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

Issue 1632 6th September 2024







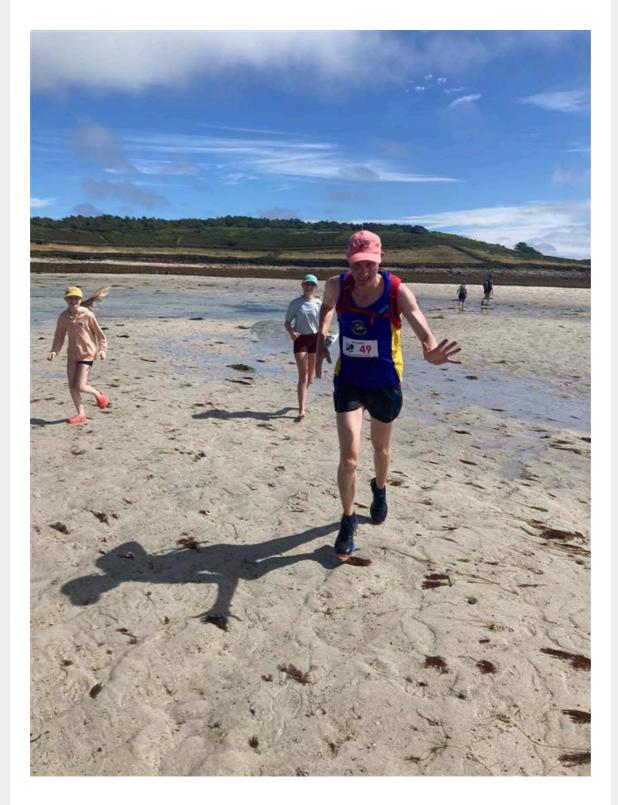
TBAC's Tuesday evening trail runners

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 signoff, 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



# 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.

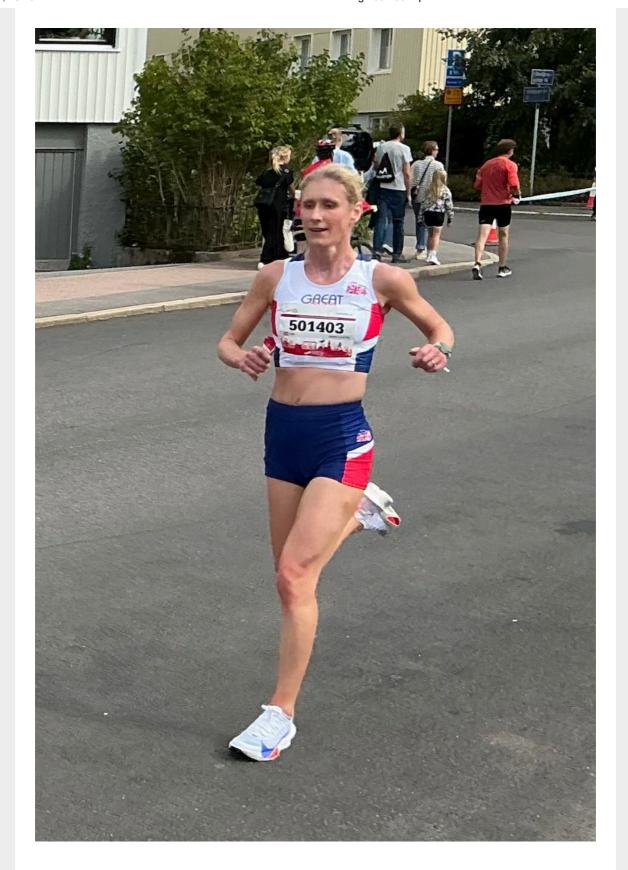
Nearer to home Simon Oldham completed the **Cardiff 10k** in 35:24 to finish 65<sup>th</sup>.

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.



## 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 1st 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 1st 1.35m

William Willetts (MU20) TJ 1st 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 1st 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 1st 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 1st 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



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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