

# THE BATH PLUG



TBAC tearing it up at Yate this summer

Not a huge amount of news since we last caught up, but we're all about quality over quantity in this issue. Mostly short stuff with a sprinkling of long stuff. Enjoy.

Simon Brace.

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

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## Lightning Bolt 10k summer series

11th August

By [Phil King](#)

Sunday 11th August played host to the 4th race of the Wiltshire Lightning Bolt 10k summer series located in the village of Langley Burrell. As in 2023, the race was enhanced with the inclusion of the Wiltshire County 10k Road Championship, as well as the Southwest Counties competition. Strong teams were sent by both Cornwall & Devon.

After a short delay the race started just after 10am, with the 296 runners assembled one kilometre from Langley Burrell. County representatives were encouraged to take up the front start line positions before the loud horn set the runners off!

The high levels of heat/humidity that had pushed up from France overnight had a big impact on racing conditions. However, the competition was as fierce as ever, even if the finishing times didn't reflect this. Team Bath AC had a solid presence with some great performances.

### Results as follows:

1st Male > **Alex Carter 30:35** / TBAC / A stunning performance

1st Female > **Millie Porter 35:28** / Western Tempo

Special Mention to **Ronnie Richmond** (Aged 42) from Bideford (Devon) who finished 2nd in a superb time of **31:23!**

### Team Bath AC runners:

**Aidan Daniel 32:42** / 6th place

**Mike Towler 33:01** / 8th place

**Eoin Cremen 35:51** / 29th place

**James Pigot 37:45** / 40th place

**Peter Veleski 37:59** / 42nd place

**Annabelle Wallace 38:12** / 46th place / 1st Under 20

**Harry Deacon 38:16** / 48th place

**Phil King 38:31** / 52nd place / 3rd V50

**Jackie Rockliffe 38:32** / 53rd place / 1st V50

**Jessica Davies 40:14** / 78th place / 3rd Under 23

**Paul Bartlett 43:32** / 96th place / 2nd V60

**WISHING ALL TBAC ATHLETES A GREAT SUMMER OF RACING**

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## Track & Field

By Mark Thomas

### Avon Track & Field League

Sunday 11<sup>th</sup> August, Yate

Alexandra Clowes (FU13) 75m 4<sup>th</sup> 10.79s (PB)

Martha Smith (FU13) 75m 6<sup>th</sup> 11.05s (PB)

Martha Smith (FU13) 150m 8<sup>th</sup> 22.14s

Alexandra Clowes (FU13) 150m 9<sup>th</sup> 22.39s (PB)

Jasmine Fry (FU13) 1200m 6<sup>th</sup> 4:07.63 (PB)

Lucy Gamble (FU13) 1200m 10<sup>th</sup> 4:36.27 (PB)

Martha Smith (FU13) LJ 8<sup>th</sup> 3.47m

Lucy Gamble (FU13) LJ 10<sup>th</sup> 3.33m (PB)

Alexandra Clowes (FU13) SP 4<sup>th</sup> 6.12m

Jasmine Fry (FU13) SP 6<sup>th</sup> 5.09m (PB)

Beth Turner (FU15) 100m 1<sup>st</sup> 13.04s

Mia McMullan (FU15) 100m 4<sup>th</sup> 13.29s

Emma Pavey (FU15) 100m 6<sup>th</sup> 13.61s (PB)

Beth Turner (FU15) 200m 1<sup>st</sup> 27.53s

Amelie Budd (FU15) 200m 7<sup>th</sup> 29.37s (PB)

TBAC (FU15) 4 x 100m 1<sup>st</sup> 53.37s

(Beth Turner, Emma Pavey), Mia McMullan, Amelie Budd)

Sarah Spalding (FU15) SP 4<sup>th</sup> 6.35m

Sarah Spalding (FU15) DT 2<sup>nd</sup> 17.73m

Mia McMullan (FU15) LJ 1<sup>st</sup> 4.68m

Jemima Woods (FU17) 100m 1<sup>st</sup> 12.64s (PB)

Lily Pix (FU17) 100m 4<sup>th</sup> 13.58s (PB)

