

Halesowen Athletics Club

Newsround

There were cheers and beers a plenty at Halesowen throughout the month of July. Maddie Down raced to a PB in the London Diamond League, our Midland League team took the Stourport meeting by storm and Max Parker dominated in Droitwich. With more medals from road races at Worcester and Bromsgrove and an Olympian win at Much Wenlock, there was much to drink to at the club this month had vast quantities of the strong stuff not already been consumed at the Beer Mile Relay!

STOURPORT SPECTACULAR!



In one of the most impressive showings for the club in recent years, our Senior track and field team finished second in the Midland League meeting at Stourport.

Halesowen Athletics Club

Newsround

Team manager Ollie Dodd led from the front by winning both the 110m and 400m Hurdle races and the High Jump.

Also taking wins in the field events were Tom Dempsey (Hammer), Poppy Oliarnyk (Long Jump and Triple Jump), Iris Oliarnyk (Shot Putt) and Rivah de Winter (Discus)

But the icing on the cake were thrilling wins in the men's 4x100m and mixed 4x400m relays!

Halesowen finished on 417 points, only 12 points behind Worcester in first place.

Team manager Ollie Dodd said: "Our rivals are on the ropes with just two more matches this season.

"We'll get 'em next time and show them who the real champs are!"

"Thanks to all who turned up, whether competing, officiating or spectating.

"The next match is on Sunday 20th August at Tipton and I've already had requests for places, so get in touch to secure your space and keep training hard!"

WORCESTERSHIRE MIDWEEK SERIES: DROITWICH 10k

After the off-road adventures at Hagley and Redditch, it was time for road racing to take the spotlight for race three of the Worcestershire Midweek Series.

Thoughts of Churchfields Farm ice cream were briefly put on hold as HACC tackled the challenging and hilly course, which came in short at six miles rather than 10k.

Max Parker's unbeaten record in the series came under no threat and he took the victory in 31:57, some 47 seconds ahead of his nearest rival.

Andy Butler was next back in seventh in 34:15 closely followed by Andy Yapp in eighth in 34:25.

David Lewis was first M50 in 16th in 36:21, James Parker was 30th in 38:27 and Simon Duck was 51st in 41:50.

Coming in under 45 minutes were Alex Morgan (54th, 42:34) and Matt Allen (60th, 43:23).

Halesowen Athletics Club

Newsround

Rob Weaver was 69th in 45:02 with Sally Spencer first Halesowen lady and first F60 in 71st in 45:11.



Max Parker maintaining his 100% Midweek Series win record at the Droitwich 10k

Jamie Sircom placed 88th in 46:41 and Julie Dale made a welcome return to racing in finishing 94th in 48:26.

Andy Nock was next in 95th in 48:30, followed by Milly Allen in 106th in 50:53.

Bettina Wolf finished 112th in 52:26, Nigel Crompton 116th in 53:30 and ensuring all 'Owen athletes were back inside the hour was Paul Allen, who was 121st in 54:09.

Entries are now open via Spond for the final race of the series on Wednesday 16th August, an 8k off-road race in Clent, which will start from the National Trust Nimmings Wood car park.

With the top three positions of the four races counting in the overall standings, it

may come as no surprise to you that at least one Halesowen athlete will be winning a prize at the end of series presentations which will follow at the club after the race.

MADDIE'S DIAMOND PB!

Maddie Down dazzled in the Diamond League as she made her debut in the London Stadium in front of a sell-out crowd of 50,000 fans.

Running in the ambulant 100 metres, Maddie finished third in a new PB of 13.12 seconds.

An incredible experience and a great warm up for Maddie before she heads to the Caribbean as part of the England team for the 2023 Trinbago Commonwealth Youth Games.

Halesowen Athletics Club
Newsround

A STORM IN A BEER CUP!



Not a dry runner .. or glass in the house! The sodden 2023 Halesowen Beer Mile Relay crew.

The fourth Halesowen Beer Mile Relay made a dramatic return with a Saturday evening of athletic and alcoholic prowess and biblical weather!

A cursory pre-race glance at the skies saw light rain beginning to fall accompanied by some slightly concerning distant rumbles of thunder and flashes of lightning.

Nevertheless, the table of drinks were ready with water available for Under 18s and non-drinkers.

