



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

The shift to spring racing action kept HACC athletes busy, with the track terriers vying with the road rascals and the club's marathon monsters for attention!

But it was our young road runners who once again brought back the bling following another dominant team performance at Sutton Park.

There's also news of the biggest of local derbies in the club snooker showdown and have a special tribute to Bob Hickman.

LONDON MARATHON and MINI MARATHON

Max Parker was the sole Halesowen representative in the 2026 London Marathon.

Racing on the streets of the capital for the fourth time, Max finished 108th in the mass race in 2:27:11

He also was the fastest runner from all the Black Country clubs, and the only one to go sub 2 hours 30.

Max was supported by Peter Dear and Adam Hollis who did a sterling effort in following him around the course.

Pacey Parker hit the 10k mark at 35:10 and reached the halfway point in 1:14:16.

From then on, every 5k split kept getting faster.

He hit the 30k split in 1:45:10 and crossed the line in The Mall having recorded a negative split for the second half of the race of 1:12:55.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

"I took three months off because of a hip issue and only started running slowly in mid-February", Max told Radio Halesowen Town.



"Six weeks ago I wasn't sure I was going to run so I'm really happy with the outcome.

"The goal was sub 2 hours 30 and I went off at that pace and then picked it up from halfway.

"It's the first one I enjoyed from start to finish", he added,

"The other three I've always blown up in the last 10k and I didn't today so I really enjoyed the whole experience."

Max says he has his sights set on faster times later in the year with his Halesowen club record of 2:19:52 set in Amsterdam last year on his radar.

"The goal is Berlin at the end of September to try and get quick again.

"It'll be no easy feat, but I would like to get a PB at Berlin, hopefully 2:18.

"I'll then be racing at Valencia in December, so if not in Berlin I hope to PB there.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

24 hours earlier, two of the club's Under 18 women athletes took part in the London Mini Marathon race over 2.6 kilometres.

Ffion Collins was 56th in the Under 18 Girls race in 9:23 and Olive Thomas 66th in 9:33.

Both were part of the West Midlands team that placed eleventh in the team race, which doubled as the British Junior Road Championships.

NATIONAL ROAD RELAYS & YOUNG ATHLETES 5k

Halesowen's Under 17 Women's team took team gold in the English National 5k Road Championships at Sutton Park.



Lucy Hellingsworth won individual bronze in 18:47,

Ffion Collins was fourth in 19:31 and Poppy Dunlop fifth in 20:13.

The Under 17 men's team of Kian Hazelwood, Edward Bates and Theo Lee Carpenter took bronze.

Kian's ninth place finish was the best Halesowen time of the day in 18:27.

In the men's twelve stage relays, Halesowen's A team initially placed 47th

Dan Tsegay was the quickest Owen athlete in 17:33.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

Matt Wilkinson (Jr), James Thomas, Ethan Jordan, Andy Yapp and Ben Russell all broke the twenty minute barrier.

However, due a technical infringement the team were disqualified.

The ladies six stage A team finished 24th and took the scalp of a number of their local rivals.

Tipton Harriers, Bournville Harriers and Bromsgrove & Redditch were all left trailing in their wake.

After lying in 36th place after leg four, Phoebe Dodd moved the team up seven places to 29th with Louise Collins taking a further five places on the anchor leg.

Phoebe and Louise ran the quickest legs of the day, with Phoebe coming in just ten seconds ahead of Louise in 20:54,

A four runner ladies' B team placed 43rd with Mel Hepke fastest in 23:21.

KIDDERMINSTER & STOURPORT OPEN

Here are the results from the Kidderminster & Stourport Open meeting, held in Stourport on Sunday 29th March, which came in too late for last month's newsletter.

Harry Wilkinson (U12B)

100m: 6th, 19.3 secs. Long Jump: 9th, 1.66m

Megan Cornford (U14G)

150m: 7th, 26.7 secs 600m: 8th, 2:24.4



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

Keeva O'Malley (U14G)

150m: 6th, 26.2 secs 600m: 6th, 2:03.4 Long Jump: 9th, 3.08m

Izabella Fereday (U16G)

150m: 7th, 27.0 secs 300m: 4th, 57.8 600m: 3rd, 1:53.3

Millie Matthews (U16G)

100m: 7th, 16.2 sec

Isabelle Wilkinson (U16G)

Long Jump: 7th, 3.25m

UKYDL

Halesowen began the 2026 UKYUDL season in fine style with a second place finish in the Upper Age Group match at Telford.

Under George Heap and Jess Dale's leadership, our athletes threw themselves into the match, with many competing in several events.

The team finished on 345 points, 71 points behind winners Wolverhampton and Bilston.

Event winners were as follows:

Ed Bates (U18M 2000m SC)

Jess Dale (U20W, 800m, LJ, HJ & JT)

Emily Eades (U20W, 400m)

Sam Pugh (U20M 400mH & HJ)

Alex Taylor (U20M, 2000m SC)

U20 Women 4x100m Relay

U20 Mixed 4x400m Relay

Jess made it an amazing five event wins as she was also part of the Mixed 4x400m Relay team.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

TRIANGULAR LEAGUE



The club's Under 10, Under 12 and Under 14 athletes placed second in the Triangular League match at the Aldersley Stadium in Wolverhampton, finishing just eight points behind host club Wolverhampton & Bilston.

