

THE BATH PLUG



Guy Landon sets the fastest ever time running around the Isle of Wight

What a privilege it was for James Donald and I to support Guy Landon on his quest to run/walk/climb around the Isle of Wight quicker than anyone in history. There was much talk of character, endeavour, and resilience following England's penalty shoot out yesterday evening, but Guy displayed those traits tenfold in comparison during the (just under) 11 hours it took him to complete the 71 mile loop. Mind-boggling and inspiring in

equal measure. So Guy's story kicks-off this week's Plug. A ton of impressive T&F results follow. Then Phil wraps things up with a report from the Great Chalfield 10k where TBACers took 1st, 3rd and 4th.

Simon Brace.

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

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



Isle of Wight coastal path FKT

15th June

By [Guy Landon](#)

The IoW Coastal Path is a 71 mile loop with some 2000m of vertical ascent. I grew up on the Island and have had my eye on having a go at the FKT (Fastest Known Time) for many years but, for various excuses such as COVID, injuries, other races, and just general life, I hadn't been able to get a clear shot at it.

I've won the odd local race, but have never managed to break a course record outright. Four years ago, despite previous record holders including the likes of Damo Hall, the time looked well within my capabilities until Russ Tannen (winner of the Thames Path 100 in 14 hours 13 minutes!) lowered the time by over an hour to 11 hours 11 minutes. I remember my heart sinking when I found out.

Not getting any younger I thought this year it was probably now or never. However, extreme weather over the winter had resulted in multiple landslips around the island leaving many sections of the coastal path closed. In particular a section between Ventnor and Shanklin saw the biggest landslip in 30 years. It seemed the running gods were against me. Being unable to do something only makes me more determined, so I carried on training on the assumption I'd find a way through somehow. I had targeted mid-May, but by the time May came around there was still no feasible way through or around the landslip at Ventnor. Finally in late May the council opened up a section enabling a diversion inland via a super steep hill. Not ideal but a way through all the same.

So 6:30 am June 15th, legs still feeling the effects of the WCR the week before, I set off from West Cowes (in an anticlockwise direction) with James Donald and Simon Brace as my support crew. Despite heavy rain, the first 20 miles were relatively okay, negotiating landslips between Gurnard and Thorness Bay, and boggy terrain before Yarmouth without too much trouble. However, soon after I started feeling a level of fatigue I'd normally expect much later on. To make matters worse I found the path closed at Colwell Bay (despite it being open 2 weeks before), and so I had to hack through bushes and squeeze under several barriers to get through. Not good, this is where I learned the difference between a formal race and just chasing an arbitrary time. In a race you have many things to push you along (other runners, positions, medals, fear of DNF, etc). But with none of this I started thinking I'd just quit, get an ice cream and chill on the beach for the rest of the day. Even the Round the Island Yacht race, which was taking place at the same time, had called it a day when they got to the Needles!

Queue James Donald, who joined me at 26 miles to pace. He patiently listened to my moaning, then told me in no uncertain terms I'd be fine and to just get on with it. Set straight we continued along the stunning South West of the Island buffeted by strong winds (which ended the Yacht race), I fell down a hole miraculously avoiding injury, and we missed a couple of diversions which meant fording rivers and climbing steep gullies where the coastal path had collapsed. Despite all that James delivered me to the halfway point ahead of record pace.

The next section was the hilliest, I was on my own again and things were becoming really tough. The mercury was starting to rise and a confusing set of diversions around St Lawrence left me convinced I had blown it. Running along the seafront at Sandown was

torture, passing endless cafes with people lazing around with cold drinks and ice creams. I was ready to quit again. Thankfully soon after Simon joined me and we climbed the penultimate big hill over Culver Down and on to Bembridge. From here on I was in survival mode, I had never gone this deep in any of my previous ultras. All the ultra cliches about pain caves and what-not I'd previously thought were hyperbole now rang true. But Simon was the master motivator, with a knack of turning all my negatives into positives. With around 10 miles to go I checked my time and managed to miscalculate that I was way behind with no chance of pulling it back. I was gutted and had to adjust my expectations to simply finishing. I was confused when we got to the next meeting point when James said we were smashing it but assumed he was just being nice (I'd stopped checking my watch by this point). However, reality hit at the final meeting point when James said I had 50 mins to cover the last 4 miles. Despite getting cramp in the last 3 miles (overcome with lots of stretching and swearing, and a fancy electrolyte gel (thanks Leon Chevalier!) I managed to reach the end point at East Cowes in 10 hours 56 mins - shaving approx 15 mins off the previous record.

