

Halesowen Athletics Club

Newsround

Cross country competition dominated November across the age groups and despite a difficult Birmingham League opener, there was Midland 7 men's success to celebrate!

There's also news from the AGM and around the club, a poetic look back at our Halloween evening and a list of all the important social events in the run-up to Christmas.

MIDLAND 7/5 XC



There was double bronze at the Midland 7 cross country championship at Bulwell Hall in Nottingham.

Max Parker took individual bronze, finishing over a minute clear of the fourth-placed athlete.

Max was joined by James Thomas, David Lewis, Phil Scarr, Alex Morgan and Andrew Carruthers in securing the team bronze prize.

Andy Yapp, Peter Dear, Andy and Bill Nock and Adrian Low also took part in the race.

In the Midland 5 women's race, Sarah Gill's storming fifth place finish earned her the November Athlete of the Month award.

And Joanne Congerton also performed well in her cross country debut for the club.

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A HAUNTED HALESOWEN HALLOWEEN POEM!



*On a dark October evening
Near the Abbey of King John
Where once were runners and cyclists
That night they were gone
The velodrome and track were empty
Not a soul to be found
But coming from the distance
Was an eerie and spine-chilling sound!
There were ghosts, zombies and monsters
All on a haunted trail!*

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*Snakes and creepy crawlies
And the odd flagon of ale!
Games and scary dances
For the young and the old
But soon it was over
No haunted tales left to be told
But fear not, if you missed it
The spookiness is still there
On All Hallows' Eve 2023
Come and join us ... if you dare!!*

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BIRMINGHAM LEAGUE CROSS COUNTRY



It was a tough return to Division One of the Birmingham League for our men's team. Held at Betley Court Farm near Stoke, both our A and B teams finished in fourteenth place.

Andy Butler was quickest in 93rd place, followed by James Thomas in 105th and Andy Yapp in 108th.

David Lewis was 151st, Peter Dear 170th with Mark Hadley our final scoring athlete in 207th.

There was better news in the unofficial masters standings, with Halesowen finishing seventh out of the ten teams.

With our team unfortunately emulating Wolves' Premier League position, we need every runner available to count for the next meeting at Aldersley Stadium on Saturday December 3rd.

Like our fellow old gold-clad footballers just down the road, the battle for top flight survival starts now!!!!

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MIDLAND LEAGUE CROSS COUNTRY



Our women were also at Betley Court Farm in their opening Midland League Division One fixture.

Narrowly avoiding the relegation zone, Halesowen finished fourteenth out of eighteen teams.

Abi Saker was our fastest runner, finishing in 36th place, followed by Sarah Gill who was 74th.

Captain Mel Hepke was 79th, Sally Spencer 93rd, Kirsty Price 104th and Bettina Wolf 126th.

The next Midland League fixture is on Saturday December 3rd in Stratford, so please get in touch with Mel Hepke if you want to take part.

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CROSS COUNTRY RELAYS

Boosted by the news that the team had clinched masters bronze in the Midland XC Relays the week previously, our M45 team headed to Long Eaton for the British Masters Relays competition.

Our team of five finished in tenth place, with Andy Yapp running the second fastest time on leg four.

A week later, the English National Cross Country Relays were held at Berry Hill Park in Mansfield.

The senior men's team finishing comfortably in the top half of the field in 83rd place, with James Thomas fastest in 18:41.

The men's B team were 149th.

The senior women's team finished 74th with lead leg runner Amelia Hartshorn the quickest in 12:42.

WMYACCL and DAVE SUTHERLAND SCHOOLS XC

29 Halesowen young athletes travelled to Newbold Revel, near Rugby for the second West Midlands Young Athletes Cross Country League meeting of the season.

Olive Thomas was the winner of the Under 13 Girls race, and three Halesowen athletes finished in the top ten of the Under 15 Girls race, with Ffion Collins third, Jessica Dale fifth and Lucy Hellingsworth sixth.

After two of the five matches, Halesowen are ninth in the overall team league standings.

Olive Thomas stands top of Under 13 Girls standings, and in the U15 Girls table, Ffion Collins is in third place and Jessica Dale is fourth.

A number of our athletes represented the Hereford & Worcester and West Midlands teams in the Dave Sutherland Inter Counties School Cross Country meeting at Himley Hall in Dudley.

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In the Junior Girls race, Ffion Collins was eighth, Oliver Thomas ninth and Lucy Hellingsworth 15 with Jessica Dale 17th in the Intermediate Girls race.

Alex Taylor was 21st and Oliver Smith 61st in the Intermediate Boys race and Harry Daniels was 52nd in the Junior Boys race.

NEWS IN BRIEF

Paul Allen's well worn Welsh vest got another outing at the Masters International meeting in Dublin.

Paul was second fastest Welshman in the M75 race and finished in 15th place overall.

