

# *Halesowen Athletics Club*

# **Newsround**

A June crammed full of Championships and jam packed with medals as 'Owen athletes of all ages produced scorching hot performances to match the summer temperatures.

Your Newsround editor attempts another career change to teaching and there's an unexpected Mills and Boon flourish to the newsletter as we find out what happened during and after Joe Rogers' visit to Loveland!!

## ***ROBINSON FLYING HIGH!***



*James Robinson smashing Masters records in Nuneaton PHOTO: Robert Egan*

James Robinson broke a 35 year-old pole vault record at the Midland Masters Championships in Nuneaton.

James clinched M45 gold with an epic jump of 4.11m, which put him top of the M45 British rankings.

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To top off a memorable weekend, James also won gold in the Shot Putt!

Barry Gardner won M55 gold in the 1500m, Nick Hazlewood took M45 silver in the 1500m and Javelin and Paul Bradley won bronze in the M35 800m.

## ***MIDLAND CHAMPIONSHIPS***

Jacob Matthews was star of the show at the Midland Senior & U20 Championships in Nuneaton, winning double gold in the Shot and Discus.

Ed Charles won gold in the U20M Long Jump and James Robinson won silver in the pole vault.

## ***OLD GOLD AT THE SHOWGROUND!***



Thirty-six Halesowen athletes travelled en masse on a hot, steamy evening to the Stafford Showground to take part in the Showground Relays event.

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And as well as the physical exertion required over the twisty two mile course, the combined brain power of the club was put to good use in coming up with suitable monikers for the four person teams.

The Curls and The Girls took gold in the mixed junior event, and there were silver medals for Reladies in the Female Open category, Hamstrings and Cheesestrings in the Male Open competition and for No Place for Young Men in the Male Vets 160 race.

Lucy Hellingsworth ran the fastest overall female leg and Max Parker was second and James Thomas third fastest male.

Nine 'Owen teams took part in total and it was good to welcome a number of runners making their competitive debut for the club.

## ***WORCESTERSHIRE MIDWEEK SERIES: REDDITCH 12k***

Max Parker followed up his win at the Hagley 10k by taking victory in the Redditch 12k trail race around Arrow Valley.

Max crossed the line in 42:01 to maintain his 100% win record in the Worcestershire Midweek Series.

Andy Yapp was fourth and first M45 in 44:20, Andy Butler was fifth in 44:39 and James Hoult sixth in 44:58.

David Lewis was 18<sup>th</sup> in 49:12, Roger Mallard 22<sup>nd</sup> in 49:42, James Parker 29<sup>th</sup> in 51:11 and Phil Scarr took the final Halesowen place in the top 50 in 45<sup>th</sup> in 54:04.

Next were Simon Duck in 51<sup>st</sup> in 54:50, Alex Morgan 55<sup>th</sup> in 55:14, Matt Allen 59<sup>th</sup> in 56:29 and in his first race as an M60, Bill Nock was 62<sup>nd</sup> in 57:24.

James Ludlow beat the hour in finishing 68<sup>th</sup> in 59:08 whilst Sally Spencer was first Halesowen lady in 75<sup>th</sup> in 60:11 and also first F60.

Jamie Sircom was 82<sup>nd</sup> in 62:03, Andy Nock 88<sup>th</sup> in 62:29 and Paul Allen was 116<sup>th</sup> in 71:29.

The next race in the series is the Droitwich 10k road race at Churchfields Farm on Wednesday 12<sup>th</sup> July starting at 7.30 pm.

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## **GAVIN TIPPER 5k**



*The Gavin Tipper crew (L to R): Alex Taylor, Jack Leader, Lucy Hellingsworth, Paul Allen, Louise Collins and Ffion Collins.*

There were more medals for the club at the Gavin Tipper 5k, held around the rugby pitches and grounds of Dudley Kingswinford Rugby Club.

Alex Taylor finished third overall in 17:41 with Lucy Hellingsworth first lady in twelfth in 18:53.

The Collins family were next with Ffion second lady in fifteenth in 19:09 and Louise first V40 in 31<sup>st</sup> in 20:48.

Jack Leader was 33<sup>rd</sup> in 21:23 and Paul Allen was first V60 in 102<sup>nd</sup> in 28:47.

## **BLAKEDOWN BOLT**

In conditions a little cooler than the 32C heat of 2022, ten Halesowen athletes bolted to Blakedown for the 40<sup>th</sup> anniversary edition of the challenging 10k off-road race.

