

Halesowen Athletics Club

Newsround

July saw the now regular pattern of socially distanced club runs and coaching sessions continue, but with the added attraction of the club house being open once more.

There was another of Ollie Wright's time trial events, the England 5k virtual championships and even two of our athletes competing in BMC track races in Manchester.

We also pay tribute to a much-loved club legend who we lost this month.

DIARY and EVENTS UPDATE

The Midland Counties Athletics Association have cancelled ALL Track and Field Championships due to take place this summer, along with the Autumn six-stage and four-stage Road Relays on Saturday September 19th.

The National Road Relays are once again expected to be a virtual race due to Birmingham City Council not allowing the use of Sutton Park for such events.

The cross-country relays at Chaddesley Corbett on Saturday 17th October is said to be unlikely to take place, but there is slightly more optimism regarding the Midland 7 and 5 mile race at Bulwell Hall in Nottingham on Saturday 21st November.

Birmingham League and Midland League cross country races will not take place this year, with current plans for a reduced season starting in January 2021.

RunBritain have issued updated guidance on road races, but the Great Birmingham Run half marathon in October has been cancelled.

Halesowen Athletics Club

Newsround

OLLIE'S TRACK TIME TRIALS – TAKE TWO!

The second of Ollie Wright's track time trial events saw 22 runners line up to once again burn up our 350 metre track in a variety of distances.

Stewart Greenhalgh was our sole 100m sprinter and in his second round ran a cracking time of 11.1 seconds, whilst George Allen ran 600 metres in 2 mins 00.5 secs.



A premature celebration for a certain Mr Hoult!

Despite incorrectly celebrating a PB, James Hoult was the clear winner of the 800 metres in 2 mins 08.5 secs. Ryley Malone Priest was first lady in 2:32.1.

Six runners took part in the most popular event, the 1200 metres.

Matesuz Sliwinski was first in 3:31.6, Sarah Thompson second in 3:56.4 and Alex Taylor third in 4:24.5

Peter Dear took the 1500 metres in 4:12.9 with Eleanor Stark first lady in 5:17.1,

Richard White won the mile in 5:04.0 and

Sam Mannings was first in the 2000 metres in 6:07.7.

Special thanks also go to our supreme pacemaking team of Marc, David, Mark, Richard, Peter and Mateusz and to all who helped officiate and organise the event.

BMC TRAFFORD OPEN

Two Halesowen athletes travelled to Manchester as the British Milers Club held their first socially distanced meeting at the Longford Park Stadium in Stretford.

Despite COVID-19 restrictions meaning that all races were run in lanes, Katrina Simpson and Joe Rogers battled a two lap stagger and two other competitors, and both came away with victories.

Halesowen Athletics Club

Newsround



Katrina's triumph at Trafford! PHOTO: Vinco Sport

Katrina and Joe's race tactics were somewhat different.

Running in lane five, front runner Katrina led from start to finish and crossed the line in 2:12.11

Joe Rogers had a slower start in lane one but he ultimately produced a perfectly paced performance.

In a distant last place at the bell, Joe moved up the field in style and took the lead in the last 20 metres to finish in 1:54.00.

ENGLAND ATHLETICS 5k

Away from the action on the track, two of our athletes competed in the inaugural England Athletics Virtual 5k Road Running Championships which attracted a field of over 1,700 runners.

David Lewis was 550th in 18:33 and although Jamie Sircom was at one point in eighth place overall courtesy of an early morning Saturday run, he slid down the table throughout the weekend to finish 1,231st with a time of 22:29.

CROSS COUNTRY PRESENTATION EVENING

The Halesowen Cross Country Presentation Evening, celebrating the club's achievements during the 2019-20 season, was finally held on Saturday 18th July.

Due to the current restrictions, this was in the form of an expertly produced YouTube Live video, with Peter Dear and Lily Higgins taking on the hosting duties.

Our answer to Phil and Holly (or for those of an older vintage Anne and Nick!) can be found on the Halesowen Athletic Club channel on YouTube.

Halesowen Athletics Club

Newsround

The awards for the WMYACCL, Midland 5 and 7 mile races and the Midland and Worcestershire Championships can be found on the video.

And the winners of the club cross country cup were Mateusz Sliwinski and Lily Higgins.

Congratulations to all the winners and we look forward to more success and a resumption of cross country racing in early 2021.

RIP NIGEL LLOYD



Nigel Lloyd with Halesowen friends old and new at the November 2018 club reunion

This month saw the sad loss of Nigel Lloyd, who passed away following a heart attack he suffered whilst out running.

Nigel was a long time Halesowen member and whilst retaining strong links with the club, was more recently the founder and president of Warley Woods Pacers.

He always keen to offer tips and advice through his Itzarunner website and Facebook page which were a great help to many during lockdown.

Older members will also remember Nigel as the writer and editor of the UpOwen! newsletter.

Halesowen Athletics Club

Newsround

The last time most of us saw Nigel was at the November 2018 club reunion and he paid a warm tribute to the club at the time:

"My years with Halesowen are very precious memories indeed. Many races, training runs and adventures. Halesowen was the core of my running then, my apprenticeship in running.

The club has evolved, but still maintains its character, warmth and Black Country friendliness. I have stood back for a long time, and what I see is really a great club that you all should be very proud of.

I am, and always be a Halesowen AC man at heart. The club, and memories are always with me, and Jack Price is one of my running heroes."

Nigel's passion, inspiration and dedication to athletics was clear to all and he will be sadly missed.

All of us at Halesowen Athletics and Cycling Club send our thoughts and condolences to Nigel's family, to everyone at Warley Woods Pacers and all his running friends near and far.

ROY'S RETURN!

Having run Jack Price Arms virtual landlord Mark Higgins out of town, Roy reclaimed his position as the main man in charge at the start of the month as the clubhouse reopened.

Due to the ongoing COVID-19 regulations, a one-way system is in place with entry via the snooker fire exit with guidance arrows on the floor.

All visitors must sign in and use the provided hand sanitiser and a maximum of four people are allowed at any table.

And there are currently revised opening hours in place

MONDAY to FRIDAY: 7 pm to 10 pm

SUNDAYS: 12 noon to 2 pm.

Halesowen Athletics Club

Newsround

CLUB SUBSCRIPTIONS UPDATE

With the club now open again and coaching sessions having resumed, we are now looking to collect subscription fees covering the period from 1st August 2020 to 31st March 2021.

As the club was shut down from April to June, the rate has been reduced accordingly.

An updated membership form is now available on the club website and an email has been sent to all members from club secretary Kathryn Williets.

AUGUST HIGHLIGHTS

The third instalment of Ollie Wright's time trials is set for Saturday 8th August with a wide range of middle distance events to choose from. Get in touch with Ollie if you want to take part.

We also hope to announce further details of future events including the club 5k championships which are due to held in early September.

The club Facebook page as always, is the first port of call for the latest information but updates can also be found on the club website and @HACCAthletics on Twitter.

Stay safe, enjoy the summer holidays and Up Owen!

JAMIE SIRCOM

jsircom@hotmail.com