Matilda Willingham (FU17) 100m 6<sup>th</sup> 14.12s (PB=)

Gertie Blewitt (FU17) 200m 1<sup>st</sup> 26.81s (PB)

Lily Pix (FU17) 200m 2<sup>nd</sup> 28.61s (PB)

Reef Ovens (FU17) 200m 4<sup>th</sup> 28.87s

Poppy Feasey (FU17) 1500m 2<sup>nd</sup> 6:04.14

Jemima Woods (FU17) 300mH 1<sup>st</sup> 47.05s (PB)

TBAC (FU17) 4 x 100m 1<sup>st</sup> 53.50s

(Gertie Blewitt, Reef Ovens, Lily Pix, Matilda Willingham)

Gertie Blewitt (FU17) LJ 2<sup>nd</sup> 4.59m (PB)

Luca McMullan (MU13) 75m 13<sup>th</sup> 12.16s (PB)

Luca McMullan (MU13) 150m 12<sup>th</sup> 24.70s

Frankie Pethers (MU15) 100m 4<sup>th</sup> 12.06s (PB)

Frankie Pethers (MU15) 200m 3<sup>rd</sup> 24.83s (PB)

Rhys Newington-Wise (MU15) 300m 2<sup>nd</sup> 41.34s (PB)

Orson Pace (MU15) 300m 4<sup>th</sup> 42.04s (PB)

Rory Osborne (MU15) 300m 10<sup>th</sup> 47.18s

Orson Pace (MU15) 1500m 7<sup>th</sup> 4:59.80

Gabriel Davies (MU15) 1500m 10<sup>th</sup> 5:07.80 (PB)

TBAC (MU15) 4 x 100m 2<sup>nd</sup> 51.60s  
(Rory Osborne, Frankie Pethers, Rhys Newington-Wise, Orson Pace)

Orson Pace (MU15) HJ 5<sup>th</sup>= 1.35m  
Rory Osborne (MU15) HJ 5<sup>th</sup>= 1.35m (PB)  
Dylan Clifford (MU17) 100m 1<sup>st</sup> 11.46s  
Dylan Clifford (MU17) 200m 1<sup>st</sup> 23.53s (PB)  
Thomas White (MU17) 400m 2<sup>nd</sup> 54.50s (PB)  
Kyle Williams (MU17) 400m 4<sup>th</sup> 58.08s  
Joshua Davies (MU17) 1500m 5<sup>th</sup> 4:40.99  
Kyle Williams (MU17) 1500m 6<sup>th</sup> 4:41.46 (PB)  
Thomas White (MU17) HJ 1<sup>st</sup> 1.72m (PB)  
Corey Summers (MU17) JT 1<sup>st</sup> 49.58m  
Kenneth Muhumuza (SM) 100m 1<sup>st</sup> 11.19s  
Imam Qazi (VM) 100m 1<sup>st</sup> 13.00s  
Ashley Avis (SM) 200m 1<sup>st</sup> 22.05s  
Kenneth Muhumuza (SM) 200m 2<sup>nd</sup> 23.43s  
Joel Mattacks (SM) 400m 3<sup>rd</sup> 59.71s  
Peter Grist (SM) 1500m 3<sup>rd</sup> 4:22.88  
Conal Cross (SM) 1500m 4<sup>th</sup> 4:25.56  
Lester James (SM) 1500m 5<sup>th</sup> 4:32.06

TBAC (SM) 4 x 100m 1<sup>st</sup> 44.95s  
(Dylan Clifford, Ashley Avis, Joel Mattacks, Kenneth Muhumuza)

Dominic Murray (SM) HJ 1<sup>st</sup> 1.80m  
Iain Osborne (SM) HT 3<sup>rd</sup> 29.47m

Mixed 3000m Race:

Lester James (SM) 3000m 2<sup>nd</sup> 9:17.88  
Tobi-Lee Loughlin (MU17) 3000m 3<sup>rd</sup> 9:29.89  
Archie Enstone (MU17) 3000m 5<sup>th</sup> 9:43.25 (PB)  
Toby Davies (SM) 3000m 6<sup>th</sup> 10:09.10  
Freya Spruit (SF) 3000m 7<sup>th</sup> 10:26.46 (PB)  
Rhys Newington-Wise (MU15) 3000m 8<sup>th</sup> 10:48.70 (PB)  
Olivia Paul (FU15) 3000m 12<sup>th</sup> 11:01.34  
Poppy Feasey (FU17) 3000m 16<sup>th</sup> 12:55.86











## Other racing this month

August

By Paul King

Frome Running Festival, Sunday 18th August...

