



HALESOWEN ATHLETICS CLUB

NEWSROUND NOVEMBER 2025

Cross country was king during November with a celebratory opening League race at Leamington, the WMYACCL meeting at Warley Woods and the traumatic mud fest of the Midland 7/5 mile race at Romsley.

There's a full report from a memorable club trip to Benidorm and we have details of all the forthcoming festive fixtures and social events in the run-up to Christmas.

BIRMINGHAM & MIDLAND LEAGUE XC



In the opening Birmingham League men's Cross Country fixture of the season in Leamington, Halesowen Athletics Club placed eleventh in Division 1, with Joe Rogers the top finisher for the club in 32nd place.

Halesowen's B team were fourteenth, the Masters A team twelfth and the Masters B team eighth.



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It was one of the biggest League races held in recent years, with more than 800 athletes from all three divisions racing at the same venue to commemorate the 100th anniversary season of the Birmingham Cross Country League.

Although if you wish to compare notes with the 50th anniversary event, then Paul Allen will be more than happy to tell you all about it!

Here's all the HACC results:

31st Joe Rogers 34:10	257th James Ludlow 46:50
46th Joe Donkin 34:56	258th Alex Morgan 47:10
61st James Thomas 35:32	262nd Mo Cusworth-Yafai 47:34
72nd Peter Dear 35:55	267th Phil Scar 48:40
92nd Daniel Morgan-Salcombe 36:43	268th Andy Carruthers 48:43
120th Matt Wilkinson (Jr) 37:46	269th Ben Russell 49:15
121st Alex Taylor 37:49	276th Rick Cudworth 50:11
162nd Ethan Jordan 39:51	281st Andy Nock 51:12
214th Mark Hadley 42:58	282nd Steve Horton 51:56
216th Roger Mallard 43:07	283rd Matt Allen 53:10
253rd Carl Follows 46:13	292nd Dave Jackson 57:30
255th Bill Nock 46:27	

In total, there were 297 runners in the Division One race.

The ladies didn't miss out on the party as both divisions of the Midland Women's League were also held at Leamington and attracted 503 runners.

Halesowen's A team finished 15th in the Division One race with Phoebe Dodd fastest for the club in 51st place.

The masters team placed eighth.



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207 runners lined up in the Division One race.

The individual positions were as follows:

51st Phoebe Dodd 26:19

117th Sarah Gill 29:23

66th Louise Collins 27:00

132nd Mel Hepke 30:08

70th Jessica Dale 27:05

145th Milly Allen 30:40

116th Michelle Dale 29:23

A great start to the season from both teams consolidating their top flight status.

The next meetings are on Saturday 6th December with the men at Betley Court near Stoke and the women at Pitville Park in Cheltenham.

If you want to run, then do get in touch with team captains Mark Hadley or Mel Hepke.



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MIDLAND 7 / 5 MILE XC

Halesowen Athletics Club were proud for the third year running to host the historic Midland 7 & 5 mile Cross Country at High Harcourt Farm in Romsley.



With heavy rain making the hilly and muddy course even more challenging than normal, it was pleasing to see an increase in race entries compared to 2024.

First up was the women's race which came in at around 4.2 miles.

The race was won by Alice Tredgett from Severn AC, with Halesowen's Louise Collins coming in third to take an individual bronze medal.

Jess Dale was fifth, Sarah Gill sixth and Sally Spencer 21st.

That perfect mix of 'Owen youth and experience was good enough for the ladies to win team gold, coming in five points ahead of Bournville Harriers.



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The men's race, over 6.2 miles, was won by Alistair Watson from Notts AC.

Top ten finishes went to James Thomas in seventh and Alex Taylor in tenth.

Daniel Morgan-Salcombe was 25th, Ben Russell 36th and Sam Pugh 42nd.

Next in were a swathe of cross country veterans!

Alex Morgan was 53rd, Mark Hadley 61st, David Lewis 63rd, Bill Nock 65th and Andy Carruthers 70th.

Mo Cusworth-Yafai came in 71st, Andy Nock 81st, Phil Scarr 83rd and Dave Jackson was 95th.

The men's team narrowly missed out on a medal finishing in fourth place, just seven points behind Wolves & Bilston AC.

Course organiser Bill Nock said: "Despite the tasty weather, there have been many positive comments about the event and it earned the club some money/

"I'd like to thank everyone who's helped stage the event.

"Stu for welcoming us at High Harcourt, moving the sheep, preparing openings in the hedges and taking delivery of the loos.

"Also to Alison at the National Trust, Ali & Andy for marking out the course, Mark with the club tent and Andy & Jacko with the first aid tent.

"All the marshals Maurice, Bettina, Annie, Ali, Isabel, Phill, Mick, Alison, Paul, Joe, Mel, Jo and Graeme; all of whom helped to dismantle the course and to Mark and Jacko for their help on Sunday and Monday."



