



HALESOWEN ATHLETICS CLUB

NEWSROUND JUNE 2026

Before Halesowen melted in yet another record breaking heatwave, HACC athletes accumulated multiple midsummer medals and tons of trophies!

There were race wins at the Blakedown Bolt, Gavin Tipper 5k and Wythall & Hollywood Fun Run along with track medals for our junior and vets athletes.

There's news of how Joe Rogers got on at the British Championships, details of all the June parkrun first finishers and we pay homage to President Bill Nock!

BLAKEDOWN BOLT



Following his win in the Hagley 10k in May, Joe Donkin proved once again to be the club's off-road king as he won the Blakedown Bolt 10k trail race.

Joe finished 55 seconds clear of Owen Jones from BRAT in second in 37:17.

Ben Dunlop was 24th and first 1st M50 in 44:55, David Lewis was 27th in 45:06 and Carl Follows was 48th in 48:37.

First Halesowen lady was Milly Allen who placed 77th and first Female 15-34 in 51:55.

Sally Spencer was 115th in 56:41, Megan Harrold was 127th in 57:40.

Isabel Fogliatti brought Halesowen home in 173rd in 1:03:20



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MIDLAND TRACK & FIELD CHAMPIONSHIPS



The club came back with two silver medals from the Midlands Track & Field Championships in Nuneaton.

Peter Dear ran 2:01.21 in the senior men's 800m and Toby Magee (pictured) clocked 10.98 seconds in the U20 Men's 100m..

Matt Wilkinson was eighth in the 1500m in 4:25.29.

BRITISH CHAMPIONSHIPS



PHOTO: Kevin Waverley

Halesowen were represented in the British Athletics Championships at the Alexander Stadium in Birmingham by Joe Rogers, who competed in the 800m.

In a weekend dominated by tactical racing, Joe was hampered by a slow first lap.

Joe hit the bell in 57 seconds well-placed in the pack but was caught out by the last lap burnup and finished in seventh place in 1:52.07.



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GAVIN TIPPER 5k

Dudley Kingswinford Rugby Club proved to be a happy HACC hunting ground.



In the Gavin Tipper 5k, held on the grass pitches and fields around club grounds, Alex Taylor and Lucy Hellingsworth faced few challenges and cruised to respective race wins.

Alex crossed the line first in 17:38, 49 seconds clear of his nearest rival.

Lucy came in fifth and first lady in 18:45 and was the only sub-20 female runner.

Jess Dale was third lady in 19th in 20:33 and Michelle Dale was first W40 in 35th in 22:06.

ARROW VALLEY 12k

The torrential downpours from earlier in the afternoon stayed away from Arrow Valley for the second race of the Worcestershire Midweek Series.

83 runners lined up to take on the two-lap trail course which came in at just over seven miles.

Following his fifth place at Hagley, Andy Yapp improved to finish third in 44:57.



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Andy lies second in the series standings behind Matthew Herbert of Bournville Harriers, who maintained his 100% record by adding Redditch to his race win at Hagley.

David Lewis was fifth and first M50 in 45:49 and Carl Follows was 29th in 53:49.

Milly Allen was first Halesowen lady back in 36th in 55:54, just ahead of Mel Hepke who was 37th in 56:16.

Andrew Freeman was 40th in 56:51 and Rob Jones was 41st in 57:10.

Coming in under the hour were Mo Cusworth-Yafai in 46th in 58:41 and Simon Duck in 50th in 59:49.

Matt Allen was 53rd in 1:00:15, Sally Spencer was 69th and first W65 in 1:04:10 and Jamie Sircom was 78th in 1:11:48.

MIDLAND VETS LEAGUE

Shunning the attraction of England's opening World Cup match against Croatia, the club's over 35 athletes were to be found at Stratford for the Midlands Vets League meeting.

There was a trio of two lap titans with Paul Bradley (M35, 2:13.6), Barry Gardiner (M50, 2:24.2) and Louise Collins (W40, 2:46.8) all triumphing in the 800m.

Sally Spencer won the W60 3000m in 14:18.8.

But the team saved their best for the last event of the night, with a brilliant win from our "four" lions in the Over 50s Mixed 4x400m Relay (4:53.4).



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Barry Gardiner led off the team and established a big lead, which Mel Hepke and David Lewis both maintained.



That gave Sally Spencer a lead of over 50 metres going into the final lap.

Although the second placed Stratford runner was closing fast, Sally's strength paid off and she finished over three seconds clear of the host club.

