

# The Bath Plug

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The men's team finished third in the Welsh Castles Relay after an impressive team effort. Photo taken by Paul Stillman

## Event News

### Welsh Castles Relay 10-11th June **Wet and windy in Wales**

By Chris Molloy

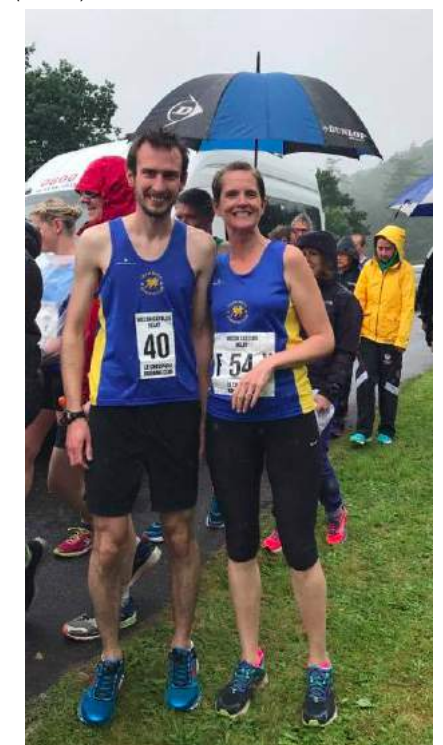
The beginning of June means one thing for the seniors at Team Bath AC; Welsh Castles Weekend. A 2 day, 20 stage, 350 km running race from Caernarfon to Cardiff taking in some of the most exquisite views Wales has to offer on its way. The women were looking to improve on their third place from last year, while the men hoped to build on their top 10 finish from 2016. The runners awoke on Saturday morning to find the driving rain and howling wind forecast had come to pass, but that didn't dampen the spirits of the runners as they made their way to their various starts across north Wales. The men's team had a great start to the race with a stage win from James Donald, while Helen Alvis came in 5th for women. A second win came from Elliot Ball for the men on stage 3, as he tied for the victory with a Sale Harriers runner, the first time a stage was too close to call in the 35 years that the race

has been run! Stage 8 brought double successes, with another win for the men from Gary Dunstone, followed up by the first win of the weekend from Katrine Svane for the Team Bath women, along with a course record as she took almost 30 seconds of the previous time, set in 2012. At the end of day 1, the men were sitting in 3rd, just 10 minutes ahead of Pontypridd Roadents AC in 4th, and the women were in 5th, leaving it all to play for for both teams on day 2. Sunday morning dawned with much-improved weather, and Team Bath didn't have to wait long for their first win of the day, with Steve Rose running across the line as first vet on stage 13. More success followed with a stunning performance from George Frost as he left all other runners nearly 2 and a half minutes in his wake on stage 15. This was immediately followed up by a victory for Fiona Blackmoore on stage 16, her second win on that stage in consecutive years! With only 1 stage to go, the men's lead over fourth place had narrowed as Les Croupiers Running Club fielded a series of strong runners that chipped away at our lead over them. Nervous Team Bath members

were left estimating stage gaps in a frantic attempt to work out their chances of defending their podium place. Nerves were not helped when a Les Croupiers runner stormed into Blackweir Fields in Cardiff as the first man home on the last stage. A great way to finish the event for Les Croupiers, the club that had worked so tirelessly throughout the year to put on this mammoth event. The first blue and yellow vest under the finishing arch was Eilidh Bell as she claimed the final stage victory for the TBAC women. Huw Jackson left everything out on the course and followed her under the finish arch in a time that the more optimistic team members thought more than enough to hold off the Les Croupiers charge. The Team Bath Ladies came in 8th, after they where they were unable to field runners in 5 stages, incurring a time penalty that great performances from all the women that ran were unable to overcome. The Team Bath Men's team were ecstatic to finish in 3rd place with over 21 hours of racing leaving them just 90 seconds ahead of 4th place! A superb performance by Team Bath runners on every stage!