James Hault flew round the course for a fourth-place finish in 38:45 with David Lewis next back in fifteenth place in 43:20.

Oliver Nugent-Smith was nineteenth in 44:04, Louise Collins 27<sup>th</sup> in 45:56 and James Parker 30<sup>th</sup> in 46:02.

David once again picked up the first Vet 50-59 prize and Louise won the second female award.

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Returning back within the hour were Alex Morgan (52<sup>nd</sup>, 49:25), Sally Spencer (78<sup>th</sup>, 53:31) and Jamie Sircom (113<sup>th</sup>, 58:07).

Bettina Wolf was 172<sup>nd</sup> in 1:03:54 and Paul Allen was 180<sup>th</sup> in 1:04:42 with 256 runners in total taking part.

## ***JOE'S ADVENTURES IN LOVELAND!***

Joe Rogers rounded off his American track season by winning the 400m in 49.45 secs at the NoCo All Comers Track Meet Series in the racily-named Colorado town of Loveland!



*Joe Rogers charging to yet another 800m club record* PHOTO: PGR Photos and Images

Obviously what happens in Loveland, stays in Loveland.

But whatever Joe got up to had an instant effect as upon his return to the UK, Joe set yet another club 800 metres record.

At the Mick Marlow Memorial BMC meeting in the slightly less

romantic venue of, er ... Bracknell, Joe set of rapid time of 1:49:42, lowering his PB and club record by an incredible three-tenths of a second.

## ***MR SIRCOM'S SCHOOL REPORT***

"OK class settle down! In today's lesson, we'll be learning how Halesowen athletes performed in all the school competitions this month. Quiet now, stop talking at the back!! Otherwise you'll be sent straight to Mr Allen for detention!!"

First stop in a busy programme of schools meetings was the County School Track and Field Championships, with places up for grabs in the English Schools Championships at the end of the month.

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At the West Midlands Championships at the Alexander Stadium, Thomas Brookes won silver in the Senior Boys 100m, Harry Daniels won bronze in the Junior Boys 800m and Alex Taylor also won bronze in the Intermediate Boys 800m.

Poppy Oliarnyk won Intermediate Girls Long Jump gold with a PB of 5.37m and Jabez Berry won gold in the Senior Boys Hammer.

In the Hereford and Worcester Championships in Stourport, Alfie Baggley won gold in the Junior Boys 200m and Ethan Hall secured sprint double silver in the Senior Boys 100m and 200m.

Ffion Collins won gold in the Junior Girls 1500m and Lucy Hellingsworth took silver in the Junior Girls 800m.



*Jabez Berry and Poppy Oliarnyk, proud Halesowen English Schools medallists*

Schools Track and Field Championships which were back at their spiritual home at the Alexander Stadium and Halesowen picked up two day one medals!

Poppy Oliarnyk won bronze in the Intermediate Girls Triple Jump with a huge PB of 11.50m.

A week later at the Mason Trophy Schools competition in Stoke-on-Trent, Poppy Oliarnyk won bronze in the U17W Long Jump with a jump of 5.25m.

There were two great efforts from our U15 Girls, with Lucy Hellingsworth running an 800m PB of 2:27.81 and Ffion Collins ran her second fastest 1500m in 5:00.81.

And Alfie Baggley ran 25.89 in the U15 Boys 200m.

The schools season culminated with the English

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Poppy followed in her family footsteps with sisters Iris and Josie previously medalling at the English Schools.

And following impressive efforts throughout the season, Jabez Berry won a well-deserved silver in the Senior Boys Hammer.



*Caption suggestions welcome! Mr Hoult and Mr Deakin taking charge at the Halesowen School Sports Day*

Meanwhile, the club were proud to stage the annual Halesowen District Primary Schools competition which was celebrating its 40<sup>th</sup> anniversary.

Invited schools were Newfield Park Primary School, Manor Way Primary Academy, Colley Lane Primary Academy, Lapal Primary School, Hunting Tree, Hasbury Church of England Primary School , Halesowen C

of E Primary School, Cradley C of E Primary School, Lutley Primary School, Hurst Green, OLSK, Olive Hill Primary and Howley Grange Primary School.

The Black Country's athletic stars of the future competed in throws, long jump, high jump and skipping, as well as 50m, 70m, 150m and 500m races!

Thanks go to Dave Turvey, Betsy Cooper, Matt Allen, Peter Dear, James Hoult, Mick Deakin and Graeme Gill for volunteering and helping the event run smoothly!

