

The official magazine of Team Bath Athletic Club
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THE BATH PLUG





Flying at the Midland Counties Champs

SW 5k PB (r1): Harry Maxwell leads the way

12th June

By Phil King

Odd Down cycle circuit played host to the first of three 5k races organised by Bristol Track Club. Yes, the 2024 summer series has truly arrived, albeit without the summer weather. The race had some added running glamour, due to the appearance of Andy Baddeley who runs the very successful YouTube channel, The Running Channel. (Look out for his race video filmed at Bath, Odd Down). Those of you old enough to remember the 2008 Olympics, would have seen Andy finish 8th in the 1500m final, as well as claiming a stunning win in the Dream Mile / Bislett Games in a world lead of 3:49.38!!

114 runners finished the race in favourable racing conditions on a course that rarely has low winds. Team Bath AC was out in force with 23 runners finishing. There were many great performances and I have done my best to note as many PB's as possible. Apologies if I have missed anyone. Special mention to those TBAC runners who raced Wednesday on the back of competing in the WCR. Amazing and well done for showing up.

A BIG thanks also, to friends and running buddies who cheered from the sidelines. It really does help, especially when you are suffering in the latter stages.

Results as follows:

Overall **Male Winner** > Harry Maxwell / TBAC (U20) **14:32 PB (Brilliant run)**

Overall **Female Winner** > Nicole Frith / Cheltenham & C. Harriers **17:11**

Team Bath A.C runners & riders:

15:36 PB / Lester James > **4th Sen**

15:58 PB/V40 / Peter Grist > **2nd V4**

16:00 / Brian Glynn > **13th Sen**

16:07 / Josh Maxwell > **4th Under 20**

16:21 / Charlie Haines > **6th Under 20**

16:28 / Samuel Rawes > **18th Sen**

16:50 / Matthew Young > **5th V40**

17:06 / Phil King > **1st V50**

17:09 PB / Guy Bridgewood > **24th Sen**

17:29 / Freya Spruit > **2nd Sen**

17:46 / Annabelle Wallace > **1st Under 20**

18:05 / Martin Archbold > **3rd V45**

18:08 / Jackie Rockliffe > **1st V50**

18:17 PB / Harry Deacon > **31st Sen**

18:17 / Ben Holding > **4th V45**

18:50 / Victoria Ratcliffe > **1st V45**

19:22 / Jenny Carter > **2nd V50**

19:25 / Kyle Pearce > **36th Sen**

19:37 / Amy Boalch > **11th Sen**

19:44 / Leon Chevalier > **37th Sen**

19:44 / Florrie Betts > **12th Sen**

20:35 / Samantha Brock > **16th Sen**

WISHING ALL TBAC ATHLETES A GREAT SUMMER OF RACING!





Road racing News

May/June

By Paul King

Edinburgh Marathon, Sun 26 May.

Completing the Spring Marathons for 2024 TBAC runner Guy Bridgewood had an excellent run finishing 143rd overall in a time of 2:53:24 (picture above with partner Rachael Moon). There were also strong performances from husband-and-wife team Harry Collin (3:01:37) and Meg Collin (3:27:09).

Wells 10k, Sun 26 May

TBAC's Lester James had an excellent run finishing 2nd overall (1st SM) in a time of 33:15 and Tom Davies 8th (5th MV35) in 37:15.

Bitton 5k, Tue 4 June

There were good performances from Martin Couzins 1st MV50 in 18:01; Toby Eichler 2nd MV40 in 18:09 and Gary Hughes 1st MV60 in 19:30.

Chew Valley 10k, Sun 9 June

TBAC's Ian Dunning finished in 19th position with a time of 39:12. Gary Hughes was 1st MV60 in a time of 43:30; Nigel Osborne 12th MV50 in 47:12 and Geoff Davis 2nd MV70 in 55:53.

Challenge Wales Triathlon, Sun 9 June

Harry Palmer who trains with the group had his first Pro-Triathlon win last weekend. A well-deserved result (photo below).

Westbury 5k Series, Tue11 June

Young Tobi Loughlin was the top TBAC runner finishing 2nd overall in a PB time of 15:30 narrowly missing 1st place by the smallest of margins to Adam Holland from Tavistock AC. And even younger Sophie Maxwell finished 2nd Female in an excellent PB time of 17:49. There were also solid runs from Neal Everett (17:56) and Emily Griffiths (19:51).

