



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

Despite Alex Taylor's best efforts, the treats outnumbered the tricks during October at Halesowen Athletics Club.

Max Parker produced another record marathon run, Maddie Down soared to a new Long Jump PB on a global stage and there were medals across the age groups at the early season cross country relay competitions.

The club was honoured at a regional England Athletics award ceremony and there was a special 5k run as we helped to "Lift the Curfew" for our female athletes.

### **PARKER'S PERFECT PACE IN AMSTERDAM!**

Max Parker produced an outstanding display of perfectly paced marathon running on the streets of Amsterdam.



With several weeks of long "school" runs in his legs, Max cruised to a new club record time of 2 hours 19 minutes and 52 seconds, taking over three minutes off his previous best time at the London Marathon last April.

In an incredibly consistent run, Max's pace across the whole race ranged between 5:25 and 5:17 per mile and averaged at just over 5:20 per mile (3:19 per kilometre).



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

He also achieved the impressive feat of a negative split, running the second half 29 seconds quicker than the first.

Max crossed the line in 45th place and came in as third British athlete.

On Instagram @paxmarker, Max wrote:

"Everything and more.

"Running is an individual sport, but it's a team effort.

"Thank you for the continued love & support.

"I'm forever indebted to those who make this possible.

"5 marathons, 5 PBs

"Onto the next - 2:18:XX ???

### **MADDIE JUMPING FOR JOY IN DELHI!**

Maddie Down bounced back from the disappointment of missing out of the 100m final with her best ever finish at a global championships in the long jump.

Maddie broke the five metre barrier for the first time with a leap of 5.04m in the T38 final at the World Para-Athletics Championships in Delhi.

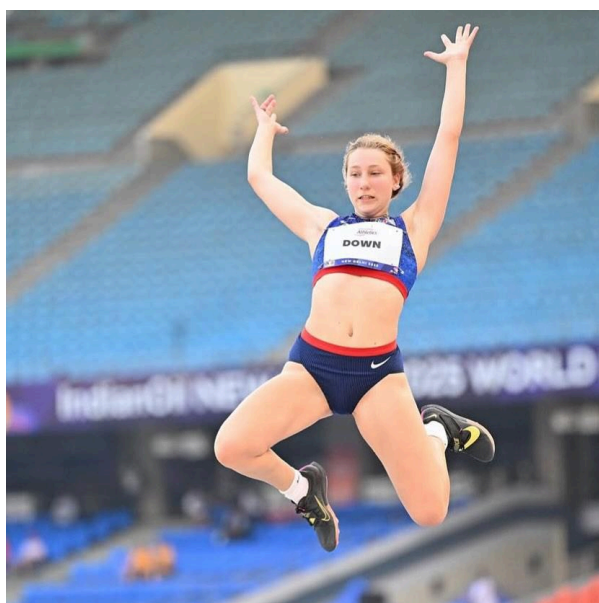
She finished in fifth, improving on her sixth place finish at last year's Paralympic Games in Paris.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

On the Maddie Down Para Athlete Facebook page, Maddie said: "I am so grateful for such an amazing experience, another major competition with a brilliant team of athletes and staff - thank you so much to British Athletics for the opportunity to compete again on the world stage.



"I was so pleased with my long jump competition and was excited to jump over five metres for the first time and come fifth in the world!

"Really happy to PB again in a big comp and lovely to feel the support of the other athletes.

"The 100m didn't go as I hoped for but I learned a lot from the competition and know I can come back stronger.

"Thanks to UKA Futures for supporting me."

### ***NATIONAL ROAD RELAYS***

The effects of Storm Amy made the Sutton Park course even tougher than usual for the National six-stage and four-stage Road Relays.

But winds of up to 40 miles per hour failed to deter a hardy crew of Halesowen athletes.

Conditions were at their worst for the junior races.

The Under 17 Men's team were 73rd and the Under 15 Boys placed 52nd.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

The Under 17 Women were our best performing team in sixteenth.

Lucy Hellingworth ran in the opening leg in 15:02 to place 25th, handing over to Kara-Rose Welborn, who ran 15:19 and gained a couple of places.

Ffion Collins on the anchor leg also clocked 15:02, making up another seven places.

There were also incomplete two runner teams in the Under 13 Girls and Under 15 Girls races.

For the first time in the senior races, both men and women ran the same distance of 5.45 kilometres.

The men's six stage event was won by Cambridge and Coleridge AC with the Halesowen team finishing in 68th.

Dan Tsegay ran the fastest leg for the team in 17 minutes and 54 seconds.

The women's four stage race was won by Cheshire club Vale Royal.

The Halesowen A team placed 39th and the B team 48th.

Phoebe Dodd was fastest for the club in 21 minutes and 38 seconds.

### ***MIDLAND XC RELAYS MEDAL MANIA!***

There were gold, silver and bronze medals for Halesowen athletes at the Midland Cross Country Relays at Aldersley Leisure Village in Wolverhampton.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

The Under 17 Women's team of Ffion Collins, Kara-Rose Welborn and Lucy Hellingsworth led from start to finish and crossed the line almost four minutes ahead of second-placed Nuneaton Harriers.



