

# *Halesowen Athletics Club*

# **Newsround**

With the end of the summer track season and start of the autumn road seasons, September was a busy month with the club track championships and the Midland Road Relays the main competitive attractions.

Paul Allen and Maddie Down added more medals to their considerable 2022 haul and there was another sub-3 hour marathon for Doctor Dave.

And there was a memorable evening celebrating our proud 100 year history of the club.

## **HALESOWEN TRACK CHAMPIONSHIPS**

The finale to the Halesowen 2022 track season took place on Saturday 17<sup>th</sup> September with our club track championship races.

The day started with over 40 young athletes enjoying our QuadKids event before attention switched in the late afternoon to the track races over 1500m, 3000m and 5000m.

The Under 13 1500 metres race was won by Edward Bates in 5:23.9 with James Duck second in 5:59.7.

Amelia Sherwood was third in 6:50.1 and took the Under 13 Girls prize.

Alex Taylor stormed to victory in the Under 15 3000m in 10:35.5.

Ffion Collins was second and first U15 girl in 11:11.2, just edging out Lucy Hellingsworth into third place in 11:20.9.

The 5000m B race was won by Phil Scarr in 20:27.9 and Mel Hepke, in finishing fifth in 21:30.3, retained the women's trophy she won last year.

In the main 5000m race, Max Parker lead from gun to tape, finishing over a minute clear of his nearest rival in 16:02.1 to also retain his trophy from 2021.

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Andy Butler was second in 17:10.1 with Richard White third in 17:20.3.

Lucas Wolf-Pudney was first U20 male in ninth place in 19:13.5.

In the evening, our Track and Field presentation evening was held.

Trophies were handed out in sprint, endurance, hurdles, throws and jumps categories across all the age groups.

Ian Priest was named as the Club Member of the Year and there was a special presentation to Tony and Jenny Field for all their hard work and support for the club over the years.

## ***MIDLAND ROAD RELAYS***

Our athletes were out in force at the Midland 6-stage and 4-stage Road Relays at Sutton Park.

Leading the way were our Under 15 girls team who finished in fifth place.

The Under 15 boys were 20th, Under 17 girls 25th and Under 13 girls 27th.

The men's senior team finished 56th and the B team were 90th.

Our senior women's team were 32<sup>nd</sup> and the women's masters team crossed the line in 15th place.

## ***HACC: ALL OUR YESTERDAYS***

In the evening following the road relays, the clubhouse was packed for a special "All our Yesterdays" event celebrating the 100 year history at the club.

Chair Steven Millington was MC for the evening and opened the night with a talk detailing the early years of Jack Price's life and how he went on to found the club, before Alan Smallwood explained how we established our base at Manor Abbey and told amusing tales about how primitive the early facilities were!

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Steven then re-unveiled the Sir Harry Vincent Memorial Cup, which had recently been found after being lost since the mid-1960s, before paying tribute to long term member Charlie Gains.



*Bill and Andy Nock in full flow at the "All our Yesterdays" event*

Maurice Endacott recalled his experience of the club in the 1980s before Judy Foster celebrated the women's section of the club.

The evening was rounded off with our headline act of Bill and Andy Nock who gave an hilarious top ten countdown of funny moments and stories from their time at the club.

Thanks go to Judy Foster, Steven Millington, Alan Smallwood, Maurice Endacott and Bill and Andy Nock for making the evening so special, and to Steve Horton for his emergency cheese run!

If you missed the event, then you can relive it through the special All Our Yesterdays playlist on the Halesowen Athletics Club channel on YouTube.

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**TRACK ROUND-UP**

Maddie Down rounded off her track season with another double gold medal haul at the UK Schools Games in Loughborough.

Maddie won the Long Jump (4.41m) and then 24 hours later took the 100m title (13.63 secs).

Paul Allen won M75 gold in Welsh Masters 5000m Championships in Aberdare in 25:48.41.



*Max Parker and James Hoult at the Dudley 5000m track challenge event at The Dell Stadium*

Fresh off his club 5000m win, Max Parker went sub-16 for the first time in the Dudley 5000m at The Dell Stadium with a time of 15:53.

James Hoult won his heat in 17:32.

Alfie Baggley ran a PB of 12.97 secs in the 100m at the Telford Games.

And large group of Halesowen athletes travelled to Nuneaton for their End of Season Open meeting.

Edward Fussi ran 11.14 secs and Erin Davies 14.77 secs in the 100m.

Erin Davies won her 200m heat in 30.21 as did Edward Fussi in 23.19.

Thomas Brookes (23.53) and Emily Amos (29.35) also took part in the 200m.

Thomas Brookes (52.87) narrowly beat Josh Turner (53.21) in the 400m while Emily Amos (1:04.72) also competed over one lap.

And in the middle distance events, Paul Bradley ran 2:08.45 in the 800m and Marc Turner ran 4:28.30 and Alex Taylor 4:38.32 in the 1500m.

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James Robinson won the Pole Vault with a jump of 4.00m and Dean Robinson was joint third with 3.30m.

And Jabez Berry won the U17M Shot with 12.17m and the Hammer with 54.35m.

## **ROAD ROUND-UP**

David Lewis finished second at the Rutland Marathon with a storming run, breaking three hours in 2:59:21.



*David Lewis flying to sub-3 hours at the Rutland Marathon PHOTO: Mick Hall Photos*

Challenging Eliud Kipchoge at the Berlin Marathon was Andy Yapp, who crossed the line in 2,400<sup>th</sup> place in a new PB of 3:01:57.

Joe Donkin was 366<sup>th</sup> in the Great North Run in a new PB of 1:21:56 and Nick Parker was 10,625<sup>th</sup> in 1:59:39.

David Lewis was 29<sup>th</sup> in the Worcester Half Marathon in 1:22:58, Joanne Congerton and Adrian Low were 71<sup>st</sup> and 72<sup>nd</sup> respectively in the Snowdonia Autumn Crossing Half Marathon in 4:39:53 and Kathryn Williets was 294<sup>th</sup> in the Tissington Trail Half Marathon in 2:54:52

In 10k races this month, Richard White was 16<sup>th</sup> in the Worcester 10k in 36:00, Glenn Lacey was 108<sup>th</sup> in the Wilne 10k in 39:33 and

Jamie Sircom was 53<sup>rd</sup> in the Moor Park 10k in Hertfordshire in 47:35.

Jamie also finished 206<sup>th</sup> in the Overton 5 mile in Hampshire in 37:30.

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## ***PARKRUN***

Halesowen provided three female first finishers at Woodgate Valley Country Park parkrun, through Jessica Dale (event #55), Simone Jones (event #57) and Lily Higgins (event #58).

Lily was also first female at Rothay Park event #62.

Paul Bradley was first finisher at Worcester Pitchcroft event #183 and Ashleigh Kennedy first female at Bromsgrove Junior parkrun #339.

## ***OCTOBER HIGHLIGHTS***

Cross country makes a welcome return in October with the opening fixtures in the West Midlands Young Athletes league at Walsall Arboretum on Sunday 16<sup>th</sup> October and the Midland Cross Country Relays at Aldersley Stadium in Wolverhampton on Saturday 22<sup>nd</sup> October.

And there's an exciting new social event on Friday 28<sup>th</sup> October as we hold the Halesowen Haunted Halloween Trail, which features a kids spooky Halloween trail and games, a fancy dress competition, pumpkin carving and a disco!

Tickets are available at the club costing £5, with Under 5's free.

The HACCentral WhatsApp group has all the latest updates on club activities and events, and keep an eye too on the social media channels across Facebook, Twitter and Instagram as well as the club website.

Up Owen!

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