Maverick Addidas Terrex Original 25k trail event, Sat 15 June

Ellie Evans finished 3rd Female in a time of 2:19:09.



Track & Field

Mark Thomas

Youth Development League, Upper Age Group, Yate, Sunday 26th May

Ashley Avis (MU20) 100m A 4th 10.97s

Ashley Avis (MU20) 200m B 1st 22.24s (PB)

Thomas Southgate (MU20) 200m ns 2nd 23.14s (PB)

Jemima Woods (FU17) 300m A 2nd 43.21s

Gertie Blewitt (FU17) 300m B 1st 43.59s

Charlie Haines (MU17) 400m A 2nd 53.64s (PB)

William Willetts (MU20) 400m B 1st 56.61s

Oliver Upton (MU17) 400m B 2nd 55.87s

Charlie Haines (MU17) 800m A 1st 2:01.51

Tobi-Lee Loughlin (MU17) 800m ns 2nd 2:09.54 (PB)

Sofia Skidmore (FU20) 800m B 2nd 2:25.59

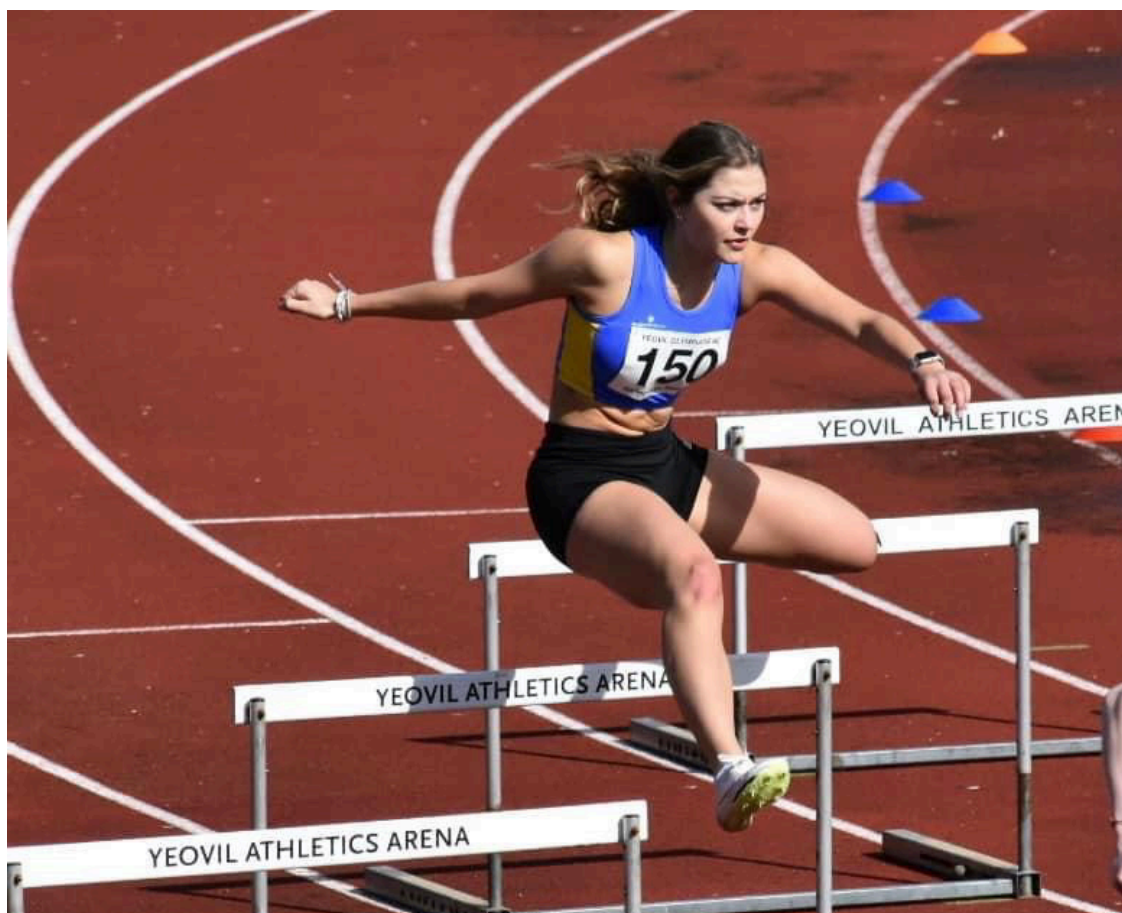
Annabelle Wallace (FU20) 3000m B 1st 10:43.37 (PB)

