

The official magazine of Team Bath Athletic Club  
First published Tuesday 01 Dec 1987

Issue 1632 6th September 2024

# THE BATH PLUG



TBAC's Tuesday evening trail runners

Still fairly quiet as we start drawing a close to the summer racing season. Did someone say XC?!? More of that to come. In the meantime, still some late summer fun to be had... if you call the OCC UTMB fun... huge congrats to Emily for smashing that! Before we sign-off, a date for your diary: 17th November is this year's Bath Hilly Half organised by the Club - see the flyer at the end and get your name down!

Simon Brace.

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

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

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## Scilly inaugural Tide Half Marathon

22nd August

By [Roland Teare](#)



I ran the inaugural Tide Half Marathon around Tresco and Bryher in the Isles of Scilly on Thursday 22nd. Had to be this day as the Tresco Channel is only walkable for a very few days each year or so. We started in the sea at nearly waist deep so it wasn't fast. Had to cross the channel 3 times in total but it got easier each time as the tide went in. The bit on land was pretty tricky too but I was glad to get round in 7th place in 1:57:58, 9:30 behind the winner who unsurprisingly was local!







## Other racing this month

September

By Paul King

Last weekend Emily Griffiths ran the prestigious **OCC (50K) event at the iconic UTMB Festival, Chamonix**. On a course with 3500m elevation gain Emily managed to complete the course in 10:12:12 to finish 131<sup>st</sup> Female. Photo above.

Nearer to home Simon Oldham completed the **Cardiff 10k** in 35:24 to finish 65<sup>th</sup>.

And at the **Flying Monk Malmesbury 10k** Lizzie Rayner finished 6<sup>th</sup> overall and 2<sup>nd</sup> Female in a time of 37:15 closely followed by Will Maslin running a PB (7<sup>th</sup>; 2<sup>nd</sup> SM; 37:21). There was also a strong run from Gary Hughes (1<sup>st</sup> VM60; 42:28).

The weekend before, the main event for some of our speedy legs was the **Podium Home Nations 5K event at Bude Park, Cardiff** on Saturday evening. A very strong field saw James Reeder smash his PB with a time of 14:37 to finish 50<sup>th</sup> overall. Aidan Daniel also managed a 15:29 PB along with strong runs from Lester James (15:41) and Eoin Cremen (16:20).

Meanwhile Jenny Carter was representing Great Britain Masters FV50 at the **World Masters Athletics Championships Half-Marathon in Gothenburg**. Jenny finished 9<sup>th</sup> overall in her age group in a time of 1:31:06 which contributed to the team of 3 taking bronze in the Nations FV50 team prize. Photo below.





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## Track & Field

By Mark Thomas

Avon Open Meeting, Stoke Gifford

Tuesday 27<sup>th</sup> August

Elise Williams (FU11) 75m 4<sup>th</sup> 13.1s  
Lily Pix (FU17) 200m 5<sup>th</sup> 28.9s  
William Willetts (MU20) 800m 1<sup>st</sup> 2:20.7 (PB)  
Craig Bridges (MV35) 800m 3<sup>rd</sup> 2:12.9  
Kyle Williams (MU17) 800m 1<sup>st</sup> 2:11.5  
Rory Macpherson (MU13) 800m 2<sup>nd</sup> 2:43.4 (PB)  
Finn Macpherson (MU13) 800m 4<sup>th</sup> 2:50.4 (PB)  
James Boyd (MU17) HJ 1<sup>st</sup> 1.70m  
Grace Witcher (FU15) HJ 1<sup>st</sup> 1,55m (PB)  
Ella Delin (FU13) HJ 1<sup>st</sup> 1.35m  
William Willetts (MU20) TJ 1<sup>st</sup> 13.11m

### **Yeovil Evening Open**

#### **Thursday 29<sup>th</sup> August**

Mandipe-ishe Mamvura (MU20) 100m h1 3<sup>rd</sup> 11.31s  
Frankie Pethers (MU15) 100m h3 1<sup>st</sup> 12.02s  
Tyra Jagtiani (FU20) 100m h1 3<sup>rd</sup> 13.07s  
Ella Delin (FU13) 100m h4 4<sup>th</sup> 15.10s  
Peter Grist (MV40) 800m h1 7<sup>th</sup> 2:09.24  
Peter Grist (MV40) 3000m 2<sup>nd</sup> 9:35.16  
Conal Cross (MU17) 3000m 4<sup>th</sup> 9:59.96 (PB)  
Ella Delin (FU13) HJ 8<sup>th</sup> 1.25m

