



HALESOWEN ATHLETICS CLUB

NEWSROUND REVIEW OF THE YEAR 2025

2025 was a twelve months packed with record-breaking runs, terrific team performances, multiple medals and some special social soirees!

Relive all the highlights from another memorable trip around the sun at HACC in the Newsround Review of the Year 2025.

JANUARY - MARCH

The Under Women's team of Lucy Hellingsworth, Ffion Collins and Jess Dale won silver at the Midlands Cross Country Championships at Mallory Park and Paul Allen won M75 silver.

Alex Taylor and Jess Dale both won bronze in the West Midlands Schools Cross Country Championships at Warley Woods and Ffion Collins won silver in the Hereford and Worcester Championships at Bromsgrove School.



Club history was made on February 1st when Joe Rogers became the first athlete in the 103 year history of the club to break the four minute mile.

Joe ran a time of 3:59.64 at the John Terrier Classic indoor meeting at Boston University.

In what proved to be one of the best club cross country performances since the late sixties, the Halesowen men's team placed fifth in the final Birmingham League meeting at Leamington to secure their place in Division One,



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The women's team also maintained their top flight status with a fourteenth place finish at Wolverhampton.

In the WMYACCL, the Under 17 Women's team were crowned series champions.

Halesowen had three representatives at the British Indoor Championships in Birmingham, with Maddie Down winning silver in the Para 60 metres.

Louise Collins was first lady at the Run Through Birmingham Running Festival Half Marathon in Sutton Park.

Max Parker broke four club records in the space of just five weeks,

Max broke the club 10k road record, taking two seconds off Bill Nock's previous best in running 30:22 at the RunThrough Top Flight Battersea 10k in London.

The 5k road record fell at the Podium Under the Lights 5k in Battersea Park, in which Max finished seventh in 14:35.

He then took 90 seconds off his own club half marathon record, finishing thirteenth in the Bath Half Marathon in 1:07:32.

Max's record spree was rounded off at the Hillingdon 20 mile race in which he took over four minutes off Bill Nock's 35 year-old record as he finished fifth in 1:49:09.

At the Midland 5k Young Athletes Road Championships at Sutton Park, Kara-Rose Welborn won gold and Ffion Collins bronze in the Under 17 Ladies race, with Lucy Hellingsworth's fourth place clinching team gold.



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Team silvers went to the Under 13 Boys and Under 13 Girls with Alex Taylor and the Under 17 Men's team winning bronze.

Hammer thrower Jabez Berry achieved a qualification standard for the European U20 Championships with a throw of 70.87 metres at the Winter Throws Championships in Loughborough.

The winter training weekend at Ty Careg saw seven HACC athletes finishing in the top ten at Y Promenâd parkrun at Brecon, with James Thomas and Jess Dale the first finishers.

APRIL - MAY



All eyes were on the streets of London as Max Parker was gunning for the 40 year-old Halesowen club marathon record.

2:26:11 was the time to beat set by Tony Bill in 1985 and a perfectly paced run saw Max finish in 42nd place in a field of over 56,000 runners in 2:23:21, taking nearly three minutes off Tony's previous record time.

The Halesowen Under 17 Ladies team of Ffion Collins, Lucy Hellingsworth and Poppy Dunlop won team gold at the National Young Athletes 5k Road Championships at Sutton Park.



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There was silver for the Under 15 Boys team of Toby Sykes, Kian Hazlewood and Ed Bates.

Betsy Cooper, Phoebe Dodd and Levi Gisbourne were multiple event winners at the club spring time trials event and 49 junior athletes enjoyed the QuadKids competition.

The club received a glowing report from England Athletics on a visit to the club, with Richard Ayling from EA praising the “positive atmosphere and environment”.

24 medals were won at the Worcestershire Track and Field Championships, with six coming from our 800m athletes across the age groups!

Jabez Berry and Joe Rogers won GB Juniors and England vests at the Loughborough International.

Jabez also won gold at the BUCS British University Championships in Manchester, breaking the Halesowen club hammer record with a throw of 66.08m.

He then went on to win the Hammer competition on his England debut at the Pickering International in Loughborough.

Maddie Down represented Great Britain at the World Para Athletics Grand Prix in Paris and Kirsty Price got an England Masters vest at the Swansea Half Marathon.

Barry Gardiner won M55 gold at the British Masters 1 mile Championship in Oxford and Kian Hazelwood won gold in the 800m at the Sandwell Schools Track and Field Championships.



