



# HALESOWEN ATHLETICS CLUB

## NEWSROUND MAY 2025

The constant and never ending stream of HACC news has finally destroyed the editor's laptop, so there is a new look to this month's newsletter!

Testing the newly acquired RAM to its limit are full reports from the Midland Senior League, Great Birmingham Run and Hagley 10k and there's a Gigabyte busting list of all the medals won at the Worcestershire Track and Field Championships.

There's another club record for Max Parker, news of a literal clash with officialdom for Joe Rogers in Brussels and how three of our club members performed in England and Great Britain vests at the Loughborough International.

Our most tech savvy club members are catered for with updates from the UKYDL and BUCS Championships, and for those whose first experience of computers hails back to the ZX Spectrum, we have details of the first meeting of the Midland Vets League season!!

### ***WORCESTERSHIRE COUNTY CHAMPIONSHIPS***

There was an impressive haul of old gold gold, silver and bronze medals at the Worcestershire County Track & Field Championships in Stourport.

Our 800m runners returned a total of six medals and the club picked up a total of 24 medals across all the age groups, an increase of eight medals on the 2024 haul.



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*A selection of medallists from across the age groups at Stourport!*

Asha Morgan, Brandon Lampitt, James Hault and Tristian James all celebrated medal doubles.

Here's a full list of all the medal winners:

Bronte Appleyard	SILVER U17W 3000m (11:41.8)
Ffion Collins	GOLD U17W 3000m (11:13.1)
Betsy Cooper	GOLD SenW SP (9.16m)
Jess Dale	SILVER U20W 800m (2:21.9)
Peter Dear	GOLD SenM 800m (2:00.7)



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Ollie Dodd	GOLD SenM HJ (1.85m)
Izabella Fereday	SILVER U15G HJ (1.15m)
Levi Gisbourne	GOLD U20M TJ (11.23m)
Kian Hazelwood	BRONZE U17M 800m (2:10.5)
James Hoult	SILVER SenM 800m (2:10.8)
	BRONZE SenM 1500m (4:30.5)
Tristian James	SILVER U13B SP (6.37m)
	BRONZE U13B LJ (3.88m)
Brandon Lampitt	GOLD U13B 75mH (15.0)
	SILVER U13B 200m (29.4)
Toby Magee	GOLD U20M 100m (11.2)
Alex Morgan	GOLD M60 800m (2:42.7)
Asha Morgan	GOLD SenW 400m (62.1)
	BRONZE SenW 200m (28.5)
Daniel Morgan-Salcombe	GOLD U20M 3000m (9:36.5)
Alex Taylor	SILVER U20M 800m (2:02.2)
Sam Thompson	BRONZE U20M 100m (12:30)



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Isabelle Wilkinson BRONZE U15G HJ (1.15m)

Matthew Wilkinson Jr. SILVER SenM 1500m (4:20.3)

### ***LOUGHBOROUGH INTERNATIONAL***

The club had three athletes donning representative vests at the Loughborough International.



Jabez Berry, making his GB Juniors debut, won the 6kg Hammer competition with a new personal best throw of 74.14m.

Maddie Down competed for GB Juniors in her outdoor season opener and finished second in the Long Jump (4.62m) and third in the Para 100m (13.10).

And Joe Rogers in his first appearance in an England vest, placed third in the prestigious George Gandy Mile in 4:09.26.



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### *GREAT BIRMINGHAM RUN*

A dozen Halesowen athletes spent a warm and sunny Sunday morning on the streets of Birmingham for the biggest running event in the Midlands, the Great Birmingham Run 10k and Half Marathon.



In the 10k run, Alex Taylor was first back for the club in 27th place in 34:59.

Michelle Dale was first Halesowen lady in 142nd in 41:28

Andrew Price was 201st in 43:21 and Malachi Loughead also broke the 45 minute barrier, placing 247th in 44:15.



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Keith Taylor was 588th in 49:03, Zoe Fereday 1,386th in 55:32, Jamie Sircom 1,480th in 56:07, Adrian Dake 1,576th in 56:48 and Neil Chapman was 3,945th in 1:14:32.