### **UK Youth Development League Upper Age Group Finals, Sportcity, Manchester**

#### **Sunday 1<sup>st</sup> September**

Ashley Avis (MU20) 100m A 1<sup>st</sup> 10.89s  
Jamie Semple (MU17) 100m A 5<sup>th</sup> 11.77s  
Ashley Avis (MU20) 200m B 1<sup>st</sup> 21.84s (PB)  
Thomas Southgate (MU17) 200m A 5<sup>th</sup> 24.29s  
Jemima Woods (FU17) 200m B 3<sup>rd</sup> 26.42s  
Jemima Woods (FU17) 300m A 4<sup>th</sup> 42.09s  
Gertie Blewitt (FU17) 300m B 2<sup>nd</sup> 41.87s  
Mandipa-ishe Mamvura (MU20) 400m A 3<sup>rd</sup> 51.03s (PB)  
William Willetts (MU20) 400m B 5<sup>th</sup> 56.49s  
Oliver Upton (MU17) 400m A 6<sup>th</sup> 53.14s (PB)  
Thomas White (MU17) 800m A 5<sup>th</sup> 2:01.15  
Kyle Williams (MU17) 1500m A 6<sup>th</sup> 4:33.45 (PB)

Tilly Nickell (FU20) 1500m A 3<sup>rd</sup> 4:44.85  
Poppy Feasey (FU17) 1500m A 5<sup>th</sup> 5:17.85  
Tobi-Lee Loughlin (MU17) 3000m A 3<sup>rd</sup> 9:02.38  
Ryan Johnstone (MU17) 3000m B 5<sup>th</sup> 9:42.57  
Camille Guillon (FU17) 80mH B 5<sup>th</sup> 14.51s  
George Isgrove (MU20) 110mH A 2<sup>nd</sup> 15.60s  
Jemima Woods (FU17) 300mH A 6<sup>th</sup> 50.00s  
William Willetts (MU20) 400mH A 4<sup>th</sup> 60.29s (PB)  
Ellie Mullins (FU20) 400mH A 5<sup>th</sup> 69.68s (PB)  
Daniel Phelps (MU17) 1500mSC A 3<sup>rd</sup> 4:52.40  
Kyle Williams (MU17) 1500mSC B 3<sup>rd</sup> 4:58.82 (PB)  
Tilly Nickell (FU20) 1500mSC A 1<sup>st</sup> 5:06.98  
Poppy Feasey (FU17) 1500mSC A 5<sup>th</sup> 5:59.70  
Peter Krunity-Salako (MU20) HJ A 1<sup>st</sup> 2.00m  
Daisy Duncan (FU17) HJ B 1<sup>st</sup> 1.50m  
Will Semple (MU17) PV A 5<sup>th</sup> 2.40m (PB)  
Camille Guillon (FU17) LJ A 4<sup>th</sup> 4.35m  
William Willetts (MU20) TJ A 1<sup>st</sup> 12.54m  
Camille Guillon (FU17) TJ A 4<sup>th</sup> 9.48m  
Ethan Taylor (MU17) SP B 3<sup>rd</sup> 9.36m (PB)  
Ethan Taylor (MU17) DT B 3<sup>rd</sup> 30.21m (PB)  
Ethan Taylor (MU17) HT A 5<sup>th</sup> 25.96m (PB)  
Savana Krunity-Salako (FU17) HT B 3<sup>rd</sup> 28.99m  
Sam Walker (MU20) JT A 4<sup>th</sup> 42.07m

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**SUNDAY 17TH NOVEMBER 2024**

# BATH HILLY HALF



**HALF MARATHON & ULTRA 10K**



**OFF ROAD TRAILS  
SPECTACULAR VIEWS**

**ALL PROFITS TO CHARITY, FREE PARKING,  
EXCELLENT FACILITIES, FINISHER GOODIES,  
LARGE DRY RACE VILLAGE, CATEGORY PRIZES.**

**LANSDOWN RACECOURSE 10:30AM**

RACE INFORMATION AND ENTRY FORMS CAN BE FOUND AT: <https://bathhillyhalf.org/>

ORGANISED TO FUNDRAISE FOR TEAM BATH AC AND THE ROTARY CLUB OF BATHAVON

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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