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Jess Dale won silver in the U20 800m at the Midland Championships in Nuneaton and there were 1500m silver medals for Paul Allen and Barry Gardiner at the Midland Masters Championships.

Paul also won 800m and 1500m gold at the Welsh Masters Championships in Yate.



Ten Halesowen teams took part in the Stafford Showground Relays, a turnout which put many of the more local clubs to shame!

Alex Taylor won the summer edition of the 9 Locks Challenge and Harry Law placed second in the Blakedown Bolt.

James Thomas, Peter Dear and James Hoult aka Team Tree Milers were the top team at the Action Heart Baggeridge Relays.

And the HACC team finished the 2025-26 season in fourth place in Division Two of the Halesowen & District Snooker League.



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JULY - SEPTEMBER

Halesowen won two golds and a silver at the England Athletics Senior and U20 Championships at the Alexander Stadium.

Maddie Down won the Para 200m and was second in the Long Jump whilst Jabez Berry won the U20 Hammer.

Maddie went on to win Long Jump silver at the British Championships in Birmingham and competed at the London Diamond League meeting.

Julie Bellfield won silver in the Worcestershire Championship 5000m walk at and Lucy Hellingsworth was first U20 woman at the Worcester Pitchcroft 10k.



The Midland Senior League team won back-to-back promotions, comfortably securing their elevation to the top flight with a second place finish in Division Two,



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Team manager Ollie Dodd said: “All the athletes that have competed this season and left everything on the track in every match have my utmost gratitude and respect.

“We owe it all to our team of dedicated volunteers, coaches and volunteers.

“The depth of talent, grit and dedication of this team leaves me in awe.”

In the UKYDL, our Lower Age Group team finished the season in fourth and the Upper Age Group team were second.

The club’s U9, U11 and U13 athletes rounded off their Triangular League season with a win in the final match at Tipton.

That victory secured a second place finish in the final League table.

And the men’s and women’s teams in the Midland Vets League both finished the season in fourth.

Jabez Berry finished fourth in the Hammer at the European Under 20 Championships at Tampere in Finland with a throw of 73.99m.

James Thomas won the Clent 8k, the final race of the Worcestershire Midweek Series.

Across the four races, Oliver Nugent-Smith was second and Ethan Jordan third in the men’s with Sarah Gill third in the women’s overall standings.

Also winning third place series prizes for Halesowen were Carl Follows in the Male 45 and James Parker in the Male 50 age categories.



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Dan Tsegay retained his title at the 5000m Club Championships in a time of 16:07.6.

Amelia Harrison was ladies champion in 20:38.2 and Ffion Collins won the junior 3000m in 11:03.8.

Sam Vince was the first male junior in 11:33.5.

An incredible 55 athletes took part in the four races on the night, with the evening beginning with a recreation of a classic 1925 photo of club members.



Max Parker took a further fourteen seconds off the half marathon record, finishing in fourth place at the Cheshire Half Marathon in 1:07:19.

And despite a record number of “technical” disqualifications, Paul Bradley’s “Dear Hunters” team were the champions of the Beer Mile Relay!



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OCTOBER - DECEMBER

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

She finished fifth, improving on her sixth place finish at the 2024 Paralympic Games in Paris.



Max Parker produced an outstanding display of marathon running on the streets of Amsterdam, cruising to a new club record time of 2:19:52.

Max averaged at just over 5:20 per mile (3.19 per kilometre).

As well as taking over three minutes off his previous best time set in London in April, he ran an amazing 29 second negative split!

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

On Instagram, Max said: "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."



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The early season cross country relay events provided plenty of medals for the club.

At the Midland XC Relays in Wolverhampton, the Under 17 Women's team of Ffion Collins, Kara-Rose Welborn and Lucy Hellingsworth led from start to finish to win gold.

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

Barry Gardiner, Mark Hadley, Simon Duck and David Lewis steered Halesowen to M55 bronze in the Midland Masters XC Relays in Long Eaton.

Alex Taylor won the Under 18 male trophy at the Dovedale Dash in Derbyshire.

The club was recognised in a special regional awards ceremony at the Alexander Stadium.

Halesowen were third in the Community Project of the Year category with English Athletics acknowledging the efforts of the club's volunteers.

Part of the citation read:

"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".



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The club's community spirit also shone brightly in a "Let's Break The Curfew" 5k run on the club track.

The initiative, supported by England Athletics and This Girl Can, highlighted the issue of female safety while exercising outdoors during darker evenings

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.

The centenary of the Birmingham Cross Country League was marked by a special season opener at Leamington.

