



# HALESOWEN ATHLETICS CLUB

## NEWSROUND SEPTEMBER 2025



*Halesowen members old and new gather for a new iconic club photo!*

There was a typical and vibrant HACC mix of quality track racing, rapid relay running and competitive drinking over the course of a super September at the club.

The club 5000m and 3000m championships, Midland Road Relays and the Halesowen Beer Mile Relay and even a rainy race down the canal at Tipton helped to round off the summer in style!

Max Parker was the guest of honour at a packed summer presentation evening with his appearance coming just days after breaking another club record.

And Maddie Down was once again back competing in a global championships at the World Para Athletics in New Delhi.



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### *CLUB 5000m / 3000m CHAMPIONSHIPS*

55 runners took part in a fantastic night of racing on the club track in the annual 3000m / 5000m club championships.

The evening started with a mass photo of Halesowen athletes, coming 100 years after an iconic 1925 snap of early members of the club.

Then in the course of two hours, there were four competitive and enjoyable track races with the junior 3k race followed by a three race 5k fiesta!

First up was the junior 3000m championship for Under 13, Under 15 and Under 17 athletes.

Ffion Collins and Poppy Dunlop soon raced into the lead, leaving Sam Vince and Craig Thompson battling for third.

Ffion broke clear in the closing laps to take the win and the Under 17 Women's title in 11:03.8.

Poppy was second in 11:16.8, Sam was third and first Under 15 Boy in 11:33.5 and Craig was fourth and first Under 17 Male in 11:36.4.

Other winners were Isabelle Wilkinson who was first Under 15 Girl in fifth in 12:45.8

2024 5k champion Dan Tsegay defended his title, but was challenged all the way by Joe Donkin and Alex Taylor.

Joe led for most of the race before Alex moved ahead on the penultimate lap.

But then just after the bell, Dan Tsegay (pictured) kicked away to take the win.



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"It was a very tough race, Joe and Alex were very strong from the start", Dan told Radio Halesowen Town.



"I tried to break away from them but they kept catching me!

"I did it at the end of the race and I'm so happy I won.

"I want to move up to 10k and I love racing cross country and I want to do more of it.

"This year I am fit so I want to fight more for my club and win some big titles."

Under 17 male Oscar Peckover was first in the B race, going sub-20 to take the win in 19:53.9.

The main focus of the race was the battle to become women's champion.

New club member Amelia Harrison took the win in 20:38.1 seeing off a determined challenge from Bronte Appleyard who came second in 20:56.0.

The final race of the night was the 5000m C race with Keith Taylor winning in 23:21.8.



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Ellie Griffiths was second in 23:27.5 and Sally Spencer was third in 23:42.8.

The evening was rounded off with the whole field cheering in Al Tromans who broke the thirty minute barrier, finishing his 14.25 laps in 29:50.5.

Huge thanks go to Mark Hadley for organising the event and all the volunteers and track officials who made the evening such a success.

### ***MIDLAND ROAD RELAYS***



The club took 10 teams to Sutton Park for the autumn edition of the Midland Road Relays

In the junior three stage relays, the Under 15 Girls were 32nd, the Under 17 Men were 31st and the Under 13 Girls 28th.

The best performing team were the Under 17 Women who finished fifth with Lucy Hellingsworth running the eleventh quickest 3.88 kilometre leg of the day in 15 minutes and 13 seconds.

In the senior races, the women's A team finished in twentieth place with Phoebe Dodd fastest over the 5.45 kilometre leg in 21 minutes and 35 seconds.

The B team were 47th.



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And a strong Halesowen men's A team came seventeenth with Max Parker quickest in 16 minutes and 39 seconds.

The B team were 36th and the C team 81st and there was also a Masters team who placed eighth in their race.

### ***PRESENTATION EVENING***

Following the Midland Road Relays, the club staged a presentation evening rewarding members for their efforts over the summer season.

Hot on the heels of breaking the club half marathon record (again!), Max Parker was the special guest of honour.

Max shared his running story and training tips in front of a packed room of his clubmates and took part in a Q&A session.

