

Halesowen Athletics Club

Newsround

A podium packed month as hot as the heatwave!

Our young athletes found success on the streets of Halesowen and the tracks of Manchester and Bedford, but there were also road and parkrun victories from our more senior athletes too!

JOY for JABEZ, DOUBLE FOR DOWN!



Jabez Berry on the podium with his silver medal at the SAIB International in Belfast

Jabez Berry won a silver medal in the U17M hammer in the English Schools Championships at Manchester with a throw of 56.10 metres and added another silver to his medal haul with a PB of 58.31 metres at the SAIB Schools International in Belfast.

And following in Jabez' footsteps was Maddie Down who clinched a English Championship Ambulant double in Bedford.

Maddie won the 100m in 13.67 seconds before going on to add the Long Jump title the following day with a leap of 4.42 metres.

WORCESTERSHIRE MIDWEEK SERIES: DROITWICH 10k

The Droitwich 10k road race saw a large team of 17 Halesowen athletes travel to Churchfields Farm not only to sample the famous ice cream, but also to compete in the third race of the Worcestershire Midweek Series!

Over a slightly extended yet familiarly hilly course, Andy Yapp was second in 35:43 with Dave Turvey seventh in 37:24 and David Lewis 18th in 39:21.

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James Hoult was 28th in 40:44, Bill Nock 40th in 42:46, Adam Turvey 43rd in 42:52 and James Parker 46th in 43:21.

First Halesowen lady was Michelle Dale in 57th in 45:58, and she was closely followed by Alex Morgan in 59th in 46:17 and Simon Duck in 62nd in 46:48.

The final sub-50 athlete was Rob Weaver who was 75th in 49:49.

Rob saw off the challenge of Matt Allen (76th, 50:06) and Jamie Sircom (77th, 50:11) in a thrilling three-way Halesowen sprint finish.

Bringing the Halesowen team home were Tapiwa Huni (108th, 54:49), Milly Allen (116th, 56:17) and Paul Allen (117th, 56:27).

The final race of the midweek series takes place on Wednesday 17th August with the Clent off-road race starting at the new venue of the Hagley Park Visitor Centre.

The race will be followed by the end of series presentation back at the club.

MIDLAND LEAGUE

Halesowen and Tipton were the joint hosts for the Midland League meeting held at Tipton Sports Academy.

Our male winners were Joseph Rogers (400m, 50.2), Ollie Dodd (110mH, 16.7 and HJ, 1.90m), Paul Cave (400mH, 67.7), Edward Charles (LJ, 6.43m), Dean Robinson (PV, 3.80m) and Jacob Matthews (DT, 41.06m).

Those victories and other performances were good enough to win the men's match, finishing two points ahead of Newport.

Simone Jones (3000m, 11:04.3) and Mel Hepke (PV, 2.30m) scored maximum points for the women's team.

Overall, our team finished fourth in the match standings and are also fourth in the overall League table going into the final match of the season at Aberdare in Wales on Sunday 13th August.

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UKYDL

Our Lower Age Group team's final regular season match was at the Northwood Stadium in Stoke-on-Trent.

Winners were Alfie Baggley (U13B 75m, 9.8 secs and 1200m, 3:48.9, LJ, 4.48m), Edward Bates (U13B 800m, 2:35.9), Jessica Dale (U15G 800m, 2:27.1 and HJ, 1.45m), Maddie Down (U15G LJ, 4.91m) and the U13B 4x100m relay team (57.6 secs).

The team's efforts over the season clinched a place in the promotion match which was held on Saturday 30th July in Nottingham and news of that will follow in the August edition of the Newsround newsletter.

BLACK COUNTRY RUN



An all-Halesowen Fun Run Top Three! Alex Taylor, Ffion Collins and Louise Collins

Alex Taylor won the Black Country Run Fun Run for the second year running, completing the 4.38k course around Halesowen Town Centre in 15:58.

