

Halesowen Athletics Club

Newsround

An awesome April for 'Owen with a cracking 1500m club record in California, road rewards at Sutton Park and magnificent marathoning in London.

With some terrific time trialling and wins at Woodgate, it's been a somewhat sensational start to the spring season!

YOUNG ATHLETES REPORT

Top billing this month goes to our junior athletes, with yet another stunning performance from our Under 15 Girls team.



Jess, Lucy & Ffion with their Sutton Park silvers!

Competing in the National Young Athletes Road Championships, Jessica Dale, Lucy Hellingsworth and Ffion Collins finished second team in the 5k route around Sutton Park.

Ffion was fourth overall in 18:51, Lucy was sixth in 19:17 and Jessica eighth in 21:01.

Success at the National Road Relays carried though to the streets of London as three of our youngsters took on the London Mini Marathon, held 24 hours prior to the main race.

Taking on a strong field of competitors from London boroughs and regions from across the country, Olive Thomas was first U13 West Midlands girl in 31st place overall and Ffion

Collins was first U15 West Midlands girl and 41st overall.

Kian Hazelwood entered the mini marathon through his school. He was second back from his school and placed 41st out of 365 runners in his wave.

And Jessica Dale battled a cold to clinch a bronze medal for the West Midlands team in the National Sportshall finals in Stoke-on-Trent.

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CLUB RECORD FOR ROGERS!

After a spell of high altitude training and competition in Colorado, Joe Rogers returned to the scene of former glories at the Bryan Clay Invitational Meet in California.



Hot on the heels of a season 800m opener of 1:51.73 at the Jack Christiansen Invitational Meet in Fort Collins, Joe lined back up on the same Azusa track where he set a club 1500m record of 3:52.86 twelve months previously.

In placing sixth in the fourth heat, Joe took over four seconds off his PB and obliterated the old club record setting a new mark of 3:48.65.

Joe also ran 1:51.49 in the 800m before later improving to 1:50.46 back at Fort Collins.

LONDON MARATHON



Halesowen runners were at the sharp end of the London Marathon as both our runners came in under three hours.

Making his marathon debut was Max Parker (left), who finished in 719th place in 2:41:47.

Max also raised over £1200 for Cruise Bereavement Support.

And David Lewis, who is a little more familiar with a run over 26.2 miles, was 2,289th in 2:56:44.

Meanwhile, James Parker finished in 93rd place in the Boston Marathon* in 3:13:59.

* Lincolnshire not USA!

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CLUB TIME TRIALS

Over 100 club members took part in the now-traditional start to the Halesowen track season, the club track and field time trials event.

In pleasant spring conditions, 29 of our young athletes started the day with a fun, yet competitive Quadrathlon competition before our senior athletes took to the track and field stage.

Amongst the highlights was a run of 7.1 seconds from Thomas Brookes in the 60m and Jake Matthews blowing the rest of the field apart with throws of 15.39m in the shot and 45.90m in the discus.

Ryley Malone-Priest won both the ladies 400m and 600m, Josh Turner edged out both Peter Dear and James Hoult in the 600m, and James Thomas beat Alex Taylor by just 0.2 secs to win the 1500m in 4:29.5.

Alex Taylor competed in six events, Ollie Dodd five and Isabelle Harvey and Adrian Dale four.

Thanks go to all the volunteers and officials who once again helped to put on a fantastic day at the club.

Track events continue throughout the summer and whether you are eighteen or eighty, there are plenty of opportunities to compete for the club or help with officiating and volunteering.

You can find information of how to get in touch with the various team managers on the CONTACTS section of the club website.

SUTTON PARK ROAD RELAYS

In the Midland 12 and 6 stage Road Relays at Sutton Park, the senior men's team finished 21st, securing qualification for the National Road Relays competition two weeks later.

Paul Bradley ran the fastest short leg in 17:08, with James Thomas quickest over the long leg in 30:02.

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Our women's team sealed a top half finish, coming 29th out of 61 complete teams.

Sarah Gill ran our fastest short leg in 22:10 and Louise Collins marked her road relay debut by running the quickest long leg in 36:55.

At the National Road Relays, the Halesowen men's team finished a creditable 42nd out of 55 teams, with Marc Turner (17:45) and Paul Bradley (29:39) with the fastest short and long legs respectively.