Team managers Matt Wilkinson, Jess and George Heap and Ollie Dodd presented the medals and trophies with some junior athletes coming away with more medals than the entire Great Britain team at the recent World Championships!

Phoebe Dodd and Tony Magee received the Smallwood Cup for their performances in track and field meetings across the season and the club member of the year was Matt Wilkinson for his hard work in managing the club's junior teams.

Thanks go to Adrian Dale for acting as event MC, Ollie Dodd and Jo Gill for their work in sending out invites and sorting out the trophies and medals, Graham Gill for his audio-visual expertise and to Kathryn Griffiths for helping to co-ordinate such a successful evening!



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### *ANDY HOLDEN 4 MILE*

A wet evening failed to dampen the spirits of Halesowen runners at the Andy Holden 4 mile race.



With the rain and some decidedly dodgy locals safely negotiated, Mark Hadley was first back for the club in 14th place in 26:35.

Mark was followed by Michelle Dale, who was second lady in 15th in 27:59.

Keith Taylor was 40th in 32:28, Jamie Sircom was 50th in 35:33 and Isabel Fogliatti 51st in 35:52.



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With half an eye on the Benidorm 10k in November, Adrian Dale's pack of parkrun pros pacily powered through the precipitation!

Adrian was 53rd in 36:19 and Graeme Gill placed 56th in 37:01 finishing just ahead of Zoe Ferraday in 57th in 37:02.

Karen Rosthill was 59th in 39:06 and Hayley Evans was 60th in 39:11

Paul Allen was 63rd in 40:59 and thanks to his expert pacemaking and support, Jane Price came in 64th in 41:32.

### ***TRACK and FIELD UPDATE***

Maddie Down was fifth in her T38 100 metres heat at the World Para Athletics Championship in New Delhi.

She failed to reach the final but will be back in action on October 1st in the long jump final.

We'll have news of her result across HACCentral on WhatsApp and the club social media channels.

Maddie warmed up for the World Champs at the CP Sport National Championships in Coventry, winning the 200m in 28.91.

And at the Telford Games, she was third in the 100m in 13.51 seconds and recorded a distance of 4.51m in the Long Jump.

There was one last outing this season for the club's middle distance athletes with a final trip to Nuneaton for their End of Season Open.



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Alex Taylor ran the fastest 1500m of the day in 4:14.53.

Peter Dear was second overall in the 800m in 1:58:57 and Phoebe Dodd was first female in 2:14.80.

In the other 800m races, James Hoult ran 2:09.28, Alex Taylor 2:12.74, Jess Dale 2:27.74 and Alex Morgan 2:40.68.

Isabelle Wilkinson placed seventh in her 800m heat in 2:46.29 and was ninth in the 1500m in 5:41.01.

Joshua Hodges was third in his 100m heat in 12.28 and second in his 200m heat in 25.12.

Asha Morgan placed fifth in her 400m race in 1:02.53.

Barry Gardner was fifth in the M55 800m at the British Masters Championships in Derby.

And Jabez Berry won the Black Country Hammerfest Junior Grand Prix at Telford with a 6kg throw of 69.83m.

### ***ROAD ROUND-UP***

Just six days before playing a starring role at the Halesowen Summer Presentation Evening, Max Parker once again tore up the record books by setting a new Halesowen club record in the Half Marathon.

Max's race of choice was the Cheshire Half Marathon in which he finished in fourth place in 1:07:19, taking 14 seconds off his previous best set in Bath last year.



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Max also found success on the streets of his new home of London, with fourteenth place finishes at The Big Half half marathon in 1:07:50 and at the Vitality London 10,000 in 30:33.

Abi Saker also took part in The Big Half and was 1,801st in 1:35:44.

Adam Hollis finished second in the Wolverhampton 10k, running a time of 36:26.

At the Great North Run, James Ludlow was 8,898th in 1:52:54 and Jamie Sircom was 15,878th in 2:04:45.



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Matt and Milly Allen gamely took on the Robin Hood Marathon less than 18 hours after the equally strenuous demands of the Halesowen Beer Mile!