The format was unchanged – Teams of two runners each drinking a half pint at the start of each of the four laps with a full pint to be consumed at the finish line.

Halesowen Athletics Club

Newsround

And of course, runners faced the traditional gauntlet of jeopardy – Instant disqualification should there be any puking during the race or for five minutes afterwards!

As the race got underway, the rain got heavier and heavier and the beers were being watered down by Mother Nature by almost as much as the big breweries!

By the final lap, the downpour was beyond torrential and the track and velodrome apron started to resemble a swimming pool which led to a few runners stripping off and having a dip before embarking on possibly the wettest ever cool down lap in the history of the club.

Despite the results sheet turning to mush and the officials shelter being swamped by soaking wet runners, Caroline and Andy did a sterling job in collating the final standings.

Proudly lifting the prestigious HACC tankards were Oliver Nugent-Smith and his dad Andy, who polished off the eight and a half laps and six pints in 11 minutes and 43 seconds.

The remaining results were as follows:

- 2nd David Turvey and (birthday boy) Mike
- 3rd Jessica Dale and George Heap
- 4th Matt Allen and James Ludlow
- 5th Adrian Dale and Nigel Crompton
- 6th Keith Taylor and Owen Jinks
- 7th James Hoult and Jamie Sircom
- 8th Bill Nock and Paul Allen
- 9th Phoebe Dodd and Michelle Dale
- 10th Joshua Turner and Sam Mannings

12 teams started the race, but only ten avoided a DNF.

Halesowen Athletics Club

Newsround



Picking up a “technical infringement” were the teams of Ollie Dodd and Peter Dear and Adam Parsons and Rivah de Winter.

Ollie and Adam were the offenders and in case you are unsure what a technical infringement is, our photographers were there to capture one of the DQed drinkers in all their dubious glory!

Thanks go to Peter Dear and Ollie Dodd for organising the event and to all the volunteers: James Lediard, Caroline Lambert, Andy Nock, Betsy Cooper, Matt Pugh, and Ollie Wright.

And a special mention to our top photographers

Harriet Moore and Jenny Taylor for capturing some memorable images (sorry Ollie!).

UKYDL

In the UKYDL Lower Age Group meeting at Tipton, the Halesowen team competed strongly with Alfie Baggley, Kara Bruce, Erin Davies, Poppy Dunlop, Libby Molenaar and Ethan Smith all taking part in four events.

34 Personal Bests were recorded on Power of 10 for Halesowen athletes.

WEST MIDLANDS VETS LEAGUE

Our ladies team won three events at the Midland Vets League meeting at Redditch.

Sally Spencer won the W60 1500m, Rivah de Winter took the W35 Discus and Jo Smallwood put team management duties to one side to triumph in the W70 Javelin.

Paul Bradley won the M35 1500m.

The final meeting of the season is at Redditch on Wednesday 9th August so contact Alan or Jo Smallwood if you are aged 35 or over and fancy one more blast this year around the Abbey Stadium track!

Halesowen Athletics Club
Newsround

JACK LEAD-ERS THE WAY!



L to R: Jack Leader, Alex Taylor, Jessica Dale, Ffion Collins, James Hoult and Peter Dear

There was a superb evening for Halesowen at the University of Birmingham Track and Field Series meeting.

Jack Leader stole the show with an incredible 800m performance.

Jack started out in June with a two lap PB of 2:26 and after taking ten seconds off his time at the UKYDL in Tipton, he went faster still at the University track with a further six second PB improvement to finish in 2:09.38.

Alex Taylor dropped over three seconds off his 1500m PB, winning his race in 4:18.05 and Jessica Dale dominated her 800m race taking the win and coming within half a second of her PB in 2:22.42.

Halesowen Athletics Club

Newsround

Ffion Collins was also close to her PB in going sub-5 in the 1500 metres in 4:58.10 and there was another Dear vs Hoult showdown in the 800m.

Peter Dear won the race in 1:59.37 with James Hoult fourth in 2:01.12.

TIMBERHONGER TRIUMPH!

For the second year running, Lucy Hellingsworth was first female at the Timberhonger 5k in Bromsgrove.

Lucy improved on last year's fifth place finish to place third overall in 19:01 and was just four seconds off beating the second placed athlete some 20 years her senior!

