

Jamie Sircom's **Newsround**

With the school holidays over and summer fading fast, September saw action thick and fast with a number of keenly-fought races on track and road, including a fierce club relay battle at Sutton Park and some impressive half-marathon and marathon performances.

All this, plus news of the track and field presentation evening and there's even some handy and thrilling reservoir-based facts for you to enjoy in this month's Newsround (!)

KRISTIAN's 5k DOUBLE

Cool and blustery conditions didn't stop fast times at the traditional end to the summer track season, the annual club 5000m championships, with the top four athletes all breaking 17 minutes.

Kristian Bayley was first over the line in 16:37.6 and retained the Seth Somers Trophy.

Dan Cleary was second in 16:41.7, Peter Dear was third in 16:51.7 and Adam Cross fourth in 16:57.5.

Lily Higgins was first female in tenth place in 19:01.6.

Simon Duck won the B race in 20:47.5 with Jamie Sircom second in 20:50.9.

The 3000m race for junior athletes was won by Lucas Wolf-Pudne in 10:20.4. First woman was Emily Amos in 12:35.1

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LAKE VYRNWY LEGENDS!

A crack team of athletes and supporters made the journey across the border and into the principality to take part in the Lake Vyrnwy Half Marathon.

Boosted by a pre-race breakfast in Shrewsbury and backed up by support from Paul, Mick, Stuart and Guesty, our team of five men and one woman set off on their 13 mile journey around Wales' third largest reservoir! (Reservoir fact #1!)



Matt Allen, Sarah Thompson, Mark Hadley, Andy Yapp, Jonathon Lewis plus Guesty at the Lake Vyrnwy Half

Mark Hadley led the club home in 38th in 1:15:59, a blistering time and the fastest club half marathon performance of 2019.

Mark was a full three minutes ahead of Andy Butler, who was 53rd in a none too shabby time of 1:19:02.

There were PB's for Andy Yapp in 60th in 1:20:11, Jonathan Lewis in 67th in 1:20:40 and for Sarah Thompson.

Sarah went sub-90 minutes for the first time in 140th place in 1:28:28, comfortably recording the fastest female club half of the year.

Completing the Halesowen team were Nick Price who was 320th in 1:40:41 and Matt Allen who was 338th in 1:40:59.

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RUTLAND RUNNERS

Just two weeks after PBing at Lake Vyrnwy, Jonathan Lewis made an impressive marathon debut by finishing tenth in the Rutland Marathon.

Jonathan completed the 26.2 mile course around Rutland Water, England's second largest reservoir (Reservoir fact #2!) in a brilliant time of 3 hours 16 minutes and 40 seconds.

Dave Lewis also took part, trailing his son by over an hour in finishing in 61st place in 4:20:40.

Meanwhile, Matt Allen headed to the German capital to take part in the Berlin Marathon which he finished in place in 7,545th place in 3 hours 28 minutes and 38 seconds.

SUTTON PARK SMACKDOWN!

The Midland Road Relays saw a keenly contested battle for supremacy between the men's senior and vets teams.



Kristian Bayley, Adam Cross and Jackie Bradshaw at Sutton Park.. PHOTO: Bryan Dale

Four teams from the club took part. The senior men's team were 38th in a time of 2:08:59 with Kristian Bayley running the fastest leg of 20:16.

The men's veteran A team finished fourth in the Masters race in 2:07:06 and top time went to Adam Cross in 20:30. The B team were 20th in 2:42:04.

And the women's team finished in 39th place, with Jackie Bradshaw recording the quickest leg in 17:25.

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Three of our junior teams also took part at Sutton Park - The Under 13 Girls were thirteenth, the Under 15 Boys 27th, but pride of place went to the Under 15 Girls who finished in fifth place. Amelia Hartshorn ran the fastest club leg and sixth fastest overall in 14:52.

The eager-eyed of you will notice that on this occasion the Vets team triumphed, finishing nearly two minutes ahead of their senior counterparts.

And despite talk of flat mackerel nominations for the losing team, peace was restored following a couple of post-race pints at a local Sutton pub.

TRACK AND FIELD PRESENTATION EVENING

Another successful track and field presentation evening was held at the club with athletes across all age groups honoured for their efforts across the summer.

The senior women's awards went to Simone Jones and Chloe Fitzpatrick, with Jonathon Lewis and James Robinson taking the senior men's awards.

Masters winners were Sarah Thompson, Rosemary Chrimes, Roger Mallard and James Robinson and the long distance award went to Mark Hadley.

The Under 20 awards went to Lily Higgins, Josie and Iris Oliarnyk, Kristian Bayley and Adam Parsons and taking the honours for the Under 17's were Millie Allen, Elise Lambert, Sam Mannings and Ben Ward.

In the junior categories, outstanding athlete awards went to Amelia Hartshorn, Jabez Berry and Edward Charles (U15s) and Cerys Brook and Eli McMillan (U13s)

Lastly, but by no means least, Mick Mielczarek was the well-deserved winner of the club person of the year award.

A full breakdown of all the award winners from the night is available on the club website.

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BLACK COUNTRY MAGIC MILE

Lucy and Zara Cambridge represented the club in the Black Country Magic Mile event at the Dell Stadium.

Lucy was first F45 in 6:35 whilst Zara was third girl in the children's race in 8:25.

NEWS IN BRIEF



Julie Bellfield with GB racewalk teammates and bronze medallists Noel Blatchford and Wendy Kane at the European Masters Championships in Venice

Great Britain team in the (short!) 10k race walk event at the European Masters Championships in Venice. Julie finished twelfth overall in 57:47.

In action away from the club's Midlands heartland, Lucy Cambridge finished second in the Plymouth Coasters 5 mile race in 39:24, Jamie Sircom ran a PB of 20:51 at the Lancaster Power of 5k event and Martin McLauchlin finished the Great North Run in 7,339th place in 1 hour 53 minutes and 25 seconds.

And there was a bronze medal for Julie Bellfield as part of the W50

PARKRUN

Marc Turner finished first at Evesham parkrun #224, Cerys Brook was first finisher at Aylestone junior parkrun #144 in Leicester and Wollescote junior parkruns #48 and #49, and Logan Hamblett was first at Wollescote junior parkruns #47 and #50.

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And a special mention this month goes to Robin Lambe, who went sub-30 minutes for the first time at Cannon Hill parkrun #458.

Robin is a regular attendee to Chris and Sian Brook's coaching sessions and has competed in the Heart of England League for the club this season.

He is also the club's most prolific parkrunner, having run at 25 5k parkruns and 16 2k junior parkruns so far this year at venues all over the country.

OCTOBER HIGHLIGHTS

October sees the start of the cross country season with the Midland Cross Country relays, more road relay action plus the Great Birmingham Run half marathon.

Don't forget to keep up to date with the latest news on the website, the Halesowen Athletics Club Facebook group and @HACCAthletics on Twitter.

Up Owen!

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