**5k Event:**

Pete Grist was easily 1<sup>st</sup> in a time of 16:43.

**10k Event:**



Annabelle Wallace celebrated her successful A-level results this week by finishing 1<sup>st</sup> Female in a time of 38:24. There were also good performances from Peter Veleski (1<sup>st</sup> MV40; 38:24); Tom Wiper (39:43); Alex Harris (46:20); Poppy Feasey (50:20) and Paul Wilman (50:23).

#### **Half-Marathon Event:**

Elliott Avis had a strong run winning the event in 73:05 and Victoria Ratcliffe finishing 4<sup>th</sup> Female (2<sup>nd</sup> FV45) in a time of 1:27:15. Solid runs also from Pete Miles (1:32:44) and Clinton Montague (1:35:00).

The other big event on Sunday was the **Two-Tunnels Trail Races** involving a few TBAC runners...

#### **10k Event:**

Simon Taylor (8<sup>th</sup>; 38:57)

#### **Half-Marathon:**

Neill Everett (1<sup>st</sup> MV40; 1:29:16); Alice Lucas (1:58:02)

#### **Marathon:**

Will Maslin (15<sup>th</sup>; 3:29:00)

Then a series of 5k events in the week before...

#### **SW PB Series at Odd Down Sports Ground, 14-08-24:**

Chris Pickering ran an excellent PB of 15:18 narrowly missing top spot by 4/100<sup>th</sup> of a second from Thomas Thayre of Crawley AC. There were also excellent runs with a number of PBs from Josh Maxwell (PB; 2<sup>nd</sup> U17; 15:39); Michael Towler (10<sup>th</sup>; 15:42); Eoin Cremen (PB; 16:25); Jason Rowland (PB; 1<sup>st</sup> MV45; 16:45); Guy Bridgewood (PB; 16:47); Ben Holding (3<sup>rd</sup> MV45; 18:20); Martin Archbold (4<sup>th</sup> MV45; 18:35); Rachael Moon (19:15); Samantha Brock (20:17); Alex Harris (21:20) and Chelsea Rawes (24:22).

#### **Yeovilton 5k, 14-08-24:**

Freya Spruit finished 3rd Female in a solid time of 17:46.

#### **Westbury 5k handicap, 13-08-24:**

Tobi Loughlin (U16 1st; 15:43) **picture above**; Ollie Squire (U16; 16:29); Ryan Johnstone (U16; 16:44); James Pigott (17:13); Victoria Ratcliffe (2<sup>nd</sup> FV40; 18:51); Niall Urquhart (1<sup>st</sup> MV60; 19:55); Emily Griffiths (20:45)

On Sunday 11th August, a few runners from TBAC, who also run with the Bath Bats, were at the **Wyedean Ultra**. A scenic course run over 55km with 1,500m of ascent albeit in hot challenging conditions. Kelly Makraki led the TBACers home finishing 9<sup>th</sup> overall (5<sup>th</sup> female) in a time of 6:32:35. Also home was James Woosnam (12<sup>th</sup>; 6:44:16), Mark Macintosh (16<sup>th</sup>; 6:55:04), Paul Wilman (17<sup>th</sup>; 6:56:40); Robin Lewis (28<sup>th</sup>; 7:44:07) and Tom Hutchison (35<sup>th</sup>; 8:12:49). **Photo below**.

Also on Sunday 11th, Ellie Leather finished 4<sup>th</sup> with an excellent time of 4:09:12 in the 1500m A race at the **BMC Grand Prix, Bury (Manchester)**.



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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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