orders, on a cloudy & blustery evening, with a favourable air temperature of just 15 degrees. The one lap course is fast and flat and takes in some of the stunning countryside offered by Wiltshire. Designed as a no frills PB chasing race, it is open to both club runners and non-affiliated runners alike. There is the added support of race pace-makers ranging from 38 to 70 minutes.

Results as follows:

Men's Winner > **31:56** Alexander Bampton – Highgate Harriers

Women's Winner > **35:26** Freya Bradley (Under 20) – Westbury Harriers

Results: Team Bath A.C's Magnificent Seven

33:56 (2nd overall) > Andy Fooks / **1st V40**

33:58 (3rd overall) > Peter Grist / **2nd V40**

36:34 (13th overall) > Amber Gascoigne / **1st V40**

36:35 (14th overall) > Phil King / **1st V50**

37:41 (18th overall) > Jackie Rockliffe / **1st V50**

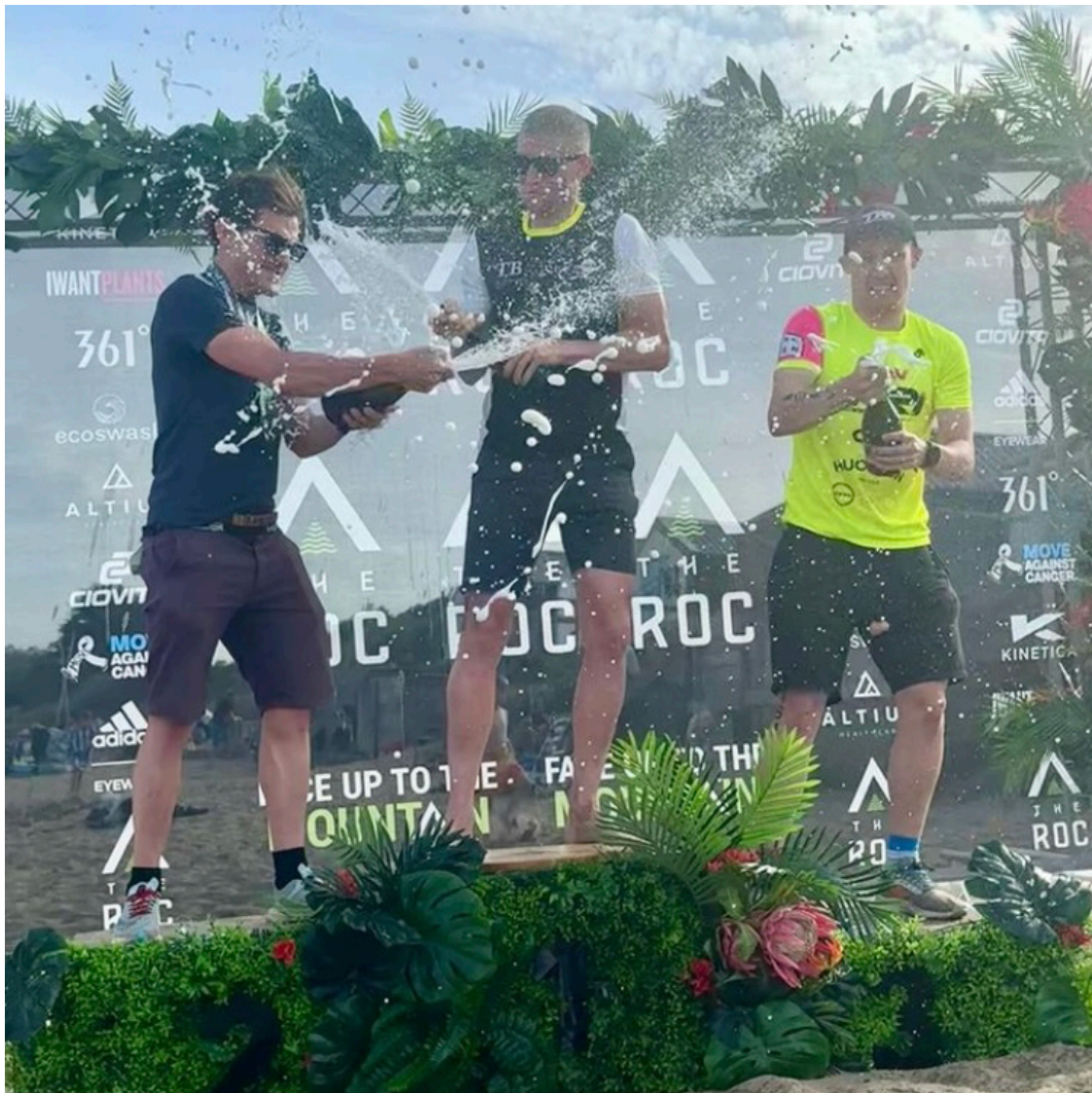
37:47 (19th overall) > Annabelle Wallace / **2nd under 20**