NEWSROUND EXCLUSIVE: EASTER BUNNY EXISTS!

In a Halesowen Newsround exclusive, we are proud to put a long-standing myth to rest ... the Easter Bunny does exist!



Although the odd fox, hare and squirrel has been found roaming the Manor Abbey Sports Ground, the chocolate brandishing bunny has been sadly absent during the 100 year history of the club.

But that all changed on Saturday 8th April 2023, when THE Easter Bunny paid a visit to Saturday Club!

The Bunny took part in party games and led an Easter Egg hunt, much to the delight of our young athletes!

After a couple of hours, the Bunny called a HOULT to the festivities

and disappeared as quickly as he arrived back into the Worcestershire countryside.

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However, after seeing the speed the Bunny dashed around the club grounds, efforts are well underway to sign him up for the club with an appearance in the 800m in the Midland Senior League later this summer thought to be highly likely!!

ROAD ROUND-UP

Speed demons Paul Bradley and Marc Turner spent most of the month hunting down fast times at 5k races across the country.

First port of call was the Mallory Park 5k, where Paul ran a 24 second PB to finish third in 16:13 while Marc finished tenth in 16:59.

A week later in Cardiff, Paul finally went sub-16 in the Race to Victory 5k in Cardiff, finishing 68th in 15:51 whilst Marc ran his fastest time in eleven years in placing 112th in 16:32. Marc also clinched second M50 spot.

Nick Hazlewood was 193rd in 17:37 and Paul Allen was 1.047th in 27:05 for second M75 position.

Oliver Nugent-Smith was 76th and second Under 15 Male in 19:13 in the Hereford Couriers 5k, Jamie Sircom was 50th in the Hyde Park Chase the Sun 10k in 44:56 and Simon Duck was 519th in the Reading Half Marathon in 1:33:54.

TRACK NEWS IN BRIEF

Ethan Hall opened his outdoor season in fine style with a 100m PB of 11.89 secs at the Nuneaton Season Opener and a 200m PB of 23.95 secs at the Loughborough Open.

Also recording a PB was Lucy Hellingsworth, who ran 2:37.77 in the 800m at the Birchfield Harriers Young Athletes Open Meeting.

Ed Charles won the long jump at the Kettering Harriers Open Meeting with a jump of 6.28m, while Samuel Thomas leapt 4.62m in the long jump at the Birchfield Young Athletes meeting.

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Sara Henderson ran 2:42.59 for the 800m and jumped 4.68m in the Long Jump at the St George's Day Open Graded meeting in Gloucester.

And Maddie Down was the model of consistency, running 13.35 secs in the 100m at the Coventry Spring Meet before running the same time a week later at the Loughborough Open.

Maddie also recorded a long jump of 4.33m in Coventry.

UKYDL

The Under 17s and Under 20s resumed battle as the UKDYL Upper Age Group track season began at Telford.

Winners for the club were Jabez Berry (U20M Shot, Discus and Hammer), Thomas Brookes (U20M 100m and 200m), Alex Taylor (U17M 1500m), and the Halesowen U20M 4x100m relay team.

PARKRUN



Sarah Gill at the Woodgate parkrun turning point (closely pursued by Matt Allen!)

The 'Owen ladies were no fools in April at Woodgate Valley Country Park parkrun, taking four of the five available first female finisher spots.

Michelle Dale was first female at events #83 and #84, before passing on the baton to Sarah Gill, who took the honours at event #85 and #86.

The boys left it late to join the first-placed party, leaving it to event #86 to gain some belated parkrun glory.

Perhaps feeling the pressure somewhat from Sarah, James Thomas finally secured that coveted first finisher spot!

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MAY HIGHLIGHTS

Track season is back in full effect as the Midland Senior Track and Field League, the West Midlands Vets League and the Worcestershire Track and Field Championships all returning.

There's also the Great Birmingham Run Half Marathon and the opening race of the Worcestershire Midweek Series at Hagley on Tuesday 16th May.

You can find all usual call to arms and updates across the various WhatsApp groups, including the main HACCentral group along with the club Facebook page.

Finally, a gentle reminder that annual subscriptions are now overdue.

If you haven't yet done so, your club membership can be renewed online via haccathleticsmembership.co.uk.

Up Owen!

JAMIE SIRCOM

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