The official magazine of Team Bath Athletic Club
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# THE BATH PLUG




TBAC mascot, Brian, officiates the Official measuring Run For Tash

No race reports received, nor many photos... but a load of results for your delectation. Good luck to our Welsh Castles Teams this weekend - looking like a strong Day 1 - go smash it tomorrow!💛 💙

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 week and last

**May**

By Paul King

At the **Green Park Reading 10km** Jenny Carter finished 3rd FV50 (40:53) and Cath Dale 3rd FV60 (45:56). The event was an England Masters qualifier and both should now be confident for England Masters selection.

At the **Chew Valley 10k** Rebecca Marsh had an excellent run finishing 3rd FV40 in a time of 41:23. James Hunter (14th MV40; 44:25) and Jose Reyes (16th MV50; 51:05) completed the club representation.

At the **Bath Two-Tunnels Half Marathon** Martin Archbold placed 4th overall (1st MV40; 1:23:21) and Richard Bennett 6th overall (2nd MV40; 1:26:33). Other results included Raul Conde MV40 (1:47:07) and Alan Garrett 1st MV70 (2:04:37). In the **10km event** Kathleen Pritchard finished 3rd FV50 in 50:13.

MV60 Brett Raynes who missed out on the London Marathon this year through injury managed to put his training into good effect by completing the **Regensburg Marathon**, **Germany** in an excellent time of 3:22:03.

Kelly Makraki ran a PB half marathon at the **Cotswold 113 Triathlon Relay** event for 'The Frawley Followers' in a time of 1:34:23.

A number of TBACers were at the ever-popular **Wells 10km**. A super run from in-form Lester James (photo above) gave him 1st place in a time of 32:46. Aidan Daniel also had a strong run finishing 3rd in 33:42. There were also solid runs from Michael Towler (6th; 34:32); Tom Davies (9th; 36:57); Phil King (3rd MV45+; 39:30); James Hunter (44:09); and Jose Reyes (50:44). In the **5km event** Henry Prentice finished 6th (17:49).

At the **Edinburgh Marathon** Arnold Weston on his marathon debut ran an excellent race in windy conditions to finish 34th in 2:42:51. Also running was Joe Newman (4:03:51), Hannah Ryder (4:07:16) and Alex Munro (4:46:16).

Justin Davies continued his fine form this season by winning the 800m just outside his PB in a time of 1:44.87 at the **WACT invitation meeting in Zagreb**.

In the **Swansea 5km** Lukas Benes came 2nd in a time of 16:36.

In the **Cape Wrath Ultra (Explorer)** club legend Tom Hutchison MV70 completed the course in a time of 71:44:49.

In the **Endurance Life Classic Quarter Ultra, Cornwall**, Heather Fell finished 4th Female in a time of 8:45:57.

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# Youth Development League, Lower Age Group

**1st June, Hereford**

By Di Viles & Mark Thomas

TeamBath took a small team, depleted by injuries and holidays, to Hereford for the second match of the season in the YDL Lower Age group, and finished fifth of eight teams. Stars of the day were the strong U/15 girls team, especially the sprinters, with Sophie Allison doing the double, winning the 100 m and 200m A races in 13,1 and 27.2 respectively. She was ably backed up by Matilda Muccilli , 2B in 13.6 and Amy Matthews,  1NS in 13.3 in the 100m with Amy also winning the B races in the 200 m in 27.7 and 300m in 47.3. These three also, together with Alexandra Clowes, teamed up for a convincing win in the 4 x 100 relay in 53.7. Jasmine Fry was a convincing winner if the U/15 girls 1500 m in 5.06.5. Other A winners were Max Luck in the U/15 boys 100 m in 12.2, Martha Smith in the U/13 girl's 150 m in 20.3 and Anna Sykes in the U /13 girls high jump,with 1.23. B winners were Yasmin Gbadamoshi in the U/15  75m hurdles in 13.3 and Martha Smith in the U/13 girls high jump with 1.20.

