

Halesowen Athletics Club

Newsround

There was no FALL in quality at the club as autumn arrived, with Halesowen athletes filling the podium at the early season cross country meetings and producing some impressive marathon and parkrun performances!

LEAF-ing nothing behind in this newsletter, there's a focus on Sportshall and a look at James Hoult's latest modelling assignment!

CHESTER IS BEST FOR MAX AND LOUISE!

Max Parker chose Chester for his latest marathon outing, and came tantalisingly close to claiming a club record almost as old as the historic Roman city!



Max Parker and his full 'Owen support crew post-Chester Marathon

After his comfortable half marathon wins earlier in the season at Droitwich and Worcester, Max was keen to improve on his two previous marathon efforts in London and go sub 2 hours 30.

Parker's pacing was sublime with his 10k split times the mark of consistency.

Just 41 seconds separated his quickest split of 34:23 to his slowest of 35:04.

With 'Owen support out on the course from Matt, Mark, Peter and Tapiwa, Max produced a DEVA-stating run and took almost six minutes off his previous best time.

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Max finished joint eighth in 2:26:49, sharing his time with Tipton athlete Dean Bate.



Our kilometre queen! Louise Collins with daughter Ffion at the Chester Metric Marathon

And after consulting the oracle that is the list of marathon times in the club changing rooms, we can reveal that Max just missed out by 38 seconds in breaking the long-standing record set by Tony Bill at the Wolverhampton Marathon in 1985.

James Parker was Halesowen's other representative in the marathon and finished in 566th place in 3:15:06.

After deciding the imperial measurement system was not for her, Louise Collins opted for the Chester Metric Marathon which was run over 26.2 kilometres.

Some 16.28 miles later (for the luddites!), Louise crossed the line in 16th place on 1:49:12.

She finished third female and was first in the F45 age category.

NATIONAL ROAD RELAYS

Six teams from the club were at Sutton Park for the National Road Relays.

In the men's six stage event, Halesowen finished in 60th place with James Thomas running the quickest leg in 18:59.

The ladies four stage team were 59th, with Abi Saker fastest in 16:18.

There was also a three stage competition for teams of Young Athletes.

Narrowly missing out on a top ten spot were our Under 17 Women who placed eleventh.

The Under 17 Men were 45th, Under 15 Boys 50th and the Under 13 Girls 51st.

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MIDLAND XC RELAYS

The Midland Cross Country Relays were once again held in Wolverhampton, and both our Under 17 teams put in all-star performances at Aldersley.



The Under 17 Women and Under 17 Men show off their Aldersley medals!

Lucy Hellingsworth, Jessica Dale and Ffion Collins won gold in the women's race with Lucy's opening leg the fastest of the day.

Alex Taylor, Sam Pugh and Jack Woodhall won bronze with Alex also the quickest runner of the day.

The Under 15 Boys were seventh in their race.

Peter Dear, Daniel Tsegay, Harry Law and Matthew Wilkinson were eighth in the senior men's race with Harry fastest over the 6k course.

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The B team were 22nd and the C team 29th.

The senior women came in in sixth place with Phoebe Dodd quickest on the anchor leg.

The B team were 22nd.

Five masters team also lined up in the old gold, with the men's A team eleventh, the B team fifteenth and the C team 22nd.

The women's A team placed sixth and the B team 22nd.

Special mentions go to our cross country debutants Adrian Dale, Adam Hollis and Matt Wilkinson and it was also great to see James Ludlow complete the 6k Masters course on his return to Aldersley.

WMYACCL

32 Halesowen youngsters took part in the opening race of this season's West Midlands Young Athletes Cross Country League at Walsall Arboretum.

Ffion Collins was third in the Under 17 Women's race, and backed up by a sixth place finish for Lucy Hellingsworth and Lucy Tebbet in thirteenth, Halesowen finished second team, just seven points behind City of Stoke AC.

Also finishing inside the top twenty were Olive Thomas who was eighth in the Under 15 Girls race, Poppy Dunlop who was fourteenth in the Under 17 Women and Daniel Morgan Salcombe who was twentieth in the Under 17 Mens race

TRAIL and ROAD ROUND-UP

Ethan Jordan was sixth in the Stourport Almost 8 off-road race in 31:28.

Peter Dear finished seventh in 50 minutes and 50 seconds in the Worcestershire Beacon Race, a hilly 7 mile race in Great Malvern.

Ben Williets finished 206th in 1:17:42 in the Manchester Half Marathon

And Heather Bills was 485th in the Bournemouth Half in 1:38:47

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MASTERS XC and SPORTSHALL

Paul Allen led a team of Male Vets 65-74 athletes to the British Masters Cross Country Relays in Long Eaton.