Stage winners: James Donald celebrating his birthday with a stage win (top), Steve Rose, first Vet on stage 13 (middle) and double stage win on stage 8 by Gary Dunstone and Katrine Svane (bottom)



A wet start for Tom Davies and Debbie Heywood on stage 4

Lauren Jauss looking full of energy on stage 15 (left) and Guy Landon looking slightly less energetic on the climb up to Drovers Arms, stage 14 (right)

**Results**

**Stage 1, 9.1 miles**

- 1 James Donald 00:56:52
- 54 Helen Alvis (13F) 01:14:58

**Stage 2, 10.7 miles**

- 3 Tom Dudden 01:00:54

**Stage 3, 12.3 miles**

- 18 Simon Brace (6MV) 01:19:05

**Stage 4, 9.5 miles**

- 3 Thomas Davies 00:55:33
- 35 Debbie Heywood (3FV) 01:09:14

**Stage 5, 9.6 miles**

- 1 Eliot Ball 00:57:11
- 42 Beccy Tarling (5FV) 01:15:18

**Stage 6, 10.7 miles**

- 8 Chris Molloy 01:08:12
- 53 Kimberley Brace (6FV) 01:23:13

**Stage 7, 9.5 miles**

- 24 David Vaudin (10V) 01:04:42
- 62 Sarah Henderson (14F) 01:21:28

**Stage 8, 10.8 miles**

- 1 Gary Dunstone (V) 01:02:28
- 10 Katrine Svane (1F) 01:08:12

**Stage 9, 8.5 miles**

- 4 Rob Cowlards (3V) 00:47:49
- 49 Storm Heyward (15F) 01:05:30

**Stage 10, 13.1 miles**

- 4 Daniel Jones 01:15:59

**Stage 11, 12.3 miles**

- 9 Mike Dooley (4V) 01:16:17

**Stage 12, 11.2 miles**

- 5 Mark Mackintosh (4V) 01:07:27
- 51 Claire Forster (8FV) 01:26:34

**Stage 13, 10.6 miles**

- 2 Stephen Rose (1V) 01:03:09
- 42 Philippa Spruit (2FV) 01:18:23

**Stage 14, 10.8 miles**

- 15 Guy Landon (5V) 01:11:16

**Stage 15, 12.8 miles**

- 1 George Frost 01:10:55
- 59 Lauren Jauss (8FV) 01:48:20

**Stage 16, 8.8 miles**

- 5 Jim Webb 00:54:31
- 27 Fiona Blackmore (1F(V)) 01:01:39

**Stage 17, 9.2 miles**

- 6 Luke Scott 00:52:23
- 63 Janice Rambridge (19FV) 01:27:00

**Stage 18, 9.1 miles**

- 15 David Gunstone (6MV) 00:58:16
- 35 Annabel Harford (6FV) 01:04:26

**Stage 19, 7.7 miles**

- 10 Tom Hutchison (7MV) 00:50:59
- 33 Jenny Creed (10F) 00:56:26

**Stage 20, 10.1 miles**

- 25 Eilidh Bell (1F) 01:04:12
- 39 Huw Vaughan-Jackson 01:06:54



Supporting the team - Tom Hutchinson flashing the newest fashion in facepaint (left) and Karen Butler with her supportive dog (right)

## Upcoming events

### Team Bath AC Open Meeting 28th June 2017, at the University of Bath

Entries on the night. Entry fee £4 per number seniors, £3 per number all other age groups. All field events except high jump, 4 attempts only.

Seniors can take part in any number of events, others are restricted to 3 events and a relay.

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#### Timetable Track

18:45	Hurdles	All age gr. except u/11
19:30	600m	U/11 boys and girls
	800m	All other age groups
20:00	75m	U/11 boys and girls
	100m	All other age groups
20:30	300m	U/15 girls and boys
		U/17 women
	400m	U/17 men
		Senior men & women
20:45	Relays	All age groups

#### Timetable Field

18:45	Hammer	
19:00	Long Jump	All male age gr.
	High Jump	All athletes with a starting height of below 1m 40
	Shot Put	All female age gr. except u/11
19:30	Javelin Throw	All male age gr. except u/11
	Hammer	All female age gr. above u/15
20:00	High Jump	All athletes with a starting height
	Long Jump	All female age gr.