In short, that was the hardest running thing I have ever done. There is no way I could have done it without the amazing support from James and Simon. I'd never run with pacers before and wasn't sure if it would just be a hindrance, but as it turned out it made all the difference.

If, like me, you've become a touch disillusioned with the increasing commercialisation of our sport, or just want to try a new challenge, I can thoroughly recommend having a go at running one of the national trails just for the sake of it (but not this one please!). It really does open up a whole new perspective on running.



Track & Field

By Di Viles & Mark Thomas

TeamAvon, of which TeamBath are a part, comfortably won the **third YDL UAG league** match on Sunday at Newport. Team Avon 634.7 points from second place Swansea Harriers 475.7 points.

It was an excellent day for Tilly Nickell who won both the U/20 1500m A in 4.41.47 and the 1500m s/c 5.05.04. Jemima Woods also had a good day winning the U/17 200m A in 26.24 and 300m hurdles in 48.12. Other A winner was Thomas Southgate in the U17 200m in 23.58. B winners were Ashley Avis, U/20 m 200m in 22.63, William Willetts, U/20 m long jump with 5.97, Jamie Semple, U/17 m 100m in 11.60, Corey Summers, U/17 m javelin with 45.28, Alex Hearn, U/20 m 1500m in 4.37.20, Daisy Duncan, U/17 w high jump with 1.50 and Rosie Dalton, U/17 w javelin with 27.46.

Second A places went to Tobi Laughlin, U/17 m 1500m in 4.10.15, Sam Walker, U/20 m javelin with 44.12, Gertie Blewitt, U/17 w 300m in 42.44 and Poppy Feasey, U /17 w a 1500m s/c in 5.40.94. Second B places to Camille Guillon, U/17 w 80m hurdles in 13.21,

Oliver Upton, U/17 m 400m in 55.95 and Savanna Krunity-Salako, U/17 w hammer with 26.99.



Somerset County Schools Championships, Yeovil, Saturday 8th June

Abella Duncan (FU20) 200m 6th 31,05s (PB)

Rhys Newington-Wise (MU15) 1500m 1st 4:41.15 (PB)

George Isgrove (MU20) 110mH 4th 15.28s

Wiltshire County Schools Championships, Swindon, Saturday 8th June

Alice Gerber (FU13) 100m 1st 14.49s (PB)

Thomas Southgate (MU17) 200m 3rd 23.88s

Conal Cross (MU17) 800m 2nd 2:12.12 (PB)

Kyle Williams (MU17) 800m 5th 2:15.19
 Joshua Davies (MU17) 800m 7th 2:18.69 (PB)
 Orson Pace (MU15) 800m 4th 2:16.44 (PB)
 Alex Stokes (MU13) 800m 4th 2:36.78
 Conal Cross (MU17) 1500m 1st 4:25.13
 Daniel Phelps (MU17) 1500m 4th 4:36.17
 Olivia Paul (FU15) 1500m 1st 4:57.75
 Tobi-Lee Loughlin (MU17) 3000m 1st 8:58.45 (PB)
 Tilly Nickell (FU20) 3000m 1st 9:55.65
 Alice Gerber (FU13) 70mH 1st 12.30s (PB)
 Lily Mason (FU17) 300mH 2nd 50.44s
 Ned Blackman (MU20) 2000mSC 1st 7:13.16
 Peter Krunity-Salako (MU20) HJ 1st 1.95m
 Otis Poole (MU17) HJ 1st 2.00m
 Clem Nacchia (MU17) HJ 2nd 1.69m
 Marley Adams (MU15) HJ 1st 1.69m
 Daisy Duncan (FU17) HJ 1st 1.57m
 Darcey Crossman (FU17) HJ 3rd 1.46m (PB)
 Freddie Jones (MU13) LJ 2nd 4.29m (PB)
 Camille Guillon (FU17) LJ 2nd 4.87m (PB)
 Camille Guillon (FU17) TJ 1st 10.34m (PB)
 Orson Pace (MU15) SP 6th 9.04m (PB)
 Marcie Wood (FU17) SP 2nd 8.96m (PB)
 Savana Krunity-Salako (FU17) HT 2nd 25.78m
 Amelia Snook-Lumb (FU17) HT 4th 22.90m (PB)
 Josh Sutton (MU15) JT 2nd 35.98m (PB)
 Rory Osborne (MU15) JT 5th 27.38m
 Ezra Ebanks (FU15) JT 6th 20.85m (PB)

