



HALESOWEN ATHLETICS CLUB

NEWSROUND DECEMBER 2025

There was plenty of mid-winter wonder at Halesowen Athletics Club during December.

Our cross country athletes collected festive treats in the shape of medals at the Worcestershire Cross Country Championships.

The road runners picked up PB presents at the Telford 10k and there were a final few medals for the club in 2025 at the Wolverhampton Turkey Trot, the Sittingbourne End of Year 10 miler and the Old Father Time 5 mile.

And we have news of the top Christmas highlight at the club, the Boxing Day Handicap Run!

BIRMINGHAM & MIDLAND LEAGUE XC

After the enjoyable chaos of Leamington last month, both the Birmingham men's and Midland women's Leagues returned to their usual multi-venue format.

The men headed north to Betley Court Farm near Crewe while the ladies travelled south to Pitville Park in Cheltenham.

At Betley Court, Halesowen's A team placed 14th on the day scoring 597 points.

Joe Donkin was first back for the club completing the 5.75 mile course in 27th in 32:46.

Peter Dear was 77th in 35:05 and Matt Wilkinson Jr was 92nd in 35:56.

Ethan Jordan placed 112th in 37:24, Ben Russell was 132nd in 38:22 and Roger Mallard completed the scoring six in 159th in 40:46.



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Here's the results of the remaining Halesowen runners:

164th Mark Hadley 41:11	183rd Andy Carruthers 46:15
175th Bill Nock 43:27	188th Rick Cudworth 47:49
178th James Ludlow 44:02	191st Andy Nock 49:27
179th Alex Morgan 44:36	198th Paul Allen 67:29
182nd Mo Cusworth-Yafai 46:09	

The B team finished tenth on the day, the masters A team were also tenth and the Masters B team sixth.

At the halfway point of the Division One season, Halesowen have slipped into the relegation zone in fourteenth place, 40 points behind Royal Sutton Coldfield in thirteenth.

Big thanks go to all who took part, especially Mo Cusworth-Yafai for driving the minibus and earning a valuable 200 points for the club by officiating.

January's race is at Top Barn Farm at Holt Heath and we really need as many runners out as possible for the club to strengthen our position and escape the drop zone.

It takes place on Saturday 10th January so do get in touch with Mark Hadley if you want to run.

Every point counts!

The ladies were at Pitville Park in Cheltenham in the Midland League tackling a four mile course which included a stream crossing!

First back for Halesowen was Louise Collins who finished in 34th place in 27:40.



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Michelle Dale (pictured) was 70th in 29:55, Jess Dale 72nd in 30:42 and captain Mel Hepke brought home the scoring four in 81st in 30:42.

Milly Allen was 98th in 31:42 and Rachel Webster 121st in 35:04.

Like the men, the ladies finished fourteenth on the day with 257 points and top flight survival is also in the balance.

Next up for the ladies is a trip to Burton Dassett on Saturday 10th January.

WORCESTERSHIRE XC CHAMPIONSHIPS

It was back to Warley Woods for the 2025 Worcestershire Cross Country Championships with an impressive haul of medals for the club across the age groups.

In an event jointly held with Warwickshire County AA, the Under 17 Women's team had a clean sweep of the podium.

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

On this occasion, the points calculators were dispensed with as Halesowen were the undisputed team gold medallists!



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Sam Vince won bronze in the Under 15 Boys race and there was bronze for the Under 17 Mens' 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.

Despite finely honed pencils and clipboards, the results process was tortuous to say the least and a number of medals and trophies were unable to be presented on the day.

Any missing medals will be handed out at the various January cross country League races.

As your trusty reporter tried to write radio reports amidst the results chaos, his trusty pen was being stolen at frequent intervals.



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But that was only for Halesowen athletes to fill in selection forms for the Worcestershire team for the Inter Counties Cross Country Championships in Nottingham.

We look forward to seeing a strong Halesowen turnout at Wollaton Park on Saturday 7th March 2026.

TELFORD 10k

Those not opting to battle for county medals at Warley Woods, headed to Telford for one final 10k blast this year at one of the fastest courses on the calendar.

Although Peter Dear, David Lewis, Ben Russell and Alex Taylor put their teammates to shame by doing both!



Joe Rogers (pictured) was the club's sole representative in the elite Wave 1.

Running his first ever 10k race, Joe finished 139th in 31:54.

Joe said: "It was absolute uncharted territory after the 5k mark.

"My legs and head started to go after 6k.

"That was maybe my first and last ever 10k!"