## Shortlist for the Wiltshire Athletics Awards 2017

By Graham Mattacks

Wiltshire Athletics Association announced their shortlist for their annual awards ceremony this week. Team Bath submitted nominations for all categories to recognise their members commitment and achievements over the past year. Over 100 nominations had been received from all of the Wiltshire affiliated clubs and this was whittled down to the final 33 by the county committee. Ten Team Bath AC athletes, coaches and officials have been named as finalist.

#### TBAC finalists;

Male Athlete of the year - Tom Gale

Female Athlete of the year - Polly Maton & Zoë Mattacks

Young male athlete of the year - Rory Howorth

Young female athlete of the year - Imogen Dawe-Lane & Jenna Blundell

Coach of the year - Julie Alexander

Official of the year - Di Viles, Steve Hutchinson

Unsung Hero of the year - Alison Phillips

For the full list of finalists go to [www.wiltshire-athletics.org.uk](http://www.wiltshire-athletics.org.uk)

The awards ceremony will be at Doric Park, Trowbridge on the 16th June 7:30pm. Congratulations to the finalists and we wish them luck at the awards.



Julie Alexander and Rory Howorth are both nominated for the Wiltshire Athletics Awards

Young female athlete of the year - Imogen Dawe-Lane & Jenna Blundell  
Coach of the year - Julie Alexander  
Official of the year - Di Viles, Steve Hutchinson

Unsung Hero of the year - Alison Phillips

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U20/seniors, Pingles Stadium Nuneaton  
Sunday 11th June

## MCAA Midland Championships

By Graham Mattacks

Two Team Bath athletes made the journey to Nuneaton for the annual Midland Championships. The conditions were not ideal with a mixture

of sun, rain and high winds.

Rebecca Pierce competed in the Senior women's 1500m and despite the difficult conditions won the Bronze medal in a time of 4:58.43.

Zoë Mattacks competed in the U20 women's 100m and 100m hurdles. In the heats of the 100m she finished strongly to come third in a time of 12.47s. She then went one better in the final running a seasons best time of 12.44s to contend for fourth place, although both times were outside the legal wind assisted limit of +2.0m/s. In the hurdles she ran a wind assisted 15.22s to finish 7th overall.

## School Championships

### Avon School Championships

By Di Viles

There were wins for Ethan Hall in the Junior Boys 100 and 200 m in 12.0 and 24.5, Alex Parsons in the Junior Boys



Rebecca Pierce on her way to the bronze medal on 1500m at the MCAA Midland Championships

1500 m in 4.25.3, Imogen Leakey in the Junior Girls 100 m in 13.2, Ellie Mount in the Junior Girls 75 m hurdles in 12.0, Jude Brotherhood in the Inter Boys high jump with 1m70, Jonathan Evans in the Inter Boys shot with 11 m21, Rob Jedzrejczak in the Inter Boys discus with 39 m96, Themis Bower in the Senior Boys 800 m in 2.05.7, Anna Burt in the Senior Girls in 2.09.1, and Becci Ousby in the Senior Girls long jump with 4 m82.

Second places went to Ellie Mount (JG 200 m in 29.1), Eleanor Webster (JG 800m in 2.24.2), Enya Maylor (JG 1500 m in 5.04.4), Tabitha Gallen (JG 75 m hurdles in 12.3), Imogen Leakey (JG high jump with 1 m50), Poppy Newman (JG discus with 18 m36), James Chadwick (IB long jump with 5m52), Finn Gillow (IB triple jump with 11m97, Becci Ousby (SG triple jump with 10 m65) and Ella Adams (SG hammer with 32m 73).