In his debut half marathon, Ethan Jordan was 104th in 1:23:18.

Rob McWilliams was 119th in 1:24:06, James Parker 301st in 1:29:29 and James Ludlow, who was also running his first half marathon, was 1,409th in 1:43:40.

### ***MIDLAND SENIOR LEAGUE***

Halesowen made a super strong start to life in Division 2 of the Midland Senior League.

After a somewhat chaotic meeting at Burton, the final results put Halesowen in second place, five and a half points ahead of Cannock & Stafford.

Burton played on their home advantage and are 96.5 points clear at the top of the table.

Toby Magee bagged the 100m / 200m sprint double, captain Ollie Dodd won the 400m Hurdles and High Jump and Harry Law set a new PB in winning the 5000m.

Jake Matthews and Betsy Cooper completed a Shot double and Esther Hulley won the women's high jump.



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*HACC team spirit shining through at the opening Midland League meeting in Burton!*

Ollie Dodd said, "We made waves with our first match in Division Two finishing third with outstanding performances, sportsmanship and team spirit!

"We gave it our all and I couldn't be more proud of the team!

"Thanks to all our officials and volunteers who gave up their day and to the parents and supporters - there was no lack of support to be heard cheering on our competitors!



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Ollie added, "A special mention to Poppy Dunlop, Bronte Appleyard, Sam Pugh, Josh Hodges and Sam Thompson, all juniors who made their debut scoring performances for the senior team."

The next match is the technical match featuring hurdles, steeplechase and field events and will take place on Sunday 15th June at Rugby.

### ***UKYDL***

Both teams of junior athletes finished in fourth place in their latest meetings in the UKYDL.

In the Lower Age Group meet at Stourport, event winners were Brandon Lampitt (U13B 75mH), Jayden Hanson (U13B LJ), Tristian James (U13B JT), Grace Follows (U13G 70mH) and the U13B 4x100m relay team.

Meanwhile in the second Upper Age Group meeting of the season at Tipton, winners on the day included Toby Magee (U20M 100m), Ethan Smith (U17M LJ) and the U20M 4x100m relay team.

### ***MIDLAND VETS LEAGUE***

In the Midland Vets League at Worcester, the ladies team came in third and the men's team were fourth,

Event wins went to Sally Spencer in the W60 1500m and W50 Long Jump and Rivah de Winter in the W35 Discus.



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### *THRILLS FOR MAX, SPILLS FOR JOE!*

There were contrasting fortunes for our top two middle distance as they competed in track races across two European capital cities

In London, Max Parker smashed his 5000m PB in the Comeback 5000 at Battersea Park, taking over 22 seconds off his previous best and breaking the sub-15 minute barrier with a time of 14:53.88.



Joe Rogers meanwhile, had an all too close encounter with a careless track official at the IFAM meeting in Brussels.

At the 800m mark of the 1500m race at the King Boudouin Stadium, around half the field of X athletes, all running at speeds in excess of fifteenth miles per hour, collided with a hapless official standing in lane one.

Joe escaped relatively unscathed, thanks to some fancy footwork hurdling over the fallen Fleming and went on to cross the line in 3:50:30.

On Strava, Joe said: "I didn't feel great anyway but an official deciding to take a stroll into lane one whilst we ran past also did NOT help."

"Makes for a funny picture though, I'll give him that ..."



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### ***UNIVERSITY OF BIRMINGHAM TRACK SERIES***

There was an epic 800m fest for the club's middle distance stars at the first of two track meetings at Birmingham University.



Old Gold vests lined up in five of the six two lap races, which served as a useful sharpener for the Worcestershire Championships three days later.

Quickest on the night was Alex Taylor, who ran a season's best of 2:02.21.

James Hoult ran 2:06.54 and Peter Dear 2:09.84.

Kian Hazelwood recorded a new PB of 2:12.63, Marc Turner ran 2:12.85 and Kara-Rose Welborn also bagged a PB of 2:21.55.

