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THE BATH PLUG



Euan Murray bags bronze in Birmingham

If you like track, don't look back... we're treated to a stack of impressive performances from TBAC's young guns this week. Last weekend's T100 Triathlon in London also saw TBACers showing off their hard work. And finally, another reminder to sign-up for your fastest 10k at Run for Tash on 7th September - entries close 1st September.

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

August

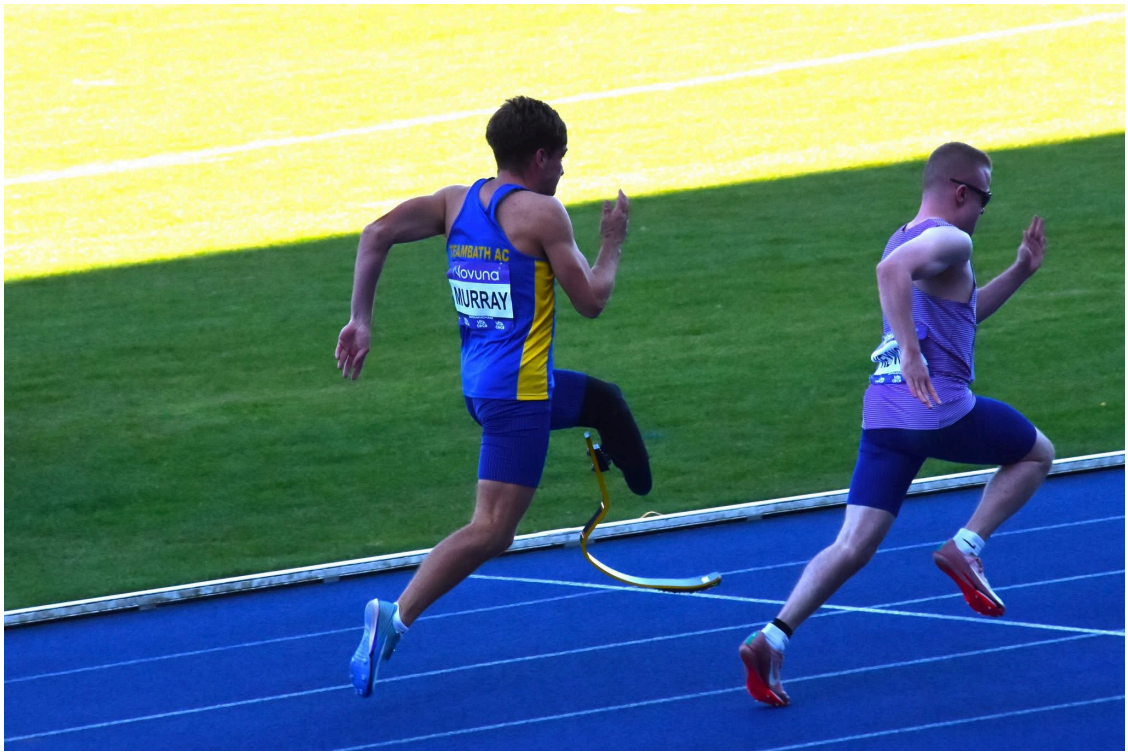
By Paul King

Last weekend, Charlie Staddon made his GB debut in the **U20 European Champs** doing well in making the final which ended up being a very close-run race. Performance of the games came from South West star Innes Fitzgerald winning both the 3000m (8:46.39) and 5000m (15:09.04)!

Two weeks ago, as some of you may have watched, a few TBACers were involved with the **UK National T&F Champs**. Euan Murray came home with a bronze medal in the 100m Ambulant (cover photo & photo below); while Justin Davies just missed out on a podium finish, finishing 4th in the 800m Men Final (1:45.72). Sarah Wilson competed in the 800m Women heats finishing in a time of 2:07.39. Also racing was Jake Cover who made the 110mH Final, and Katie Mackintosh in the 400mH (photos below).

Elsewhere at the **Southport Seaside 10km** in windy conditions Jenny Carter was 1st FV50 in a time of 41:01.

And finally, Lester James won the **Sturminster Newton Half Marathon** in a time of 70:59 (photo above).




power of 10
power of 10
UKA
LLOYD COWAN
BURSARY
MHLANGA
OFFEY
WILSON


MACKINTOSH
BELL
BROOKS



FULL RESULTS
by Mark Thomas

Novuna UK National Championships,

Sat 2nd & Sun 3rd August, Birmingham.