#### Full results:

[http://www.avonschoolsathletics.org.uk/Result/s/AvSch\\_TF\\_Results\\_June2017.pdf](http://www.avonschoolsathletics.org.uk/Result/s/AvSch_TF_Results_June2017.pdf)

### Wiltshire School Championships

By Caroline Howorth

Despite challenging conditions, there were some fine performances from Team Bath athletes at the Wiltshire County schools championships. Long jump provided some excellent performances across the age groups. Highlights of the day came from Ransford Ako'nai who broke the Junior boys county schools long jump record and set a national standard of 6.01m. Ransford also achieved the ES standard in the high jump with a clearance of 1.72m. The junior boys long jump turned out to be a great competition with William Scammell finishing 2nd with an ES standard of 5.77m. Joe Collins equalled the Inter boys county schools record in the 100mH with 13.8, another terrific achievement. In the senior boys long jump Jake Burkey sailed out to a new PB of 6.71m, taking the senior boys title with Marcin Orlech winning the Inter boys title with an ES standard of 6.43m. The blustery conditions made it very difficult to achieve quick times on the track, nevertheless there were some excellent performances. There were double victories for Zoe Mattacks in the 100m and 100mH, Hayden Bailey in the 400m and 800m and Caroline Brenchley in the 800m and 1500m.

#### Full results

[http://wiltsschoolsathletics.org/blog\\_posts/2017\\_06\\_WSAA\\_Results.pdf](http://wiltsschoolsathletics.org/blog_posts/2017_06_WSAA_Results.pdf)

### TBAC results Wiltshire:

#### Junior Boys

Long jump			
Ransford Ako'nai	1st	6.01m	CBP & NS
William Scammell	2nd	5.77m	ES
High jump			
Ransford Ako'nai	2nd	1.72m	ES
80HF			
Peter Adeosun	2nd	12.5	
100m F			
Peter Adeosun	3rd	12.4	
Dante Anderson	5th	12.7	
100m H			
William Scammell	4th	12.9	
Dante Anderson	1st	12.5	
200m F			
William Scammell	2nd	25.3	PB
Joe Carter	3rd	25.5	PB
1500m			
Toby Firkins	6th	4:53.10	PB
800m			
James Gordon	2nd	2:11.0	PB
Javelin			
Keelan Tucker	4th	30.93m	PB
Triple jump			
Toby Firkins	7th	8.75m	PB

#### Inter Boys

400mH			
Rory Howorth	1st	58.2	PB
Joel Mattacks	2nd	68.1	PB
400m			
Hayden Bailey	1st	52.7	
800m			
Hayden Bailey	1st	1:59.8	
Rory Howorth	2nd	2:01.7	
100H			
Joe Collins	1st	13.8=	CBP & ES
Long jump			
Marcin Orlech	1st	6.43m	ES
100m F			
Femi Akinbobola	3rd	11.6	PB
Will Browne	6th	12.1	
200m F			
Femi Akinbobola	2nd	23.2	PB
Will Browne	6th	24.6	
3000m			
Otto Copping	2nd	10:17.6	

#### Senior Boys

100m			
Jordan Earley	1st	11.6	
200m			
Louis Torto	1st	22.9	
Jordan Earley	2nd	23.9	
800m			
Robert Howorth	1st	2:00.1	
Will Stockley	2nd	2:07.8	
1500m			
John Howorth	2nd	4.13.4	
Long jump			
Jake Burkey	1st	6.71m	PB
High jump			
Tom Gale	1st	2.09m	NS
110H			
Sam Roberts	1st	16.1	PB



Zoë Mattacks in the 100m at the MCAA Midland Championships. She is also nominated for the Wiltshire Athletics Awards.

