

Halesowen Athletics Club

Newsround

Review of the Year 2023

The second century of Halesowen Athletics Club began in the same style as the previous one ended!

Our athletes continued to compete strongly across the age groups with trophies and medals galore across all disciplines.

Maddie Down created Commonwealth para history, Joe Rogers was in club record breaking form in the States while closer to home there was a memorably muddy Midland 7!

JANUARY - MARCH

Olive Thomas dominated the Under 15 Girls competition in the WMYACCL, winning three races and taking the overall series title.



Olive Thomas with her WMYACCL bling!

Ffion Collins finished third and the Under 15 Girls won team bronze.

Our men's and women's cross country teams battled hard but were both sadly relegated to Division Two of the Birmingham League and Midland League.

Sophie Cook won pole vault silver in the British Indoor Championships in Birmingham and Marc Turner won double 800m / 1500m gold at the British Masters Indoor Championships in Sheffield with 1500m bronze for Paul Bradley.

Maddie Down, having been accepted on the Paralympic Futures Programme, won 100m and long jump gold at the Sharjah International.

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The winter training weekend was back at Ty Careg with a link up with local running club Builth and District RC.

A committee room full of items was donated by members to the Black Country Food Bank as part of the national Food Bank Run initiative.

And our first ever group of Couch to 5k runners graduated with parkrun events at Woodgate Valley and Edgbaston Reservoir.

APRIL - JUNE

The spring season began in fine style for the Under 15 Girls team, with Jessica Dale, Lucy Hellingsworth and Ffion Collins winning team silver at the National Road Relays at Sutton Park.

Jess also won bronze as part of West Midlands team at the National Sportshall Finals.

The ever expanding empire of Houlty Entertainment brought the Easter Bunny to the club for the first time in the club's 101 year history which was greatly enjoyed by our younger (and some older!) club members.

Joe Rogers set a new club 1500m record of 3:48.65 at the Jack Christensen Invitational Meet in Fort Collins, Colorado.

Max Parker and David Lewis were both comfortably inside three hours at the London Marathon and over 100 members took part in the club time trials and Quadrathlon event.

Ffion Collins, Ed Fussi, Nick Hazelwood, Lucy Hellingsworth, Ed James, Poppy Oliarnyk and Josh Turner all won golds in the Worcestershire County Track and Field Championships in Stourport

Team ""Pace Is Set To Stun", comprising Messrs Dear, Hazelwood, Butler and Thomas saw off 59 other teams to triumph at the Inkberrow Relays and there was another 'Owen gold at the Stafford Showground Relays for team "The Curls and The Girls" in the mixed junior event.

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Lucy Hellingsworth led from gun to tape in winning the Junior Great Birmingham Run and Kirsty Price represented England in the Masters International at the Chester Half Marathon.

Jacob Matthews won double gold in the shot and discus at the Midland Track and Field Championships in Nuneaton with Under 20 Long Jump gold for Ed Charles.

Midland Masters Championship gold medals went to James Robinson in the M45 pole vault and shot and to Barry Gardiner in the M55 1500m.



James Robinson flying high in the Midland Masters Championship PHOTO: Robert Egan

James smashed a 35 year-old Championship record and soared to the top of the UK rankings with a leap of 4.11m.

Lynn Bellfield won W55 gold and Julie Bellfield W50 bronze at the British Masters 5k Road Walking Championships in Horwich.

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Joe Rogers took over three-tenths of a second off his 800m club record with a run of 1:49.42 at the Mick Marlow Memorial meeting in Bracknell.

The end of term schools competitions brought plenty of gold in the West Midlands and Hereford & Worcester championships.

West Midlands winners were Poppy Oliarnyk in the Intermediate Girls Long Jump and Jabez Berry in the Senior Boys Hammer.

Hereford and Worcester heroes were Ethan Hall in the Senior Boys 100m and 200m, Alfie Baggley in the Junior Boys 200m and Ffion Collins in the Junior Girls 1500m.

The main event, though, was the English Schools Championships back at its spiritual home of the Alexander Stadium.

Jabez picked up silver in the Senior Boys Hammer and Poppy won bronze in the Intermediate Girls Triple Jump.

JULY - SEPTEMBER

Maddie Down made her Diamond League debut at the London Stadium, racing to a 100m PB in front of a packed crowd of over 50,000 spectators.



Maddie Down celebrating CYG Double Gold!

But this was just a warm up ahead of the Commonwealth Youth Games held in Trinidad and Tobago.

And Maddie created history in winning the first ever para athletics gold medal in CYG history with a dominant win in the T38 100m.

Three days later, Maddie made it double gold with an equally convincing victory in the Long Jump.

