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THE BATH PLUG



Lightening fast TBACers at the Lightening Bolt 10k

As we get into the heat of summer, TBACers are smashing the shorter, faster events... on the track and road. Plus we have the World Duathlon Champs where TBAC showed up in force! Take care out there... heat training can be hugely beneficial, but not if you boil over!

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

June

By Paul King

Two weeks ago...

At the popular **Chippenham Longest Day 10k** Tobi Loughlin again was top TBAC runner finishing 2nd overall (1st U20) in 33:54 with Elliott Avis finishing 3rd in 34:02. George Bamber (36:13); Guy Bridgewood (36:24); Will Maslin (37:05); David Jenkins (38:12); Niall Urquhart (1st MV60; 43:19); Lucy Young (43:35); Chris Quick (44:32); Emma Hatherley (44:54); Paul Bartlett (3rd MV60; 45:10); Joe Newman (47:37).

A number of TBAC runners ran the latest edition of the **Lightning Bolt 10k**, Langley Burrell (photos below). Junior Sam Davies was first U20 (7th overall) home in an excellent time of 33:53. Tom Folan (34:50); Tom Davies (35:11); Guy Bridgewood (37:02); Chris Else (38:06) all posted solid times. Rachael Moon finished 3rd Female (41:02). In the Masters categories Phil King maintained his good form by finishing 1st MV50 in 38:46. Super Vets Tom Hutchison finished 1st MV70 (44:41) and Jo Thompson 1st FV60 (45:02). Cover photo above - from left: Jo Thompson; Tom Hutchison; Guy Bridgewood; Rachael Moon and Phil King.

Heather Fell successfully completed the Ironman 70.3 at Elsinore, Denmark.

And last week...

A number of the speedier TBAC Snr Men went to run the **Battersea Park 5k** last Wednesday in the heat. Alex Carter was in blistering form to finish 18th in a super PB time of 14:39 (3 secs faster than his previous PB set in 2014). Other top TBAC runners were James Reeder (15:11); Lester James (15:22); Aiden Daniel (15:39) and Tom Brooke (15:52).

At the **BMC Gold Standard Race Meeting at Watford** on Wed 25 June Sarah Wilson broke her 800m PB by 4 secs finishing 5th in a very strong event in a time of 2:05.91.

Finally, at the **2025 Ironman 70.3 in Nice** on Sunday, Leon Chevalier finished 27th in a total time of 4:22:47 (HM stage in 1:26:44).


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FULL RESULTS by Mark Thomas

Longest Day 10K,
Wednesday 18th June, Chippenham

Tobi-Lee Loughlin (MU17) 2nd 33:54
Elliott Avis (SM) 3rd 34:03
George Bamber (SM) 12th 36:15
Guy Bridgewood (SM) 13th 36:27
Will Maslin (SM) 20th 37:07
David Jenkins (SM) 30th 38:15
Lucy Young (FV40) 91st 43:47
Christopher Quick (MV40) 106th 44:47
Emma Hatherley (SF) 115th 45:17
Paul Bartlett (MV60) 116th 45:17
Joe Newman (SM) 168th 47:53

Lightning Bolt 10K
Sunday 22nd June, Langley Burrell

Samuel Davies (MU20) 7th 33:53
Tom Folan (SM) 10th 34:52
Thomas Davies (SM) 13th 35:12
Guy Bridgewood (SM) 18th 37:03
Chris Else (SM) 25th 38:08
Phil King (MV50) 30th 38:47
Rachel Moon (SF) 50th 41:05
Tom Hutchison (MV70) 75th 44:48
Carl Lazzari (MV40) 78th 44:57

Joanna Thompson (FV60) 80th 45:04





World Duathlon Championships

21st-22nd June

By Marianne Carpenter

The historic city of Pontevedra, on the west coast of Spain, hosted the week-long Multisport World Championships, including sprint and standard duathlon, aquathlon, cross (trail/ MTB) and long-distance triathlon.

The Sprint race (5k run, 20k bike, 2.5k run) on Saturday saw TBAC newcomer Emily Dye take a Bronze Medal on her first internationa (photo above)l. Running the first 5k in a blistering 19:00, she completed the one lap hilly bike course in 36:47 and the final run in 9:45. She closely missed Silver, being overtaken just before the finish line.

Three more TBAC were racing the Standard the next day (10k run, 40k bike, 5k run). Toby Bishop (V45) followed up a solid performance at last month's European Champs in Poland to run 37:53, bike 1:17:10, run 20.02, finishing 30th in an exceptionally competitive age group (which saw last years champion only placing 6th) (photo below).

Andy Alcorn (V55) battled through a lack of training time due to work commitments, to clock 42:36, bike 1:22:44, run 21:47, also finishing in 30th (photo below).

Despite a lacklustre bike, I managed a bronze medal in the FV50: run 41:11, bike 1:20:32, run 20:58, completing an all-Brit ladies podium (photo below).

Finally, Natasha Perks came home in 9th (aquathlon: 1k swim/ 5k run) - very impressive since she is still recovering from injury.


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Track & Field

21st June

Di Viles

TeamBath young athletes crossed the bridge again for the third YDL LAG match, this time to Neath, where the team again finished fifth of eight teams.

