

# *Halesowen Athletics Club*

# **Newsround**

Cross country dominated the November programme with Halesowen resuming battle in both the Birmingham League and Midland League competitions as well as tackling the Midland 7 and 5 mile races.

There were also junior and relay competitions plus a sprinkling of road and race walking action too!

And make sure you have your phone calendars, diaries and filofaxes at the ready as there's a full list of festive events coming up in the next four weeks!

## ***NATIONAL XC RELAYS***

After our strong performance in the Midland event last month, four Halesowen teams headed to Berry Hill Park in Mansfield to compete in the National Cross Country Relays.

The Under 13 Boys raced over 2k legs with Joe Webster, Kian Hazelwood and Adam Scarr finishing in 60<sup>th</sup> place in 28:15.

Joe ran the fastest leg in 7:59.50.

Alex Taylor was the sole Under 15 boy for Halesowen but put up a strong performance in coming 59<sup>th</sup> in the individual standings over 2k in 7:17.70.

In the Senior Women's race over 3k legs, our A team of Simone Jones, Lily Higgins and Katrina Simpson were 46th in 36:08 and the B team of Sarah Thompson, Mel Hepke and Jackie Bradshaw were just a minute behind, finishing 52nd in 37:08.

106 teams in total took part in the race.

Our Senior Men took on full 5k legs and our team of James Houlton, Nick Hazlewood, Andy Yapp and Peter Dear were 88th out of 144 teams in 1:15:59.

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## **BIRMINGHAM LEAGUE XC**

After a break of some 644 days, cross country league racing was back as the inaugural Birmingham League meeting of the season was held at Betley Court Farm near Stoke.



*Our men's cross country team at Betley Court Farm*

Following relegation to Division 2 at the end of the 2019-2020 season, our men's team of fifteen made a strong start to their campaign to return to the top flight.

Peter Dear was our fastest athlete over the undulating 6.4 mile course, finishing sixth in 33:07.

Andy Butler was 20<sup>th</sup> in 34:23, Joe Donkin 21<sup>st</sup> in 34:28, Andy Yapp 35<sup>th</sup> in 35:21 and Mateusz Sliwinski 42<sup>nd</sup> in 35:35.

Completing our finishers in the top 100 were James Hault (62<sup>nd</sup>, 36:52), Roger Mallard (70<sup>th</sup>, 37:21), Nick Hazelwood (72<sup>nd</sup>, 37:26) and Lucas Wolf-Pudney (93<sup>rd</sup>, 38:45).

Bill Nock was 116<sup>th</sup> in 39:56 in his 150<sup>th</sup> Birmingham League race.

Congratulations to Bill who now joins brother Andy in the elite club comprising just four runners who have run 150 or more Birmingham League races.

Bringing our team home were Glenn Lacey (148<sup>th</sup>, 43:13), John Hill (152<sup>nd</sup>, 43:56), Andy Carruthers (157<sup>th</sup>, 44:07), Andy Nock (179<sup>th</sup>, 47:14) and Paul Allen (189<sup>th</sup>, 53:47).

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In the league standings after the race, the Halesowen A team stood in the third and final promotion place on 186 points, 22 points behind second placed Cannock and Stafford but just 14 points ahead of nearest rivals Bromsgrove and Redditch.

Our B team were in fourth place on 651 points.

Every point counts this season so please let Peter Dear know if you can take part in future Birmingham League races, starting at Stratford on Saturday 4<sup>th</sup> December.

## ***MIDLAND LEAGUE XC***

Our women's team were also at Betley Court Farm in Division One of the Midland Women's League.

Simone Jones was 28<sup>th</sup> in 25:38, Lily Higgins 38<sup>th</sup> in 26:09 and Sarah Thompson was 40<sup>th</sup> in 26:15 earning her a fifth place finish in the Masters race.

Jackie Bradshaw was 67<sup>th</sup> and Mel Hepke 68<sup>th</sup> in 28:03, Bettina Wolf 145<sup>th</sup> in 34:24 and Emma Higgins was 159<sup>th</sup> in 37:55.

The next Midland League race is at Stratford on Saturday December 4<sup>th</sup>.