39:12 (28th overall) > Harry Deacon

Special mention to new club member **Harry Deacon**, who knocked an impressive 5 minutes off his 10k PB to break the magic 40 minute barrier for the first time! One to watch in the future...

WISHING ALL TBAC ATHLETES A GREAT SUMMER OF RUNNING





Racing News

May

By Paul King

Peter Dyson (photo above) finished 2nd overall in the **ROC Wales Triathlon** which consists of a 1.5km sea swim before heading off on a 50km fast and progressively undulating bike route into the Snowdon Massif. The race then heads on foot via the toughest route up Wales' highest mountain along The Watkin Path, 6km of 3,330ft formidable ascent to the summit before heading 6km back down, 50km return cycle, culminating with a 1km glory run along Abersoch beach before crossing the finish line!

A number of TBACers were competing over the various distances of the very competitive **Ultra-Trail Snowdonia, 11-12 May** Victoria Ratcliffe had a super race completing the **100km event** as in a time of 21:47:07 to finish 1st FV45 and 12th female overall. In the **50km event** Kevin Meynard-Krause finished a strong 12th position in a time of 7:31:32 and Martin Archbold 144th in 10:02:32. Claire George (nee Hookway), returning to competitive running following the birth of her twins, completed the gruelling course in an admirable 13:39:02. And in the **25Km event** husband Chris George finished in a respectable 102nd in 3:39:58.

In the **70.3 Mallorca IM Pro Series** Lizzie Rayner finished a splendid 5th position in an overall time of 4:26:31 which included an 84:07 half marathon. Photo below.

Exeter Marathon – Sun 12 May

In very hot conditions Elizabeth Fortin finished 3rd FV45 in a time of 3:57:27.

Bitton 5k Series – Wed 8 May.

A good number of TBAC athletes took part in the 1st race of the Bitton 5km Summer series. Aaron Pritchard finished 3rd overall in a solid time of 16:28 with James Donald 1st MV40 (17:06), Aiden Wiffen (17:03) and Tim Hill (19:01). Some excellent performances from the TBAC veterans with Gary Hughes finishing 1st MV60 (19:15) and Jenny Carter 1st FV50 (19:17).



AJ Bell Great Bristol Run results courtesy of Mark Thomas (11th May)

Half Marathon

Elliott Avis (SM) 3rd 1:14:12

Hannah Alderson (SF) 41st 1:20:29
Martin Archbold (MV45) 125th 1:26:41
David Jenkins (?) 444th 1:33:57
Ashia Reeder (SF) 481st 1:34:36
George Davidson (?) 615th 1:37:07
Paul Bartlett (MV60) 824th 1:39:17
Will Maslin (?) 868th 1:39:44
Hannah Ryder (SF) 2345th 1:52:45
Graham Mattacks (MV50) 5669th 2:15:13
Scott Jardine (SM) 7853rd 2:38:37

10K

Alex Carter (SM) 4th 32:03
Ryan Johnstone (MU17) 25th 35:09
Sidney Williams (MU20) 95th 38:27
Joshua Davies (MU15) 112th 38:54
Samuel Davies (MU17) 121st 39:16
David Coales (MV60) 229th 41:58
Nick Parry (MV60) 263rd 42:40
Anna Chandler (SF) 537th 45:58
Alex Harris (SM) 734th 47:47

Track & Field

By Di Viles & Mark Thomas

TeamBath A.C. young athletes finished 4th of the 8 teams competing at Sunday's YDL match at Yate with 362 points. Despite fielding a depleted team due to illness and injury, there were some excellent performances with a number of new faces competing for the first time.

