

Halesowen Athletics Club

Newsround

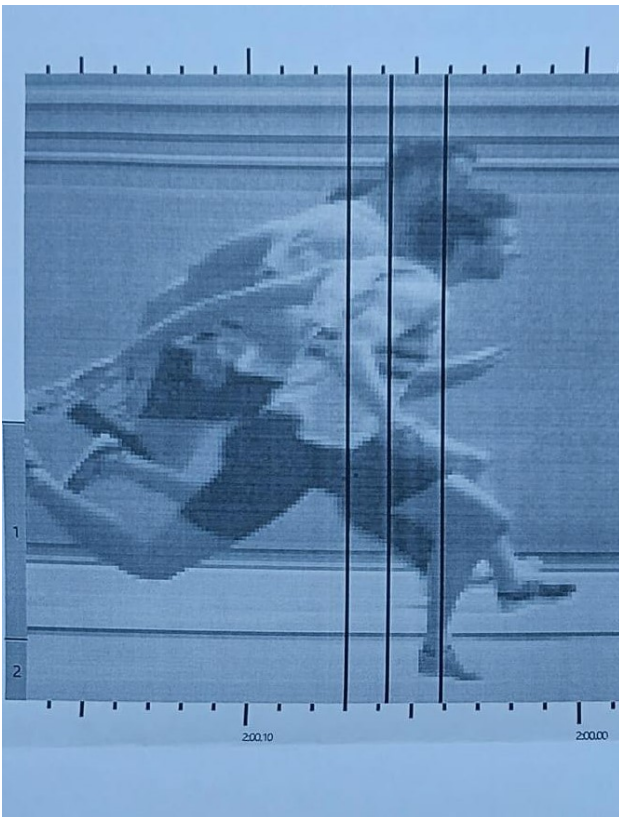
Whether it was on the streets of Birmingham, the Stourport championship track or the trails of Hagley, it proved to be a mega medalling May for Halesowen athletes.

There was also team success at the Inkberrow Relays, a GB vest for Maddie Down and a Team England call-up for Kirsty Price.

WORCESTERSHIRE COUNTY TRACK and FIELD CHAMPIONSHIPS

The Worcestershire County Track and Field Championships at Stourport once again produced a healthy early season haul of medals for the club.

Jayden Hanson was first in the Under 11 Boys 75m held as part of the Quadrathlon competition.



Dear v Bradley v Holt in the 800m photo finish!

In the Under 15 age group, Ffion Collins broke five minutes in winning the 1500m and Lucy Hellingsworth made it an 'Owen middle distance double by taking gold in the 800m.

Silvers went to Adam Scarr in the discus and Alfie Baggley in the long jump and Erin Davies won bronze medals in the 200m and 300m.

In the Under 17s, Poppy Oliarnyk won the triple jump and there was a silver for Maddie Down, who battled strong head winds in the 100m.

Sam Thompson won long jump silver and 100m bronze and Evie Scobell picked up bronze in the 200m.

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Top race for the Under 20s was the 100m final, with Tom Brookes second, Ethan Hall third and Ed Charles fourth.

Ed won long jump gold and Tom clinched silver in the 200m.

And in one of the races of the day, Peter Dear, Paul Bradley and James Hoult were separated by just two hundredths of a second in the battle for podium places in the senior men's 800m.

Peter won silver with Paul just edging out James for bronze.

There were senior men's silver medals for Ed Fussi in the 100m and Josh Turner in the 400m whilst masters gold went to Nick Hazlewood in the 1500m.

WORCESTERSHIRE MIDWEEK SERIES: HAGLEY 10k

The curtain raiser of the Worcestershire Midweek Series, the Hagley 10k, began in somewhat dramatic fashion.

The two-lap off-road race over Ounty John was brought to a premature end due to a runner being taken ill around 200 metres before the finish.

Happily, the runner involved received swift medical attention and has recovered well.



Max Parker taking the win at the Hagley 10k

147 runners in total took part with all runners receiving a finishing position, although the final 33 runners received no finishing time due to having to divert away from the incident.

