

Halesowen Athletics Club

Newsround

There was New Year cross country fever at the club with the penultimate round of League races; junior, schools and military events and the Midland Championships. Joe Rogers set another club record and Maddie Down won more English Indoor titles. And there was a welcome return to action for our star pole vaulter Sophie Cook.

SUB-4 FOR JOE???



All out for 'Owen! Joe Rogers recovering post-race after another club mile record in Boston.

Joe Rogers has lowered the club mile record once again on the American indoor circuit and is closing in on Halesowen's first sub-four minute mile.

At the John Thomas Terrier Classic at Boston University, Joe took two and half seconds off his previous best to set a new mark of 4:01.72.

And just 90 minutes later, Joe was on 3k pacemaking duties, taking the field through the mile mark in 4:20.

Earlier in the month, Joe finished second in the 800m in 1:51.93 at

the high altitude Potts Invitational indoor meeting in Boulder, Colorado.

BIRMINGHAM LEAGUE XC

The penultimate round of the Birmingham League attracted 206 runners to Ipsley Meadows near Redditch, with a strong turnout of 22 Halesowen athletes competing over the 5.65 mile course.

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Max Parker in fifth place, Joe Donkin in eleventh and Peter Dear in sixteenth bagged high finishing spots with strong support from George Allen in 56th, Joe Clarke in 57th and James Houlton in 65th and the final scoring place.

The A team finished fourth on the day, putting another 34 points on league rivals Stratford.

That resulted in Halesowen strengthening their position in third place in the table.

We are now 135 points ahead of Stratford and only 49 points adrift of Solihull and Small Heath in second!

All eyes now turn to the final race of the season at Top Barn Farm at Holt Heath near Worcester on Saturday February 10th with one last push needed to secure promotion!

Let team manager Peter Dear know if you want to take part and be sure to head back to the club after the race for what we hope will be a post race promotion party!

MIDLAND LEAGUE XC

Despite missing some of their usual team members, our ladies team pulled out all the stops at Pelsall Common in the third round of the Midland Cross Country League.



The Owen ladies cross country team at Pelsall Common

On a flat and fast muddy course, Abbie Saker in fifth and Louise Collins in eighth both secured top ten finishes with Louise winning the Masters race.

Michelle Dale was 37th, Ryley Malone-Priest 44th and Bettina Wolf 134th.

A sixth place finish for the team and the ladies will be joining the men at Top Barn

Farm for their final League race of the season on Saturday February 10th.

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JUNIOR XC REPORT

Our young athletes made the trip over to Nuneaton for round four of the West Midlands Young Athletes Cross Country League.

Regular readers won't be too shocked to learn our Under 15 Girls team took three places in the top ten.

Lucy Hellingsworth was second, Ffion Collins fourth and Olive Thomas seventh with the team finishing in third place.

The team are a clear second in the League standings, some 200 points ahead of Bromsgrove & Redditch in third.

Ffion is second in the individual standings, just one point ahead of Lucy setting up an epic 'Owen showdown in the final race!

All age categories were represented by the club at Pingles Stadium with the leading Halesowen athletes in the remaining races as follows:

U11 Boys 29th Indiana Nash

U11 Girls 44th Peggy Thomas

U13 Boys 31st Toby Sykes

U13 Girls 52nd Nancy Thomas

U15 Boys 23rd Jack Leader

U17 Men 12th Alex Taylor

U17 Women 16th Jessica Dale

Halesowen A&CC placed 11th out of 22 in the combined age group results for race four and lie ninth in the overall season standings.

The final race is on Sunday 11th February at Aldersley Stadium in Wolverhampton and if you want your child to race, then contact their coach or team manager Ian Priest.

On the familiar grounds of Warley Woods, Alex Taylor and Jess Dale both booked their places for the English Schools XC Championships at Pontefract in March.

Alex placed fifth in the Intermediate Boys race and Jess was sixth in the Intermediate Girls event.

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George Allen was eighth and Jack Leader 17th in the Senior Boys race with Toby Sykes twelfth in the junior boys race.

Olive Thomas also secured a place at Pontefract with a Junior Girls silver medal at the Hereford & Worcester Championships at Bromsgrove School.

She'll be joined in Yorkshire by Lucy Hellingsworth who won gold in the Intermediate Girls race and Ffion Collins who picked up a silver.



And a military honour in the form of a gold cross country medal was bestowed on Air Cadet Aaron Nicholls at the West Mercian Inter-Squadron XC Championships at RAF Cosford.

Aaron (pictured left), representing the 223 Halesowen Squadron, placed first junior male and has now qualified to represent West Mercia in the Inter-Wing XC Championships in the Wales & West Mercian region.

MIDLAND XC CHAMPIONSHIPS

After a season marked by muddy and boggy cross country courses, a recent dry spell led to faster conditions than expected for the Midland Championships at Newbold Comyn in Leamington.

