

Halesowen Athletics Club

Newsround

The new year started as the old year ended with continuing efforts to stay in the top flight of the cross country leagues.

Our sprinters, middle distance and field athletes wisely avoided the icy conditions by competing in indoor competitions in the UK, US and Europe, and there were parkrun triumphs at Woodgate Valley and Walsall.

But first, some good news for one of our brightest young athletes

MADDIE DOWN – A BRIGHT STAR FOR THE FUTURE



2023 got off to the best possible start for Maddie Down, who was awarded a place on the British Athletics Paralympic Futures Programme for the forthcoming season.

Maddie said: "Through this programme I will get extra support and experiences to help me reach my athletic goals.

"I'm really thankful for the opportunity and can't wait to work with the coaches and staff in the coming season."

Everyone at Halesowen Athletics Club wishes Maddie well for the season ahead and we look forward to following her progress in future editions of the Newsround newsletter.

BIRMINGHAM LEAGUE MEN'S CROSS COUNTRY

Round three of the men's Birmingham League was held at Warley Woods.

With the race acting as a trial for the British University Championships, students from Birmingham, Warwick and Loughborough Universities took all but three of the first 20 places.

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Max Parker was first Halesowen athlete in 64th and completing the scoring six were James Thomas in 89th, Andy Yapp in 120th, Richard White in 122nd, James Hault in 129th and Andy Butler in 138th.

A thirteenth place finish for the team on the day saw Halesowen climb to fourteenth in the table, occupying the final relegation spot.

'Owen are 245 points adrift of Gloucester AC so a big effort is needed in the final race of the season to hold on to our top flight position.

Every runner counts so let Peter Dear know if you are available for the final battle at Abington Park in Northampton on Saturday 11th February.

MIDLAND LEAGUE WOMEN'S CROSS COUNTRY

The women's team were also down at Warley Woods in the Midland League.

Our scoring four were Abi Saker in 29th, Sami Chadney in 81st, Sarah Gill in 85th and Mel Hepke in 95th.

Ryley Malone-Priest finished 117th.

The team finished fifteenth on the day but remain bottom of the overall table in eighteenth place.

However, with just 35 points covering the bottom five places, there is still much to play for in the final race of the season, and that extra runner could make all the difference to our Division One survival!

The final race is at Burton Dassett on Saturday 11th February so get in touch with Mel Hepke if you want to run in this crucial race.

MIDLAND CROSS COUNTRY CHAMPIONSHIPS

Newbold Comyn in Leamington was once again the venue for the Midlands Cross Country Championships.

Alex Taylor was the highest Halesowen finisher in thirteenth place in the Under 15 Boys race, and also finishing inside the top 20 were Ffion Collins (U15G 15th), Lucy Hellingsworth (U15G, 17th) and Amelia Hartshorn (U20W, 19th).

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The top Halesowen athletes in the other races were Harry Daniels (U13B, 21st), Olive Thomas (U13G, 26th), Mel Hepke (74th, Senior Women) and James Thomas (79th, Senior Men).

In the team competitions, both the senior men and the senior women finished in twelfth place.

WMYACCL

Round four of the West Midlands Young Athletes Cross Country League took place at the Pingles Stadium in Nuneaton.

Olive Thomas was our top scoring athlete finishing fourth in the Under 13 Girls race.

Olive has already claimed the series title, with maximum points from the first three races.

Our Under 15 Girls put in another strong performance, with Ffion Collins third, Lucy Hellingsworth ninth and Jessica Dale thirteenth which was good enough for the team to claim third place on the day.

Edward Bates was thirteenth in the Under 13 Boys race, Alex Taylor fifteenth in the Under 15 Boys race and George Allen was nineteenth in the Under 17 Men's race.

In the overall series table, Halesowen are ninth out of a total of 22 teams.

The final race of the season is at Sunday 12th February at the Aldersley Stadium.

BIRMINGHAM SPORTSHALL

After a break of nearly three years, the Birmingham Sportshall League was back at North Solihull Sports Centre.

