The official magazine of Team Bath Athletic Club
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THE BATH PLUG



Rob conquers Bob

We go ultra far and ultra fast in this edition. If you can't keep up, just keep going!

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

July

By Paul King

At the latest edition of the **Lightning Bolt 10k, Langley Burrell** there was a good turnout from TBAC with James Reeder having a super run to take 1st place in 30:48. Anna Domville was 2nd Female (36:31) and Annabelle Wallace 3rd Female in an excellent PB time of 36:45. Other strong performances from Dominic Perry (33:42); Guy Bridgewood (35:34); Will Field (37:47); Matt Lay (41:39); Pete Miles (43:37); Paul Bartlett (2nd MV60, 43:40); Carl Lazzari (44:30); Nigel Osborne (45:50); Hannah Ryder (47:35); Darren Richards (47:45) and Paul King (3rd MV70, 50:52).

Sarah Wilson managed a super PB of 2:05.36 at the **BMC Grand Prix – World Athletic Challenger at Watford**. This qualifies her for the British Athletic Championships in Birmingham taking place this weekend.

Rob Eaton accomplished the 'legendary' **Bob Graham Round** in the Lake District at the weekend. 106 km traversing 42 high fells (8,200m of ascent) within a 24-hour period. Cover photo of Rob at the Moot Hall, Keswick finish.

A little further afield Mike Prentice completed the **Nid d'Aigle** (Eagle's Nest) ultra-mountain race, virtually all uphill, on the slopes of Mount Blanc near Chamonix. Photo above.

In the **Bristol Track Club 3000m event at Bristol & West AC** on Wednesday evening (23/7) Freya Spruit finished 3rd Female in a PB time of 10:00.2 and Jo Thompson finished 1st FV65+ in a SB time of 12:29.7

Meanwhile on Saturday (26/7) Kevin Meynard-Krause was winning the **2025 Beacons Way 100km** (3,750m elevation gain) ultra race in a superb course record time of 10:14:17.

And in the Lake District Emily Griffiths finished the **Lakeland 50-mile** ultra race in 11:09:10 (12th in V35 Age Group). While former TBAC and local ultra-running legend Damian Hall was winning the **Lakeland 100-mile** race in 19:33:33.



U23 European Championships

20th July

By Mark Davies

Justin Davies secured his first major individual international medal in the 800m U23 European Championships held in Bergen, Norway on 20th July. In 30C heat and a very fast race (with seven athletes who had earlier broken the men's championship U23 800m record), Justin came from last place with 300m to go, to win the silver medal by 0.01 in a time of 1:44.97 in a thrilling finish, ahead of Giovanni Lazzaro of Italy in third.

"In the back of my mind I knew there was a chance I could get a medal. I thought, what the hell, just give it my best shot, try and play it as smart as possible and see what happens. Getting the silver medal is more than I could have ever hoped for coming into these Championships."



Track & Field

July

By Mark Thomas

English Schools Championships,

Friday 11th & Saturday 12th July, Birmingham

Ashley Avis (MU20) 100m h4 2nd 10.68s

Beth Turner (FU17) 100m h3 8th 12.79s

Ashley Avis (MU20) 100m F 5th 10.75s

Jemima Woods (FU20) 200m h3 7th 26.47s

Gertie Blewitt (FU17) 300m h4 4th 40.67s (PB)

Thomas White (MU17) 400m h3 8th 53.11s

Conall King (MU15) 1500m h1 7th 4:19.54

Tobi-Lee Loughlin (MU17) 3000m h1 9th 8:57.62

Sophie Maxwell (FU17) 3000m F 14th 10:20.20

Laila-Jae Belgrave (FU20) 100mH h1 4th 15.57s

Stanley Wyatt (MU17) 1500mSC F 2nd 4:18.09 (PB)

Daniel Phelps (MU17) 1500mSC F 16th 4:45.91

Olivia Paul (FU17) 1500mSC F 6th 5:11.11

Poppy Feasey (FU17) 1500mSC F 12th 5:46.78

Mia McMullan (FU17) TJ 12th 10.61m

Tabitha Oliver (FU17) SP 12th 10.61m

Corey Summers (MU17) JT 10th 54.88m

Midland Athletic League,

Sunday 13th July, Nottingham

Jamie Semple (MU20) 100m ns 1st 11.49s (PB)

Jade Kinsey (SF) 100m B 3rd 12.85s

Will Semple (MU20) 200m ns 7th 25.14s

Jade Kinsey (SF) 400m A 1st 58.30s

Tom Wiper (SM) 3000m ns 2nd 10:14.66 (PB)

Poppy Feasey (FU17) 3000mSC A 1st 12:36.30 (PB)

Jamie Semple (MU20) HJ A 2nd 1.80m

Grace Witcher (FU17) HJ A 2nd 1.50m

Sam Walker (SM) SP B 6th 8.07m (PB)

