

Jamie Sircom's

Newsround

January! Sick and tired you've been hanging on me! Well the words of Pilot could not be less appropriate as it's been a busy and successful month of action to report on here at the Halesowen Newsround newsdesk

NEW FOUND MEDALS at NEWBOLD REVEL!

The month started in fine style with our athletes coming back with an impressive medal haul at the Worcestershire County Cross Country Championships held at Newbold Revel in Warwickshire.

Six golds, six silvers and two bronze medals were brought home for the club by runners covering age groups ranging from Under 13 to Over 60!

The Worcestershire County Champions were Owen Jinks (U15 Boys), Lily Higgins (U20 Women), Sam Morton (W50) and Andy Nock (M60) along with the U15 Boys and U17 Girls teams.

Silver medals went to James Rolinson (U15 Boys), Chloe Fitzpatrick (U20 Women), Sally Spencer (W50) and the U13 Girls, U13 Boys and U15 Girls teams.

And winning bronze were Kristian Bayley (U20 Men) and the Men's Senior and Masters team.

The performances have earned many of our athletes places in the Worcestershire team in the Inter Counties Championship at Prestwold Hall near Loughborough on Saturday 9th March.

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LEAGUE OF DREAMS??

The following week saw a return to the League action with the women in Midland League action at Churchfields Farm in Droitwich, and the men were at a crucial Birmingham League fixture at Burton Dassett.

Our team of 12 runners at Churchfields Farm was led home by Jackie Bradshaw in 25th place in 28.16 and overall Halesowen are ninth in the League table.

Meanwhile at Burton Dassett, our team of 15 runners were pushing hard to consolidate their promotion place at the penultimate meeting of the season.

Mateusz Sliwinski was fastest Halesowen male in 10th place in 36:26 and Kristain Bayley won the junior race and finished 18th in 37:31.

Going into the final meeting, Halesowen are third in the table on 479 points, 49 points behind Knowle & Dorridge in second, and 185 points ahead of Bromsgrove & Redditch in fourth.

The final meeting of the season is at Park Hall Country Park in Stoke on Saturday 9th February and a strong performance should seal promotion to Division One.

We need as many athletes as possible to make this happen, so please let Peter Dear know ASAP if you want to be part of what we all hope will be a promotion-clinching team!!!

WMYACCL

32 of our young athletes competed in the penultimate WMYACCL meeting of the season at Abington Park in Northampton.

Owen Jinks was sixth in the Under 15 Boys, the Under 11 Girls team finished fifth and our team was seventh in the overall standings.

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MIDLAND XC

The Midland Championships were held on a tough course at Newbold Comyn, with 31 Halesowen athletes toeing the line.



Kristian Bayley, Lily Higgins and John Hill in Midland Cross Country action PHOTOS: Bryan Dale / Stephen Lee's Images

Lily Higgins bounced back from injury and finished sixth in the Under 20 Women's race and Kristian Bayley finished a creditable 17th in the Under 20 Men's race.

Our veteran athletes also performed well with Paul Allen fourth M70 and David Lewis sixth M50 in the masters races.

And John Hill struck gold in the Midland Masters competition ran in conjunction with the main race, finishing first M65.

JOY FOR JOSIE, KUDOS FOR KATRINA

There was international glory for Josie Oliarnyk at the Elán International Meeting in Bratislava.

Returning to the scene of her third place finish last year, Josie produced an exceptionally consistent series of jumps to finish in first place with a leap of 6.16 metres.

Only one other athlete was able to pass the six metre mark.

Josie also won the Midlands Counties Open meeting at the Birmingham High Performance Centre with a jump of 6.06 metres.

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Iris Oliarnyk finished tenth in the England Athletics Under 20 Pentathlon in Sheffield with a total of 3,357 points. She also won the Shot Putt with a 10.90m effort at the Loughborough Students Open meeting.



Katrina Simpson crossing the line first in Cardiff PHOTO: Vinco Sport

And there was a fantastic performance from Katrina Simpson in the senior women's 400 metres at the Welsh Indoor Championships in Cardiff.

Katrina won her heat in impressive style in 58.33 seconds before finishing in third place in the final in 58.52.

SPORTSHALL

In the latest Birmingham Sportshall meeting, there were wins for Louis Glynn (U13 Boys Triple Jump) and Natalia Pestova (U13 Girls Triple Jump).

Overall, our team is tied for third place with Birchfield Harriers on 63 points.

And following their performances in the Sportshall meetings this season, eight of our young athletes earned selection for the Birmingham team in the West Midlands Regional Final on Sunday 3rd February.

Congratulations go to Alex Taylor, Cerys Brook, Penny Cross, Jessica Dale, Louis Glynn, Natalia Pestova, Ben Ward and James Lee.

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PARKRUN

Lucy Cambridge was top parkrun tourist this month visiting five events and was also the only runner from this club to complete a New Year's Day double.

Lucy ran Bideford parkrun at 9.00 am in a time of 23:08, and followed this up just 90 minutes later with another parkrun at Barnstaple, finishing only 1 second slower in 23:09.

Cerys Brook set a new PB of 8:08 in finishing first female at Stevens Park junior parkrun#14 in Wollescote on New Year's Day and followed that up by finishing first overall at events #15 and #17.

Holly Eastoe was first female in event #16 in a new PB of 9:08 which she improved to 9:06 at event #18

There were also PBs for Logan Hamblett (8:47, event #17), Jack Leader (10:35, event #18) and Darcy Cooper (13:05, event #15).

FEBRUARY HIGHLIGHTS

Cross country remains at the fore in February with the crucial final League meetings and the English National Championships at Harewood House in Leeds the highlights.

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