#### Junior Girls

100m H			
Phoenix Wicheard	2nd	13.7	
100m F			
Phoenix Wicheard	5th	14.2	
1500m			
Eva Porter	4th	5:03.7	PB
75H F			
Mia Bates	4th	12.1	PB
Shot put			
Phoenix Wicheard	3rd	9.11	

#### Inter Girls

80H			
Anna Murray	1st	13.0	PB
100m			
Anna Murray	2nd	13.1	
300m			
Henriatta Pritchard	1st	46.1	PB
1500m			
Caroline Brenchley	1st	5:02.3	
800m			
Caroline Brenchley	1st	2:28.4	
3000m			
Jade Littlechild	1st	11:41.	
Lucy Fitzpatrick	2nd	11:58.7	
High Jump			
Robyn Ellison	1st	1.49m	
Abigail Elms	4th	1.41m	
Long jump			
Robyn Ellison	1st	4.93m	
Triple Jump			
Morgan Golledge	2nd	9.68m	PB

#### Senior Girls

100m			
Zoe Mattacks	1st	12.7	
Polly Maton	3rd	13.1	
100H			
Zoe Mattacks	1st	15.5	PB
Imogen Dawe-Lane	2nd	15.6	
800m			
Natalie Pidgeon	1st	2:33.9	
Long jump			
Polly Maton	1st	5.00m	

## Teams Selected for Southwest Schools Championships

Following the county championships the following athletes have been selected for the Southwest Schools Championships in Exeter the 17th of June.

### Wiltshire Schools Athletics Association

#### Junior Boys

Ransford Ako'nai Long Jump  
William Scammel Long Jump & 200m  
James Gordon 800m

#### Inter Girls

Caroline Brenchley 1500 m  
Jade Littlechild 1500 m  
Anna Murray 80 m Hurdles

#### Inter boys

Marcin Olech Long Jump  
Rory Howorth 400m hurdles & 800m  
Fin Hart 100 m  
Hayden Bailey 800 m  
Joe Collins 100 m Hurdles  
Femi Akinbobola 100 & 200 m

#### Senior Girls

Polly Maton Long Jump & 100m  
Zoe Mattacks 100m & 100m Hurdles  
Natalie Pidgeon 800 m

#### Senior Boys

Jake Burkey Long Jump  
Jordan Earley 100  
Sam Roberts 110 m Hurdles  
Louis Torto 200 m  
Will Stockley 800 m  
Robert Howorth 800 m  
John Howorth 800 m

### Avon Schools Athletics Association

#### Junior Girls

Imogen Leakey 100m & HJ  
Eleanor Webster 800m  
Ellie Mount 75m hurdles  
Tabitha Gallen 75m hurdles

#### Inter Girls

Renne Jelf High Jump

#### Inter Boys

Camerson Sprague 100 & 200m  
Jonathan Evans Shot Put

#### Senior Girls

Sarah Long 400m  
Caitlin Wosika 1500SC  
Becci Ousby TJ  
Ella Adams Hammer & PV

