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THE BATH PLUG



Sweaty in Westbury

5Ks and 10Ks seem to be the flavour of last month, with a dash of track (& field), and a sprinkle of off-road. Tuck in and enjoy!

Simon Brace.
The Plug Editor - email me here.

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



TBAC athletes chase 3000m glory at Yeovil

28th August

By Phil King

On Thursday 28th August, the fourth and final Yeovil track & field open meeting took place at the Bill Whistlecroft Athletics Stadium. This successful summer series being organised by Yeovil Olympiads AC.

Team Bath AC had high hopes with four of their club athletes taking part in the final event of the evening, the mixed 3000m. Club legend Jo Thompson (V65) was looking to build on her impressive season as the current UK number two, with a 12:29 already to her name. Talented Sophie Maxwell (10:09 to date) & Freya Spruit (10:00 to date), two of our speedy female runners were both eager to break the magic 10 minute barrier for the first time!

Any finally myself, (Phil King V50), was returning to the track after a 30-year break from track racing, having last competed for Bristol AC in 1995 (Aged 23). I too was looking to

break the 10-minute barrier. It was all to play for!

With the (A) and (B) 3000m races being scheduled for 8:10 & 8:20pm respectively it was becoming apparent the event was behind schedule. In the end both races took place at 8:45/8:55pm under the stadium floodlights. With a persistent breeze and a race delay, all of us were naturally a little apprehensive by time we lined up to race!

RESULTS AS FOLLOWS:
Race 1
1st – **9:26** / Will Shardlow (SM) – Bristol & West AC
8th – **9:57** / Phil King (V50 PB) – Team Bath AC (UK Ranking 37th)
12th – **10:01** / Freya Spruit (SW) – Team Bath AC
13th – **10:06** / Sophie Maxwell (U17 PB) – Team Bath AC (UK Ranking 35th)

Race 2
1st – **10:28** / Isabelle Whittle (U17) – Yeovil Olympiads AC
12th – **12:33** / Jo Thompson (V65) – Team Bath AC (UK Ranking 2nd)

WISHING ALL TBAC RUNNERS A CONTINUED SUCCESSFUL 2025 OF RACING



Racing this month

August

By Paul King

At the **Westbury 5k on Tuesday (12/8)** there was a handicap race based on previous series results. TBAC was well represented with some excellent race times. Race position

was a little more confusing due to the handicap nature of the race (last of the Summer Series).

Race times were as follows: Tobi Loughlin (15:31); Conall King (16:31); Louis O'Shauhnessy (16:48); Will Smith (16:54); Will Maslin (17:08); James Donald (17:08); Jonathan Finch (17:19); Dan Mills (17:21); Phil King (17:40); Owen Davies (17:56); Martin Archbold (18:29); Matthew Price (18:49); Ralf Goad (18:52); Gary Smith (19:02); Emily Dye (19:32); Marianne Carpenter (19:38); Matt Lay (20:15); Mark Radley (20:23); Kelly Makraki (20:34); Malcolm Treby (21:16); Lucy Young (21:18); Izzy Crowley (21:35); Cath Dale (22:53); Florence Smith (23:55); and Tarren Clark (25:03). TBAC squad in the cover photo.

The series results (best 3 times) were: **Senior** 1st Tobi Loughlin; 2nd Mark Threlfall; **MV40** 2nd Dan Miles; **MV50** 2nd Matt Price; **FV40** 2nd Emily Dye; **FV60** 1st Cath Dale. Big thanks to Avon Valley Runners and Gary Macallister in particular for all the organisation.

At the **Yeovilton 5k on Wednesday evening (13/8**) Tom Hutchison finished 1st MV70 in a time of 20:40 and Steve Rose 3rd MV50 in 18:22.

At the **Lightning Bolt 10k on Sunday (17/8)** Aidan Daniel was first home for TBAC finishing 5th (32:53) just ahead of Tobi Loughlin 6th (1st MU20; 32:57). Other TBAC runners were Simon Brace (1st MV50; 35:17); Toby Bishop (38:28); Steve Rose (39:16); Tom Hutchison (1st MV70; 43:20) and Paul Bartlett (3rd MV60; 44:31). Photo above of the squad.

Relish Running 2-Tunnels (5k; 10k; Half-Marathon; Marathon and 50k races) took place on Sunday (17/8). In the **10k** Jose Reyes finished in a time of 50:42 and Allan Garrett (1st MV70; 51:24).