Lucy Hellingsworth narrowly missed out on a medal, finishing fourth in the Under 15 Girls race with Ffion Collins close behind in eighth.

George Allen was the top placing male in 23rd in the Under 20 race while in the Senior Men's race, Peter Dear was first back for the club in 76th place.

James Houlton (130th), David Lewis (155th), Bill Nock (186th), Carl Follows (201st) and Alex Morgan (209th) completed the scoring six.

The team finished in sixteenth place out of 21 but enormous credit goes to the club for fielding a full team when many other clubs (Birchfield, Dudley & Stourbridge and Nuneaton to name just a few) failed to do so.

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INDOOR ROUND-UP

Maddie Down started 2024 with a gold medal double at the England Athletics Indoor Senior Para Championships in Sheffield.

Maddie opened the day with a jump of 4.57m in the second round to take gold in the T38 Long Jump.

And in the 60 metres, after qualifying through her heat in a time of 8.46 seconds, Maddie went on to win the final in 8.5 seconds.

Sophie Cook returned to competition after a six month break with a leap of 4.03m in the pole vault at the Starperche - Perche Elite Tour meeting in Bordeaux.

James Robinson was ninth with a jump of 3.81m at the Vault Manchester competition.

A scaled-down Midland Indoor Championships was held at Loughborough.

In the U20M 60m, Tom Brookes qualified from his heat in second in 7.28 and went on to finish fourth in the semi-final in 7.20.

Ethan Hall was third in his heat in 7.35 and also improved in the semi-final, finishing fifth in 7.26.

Ed Fussi won his opening 60m race in 7.13 seconds at the Manchester Indoor Open, before another victory in the second round improved his time to 7.11 seconds.

Ethan Hall ran 7.30 and Samuel Thompson 7.87 in the 60m at the Loughborough Indoor Open.

And Paul Bradley won his 800m race at the Sheffield Indoor Open in a time of 2:06.06.

RACE WALKING NEWS

In the Midland League 5k road walk in Coventry, Julie Bellfield was first in the mixed handicap competition finishing fifth fastest in 32:00.

Julie was the mark of consistency, with only three seconds separating her times in all three races so far this season.

Lynn Bellfield placed eighth in 34:20.

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BIRMINGHAM SPORTSHALL

The Under 11 Boys were kings of the Sportshall at North Solihull Sports Centre, winning the 6 lap Paarlauf, the 2×1 and 4×1 Relay and both 2×2 lap races.

Grace Follows won the Under 11 Girls Balance Beam Competition.

PARKRUN

It took just a little over nine hours into the New Year for some 'Owen 2024 parkrun glory, as Heather Bills finished first female at the special New Year's Day parkrun at Woodgate Valley Country Park (event #119).

Michelle Dale also took first female honours at Woodgate event #123, barely pausing for breath before hotfooting to the club to support the latest intake of Couch to 5k runners.

Alex Taylor was first finisher at Dalby Forest event #330.

And seeds have been sown for an epic Anglo-Welsh showdown in Hay-on-Wye as the Ty Careg weekend crew will be challenging Builth & District Running Club members to a friendly 5k showdown at Riverside Walk event #11.

There'll be a full report from the parkrun battlefield in next month's Newsround!

NEWS IN BRIEF

George Allen finished second and first junior in the Fladbury Festive 5 in 31:07.

Milly Allen was 46th in 41:52.

Andy Yapp was 83rd in the Farnborough Winter Half Marathon in 1:21:07 and David Lewis was 245th in the Brass Monkey Half Marathon in 1:22:39.

Jamie Sircom was 150th in the Twin Piers 10k from Llandudno to Colwyn Bay in 47:14 and was first M50 in the Derby Midweek Mile in 17th place in 6:55.

And Dave Crompton and Nigel Crompton placed 113th in the Men's Pair race at the multi-stage Round Sheffield Run in 2:29:08.

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MORGO'S 60TH



Alex Morgan welcomed clubmates and friends for a celebratory 60th birthday run around Churchill and Blakedown.

Post run refreshments were held back at Casa del Morgo, with his new extension proudly on display!!

And Couch to 5k is off to a flying start, with over 25 runners enjoying runs around the track and the estate led by Adrian Dale and his enthusiastic team of helpers.

The course costs just £10 and organised sessions are held on Wednesdays evenings from 7.00 pm and Saturday mornings from 10.00 am.

With just two weeks completed so far, there's still plenty of time to join in.

Contact Adrian Dale for more details.

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FEBRUARY HIGHLIGHTS

The final Birmingham and Midland League cross country races on Saturday 10th February and the culmination of the WMYACCL season on Sunday 11th February are February's top highlights.

Two weeks later, the English National Championships take place just down the road at Weston Park.

Updates across the month can be found across the Facebook and Instagram pages, along with the main HACCentral WhatsApp group.

Up Owen!

JAMIE SIRCOM

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