Euan Murray (T64/F64) 100m Amb 1 5th 11.97s

Euan Murray (T64/F64) 100m Amb 2 3rd 12.14s

Justin Davies 800m h1 1st 1:47.05

Sarah Wilson 800m h1 7th 2:07.39

Justin Davies 800m F 4th 1:45.72

Jake Cover 110mH h2 5th 14.68s

Katie Mackintosh 400mH h3 4th 63.37

Yeovil Evening Open,

Thursday 31st July

Maxwell Grew (MU11) 75m 6th 13.46s (PB)

William Willetts (MU20) 100m 1 2nd 11.73s (PB)

Aidan Murphy (MU15) 100m 4 1st 12.51s (PB)

Benjamin Newport (MU15) 200m 2 7th 24.95s (PB)

Aidan Murphy (MU15) 200m 4 1st 26.16s (PB)

Maxwell Grew (MU11) 600m 14th 2:52.26 (PB)

Craig Bridges (MV35) 1500m 8th 4:42.81

Louise Jeffries (FV65) 1500m 13th 6:53.07

Poppy Feasey (FU17) 1500mSC 4th= 5:35.01

Isobel Stacey (FU17) 1500mSC 6th 5:39.81 (PB)

William Willetts (MU20) HJ 2nd 1.65m (PB)

Ella Delin (FU15) HJ 4th 1.50m (PB)

Benjamin Newport (MU15) LJ 4th 5.44m

Sam Walker (SM) JT 1st 44.75m



EA Age-Group Championships

9-10th August

By Graham Mattacks

Congratulations to Gertie Blewitt and Thomas Southgate who competed in the England Athletics Age Group Championships at Alexander Stadium last weekend.

Gertie ran in the 300m sprints 41.52s for 6th on the Saturday, then on Sunday took on the 300mH where she ran 45.29s (almost 2s PB) for 2nd to qualify for the final where she came 7th in her second fastest time of the season 46.62s. Phenomenal achievement which took her UK U17 ranking from 57 to 17.

Thomas ran in the 100m & 200m and made the semi-final in both. On the Saturday he raced over 100m for 4th in the 100m with a pb 11.20s and then repeated the performance 11.22 for 6th in the semi. In the heats of the 200m he ran 22.81 into a big headwind for 3rd, then came 4th in the semi with 22.83s

Congratulations to both competing at this level for the first time.







TBACers, left to right: Cliff Dye, Emily Dye, Esther Frawley, Stephen Clark

T100 London Triathlon

10th August

By Marianne Carpenter

The second annual T100 London Triathlon was held at the ExCeL Centre on Sunday. The flagship T100 event is a 100km triathlon, consisting of a 2k swim in the Royal Victoria

Docks, 80k of cycling on closed roads, and a final 18k run.

TBAC newcomer and rising star Emily Dye (FV40-44) (photo below) claimed 5th in 4hr 41, with teammates Esther Frawley 6th in 4hr 59 (F20-24), and Stephen Clark 6th in 5hr 39 (M65-69). All three have now qualified for the T100 Age-Group World Championships in Qatar in December. TBACer Cliff Dye (M45-49) also finished, clocking a time of 5hr 37 which placed him 86th of 112.

BTF Coach Clark, who coaches both Dye and Frawley for triathlon, said “this is only the second year of this 100k format for triathlon, but the quality of the field was outstanding. The last year of interval training on the track with Team Bath AC has made a huge difference to both athletes’ running performance”.



High Jump update

By Di Viles

On Sunday July 20th, our jumpers picked up two silver medals and a bronze at the SW Inter Counties meeting at Exeter. Marley Adams won silver in the U/17 men's event with 1.75 with James Boyd also jumping 1.75, just missing out on bronze, whilst Jamie Semple won silver in the U/20 event, also with 1.75 and Ella Delin won bronze in the U/15 girls event with 1.40.

Ella was in action again last Thursday at Yeovil at the open meeting when she jumped a new PB of 1.50 to finish first female athlete, despite still being only twelve.

This Sunday Jamie and Marley were in action again at Yate in the Midland League match where Jamie jumped 1.80 to finish third A string whilst Marley won the B string with 1.75.



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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