Ffion and Lucy were separated by the smallest of margins for the quickest leg of the race, with the FR Systems chip timing computer putting just 0.049 seconds between them!!

The Under 15 Boys team of Samuel Crouch, Jake Glover and Oscar Glover won silver and the women's team of Louise Collins, Amelia Harrison and Sarah Gill took an excellent bronze.

Louise came in fourth, Amelia improved to third which Sarah held on to on the anchor leg.

The men's team of Peter Dear, James Thomas, Alex Taylor and Harry Law came fourth and the B team of Dan Tsegay, Ben Russell, Matt Wilkinson (Jr) and Andy Butler were twelfth.

Bill Nock, Alex Morgan, Steve Horton and Phil Scarr finished thirteenth in the Men's Masters race.

The B team of Matt Wilkinson (Sr), Jamie Sircom, Dave Jackson and Paul Allen placed nineteenth.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

Also competing for the club in incomplete two runner teams were Grace Follows and Amber-Louise Agbe for the Under 13 Girls, Sam Vince and Benedict Jones for the Under 15 Boys, Isabelle Wilkinson and Izabella Fereday for the Under 15 Girls and Ed Bates and Theo-Lee Carpenter for the Under 17 Men.

### ***VICTORIOUS VETS AT LONG EATON!***

At the other end of the age spectrum, HACC's male vets 55 picked up Midland Masters Bronze at the BMAF Cross Country Relays in Long Eaton.

With captain Paul Allen leading his team with talent, Halesowen finished in sixth place in the national race but placed third in the Midlands competition.



Over a flat and fast 3k course, Barry Gardiner, Mark Hadley, Simon Duck and David Lewis steered Halesowen to bronze.

The good doctor ran the fastest club leg in 11:32, which was ranked as the eighth quickest of the whole race.

The Male vets 35 team of Marc Turner, Adam Cross, Ben Russell, Jamie Sircom and Paul Allen placed 21st.

Marc took the honours with the fastest leg in 10:38.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

### *WMYACCL*

25 of the club's junior athletes began the 2025-26 cross country season with the opening meeting of the West Midlands Young Athletes Cross Country League at Walsall Arboretum.

The league consists of races in the U11, U13, U15 and U17 age groups with individual and team honours up for grabs across the five race series.

Overall, Halesowen placed seventeenth out of the 24 competing clubs on 2,887 points, just a single point behind Kenilworth Runners.

The Under 17 Women's team placed second with Ffion Collins tenth, Lucy Hellingsworth eleventh and Kara-Rose Welborn in thirteenth completing the scoring three.

Olive Thomas was fourteenth and Bronte Appleyard was 30th.

Here are all the other results from Walsall:

U11 Boys 8th

31st Ben Goode 49th Ted Thomas 120th Toby Noon

U11 Girls 19th

95th Sinead Agbe

U13 Girls 20th

33rd Grace Follows 113th Amber Louise Agbe

U15 Boys 10th

32nd Toby Sykes 60th Sam Vince 77th Samuel Crouch



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

U15 Girls 13th

47th Izabella Fereday 48th Isabelle Wilkinson 88th Anna Carey 103rd Emma Louise Goddard

U17 Men

47th Ed Bates 53rd Kian Hazelwood 59th Theo Lee Carpenter 62nd Oscar Peckover

The next race is at Warley Woods on Sunday 9th November and it would be great to see as many athletes and supporters as possible for our local race!

If you wish your child to take part, then please get in touch with team manager Matt Wilkinson via WhatsApp or Spond.

### ***DOVEDALE DIP FOR ALEX!***



Alex Taylor retained his Under 18 junior title at the Dovedale Dash in Derbyshire, finishing the 4.75 mile cross country race in the Derbyshire Dales in sixth place overall in 30:32.

The highlight of the race was the watery run through the River Dove, which most athletes tackled with style and grace.

However ... with numerous phones and camera lenses trained in eager expectation of any mishaps, one Halesowen runner answered the call.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

That man was Alex who dove head first into the Dove to provide yet another piece of viral HACC gold!

The disappointingly dry Halesowen runners were Mo Cusworth-Yafai, who was 144th in 39:22, Jessica Dale who was 152nd and second Under 18 female in 39:33 and Michelle Dale who was 156th in 39:43.

### *NEWS IN BRIEF*

David Lewis was 139th in the Chester Marathon in a new PB of 2 hours 53 minutes and 52 seconds.

He was also fourth in the Male Vets 55 age category.

James Parker was 20,113th in the Chicago Marathon in 3:52:29.

Rob McWilliams took almost three minutes off his previous PB at the Manchester Half Marathon, placing 526th in 1:21:14.

And Ben Russell was 359th at the Great Eastern Run Half Marathon in 1:25:07

### *PARKRUN*

Another club outing to Worcester Pitchcroft parkrun resulted in Halesowen taking the top four places.

Joe Donkin was first finisher, Harry Law second, Peter Dear third and Matt Wilkinson (Jr) fourth.

