

Halesowen Athletics Club

Newsround

As the light began to fade and the autumn colours started to appear, there was a final flourish of summer success at the club.

We saw emphatic victories on the streets of Halesowen, the off-road trails of Shropshire and on the track at the National Schools Games in Loughborough.

There were further medals at the Midland Road Relays and numerous triumphs at 5k and 2k parkrun events.

But first, we celebrate a legendary coach at the club who hung up his stopwatch for the final time ...

THANK YOU MICK!

After 25 years of loyal service to the club, Mick Mielczarek held his final coaching session on Wednesday 8th September.



Lily, Abbie and Katrina celebrate with main man Mick at his coaching farewell party!

The occasion was marked by huge group of former and current athletes of all ages joining Mick for a run over the familiar Sheepfields route.

This was followed by a special presentation to Mick in a packed clubhouse.

Mick first joined the club in 1993 and started coaching in 1996.

Since then, hundreds of athletes have benefited from his coaching expertise and advice, especially to the scores of

young athletes who have come under his charge.

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Chair Steven Millington said: "The club cannot survive without its volunteers, and Mick has given years of fantastic and loyal service to the club.

"He has coached generations of athletes to local, regional and national success and made a positive impression on everyone he has met."

Mick won't be lost to the club altogether and we will still see him on Sunday runs as well as the occasional visit to the bar!

MIDLAND ROAD RELAYS

After a break of two years, the Midland Six and Four Stage Road Relays were back at Sutton Park, and Halesowen marked the return with a bronze medal in the Men's Masters Race.

Andy Butler led the team off with a speedy opening leg of 20:20 to hand over to Nick Hazelwood in fifth place.



Our Masters bronze medallists at Sutton Park!

The team dropped to sixth place at the end of leg two, but Bill Nock and Richard White maintained that position before Andy Yapp claimed a place back to fifth going into the final leg.

Marc Turner's battling final leg saw the team move into fourth, before Marc overtook his Newcastle Staffs rival in the final straight to claim third place by just 12 seconds.

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In the junior races, our Under 13 Girls team of Olive Thomas, Isa Goold and Ffion Collins claimed a top ten spot finishing in ninth place.

The Under 13 Boys were 15th, the Under 15 Girls 19th, the Under 17 Women 20th and the Under 17 Men 29th.

Meanwhile, our Senior Women were 36th with the Men's A team 63rd and the B team 89th.

CLUB 5000m CHAMPIONSHIPS



2021 club 5000m champion Max Parker with the Seth Somers Cup

In the traditional end to the Halesowen track season, Max Parker finished first in 16:25.9 in the 5000m Championship A race to claim the Seth Somers Cup.

Andy Butler was second in 16:50.3 with Peter Dear third in 17:14.6.

The women's trophy went to Mel Hepke, who was first in the C race in a time of 21:52.3. The B race was won by Bill Nock in 19:21.1.

Jayden Hanson (2:15.6) and Eden Smith (2:23.1) were the winners of the Under 11 600m and Phoebe-Mai Pye was outright winner of the Under 13 1500m in 5:55.3 with Ethan Smith second in 5:57.3.

And Alex Taylor (10:47.5) and Jessica Dale (11:23.0) were the winners in the Under 15 3000m race.

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BLACK COUNTRY 10k

With apologies to our tennis club friends, Simone Jones produced a dominant Emma Raducanu style performance at the Black Country Road Race 10k around the streets of Halesowen.



Simone Jones breaking the tape at the Black Country 10k

Following up on Emma's US Open triumph just hours earlier, Simone was first lady and tenth overall in 39:26, and was more than five minutes ahead of her nearest female rival.

James Thomas was 31st in 45:30 and Kathryn Williets was 194th in 1:14:44.

In the Family Fun Run event over 4.35k, Alex Taylor followed Simone's lead by winning in 16:10, more than four minutes ahead of the second placed finisher.

UK SCHOOLS GAMES

Following up on her National Junior Championship gold in July, Maddie Down added one more medal to her tally this summer.

Maddie won the ambulant women's 100 metres at the UK Schools Games Finals, a four day multi-sport festival held in Loughborough.

Representing Team Tokyo, Maddie narrowly won her race in a photo finish in 13.98 seconds although she was over two seconds clear of her nearest T38 rival.

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ROAD ROUND-UP

Some 18 months later than planned, Mark Hadley finally donned an England vest at the Richmond RunFest half marathon in London.



Proudly representing England, Mark Hadley at the Richmond RunFest Half Marathon

Cheered on by an enthusiastic crowd of Halesowen supporters, Mark finished 180th in 1:32:37.

Glenn Lacey went the extra 0.35 mile in the Brighton Marathon as the course was found to be 568 metres too long!

The extra distance though was to Glenn's liking, as he recorded a huge 58 minute PB to finish 551st in 3:34:04.

Falan Malone-Priest broke two hours in her half marathon debut at the Great North Run to finish 9118th in 1:58:16.

Jamie Sircom was 5,461th in 1:50:01.

And as well as the aforementioned Black Country race, our athletes also took part in several other 10k events across the Midlands.

In the Wilne 10k, Andy Yapp was 67th in 37:45 and Nick Hazelwood 109th in 39:30.

Jamie Sircom was 51st in the Worcester Pitchcroft 10k in 49:28 and Liz Trindle was 105th in the RUN Hereford 10k in 57:28.

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OFF-ROAD

Adding to the road and track success for the club was Andy Yapp, who won the undulating off-road Battle of the Borders Half Marathon over the Long Mynd in Shropshire in 1:45:17.

At the Glencoe Marathon Gathering in Scotland, Chris Royal was 76th in 4:53:52 with Tim Hazlewood 82nd in 4:57:49.

And Lily Higgins was 35th in the World Mountain and Trail Running Uphill Trial race at Skiddaw, covering the tough 6.18k climb in 65:44.

TRACK ROUND-UP

In the final meeting UKYDL meeting of the season in Coventry, there were B competition wins for Tamsin White (U15W 100m), Mya Rose Jackson (U15W 200m), Harriet Hartshorn (U15W 300m) , Tom Lyevashev (U13M 800m), Chloe Allen (U15W 75m Hurdles) and Jessica Dale (U15W High Jump).

James Robinson cleared 4.00 metres to win the Midland Masters Vets League B Final in Nuneaton and also won the Shot with a throw of 10.14m.

And Jabez Berry won the Shot at the Brewer Memorial Games in Cheltenham, throwing 11.96m.

PARKRUN

Joe Donkin was first finisher at Severn Valley Country Park parkrun #43, recording the sixth fastest ever time around the challenging course in 18:22.

Simone Jones was first female finisher at Woodgate Valley Country Park parkrun #7 in 19:30 and Michelle Dale was first female at Dudley parkrun #153 in 22:05.

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And Ashleigh Kennedy was first overall finisher at Bromsgrove junior parkrun #291 (8:24) and Isla Westwood was first female at Stevens Park, Wollescote junior parkrun #91 (9:57).

OCTOBER HIGHLIGHTS

The ever popular cross country season resumes in October with the Midland Cross Country Relays on Saturday 23rd October in Wolverhampton.

If you want to take part, then please let your team captain know soon, as entries close on Wednesday 13th October.

The monthly meetings at the club will be resuming, with the first meeting set for Wednesday 6th October at 8.45 pm.

As usual, Facebook, Twitter and the HACCentral WhatsApp group will have all the latest news and updates from across the club.

Up Owen!

JAMIE SIRCOM

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