English Schools Athletics Association South-West Combined Events

Championships, Yeovil, Saturday 22nd & Sunday 23rd June

Jacob Sanchez-Fulton (MU17) Octathlon 10th 3606 Pts(400m 6th 56.17s; 1500m 4th 4:54.26; 100mH 12th 16.64s; HJ 7th 1.68m; LJ 13th 5.10m; SP 9th 9.97m; DT 15th 21.12m; JT 13th 24.64m)

Rory Osborne (MU15) Pentathlon 11th 1617 Pts(800m 5th 2:22.53 (PB); 80mH 10th 15.81s (PB); HJ 11th 1.32m (PB); LJ 12th 3.93m; SP 5th 8.43m (PB))

Youth Development League, Lower Age Group, Aberdare, Sunday 23rd June

[photo above]

Charlie Mead (MU13) 75m A 7th 12.2s

Ernest Harris (MU13) 75m B 4th 12.7s
Luca McMullan (MU13) 75m A 3rd 11.9s (PB)
Alexandra Clowes (FU13) 75m A 3rd 10.9s (PB)
Martha Smith (FU13) 75m B 1st 10.8s (PB)
Frankie Pethers (MU15) 100m A 2nd 12.0s (PB)
James Morgan ((MU15) 100m B 2nd 12.2s (PB)
Beth Turner (FU15) 100m A 1st 13.0s
Mia McMullan (FU15) 100m B 2nd 13.4s
Victoria Barker (FU15) 100m A 3rd 14.0s (PB)
Luca McMullan (MU13) 150m A 8th 24.6s (PB)
Alexandra Clowes (FU13) 150m A 6th 23.0s (PB)
James Morgan (MU15) 200m A 2nd 24.3s (PB)
Frankie Pethers (MU15) 200m B 1st 24.8s (PB)
Beth Turner (FU15) 200m A 1st 27.0s (PB)
Orson Pace (MU15) 300m A 2nd 42.2s (PB)
Rory Osborne (MU15) 300m B 3rd 47.0s
Sophie Phelps (FU15) 300m A 5th 47.5s
Orson Pace (MU15) 800m A 1st 2:17.2
Ernest Harris (MU13) 800m A 7th 3:10.4 (PB)
Olivia Paul (FU15) 800m A 1st 2:24.0 (PB)
Sophie Phelps (FU15) 800m B 3rd 2:40.3 (PB)
Jasmine Fry (FU13) 1200m A 2nd 4:10.4 (PB)
Rhys Newington-Wise (MU15) 1500m A 3rd 4:42.7
Ernest Harris (MU13) 75mH A 3rd 17.3s (PB)
Rory Osborne (MU15) 80mH A 6th 16.7s
Team Bath AC (FU15) 4 x 100m 2nd 55.6s
Team Bath AC (MU15) 4 x 300m 1st 2:48.6
Marley Adams (MU15) HJ A 1st 1.65m
Josiah Oyelumade (MU13) HJ A 2nd 1.42m (PB)
Jasmine Fry (FU13) HJ A 4th 1.25m (PB)
Charlie Mead (MU13) LJ A 4th 3.88m (PB)
Luca McMullan (MU13) LJ B 3rd 2.93m (PB)
Mia McMullan (FU15) LJ A 1st 4.67m
Victoria Barker (FU15) LJ B 1st 4.43m (PB)
Martha Smith (FU13) LJ A 6th 3.53m (PB)
Orson Pace (MU15) SP A 2nd 8.86m
Sarah Spalding (FU15) SP A 5th 6.31m
Alexandra Clowes (FU13) SP A 4th 6.30m (PB)
Sarah Spalding (FU15) DT A 2nd 18.89m (PB)