And a reminder that you are interested in your child taking part in athletics, then there's our weekly Saturday Club sessions for children aged 8-11years.

Full details including a Spond registration link are on the club website.

"OK class, for your homework I require nominations for junior athlete at the month. This needs to handed in at the monthly meeting on Wednesday 5<sup>th</sup> July at 8.45 pm.

"Class dismissed!"

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## **MIDLAND SENIOR LEAGUE**

All divisions of the Midland League competed at the Pingles Stadium in Nuneaton in the technical events match featuring sprints, hurdles, steeplechase and field events.

A small but select team of Halesowen athletes took part with James Robinson's second place in the Pole Vault with 3.90m and Thomas Brookes 400 metres PB of 51.23 the standout performances.

## **UKYDL**

The Lower Age Group meeting in Telford saw no Halesowen event victories but there were plenty of PBs recorded across the team.

Niamh Brennan, Kara Bruce, Scarlett Carter, Izabella Fereday, Charlie Green, Jack Leader, Libby Molenaar, Emma Massingham, Isabella Patrick, Ethan Smith and Sam Vince all celebrated new bests.

At the Upper Age Group meeting at Tipton, Thomas Brookes won the U20M 100m (11.3) and 200m (22.7) and there a PB for Alex Taylor in winning the U17M 1500m (4:19.4).

Jess Dale won the U17W High Jump (1.50) and Ed Charles won the U20M Long Jump (6.12).

## **WEST MIDLANDS VETS LEAGUE**

Round two of the Vets League at Stratford High School saw Sally Spencer, our sole female representative, take victory in the W60 3000m.

Sally competed for the club in three events, David Lewis four and wise old Roger Mallard in five!

Our men's and women's team are sixth at the halfway point of the season, with the next meeting on Wednesday 5<sup>th</sup> July at the Abbey Stadium in Redditch.

If you aged are 35 years and older, then you can help us climb the table!

Get in touch with Alan or Jo Smallwood if you want to take part in some friendly, midweek track and field competition.

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## **TRACK NEWS IN BRIEF**



James Thomas and James Hoult went in search of some fast 5000m track action at the University of Birmingham Track and Field Series meeting and both came back with shiny new PBs.

James Thomas comfortably won his race in 16:34.01 with James Hoult finishing fifth in 16:46.96.

A great performance from the HACC James Gang (!) and it augers well for an epic rematch at the club 5000m championship which is now set for Saturday 16<sup>th</sup> September.

Peter Dear ran 2:00.47 and Nick Hazlewood 2:11.40 in the 800m at the Nuneaton Summer Special Open meeting.

Sophie Cook placed second in the pole vault at the Meeting Iberoamericano de Huelva in Spain with a jump of 4.30m.

Maddie Down was third in the 100m in 13.35 at the BWAA Grand Prix Series at Stoke Mandeville.

And James Matthews finished fifth in the Shot at the Welsh Athletics Championships in Cardiff with a throw of 14.87m.

## ***WALKS, FELL, ROAD and TRAIL ROUND-UP***

Lynn Bellfield won W55 gold and Julie Bellfield W50 bronze in the British Masters 5k Road Walking Championships held on a tough course in Horwich.

Emma Higgins was fastest lady in the June Jaunter mini-fell race around Clent and Walton Hill, navigating her way around the 5k clockwise loop in 45:07.

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Jamie Sircom was 443<sup>rd</sup> in the Derby Ramathon Half Marathon in 1:44:28 and came 174<sup>th</sup> in the Rushcliffe 4 mile race in 31:05.459 (precisely!).

Rob Weaver was 139<sup>th</sup> in the Arden 9 mile in 1:10:46 and Matt Allen finished 75<sup>th</sup> in the North Devon off-road Half Marathon in 2:04:36.

## ***PARKRUN***

James Thomas was first finisher at Princes parkrun, Liverpool event #556 and James Hoult was first over the line at Dudley parkrun event #233.

Kirsty Price was first female at Wolverhampton parkrun event #460 along with Ffion Collins at Cannon Hill parkrun event #572.

## ***JULY HIGHLIGHTS***

The track and field leagues continue throughout July and with summer holiday season starting and reducing athlete availability, do be sure to get in contact with your team manager if you are able to represent the club in any of the competitions.

As usual, the HACCentral WhatsApp group and Facebook and Instagram pages will have all the latest updates including news on the ongoing refurbishment of the men's toilets.

And on that note ....

Up Owen!

JAMIE SIRCOM

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