Iain Osborne (MV50) DT B 6th 23.05m

Iain Osborne (MV50) HT A 3rd 30.57m

Sam Walker (SM) JT 2nd 48.56m

SIAB Home Countries International,

Saturday 19th July, Derby

Stanley Wyatt (MU17) 1500mSC F 3rd 4:24.39

South-West Track & Field Championships,

Sunday 20th July, Exeter

Jamie Semple (MU20) 100m 4th 11.97s

Will Semple (MU20) 100m 8th 12.95s

Eddie Reyes (MU17) 100m 4th 11.74s

Jemima Woods (FU20) 100m 3rd 12.87s

Beth Turner (FU17) 100m 4th 12.90s

Jamie Semple (MU20) 200m 4th 23.38s

Eddie Reyes (MU17) 200m 4th 23.51s

Jade Kinsey (SF) 200m 2nd 25.67s (PB)

Jemima Woods (FU20) 200m 3rd 26.12s

Beth Turner (FU17) 200m 4th 26.52s (PB)

Rhys Newington-Wise (MU17) 400m 5th 55.40s

Jade Kinsey (SF) 400m 1st 59.14s

Jemima Woods (FU20) 400m 7th 71.25s

Rhys Newington-Wise (MU17) 800m 11th 2:06.06

Kyle Williams (MU17) 800m 12th 2:06.97

Jasmine Fry (FU15) 800m 5th 2:29.47

Conall King (MU15) 3000m 1st 9:20.14 (PB)

Gertie Blewitt (FU17) 300mH 1st 47.44s

William Willetts (MU20) 400mH 2nd 59.99s

William Game (MU17) 400mH 4th 62.89s

Kyle Williams (MU17) 1500mSC 1st 4:54.38

Olivia Paul (FU17) 1500mSC 1st 5:13.19

Jamie Semple (MU20) HJ 2nd 1.70m

Marley Adams (MU17) HJ 2nd 1.75m

James Boyd (MU17) HJ 4th 1.75m

Ella Delin (FU15) HJ 3rd 1.40m

Odharnait Mosley (FU15) HJ 6th 1.35m (PB)

Joel Mattacks (F20) (SM) LJ 3rd 6.19m

Mia McMullan (FU17) LJ 3rd 4.84m

Mia McMullan (FU17) TJ 2nd 10.52m

Victoria Opara (FV35) SP 2nd 9.51m

Victoria Opara (FV35) DT 3rd 26.77m (PB)

Maisy Harvey (SF) 5th 5th 24.43m (PB)

Maisy Harvey (SF) HT 3rd 39.27m

Savana Krunity-Salako (FU20) HT 6th 36.85m (PB)

Sam Walker (SM) JT 2nd 50.24m

Corey Summers (MU17) JT 2nd 53.29m


TECH
EA U20 and Senior Championships
3000m U20 M
4.3


ATHLETICS



Bristol Track Night

Wednesday 23rd July

Louise Jeffries (FV65) 800m h1 8th 3:13.4

Sophie Maxwell (FU17) 800m h6 6th 2:26.2 (PB)

Jasmine Fry (FU15) 800m h6 7th 2:30.5

Kai Vermeulen (MU15) 800m h6 8th 2:35.8

Craig Bridges (MV35) 800m h8 7th 2:13.4

Lucy Gamble (FU15) 3000m h1 2nd 11:08.8 (PB)

Jo Thompson (FV65) 3000m h1 9th 12:29.7

Freya Spruit (SF) 3000m h2 4th 10:00.2 (PB)

England Athletics Senior & U20 Championships
Alexander Stadium, Birmingham

Friday 25th – Sunday 27th July
[Photos above and below]

Ashley Avis (MU20) 100m h5 3rd 10.68s

Ashley Avis (MU20) 100m SF2 6th 10.71s

Euan Murray (T64/F64) (MU20) 100m F 2nd 11.84s (PB)

Ashley Avis (MU20) 200m h3 3rd 21.85s

Ashley Avis (MU20) 200m SF3 4th 21.65s

Euan Murray (T64/F64) (MU20) 200m F 2nd 24.18s (PB)

Jemima Woods (FU20) 200m h4 7th 26.11s

Katie Mackintosh (SF) 100mH h4 5th 15.42s

Laila-Jae Belgrave (FU20) 100mH h3 4th 14.83s

Laila-Jae Belgrave (FU20) 100mH F 8th 14.93s

Jake Cover (SM) 110mH h2 3rd 14.35s

Jake Cover (SM) 110mH F 8th 14.35s

Charlie Staddon (MU20) 110mH h1 2nd 13.73s (PB)

Charlie Staddon (MU20) 110mH F 2nd 13.49s (PB)

William Willets (MU20) 400mH h2 7th 59.53s

Katie Mackintosh (SF) 400mH h2 5th 64.72s

Joel Mattacks (T20/F20)(SM) LJ 6th 5.86m









Run For Tash 10k

7th September 2025, Odd Down cycle track

By Kim Barfoot-Brace

Please support our Club and race the Run For Tash 10k! Registered with England Athletics, on a super smooth track, the race will be perfect for those hunting a personal best. Organised by Team Bath AC, raising funds for coaching development and equipment

within our Club, by entering you'll be supporting athletics in our community whilst celebrating the legacy of Team Bath AC athlete Natasha Lewis.

Running Bath are donating prizes, £50 for fastest male and female, and most improved male and female. Find out more and enter here.

Race Director Kim is also looking for volunteers to help on the day, please contact her at here if you can help.

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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