

# *Halesowen Athletics Club*

# **Newsround**

Spring bloomed at Halesowen with an enticing April mix of marathons, early season track meetings, road relays and parkruns.

There were national honours for our Under 15 Girls team, a trio of terrific 26.2 milers in Manchester, Boston and London as well as a gloriously girly evening at the club!

## ***SUPER OWEN SATURDAY!***

Saturday April 6<sup>th</sup> was a day which showed off the very best of the club across athletes of all ages and abilities.



*All smiles from our Couch to 5k runners at Edgbaston Reservoir parkrun!*

It started at Edgbaston Reservoir where our latest group of Couch to 5k runners, having spent the previous nine weeks battling wet and wintery conditions, were greeted with a pleasantly warm morning for their graduation run.

C25k king Adrian Dale and a team of supporting athletes were on hand to ensure all our runners successfully crossed the parkrun finish line.

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And it was a true family affair with three Allens, three Taylors, three Dales, two Pughs and two Gills all completing the two lap course.

But the C25k runners weren't the only Halesowen parkrun success story of the morning ....



*Max Parker flying around the Arboretum to a parkrun PB!*

News came in from down the road at Cannon Hill parkrun of Paul Bradley finishing first in 17:12.

And then via the Fast Running website we learnt that Max Parker had not only finished first at Walsall parkrun, but ran the fastest time of the whole weekend across all the UK events!

Max smashed his parkrun PB by 16 seconds to clock in at 15:28.

With barely time to catch a breath, attention then switched to Sutton Park where our young athletes were competing in the National 5k Road Championships.

Our Under 15 Girls team, who have been collecting medals for fun all winter, had their biggest win to date by winning team gold in the National 5k Road Relays at Sutton Park.

It was a nail biting battle between Halesowen and second placed team Brentwood Beagles.

The Essex team secured positions 1, 7 and 9 amassing a score of 17 points.



*Lucy Hellingsworth closing in on third at the National Road Relays*  
*PHOTO: Bryan Dale*

Lucy Tebbett in eighth and Ffion Collins in fifth meant that Lucy Hellingsworth needed to finish third to secure top spot.

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As shown in Bryan Dale's photo, Lucy was in fourth spot on the shoulder of the third place athlete from Wreake & Soar Valley coming into the last bend.



*Ffion Collins, Lucy Hellingsworth and Lucy Tebbett: our U15 Girls National 5k Road Championship Gold medal team!*

A rapid turn of pace on the finishing straight up saw Lucy charge to the line to finish three seconds clear and clinch team gold and individual bronze.

The day was rounded off by our men's and women's teams battling it out with the country's best teams in the English National 12-stage and 6-stage Road Relays.

The women's team finished 34<sup>th</sup>, taking the notable scalps of local rivals BRAT and Birchfield, who picked up a DQ,

Louise Collins ran the fastest long leg (34:42) and Abi Saker was quickest over the short leg (19:57).

The men crossed the line in 56<sup>th</sup> place with James Thomas (29:49) and Andrew Butler (18:55) running the quickest legs.

### **A MINI MINI MARATHON MISSIVE!**

Just 24 hours after their Sutton Park triumphs, Ffion Collins and Lucy Hellingsworth were back on the roads in the West Midlands Trials for the London Mini Marathon.

Ffion was second over the 2.6k course in 9:10 and Lucy was sixth in 9:26.

Olive Thomas was twelfth in 9:58.

Ffion and Lucy qualified to represent the West Midlands team in the British Athletics Championship race held in London held the day before the main event

Ffion was 87<sup>th</sup> in 9:15 and Lucy 129<sup>th</sup> in 9:27.

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## **MAX'S MARATHON**

After a hard winter training block, Max Parker represented the club at the 2024 TCS London Marathon.

Following his debut marathon run of 2:41:47 in London 12 months ago, hopes were high that Max could improve his time still further.



*Max Parker crossing Tower Bridge in the 2024 TCS London Marathon*

With Halesowen supporters around the course, Max found his pace early and went through halfway in 1:11:12.

The second half was more testing but Max pushed on through and crossed the line in 266<sup>th</sup> place in 2:33:34.

Max said: "I look back of the marathon with a mixture of emotions.

"Proud of the training block. Disappointed that I got carried away at the beginning and didn't meet my potential.

"This is just the beginning for this marathon lark. Onto the next one.

"I'd like to thank Halesowen

Athletic Club for allowing me the opportunity to step foot on the start and thank all those who reached out pre and post race with kind words and support."

Max raised over £1100 for The Samaritans and the fundraising page is still open for donations.

The link is available on Max's Instagram page @pax\_marker.

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Joining Max in competing over 26.2 miles this month were James Parker and Sam Love.