The race was won by Max Parker in 34:34.

Max was back on top form in his first race since his sub-3 hour run at the London Marathon.

James Hoult was third in 37:13 with Andy Yapp fourth and first M45 in 37:32.

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Finishing inside the top 50 were David Lewis (21st, 41:05), Phil Scarr (30th, 42:47), Martin Lopez (43rd, 43:56), Oliver Nugent-Smith (44th, 44:00) and James Parker (47th, 44:13).

Michelle Dale was first lady in 55th place in 45:37 and she was followed by Simon Duck in 59th in 46:04, Matt Allen in 65th in 46:53 and Rob Weaver in 88th in 49:00.

James Ludlow was 90th in 49:15, Isla Goold 95th in 50:02, Dom Goold 97th in 50:05 with Nigel Crompton the last Halesowen athlete to cross the finish line in 113th in 53:07.

Our time-less Halesowen athletes were Jamie Sircom in 116th, Joanne Congerton in 130th, Paul Allen in 131st and Adrian Low in 140th.

Thanks go to the huge numbers of Halesowen marshals and volunteers on the night, along with everyone who helped to deal with the incident so speedily and professionally.

The next race in the series in the Redditch 12k off-road race at Arrow Valley on Wednesday 21st June starting at 7.30 pm.

BEST at 'BERROW!



Masquerading under the team name "Pace Is Set To Stun", a team of 'Owen male athletes triumphed at the Inkberrow Relays.

Peter Dear, Nick Hazelwood, Andy Butler and James Thomas (left) were a force to be reckoned with, never dropping lower than third throughout the 4x3mile race.

James Thomas ran the second fastest individual leg of the day, and was supported by Peter who was sixth quickest, Andy who was tenth and Nick who was eighteenth.

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Our team crossed the line first in 1:07:50, just 22 seconds ahead of second-placed team "I Thought This Was A Pub Crawl", comprised mostly of runners from Bromsgrove & Redditch.

60 teams in total took part in the event held on fast, yet challenging country lanes and the "Stunners" took the first placed prize of £100.

GREAT BIRMINGHAM RUN

Halesowen athletes were out in force on the streets of Birmingham for the Great Birmingham Run 10k and Half Marathon.



Lucy Hellingsworth: winner of the Junior Great Birmingham Run!

The new-look (albeit slightly long!) course took in the delights of the Jewellery Quarter, the City Centre, Edgbaston and Selly Park with welcome support en route from Weaver, Pugh and Allen family members!

James Hault's elite race number was well justified as he finished in 37th place in the 10k in 36:44, taking over two minutes off his PB time.

Also finishing inside the top 100 were junior athletes Jamie Worton, who was 82nd in 40:58 and Oliver Nugent-Smith, who was 92nd in 41:34.

Sarah Gill (249th) and James Thomas (250th) both recorded a time of 46:41.

And Paul Allen finished second M75 in 777th place in 55:07.

James Pugh was first back for the club in the Half Marathon in 559th in 1:39:34, Jamie Sircom was 839th in 1:44:06 and Nick Parker was 1,832nd in 1:55:56.

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The day though, wouldn't be complete without some 'Owen glory and it came from Lucy Hellingsworth who led from gun to tape to win the 2.5k Junior Great Birmingham Run in 8:57.

Chloe Eastoe was twelfth in 12:36 and Holly Eastoe thirteenth in 13:22

MIDLAND SENIOR LEAGUE



The Midland League track and field team at Worcester

There was a strong start to the Midland Senior Track and Field League season, with Halesowen finishing in third place following the opening meeting at Worcester.

Showing remarkable strength in depth, there were wins across the whole programme of events, covering sprints, middle distance, hurdles, jumps and throws!

Team manager Ollie Dodd competed in six events and took victories in four of them; the 110m and 400m Hurdles, High Jump and Long Jump.

Jacob Matthews won a throws triple of the Shot, Discus and

Hammer and Ed Fussi completed the 100m / 200m sprint double.