At the **Frome Running Festival on Sunday (17/8),** in the **5k** TBAC's Tom Wiper finished 3rd (17:59) and Phoebe Phillips 3rd Female (22:13). In the **10k** Matthew Price finished 1st MV50 (38:28) and in the **Half Marathon** James Hunter finished in 1:41:05.

Finally at the **Beast of Llangattock 20 mile trail event** Claire George finished as 3rd Female. Photo below.


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LEKI



Chase the Sun, Battersea Park 10km, Wed 27 August. Excellent race results from Anna Domville finishing 1st Female in 34:59 and Annabelle Wallace 3rd Female in 37:05. Photo above. Anna's preparation for the Frankfurt Marathon at the end of October progressing well.

Sportsshoe Home Nations Podium 5k, Cardiff, Saturday 30 August saw a number of our faster senior men compete in a very strong field. James Reeder training for the Berlin Marathon in a few weeks' time ran an excellent time of 14:47 in challenging wet and windy conditions. So did Lester James who for the first time managed to break the 15-minute

barrier finishing in an admirable time of 14:54. Other commendable TBAC runners were Chris Pickering (15:21); Aidan Daniel (15:34); and Tom Brooke (15:46). Photos below.





Track & Field update

By Di Viles

Ella Delin improved her personal best to 1.52 at the recent Exeter Open Meeting in the U/15 girls age group. She won the competition with this jump. Grace Witcher finished third in the Midland League match at Leamington last Sunday, jumping 1.55, the same height as the winner, and was first U/17. This was just 1cm below her PB in awful weather. 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.

On Sunday 17th August, TeamBath athletes competed in the third Avon League match of the season at Yate, producing some searing performances, despite the fierce heat. There were 22 first places individually plus domination of the relays, 17 second places and 7 third places from our athletes.

Tom Southgate dominated the sprints with wins in the U/17 men's 100m in 11.09 and 200m in 22.79, with other sprint wins coming from Euan McQuarrie winning both the 75m and 150m in the U/13 boys in 10.29 and 20.35 respectively, Femi Akimbobola, making a welcome return, in the 200m in 23.11, Amy Matthews in the U/15 girls 200 m in 28.26, Gertie Blewitt doing the 100m and 300m double in the U/17 w in 12.62 and 41.32 respectively, Beth Turner in the U/17 w 200m in 26.48 and Jemima Woods in the Senior Women's 200 m in 26.65.

Middle distance athletes also excelled with Jasmine Fry winning the U/15 girls 80m in 2.29.54 and James Share winning the Senior men's 3000m in 9.02.25. Rory Osborne won the U/15 boys 80m hurdles in 12.85. In the field, there were also wins for our hgh jumpers, winning three of the four age groups with Grace Witcher winning the U/17 women's event on her birthday, with a new PB of 1.56 which takes her into second place in the SW on the Power of 10, and Martha Smith also producing a new PB of 1.30 to win the U/13 girls event and Sophie Woodcock won the SW event with 1.35.

In the horizontal jumps, there were wins for Mia McMullan in the U/17 women's triple jump with 10.67 and Caleb Lai in the U/13 boys long jump with 5.06. In the throws there were wins for Sarah Spalding in the U/17 women's hammer with 35m45, Maisey Harvey in the SW hammer with 40m15 and Ethan Taylor in the U/17 m discus with 34.10.

Second places went to Aidan Murphy (U/15 b 100m in 12.68), Eugene Wicks (U/13 b 800m in 2.28.25), Conal King (U/15 b 800m in2.15.40), Carter Harrison (U/13 b long jump with 4.95), Femi Akimbobola (SM 100m in 11.49),Joseph Bailey (SM 200m in 23.54), Rhys Newington-Wise (U/17 m 800 m in 2.07.58, Tullah Hickman (U/13 g 75m and 150m in 10.34 and 20.53), Amy Matthews (U/15 g 100m in 13.48), Matilda Muccilli (U/15 g 300m in 46.95), Lucy Gamble (U/15 g 800m in 2.29.79), Yasmin Gbadamoshi (U/15 g 75m hurdles in 13.54), Beth Turner (U/17w 100m in 12.94), Jemima Woods (SW 100m in 12.86), Mia Bates (SW 200m in 27.61) and Sarah Spalding (SW javelin with 15.29).

Third places went to Luna Wakefield (U/15 g 200 m in 28.61), Odharnait Mosley (U/15 g high jump with 1.35); Mia Bates (SW 100 m in 13.39), Louise Jeffries (SW 800m in 3.13.30), Rory Osborne (U/15 boys discus with 25.64), Kyle Williams (U/17 m 800m in 2.09.96) and Cormac Houghton (U/17 m 3000m in 9.47.31).

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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