## ***WMYACCL XC***

28 junior athletes from the club took part in our "local" WMYACCL meeting at Warley Woods.

Ffion Collins finished second in the Under 13 Girls race and Olive Thomas was seventh.

Both our Under 13 Girls and Boys team finished fifth in the team competition with the club placing eleventh out of 21 teams in the overall team standings.

Aldersley Stadium in Wolverhampton hosts the next WMYACCL meeting on Sunday December 5<sup>th</sup>.

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## ***MIDLAND 7 and 5 MILE***

After holding the trophy for over two years (Yay COVID!), Halesowen's mens team finally surrendered the Midland 7 silverware following this year's race at Bulwell.

In the men's 7 mile race, there were top twenty finishes for Peter Dear who was seventh in 40:14, and for Andy Yapp who was thirteenth in 41:29.

Bill Nock was 44<sup>th</sup> in 47:39, David Lewis 49<sup>th</sup> in 49:05 and Alex Morgan 56<sup>th</sup> in 51:45.

The best performance of the day came from Lily Higgins who was fifth in the women's 5 mile race in 33:11.

Falan Malone-Priest finished 31<sup>st</sup> in 43:05.

## ***LIVERPOOL CROSS CHALLENGE***

Completing the club's cross country campaign for November was Lily Higgins who travelled to Liverpool for the British Athletics Cross Challenge race in Sefton Park.

Lily finished the 8.1k course in 89<sup>th</sup> place in 31:25.

## ***RACE WALKING ROUND-UP***

The Midland Race Walking Association Winter League is back in full swing and back on familiar ground at Warwick University.

In the 5k walk event, Julie Bellfield was sixth overall and second woman in 32:27 and Isabel Knowles was eleventh in 37:58, winning the U17 age category.

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## **ROAD ROUND-UP**

Paul Allen and John Hill travelled to Lancashire for the British Masters 5k Road Championships at Barrowford.



*Paul Allen's gold medal winning run at the British Masters 5k in Barrowford PHOTO: Woodentops.org.uk*

Despite battling winds in excess of 30 miles per hour and a five lap course, Paul came back with M75 gold in 25:47 whilst John won bronze in the M70 race in 21:59.

In other road action, Simon Duck finished the Reading Half Marathon in 591<sup>st</sup> place in 1:33:30 and Jamie Sircom was 535<sup>th</sup> in sub-zero

conditions at the Derby Half Marathon in 1:47:22.

## **PARKRUN**

Michelle Dale was first female at Woodgate Valley Country Park parkrun #15 and Ashleigh Kennedy was first female at Bromsgrove junior parkrun #299.

Thanks go to everyone who has volunteered so far to help with the club takeover of Woodgate Valley parkrun on Saturday January 22<sup>nd</sup>.

On that morning, we will be providing all run marshals and volunteers for the event which we hope to use as a positive showcase to promote the club and attract potential new members.

More volunteers are still needed so if you can help, then please get in contact with Jamie Sircom either through WhatsApp or via the email address below.

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***FESTIVE HIGHLIGHTS!***

A busy programme of Christmas events is lined up in the month ahead.

Christmas drinks are on Saturday December 4<sup>th</sup> starting from the Waggon and Horses at 7.30 pm followed by the main Christmas party at the club on the following Friday, December 10<sup>th</sup>.

The children's Christmas party is on Sunday December 12<sup>th</sup> from 1.00 pm with Steve Horton's Christmas quiz on Wednesday December 15<sup>th</sup> at 8.30 pm.

Our traditional Christmas run is set for Sunday December 19<sup>th</sup> and of course, the Boxing Day handicap race is back on Sunday December 26<sup>th</sup>.

2022 is the club centenary year and we will be launching that with a special gathering at the Jack Price blue plaque on Hagley Street in Halesowen Town Centre on Sunday January 2<sup>nd</sup>.

Further events will be confirmed in due course so please keep an eye on the Facebook page and the HACCentral WhatsApp group for the latest updates on social events.

Wishing everyone at the club a Merry Christmas and a Happy Club Centenary Year for 2022!

Up Owen!

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