Matt was 3,605th in 1:56:00 and Milly was 3,651st in 1:56:18.

James Ludlow was 85th in 48:42 at the Chatsworth 10k and Paul Allen was 3,677th and fourth M75 runner at the Cardiff 10k in 1:02:15.

And Carl Follows was 18th in the Waseley Wobbler 8.5 mile trail race in 1:09:35

### ***HALESOWEN BEER MILE RELAY***

While some athletics clubs used the tantalisingly free weekend between the Midland Road Relays and the National Road Relays to carry out intensive coaching and hard training sessions, Halesowen Athletics Club took a slightly different approach.

We saw the empty calendar date as the perfect time to stage the Halesowen Beer Mile Relay!

There was no change to the now traditional Halesowen format of teams of two running four laps each and downing drinks of beer, cider or water in between each lap.

A record number of 14 teams took to the track with the club's most infamous Beer Miler Ollie Dodd, leading a team of sharp-eyed officials watching intently for any ... infringements!

And those officials were needed as this year saw a record number of disqualifications!



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There's a detailed report and photos on the club website but here are all the results and the entries on the Beer Mile Hall of Shame!

1st	THE 'DEAR' HUNTERS: Paul Bradley and Gareth G	11:38
2nd	SLIPPERY MOTHER CLUCKERS: Alex Taylor and Jess Dale	11:57
3rd	MAGNET & STEEL: Adrian Dale and Keith Taylor	14:11
4th	SNOOKER LOOPY: Ian Priest and Matt Allen	15:10
5th	FEAR THE BEER: Sam Morton and Hayley Evans	15:54
6th	DUFFERS UNITED: Alex Morgan and Bill Nock	16:04
7th	INCREDIBLY PACED ATHLETES: Jamie Sircom and Sara Ellen	16:25
8th	THE TURNERS: Josh Turner and Marc Turner	19:48
9th	SPEEDY & SOPHISTICATED: Harry Law and Peter Dear	27:22
DQ	BEER PRESSURE: Ethan Jordan and Milly Allen 🙄	
DQ	COCKY & ROCKY: Karen Rosthill and Matt Pugh 🙄	
DQ	CODSWALLOP: Tim Crees and Morgan Crees 🙄	
DQ	WATERBOYS: Ed Bates 🙄 and Kian Hazelwood	
DQ	ZIG 'N ZAG: Jenny Taylor 🙄 and Michelle Dale	



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### *PARKRUN*

Louise Collins was once again the queen of Woodgate Valley parkrun, picking up her seventh and eighth first female finisher spot of the year at events #203 and #206.

Michelle Dale was first female finisher for the fourth time this year at Dudley event #339.

Joe Donkin was first finisher at Rising Sun event #394 and Matt Wilkinson Jr was first at Walsall Arboretum event #634.

And Isabelle Wilkinson was first female finisher at Stevens Park, Wollescote junior event #276 and set a new PB of 8:00 in finishing first female at Edgbaston Reservoir junior event #100.

### *RACE CALENDAR*

Sat 4th Oct	National 6/4 stage Road Relays, Sutton Park
Sun 12th Oct	West Midlands Young Athletes XC League, Walsall
Wed 15th Oct	Black Country Magic Mile, The Dell Stadium
Sat 18th Oct	Midland XC Relays, Wolverhampton
	West Midland Schools XC Trials, Dudley
Sat 25th Oct	British Masters XC Relays, Long Eaton



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### *OCTOBER HIGHLIGHTS*

Halesowen will be back at Sutton Park in the English National 6/4 stage road relays on Saturday 4th October before there's the early skirmishes of the new cross country season!

Our junior athletes begin their campaign in the WMYACCL at Walsall, and there's the Midland XC relays at Wolverhampton and the Masters XC relays in Long Eaton.

Keep across WhatsApp and Spond where our team managers will be rallying the troops and there'll be the usual updates from around the club via HACCentral on WhatsApp, the club Facebook page and on Radio Halesowen Town.

Up Owen!

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