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# THE BATH PLUG





Emily, 8th woman overall at the Arc 50!

Hey folks, it's been a while but racing has been scarce. We'll do a wrap-up of the XC League in the next Plug to give that some space, and not to over-shadow some cracking performances in this edition. Plenty of early season inspiration to get out there and get it done! Well done team.

Simon Brace.

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

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



## Racing this month

January / February

By [Paul King](#)

On 24th/25th January the **Arc of Attrition UTMB** race took place on the South West Coastal Path over various distances (Arc 100-160Km; Arc 50-80Km; Arc 25-40Km).

In the **Arc 50** Martin Archbold finished 44<sup>th</sup> (5<sup>th</sup> MV45) in 10:58:28; Emily Griffiths 8<sup>th</sup> Female in 11:23:47 (cover photo and photo above); and Chris Maxwell 73<sup>rd</sup>; 4<sup>th</sup> MV50;

11:43:58.

In the **Arc 25** ultra specialist Kevin Meynard-Krause finished 10<sup>th</sup>; (3<sup>rd</sup> MV35; 3:13:40). Of the remaining TBAC runners Heather Fell was 16th Female (4:32:00), Florrie Betts was 21<sup>st</sup> Female (4:40:04); and Claire George (nee Hookway) 83<sup>rd</sup> Female (5:55:52) - photo below.

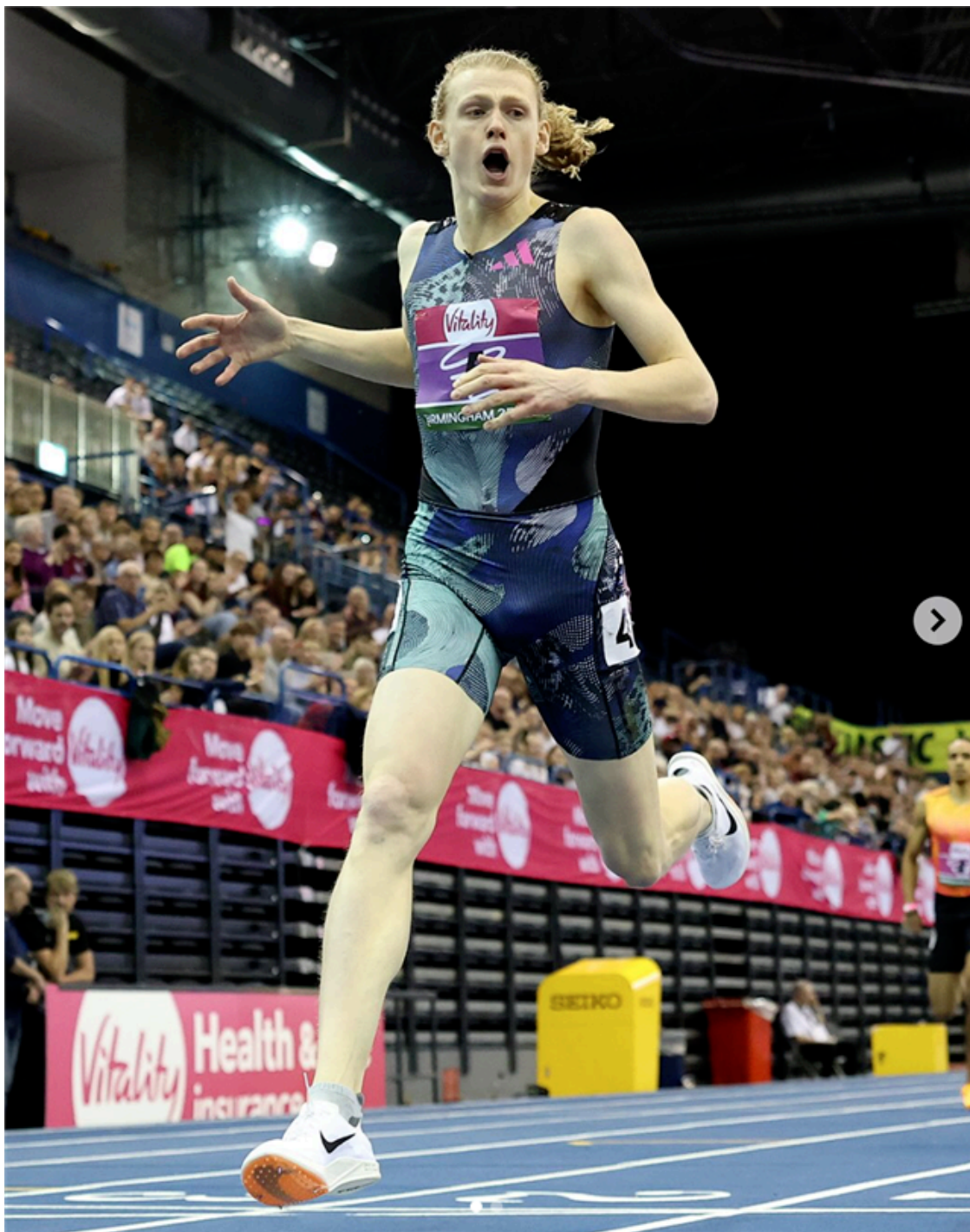
25th January, Tom Davies was the only TBAC runner at the **Midlands XC Champs**. Tom finished 58<sup>th</sup> in the Senior Men's race finishing in 44:30.