Despite competing in Wave 3, Joe Donkin was second quickest for the club in 187th in 32:55.



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Peter Dear was 220th in 33:32 and James Thomas was 272nd in 34:11.

James Hoult took almost two minutes off his previous best time in running a new PB of 34:51 to finish in 318th place.

James said: "It was a perfect run and race for me today at Telford.

"I'd like to thank my training buddies Pete, Matt and especially Ethan for great pacing, training and competition and to Geoff for great coaching and support."

Ethan Jordan also set a new PB of 35:20 in 349th, beating his Benidorm 10k time by a single second!

Matt Wilkinson (Jr) bagged himself a 29 second PB of 35:42 in 384th place.

Alex Taylor was close behind in 386th in 35:44 and Ben Russell showed no ill effects from running at Warley Woods less than 24 hours earlier in placing 437th with a new PB of 36:25.

Rob McWilliams also ran a PB in 480th in 37:04, David Lewis was 641st in 39:33 and Nick Hazelwood was 664th in 40:00.

First lady for the club was Michelle Dale who was 777th and third Ladies Vet 45 in 42:58.

The final batch of Wave 4 athletes saw Ben Dunlop finish 728th in 41:46, Milly Allen place 827th in 44:14 and Andrew Price come 869th in 45:27.

Ellie Griffiths took four minutes off her PB in 921st in 47:21, Jamie Sircom was 1,052nd in 51:33, Keith Taylor 1,118th in 54:06 and Adrian Dale brought the club home in 1,225th in 1:00:13.



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You can read a full report from the Telford 10k, complete with athlete comments and photos, on the club website.

WMYACCL

The final cross country meeting of the year for the club's young athletes was held at Newbold Revel near Rugby.

Conditions were very, very wet and team numbers were slightly down but there was some great running in the rain with eight top half finishes!

The Under 17 Women once again were the best performing team.

Ffion Collins was seventh, Poppy Dunlop ninth and Lucy Hellingsworth twelfth and they were second in the team race.

Top 30 finishes went to Toby Sykes (22nd, U15B), Isabelle Wilkinson (28th, U15G), Grace Follows (29th, U13G), Izabella Fereday (30th, U15G)

Overall the team placed 17th on the day and are also 17th out of 25 teams in the series standings after three of the five races this season.

Check the club website for detailed results and photos of all of the Halesowen athletes.

The season resumes on Sunday 11th January at the Pingles Stadium in Nuneaton.

Do get in touch with team manager Matt Wilkinson via Spond if you wish your child to represent the club or if you are able to help with the team on the day.



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BOXING DAY HANDICAP RUN

The big festive highlight was the annual Boxing Day handicap run, in which runners took on both the challenging three lap course around club grounds and Andy Nock's handicapping system to fight for festive glory.

Les Woods was once again the scratch runner setting off at 11 o'clock on his 36th consecutive Boxing Day run.

Over the course of the next three quarters of an hour, Les was chased down by 49 athletes including family and friends of the club.

Mr Nock's handicap worked a treat as spectators enjoyed one of the closest finishes seen at the club as Izabella Fereday beat George Allen by just ONE SECOND to take the win.

James Thomas came in third and ran the quickest time of the day, completing the three mile course in 18:36.

Ffion Collins was the fastest lady in 22:12.

Full results can be found on the club website.

Bill Nock said: "It was a cracking morning and was great to see lots of new faces take part.

"The course was dismantled in a club PB.

"Tip-top teamwork!"

Huge thanks go to Andy & Bill and all the officials who helped stage yet another successful Boxing Day event at the club.



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CHRISTMAS 2025!



Some festive Halesowen pictorial highlights!

TOP LEFT: The Mini Athletics Run with Santa event on the club track.

TOP RIGHT: Santa Adrian Dale recovering after being schooled by some fast five year-olds!

BOTTOM LEFT: The drinks stop at the Halesowen Christmas Run.

BOTTOM RIGHT: Peter Dear & James Houlton at the Wolverhampton Turkey Trot.



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BIRMINGHAM SPORTSHALL

A small but mighty team of Halesowen athletes travelled to North Solihull for the rearranged Birmingham Sportshall meeting, held on Saturday November 30th.

There were two event wins for the Under 13 Boys team.

Jayden Hanson won the Triple Jump and Brandon Lampitt won the Vertical Jump.

WOLVERHAMPTON TURKEY TROT

The final race before Christmas was the long-running Wolverhampton Turkey Trot, a 5 mile run starting and finishing on the track at the Aldersley Stadium.