Sarah Spalding (FU15) HT A 2nd 27.89m (PB)

Rory Osborne (MU15) JT A 2nd 28.04m (PB)

Charlie Mead (MU13) JT A 4th 15.55m



Tuesday 25th June, Avon AA Open Meeting, Bristol

Isaac Weiss (MU13) 75m 2nd 10.6s (PB)

Nelly Stopa (FU11) 75m h2 5th 12.1s (PB)
Harry Glover (SM) 100m h1 2nd 11.6s
Ashley Avis (MU20) 100m h2 1st 11.0s
Will Semple (MU17) 100m h2 4th 11.9s
Orson Pace (MU15) 100m 1st 12.8s (PB)
Caleb Lai (MU15) 100m 3rd 14.3s (PB)
Lily Pix (FU17) 100m 2nd 13.4s (PB)
Mia McMullan (FU15) 100m 1st 13.4s
Nelly Stopa (FU11) 600m h2 5th 2:12.1
Alex Hearn (MU20) 1500m 3rd 4:38.0
Orson Pace (MU15) 1500m 4th 4:46.7 (PB)
Toby Adams (MU13) 1500m 5th 5:31.8 (PB)
Poppy Swarbrooke (FU17) 1500m 2nd 5:16.8 (PB)
Jasmine Fry (FU13) 1500m 3rd 5:21.6 (PB)
Katherine Osborn (FU13) 1500m 5th 5:50.6
Isaac Weiss (MU13) HJ 1st 1.30m (PB)
Caleb Lai (MU15) LJ 1st 4.36m (PB)
Toby Adams (MU13) LJ 4th 3.61m (PB)
Mia McMullan (FU15) LJ 1st 4.83m

Tuesday 25th June, BMC Meeting, Exeter

Thomas White (MU17) 800m B 5th 2:04.17

Thursday 27th June, Yeovil Open

Tye Leo-Stroud (SM) 100m h1 4th 11.7s
Rhys Newington-Wise (MU15) 100m h3 3rd 12.6s (PB)
Ella Delin (FU13) 100m h3 4th 14.6s (PB)
Ella Delin (FU13) 200m h3 1st 30.7s (PB)
Peter Grist (MV40) 400m 7th 64.6s (PB)
Rhys Newington-Wise (MU15) 800m 1st 2:13.6 (PB)
Peter Grist (MV40) 800m h3 6th 2:15.7
Craig Bridges (MV35) 800m h3 7th 2:17.4
Louise Jeffries (FV65) 800m h1 9th 3:08.6
William Willetts (MU20) TJ 1st 12.83m
Sam Walker (MU20) JT 2nd 43.13m

Friday 28th June, Swindon Harriers Summer Open

Kyle Williams (MU17) 400m 2nd 58.36s (PB)

Saturday 29th & Sunday 30th June, Microplus UK Athletics Championships,

Manchester

Justin Davies (SM) 1500m h1 6th 3:45.49

Ellie Leather (SF) 1500m h1 3rd 4:17.51

Ellie Leather (SF) 1500m F 6th 4:14.95

Jake Cover (SM) 110mH h1 6th 14.88s

Charlie Staddon (MU20) 110mH h2 DNF

Katie Mackintosh (SF) 400mH h1 7th 62.44s [photo above]

Jake Burkey (SM) LJ 6th 7.43m [photo below]

Sunday 30th June, Youth Development League, Upper Age Group, Newport

Ashley Avis (MU20) 100m A 3rd 11.04s

Harry Glover (MU17) 100m A 3rd 11.56s (PB)

Jamie Semple (MU17) 100m B 1st 11.60s (PB)

Jemima Woods (FU17) 100m A 2nd 12.75s (PB)

