

THE BATH PLUG



Jemima, Dom, and Will.
The Hurdles Squad collecting honours at the SW Champs.

A track & field special this week... more cracking results than you can shake a javelin at!
So exciting to see the Club's young talent reap the rewards of their hard work, and top coaching of course. Well done Team!!

Simon Brace.

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

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Southwest Intercounty Championships

Exeter Arena

29th July

By [Graham Mattacks](#)

Twenty-seven athletes from the club made the journey down to Exeter Arena to compete in the annual Southwest Intercounty Championships and contested in 41 events across the day on a very hot summer day. The results matched the conditions with 27 medals, including 12 gold and a total of 15 personal bests being achieved.

Arguably the highlight of the day was the double-double gold medals of Ashley Avis and Jake Cover. Ashley securing a new 100m wind legal personal best of 10.83s, a time which pushes him into the top 35 U20 sprinters in the country, following a very short recovery after winning the 200m with a jog over the line in 22.80s. Jake matching this with 14.77s in the 100m hurdles and a season's best of 11.01 in the senior 100m.

Other double medallists included rising star Jemima Woods, starting the day with a convincing win in the 300m hurdles in a PB of 47.41s, and then hard-fought silver medal in the U17 women's 200m in an impressive PB 25.96s. The first time she has broken the 26s barrier, and an impressive performance considering she ran two 300m (heats/semi-finals) at the Age Group England Athletics Championships just the day before. William Willetts also getting double medals with a Triple Jump gold in a new PB of 13.37m and bronze in the U20 400m hurdles.

The high jump squad was once again in full force with Gold medals for Peter Krunity-Salako, a 1.80m PB for Jamie Semple, and a silver for James Boyd in a PB of 1.75m. Jamie Semple also achieved a season best in the 200m to secure the Bronze. Ella Delin also securing a silver in a new PB of 1.35 in the U13 girls' high jump. Savana Krunity-Salako ensured there was no sibling rivalry on the journey home with a Gold and 35:55 PB in the U17 women's Hammer.

U15 Frankie Pethers doubled up with a Gold in the 200m in 24.85s and a 12.30s in the 100m for sixth place. There was also a Gold medal for U17 Daniel Phelps in the 1500m Steeplechase in a PB of 4:47.41s and a Gold for senior 400m hurdler Dominic Flavell. Tobi Loughlin and Will Semple secured silver medals in the 3000m and 100m respectively, both in personal bests.

Poppy Feasey and Kyle Williams running in the 1500m steeplechase both took away the silver in with personal best times. Olivia Paul running a PB of 10:27.80 in the 3000m. There were also double bronze medals for U15 Mia McMullan in the 100m and long jump, a bronze medal for javelin thrower Sam Walker, a bronze for George Isgrove U20 100m hurdles, and a bronze for Harry Glover in the U17 200m.

All in all a great day. It was great to see so many from the club attending this event whether in the Blue & Yellow or their county colours. The successes show the strength in depth of the club and the hard work of the athletes and coaching groups.

FULL RESULTS (from Mark Thomas)

Jake Cover (SM) 100m 1st 11.01s
Ashley Avis (MU20) 100m 1st 10.83s
Will Semple (MU17) 100m 7th 11.86s
Jamie Semple (MU17) 100m 9th 11.89s
Harry Glover (MU17) 100m 14th 12.15s
Frankie Pethers (MU15) 100m 7th 12.30s
Bailey Clarke (MU13) 100m 4th 13.83s
Mia McMullan (FU15) 100m 6th 13.54s
Ashley Avis (MU20) 200m 1st 22.80s
Jamie Semple (MU17) 200m 5th 23.92s
Harry Glover (MU17) 200m 8th 24.27s
Frankie Pethers (MU15) 200m 6th 24.85s
Bailey Clarke (MU13) 200m 8th 29.67s
Jemima Woods (FU17) 200m 2nd 25.96s (PB)
Ella Delin (FU13) 200m 11th 32.33s
Kyle Williams (MU17) 800m 4th 2:11.00
Alex Stokes (MU13) 800m 6th 2:36.27
Joshua Davies (MU17) 1500m 4th 4:38.14
Jasmine Fry (FU13) 1500m 4th 5:17.85 (PB)
Tobi-Lee Loughlin (MU17) 3000m 1st 8:55.05 (PB)