Second A places went to Max Luck (U/15 b 200 m in 25.0, Conal King (U/15 boys 1500 m in 4.26.9), Nia Jones (U/15 girls discus with 19.48), Bailey Clarke (U/13 boys 150 m in 20.4 and long jump,with 4.16 m), whilst second B places went to Carrie Davis (U/15 boys 1500 m in 4.47.9), Jacob Castle (U/13 boys 150 m in 21.6 and long jump,with3.36) and Lewis Morgan (U/13 boys high jump with 1.05).

Third places for Immy Proctor (U/15 girls75 m hurdles in 14.2), Benjamin Court (U/13 boys high jump with 1.10) and Martha Smith (U/13 girls 70 m hurdles in 10.5).

FULL RESULTS

Jacob Castle (MU13) 75m A 4th 11.0s (PB)

Martha Smith (FU13) 75m A 3rd 10.5s (PB)

Beth Proctor (FU13) 75m B 5th 11.3s

Florence Leanza (FU13) 75m ns 2nd 10.9s (PB)

Max Luck (MU15) 100m A 1st 12.2s (PB)

Samuel Clack (MU15) 100m B 4th 13.3s (PB)

Sophie Allison (FU15) 100m A 1st 13.1s (PB)

Matilda Muccilli (FU15) 100m B 2nd 13.6s (PB)

Amy Matthews (FU15) 100m ns 1st 13.3s (PB)

Alexandra Clowes (FU15) 100m ns 5th 13.5s (PB)

Bailey Clarke (MU13) 150m A 2nd 20.4s (PB)

Jacob Castle (MU13) 150m B 2nd 21.6s (PB)

Martha Smith (FU13) 150m A 1st 20.3s (PB)

Max Luck (MU15) 200m A 2nd 25.0s (PB)

Samuel Clack (MU15) 200m B 4th 27.5s (PB)

Sophie Allison (FU15) 200m A 1st 27.2s (PB)

Matilda Muccilli (FU15) 200m B 1st 27.7s (PB)

George Groves (MU15) 300m A 4th 45.2s

Lucy Gamble (FU15) 300m A 6th 48.8s

Amy Matthews (FU15) 300m B 1st 47.3s (PB)

George Groves (MU15) 800m A 4th 2:22.1

Lewis Morgan (MU13) 800m A 7th 2:52.0

Lucy Gamble (FU15) 800m A 4th 2:33.9

Immy Proctor (FU15) 800m B 3rd 2:53.4 (PB)

Elise Williams (FU13) 800m ns 6th 2:53.3

Connall King (MU15) 1500m A 2nd 4:26.9 (PB)

Gabriel Davies (MU15) 1500m B 2nd 4:47.9

Jasmine Fry (FU15) 1500m A 1st 5:06.5 (PB)

Immy Proctor (FU15) 75mH A 3rd 14.2s

Yasmin Gbadamoshi (FU15) 75mH B 1st 13.3s (PB)

TBAC Relay Team (FU15) 4 x 100m 1st 53.7s

TBAC Relay Team (FU13) 4 x 100m 4th 60.4s

Benjamin Court (MU13) HJ A 3rd 1.10m

Lewis Morgan (MU13) HJ B 2nd 1.05m (PB)

Yasmin Gbadanoshi (FU15) HJ A 4th 1.20m (PB)

Jasmine Fry (FU15) HJ B 2nd= 1.15m

Anna Sykes (FU13) HJ A 1st 1.23m

Martha Smith (FU13) HJ B 1st 1.20m

Samuel Clack (MU15) LJ A 4th 3.68m (PB)

Bailey Clarke (MU13) LJ A 2nd 4.16m

Jacob Castle (MU13) LJ B 2nd 3.36m

Alexandra Clowes (FU15) LJ A 5th 3.88m

Immy Proctor (FU15) LJ B 3rd 3.80m (PB)

Beth Proctor (FU13) LJ A 7th 3.34m

Elise Williams (FU13) LJ B 5th 2.99m (PB)

Benjamin Court (MU13) SP A 5th 5.82m

Nia Jones (FU15) SP A 7th 5.37m

Elise Williams (FU13) SP A 7th 4.28m (PB)