Jess Dale's time of 2:22.51 was her quickest time in two years and Ffion Collins clocked 2:27.03.

In the 3000m, Harry Law was fastest in a new PB of 9:12.84, James Thomas ran 9:24.04 and Matt Wilkinson Jr also ran a PB of 9:39.79.



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Jess Dale's time of 2:22.51 was her quickest time in two years and Ffion Collins clocked 2:27.03.

At the second meeting three weeks later, there was a plethora of PBs in the 1500m with Matt Wilkinson Jr (4:13.37), James Houlton (4:17.21), Kian Hazelwood (4:33.30) and Poppy Dunlop (5:05.07).

Peter Dear didn't have a ticket on the PB train, but recorded a time of 4:34.79.

Josh Turner ran 53.58 and Marc Turner 57.93 in the 400m and Esther Hulley was second in the 400m Hurdles in 1:11.16.

### ***BUCS CHAMPIONSHIPS***

In the BUCS British University Championships at Sportcity in Manchester, Jabez Berry won gold in the 7.26 kg hammer.

Jabez once again broke the Halesowen club record with a throw of 66.08 metres.

Maddie Down won the ambulant Long Jump competition with a leap of 4.46 metres and made it a double with a win in the T38 Para 100m in 13.14 seconds,

Jake Matthews was sixth in the shot putt final (14.21m) and fourth in the discus final (47.04m).



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### *HAGLEY 10k*

A warm sunny evening was the setting for the first race of the 2025 Worcestershire Midweek Series, the Hagley 10k trail race.



*James Thomas enjoying his second place finish at the Hagley 10k PHOTO: Stu Towlson*

136 athletes took on the challenging two lap course, with Henry Brocklehurst from BRAT first home in 34:50 with Halesowen's James Thomas second in 36:17.

Ethan Jordan was thirteenth in 38:54, Adam Hollis was sixteenth in 39:21 and David Lewis was 21st and first M55 in 40:10.

Sophie Booth from Black Pear Joggers was first lady in 28th in 42:06.



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Roger Mallard placed 35th in 43:22, James Parker 42nd in 43:51 and Carl Follows 45th in 44:29.

Louise Collins was next back as first Halesowen lady and first F45 in 47th in 44:11 and James Ludlow was 52nd in 45:51.

Next came a tightly packed trio of 'Owen runners with Sarah Gill 67th in 47:38 and Simon Duck 68th in 47:39 and Steve Horton 69th in 47:40.

Matt Wilkinson Sr. was 74th in 48:07, Rob Weaver 76th in 48:17 and Matt Allen 90th in 50:23.

Finishing just outside the top hundred was Dave Jackson in 101st in 52:18, Isabella Fogliatti was 121st in 58:16 and Jamie Sircom 123rd in 59:09.

Making her return to racing was Eilish James who was 125th in 1:00:27 and Judy Foster was 135th in 1:11:06.

Thanks go to all the Halesowen marshals who did such a good job in cheering everyone around the course.

### ***DK 10k***

In the DK 10k road race, David Lewis was first back for the club, finishing 21st in 38:05 and winning the Male 55 age category.

James Parker placed 40th in 40:08 and Sarah Gill was first Halesowen lady in 89th in 44:08.

Matt Wilkinson Senior was 122nd in 46:02 and Sally Spencer 186th in 48:58.



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### *FAST and FURIOUS 5k*

Alex Morgan's crew of speedsters were back on the familiar ground of the Stourport cycle track for the Fast and Furious 5k road race.

The moniker lived up to its name with three runners from the club running sub-20 and everyone else coming in under 25 minutes!

Ffion Collins was fastest in fourth place in 18:57 with her mum Louise 30 seconds behind in sixth in 19:27.

Carl Follows was seventh in a PB of 19:49, Andrew Price also scored a PB in tenth in 20:41.

He was followed by Matt Wilkinson Sr in eleventh in 21:23 and Steve Horton with a PB in twelfth in 21:36.

Alex Morgan was fourteenth in 22:47 and Ellie Griffiths was sixteenth in a PB of 24:46.