James ran 3:48:26 at the iconic Boston Marathon, finishing in 13,930<sup>th</sup> place while Sam Love was 9,990<sup>th</sup> in 4:01:28 in the Manchester Marathon.

## ***TRACK TIME TRIALS***

Despite decidedly chilly and rainy weather, the 'Owen crew enthusiastically gathered at the club track for the spring time trials event.

The days started with our junior athletes taking on the QuadKids event. There were many impressive performances from our youngsters although star performer of the morning had to be Betsy Cooper, who kept everything running smoothly despite being on crutches and recovering from major knee surgery just two days previously!

With the trackside coffee hut doing a roaring trade, the time trials event opened with a committed solo 80m hurdles run from Anna Chapman-Fogliatti.

The sprint kings were Toby Magee (100m, 11.7), Peter Dear (200m, 24.5) and Josh Turner (52.8).

Matt Wilkinson triumphed in the 1500m in 4:44.4 and Daniel Haile won the mile in 5:18.1.

Joanne Congerton was the women's winner in 7:25.6.

New runner Kim Keay was quickest woman in the 3000m in 11:45.6.

There were win doubles for James Thomas in the 800m and 3000m, Rivah de Winter in the Shot and Discus, Mason Ward in the U17M Discus and Javelin and for Levi Gibson in the U20M Discus and Javelin.

Ollie Dodd completed his own pentathlon, finishing second in the 200m and winning the Shot Putt, Discus, High Jump and Long Jump.

Other winners included Isabelle Patrick in the U15G Javelin and Sarah Gill in the senior women's event.

And Jamie Sircom competed in both the 800m and 1 mile, with less than 10 minutes between the two races.

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This of course, followed on from the obligatory parkrun at Brunswick Park in Wednesbury earlier in the morning!



*The promotion winning Men's cross country team receiving their medals from Paul Allen at the Winter Presentation Evening PHOTO: Stuart Towlson*

In the evening, our athletes gathered for the Winter Presentation Evening held in front of a packed audience in the clubhouse.

Medals and trophies covering the sportshall and cross country seasons were handed out and athletes and volunteers alike were celebrated.

We also enjoyed an entertaining Q&A with club legend Paul Allen, whose life long obsession with athletics and passion for the club shone through.

Huge thanks go to Matt Allen, Oliver Dodd, Adrian Dale, Paul Allen, Stuart Towlson and all those who put in such hard work behind the scenes to make the presentation evening and the day as a whole such a success.

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## **ROGERS BACK BREAKING RECORDS!**



*Joe Rogers shortly after writing his name in the CSU record books!*

Joe Rogers put a marker down for the summer months ahead, opening his track season with two strong middle distance performances in the States

He began with a run of 3:48.95 in the 1500m at the Bryan Clay Invitational in California, finishing just three-tenths of a second outside his club record mark set at the same meeting in 2023.

Joe then headed to the high altitude of Colorado State University, for the Doug Max Invitational Meet.

Enjoying the benefit of running at 5000 feet, Joe won the 800m in 1:49.48, smashing the 13 year old meeting and stadium record in the process.

## **TAYLOR ON TOP AT BIRMINGHAM UNI!**

Alex Taylor went sub-2 for the 800m the first time in the University of Birmingham Track and Field Series meeting.

Alex came through in the final 50 metres to take the win in 1:59.77, taking over three seconds off his PB.

Paul Bradley came within a whisker of joining Alex in the sub-2 club with a run of 2:00.22.

James Hoult clocked 2:03.81.

Thomas Brookes ran 23.09 in the 200m and Jake Matthews won both the shot (16.17m) and discus (45.88m) competitions.



*Our latest member of the sub-2 club, Alex Taylor!*

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## **DASH-ING DELIGHTS!**

HACC's track stars made a short trip to The Dell Stadium for the Middle Distance Fest track meeting organised by Dudley & Stourbridge Harriers.



*The Halesowen team at the DASH Middle Distance Fest at The Dell Stadium*

In a stacked 800m race, Peter Dear opened his season by pulling away from Jack Leader on the back straight to win in 2:03.1. Jack was second in 2:05.3 with James Hoult close behind in third in 2:05.9.

Matthew Wilkinson (2:14.2), Harry Daniels (2:14.3) and Ffion Collins (2:28.7) also competed strongly over two laps.

The main event of the evening was the Brian Shephard Mile in which Halesowen athletes once again dominated.

Alex Taylor fought off a strong challenge from James Thomas to take the win in 4:48.0, just ahead of James in 4:49.0.

Barry Gardner was fourth in 5:28.0 and Lucy Hellingsworth was first lady clocking in at around 5:30.0.

In other track action in April, Alex Taylor ran 2:11.58 in the 800m at the Nuneaton Season Opener at the Pingles Stadium.

At the Birchfield Young Athletes Open Meeting at the Alexander Stadium, Jack Leader set a new PB of 53.62 in the 400m before going on to take 800m gold with another PB of 2:02.42.