The team was again dominated by the talented U/15 girls team, with Sophie Allison winning both the 100m and 200m a races in 13.2 and 27.4 respectively. She was ably backed up by Lottie Rodeck who won the U/15 girls high jump A with a new pb of 1.45, in her league debut for the club and Lucy Gamble who won the U/15 girls 1500 m A in 5.09.1, with a second A place went to for Jasmine Fry in the U/15 in 2.28.7, the same time as the winner. The U/15 girls team of Sophie Allison, Alexandra Clowes, Amy Matthews and Matilda Muccilli also comfortably won the 4 x100 relay in 54.1.

Other A winner was Lewis Morgan in the U/13 boys high jump with 1.26. Second A places went to Florence Leanza in the U/13 girls long jump with 3.93 and Eugene Wicks in the U/13 boys 800 m in 2.26.6.B winners were George Groves (U/15 boys 1500 m in 4.36.5) and Benjamin Court (U/13 boys high jump with 1.10).

Third A places went to Jacob Castle (U/13 boys 75 m in 11.0 and long jump with 3.90), Alex Sandison (U/25 boys 800 m in 2.34.0), Ben Roberts (U/15 boys 1500 m in 4.29.5)

and Sophie Phelps (U/15 girls 300 m in 46.1).

In Exeter at the SWSchools Grace Witcher finished second in the Inter Girls high jump with 1.54, 1 cm below her pb, and Jamie Semple finished 5th in the Senior Boys with 1.79. I am sure Graham will be in touch as Ashley Avis did the 100/200 double in the SB age group.



FULL RESULTS by Mark Thomas

Youth Development League, Lower Age Group

Saturday 21st June, Neath

Jacob Castle (MU13) 75m A 3rd 11.0s (PB)

Florence Leanza (FU13) 75m A 5th 11.1s

Sophie Allison (FU15) 100m A 1st 13.2s

Amy Matthews (FU15) 100m B 2nd 13.5s

Matilda Muccilli (FU15) 100m ns 1st 13.7s

Alexandra Clowes (FU15) 100m ns 2nd 14.0s

Jacob Castle (MU13) 150m A 4th 21.9s

Sophie Allison (FU15) 200m A 1st 27.4s

Matilda Muccilli (FU15) 200m B 3rd 28.1s

Alex Sandison (MU15) 300m A 5th 48.8s (PB)

Sophie Phelps (FU15) 300m A 3rd 46.1s

Amy Matthews (FU15) 300m B 2nd 46.4s (PB)

Alex Sandison (MU15) 800m A 3rd 2:34.0 (PB)

Peter Yeomans (MU15) 800m B 4th 2:41.4 (PB)

Eugene Wicks (MU13) 800m A 2nd 2:26.6 (PB)

Lewis Morgan (MU13) 800m B 3rd 2:44.4 (PB)

Jasmine Fry (FU15) 800m A 2nd 2:28.7

Sophie Phelps (FU15) 800m B 2nd 2:34.3

Elise Williams (FU13) 800m A 6th 2:45.6 (PB)

Alex Hurst (MU13) 1200m A 4th 4:40.5 (PB)

Ben Roberts (MU15) 1500m A 3rd 4:29.5 (PB)

George Groves (MU15) 1500m B 1st 4:36.5 (PB)

Lucy Gamble (FU15) 1500m A 1st 5:09.1 (PB)

Anna Hawthorn (FU15) 1500m B 2nd 5:51.8 (PB)

TBAC Relay Team (FU15) 4 x 100m 1st 54.1s

TBAC Relay Team (MU15) 4 x 300m 3rd 3:14.0

TBAC Relay Team (FU15) 4 x 300m 2nd 3:18.8

Lewis Morgan (MU13) HJ A 1st 1.26m (PB)

Benjamin Court (MU13) HJ B 1st 1.10m

Lottie Rodeck (FU15) HJ A 1st 1.45m (PB)

Jacob Castle (MU13) LJ A 3rd 3.90m (PB)

Alexandra Clowes (FU15) LJ A 6th 4.11m

Lucy Gamble (FU15) LJ B 4th 3.47m (PB)

Florence Leanza (FU13) LJ A 2nd 3.93m (PB)

Daisy Wolfe (FU13) LJ B 4th 3.20m (PB)

Alex Sandison (MU15) SP A 4th 5.95m (PB)

Benjamin Court (MU13) SP A 5th 5.82m

Lewis Morgan (MU13) SP B 3rd 5.07m (PB)

Amy Matthews (FU15) SP A 5th 6.70m (PB)

Sophie Phelps (FU15) SP B 5th 3.92m (PB)

Elise Williams (FU13) SP A 5th 4.04m

Jasmine Fry (FU15) DT A 6th 11.05m (PB)

Peter Yeomans (MU15) JT A 7th 14.44m

Alexandra Clowes (FU15) JT A 8th 14.94m

Sophie Allison (FU15) JT B 4th 8.73m (PB)

Benjamin Court (MU13) JT A 4th 17.94m

Daisy Wolfe (FU13) JT A 5th 10.48m (PB)

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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