And on her return to the UK, she picked up further 100m and Long Jump golds at the

England Athletics Under 17 Championships in Birmingham.

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Poppy Oliarnyk won triple jump silver in the same championships with her medal coming just 24 hours after making her England debut in the Welsh Junior International in Cardiff.

Another successful Worcestershire Midweek Series saw Max Parker take the overall series title courtesy of wins at Hagley, Redditch and Droitwich.

Andy Butler and Andy Yapp shared the M45 honours and Sally Spencer won the F60 series prize.

There were impressive performances throughout the season in the Midland Senior Track and Field League with the team narrowly missing out on promotion.

A second place at Stourport was followed by match wins at Tipton and in the final meeting at Stourport.

Father and son team Andy and Oliver Nugent-Smith triumphed in a rain-sodden Beer Mile Relay on the club track and plenty of refreshment was also enjoyed at the summer training weekend in the Derbyshire Peak District.

A hastily assembled team of Marc Turner, Alex Taylor, James Hoult and James Thomas put their 800m expertise to good use in pacing a British Masters team to a new M55 4x800m World Record in Redditch.

The club 5000m track championships were won by Joe Rogers and Phoebe Dodd, with Alex Taylor and Olive Thomas winning the junior 3000m race.

British Masters Track and Field championship gold went to Marc Turner in the M50 1500m and James Robinson in the M50 pole vault.

Marc also won 800m silver and there was silver for Rivah de Winter in the F40 discus.

Other summer highlights included James Hoult's summer athletics camp for young athletes and a 13 team strong Halesowen contingent at the Midland Road Relays.

And there was an enjoyable and entertaining evening at the club with athletics commentator Rob Walker, which raised £850 for the Sudden Unexplained Death in Childhood charity.

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OCTOBER - DECEMBER

Joe Rogers smashed a 56-year old club record for the mile in clocking 4:04.18 in Boston, while David Lewis represented the England Masters team in the Chester Marathon.

The Halesowen Halloween trail evening was another roaring success and chief organiser Adrian Dale's hard work over the year was rewarded with a special certificate of recognition from England Athletics.

There was also a deserved award nomination for Maddie Down who was shortlisted for SportsAid's One-to-Watch award, which recognises Britain's brightest young sporting prospects.

The club were pleased to host the Midland 7/5 cross country event.



James Thomas enjoying the Midland 7 mud!

The course, designed by Bill Nock and held on Stuart Geggie's farm in Romsley was firmly in the old school traditions of cross country, an absolute mudfest!

James Thomas won individual silver and the Halesowen men took team silver.

At a slightly less muddy Warley Woods, Joe Rogers won bronze and there was silver for both our men's and women's teams at the Worcestershire Cross Country Championships.

The Under 15 Girls and Boys both won team gold with further team silver and bronze medals across the junior age groups.

The Christmas social season featured parties, quizzes, festive runs and walks and a pub crawl.

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As always, the seasonal centrepiece was the Boxing Day handicap run, with 48 runners tackling a three lap tour around Manor Abbey Sports Ground.



Joe Donkin beating the handicapper and taking the Boxing Day win!

The prelude to the main event saw Barrie Griffiths lead a one mile walk around the track before star scratch athlete Les Woods got the race underway.

Les was eventually chased down by winner Joe Donkin who finished just three seconds ahead of Joe Rogers.

Lucy Hellingsworth was first female in seventh place.

ATHLETES OF THE MONTH 2023

JANUARY	Jacob Matthews	
FEBRUARY	Thomas Brookes	
MARCH	Ffion Collins	
APRIL	Senior: Max Parker	Junior: Ethan Hall
MAY	Senior: Paul Bradley	Junior: George Allen
JUNE	Senior: James Robinson	Junior: Poppy Oliarnyk
JULY	Senior: Rivah de Winter	Junior: Alex Taylor
AUGUST	Senior: Marc Turner	Junior: Maddie Down

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SEPTEMBER	Senior: Jabez Berry	Junior: Tom Dempsey
OCTOBER	Senior: James Thomas	Junior: Lucy Hellingsworth
NOVEMBER	Senior: Joe Rogers	
	Junior: Lucy Hellingsworth, Ffion Collins, Olive Thomas, Poppy Dunlop and Anna Chapman Fogliatti	

Thanks go to everyone who has competed for the club during 2023 and to those who have volunteered and supported the club over the past twelve months.

Keep up to date throughout 2024 via the HACCentral WhatsApp group, the Facebook and Instagram pages plus the club website.

Wishing all Halesowen Athletics Club members a happy and healthy New Year.

Up Owen!

JAMIE SIRCOM

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