

Halesowen Athletics Club

Newsround

The long awaited return to cross country action was this month's highlight, as our young athletes and relay teams renewed acquaintance with everyone's favourite muddy, winter pursuit!

There was also a half marathon victory, a sub-four group of four at the London Marathon and a number of female first finishes at parkrun.

SALOPIAN SUCCESS FOR ANDY!

There was a Halesowen Half Marathon triumph on the streets of Shrewsbury.



Following up on his sixth place finish in the Droitwich Half in August, Andy Butler crossed the finish line in first place at the Shrewsbury Half Marathon in 1:16:59, more than two minutes ahead of the second placed runner.

In the London Marathon, all our runners completed the course under four hours.

First home in the old gold was Simon Duck, who was 6,228th in 3:31:47, followed by Freya Whiteley who was 7,848th in 3:40:12.

Despite battling a hamstring injury, David Lewis came in 10,087th in 3:50:34 and Megan Harrold was 11,080th in 3:54:37.

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'OWEN ON FIRE AT ALDERSLEY!

The long cross country layoff did no harm to the club as Halesowen returned to action with a medal laden afternoon in the Midland Cross Country Relays in Wolverhampton.

Both our Masters teams clinched podium spots – Our men's team of Andy Butler, Roger Mallard, Nick Hazelwood and Andy Yapp won silver and our women's team of Sarah Thompson, Mel Hepke and Jackie Bradshaw took bronze.

Our junior teams were not to be outdone either, with silver for the Under 13 Girls team of Ffion Collins, Isla Goold and Phoebe Mai-Pye and bronze to the Under 17 Men teams of George Allen, James Pugh and Thomas Brookes

In the senior races, the women's team finished ninth and our men's teams were 14th, 36th and 55th.

Congratulations go to all our medallists and we hope this bodes well for successful campaigns in the Birmingham League and the Midland League in the months ahead!

The first race in both leagues is on Saturday November 13th at Betley Court Farm near Crewe.

WMYACCL

The cross country season began with the opening race of the West Midlands Young Athletes Cross Country League, held at Newbold Revel

Ffion Collins was the winner of the Under 13 Girls race and there were top ten finishes for Olive Thomas (U13G, 7th) and Amelia Hartshorn (U17W, 10th)

Overall, the team were twelfth out of 21 teams.

The next WMYACCL race is on Sunday 14th November at Warley Woods.

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TY CAREG and NEWS IN BRIEF

There was another enjoyable training weekend with the return to our spiritual home in the Brecon Beacons of Ty Careg.



Thanks go to Matt Allen and everyone who helped organise the second training weekend in the space of three months.

Alex Taylor was Halesowen's sole representative at the National Road Relays at Sutton Park in the Under 15 Boys race.

Alex finished 78th in the leg rankings, completing the 3.88k course in 14:11.

Lily Higgins was first U23 Female in the Breidden Hills Fell Race, covering the 11.34km route in 1 hour and 27 minutes.

And Jamie Sircom was 483rd in 50:05 in the Derby 10k and was 112th in the Green Drive Five Mile race in Lancashire in 38:41.

PARKRUN

Despite some intense blokey battles at Walsall Arboretum and Wyre Forest parkruns, it was our ladies that took the parkrun honours this month.

There were first female finishes for Kim Braznell at Severn Valley Country parkrun #48, Simone Jones at Weymouth parkrun #355 and Wyre Forest parkrun #249 and for Michelle Dale at Woodgate Valley parkrun #13.

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Isla Westwood was first female at Stevens Park, Wollescote junior parkrun #95.

Early in the New Year, there will be a Halesowen Athletics Club “takeover” of Woodgate Valley Country Park parkrun.

On Saturday January 22nd, we will providing all the volunteers and marshals to run the event and we will be looking for as many people as possible to be at Woodgate Valley on the morning,

This will be a great opportunity to showcase the club to the wider parkrun community so keep the date free in your diary and keep an eye out for further details to follow in the weeks ahead.

BE SAFE, BE SEEN!

With the clocks now having gone back and the evenings becoming darker, a gentle reminder about the importance of wearing hi-viz clothing during those dark, night runs.



Pretty much all of the club’s regular winter routes involve crossing busy main roads, none more so than the A456 Manor Way directly outside the club.

Unfortunately, there are still a number of our runners wearing dark and difficult to see clothing for their midweek runs.

Should you need to get hold of any hi-viz clothing, hats, gloves and/or head torches to keep you safe, then a certain running shop in Birmingham City Centre will be more than happy to help you!!

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NOVEMBER HIGHLIGHTS

The athletics section AGM takes place on Wednesday 3rd November at 8.30 pm. It's your chance to get involved with the club committee and hear about about the club's plans for the year ahead.

There's the opening senior cross country league matches and there may well be some festive events toward the end of the month!

Facebook, Twitter and the HACCentral WhatsApp group will have all the updates on races, events and other club info.

Up Owen!

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