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WMYACCL

There was a short trip to Warley Woods for the second West Midlands Young Athletes Cross Country League fixture of the season.

23 Halesowen runners tackled a tough and hilly course, but there were some great performances with eleven athletes finishing in the top half of their races,

Particular highlights included an eighth place finish for Ffion Collins in the Under 17 Women's race and a great debut for Ethan Parkes, who was 21st in the Under 11 Boys race.

Overall, Halesowen placed sixteenth out of 23 teams in the day and are also sixteenth in the overall series standings.

Here are the various team standings after two races:

U11 Girls:	19th	U11 Boys:	8th
U13 Girls:	19th		
U15 Girls:	13th	U15 Boys:	10th
U17 Women:	2nd	U17 Men:	12th

The leading individual athletes in the series standings are Ffion Collins in 8th, Lucy Hellingsworth in 10th and Olive Thomas in 11th.

A more detailed report and athlete photos can be found on the club website.

The next meeting is on Sunday 7th December at Newbold Revel near Rugby.

Please get in touch with team manager Matt Wilkinson via Spond for more information and if you wish your child to take part.



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NATIONAL XC RELAYS

Three Halesowen teams travelled to Mansfield for the National Cross Country Relays.



In the women's race, Halesowen placed 54th, with Phoebe Dodd running the fastest 3k team leg in 11:26.

Two men's teams lined up at Berry Hill Park - The A team were 64th and the B team 125th.

Harry Law ran the quickest 5k leg for the club in 17:00.

Both teams improved on their finishing positions from 2024 and were the only local representatives from the Black Country area in Mansfield.

Here are the full results:

WOMEN'S RACE (3x3k)

54th HALESOWEN A 36:37.316

Louise Collins 11:51.866

Phoebe Dodd 11:25.900

Mel Hepke 13:20.360

107 complete teams took part in the race



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MEN'S RACE (4x5k)

64th HALESOWEN A 1:11:03.064

Alex Taylor 17:53.433

Matt Wilkinson Jr. 18:48.504

Harry Law 16:59.556

Dan Tsegay 17:21.551

125th HALESOWEN B 1:30:30.636

Ethan Jordan 18:24.628

Ben Russell 19:32.302

Mo Cusworth Yafai 23:03.391

Jamie Sircom 29:30.315

141 complete teams took part in the race

BIRMINGHAM SPORTSHALL

Our junior athletes returned to North Solihull Sports Centre for the second Birmingham Sportshall meeting of the season.

There was an impressive performance from the Under 13 Boys team, who won five events in total.

Tristian James won the Shot and Jayden Hanson the Triple Jump and there were team victories in the Circuit Relay, 8 lap Paarlauf and 4x2 lap relay event.

News from the meeting at North Solihull on Sunday 30th November will appear in the December edition of the Newsround newsletter.



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BENIDORM 2025!



15 Halesowen athletes escaped the miserable Manor Abbey weather and jetted off to the Costa Blanca for a weekend of winter sun at the Benidorm 10k.

The famous Benidorm sights were all taken in throughout the weekend.

The Western Saloon was a favourite nightspot and the Red Lion WAS a close second ... that was until the 'star' Sunday night entertainment.

Zoe and Hayley's "hair extensions" comment will live long in the memory of those who witnessed the spectacle!



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But despite the rival attraction of tandem mobility scooters to travel around town, the HACC crew were there to run the Benidorm 10k race, which was held at sunset on Saturday evening.

The first half of the course featured a few inclines before heading down to the seafront and up again for a sunset finish at the Town Hall square.



Leading the way for Halesowen was Peter Dear, whose fourteenth place finish in 33:25 saw him come home as second Brit and bag himself a PB of just over a minute.

"I started off with the leading pack and thought I was a bit out of my comfort zone," Peter told Radio Halesowen Town.

"I managed to just about keep them within touching distance and used them to pull me along when it got tough at the end.

"There was quite a nasty sting in the tail coming through the old

town in Benidorm and there were a few points where I wanted to throw the towel in but I'm pleased I didn't."

Ethan Jordan was second junior athlete in 42nd in 35:21 and took over two minutes off his PB.



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Michelle Dale was first Halesowen lady in 297th in 43:37.

She was fifth W45 and second Brit in the age category.

And there was a PB for Steve Horton, who was 505th in 46:29.