It was Dubai, not Dublin where Oliver Nugent-Smith spent his half-term break



Oliver Nugent-Smith at the Mai Dubai City 10k

And unlike many teenagers, Oliver was up bright and early for a 6 am start in the Mai Dubai City Half Marathon 10k race.

In 30 degree plus heat, Oliver ran 43:55 to finish in 17th place out of a total of 529 runners.

Glenn Lacey was 175th in 1:06:54 in the Derby 10 mile race which also doubled as the Midland Championships.

Nick Price was 291st in 1:12:54 and Kirsty Price 292nd in 1:12:55.

David Lewis was first M50 and seventh overall in the hilly Nash & Boraston Dash 10k in 40:23.

And Jamie Sircom was 128th in 52:03 at the Cheddleton 10k and 24 hours later

was 72nd in the British Masters 10 mile Championships in Gravesend in 1:21:16.

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PARKRUN

Alex Taylor was first finisher at Dudley parkrun #205 and Sara Henderson was first female at Woodgate Valley Country Park parkrun #63

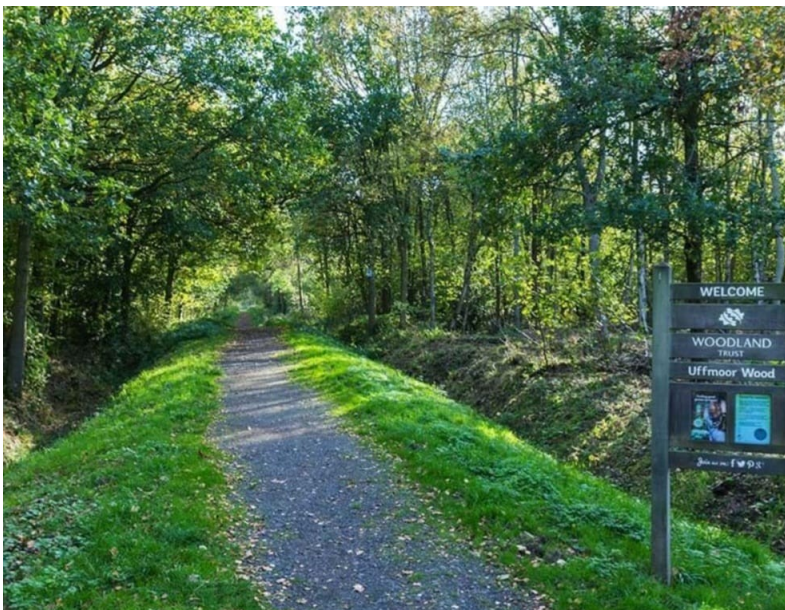
And Ashleigh Kennedy was first female at Bromsgrove junior parkrun events #347 and #349.

CLUB UPDATE

At the AGM, Matt Allen was elected chairman of the athletics section taking over from Steven Millington.

Bettina Wolf joins Matt as deputy chair, and James Houlton and James Pugh have also joined the club committee.

The track lights have been fully upgraded with brighter lights and they look fantastic!



Uffmoor Wood: A part of the world that is forever 'Owen ...

We would like to thank the Cycling section for their work on this and look forward to both sections getting full benefit from the improved lighting for many years to come.

There's been a generous donation of 25 trees to the Woodland Trust in grove two of Uffmoor Wood by Maurice Endacott and Chris Pearce.

These have been dedicated to the memory of the countless HA&CC athletes who have enjoyed many years of running through the woodland.

At the November monthly meeting, Max Parker was the successful athlete drawn out for the club 2023 London Marathon place.

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Good luck with the training Max, and we can't wait to see how you get on on the streets of London on Sunday 23rd April!

And a reminder that our coffee hut is open every Saturday morning from 9.45 am to 11.30 am for refreshments with the odd tasty snack thrown in too!

If you're at Saturday Club with the kids, or just passing the club, then please visit the hut for cracking coffee, cake and conversation!

And there may also be the odd mince pie and festive treat on offer over the coming weeks!

DECEMBER HIGHLIGHTS

The December programme is packed with festive events.

It all starts with the Children's Christmas Party at 1.00 pm on Sunday 4th December, and then on Wednesday 7th December, there's the annual Christmas Quiz, hosted by Steve Horton.

The Christmas drinks are on Friday 16th December at the King Edward VII pub in Halesowen, and the club Christmas run will take place in Kinver on Sunday 18th December.

Finally, the highlight of the Christmas period is the final event of our Centenary Year, the Boxing Day Handicap Run on Monday 26th December.

The club is open for registration from 10.00 am, with the run due off from 11.00 am.

Barrie Griffiths will also be hosting a one mile walk around the track from 10.30 am.

Further events are planned after Christmas, so do keep across the HACCentral WhatsApp group, Facebook, Instagram and the club website for all the latest updates.

Wishing everyone at the club an enjoyable festive season ahead and a Happy New Year as the club enters its second century.

Up Owen!

JAMIE SIRCOM

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