

Jamie Sircom's **Newsround**

Despite the August holidays, there was still plenty of race action this month, which included racing around a track 25 times, racing after trains in mid-Wales and even racing to down the next beer!

10,000 METRES MAGIC!

The inaugural Edgar Nicholls Night of 10,000m event saw over 40 athletes take part in three 25 lap races at the Abbey Stadium in Redditch.

With the races doubling as the Worcestershire 10,000m Championships, there were fast times, PBs and podium finishes for a number of Halesowen athletes.



Lily Higgins and Simone Jones on the podium at the Edgar Nicholls 10,000m meeting at Redditch

The first race of the evening saw Simone Jones finish first lady and third overall in 40:18.8. Matt Allen was eighth in 42:19.1 and John Hill ninth in 44:09.3.

Race two was won by Peter Dear who finished almost nine seconds ahead of his nearest rival in 36:05.7.

Andy Yapp was fourth in 36:50.4, Lily Higgins was thirteenth in 38:53.9 and David Lewis sixteenth in 40:58.8.

Podium places went to Lily Higgins who won a silver, and there were bronze medals for Peter Dear and Simone Jones.

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CLENT 8k

The Worcestershire Midweek Series finale, the Clent 8k, saw more Halesowen success with Kristian Bayley clinching the overall series title.

On the night, Peter Dear was second in 33:33, edging Kristian Bayley into third place in 33:35.

Mateusz Sliwinski was seventh in 34:09, Jonathan Lewis fifteenth in 36:03, James Hoult 20th in 36:38 and Bill Nock 21st in 36:43.

First lady back for the club and second female overall was Lily Higgins who finished 29th in 38:06.

Lily was followed by James Parker (43rd, 39:51), John Hill (62nd, 41:55), Alex Morgan (68th, 42:53), Simon Duck (72nd, 43:25) and Steve Horton (92nd, 46:59).

And bringing the Halesowen team home were Benjamin Tromans (112th, 49:34), Steve Millington (118th, 50:31), Emma Higgins (131st, 55:40) and Stuart Towlson (137th, 60:48).

MIDLAND LEAGUE

Despite a valiant effort throughout the season from our Midland League athletes, we failed to avoid relegation and will be competing in Division Four in 2020.

In the final round at Sutton Coldfield, there was a win for Mateusz Sliwinski in the men's 3000 metres Steeplechase and both Ollie Dodd and Chloe Fitzpatrick competed in five events.

Thanks to everyone to took part and officiated this year, and to women's captain Mel Hepke and especially to men's captain Dave Turvey, who was in charge of the men's team for the final time at Sutton.

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WOODGATE RELAYS

With the Sutton Park autumn road relays just weeks away, a number of our athletes got in some early practice as Paul Allen revived an old club event, the Woodgate Valley Relays.



Woodgate Valley Winners! The triumphant trio of Mark Hadley, Emma Higgins and Bill Nock

Teams of three took part on a testing two and a half mile course with the team of Mark Hadley, Bill Nock and Emma Higgins triumphed in a time of 48 minutes 13 seconds.

Second place went to Josh Turner, Rob Weaver and Steve Horton (49:39) with third position going to Simone Jones, Alex Morgan and Chloe Fitzpatrick (50:47)

BEER MILE RELAY

In arguably the country's greatest eight and a half lap test of athletic and alcoholic prowess, the third annual Halesowen Beer Mile Relay saw sixteen of Halesowen's finest drinkers ... sorry, athletes, take to the hallowed 350 metre track.

With a random draw of teams just minutes before the start, an element of extra jeopardy was added to the evening, although some eyebrows were raised when 2018 champions Marc Turner and Dave Turvey were paired together once again.

The format remained the same as in previous years – Half a pint before the start of each of the four laps for each runner with a final drink at the final line.

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*Your 2019 Beer Mile Relay Winners:
Chris Royal and Alex Morgan.*

Alex Morgan and Chris Royal were the clear winners with a time of 11 minutes 29 seconds, finishing over two minutes ahead of the second-placed team of Sarah Thompson and Jamie Sircom who finished in 13 minutes 30 seconds.

Third place went to Kerri James and Andy Yapp in 14 minutes 21 seconds.

There was only one DQ this year for breaching the sacrosanct five minute post-race puke-free period and that dubious honour fell to the team of Lily Higgins and Adam Cross, with Lily failing to keep down a heady mix of premium strength water.

Thanks go to Keith Perry and Mick Deakin for officiating and to all to helped put on such a fun evening.

RECORDS for ROSEMARY

Rosemary Chrimes was in record-breaking form at the British Masters Championship.

Rosemary, who was 1970 Commonwealth Games Discus champion, won three W85 gold medals at the Alexander Stadium.

Her first throw in the discus set a new British record of 17.90m, before improving on that with a final throw of 18.61m, which was just shy of a world record.

She also picked up gold medals in the Shot (7.08m) and the Hammer (19.40m).

At the same meeting, Julie Bellfield won the W50 5000m Walk with Lynn Bellfield second and in the W50 3000m Walk, Julie was second and Lynn third.

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NEWS IN BRIEF

Sam Mannings went sub 2-minutes in the 800 metres at the open meeting in Leamington, recording a PB of 1:58.66, whilst Peter Dear narrowly missed out on his sub-2 target by just six hundredths of a second at the BMC Meeting at Tipton.

Jamie Sircom ran a PB of 21:21 in the super speedy BRAT Summerfield Smash 5k, a performance that was only good enough for 90th place in a field of 120 runners!

And Cerys Brook finished third female at the Race The Train 5.5 mile Dolgoch Challenge in 40:02 and Nia Brook was 51st in 26:08 in the 3.5 mile Tynllwynhen Challenge race.

PARKRUN

The summer holidays saw our athletes visiting parkruns all over the country and the world, with Lily Higgins finding Penrith parkrun #276 particularly to her liking.

Lily was first female in 19:05, knocking ten seconds off her 2019 best and maintaining her position as fastest Halesowen female parkrunner this year.

There were first finishes for Andy Yapp at Sandwell Valley parkrun #84, Jonathan Lewis at Wyre Forest parkrun #204, Kristian Bayley at Arrow Valley parkrun #372 and for Sam Mannings at Crissy Field parkrun #237 in San Francisco!

George Allen was first finisher at Wollescote junior parkrun #44, Cerys Brook was first at event #45 and Holly Eastoe at event #46, with Cerys picking up another first finisher spot at Wyre Forest junior event #6.

Meanwhile Lucy Cambridge visited Italy and ran at both Treviso parkrun #122 and Mura di Lucca parkrun #52, where she finished third female.

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SEPTEMBER HIGHLIGHTS

The club 5k and 3k championships and the Autumn Midland Road Relays take centre stage in September.

Other highlights include the Black Country Magic Mile, the Lake Vyrnwy Half Marathon and the Track and Field Presentation Evening on Friday 27th September.

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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