The next day, at the **Longleat 10k** in challenging weather, Aaron Pritchard had an excellent run finishing 2<sup>nd</sup> overall in a time of 36:44.

16th February, in the **Bramley 20 miler**, Will Maslin (26<sup>th</sup>; 2:11:17) and David Jenkins (29<sup>th</sup>; 2:12:58) continued their marathon training with solid runs.

The same day, Emily Griffiths ran the **Smartt Smasher 10k in Calne** finishing as 2<sup>nd</sup> Female in a time of 41:56.





## Indoor track

February

By the Editor *(and Athletics Weekly)*

*The feeling when you break the Welsh indoor 800m record 🇨🇪 (photo above). One of the performances of the day at the Keely Klassic in Birmingham (15th Feb) came from Justin Davies, who clocked 1:45.78 on his way to victory ⚡ Justin also broke the British U'23 i800m record, and it puts him seventh on the UK all-time indoor 800m list.*

At the same event, Euan Murray competed in the mixed para men's 60m T64, placing 3rd with a massive PB of 7.95. Meanwhile Ellie Leather also clocked a SB of 4:15.68 finishing 5th in the Senior Women 1500m.



Pos.	Name	Nat.	Mark
1.	Justin DAVIES	GBR	1:45.78
2.	Thomas RANDOLPH	GBR	1:46.56
3.	Jack HIGGINS	GBR	1:46.69
4.	Henry FISHER	GBR	1:46.97
5.	Malik SKUPIN-ALFA	GER	1:47.38
6.	Henry JONAS	GBR	1:47.48
7.	Ko OCHIAI	JPN	1:51.86

By Mark Thomas

14<sup>th</sup> & 15<sup>th</sup> February

British Universities Championships, Sheffield

[photos below]

Joel Mattacks T20/F20 SM 60m Para 2<sup>nd</sup> 7.36s

Dominic Murray MU23 60m h4 3<sup>rd</sup> 7.13s

Mandipa-ishe Mamvura MU23 60m h6 4<sup>th</sup> 7.16s

Ashley Avis MU20 60m h10 1<sup>st</sup> 6.86s (PB)

Ringnyu Bongmba MU23 60m h11 6<sup>th</sup> 7.59s (PB)

Ashley Avis MU20 60m SF3 1<sup>st</sup> 6.86s (PB)

Ashley Avis MU20 60m F 2<sup>nd</sup> 6.79s (PB)

Dominic Murray MU23 LJ q 5<sup>th</sup> 6.54m

Joel Mattacks T20/F20 SM LJ Para 1<sup>st</sup> 5.92m

Joel Mattacks T20/F20 SM SP Para 1<sup>st</sup> 6.12m (PB)

### **1st & 2nd February**

#### **Welsh U13/U15/U20 Indoor Championships, Cardiff**

Ashley Avis MU20 60m h1 2<sup>nd</sup> 6.91s

Ashley Avis MU20 60m h3 1<sup>st</sup> 6.95s

Ashley Avis MU20 60m SF1 1<sup>st</sup> 6.90s (PB)

Will Semple MU20 200m h1 2<sup>nd</sup> 24.90s

Mia McMullan FU17 200m h2 4<sup>th</sup> 29.72s

Gertie Blewitt FU17 200m h4 2<sup>nd</sup> 26.90s

Gertie Blewitt FU17 200m SF2 3<sup>rd</sup> 27.01s

Jemima Woods FU20 400m h2 3<sup>rd</sup> 61.25s (PB)