Unlike at the slightly bigger stadium in Dallas, there was no crowd-inspired singalong at Stratford High School following the relay win.

But it certainly was a "Wonderwall" performance from the Halesowen team!

The men's team placed fifth on the night and are fourth in the overall League standings, just half a point ahead of Black Pear Joggers.

The women were third and are also third in the League table.

Thanks go to Dom, Mick and Paul for volunteering and to Halesowen's answer to Thomas Tuchel, Alex Morgan, for managing the team.

Do let either Alex or Roger know if you are available for the next meeting at The Dell Stadium on Wednesday 22nd July.



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MIDLAND MASTERS CHAMPIONSHIPS

Halesowen's vet athletes had an impressive return of medals from the Midland Masters Championships at Nuneaton.



Caroline McGee was the queen of the field, winning W50 gold in the hammer (30.87m) and the javelin (27.35m) as well as silver in the shot (9.10m)

James Robinson and Barry Gardiner added to their sizable collection of Masters medals with James winning silver in the M55 Pole Vault (4.02m) and Barry picking up silver in the 400m (1:01.44)

Ben Russell ran the fastest time in the M35 1500m (4:39.36) and Alex Morgan was fifth in the M60 1500m (2:41.42).

TRIANGULAR LEAGUE

Halesowen finished second in the triangular league meeting at Tipton

There were four event wins for the club in total.

Amber Louise Agbe U14G Shot (6.38m), Hannah Clinton U12G Discus (12.39m), Anna Hall U14G High Jump (1.32m) and Brandon Lampitt U14B 100m (13.2s) not only won their races but also set new Triangular League records!

Halesowen are second in the overall table, two points behind Wolves & Bilston.



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The final match of the season is on Sunday 5th July and will once again be held at Tipton, and do get in contact with team manager Matt Wilkinson (Sr,) if you would like your child to be involved.

MASON TROPHY



Kian Hazelwood won bronze for the West Midlands team in the 800m at the Mason Trophy inter-counties Schools competition in Stoke-on-Trent.

Following on from his win in the West Midland Schools Championships, Kian clocked a time of 1:57.78 in the Intermediate Boys race.

Representing Hereford & Worcester, Toby Ajayi ran 12.16 in the Intermediate Boys 800m, Nancy Thomas ran 27.96 in the Intermediate Girls 200m and Izabella Fereday ran 2:31.84 in the Junior Girls 800m.

MIDLAND U14/U16/U18 CHAMPIONSHIPS

Team Izzy triumphed with two huge PBs at the Pingles Stadium in Nuneaton!

Running in the U16G 800m, Izabella Fereday placed seventh in 5:20.36 and Isabelle Wilkinson was ninth in 5:24.80.



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MIDLAND SENIOR LEAGUE TECHNICAL MATCH

The Midland League held its technical match meeting with all divisions competing at the University of Birmingham.

Although there were no Halesowen wins on the day, it was good to see the club represented across a wide selection of events with many season's bests and personal bests recorded.

Team manager Ollie Dodd said: "We had a strong showing with some standout performances so well done to all of those who competed and represented Halesowen AC.

"A notable mention is the introduction of the 3k racewalk event in which Julie and Lynn Bellfield stormed around and I did my best to not get lapped too many times or get disqualified 😊😂

"Big thanks go to Dom and Clare for officiating a four hour pole vault competition on a sweltering day."

The more regular League format returns for the next match on Sunday 19th July at Rugby so do get in touch with Ollie if you are available to compete.

UNIVERSITY OF BIRMINGHAM TRACK AND FIELD SERIES

Joe Rogers warmed up for the British Championships by finishing seventh in the BMC 1500m C race in 3:49.07.

In the associated Birmingham University Track and Field Series meeting, Kian Hazelwood set a new 800m PB, winning race six in 1:56:27.



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There were also PBs for Ben Russell and Lucy Hellingsworth in the 1500m.

Ben took the win in race one 4:37.03 with Lucy second in 4:47.53.

In the 5000m, Ethan Jordan was fifth in 17:17.28 and Lucy Hellingsworth bagged her second PB of the night in finishing ninth in 18:08.64.

Ffion Collins also ran a PB of 18:36.15 in finishing in thirteenth place.

In the junior races, there were PBs for Amber Louise-Agbe, who was fourth in race 1 of the 100m in 15.31 and for Izabella Fereday was fourth in the 800m and first U16G in 2:28.79.