Alfie Baggley won the Under 13 Boys two lap race and the Vertical Jump competition

Emma Massingham won the Under 13 Girls two lap race and the Under 13 Girls won the eight lap Paarlauf.

The Under 15 Girls were our best placed team, lying in second place in the team standings.

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NEWS IN BRIEF

The festive celebrations were rounded off with a New Year's Day walk around Belbroughton and on the Bank Holiday Monday, a time capsule containing items and mementoes from the first 100 years of the club was buried in the club grounds.

It was a case of new year, new PB for David Lewis, as he took over a minute off his previous best in finishing 209th in 1:21:25 at the Brass Monkey Half Marathon in York.

Jamie Sircom travelled to Stafford for Vernon's Limp Wrist 5 mile race, where watches and phones were banned and prizes were awarded to those finishing closest to their predicted time.

After surviving a heavy downpour and hailstones, Jamie ran 42:12 to finish within 30 seconds of his prediction, and earned £6 for finishing in ninth place.

Buoyed by his first ever career winnings, a week later Jamie finished 21st in the Centurion Grand Prix 5 mile in 37:45.

Matt Allen was 37th in the Fladbury Five multi-terrain race in 45:07.

INDOOR ROUND-UP



"Unattached" Joe Rogers rockin' the old gold in the 800 metres at the BU John Terrier Classic in Boston! PHOTO: FloTrack

Joe Rogers ran the perfectly paced 800 metres at the BU John Terrier Classic in Boston, MA.

Joe took the lead at the bell and powered through to win in 1:52:32.

And although the announcer and captions stated the race winner

was unattached, there was no doubt as you can see in the picture above that Joe was 100% 'Owen!

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Sophie Cook opened her indoor season by winning the pole vault with a jump of 4.30m at the World Indoor Tour Challenger meeting at Roubaix in France.

Maddie Down started the year with two indoor PBs, recording 28.62 for the 200m in Manchester, and 8.39 for the 60m in Loughborough.

Sara Henderson ran an 800m indoor PB of 2:41.16 at the London Indoor Open at Lee Valley.

And Paul Bradley ran 2:09.25 and Marc Turner ran 2:12.87 in the 800m at the Cardiff Met Grand Prix.

It was a busy month too for our sprinters in various 60 metres races across the country.

Ed Fussi led the way with a time of 7.11 secs at the Be Fit Today Track Academy Indoor meeting at Lee Valley and Thomas Brookes ran a PB of 7.28 secs in the Manchester Indoor Open.

At the Loughborough Indoor Open, Ed Charles ran 7.41 secs and Ethan Hall ran a new PB of 7.52 secs.

Samuel Thompson ran a time of 7.87 secs at Loughborough before going on to set a new PB of 7.63 secs at the Manchester Indoor Open.

In other indoor events, Thomas Brookes ran 23.10 in the 200m, Samuel Thompson jumped 4.68m in the Long Jump in Manchester, and Jacob Matthews threw a PB of 15.01m in the shot at the Cardiff Met Grand Prix.

PARKRUN

Opening the 2023 Halesowen account at Woodgate Valley Country Park parkrun, were James Thomas who was first finisher at event #71.

James was also first over the line at event #73 taking 57 seconds off his parkrun PB to finish in 17:18.

Michelle Dale took first female honours at events #71 and #74 and it was also good to see James Ludlow back running around the familiar Woodgate Valley course.

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Marc Turner and Paul Bradley locked in parkrun battle at Walsall Arboretum

And there was a Halesowen 1-2 at Walsall Arboretum parkrun event #497 with Paul Bradley first finisher in 16:37, finishing just ahead of Marc Turner in second in 16:42.

FEBRUARY HIGHLIGHTS

The cross country season finishes with the crucial men's and women's League fixtures at Abington Park in Northampton, with the English National Cross Country Championships following on Saturday 25th February at Bolesworth Castle in Cheshire.

Other highlights are the winter training weekend at Ty Careg and the Stourbridge Stagger mud fest!

Keep across all the latest updates via the main HACCentral WhatsApp group and the various social media channels – Facebook, Instagram and Twitter!

Up Owen!

JAMIE SIRCOM

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