A strong Halesowen contingent joined clubs from across the Midlands as Newbold Comyn was the venue for a race incorporating all three divisions of the men's Birmingham League and both divisions of the Midland Women's League.

Joe Rogers was the best placed 'Owen athlete in 31st.

Two big races, approximately 1,400 miles apart, made for a memorable late November weekend and showed the diverse nature of the club at its best!



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At High Harcourt Farm in Romsley, the club hosted the Midland 7 and 5 mile Championship, which has a thoroughly justified reputation as being one of the toughest cross country races on the race calendar!

With heavy rain making the course even more challenging than normal, it was pleasing to see race entries up on 2024.

Louise Collins won individual bronze and she was joined by Jess Dale, Sarah Gill and Sally Spencer in winning team gold.

Meanwhile fifteen Halesowen athletes shunned rainy Romsley for the sunnier climbs of the Costa Blanca, as they ran the faster, flatter and far less muddy Benidorm 10k.

The group enjoyed a couple of nights out on the town, with a Saturday evening start time of 5.00 pm ensuring plenty of time for hangovers to wear off.

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.

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.

The post-race partying continued until 3am and despite a somewhat fragile Sunday for many, the Benidorm 10k is already firmly fixed on the 2026 HACC race calendar!

The Under 17 Women's team had a clean sweep of the podium at the Worcestershire Cross Country Championships at Warley Woods.

Ffion Collins won gold, Poppy Dunlop silver and Kara-Rose Welbourn bronze,



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Sam Vince won bronze in the Under 15 Boys race and there was bronze for the Under 17 Men's team of Ed Bates, Kian Hazelwood and Theo Lee-Carpenter.

In the Under 20 races, Dan Morgan-Salcombe won silver and there was bronze for Jess Dale.

And there was yet another 'Owen podium shutout in the Men's Vets 60 competition.

Andy Nock won gold, Alex Morgan silver and Andy Carruthers bronze.

Kian Hazelwood won the Run Through Birmingham Running Festival 5k at Sutton Park, Poppy Dunlop was second lady at the Staplehurst End of Year 10 Miler and Jamie Sircom won Midland Masters silver at the Wolverhampton Turkey Trot 5 mile.

And finally, the Boxing Day handicap run proved to be a thriller with one of the closest finishes ever seen at the club.

Junior athlete Izabella Fereday took the win, finishing just one second clear of George Allen.



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ATHLETES OF THE MONTH

	SENIOR	JUNIOR
JANUARY	JOE ROGERS	TOBY SYKES
FEBRUARY	MICHELLE DALE	ALEX TAYLOR JABEZ BERRY
MARCH	MAX PARKER	KARA-ROSE WELBORN
APRIL	MAX PARKER	JABEZ BERRY KIAN HAZELWOOD
MAY	MATT WILKINSON (JR)	JESS DALE
JUNE	PHOEBE DODD	KIAN HAZELWOOD
JULY	BARRY GARDINER	TOBY MAGEE
AUGUST	PHOEBE DODD	TOBY MAGEE
SEPTEMBER	DAVID LEWIS	ISABELLE WILKINSON
OCTOBER	MAX PARKER	FFION COLLINS
NOVEMBER	ETHAN JORDAN	DAN MORGAN-SALCOMBE

The December athletes of the month will be announced at the monthly team meeting on Monday 5th January at 8.30 pm in the clubhouse.



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2026 HIGHLIGHTS

The battle for top flight survival in the Birmingham men's and Midland women's cross country league and the return to the top flight of the Midland Senior Track and Field League are amongst the many competitive highlights of the year ahead,

Our junior athletes will be competing in the WMYACCL, UKYDL and Triangular League and other competitions that the club will be taking part in include the Midland Vets League and the Worcestershire Midweek Series.

There's plenty of social events on the horizon, with the winter training weekend at Ty Careg first up from Friday 27th February to Sunday 1st March.

And we look forward to cheering on Abi Saker, who was awarded the club place in the 2026 London Marathon!

Keep up to date with everything at the club across all the various channels.

These include (deep breath!) the club website and the monthly Newsround newsletters; our social media channels across Facebook, Instagram and X; HACCentral on WhatsApp and the various team WhatsApp and Spond groups; the weekly reports on Radio Halesowen Town and the monthly meetings held in the clubhouse on the first Monday of every month.

Thanks to everyone at the club for their support over the past year and here's to another successful and memorable year ahead in 2026!

Up Owen!

JAMIE SIRCOM

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