The event winners on the day were Amber Louise Agbe (U14G Shot), Anna Lynn Bambot (U14G Javelin), Kenora Bambot (U12 Howler), Grace Follows (U14G 75mH) and Brandon Lampitt (U14B 100m).

Highlight on the day was a superb win for the Under 14 Girls 4x100m relay team, which left them jumping for joy!

Further meetings are at Tipton on Sunday 14th June and on Sunday 5th July so if you wish your child to take part, get in touch with Matt Wilkinson (Sr.).



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

UNIVERSITY OF BIRMINGHAM TRACK SERIES

Whilst most of the eyes of the running world were on the London Marathon, Halesowen's middle distance runners headed to the University of Birmingham chasing fast early season times on the track.

Joe Rogers finished third in the 800m A race in 1:53:10, but it was the C race that produced a top 'Owen showdown.



Kian Hazelwood took the win in 2:00.86 just ahead of Ollie Dodd in second in 2:01.53, with both bagging big PBs.

Phoebe Dodd (2:14.72) and Barry Gardiner (2:18.16) had strong season openers.

Ben Russell, chasing a sub-5 minute 1500m in his first ever competitive track race, won his heat in 4:37:03.

Lucy Hellingsworth chased Ben hard and finished second in a new PB of 4:47.56.

Poppy Dunlop was also on the PB train in fourth place in 5:00.56.

James Hoult also picked up a 1500m heat win in 4:21.44.

And in the 3000m, Ethan Jordan also picked up a personal best, placing second in 9:48.54.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

NEWS IN BRIEF

In the Birchfield Young Athletes Open meeting held at the Alexander Stadium in Birmingham, Brandon Lampitt won the Under 14 Boys 80m Hurdles in 14.89 seconds.



Tristan James was fourth in 16.47 seconds

Brandon also placed third in his 100m heat in 13.44 seconds.

Izabella Fereday ran 51.81 secs in finishing ninth in the U16 Girls 300m.

Benedict Jones was fourteenth in the U16 Boys 1500m in 5:09.27 and Isabelle Wilkinson was eighth in the U16/U18 Girls 1500m in 5:47.55.

James Robinson opened his outdoor season with a jump of 4.10m at the Charnwood AC Open in Loughborough.

Away from the track, Carl Follows placed seventeenth in the Martley Madness 10 mile race.

He finished the tough ten mile multi-terrain course in 1:20:15.

And in the considerably flatter surroundings of the nation's capital, Jamie Sircom was 226th in the RunThrough Battersea Park Chase the Moon 10k in 54:46.



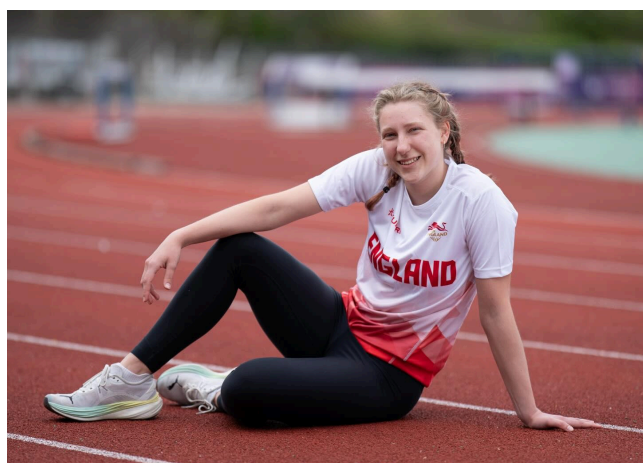
HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

MADDIE GETS SET FOR GLASGOW!

Everyone at Halesowen Athletics Club is thrilled with the news that our star para athlete, Maddie Down, has been selected for Team England for the Commonwealth Games in Glasgow this summer.

Maddie will be competing in the T38 100 metres and Long Jump and is her first senior Games appearance after winning two golds in the Commonwealth Youth Games in Trinidad & Tobago in 2023.



On the Team England Instagram page, Maddie said: "I'm feeling confident right now.

"I've just got back from warm weather training in Spain, which was a great two weeks.

"I'm just focusing on my A-levels at the moment but training's still going well and then hopefully getting into some competing as well.

She added: "I feel like there's quite a lot to be excited for as it's my first senior Commonwealth Games."

"But also with it being so close, loads of my family are going to be able to come up as well."

Maddie will be in action at the Scotstoun Stadium in the 100m on Monday 27th July and in the long jump on Friday 31st July.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

SPRING PRESENTATION EVENING

The club's efforts during the winter months were celebrated on a pleasant Spring evening at the club.



Our junior athletes were awarded with medals for their sterling efforts in the West Midlands Young Athletes Cross County League and the Birmingham Sportshall league.

