



HALESOWEN ATHLETICS CLUB

NEWSROUND JANUARY 2026

Despite the might of Storm Goretti taking out the cross country League races, there was still plenty of race action for Halesowen athletes.

There was Midlands cross country gold for our Under 17 Women and our junior athletes braved the storm chaos in the WMYACCL at Nuneaton.

Our road runners bagged some fast 5k times at Shrewsbury, there was a plethora of premier parkrun performances and even some indoor medals from an unlikely source!

We also have news of upcoming events including the latest on the winter training weekend at Ty Careg.

CROSS COUNTRY CANCELLATIONS!

There was a rare cancellation for both senior men's and women's cross country league fixtures as the Midlands felt the effect of Storm Goretti.

Despite initial efforts to rearrange the Birmingham League race at Holt Heath and the Midland League race at Burton Dassett for Saturday 28th February, a lack of qualified officials means that they have both been cancelled.

This means that the next League races on Saturday 7th February will be the final race of the season as originally scheduled and the final standings will be determined over three races instead of the usual four.

Both the men's and women's teams are running at Ispley Meadows at Redditch and points are vital as both teams fight to maintain their top flight status.

Every runner counts so please reach out to team captains Mark Hadley or Mel Hepke if you are available to run.



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WMYACCL

Putting our soft seniors to shame were the club's junior athletes, whose WMYACCL meeting at Nuneaton was the only cross country event to go ahead on "Storm Goretti" weekend.

The Under 17 Women placed second on the day, with Lucy Hellingsworth was 7th in 16:25, Poppy Dunlop 9th in 16:35, and Ffion Collins 14th in 17:06.

Just behind the scoring three were Olive Thomas in 15th in 17:20 and Kara-Rose Welborn in 16th in 17:33.

The team is also in second place in the overall season standings.

There were tenth place finishes for the Under 11 Boys, the Under 15 Boys and Under 17 Men.

In the Under 11 Boys, Ethan Parkes was 19th in 7:57, Ben Goode was 33rd in 8:10 and Ted Thomas was 38th in 8:25,

Harry Wilkinson was 40th in 11:22 and Michael Siddell 118th in 12:31.

In the Under 15 Boys, Toby Sykes was 20th in 13:10, Sam Vince 54th in 15:20 and Samuel Crouch 62nd in 16:27.

And in the Under 17 Men, Ed Bates was 29th in 19:14, Theo Lee-Carpenter 38th in 20:08, Kian Hazelwood 50th in 20:56.

Oscar Peckover was 55th in 21:43.

The Under 15 Girls team placed twelfth.



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Isabelle Wilkinson was 22nd in 15:52, Izabella Fereday was 24th in 15:54 and Anna Carey was 78th in 20:06.

The club's sole representative In the Under 13 Girls race was Grace Follows, who was 25th in 11:05.

With just one race of the season remaining at Wolverhampton on Sunday 8th February, Halesowen are 16th out of 23 teams in the overall team standings.

MIDLAND CROSS COUNTRY CHAMPIONSHIPS

With all the weather woes put behind them, Halesowen athletes travelled to Mallory Park in Leicestershire for the Midland Cross Country Championships.



The recent relentless rain made for a very wet and muddy course but there were several notable 'Owen performances across the races,

The Under 17 Women's team won team gold with Lucy Hellingsworth fourth in 18:53, Ffion Collins seventh in 19:16 and Poppy Dunlop ninth in 19:23.

Also finishing inside the top twenty were Jessica Dale who was seventh in the Under 20 Women's race in 24:02 and Alex Taylor who was fifteenth in the Under 20 Men's race in 28:34.



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The men's race was over 7.1 miles and Matt Wilkinson Jr was first out of the 13 runners back for the club in 67th in 48:02.

Ethan Jordan was 89th in 50:10 and Dan Tsegay was 102nd in 51:23.

The more experienced half of the scoring six were made up of Mark Hadley, who was 129th in 55:29, David Lewis who was 137th in 56:41 and Carl Follows who was 146th in 58:13.

Those performances clinched a tenth place finish for the team.

Alex Morgan in 151st in 58:41 and Phil Scarr in 153rd in 59:12 both broke the hour mark.

Bill Nock was 159th in 1:00:09, James Ludlow 167th in 1:01:45 and Mo Cusworth-Yafai 179th in 1:04:07.

Rick Cudworth came in 181st in 1:04:30 and Andy Nock was 186th in 1:06:05.

The ladies team ran over a 4.6 mile course and finished eleventh.

Louise Collins was 30th in 33:59, Mel Hepke 63rd in 37:38, Sally Spencer 87th in 41:32 and Rachel Webster 94th in 43:06.