Peter Dear, complete with his famous pointy Santa hat worn in many a previous Turkey Trot, was eighth in 28:19 with James Hoult close behind in tenth in 28:43.

Jamie Sircom was further down the field in 118th in 41:46 but did pick up the added bonus of an M50 Midland Masters silver medal.

NEWS IN BRIEF

Andy Butler finished 13th out of more than 1,000 runners at the Lanzarote International Marathon

Andy clocked a time of 2 hours and 53 minutes and placed second in the Male Vets category.



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Kian Hazelwood was the winner of the RunThrough 5k in Sutton Park in a new PB of 18:12.

Nick Hazelwood was fifth overall and first M45 in 19:19.



Poppy Dunlop (pictured) finished 34th and second woman at the Staplehurst End of Year 10 mile race in 1 hour 10 minutes and 14 seconds.

Her father Ben was 36th in 1:10:49.

Judy Foster was 171st in the Bumble Bimble 5 mile trail race in 1:18:03.

Matt Wilkinson was 81st in the Sneyd Christmas Pudding Run 10 mile in 1:20:14.

Jamie Sircom was 43rd in 43:07 at the Centurion Grand Prix 5 mile in Chelmsley Wood.

Paul Allen was first M75 at the Old Father Time 5 mile race in Cardiff in 263rd place overall in 49:10.

Judy Foster beat Paul in a sprint finish to the line to finish 261st in 49:08.

And Ellie Griffiths was 43rd in the Wombourne Splash and Dash Aquathlon in 34:20.

Ellie completed the 400m swim in 6:59 and went on to run 5k in 25:06.



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PARKRUN

Heather Bills was first female finisher at Woodgate Valley parkrun #218 and Phoebe Dodd was first female finisher on Christmas Day at Walsall Arboretum parkrun #647.

GREEN BAIZE BULLETIN!

As the Halesowen and District Snooker League reached its Christmas break, the Halesowen Athletics and Cycling Club A team are fourth in the Division Two table with 44 points from 12 matches.

In the three matches in December, they lost 4-1 at home to league leaders West Heath Cue Club A and won 3-2 at Thimblemill Rec A.

The final match was the big local derby against the club's B team.

The A team won 5-0 and here is the breakdown of the match:

Peter Dear	65-9	Keith Taylor
Matt Pugh	58-3	Rob Weaver
Ian Priest	66-7	Adrian Dale
George Whitehouse	41-17	Peter Smith
Darren Clee	48-12	Matt Allen

Despite the one-sided nature of the result, the match was played in good spirits and there was an enjoyable festive feel to the evening.

The return match is set for the final week of the League season on Thursday 16th April 2026.

Earlier in the month the B team lost 5-0 at home to Cradley Sports & Social Club A and had a narrow 3-2 loss at Langley Bowling Club B.



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They are currently thirteenth in the table with 12 points from 12 matches.

The A team's top player is Ian Priest who has lost just one of his 11 matches this season and has a 90.91% win ratio.

Ian is third in the overall Division Two rankings and sixth across the League as a whole.

He truly is the "Mr Snooker" of HACCC!

James Ludlow is the star player in the B team with four wins and a 36.36% win ratio.

RACE CALENDAR

Sat 10th Jan	Birmingham League Men's XC: Top Barn Farm, Holt Heath Midland League Women's XC: Burton Dassett, Southam Birmingham Sportshall, North Solihull Sports Centre
Sat 11th Jan	WMYACCL Race 4: Pingles Stadium, Nuneaton
Sat 17th Jan	West Midlands Schools XC Championships: Warley Woods
Sat 24th Jan	Midland XC Championships: Mallory Park, Leics

JANUARY HIGHLIGHTS

There's an almost exclusive programme of cross country to start the year with further League races and the Midland Championships at Mallory Park in Leicestershire on Saturday 24th January.



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Do keep across club WhatsApp channels if you wish to run in the 2026 English National Cross Country as entries will be closing on February 6th.

The race will be held at Sedgefield in County Durham on Saturday 21st February.

The first monthly meeting of the year will be held on Monday 5th January in the clubhouse at 8.30 pm.

The junior and senior athletes of the month will be voted for and your esteemed writer will be desperately looking for candidates to avoid a hat-trick of Flat Mackerels.

The HACCentral WhatsApp group and club Facebook page will have all the latest updates across January along with Instagram, the club website plus the weekly round-ups on Radio Halesowen Town.

Up Owen!

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