Ashley Avis (MU20) 200m B 1st 22.63s

Thomas Southgate (MU17) 200m A 1st 23.58s

Harry Glover (MU17) 200m ns 2nd 24.26s

Jemima Woods (FU17) 200m A 1st 26.24s (PB)

Gertie Blewitt (FU17) 300m A 2nd 42.64s

William Willetts (MU20) 400m A 4th 55.37s

Oliver Upton (MU17) 400m B 2nd 55.95s

Ryan Johnstone (MU17) 800m ns 5th 2:17.97 (PB)

Gertie Blewitt (FU17) 800m A 4th 2:26.65

Alex Hearn (MU20) 1500m B 1st 4:37.20

Tobi-Lee Loughlin (MU17) 1500m A 2nd 4:10.48 (PB)

Kyle Williams (MU17) 1500m ns 1st 4:46.50 (PB)

Tilly Nickell (FU20) 1500m A 1st 4:41.47 (PB)

Camille Guillon (FU17) 80mH B 2nd 13.21s (PB)

George Isgrove (MU20) 110mH A 3rd 15.64s

Jemima Woods (FU17) 300mH A 1st 48.12s

William Willetts (MU20) 400mH A 1st 60.70 (PB)

Tilly Nickell (FU20) 1500mSC A 1st 5:05.54 (PB)

Poppy Feasey (FU17) 1500mSC A 2nd 5:40.94 (PB)

Jamie Semple (MU17) HJ A 3rd 1.70m

Jacob Sanchez-Fulton (MU17) HJ ns 1st 1.60m

Daisy Duncan (FU17) HJ B 1st 1.50m

William Willetts (MU20) LJ B 1st 5.97m

Camille Guillon (FU17) LJ A 3rd 4.36m

Ethan Taylor (MU17) DT B 1st 25.06m (PB)

Savana Krunity-Salako (FU17) HT B 2nd 26.99m

Sam Walker (MU20) JT A 2nd 44.12m

Corey Summers (MU17) JT B 1st 45.28m

Rosie Dalton (FU17) JT B 1st 27.46m



Rose, King, & Cobb shine at Gt Chalfield 10k

27th June

By Phil King

Thursday 27th June witnessed the 13th running of the Great Chalfield 10k located in the stunning Wiltshire village of Broughton Gifford. On a blustery evening over 130 runners assembled on the start line at Broughton Gifford Common. With much support and enthusiasm from the Broughton Gifford & Holt Scout group, the race started at 7.30pm sharp.

The wind and undulating race route made the opening first km a challenge, with some reluctance from the early leaders to find a clear front runner. However, by the first mile, six men had formed a leading pack, including three TBAC runners. (Steve Rose, Phil King & Pat Cobb). The first significant hill at 2.5 miles was to prove decisive. The 800m climb saw Steve Rose, Phil King & Daniel MacPherson break clear, and by the 5k mark, the break away three had a commanding lead.

With Steve & Phil controlling the race pace for the next 3k, Daniel simply slotted in behind. The pace was sharp during the second half of the race. The medals were decided at 8.2k when the three leading men reached the final short sharp hill, just after passing Great Chalfield Manor. Steve dug in and pushed the pace hard, closely tracked by Daniel. It was

the first time Phil was found wanting and gaps started to appear. With one km to go, Steve had a clear lead, with just a five second gap separating Daniel & Phil.

The final dash across Broughton Gifford Common (300m of grass) to the finish line saw the three race leaders hold their medal winning positions.

Race Results as follows:

Men

1st > Steve Rose (V50) **36:52** / Team Bath AC

2nd > Daniel MacPherson (SM) **37:06** / Avon Valley Runners

3rd > Phil King (V50) **37:11** / Team Bath AC

4th > Pat Cobb (V40) **38:10** / Team Bath AC

20th > Roland Teare (V40) **42:56** Team Bath AC

Women

1st > Suzanne Clare (FV50) **42:01** / Atworth

2nd > Cath Adsett (FV50) **46:02** / Corsham Running Club

3rd > Evangeline Baker (FSEN) **46:48** / Unattached

WISHING ALL TBAC ATHLETES A GREAT SUMMER OF RACING!



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