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Here's the rest of the Halesowen results:

UNDER 13 GIRLS

29 Grace Follows 12:31

UNDER 15 BOYS

20 Toby Sykes 13:55

UNDER 15 GIRLS

29 Izabella Fereday 16:38

36 Isabelle Wilkinson 16:49

UNDER 17 MEN

52 Ed Bates 21:47

A full report including photos and videos can be found on the club website.

WEST MIDLANDS SCHOOLS XC

The West Midlands Schools Cross Country Championships at Warley Woods saw a number of Halesowen athletes representing the Dudley Schools team.

Isabelle Wilkinson placed thirteenth in the Junior Girls race in 9:30.

Toby Sykes, running for the South Birmingham team, finished tenth in the Intermediate Boys race in 16:18.

Alex Taylor was sixth in the Senior Boys race in 15:05.



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Lucy Hellingsworth was fourth in the Senior Girls race in 11:36

Poppy Dunlop was seventh in 12:02 and Jessica Dale was eighth in 12:42.

NEWS IN BRIEF

The third Birmingham Sportshall meeting of the season at North Solihull was cancelled due to the icy conditions affecting the West Midlands.



Four of our speedy male athletes chased fast times at the Run Cheshire Shrewsbury 5k Festival, held over five one kilometre laps of the Shrewsbury Sports Village cycle track.

Joe Donkin was thirteenth in 15:50, James Thomas 36th in 16:45, Peter Dear 65th in 17:32 and Kian Hazelwood was 76th in a new PB of 17:56.

Jamie Sircom had a medal double at the British Masters Indoor 3000m Championships in Cardiff, winning Midland Masters Gold and British Masters bronze in 14:54.67.

Barry Gardiner placed second in his 800m indoor open race in Cardiff in 2:21.75



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Paul Allen was fourth M75 at the Welsh Cross Country Championships in Cardiff, completing the 7k course in 51:35.

In the BUCS British Universities Cross Country at Loughborough, George Allen placed 141st in the Short Race over 8.1k in 31:26.

And Maddie Down opened her season in the 60m at the EAP Indoor International in Glasgow.

Maddie finished second in 8.21 secs but claimed a considerable scalp in beating long-term rival and double Paralympic gold medallist Sophie Hahn.

PARKRUN

Opening the 2026 account for HACC were Heather Bills and Milly Allen at special New Year's Day parkrun events.



Heather was first female finisher at Woodgate Valley event #220 and Milly was first female at Gloucester City event #303.

Milly was also first female finisher at Perry Hall parkrun event #488 along with Sarah Gill at Edgbaston Reservoir event #214.

Paul Bradley was first finisher at Brueton event #737 as was Adam Hollis at Woodgate Valley event #210.



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And completing a Halesowen double at Worcester Pitchcroft event #335 were James Thomas and Olive Thomas who were first male and female finishers,

GREEN BAIZE BULLETIN!

Halesowen Athletics Club's A team began 2026 in the Halesowen & District Snooker League with a 4-1 win at Harborne Village Social Club B.

George Whitehouse had the biggest victory of the night with a 67-15 victory over David Cooper with Darren Clee, Peter Dear and Ian Priest also scoring wins.

The other two matches in January ended in narrow 3-2 defeats at home to Townsend B and away at Dudley Ex Servicemens B.

The B team lost 4-1 at home to Blackheath Social Club B and also had a 5-0 home defeat to league leaders West Heath Cue Club A.

FEBRUARY RACE CALENDAR

Sat Feb 7	Birmingham League Men's XC: Ipsley Meadows, Redditch `Midland League Women's XC: Ipsley Meadows, Redditch Birmingham Sportshall League: North Solihull
Sun Feb 8	WMYACCL,: Aldersley Sports Village, Wolverhampton
Sat Feb 14	UK Indoor Championships, Birmingham
Sat Feb 21	English National XC: East Park, Sedgfield



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FEBRUARY HIGHLIGHTS

Although the fixture machinations from the two cross country leagues did put the winter training weekend at risk, the trip to Ty Careg is officially going ahead from Friday January 27th to Sunday 1st March.

If you want to join in a weekend of light drinking and intensive training (or is it the other way round??) then contact Peter Dear ASAP as places are limited.

A week before that is the English National Cross Country Championships on Saturday 21st February at East Park in Sedgefield in County Durham.

A club minibus is being laid on and places have filled up quickly so get in touch with Mark Hadley ASAP if you want to join the cross country charabang!

And Phill Scarr is still taking bookings for the Saturday night post-Nationals Travelodge accommodation.

The club monthly meetings are back on the first Wednesday of each month, starting at 8.30 pm. and everyone is welcome to attend.

Keep up to date with what fingers crossed will be a snow and ice free February across the club website and Facebook group, HACCentral on WhatsApp and via the updates every weekend on Radio Halesowen Town.

Up Owen!

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