## Recent race results

### British Milers Club Regional

#### Races, Exeter, Tuesday 30th May

##### Mens 800m, Race A

2 John Howorth (MU20) 1:55.95 (PB)  
3 Robert Howorth (MU20) 1:56.82 (PB)

##### Womens 1500m, Race A

12 Rebecca Pierce (SF) 4:54.24

### Watford Open Graded Meeting,

#### Wednesday 31st May

##### 1500m, Race 9

16 Jade Littlechild (FU17) 4:47.22 (SB)

### British Milers Club PB Classic, Milton Keynes, Saturday 3rd June

#### Mens 800m, Race B

3 John Howorth (MU20) 1:55.12 (PB)

#### Mens 800m, Race C

3 Robert Howorth (MU20) 1:56.96  
5 Rory Howorth (MU17) 1:57.30 (PB)

#### Mens 800m, Race E

6 Themis Bower (MU20) 2:02.31 (SB)

#### Womens 800m, Race I

7 India Ibbotson (FU15) 2:30.47 (SB)

#### Womens 1500m, Race A

5 Caitlin Wosika (FU20) 4:34.55 (PB)

#### Womens 1500m, Race C

5 Jade Littlechild (FU17) 4:51.08

#### Womens 1500m, Race D

8 Caroline Brenchley (FU17) 4:56.02

### Chippenham 5 Miles, Sunday 4th June

2 Gary Dunstone (MV45) 28:16

### Chew Valley 10k, Sunday 11 June

8 Ian Dunning 39:41

### Running Bath 5k Time Trial, Tuesday 6th June

1	Josh Taylor	17.08
2	James Donald	17.14
3	Mike Dooley	17.16
4	Rob Cowlard	17.23
5	Stephen Rose	17.51
6	Luke Sturgess-Durden	18.14
7	Ian Dunning	18.41
8	Josh McHale	18.42
9	Niall Urquhart	18.56
10	Ben Gifford	19.04
11	Dave Gunstone	20.09
12	Tom Hutchinson	20.24
13	Helen Alvis	22.25 (1F)
14	Nicola Cracknell	22.26 (2F)
15	Kim Brace	23.01 (3F)
16	James Morris	24.20
17	David Evans	24.35
18	Antony Mayhew	25.32
19	Nicola Harman	26.53 (4F)
20	Mo Carroll	32.27

### Bath Skyline Parkrun, Saturday 10th June

1	Jim Webb	18:33
10	Tom Hutchison	20:42
12	Jo Thompson	20:57
13	Lee Allen	21:05
24	Tim Luck	21:57
37	John Kerley	22:51
43	India Ibbotson (FU15)	23:12
50	Pat Rogers	23:49
148	Luke Sturgess-Durden	28:44
199	Ray Brigden	31:21
269	Michael Stanley	39:22
278	Janice Rambridge	46:45

### Southwick Country Parkrun, Saturday 10th June

148 Caitlin Mander (FU15) 00:30:59

### Cardiff Parkrun, Saturday 10th June

73 Nicola Cracknell 00:22:05

### Hazlehead Parkrun Aberdeen, Saturday 10th June

3 Stuart Henderson 00:19:17  
102 Steve Milne 00:28:41

## The Racing Calendar June

17 Broadtown 5 miles  
18 Lacock 5k/10k/HM  
18 YDL U13 & U15, Newport  
20 Avon AA open meeting  
20 Beacon Batch 5 miles  
24 Cotswold Way relay  
25 YDL U17 & U20, Cardiff  
27 Aztec West Fast 5k  
28 Open meeting Bath University  
29 Great Chalfield 10k

## July

1 Avon Valley Relay  
1-2 Cotswold Way challenge  
2 Keynsham 6k/12k  
4 Tues RunningBath 5k 7pm  
8 Fan y Big Horseshoe race  
9 Bath Two Tunnels 5k, 10, HM  
9 Avon League, Yate  
12 Bitton 5k summer series  
16 Run the River Bath 7.5/15/22.5k  
16 Frome 5k/10k/HM  
18 Bristol and West AC Open  
22 Bristol and West AC Fast 5000  
23 Bath running festival  
30 Avon League, Gloucester

## August

1 Tues RunningBath 5k 7pm  
4 Westonbirt House 10k  
6 Gloucester City Marathon  
9 Bitton 5k summer series  
13 Avon League, Yate  
15 Warmley Forest Sunset 5k  
20 Bath Two Tunnels 5/10/HM/M/50  
20 Trowbridge 10k  
27 Severn Bridge half marathon

## September

2 Malmesbury 10k  
3 Cardiff 10k  
5 Tues RunningBath 5k 7pm  
10 Chippenham HM  
10 Avon League, Yate  
10 New Forest 5k/10k/HM/M  
10 Cheddar Gorge Challenge  
17 Melksham 10k  
17 Bristol HM  
23 Midland Road Relays  
24 Berlin Marathon

## October

1 Cardiff HM  
1 Dyrham park 5k/10k  
14 Gloucester league XC  
14 Gwent league XC, Cardiff  
15 Grittleton 10k  
22 Stroud HM