### *NEWS IN BRIEF*

Barry Gardiner won M55 gold at the British Masters 1 mile Championship in Oxford in 5:19.77.

Kian Hazelwood won gold in the 800m at the Sandwell Schools Track and Field Championships.

And at the Cardiff Race for Victory 5k, Paul Bradley was 154th in 16:48, Marc Turner 173rd in 17:03, Kian Hazlewood 322nd in 18:34 and Paul Allen 1,261st in 29:35.



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### *PARKRUN*

There was an 'Owen 1-2-3 at Woodgate Valley event #187.

Adam Hollis was first, Adam Cross second and Louise Collins third and first female finisher.

Adam Cross improved to finish first at Woodgate event #189 and Ffion Collins was first female finisher at Woodgate event #190.

Marc Turner was first over the line at the new two-lap course at Walsall Arboretum event #615 and Michelle Dale was first female finisher at Edgbaston Reservoir event #179.



Isabelle Wilkinson completed a parkrun double, finishing first female at Woodgate Valley event #188 and 24 hours later repeated the feat at Edgbaston Reservoir junior event #81.

Finally a special mention to Chrissie Bowyer, who is the mum of recent Couch to 5k graduate Jo Austin.

She recently completed her 300th parkrun at Edgbaston Reservoir at the age of 85!



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Chrissie shows no signs of slowing down and will doubtless soon be getting a call from Paul Allen to join the club's Masters team!

### ***CLUB UPDATE***

With immediate effect, Saturday Club is closed to new members.

The weekly session for junior athletes aged between 8-12 years is at full capacity and we are now operating a waiting list.

If you wish to put your child's name onto the waiting list, then please email [saturday.club@halesowen-athleticclub.co.uk](mailto:saturday.club@halesowen-athleticclub.co.uk).

We hope this will be a temporary measure and we will be looking at ways to manage the capacity of our junior athletes.

Please keep across the club website and social media for further updates.

Unfortunately due to low demand, the Hagg Farm summer training weekend which was provisionally set for Friday 25th - Sunday 27th July has had to be CANCELLED this year.

Finally, we would like to congratulate Kirsty Price who has been selected to represent the England Masters team in the international race against Wales at the Swansea Half Marathon on Sunday June 8th.

And next month's newsletter will have news on Jabez Berry's debut for England in the Pickering Memorial International at Loughborough University on Sunday June 1st.



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### ***JUNE DIARY***

Wed Jun 11	Showground Relays, Stafford Midland Vets Track and Field League, Stratford
Thu Jun 12	Gavin Tipper 5k, DK Rugby Club, Wall Heath
Sun Jun 15	Midland Senior League Technical Match, Rugby
Wed Jun 18	Worcestershire Midweek Series Race 2: Redditch 12k
Fri Jun 20	Blakedown Bolt 10k, Blakedown
Sat Jun 22	Triangular League, Dudley
Wed Jun 25	Fast and Furious 5k, Stourport
Sat 28 - Sun 29 Jun	Midland Senior & Under 20 Track and Field Championships, Nuneaton
Sun Jun 29	Droitwich Quarter & Half Marathon, Churchfields Farm

### ***JUNE HIGHLIGHTS***

A number of crack teams from around the club have already been assembled for a club favourite, the Showground Relays in Stafford on Wednesday June 11th.

The event comprises teams of four running two mile legs, although a much tougher challenge than the course itself is coming up with suitably amusing team names!



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All the various track leagues continue, and the Midland Championships will be held in Nuneaton at the end of the month.

And for our off-road fans, the second race of the Worcestershire Midweek Series around Arrow Valley in Redditch and the Blakedown Bolt provide two top trail races just 48 hours apart!

For news, photos and videos, do check out HACCentral on WhatsApp and the club Facebook page.

And for audio reports, tune into Radio Halesowen Town's Monday Sports Round Up and Friday Sports Report, which are both available on air and via Amazon, Apple and Spotify podcasts.

Now let's dig out my old ZX81 for the traditional end to the newsletter ...

10 PRINT "UP OWEN!!"

20 GOTO 10

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