Alex won silver with a season's best of 2:03.33 and Ffion Collins also collected 1500m silver with a three second PB of 4:54.10.

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24 hours later in the Birchfield Senior Open meeting, Thomas Brookes and Ethan Hall took part in both sprint events, with Thomas running 11.34 in the 100m and 23.31 in the 200m and Ethan clocking times of 11.47 and 23.47 respectively.

## **UKYDL**

The league track season began at Telford with our the lower age group

Event wins went to Olive Thomas (U15G 1500m), William Charles (U13B 75mH), Nia Brook (U15G 75mH) and the U13B 4×100m team., Charlie Green (U13B Javelin).

Results from the upper age group meeting at Wolverhampton on April 28<sup>th</sup> were not available at time of publication.

They will be included in the May edition of the Newsround newsletter.

## **NEWS IN BRIEF**

Carl Follows was our top half marathoner of the month, finishing the Shakespeare Marathon in 90<sup>th</sup> place in 1:33:29 and topping the 2024 club rankings.



*Heather Bills relaxing with her Reading race medal!*

Topping the female rankings was Heather Bills who placed 452<sup>nd</sup> at the Reading Half Marathon in 1:34:39

Heather finished just ahead of Simon Duck who was 562<sup>nd</sup> in 1:36:55.

Joe Donkin finished third in the Lilleshall 5 mile race in 26:27.

And Aaron Nichols won the senior men's race at the Air Cadets Inter-Wing Cross Country Championships held at Lucton School in Herefordshire.

Aaron, representing 223 Halesowen Squadron ATC, was part of the West Mercian Wing team which won four of the five age group competitions.

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**PARKRUN**

There were five further parkrun triumphs to add to Max and Paul's at the start of the month.

- \* James Thomas bagged a parkrun PB of 15:55 in finishing first at Walsall Arboretum event #560.
- \* Matthew Wilkinson was far from unlucky with a first finish at Brunswick Park event #13.
- \* Michelle Dale was first female finisher at Woodgate Valley Country Park event #134.
- \* And Abi Saker had a sub-20 minute first female finisher double at Edgbaston Reservoir event #129 and at Arrow Valley event #541.

***IT'S LADIES NIGHT! OH WHAT A NIGHT!***



Our ladies team held a special activity evening at the club, designed to build confidence, friendships and team morale ahead of the start of the summer track season.

With the men keeping a respectful distance in the lounge, over 40 females participated with all coming away with decorated tote bags, bracelets, cookies and goodie bags.

The evening was a great success and it is planned there will another similar event organised in the near future.

Big thanks go to all the ladies who helped organise the event for their support!

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**CLUB SUBSCRIPTIONS NOW DUE**

A reminder that if you haven't renewed already, then club subscriptions for the year 2024-25 were due from April 1<sup>st</sup>.

If you were at the presentation evening, you will have seen the QR code cards on the table and this is a technical innovation that we are more than happy to adopt here!

A scan of the code will take you to the membership website which will have all the subscription options available to you.

Should you have any questions, then please get in touch with membership secretary Heather Bills or speak to any athletics section committee member.



**MAY DIARY DATES**

Sun May 5	Great Birmingham Run 10k / Half Marathon
Sun May 5	Triangular Track League, Brierley Hill
Wed May 8	West Midlands Vets Track and Field League, Worcester
Sat May 11	Worcestershire Track and Field Championships, Stourport
Wed May 15	Worcestershire Midweek Series: Hagley 10k (7.30 pm)
Sat May 18	Midland Senior Track and Field League, Worcester
Sun May 19	UKYDL Lower Age Group Track and Field, Stourport
Sat May 25	British Masters Road Relays, Mallory Park
Sun May 26	UKYDL Upper Age Group Track and Field, Stourport

Please get in touch with the relevant team managers if you wish to take part in any of the above events

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We send best wishes and good luck to all our athletes competing in the Great Birmingham Run 10k and half marathon and to everyone taking part in the Worcestershire County Championships.

Very much looking forward to seeing plenty of medals coming Halesowen's way!

Another highlight is the opening race of the Worcestershire Midweek Series, the Hagley 10k, on Wednesday 15<sup>th</sup> May.

Bill Nock is looking for volunteer race marshals, finish line recorders and a sweeper so do let Bill know if you can help,

With so much going on, do check in on our Facebook and Instagram pages along the main HACCentral WhatsApp group for all the latest appeals, news and results from around the club.

And don't forget the monthly club meetings held on the first Wednesday of each month at 8.45 pm.

There's team reports, news of upcoming events and your chance to nominate excellence in the Athlete of the Month, or reward stupidity in the coveted Flat Mackerel prize!

Up Owen!

JAMIE SIRCOM

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