Other winners were Peter Dear (800m), Sarah Gill (400mH) and Rivah DeWinter (Discus), with the meeting rounded off with success for our men's 4×100m and 4×400m relay teams.

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UKYDL

Sutton Coldfield was the venue for the second Upper Age Group meeting of the UKYDL season.

George Allen triumphed in the U20M 3000m and Jessica Dale won the U17W High Jump.

WEST MIDLANDS VETS LEAGUE

Our slightly older athletes returned to the track with the opening meeting of the West Midlands Vets League at Worcester, for athletes aged 35 years and over.

Winners on the night were Julie Bellfield (W35 2000m Walk), Louise Collins (W35 Mile) and Sally Spencer (W50 Mile).

The women's team performance put them fifth in the league table, just two points off third spot, with the men's team finishing seventh.

TRACK NEWS IN BRIEF

Maddie Down represented GB Juniors in the Para 100m at the Loughborough International meeting.



Maddie Down off to a fast start at Loughborough PHOTO: Ed Hall Photography

Maddie scored maximum match points in finishing second in 13.33 with only world record holder and Paralympic champion Sophie Hann ahead of her in 13.11.

Three days later, Maddie ran 13.13 in a wind-assisted 100m at the Birchfield Midweek Open at the Alexander Stadium.

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There were PBs for Thomas Brookes (11.12) and Ethan Hall (11.23) in the 100m and for Ethan in the 200m (23.33) at the Birchfield Midweek Open.

Barry Gardner took six seconds off his 1500m PB at the Brewer Memorial Games in Gloucester, finishing second in 4:57.18.

And Joe Rogers ran 3:51.58 in the 1500m at the Oregon Twilight meeting in Eugene.

ROAD ROUND-UP

Kirsty Price donned her England vest at the Chester Half Marathon, which doubled as an England v Wales Masters International.



Kirsty Price representing Team England at the Chester Half Marathon

On a difficult course with a tough uphill final kilometre, Kirsty finished in a new PB of 1:35:17, which was over three minutes quicker than her run on the same course last year.

In the DK 10k road race, David Lewis was 34th in 38:01 (2nd M50), James Parker 47th in 39:22, Louise Collins 60th in 40:49 (3rd Lady) and Sally Spencer 108th in 44:51 (1st W60).

Jamie Sircom was 57th in the Dronfield Town Football Club 10k in 53:51 and took 11th place in the Farnah Green 5.5 mile race in 44:49.

And "speedy" Peter Dear was 17th in the Phoenix Flyer 5k in 16:54.

Not only did Peter put in a lightning fast time in Telford, he wasted no time on long cool down runs.

Peter was back in the Halesowen showers by 8.05 pm, barely an hour since starting the race!

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PARKRUN

Alex Taylor was first finisher at Henley Wood, Oswestry event #156

Michelle Dale was first female at Dudley parkrun event #228 and at Woodgate Valley Country Park parkrun event #89.

COUNTRYSIDE CARE



Halesowen is blessed in being in such a rural location and now we are in the summer months, we are all enjoying our Sheepfields and Gallops runs over the beautiful Worcestershire countryside.

There have recently been some rather too close encounters from our runners with cows, especially as we have just been in the extra stressful calving season.

So here's some useful advice and a few basic guidelines from the Worcestershire County Council Countryside Service of how to behave

when in the company of our bovine neighbours.

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SUMMER TRAINING WEEKEND UPDATE

The 2023 summer training weekend is set for Friday August 11th to Sunday August 13th and will once again be in the Derbyshire Peak District.

Our usual venue, Hagg Farm, is unavailable but we have found accommodation close by at 1st Hathersage Scout Hut.

The cost for the whole weekend is just £50 and if you are interested in going then please let Peter Dear know by Friday July 8th.

JUNE HIGHLIGHTS

June is packed with events with the Redditch 12k midweek series race, the Blakedown Bolt plus track meetings every weekend!

Be sure to click on the EVENTS section on the website for a fully updated calendar of everything that's going on.

The social media squad will also have updates across Facebook, Instagram and Twitter and keep across the HACCentral WhatsApp group for news from across the club.

Up Owen!

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