The latest Couch to 5k graduates were awarded their medals for completing the course and Ian Priest was recognised for his superb coaching work across the club.

The senior honours went to Alex Taylor and Jess Dale, who were awarded the prestigious club cross country cup.

Louise Collins won the Jack Price Long Distance Award for her impressive recent results, including a new half marathon PB at Media City in Salford.

Thanks go to event MC Adrian Dale; Matt Wilkinson, Mel Hepke and James Hoult (representing Mark Hadley) for their reports, Stuart Towlson for the photos, Graeme and Jo Gill and Kathryn Williets for their hard work in organising the evening.

And a special mention to Amber Louise Agbe for her delicious HACC-themed cakes!



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

PARKRUN

The Easter holidays took Halesowen athletes across the country, with Peter Dear returning to Lews Castle in the Scottish highlands.



And although potholes, roadworks and traffic jams are regular issues with parkrun tourism, Pete encountered a more bovine bottleneck en route to the start!

Peter once again finished first, and certainly got a MOO-ve on, coming in almost a minute quicker than on his previous visit in July last year.

Paul Bradley had a parkrun double this month, claiming the first finisher spots at Brueton parkrun #747 and at Worcester Pitchcroft parkrun #343.

Poppy Dunlop returned to her home from home parkrun of Leybourne Lakes in Kent, where she was first female finisher at event #456.

Milly Allen was first female at Sandwell Valley parkrun #338.

And enjoying a spot of international parkrun tourism was Amelia Harrison.

Amelia finished first female at sixth overall at Rome Pineto parkrun #353.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

GREEN BAIZE BULLETIN!

The big snooker event of the month wasn't to be found in Sheffield, but rather in the final matches in the Halesowen & District Snooker League season.

There were contrasting 4-1 results for the A team, either side of Easter.

They lost at West Heath Cue Club A with Ian Priest the star player, taking a frame off the champions and losing just 18 of 120 frames played this season.

Following the Easter eggfest, the A team bounced back with a home win over Thimblemill Recreation Club A.

The B team had a 5-0 home defeat to Langley Bowling Club B followed by a 3-2 loss at Cradley Sports & Social Club A.

And then in the big season finale, Halesowen A whitewashed Halesowen B with a 5-0 victory in the Crucible-like atmosphere of the main club function room!

Peter Dear, George Whitehouse, Darren Clee, Stuart Towlson and Ian Priest made up the winning team.

HACC A finished the league in fourth place on 86 points with 15 wins and 9 losses from their 24 matches, with the B team placing thirteenth with 3 wins and 29 points.

The summer league is now underway, with Halesowen A losing 3-2 in their home season opener to Netherton Conservative Club A.

New players are always welcome so have a chat to one of the club's many premier potting protagonists if you want to take part!



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

BOB HICKMAN RIP

Halesowen Athletics and Cycling Club is sad to learn of the passing of club treasurer Bob Hickman.

Bob took on the role of treasurer for the main committee in the late 1990's, and has been a loyal servant of the club and main club committee.



Bob was also associated with local grassroots football for many years, and was involved in the early days of the Halas Hawks junior club over 40 years ago.

He was regularly involved in the annual presentation and five a side events, as well as overseeing the club's mini kickers sessions.

Bob also was the secretary of the Stourbridge and District Youth Football League.

The club sends its thoughts to his wife Pauline and sons, Robert, Gareth and David and their wider families at this difficult time.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

RACE CALENDAR

Sun 3 May	UKYDL LAG (U14/U16), Telford Great Birmingham Run 10k / Half Marathon
Wed 6 May	DK 10k, Dudley Kingwinford Rugby Club
Sat 9 May	Worcestershire Track & Field Championships, Stourport
Wed 13 May	Midland Vets League, Redditch
Sat 16 May	Midland Senior League, Burton-on-Trent
Wed 20 May	Worcestershire Midweek Series Race 1: Hagley 10k
Sun 24 May	UKYDL UAG (U18/U20), Stourport
Sun 31 May	UKYDL LAG (U14/U16), Tipton

MAY HIGHLIGHTS

The biggest annual race in the Midlands, the Great Birmingham Run, takes place on Sunday 3rd May with over 20 Halesowen athletes registered to race in both the 10k and half marathon events.

Hot on the heels of the Brum's big day is the biggest midweek race in the Midlands, the DK 10k, based at Dudley Kingswinford Rugby Club.

The Midland Senior League and Midland Vets League begin their seasons and then on Wednesday 20th May, the Hagley 10k gets this year's Worcestershire Midweek Series underway.



HALESOWEN ATHLETICS CLUB

NEWSROUND APRIL 2026

Individual race and series entries are available on the StuWeb website and entries will also be available on the night,

Race marshals are also be needed so if you fancy an evening cheering 'Owen athletes on and supporting the race, then get in touch with Alex Morgan,

Do keep across all the relevant WhatsApp and Spond groups for the latest from team managers, with club updates available on HACCentral on WhatsApp, the Facebook page and on Radio Halesowen Town.

Up Owen!

JAMIE SIRCOM

jsircom@hotmail.com