

# *Halesowen Athletics Club*

# **Newsround**

As spring slowly started to kick in, there was still a winter hangover with Halesowen athletes competing in the final cross country meetings of the season, with our junior runners kept extra busy with Sportshall finals and mini marathon trials!

There were road victories in Tamworth and Weston-super-Mare and our Couch to 5k runners graduated in style at Woodgate Valley and Edgbaston Reservoir parkruns.

And we'd also like to place on record our thanks and best wishes to club landlord Roy Shirvington who after many years of loyal service (and thousands of pints pulled!), retired from his duties behind the bar at the club at the end of the month.

## ***INTER COUNTIES XC***

Prestwold Hall in Loughborough was the venue for the final major cross country race of the season, the Inter Counties Championship, as fourteen Halesowen athletes donned the Worcestershire vest.

In the senior men's race, James Thomas was 248<sup>th</sup> and Andy Butler 284<sup>th</sup>, with Abi Saker 151<sup>st</sup> and Kirsty Price 253 in the senior women's race.

Our best placed athletes, both finishing inside the top 100, were Ffion Collins who was 64<sup>th</sup> and Olive Thomas who was 67<sup>th</sup> in the Under 13 Girls race.

In the remaining junior races, Harry Daniels was 208<sup>th</sup> and James Duck 289<sup>th</sup> in the Under 13 Boys, Nancy Thomas was 297<sup>th</sup> in the Under 13 Girls, Alex Taylor was 145<sup>th</sup> in the Under 15 Boys and Jess Dale was 121<sup>st</sup> and Lucy Hellingsworth 136<sup>th</sup> in the Under 15 Girls race.

George Allen was 217<sup>th</sup> in the Under 17 Men and Ryley Malone-Priest was 121<sup>st</sup> in the Under 20 Women's event.

## ***ENGLISH SCHOOLS XC***

There was one final outing for our junior cross country athletes, as the English Schools Cross Country were held at Wollaton Park in Nottingham.

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George Allen was 292<sup>nd</sup> in the senior boys race with Alex Taylor was 192<sup>nd</sup> in the Intermediate Boys race.

In the Intermediate Girls race, Jess Dale was 162<sup>nd</sup> and Annabelle Stark 249<sup>th</sup>.

But it was in the Junior Girls race where we had our highest finishing athletes, with Ffion Collins 61<sup>st</sup> and Lucy Hellingsworth 127<sup>th</sup>.

## ***COUCH to 5K CHAMPIONS!***

If you've been down at the club on Saturday mornings and Wednesday evenings over the past few months, you won't have failed to have noticed Adrian Dale leading a group of runners embarking of the club's first ever Couch to 5k course.

The nine week programme came to end in early March, and our hardy band of Couch to 5k'ers celebrated their course graduation not by wearing a cap and gown, but instead taking part in a local parkrun!

Woodgate Valley is not known for being the flattest or easiest course on planet parkrun, yet our runners performed astoundingly well.

Less than 40 minutes later, all our runners crossed the muddy finish line with a little help from a team of Halesowen pacers.

Jon Tedstone was first home, and thanks to some expert pacing from Michelle Dale, crossed the line in a super respectable time of 26:40.

Jon was closely followed by Tim Crees in 28:36 and Jenny Taylor was first C25k lady back in 32:53, smashing her previous best time by almost three minutes.

Next were Sarah McCay in 36:42, Liz Tedstone in 37:01 and Anne-Marie Crees in 37:41, taking a huge three minute plus chunk off her PB.

Fay Hughes was our final runner in 38:35 and top walker Jo Gill brought the HACCC25k crew home in 39:47.

Efforts are already well advanced to recruit Jo for racewalking points for the Midlands Vets League!

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*The Couch to 5k runners and Halesowen pacing team post Woodgate Valley parkrun*

A week later, the team headed down to the flat lowlands of Edgbaston Reservoir.

Tim Crees improved on his Woodgate time to finish in 27:22 and he was followed back by Matt Pugh in 29:10.

Kathryn Williets led our trio of ladies in 34:44. with Jenny Taylor in 35:43 and Jo Gill in 39:51 once again ensuring all were back inside 40 minutes.

A huge congratulations to all our Couch to 5k runners, with special thanks to Adrian and his team of helpers from the club who made the past three months so enjoyable.

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## ***MINI MARATHON TRIALS***

The trials for the London Mini Marathon were held at Stourport Sports Club, and three of our young athletes secured berths on the West Midlands team for the main event on the streets of the capital on Saturday 22<sup>nd</sup> April.

Ffion Collins was first Under 15 Girl, Olive Thomas sixth Under 13 Girl and Kian Hazelwood will also be competing in London alongside his school.

## ***INDOOR***

Ed Fussi ran 7.11 secs at the Sutcliffe Indoor 60s in London before going on to improve his season's best to 7.09 secs at the Manchester Indoor Open.

Madeline Down spend two weeks warm weather training in the UAE and began her track season by competing in international meets in Sharjah and Dubai.

Maddie won gold in the Long Jump (4.54m) and 100m (13:53 secs) at Sharjah, and ran 13.72 secs in the 100m in Dubai.

## ***ROAD and TRAIL***

Marc Turner won the Birmingham Insurance Institute 5k in Tamworth, finishing nearly two minutes clear of his nearest rival in 17:25.

Richard White finished second in the Milton Keynes Running Festival Half Marathon in 1:17:33.

Paul Bradley won the Weston Prom Run 5 mile race in 27:37 with Marc Turner third in 27:53.

There were strong performances from David Lewis, who was 30<sup>th</sup> in the Ashby 20 mile in 2:07:24 and from Sally Spencer, who was 775<sup>th</sup> in the Liverpool Skyline Half Marathon in 1:41:58.

Jamie Sircom was 358<sup>th</sup> in the City of Newport Half Marathon in 1:40:53 and 279<sup>th</sup> in the Derby 10k in 44:45.

And Adrian Low and Joanne Congerton completed the Waterways 30 ultra race in a little over six and a half hours.

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## ***SPORTSHALL***

The short but spectacular Birmingham Sportshall season was rounded off with the third and final meeting at North Solihull Sports Centre.

Jayden Hanson won the Under 11 Boys one lap race, Alfie Baggley triumphed in the Under 13 Boys Vertical Jump and Jessica Dale won the Under 15 Girls four lap race.

Both the Under 15 Girls and Boys teams won the Paarlauf event.

In the end of season Under 15 Girls all-rounder competition, Jessica finished third with our team topping the unofficial rankings table.

Places in the National Final were up for grabs in the West Midlands Regional Sportshall Final.

Halesowen athletes contributed towards Team Birmingham victories in the Under 13 Girls and Under 15 Girls competitions and Alfie Baggley won the Under 13 Boys Vertical Jump.

## ***PARKRUN***

David Lewis was first finisher at Mildenhall Hub parkrun event #36

Michelle Dale was first female at Woodgate Valley parkrun event #79 and Sarah Gill first female at event #80.

## ***APRIL HIGHLIGHTS***

Our traditional season opener, the club time trials and QuadKids competition is the April highlight. Entries are now open for the event on Saturday 22<sup>nd</sup> April.

As usual, the latest club updates can be found on the main HACCentral WhatsApp group and club Facebook page, and if you're an InstaFan, then be sure to check out @halesowenathleticclub on Instagram.

Up Owen!

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