

Halesowen Athletics Club

Newsround

The cross country season came to a conclusion in February with crucial League matches plus the English National Championships in Cheshire.

Our indoor athletes brought back a brace of championship medals, there was another memorable weekend at Ty Careg and the club also showed its charitable side by donating a generous amount of items to the Black Country Food Bank.

BIRMINGHAM LEAGUE MEN'S CROSS COUNTRY



The Halesowen men's cross country team before the final race of the season in Northampton.

The final round of the 2022-23 Birmingham Cross Country League season took place at Abington Park in Northampton, with Halesowen facing a tough fight to remain in Division One.

14 'Owen vests lined up on the start line and some 34 minutes later, Max Parker was first back for the club in 41st place.

Halesowen Athletics Club

Newsround

James Thomas was 70th, Richard White 81st, James Hoult 96th, Peter Dear 103rd and Adam Turvey 131st.

Our B team performed well and finished third on the day.

The final League table saw Halesowen finish fourteenth with 2,618 points, some 352 points behind Wolves and Bilston and that sadly meant that we were relegated to Division Two.

Captain Peter Dear said: "A huge thank you to all the athletes, officials, supporters and everyone who put their best efforts in to get us as high up the order as possible.

"There have been some really strong performances, it's not all doom and gloom, and we stand in a strong position to be front running in Division Two next season."

MIDLAND LEAGUE WOMEN'S CROSS COUNTRY

The women's team headed to Burton Dassett in Warwickshire for their crucial match to secure top flight Midland League survival.



Bettina, Mel and Sarah at the Midland Women's League at Burton Dassett

Sarah Gill led the way for the club in 69th, with Mel Hepke 75th and Bettina Wolf 140th.

Unfortunately, with Halesowen being one runner short of a full scoring quota of four athletes, relegation to Division Two was unavoidable.

Captain Mel Hepke said:

"We tackled the season

with skeleton staff achieving decent results and as we ended up without a full team at Burton Dassett, the last three women standing used the race as a training run ... Well done ladies!

Halesowen Athletics Club

Newsround

"A massive thank you to everyone who made the effort to run a league race this season!"

WMYACCL

The West Midlands Young Athletes Cross Country League held its final race of the season at Aldersley Stadium in Wolverhampton.



Olive Thomas with her Under 13 Girls trophies from the West Midlands Young Athletes Cross Country League

Ffion Collins finished second, Jessica Dale fifth, Lucy Hellingsworth ninth and Annabel Stark seventeenth in the Under 15 Girls race, which secured first place in the team competition.

Olive Thomas was fifth in the Under 13 Girls race and Alex Taylor was eighteenth in the Under 15 Boys event.

In the overall end of season team standings, Halesowen finished ninth out of 22 teams.

Olive Thomas dominated the Under 13 series, winning three races and scoring 797 out of a maximum 800 points.

The Under 15 Girls were our strongest team clinching third place, with Ffion Collins in third, Jessica Dale fourth and

Lucy Hellingsworth sixth in the individual standings,

Thanks to all the young athletes, Ian Priest and all the coaches and parents who supported our teams so well in the WMYACCL this season.

We look forward to celebrating another fantastic cross country season at the Presentation Evening in the clubhouse on Saturday 1st April.

Halesowen Athletics Club
Newsround

ENGLISH NATIONAL CROSS COUNTRY

A flat and fast course at Bolesworth Castle in Cheshire welcomed thousands of athletes from across the country for the English National Championships.

Despite battling with queues of up to an hour to get into the car park, 14 Halesowen athletes safely made it to the start line in time.

First to race were our trio of junior athletes.

Alex Taylor was 149th in the Under 15 Boys, Lucas Wolf-Pudney 164th in the Junior Men and Kian Hazlewood 284th in the Under 13 Boys race.



In the senior men's race held over 12k, James Thomas (pictured left) had an impressive English National debut, finishing in 432nd place, a full minute clear of James Hoult in 513th.

Peter Dear was 553rd, David Lewis 639th and Roger Mallard 815th.

Ensuring their position within the top thousand runners were James Parker in 959th and Phil Scarr in 979th.

Alex Morgan was 1,164th and the Nock brothers brought the club home, with Bill 1,331st and Andy 1,350th.

Halesowen finished 55th out of total of 99 complete men's teams.

Sarah Gill was our only representative in the women's race over 8.5k, finishing in 433rd.

Halesowen Athletics Club

Newsround

SOPHIE SOARS TO NUMBER ONE!



Sophie Cook clearing 4.41m for a season's best at the World Indoor Tour Final in Birmingham PHOTO: BBC

Sophie Cook won silver in the pole vault in the British Indoor Championships at the Utilita Arena in Birmingham.

Cook cleared 4.25m and narrowly missed out on gold in a jump-off at 4.35m.

A week later at the World Indoor Tour Final in front of a sell-out crowd in Birmingham, Sophie placed eighth in a world-class field with a vault of 4.41m to record a season's best.

The leap also took her to number one in the 2023 British indoor rankings.

She also finished equal fifth in the World Indoor Tour meeting in Tampere, Finland (4.07m) and won the Vault Manchester competition at the Sportcity Regional Arena (4.35m).

Halesowen Athletics Club

Newsround

SHEFFIELD SILVER!

Sheffield was the venue for Championships covering both the young and older age spectrum of Halesowen's indoor athletes!

In the English National U17/U20 Indoor Championships, Thomas Brookes (7.11), Edward Charles (7.36) Ethan Hall (7.46) all ran 60m PBs.

Edward also recorded a season's best of 6.44m in the Long Jump and Poppy Oliarnyk finished fourth in the U17 Triple Jump with a leap of 11.04m.