Ffion Collins was second and Louise Collins finished third.

In the main 10k race, James Thomas was first Halesowen runner back in 14th place in 37:09 finishing just ahead of Peter Dear in 16th in 39:02.

Jamie Sircom was 84th in 48:53, with Megan Harrold first Halesowen female runner back in 91st in 50:37.

Sarah Gill was 111th in 52:38, James Pugh 104th in 52:07, Keith Taylor 113th in 53:15 and Kathryn Williets 222nd in 1:17:34.

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MIDLANDS VETS LEAGUE

In the Midland Vets League meeting in Stratford, Paul Bradley won the M35 400m in 56.0 secs.

The final meeting of the season takes place in Worcester on Wednesday August 10th and if you are over 35 and want to take part, then get in touch with Alan or Jo Smallwood.

TIMBERHONGER 5k/10k

New member Lucy Hellingsworth finished first lady in the Timberhonger 5k race held at Sanders Park in Bromsgrove.

Lucy finished fifth overall in a time of 20:44.

Over the traditional 10k distance, Glenn Lacey was 29th in 39:43 and Simon Duck was 60th in 45:58

TRACK NEWS IN BRIEF

In the University of Birmingham Track Festival, Edward Fussi ran 11.16 in the 100m, Thomas Parker ran 25:07 in the 200m, Simone Jones ran a PB of 10:50.06 in the 3000m and Peter Dear was fourth in the 800m in 2:00.74.

Emily Amos was third in the U17 800m in 2:27.01 and Joe Rogers ran 4:08.87 in the BMC 1500m which was also held at the University track.

Edward Fussi set a new 100m PB of 11.02 at the Be Fit Today Outdoor Series meeting in Dagenham and went quicker still with a wind-assisted mark of 10.98 seconds.

There was another 3000m PB for Barry Gardner, who ran 11:00.1 at the Cheltenham Midsummer Open meeting.

And in the Midland 5k Race Walking Track Championships at Stratford-on-Avon, Julie Bellfield was third in 33:46.3 and Lynn Bellfield was fourth in 35:01.7.

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ROAD ROUND-UP



David Lewis with trophy (and wine!) for first M50 at the Worcester Pitchcroft 10k

David Lewis was 22nd in the Worcester Pitchcroft 10k in 37:38, recording the fastest Halesowen 10k time of the year and finishing first M50 in the Worcestershire County Championships.

Andy Yapp was ninth in the Birmingham and Black Country Half Marathon in 1:24:34

Megan Harrold was 218th in 1:51:37 and Nick Parker was 366th in 1:59:59, although due to an unexpected diversion from the canal, the course was reported to be at least an extra quarter of a mile long.

Alex Taylor bagged another 5k PB in finishing 38th in the Mallory Park 5k in 17:09,

And Jamie Sircom was 117th in the Colin Potter 10k in Derby in 48:51 and 176th in the Northbrook 10k in Coventry in 49:26.

PARKRUN

David Lewis at Wyre Forest event #282 and Joe Donkin at Severn Valley event #86 were this month's parkrun first finishers,

Abi Saker was first female at Edgbaston Reservoir event #46 and Michelle Dale first female at Dudley event #190.

Ashleigh Kennedy was first female at Bromsgrove junior event #332.

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AUGUST HIGHLIGHTS

August sees the conclusion of the Worcestershire Midweek Series and the Midland Senior and Midland Vets League.

And in next month's newsletter, we will have news from the Commonwealth Games and the UKYDL Lower Age Group promotion match in Nottingham.

But the big event of the month is the Halesowen Centenary Clubfest which takes place on Saturday August 27th.

Attractions on the day include an adult and junior bake-off competition, school sports day style games, a hog roast and an evening disco.

Tickets are available now for £5 from the clubhouse bar.

Keep across the HACCentral WhatsApp group plus Facebook and Twitter for the latest news and updates.

Up Owen!

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