Paul Allen, John Hill and Al Tromans living the life at Long Eaton at the Vets XC Relays

Joined by Al Tromans and John Hill, Halesowen came in eleventh place with John going sub-15 minute in 14:48 over the 3k course.

Speaking to Radio Halesowen Town, Paul said he was happy with his team's performance.

"We did well considering our age."

"Our team had an average age of 74 and were up against younger guys, many of whom were internationals.

He added: "It was a beautiful day and a dead flat course and overall, I am quite pleased."

In the opening Birmingham Sportshall League meeting of the season at North Solihull, the Under 13 Boys won the 4 x 2 lap Relay race.

They're also the best placed Halesowen team in the League standings, lying in third place with 107 points.

Sportshall meetings are open to young athletes aged between 8 and 15 years old with meetings held every month at North Solihull Sports Centre from October until March.

A number of different disciplines are featured, including sprints, hurdles, relays and long jump & triple jump events.

Meetings take place on Saturday afternoons with the next fixture on Saturday November 30th.

Get in touch with team manager Sian Brook if you would like your child to take part in what is a fun introduction to competitive athletics.

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PARKRUN

Jamie Sircom celebrated his somewhat arbitrary 400th parkrun at Walsall Arboretum.



The Halesowen crew celebrating Jamie's 400th parkrun

He was joined by members of Adrian Dale's parkrun Pros with Jamie getting a slight advantage with celebratory balloons attached to his back!

There was an 'Owen 1-2-3 at Walsall Arboretum parkrun #587 with Joe Rogers finishing first ahead of Joe Donkin and Peter Dear.

Michelle Dale was first female finisher at Dudley parkrun #298 and Isabelle Wilkinson was first female at Cannon Hill junior parkrun #236.

STAY HI VIS LIKE HOULTY!

Halesowen's next top model James Hoult is here to remind you of the importance of wearing high visibility clothing during the dark, winter months.

And even though at this time of year, Halloween Hoult spends most of his time in all black at the Stourbridge Scare Maze, when it comes to running at night, James realises that hi vis clothing is essential equipment.

With the large number of evening groups from the club, we all need to set an example to our young athletes and the wider Halesowen community.

If you forget your hi vis, then please speak to your coaches or run leaders and they can arrange for you to borrow one.



James Hoult: Halesowen's Hi Vis Hero!

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NOVEMBER DIARY DATES

Sat Nov 9	Birmingham Men's XC League Division 1, Northampton Midland Women's XC League Division 1, Cheltenham
Sun Nov 10	West Mids Young Athletes XC League, Newbold Revel, Rugby
Wed Nov 13	Athletics Section AGM
Sat Nov 16	Midland 7/5 mile XC, Romsley Dave Sutherland Inter Schools XC, Dudley
Sun Nov 23	9 Locks Challenge 10k, Stourbridge / Brierley Hill
Sat Nov 30	Birmingham Men's XC League Division 1, Crewe Midland Women's XC League Division 1, Crewe Birmingham Sportshall League, North Solihull

NOVEMBER HIGHLIGHTS

The Midland 7/5 mile cross country event will once again be hosted by the club on Saturday November 16th on a traditionally tough course over Stuart Geggie's farmland in Romsley.

Volunteer marshals are always needed at such events, so if you have two or three hours free to help the club then get in touch with Bill Nock.

Before that, the athletics section AGM will be held on Wednesday 13th November.

We are looking for a new chair as Matt Allen will be stepping down after two years in the role.

If you are interested in taking on this important position in steering the club for the next 12 months, then have a chat with Matt or any other club committee member.

The club is always in need of athletes to represent Halesowen at races and events across the year, so do please keep across emails and WhatsApp messages from team captains along with the more general appeals featured on the HACCentral group.

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Facebook, Instagram and X updates keep the social media flag flying and you can hear radio reports on Monday and Friday evenings at radiohalesowentown.com.

There's also the monthly club meeting which is a fun and social way of catching up with clubmates, keeping up to date with the latest news, getting up to speed on future events and gives you a chance to nominate the Junior and Senior Athlete of the Month.

Plus there's the opportunity to reward acts of foolishness via the Flat Mackerel award!

The monthly meeting takes place on the first Wednesday of each month with the next meeting on Wednesday 6th November at 8.45 pm.

Finally a gentle warning that mentions of the 'C' word will become rather more frequent on all club channels throughout November!

Up Owen!

JAMIE SIRCOM

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