

Jamie Sircom's

Newsround

Welcome to the round-up of everything that's been going on during the month of mists and mellow fruitfulness ... (!)

CROSS COUNTRY ROUND-UP



The men's cross country team at Cob House Country Park

The opening cross country League races of the winter season took place on Saturday 10th November.

22 men toed the line in the Birmingham League at Cob House Country Park.

Kristian Bayley was first junior male and led the team home in 10th place in 35:37, followed by Mateusz Sliwinski in 20th in 36:19 and Roger Mallard in 26th in 36:29.

In the Midland League meeting at Coundon Hall Park, Lily Higgins was 5th in 22:58 to finish first junior with Victoria Read first senior back for the club in 74th in 27:27.

A week later saw the Midland 7 and 5 mile races at Bulwell Hall Park in Nottingham. Lily Higgins finished second in women's race in 30:58 while Kristian Bayley was first Halesowen male in 14th place in 38:47.

Lily Higgins finished in 42nd place in the Under 20 race at the British Cross Challenge in Liverpool, completing the 4.4k course in 16:37.

And in the second WMYACCL meeting at Warley Woods, there were fifth place finishes for Cerys Brook (Under 11 Girls), Amelia Hartshorn (Under 15 Girls) and Owen Jinks (Under 15 Boys).

But star performance of the month went to Paul Allen, who finished first Welsh M70 athlete in the British and Irish Masters Cross Country International in Swansea.

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CLUB REUNION



Nigel Lloyd catching up with old friends at the club reunion

Sunday November 11th saw the club hold a reunion event which attracted former members to the club for a morning run, and a chance to catch up with old friends.

One such former club member Nigel Lloyd offers his thoughts on the day.

“My years with Halesowen are very precious memories indeed. Many races, training runs and adventures.

“To get out over those fields again, with the guys that I ran so many muddy miles with, was something that I thought I would never do again.

“So a big thank you from an old boy, to all who dedicate their time and efforts, in maintaining the club as it is today. “

TY CARREG

At the Ty Carreg winter training weekend, everyone came back safe and well, although it was not for the lack of trying!

The Saturday morning run saw Paul Allen had to be rescued after injuring his leg by falling onto a rock, Jamie Sircom got lost and was saved by a nearby guest house owner whilst the rest of the group ended up running for their lives after being chased away by a particularly angry Welsh farmer!

But there was also an enjoyable and highly competitive debut of Finnish skittles game Mölkky, as well as the old Saturday evening favourite, James Hoults HedBanz.

Thanks as always go to Matt Allen for organising the weekend. The 2019 weekends are set for Hagg Farm on 12th to 14th July and at Ty Carreg on 23rd to 25th November.

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PARKRUN, ROAD and TRAIL

Marc Turner was first finisher at Evesham parkrun #181 and Cerys Brook crossed the line first in Stevens junior parkrun events #6, #7 and #9.

Simone Jones was first female at the Trail Betws 5k race in North Wales, conquering a tough course climbing over 700 feet to finish sixth overall in 28:34.

Nick Hazelwood took the male vets prize at the Centurion Grand Prix 5 mile race at Kingshurst while Paul Allen was first MV70 at the Conductive Education 10k at Cannon Hill Park.

And five Halesowen athletes tacked the Suicide 6 at Baggeridge with James Parker (63rd, 45:45) and Simone Jones (130th, 49:02) leading the club home.

DECEMBER HIGHLIGHTS

Plenty of festive activities throughout December with the Christmas meal at the club on Saturday 8th followed by the children's party on Sunday 9th.

Christmas drinks are set for Friday 14th, the Christmas run is on Sunday 16th and the Christmas Quiz is on Wednesday 19th

There's also the annual Boxing Day 5k Handicap race with the fun starting from 10:30.

Entry is via a wrapped gift costing £5, such as socks, biscuits or even wine!

As always, keep up to date with the latest news on the website, check the Halesowen Athletics Club Facebook group and follow us on Twitter @HACCAthletics.

Up Owen!

JAMIE SIRCOM
jsircom@hotmail.com