"A" winners were led by Marley Adams, competing in his fourth competition in eight days, winning the U/15 boys high jump with 1.68. Other A winners were Josh Sutton with a win in the U/15 boys javelin with a throw of 35.31, backed up with 3rd A places in the shot with 8.02 and discus with 24.18. In the U/15 girls, Beth Turner and Emma Pavey took maximum points in the 100m in 13.35 and 13.75 respectively, whilst Sarah Spalding won the A hammer with 24.01. Another maximum points event was the U/13 boys long jump with Bailey Clarke winning the A event with 4.45 and Carter Harrison the B with 3.99. B winner was Alex Stokes in the U/13 boys high jump with 1.18.

Second A places went to Beth Turner in the U/15 girls 200m in 29.68, Grace McCulley in the U/15 girls 1500m in 5.41.75, Bailey Clarke in the U/13 boys 75m in 10.43 and 150m in 21.44, Charlie Mead in the U/13 boys 75m hurdles in 17.43, Isaac Weiss in the U/13 boys

high jump with 1.24, Jasmine Fry in the U/13 girls 1200m in 4.48.22 and Immy Proctor in the U/13 girls 70m hurdles in 13.43. Second B places went to Caleb Lai (U/15 b long jump,with 4.12) and Immy Proctor (U/13 g long jump,with 3.21).

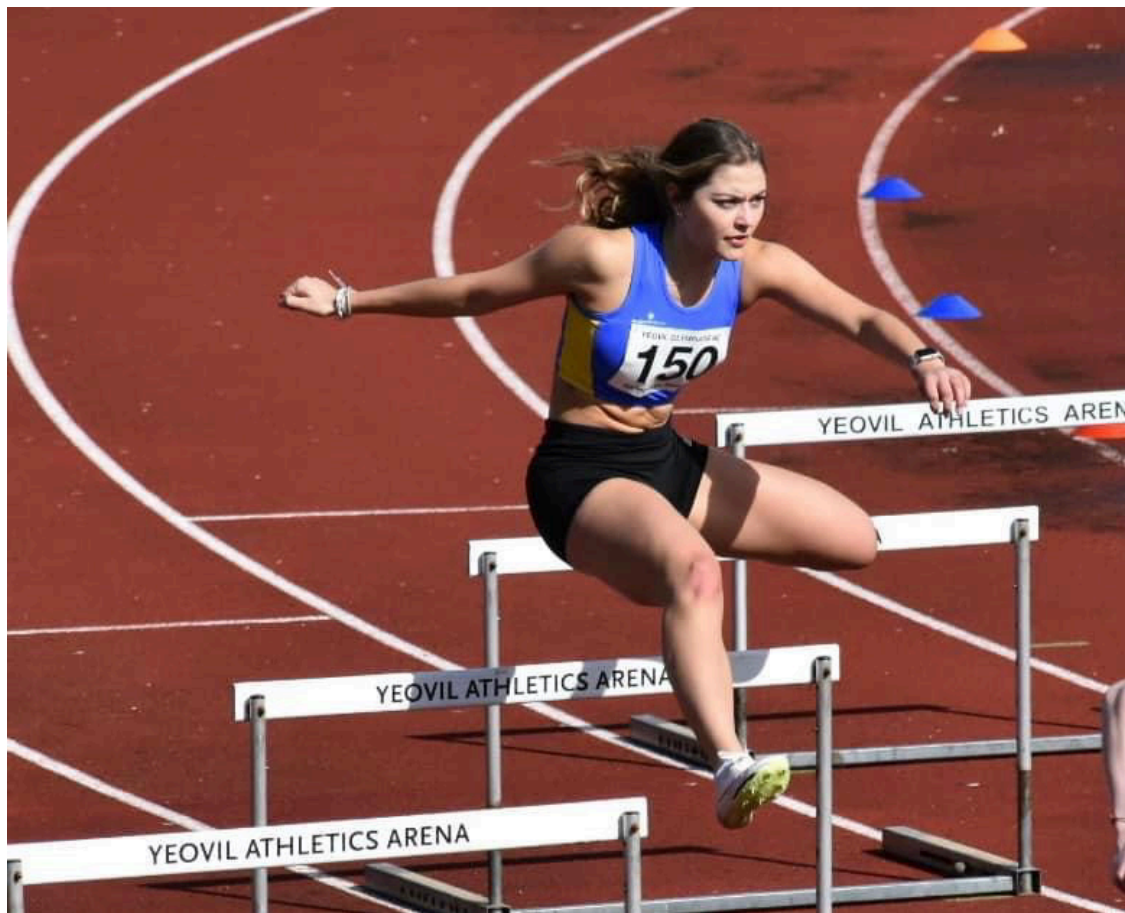
Third A places went to James Morgan (U/15 b 200m in 25.90) and Lucas Weiss (U/15 boys long jump with 4.65). Third B places for Rory McPherson (U/13 b 75m in 11.85) and Carter Harrison (U/13 b 150m in 23.43).