In the British Masters Indoor Championships, Marc Turner won double M50 silver in the 800m (2:09.43) and 1500m (4:31:13).

Paul Bradley won his M35 800m heat in 2:07.07 and finished fifth overall, before claiming 1500m bronze 24 hours later in 4:37.46.

Paul also ran a two second PB in the 800m of 2:05.55 in the Run Jump & Throw Masters Grand Prix at Sheffield, and Marc took two seconds off his previous season's best in running 2:10.20.

In other indoor competitions this month, Ethan Hall ran 7.54 in winning his 60m heat at the Loughborough Indoor Open, while Edward Charles competed in both the 60m (7.43) and Long Jump (6.09m).

Ethan won his 60m heat in 7.46 and Thomas Brookes ran 7.22 in the 60m and won his 200m heat in 22.71 at the Birchfield Harriers Open Meeting at the Utilita Arena.

ROAD and TRAIL

David Lewis was first M50 in the Stourbridge Stagger, finishing fifteenth overall in 1:11:06.

James Parker was 37th in 1:17:42, Richard Harris was 69th in 1:23:11 and Joanne Congerton was 221st in 1:43:41.

Jack McConnell took two and a half minutes off his PB in finishing second in the Winter Warmer 10k race at Sutton Park in 38:37.

Halesowen Athletics Club
Newsround

In the Hereford Winter 10k, Sam Love was 26th in 54:48, Mark Higgins was 30th in 59:22 and Emma Higgins 32nd in 1:01:19.

Jamie Sircom finished 649th in the Warwick Half Marathon running a time of 1:47:08 and was 213th in the Birmingham Running Festival Half Marathon in Sutton Park in 1:54.44.

TY CAREG



It was back to the Black Mountains as a large group from Halesowen descended on our home from home at Ty Careg for the winter training weekend.

After the traditional Friday night drinks, games and competition on the oche, pool table and in the sports hall, there was a group visit to Groe parkrun which saw the old gold of Halesowen mix with the yellow vests of Builth and District Running Club.

Halesowen Athletics Club

Newsround

Saturday night saw more entertainment, featuring some karaoke performances of dubious quality, before the friendly welcome offered by BaD runners at parkrun saw the 'Owen crew return on Sunday morning for an enjoyable guided run around Built Wells by our Welsh hosts.

Thanks again goes to Matt Allen and everyone who helped organise another fun weekend away and do keep an eye out across all the usual channels for news of more social events and weekends coming up in the months ahead.

SPORTSHALL

Multi-medallist of the month was Jayden Hanson who won three silvers out of his four events at the Hereford & Worcester County Sportshall Championship.

In the Birmingham Sportshall League at North Solihull, there were wins for the U11 Boys team in the 2x1 lap relay and for Alfie Baggley in the U13 Boys 2 lap race and the Vertical Jump.

PARKRUN



James, Alex and Nick battling for top spot at Groe parkrun

The Ty Careg training weekend saw 12 Halesowen athletes (plus a few recognisable unknown runners!) visit Built Wells to take on the flat and fast Groe parkrun course.

Alex Taylor bagged the first finisher spot in 17:15 just ahead of James Hault in 17:21.

Jess Dale finished second lady in 19:41 and both Alex and Jess claimed new age category records for the Groe course.

Michelle Dale was first female at Woodgate Valley Country Park parkrun #77.

Ashleigh Kennedy was first female at Bromsgrove junior parkrun events #358 and #359.

Halesowen Athletics Club
Newsround

SUNDAY RUN FUN!



February saw the introduction of our monthly Sunday Club Run, which going forward will be held on the last Sunday of every month.

In perfect cool, but sunny conditions, athletes of all ages and abilities joined Sam Morton who led an off-road run around Hunnington and Romsley, with Paul Allen taking charge of a shorter run through Leasowes Park and Coombes Wood.

Once everyone was back at the club, Dave Turvey ably assisted by Jasper and Alice, served up fresh coffee and cakes donated by Cakes Your Way from the Track Snax coffee hut and many stayed on for Sunday drinks in the clubhouse.

If you want to join in next month's run, the date for your diary for Sunday 26th March and once again, everyone is more than welcome to take part.

Halesowen Athletics Club
Newsround

FOOD BANK RUN



As part of a nationwide Food Bank Run initiative organised by Fareham Running Club, Halesowen Athletics Club spent the two weeks following Valentines Day collecting items to help those in need during these difficult times.

A collection bin was placed in the clubhouse, with donations going to help the Black Country Foodbank at Lifecentral Church in Halesowen Town Centre.

Within a matter of days, the bin was overflowing with items and by the end of the fortnight, as you can see in the photo above, the committee room table was straining under the weight of the dozens of items donated by club members.

There was also a £60 donation from proceeds from a weekend of sales at the Trax Snacks coffee hut.

Halesowen Athletics Club

Newsround

Adrian Dale, who organised the collection, thanked everyone for their support.

“It was a fantastic team effort off the back of two weeks of donating for the Black Country food bank in Halesowen.

“We have helped to make a big difference to people who are struggling in these difficult times and we should all be very proud.”

MARCH HIGHLIGHTS

The final throws of the cross country season see the Inter Counties Championships at Loughborough, and our Couch to 5k runners will also be reaching the end of their course which has been such an enjoyable addition to Saturday mornings and Wednesday evenings at the club.

Our Facebook and HACCentral WhatsApp group remain the main source of club info but do also be sure to check out the Instagram page and Twitter for updates too.

Up Owen!

JAMIE SIRCOM

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