Poppy Feasey (FU17) 3000 B 2nd 12:07.65 (PB)

George Isgrove (MU20) 110mH A 3rd 15.57s

Jemima Woods (FU17) 300mH A 1st 47.14s (PB)

William Willetts (MU20) 400mH A 3rd 62.44s (PB)
Stanley Wyatt (MU17) 1500mSC A 1st 4:35.95 (PB)
Daniel Phelps (MU17) 1500mSC B 1st 4:58.10 (PB)
Ned Blackman (MU20) 2000mSC A 1st 7:10.99 (PB)
Tom Blackburn (MU20) HJ A 3rd 1.70m
Thomas White (MU17) HJ A 2nd 1.60m
Jacob Sanchez-Fulton (MU17) HJ B 1st 1.60m
Daisy Duncan (FU17) HJ A 3rd 1.45m
Sebastien Retter (MU17) LJ A 1st 5.16m
Camille Guillon (FU17) LJ A 2nd 4.69m
William Willetts (MU20) TJ A 1st 12.61m
Jacob Sanchez-Fulton (MU17) SP B 1st 9.26m
Sam Walker (MU20) DT B 2nd 24.52m (PB)
Savana Krunity-Salako (FU17) HT B 2nd 31.78m
Sam Walker (MU20) JT A 1st 46.04m
Corey Summers (MU17) JT A 1st 44.80m
Rosie Dalton (FU17) JT B 1st 28.94m





Exeter Harriers Evening Open

Tuesday 28th May

Aiden Stokes (MU11) 600m (B) 7th 2:15.37

Aiden Stokes (MU11) 75m (D) 5th 13.62s

Alex Stokes (MU13) 800m 3rd 2:37.07

BMC Regional Races, Exeter**Tuesday 28th May**

Brian Glynn (SM) 1500m (C) 2nd 4:17.01 (PB)

Finlay Davies (MU20) 1500m (D) 1st 4:25.33 (PB)

Amy Glynn (SF) 1500m (D) 13th 5:32.84 (PB)

Sofia Skidmore (FU20) 1500m (E) 2nd 4:54.75 (PB)

Yeovil Evening Open Meeting**Thursday 30th May**

Elise Williams (FU11) 75m (A) 2nd 12.55s

Noah Dyson (MU20) 100m (A) 5th 12.09s

Frankie Pethers (MU15) 100m (B) 5th 12.33s

Isaac Weiss (MU13) 100m (E) 3rd 14.27s (PB)

Gertie Blewitt (MU17) 800m (A) 3rd 2:22.07 (PB)

George Isgrove (MU20) 110mH 1st 15.51s

Elise Williams (FU11) 600m (A) 4th 2:09.41

Conal Cross (MU17) 1500m (A) 2nd 4:20.33 (PB)

Alex Hearn (MU20) 1500m (A) 6th 4:32.84 (PB)

Craig Bridges (MV35) 1500m (A) 9th 4:47.36

Charlie Mead (MU13) LJ 4th 3.47m

Lucas Weiss (MU15) LJ 5th 4.30m

Isaac Weiss (MU13) HJ 2nd 1.30m

Sam Walker (MU20) JT 2nd 45.42m

BMC Meeting, Street**Saturday 1st June**

Charlie Haines (MU17) 800m (A) 5th 1:58.1

Sarah Wilson (SF) 800m (A) 1st 2:09.1 (PB)

Sofia Skidmore (FU20) 800m (D) 1st 2:22.49 (PB)

Louise Jeffries (FV65) 800m (G) 3rd 3:01.65

Olivia Paul (FU15) 1500m (D) 4th 4:50.4

Sophie Maxwell (FU15) 1500m (E) 2nd 4:59.5

Harry Maxwell (MU20) 3000m (A) 5th 8:31.34 (PB)

Joshua Maxwell (MU20) 3000m (B) 4th 8:51.9 (PB)

Peter Grist (MV40) 3000m (B) 17th 9:24.7

Tilly Nickell (FU20) 3000m (C) 7th 9:48.7 (PB)

BMC Grand Prix – World Athletics Challenger, Watford

Saturday 8th June

Justin Davies (MU23) 800m (B) 1st 1:46.71 (PB)



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.

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