At the **Loughborough International on Sunday 19th May**, TBACers performed brilliantly (photos below):

Joel Mattacks (T20/F20) (SM) 100m 1st 11.59s

Katie Mackintosh (SF) 400mH 3rd 63.80s

Dylan Stoneman (MU20) 3000mSC 4th 9:24.73





Wiltshire County Championships, Swindon

Friday 10th & Saturday 11th May

(photos below)

Aiden Stokes (MU11) 75m (h3) 5th 13.3s

Elise Williams (FU11) 75m (h5) 1st 12.5s (PB)

Ashley Avis (MU20) 100m 2nd 10.89s

Charlie Staddon (MU20) 100m 4th 11.16s (PB)

Kenneth Muhumuza (SM) 100m 5th 11.43s
Tye Leo-Stroud (SM) 100m 6th 11.76s
Alexander Hadler (MU15) 100m 1st 12.39s (PB)
Bailey Clarke (MU13) 100m (h2) 2nd 13.56s (PB)
Mia Bates (SF) 100m 3rd 13.41s
Ashley Avis (MU20) 200m 1st 22.35s
Kenneth Muhumuza (SM) 200m 2nd 22.84s
Tye Leo-Stroud (SM) 200m 3rd 24.20s (PB)
Finn Macpherson (MU13) 200m (h1) 5th 31.64s (PB)
Bailey Clarke (MU13) 200m (h2) 1st 28.45s (PB)
Rory Macpherson (MU13) 200m (h2) 4th 32.58s (PB)
Reef Ovens (FU17) 200m (h2) 2nd 28.96s (PB)
Sophie Phelps (FU15) 300m (h2) 2nd 48.86s
Oliver Upton (MU17) 400m 2nd 54.94s (PB)
Kyle Williams (MU17) 800m 2nd 2:17.69
Alex Stokes (MU13) 800m 2nd 2:35.21
Rory Macpherson (MU13) 800m 7th 2:52.76 (PB)
Tobi-Lee Loughlin (MU17) 1500m 3rd 4:17.42 (PB)
Joshua Davies (MU17) 1500m 4th 4:37.35 (PB)
Finn Macpherson (MU13) 1500m 3rd 5:51.00 (PB)
Olivia Paul (FU15) 1500m 1st 4:59.76 (PB)
Olivia Paul (FU15) 3000m 5th 10:38.6 (PB)
Sophie Maxwell (FU15) 3000m 6th 10:41.1 (PB)
Tobi-Lee Loughlin (MU17) 3000m 3rd 9:00.28 (PB)
Ryan Johnstone (MU17) 3000m 5th 9:36.16 (PB)
Alex Hearn (MU20) 3000m 2nd 10:02.49 (PB)
Tilly Nickell (FU20) 5000m 1st 17:18.34 (PB)
Charlie Staddon (MU20) 110mH 1st 14.47s (PB)
Mia Bates (SF) 400mH 1st 67.63s
Peter Krunity-Salako (MU20) HJ 1st 1.85m
Otis Poole (MU17) HJ 1st 2.00m
Daisy Duncan (FU17) HJ 1st 1.55m
Darcey Crossman (FU17) HJ 3rd= 1.50m (PB)
Bailey Clarke (MU13) LJ 1st 4.18m (PB)
Alex Stokes (MU13) LJ 3rd 3.81m (PB)
Finn Macpherson (MU13) LJ 6th 3.50m (PB)
Aiden Stokes (MU11) LJ 4th 2.51m
Mia McMullan (FU15) LJ 1st 4.56m
Iain Osborne (MV45) HT 3rd 30.47m

Savana Krunity-Salako (FU17) HT 2nd 33.50m

Rory Osborne (MU15) JT 2nd 27.57m (PB)

Rory Mcpherson (MU13) JT 4th 17.09m (PB)

Somerset County Championships, Yeovil

Saturday 11th & Sunday 12th May

Peter Grist (MV40) 800m 4th 2:09.27

Peter Grist (MV40) 3000m 1st 9:31.74

Stanley Wyatt (MU17) 1500mSC 1st 4:42.88 (PB)