Here's the full results for all the Halesowen runners:

14th Peter Dear 33:25	1089th Jamie Sircom 52:39
42nd Ethan Jordan 35:21	1919th Gavin Fereday 57:55
293rd Michelle Dale 43:37	1920th Zoe Fereday 57:55
343rd Andrew Price 44:16	2734th Hayley Evans 1:04:02
505th Steve Horton 46:29	2867th Adrian Dale 1:06:08
581st Heather Bills 47:29	3091st Marianne Allen 1:07:44
885th Matt Allen 50:44	3092nd Karen Rostill 1:07:44
983rd Keith Taylor 51:27	

In total, 4,133 runners took part in the race with over 40% of those Brits!

Plans are already being made for a return next year with Steve Horton booking his 2026 hotel whilst still in Benidorm!

The race date is confirmed as Saturday 21st November 2026.

Thanks go to all concerned for such a fun and enjoyable weekend, and do speak to any of the class of 2025 if you're interested in joining in next year.

The next Halesowen weekend away is at Ty Careg in Wales from Friday 27th February to Sunday 1st March 2026.

Spaces are limited but if you do want to go then get in touch with Peter Dear ASAP.



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NEWS IN BRIEF

Joe Rogers was 20th in 4:49 in the mile race at the Cardiff Cross Challenge and George Allen was 168th in 16:12 in the U20 men's race at the Liverpool Cross Challenge event.

Paul Allen was 96th in 47:04 in the British and Irish Masters Cross Country International in Leeds.



James Hault made a welcome return to form at the 9 Locks Challenge from Stourbridge to Brierley Hill.

He finished in sixth place, completing the hilly 10k canal course in 40:34.

Kathryn Williets was 620th in 1:24:11.

And away from the cross country and canals, there were still some road races to be found.

Matt Wilkinson was 61st in 46:43 at the NICE Charity 10k in Cannon Hill Park and Jamie Sircom was 229th in the Cheddleton Christmas Pudding 10k in 55:13.

Finally, Maddie Down is one of 41 Paralympic athletes to be awarded National Lottery funding as part of the UK Athletics World Class programme for the 2025/26 season.

Maddie has competed at the 2024 Paris Paralympics and finished fifth in the T38 Long Jump at this year's World Para Athletics Championships in Delhi.



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PARKRUN

Continuing the international flavour to the newsletter and bringing some welcome good news from down under following the Ashes debacle, came the news that Harry Law was first finisher at South Bank parkrun in Brisbane.



Harry is early on in his Aussie adventure so we hope to see more from the parkrun podium-topping Pom in the forthcoming weeks and months!

After the 'Owen men filled the parkrun podium at Worcester Pitchcroft last month, it was the ladies turn to take the top spots at Woodgate Valley.

Milly Allen was first female finisher, with Jess Dale second and Michelle Dale third at event #211.

Alex Taylor was first finisher at Dudley event #350 with Michelle Dale once again taking first female finisher honours,

GREEN BAIZE BULLETIN!

A million miles away from the cross country mud and the carnage of Benidorm, the more genteel side of the club in the two snooker teams continued their campaigns in the Halesowen and District Snooker League.



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The A team lost to Stourbridge Institute A by 346 points to 281 in the second round of the Ken Gilbert Knockout Memorial Trophy.

In the League, there was a narrow 3-2 defeat at Hasbury Club A and a 4-1 home win over Blackheath Social Club B.

The B team lost to Hasbury Club A by 461 points to 287 in the Ken Gilbert Trophy and then went on to have 4-1 defeats at home to Harborne Village Social Club B, away at Townsend Social Club B and at home to Dudley Ex Servicemens B.

In the league standings, the A team are fifth in Division Two on 33 points.

The B team are 13th on 10 points with both teams having played nine matches.

RACE CALENDAR

Sun 6th Dec	Birmingham League Men's XC: Betley Court, Stoke Midland League Women's XC: Cheltenham
Sun 7th Dec	WMYACCL Race 3: Newbold Revel
Sat 13th Dec	Worcestershire XC Championships: Warley Woods
Sun 14th Dec	Telford 10k
Sun 21st Dec	Wolverhampton Turkey Trot 5 mile: Aldersley Stadium
Thu 26th Dec	Halesowen Boxing Day Handicap (from 10:00 am)



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DECEMBER HIGHLIGHTS

A fully festive programme is lined up for the forthcoming four weeks!

The big man himself will be making two visits to the club.

On Sunday 7th December, Santa will be lacing up his trainers and taking to the club track for the Mini Athletics Run with Santa event and then on Sunday 21st December, he will be slightly more relaxed and less active as he hosts his special Breakfast with Santa event.

The Christmas drinks will be at The Swan in Blackheath on Friday December 19th and then the following day, our annual Christmas Run and Walk will take place starting from 10.30 am.

Details on the route and start points will be released in due course.

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

A New Year's Eve club run and party is also planned for Wednesday December 31st.

Wishing all HACC members and their family and friends a Happy Christmas with good wishes and the best of health for 2026!

JAMIE SIRCOM

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