James Duck finished ninth in 24:43.

In the 10k race, Jamie Sircom was 86th in 49:41.

TRACK NEWS IN BRIEF

Alfie Baggley won the U17M 100m at the Much Wenlock Olympian Games in 12.3 secs and Kara Bruce bagged a 100m PB of 14.5 secs in the U15W race.

Alex Taylor took four seconds off his PB in winning his race in 2:03.20 at the Night of the 800m PBs in Nuneaton and Jacob Matthews improved his Shot PB to 15.05m at the Inter Services Championships in Aldershot.

And it was back to Birmingham University for a number of our athletes for their end of season Track and Field Festival.

Alex Taylor ran another PB of 4:16.34 in the 1500m with Sam Mannings (4:00.80), Nick Hazlewood (4:31.40) and Ffion Collins (4:59.50) also competing over the metric mile.

Thomas Brookes ran 11.51 in his 100m heat to qualify for the final where he improved his time to 11.25.

In the various open 800m races, Peter Dear ran 2:00.30 with James Hoult just behind in 2:03.98.

Alex Morgan did the more senior end of the club proud, finishing his two lap race in 2:36.75.

Halesowen Athletics Club

Newsround

In the junior 800m, Jack Leader was second in 2:28.34 with Lucy Hellingsworth third and first lady in 2:30.08.

And with perhaps half an eye on making it three wins in a row in September's club 5k championship, Max Parker clocked 15:47.61 in the 5000m.

A time ominously some 15 seconds quicker than his 2022 title winning performance!

ROAD, FELL and CANAL(!) ROUND-UP

David Lewis was second M50 in the Worcester Pitchcroft 10k in 37:33 and won a silver medal with the race doubling as the Worcestershire County 10k Championship.

In the Birmingham and Black Country Half Marathon held along the BCN Main Line canal from Wolverhampton to Birmingham, Andy Yapp finished sixth in 1:20:56.

Louise Collins was 29th in 1:31:09, bagging third female and first F40 honours.

James Parker placed a numerically pleasing 31st in 1:31:31 and Nick Parker (no relation!) was 347th in 2:00:35.

Alex Morgan was 27th in the Great Hucklow Fell Race covering the six mile course in 57:17.

In the Vic Musgrove Fast 5k in Telford, Max Parker was eighth in 15:34

Jamie Sircom was 237th in 22:44.

That was one of four races Jamie ran that week, which included two events in the Holme Pierrepont RC Grand Prix series in Nottingham and the BBQ 5k in Newtown.

PARKRUN

An Ollie Wright-led crew of a dozen 'Owen runners descended on Walsall Arboretum parkrun event #521 with James Thomas taking 33 seconds off his parkrun PB in finishing third in 16:11 and Jack McConnell knocking 50 seconds off his previous parkrun best in fifteenth in 17:32.

Poppy Dunlop took an incredible 2 minutes and 22 seconds off her PB in 59th place in 20:52 and was also the fastest JW11-14 runner.

Halesowen Athletics Club

Newsround

BREATHE CLEANLY AT MANOR ABBEY



With thanks to Adam Cross, signs have been installed as a polite reminder for all drivers to switch off their engines whilst waiting in the car park.

The athletics club are proud to play a key role in promoting an active and healthy lifestyle for our members across all sections.

We along with Dudley Council fully support efforts to ensure cleaner air around our club grounds and Halesowen as a whole.

AUGUST HIGHLIGHTS

The final race of the Worcestershire Midweek Series in Clent and the culmination of the Midland League track season all come off the back of yet another super intensive summer training weekend in the Derbyshire Peak District!

We'll be keeping a close eye of Maddie Down as she competes in the T38 100 metres on Monday 7th August and the T38 Long Jump on Wednesday 9th August in the Commonwealth Youth Games.

And for our Saturday Clubbers and young athletes aged 9-15, James Hoult is organising a Summer Training Camp at the club on 7th-8th and 14th-15th August.

Email James at jameswhoult17@hotmail.com for more details.

Our Facebook and Instagram social media channels and HACCentral WhatsApp group will have all the latest news, race results, pictures and updates on all club activities.

Up Owen!

JAMIE SIRCOM

jsircom@hotmail.com