Ffion Collins was second female and Louise Collins third female finisher.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

Paul Bradley was first finisher at Solihull parkrun #722, Amelia Harrison was first female finisher at Kingsbury Water parkrun #543 and Poppy Dunlop was first female at Maldon Prom parkrun event #557.

### **'OWEN HONOURED AT VOLUNTEER AWARDS**

The efforts of the club's volunteers were recognised in a special regional awards ceremony at the Alexander Stadium.



The England Athletics citation was as follows:

*"Halesowen Athletics & Cycling Club has shown exceptional commitment to community inclusion and wellbeing. Through initiatives like their Saturday Club for children, the Strollers group for older adults, and a thriving Couch to 5k programme, they've opened their doors to non-members and created a welcoming space for all. These projects have engaged over 100 new participants, supported volunteer development, and generated vital income to sustain the club's future. With a proud*

*103-year history, Halesowen continues to evolve - offering meaningful opportunities for people of all ages and abilities to connect, stay active, and be part of something special."*



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

Halesowen finished third in the Community Project of the Year category with Adrian Dale, Les Woods, Barry Griffiths and George Heap attending the ceremony on behalf of the club.

### ***HACC LIFTS THE CURFEW!***

A special and memorable event on the club track was held as part of the “Let’s Lift The Curfew” campaign supported by This Girl Can and Sport England.



The campaign highlighted the issue of female safety during darker evenings and how this can limit women’s ability to stay active throughout winter.

70% of females change their exercise routines in winter, simply because they feel unsafe.

To support our female athletes, a 5k run was held on the club track.

The floodlights shone brightly and hi-vis and a top music playlist added to the festival atmosphere.

All abilities, groups, paces and ages joined in the fun and our male club members supported throughout, creating an empowering and inclusive atmosphere.



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

Our efforts were certainly noticed by This Girl Can, who labelled the post-event Instagram photos as "Amazing!"

It truly was an amazing evening and our thanks go to Hayley Evans, Adrian Dale and Graeme Gill for organising such an uplifting and inspiring event.

### ***GREEN BAIZE BULLETIN!***

As anyone who has been down the club on a midweek evening will testify, it doesn't take too long before the snooker table is rolled out for action, and HACC has two teams competing in the Halesowen & District Snooker League.

Both teams compete in Division Two with the 2025-26 season now seven matches old.

During the month of October, the A team won two and lost two of their matches.

They won 4-1 at home to Dudley Ex Servicemans B and 3-2 at home to Cradley Sports & Social A.

But there was a 4-1 away loss at Langley Bowling Club B and a narrow 3-2 defeat at home to Stourbridge Institute C.

The B team suffered four defeats, going down 5-0 at West Heath Cue Club A, 3-2 at home to Thimblemill Recreation Club A, 4-1 at Stourbridge Institute A and 4-1 at Netherton Conservative Club A.

Our top player is Ian Priest, who is currently topping the Division Two individual rankings with seven wins out of seven matches,



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## NEWSROUND OCTOBER 2025

### RACE CALENDAR

Sun 9th Nov	WMYACCL Race 2: Warley Woods
Wed 12th Nov	Athletics Section AGM
Sat 15th Nov	Birmingham League Men's XC: Leamington Midland League Women's XC: Leamington
Sat 22nd Nov	Midland 7/5 mile XC: Romsley Inter County Schools XC: Dudley Benidorm 10k
Sun 23rd Nov	Midland Race Walking League: Stourport
Sun 30th Nov	9 Locks Challenge: Stourbridge

### NOVEMBER HIGHLIGHTS

The Annual General Meeting of the athletics section takes place in the clubhouse on Wednesday 12th November starting at 8.30 pm prompt.

Nominations for all the committee positions are on display at the club.

Saturday November 22nd sees the club once again host the Midland 7/5 mile cross country race at High Harcourt Farm at Romsley.

It's a proper old school course and has the justified reputation as being the toughest race on the Midlands cross country calendar!



# HALESOWEN ATHLETICS CLUB

## NEWSROUND OCTOBER 2025

Volunteers and race marshals will be needed for the event so if you can help in any way, then please get in touch with Bill Nock.

On the same day, HACC will be going international as the club heads to the Costa Blanca to take part in the Benidorm 10k.

We look forward to seeing the contrasting mix of photos from both events!!

Do also keep across the various channels for details of upcoming events in the run-up to Christmas.

Already confirmed are two events for children.

Mini Athletics South Birmingham will be hosting their Run with Santa event on the club track on Sunday 7th December and a week later, on Sunday 14th December, there's a chance for your child to have Breakfast with Santa.

The Christmas Quiz is set for Wednesday December 17th and the seasonal celebrations culminate in the Boxing Day handicap run on Friday December 26th.

The latest news can be found on HACCentral on WhatsApp, backed up by Facebook, Instagram and the weekly updates on Radio Halesowen Town.

You can also find more detailed reports and plenty of photos from all the big events in October on the club website.

Up Owen!

JAMIE SIRCOM

[jsircom@hotmail.com](mailto:jsircom@hotmail.com)