Alice Wilson (FU20) LJ 3rd 5.43m

Avon County Championships, Yate

Sunday 12th May

Lucy Gamble (FU13) 75m (h1) 4th 11.90s

Lucy Gamble (FU13) 75m (F) 8th 11.50s (PB)

Archie Clamp (MU20) 100m 6th 11.98s (PB)

Noah Dyson (MU20) 100m 7th 12.05s (PB)

Jacob Bryant (MU17) 100m 5th 12.99s (PB)

Evangeline Wright (FU20) 100m 4th 13.95s (PB)

Jemima Woods (FU17) 100m 1st 12.85s (PB)

Lily Pix (FU17) 100m 3rd 13.70s (PB)

Matilda Willingham (FU17) 100m 5th 14.12s (PB)

Mia McMullan (FU15) 100m (h1) 3rd 13.38s (PB)

Rebekah Atkins (FU15) 100m (h1) 7th 14.74s (PB)

Beth Turner (FU15) 100m (h2) 1st 13.16s (PB)

Beth Turner (FU15) 100m (F) 2nd= 12.99s (PB)

Mia McMullan (FU15) 100m (F) 4th 13.13s (PB)

Immy Proctor (FU13) 150m (h2) 6th 23.06s (PB)

Beth Proctor (FU13) 150m (h3) 4th 23.97s (PB)

Jacob Bryant (MU17) 200m 4th 26.70s (PB)

Jemima Woods (FU17) 200m 1st 26.48s (PB)

Beth Turner (FU15) 200m (h2) 1st 27.25s (PB)

Beth Turner (FU15) 200m (F) 3rd 27.67s

Noah Dyson (SM) 400m 2nd 58.81s (PB)

William Willetts (MU20) 400m 1st 56.43s

Jacob Sanchez-Fulton (MU17) 400m 2nd 58.56s

Charlie Haines (MU17) 800m 2nd 1:58.07

Adam Hordern (MU15) 800m 2nd 2:17.21

Louise Jeffries (FV65) 800m 5th 3:05.43

Lucy Gamble (FU13) 800m 6th 2:44.19 (PB)

Jasmine Fry (FU13) 800m 7th 2:45.44 (PB)
Chris Pickering (SM) 1500m 2nd 4:08.67
Poppy Feasey (FU17) 1500m 1st 5:24.09 (PB)
Marley Adams (MU15) HJ 1st 1.72m (PB)
Ella Delin (FU13) HJ 9th 1.25m
Thomas White (MU17) HJ 1st 1.65m (PB)
Jacob Sanchez-Fulton (MU17) HJ 4th= 1.60m
William Willetts (MU20) LJ 1st 5.91m (PB)
Archie Clamp (MU20) LJ 2nd 5.65m (PB)
Eleni Francis ((SF) LJ 10th 5.02m
Jacob Bryant (MU17) LJ 14th 4.45m (PB)
Evangeline Wright (FU20) LJ 16th 4.17m (PB)
Rosie Dalton (FU17) LJ 18th 4.00m
Maeve McGee (FU20) LJ 19th 3.66m
Mia McMullan (FU15) LJ 3rd 4.71m (PB)
Freddie Dalton (MU13) LJ 17th 3.32m (PB)
Rebekah Atkins (FU15) LJ 19th 3.13m (PB)
Fredie Dalton (MU13) LJ 20th 2.75m
William Willetts (MU20) TJ 2nd 12.69m (PB)
Jacob Sanchez-Fulton (MU17) SP 2nd 9.65m (PB)
Sarah Spalding (FU17) SP 7th 5.86m (PB)
Sarah Spalding (FU17) DT 3rd 18.58m (PB)
Felix Vaughan (SM) HT 1st 40.46m
Maisy Harvey (SF) HT 2nd 43.92m
Thomas Holness (MU20) JT 2nd 30.04 (PB)
Corey Summers (MU17) JT 1st 47.89m (PB)
Rosie Dalton (FU17) JT 2nd 29.88m
Sarah Spalding (FU15) JT 1st 14.94m
Freddie Dalton (MU13) JT 13th 14.99m (PB)





The Bath Plug is the weekly magazine of Team Bath AC. Copy and comment for publication, questions and corrections to the editor at pluggeditor@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.