Nia Jones (FU15) DT A 2nd 19.48m

Nia Jones (FU15) JT A 6th 15.34m (PB)

Benjamin Court (MU13) JT A 5th 15.91m

Anna Sykes (FU13) JT A 5th 11.85m (PB)

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# Youth Development League, Upper Age Group

**25th May, Cardiff**

By Mark Thomas

Sophia Johnson (FU20) 100m 2nd 13.19s

Beth Turner (FU17) 100m 1st 13.04s

Thomas Southgate (MU17) 200m 3rd 24.01s

Beth Turner (FU17) 200m 2nd 26.68s

Gertie Blewitt (FU17) 300m 2nd 42.36s

Oliver Upton (MU20) 400m 1st 52.75s

Thomas Southgate (MU17) 400m 1st 55.83s

Stanley Wyatt (MU17) 800m ns 1st 2:01.58

Thomas White (MU17) 800m ns 2nd 2:03.78

Cormac Houghton (MU17) 800m A 2nd 2:05.18

Ryan Johnstone (MU20) 3000m ns 1st 9:32.2 (PB)

Tobi-Lee Loughlin (MU17) 3000m 1st 8:47.02 (PB)

Gertie Blewitt (FU17) 300mH 1st 47.44s

William Willetts (MU20) 400mH 1st 59.51s

William Game (MU17) 400mH 1st 62.82s

Olivia Paul (FU17) 1500mSC 2nd 5:05.96 (PB)

Poppy Feasey (FU17) 1500mSC 3rd 5:48.54

Marley Adams (MU17) HJ 2nd 1.75m (PB)

Grace Witcher (FU17) HJ 4th 1.45m

William Willetts (MU20) LJ 1st 6.35m

Mia McMullan (FU17) LJ 2nd 4.99m

Tabitha Oliver (FU17) LJ 1st 4.76m

William Willetts (MU20) TJ 1st 12.65m

Mia McMullan (FU17) TJ 1st 10.48m (PB)

Ethan Taylor (MU17) SP 4th 9.61m

Tabitha Oliver (FU17) SP 1st 11.25m (PB)

Ethan Taylor (MU17) DT 4th 34.99m (PB)

Ethan Taylor (MU17) HT 3rd 26.47m

Savana Krunity-Salako (FU20) HT 2nd 33.48m

Corey Summers (MU17) JT 1st 50.94m

Tabitha Oliver (FU17) JT 1st 29.09m (PB)

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# Track & Field

**May**

By Di Viles

Here is a round up of the results of my athletes from various meetings recently. Sunday just gone, Marley Adams produced a new PB of 1.75 at the YDLUAG meeting at Cardiff, his first appearance in this league. Grace Witcher jumped 1.45 at the same meeting, following her jump of 1.50 the previous week for the combined Bristol/TeamBath team in the Midland League at Rugby. This puts her joint top of the SW U/17 rankings along with teammate Daisy Duncan.

In the Avon League last week at Yate, Ella Delin produced a new PB of 1.45 in the U/15 girls to finish second, who is still only 12 years old, Odh Mosley jumped 1.35 in the same meeting.

Also, long time TeamBath athlete Tom Blackburn, who is now a student at Oxford University, produced a new pb of 1.85 in the recent Oxford v Cambridge match.

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# Avon Valley Relay

**19th July 2025**

By Andrew Sharratt

Avon Valley Runners are proud to be running (pardon the pun) the Avon Valley Relay with a race date of Saturday 19 July 2025.

Starts at Bradford Rugby Club and finishes at Trowbridge Rugby Football Club. The 17 mile course can be run solo or as a 4 runner relay team with real wooden batons!! Course comprises quiet country lanes, trail paths along the river Avon and tow paths along the Kennett and Avon Canal. Entry is £25.00 per team or £20.00 solo (£30.00 on the day  if not sold out). Lots more information and entry here.

To choose your event go to Avon Velley Relay link then “Details” and open up “see more” scroll down to the choices between Relay and Solo, click on your choice and it will take to the registration.

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