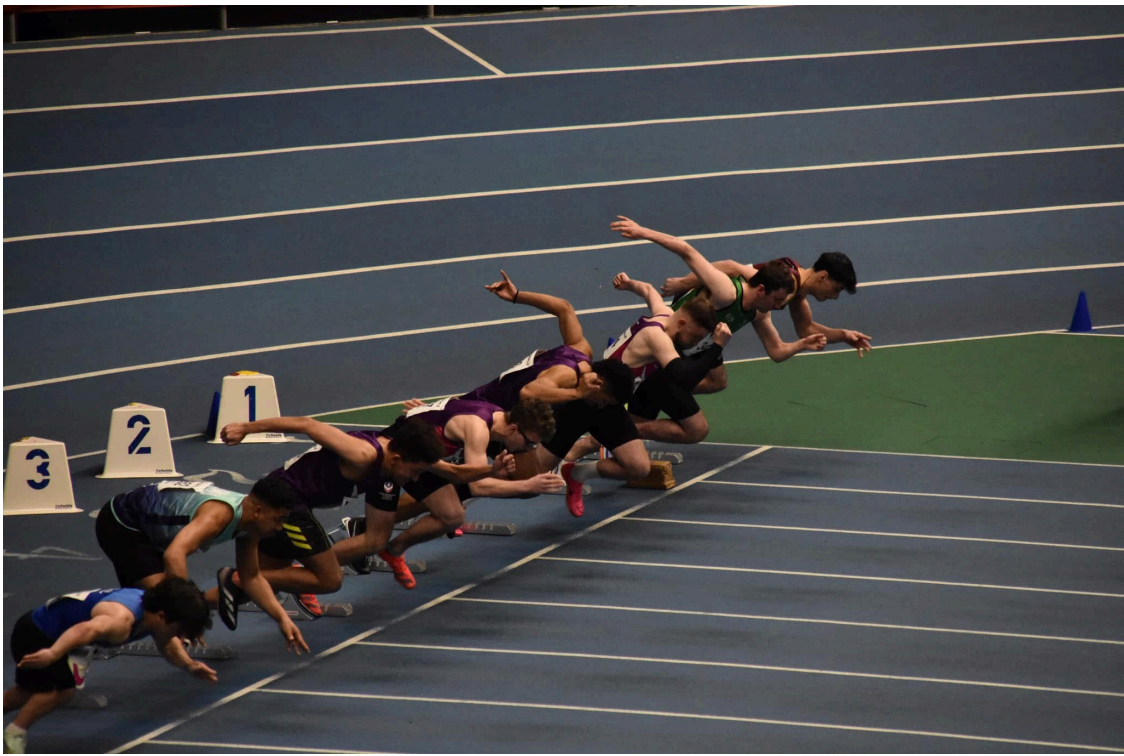
Toby Davies MU20 1500m 5<sup>th</sup> 4:27.84 (PB)

Jamie Semple MU20 HJ 4<sup>th</sup> 1.73m

Mia McMullan FU17 LJ 5<sup>th</sup> 5.02m

Camille Guillon FU20 LJ 7<sup>th</sup> 4.78m







# Avon AA Exec Committee meeting update

By [Mark Thomas](#)

The Avon Athletic Association Executive Committee held a meeting on Monday 27th January. (TBAC is affiliated to the Avon Athletic Association). The following points might be of interest.

1. One of the Avon AA trustees is standing down at the next AGM - a replacement is needed. There are a couple of vacancies on the Avon AA Exec which could do with filling. If interested in any of these positions please contact Mark Thomas [here](#).

2. The CAU XC Champs are at Wollaton Hall, Nottingham, on Sat 8th March. Avon does not currently have a team manager for either the senior men or senior women teams. Does anyone want to step up? Somebody is needed to transport the Avon team tent to the venue. If interested in any of these positions please contact Mark Thomas [here](#).

3. The Avon T&F Championships are on Sunday 11th May. However other meetings will host some of the County Championships events. All Masters Championship events (excluding steeplechase) will be at Yate on Sunday 8th June. The Sprints and Hurdles meeting at Yate on Sunday 13th April will incorporate the Avon County Hurdles Championships (excluding Masters). All Avon County Championship steeplechase events will be incorporated into the Somerset County Championships at Yeovil on 7th/8th May (date TBC).

4. The application form to compete for Avon in the London Mini-Marathon is now available. No form = no entry.

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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 [pluggeditor@teambathac.org](mailto:pluggeditor@teambathac.org). Copy to the editor by Wednesday 16.00 for inclusion. Available online at [teambathac.org](http://teambathac.org).

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