Olivia Paul (FU15) 3000m 1st 10:27.80 (PB)
Jake Cover (SM) 110mH 1st 14.77s
George Isgrove (MU20) 110mH 3rd 15.53s
Jemima Woods (FU17) 300mH 1st 47.41s (PB)
William Willetts (MU20) 400mH 3rd 62.43s
Dominic Flavell (SM) 400mH 1st 70.16s
Daniel Phelps (MU17) 1500mSC 1st 4:47.41 (PB)
Kyle Williams (MU17) 1500mSC 2nd 5:00.09 (PB)
Poppy Feasey (FU17) 1500mSC 1st 5:39.55 (PB)
Ned Blackman (MU20) 2000mSC 1st 7:26.49
Peter Krunity-Salako (MU20) HJ 1st 2.00m
Jamie Semple (MU17) HJ 1st 1.80m (PB)
James Boyd (MU17) HJ 2nd 1.75m (PB)
Ella Delin (FU13) HJ 2nd 1.35m
Bailey Clarke (MU13) LJ 3rd 4.12m
Camille Guillon (FU17) LJ 6th 4.76m
Mia McMullan (FU15) LJ 3rd 4.87m
William Willetts (MU20) TJ 1st 13.37m (PB)
Camille Guillon (FU17) TJ 6th 10.03m
Savana Krunity-Salako (FU17) HT 1st 35.55m (PB)
Sam Walker (MU20) JT 3rd 41.12m





Track & Field

By Mark Thomas

Friday 26th – Sunday 28th July

England Athletics U15 & U17 Championships, Birmingham

Five TBAC juniors competed at the England U15 & U17 Championships and three came back as champions.

Euan Murray (T64/F64) (MU17) 100m (Para) 2nd 12.58s

Euan Murray (T64/F64) (MU17) 200m (Para) 1st 25.47s

Thomas Southgate (MU17) 200m h3 5th 23.63s

Jemima Woods (FU17) 300m h3 4th 41.29s

Jemima Woods (FU17) 300m s3 6th 41.95s

Stanley Wyatt (MU17) 1500mSC 1st 4:27.81

Otis Poole (MU17) HJ 1st 2.07m (PB)

Wednesday 17th July

Gloucester Open

Kyle Williams (MU17) 800m h2 4th 2:10.31 (PB)

Elise Williams (FU11) 800m h7 7th 2:59.63 (PB)

Joshua Davies (MU17) 5000m h1 12th 17:51.09 (PB)

Freya Spruit (FU23) 5000m h1 13th 18:05.62

Sarah Spalding (FU15) HT 3rd 26.87m

Friday 12th & Saturday 13th July

English Schools Athletics Association Track & Field Championships

Ashley Avis (MU20) 100m h1 3rd 11:00s

Gertie Blewitt (FU17) 300m h2 5th 41:45s

Jemima Woods (FU17) 300m h3 5th 41:28s (PB)

Thomas White (MU17) 800m h2 6th 2:01.02 (PB)

Charlie Haines (MU17) 800m h3 7th 1:57.65 (PB)

Olivia Paul (FU15) 1500m h2 13th 5:03.62

Tobi-Lee Loughlin (MU17) 3000m h1 12th 8:58.35

Tilly Nickell (FU20) 3000m 10th 10:02.01

George Isgrove (MU20) 110mH h2 5th 15:28s

Stanley Wyatt (MU17) 1500mSC 5th 4:24.98 (PB)

Otis Poole (MU17) HJ 3rd = 1.97m

Marley Adams (MU15) HJ 8th 1.64m

Peter Krunity-Salako (MU20) HJ 1st 2.04m (PB)

Alice Wilson (FU20) LJ 11th 5.48m

Alannah Heneghan (FU20) PV 3rd 3.20m

Corey Summers (MU17) JT 9th 49.94m

Rosie Dalton (FU17) JT 11th 32.25m

Wednesday 10th July

Midsummer Evening Open, Gloucester

Kenneth Muhumuza (SM) 100m h1 2nd 11.43s

Beth Turner (FU15) 100m h4 1st 13.08s

Sophie Maxwell (FU15) 3000m h2 9th 10:17.41 (PB)

Lightening Bolt 10k

21st July

By [Zina Marchant](#)

1st William Bryan 31m 25s.

2nd Marcus England 31m 45s.

3rd Tobi Loughlin 32m 52s TeamBath AC.

Other Bath members:

L to R; Toby Bishop 37m 25s, Oliver Walton 37m.43s, Cath Dale 44m 37s, Jenny Carter 44m 48s, Tobi Loughlin 32m 52s.

Plus Micheal Towler 33m 00s (not in photo)



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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