NEWS IN BRIEF



Lucy Hellingsworth was first female and seventh overall in the Wythall and Hollywood Fun Run 5k in 18:44.4.

In a tough off-road race run alongside the Severn Valley Railway, Matt Allen was 53rd in the Steaming Down the Valley 10k in 1:09.56.

Amelia Harrison was 78th and fifth lady in the Aldridge 10k in 47:33.

Peter Dear was tenth in the BMC C 800m in Loughborough in 1:58.30.



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PARKRUN



The Halesowen crew descend en masse to Walsall Arboretum to celebrate Ben Russell's birthday!

parkrun was loaded with midsummer magic for old gold athletes!

Paul Bradley was once again best at Brueton Park in Solihull with a first finish at event #757 and Joe Donkin was first finisher at Severn Valley Country Park event #290.

Matt Wilkinson Jr finished first at Great Yarmouth North Beach event #250.

His winning time of 22:52 may sound slow but it is widely regarded as one of the toughest in the UK!



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The ladies also bagged a number of first female finisher spots through Heather Bills at Tamworth Castle Grounds event #123, Michelle Dale at Edgbaston Reservoir event #233 and Amelia Harrison at Armley event #341 in Leeds.

Isabelle Wilkinson was first female at Woodgate Valley event #239 with Grace Follows coming in second.

A week later at event #240, the club claimed the top three female spots.

Lucy Hellingsworth was first with Poppy Dunlop second and Sarah Gill third.

Finally, Ben Russell marked his 40th birthday with a celebratory parkrun at Walsall Arboretum.

A huge party of 23 runners joined Ben for his big day as the Arboretum turned Old Gold for the day.

The boys grabbed four top ten berths with James Thomas second, Alex Taylor third, Matt Wilkinson fifth and Ethan Jordan eighth.

The birthday boy himself placed fifteenth.

But one again, the girls led the way with Phoebe Dodd finishing as first female.

Jessica Dale was second lady, Michelle Dale was third and Grace Follows fourth

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Phoebe also maintained her 100% parkrun record.

Despite being a far from frequent parkrunner having only run eight times in two and a half years, she maintained her incredible record of “winning” every event.



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BILL NOCK - MAKING HALESOWEN GREAT AGAIN!

Halesowen Athletics Club is proud to congratulate Bill Nock on his election as President of the English National Cross Country Association for 2026-27.



After spending many years deeply involved in the Midlands cross country scene, including acting as secretary of the Midlands Cross Country Association, Bill has been chosen for this important and prestigious national role.

Amongst many other achievements, he is well known at the club for holding the Birmingham Cross Country League record of 176 races and for setting the courses for the Midland 7/5 mile cross country races and the Halesowen Boxing Day handicap run.

Bill said: "My new position reflects the enormous contribution that Halesowen A&CC have made to the Midland Cross Country scene over the years"

"I find it quite emotional to be chosen as president and I am very flattered to be given this opportunity.

"This is for the club and is a fine moment for HACC and hopefully I can live up to it."



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One of Bill's first duties was to arrange the date and venue for the next year's English National Cross Country Championships and it will be held on Saturday 20th February 2027 at Thoresby Hall in Nottinghamshire.

And for those concerned about Bill's new presidential role ... there is absolutely NO truth in the rumours that Illey Brook will be subject to a Straits of Hormuz-style blockade or of a cage fighting octagon appearing in the middle of the club track.

Yet 😊😊😊

GREEN BAIZE BULLETIN!

The club's snooker players took inspiration from the achievements of their more athletic colleagues to record their second victory of the season in the Halesowen & District Summer Snooker League.

After losing 4-1 at Townsend A, HACC beat Snooks 3-2 at home.

It was a tight affair with James Ludlow winning the opening frame, before Snooks took a frame off Matt Allen.

A 55-18 win for Peter Dear and a 60-27 win for Stuart Towlson gave Halesowen the match with Alex Morgan conceding a consolation frame to the visitors.

After six matches, Halesowen are sixth in the Division Three table on 13 points, a point ahead of both Dudley Ex Servicemens Club B and Cradley Sports & Social Club A.

In the Hasbury Summer Challenge Cup, Halesowen lost by 317 points to 307 at home to Sedgeley Working Men's Club.



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RACE CALENDAR

Sun Jul 5	Triangular League, Tipton
Fri 10 - Sat 11 Jul	English Schools Track & Field Championships, Birmingham
Sun 12 Jul	UKYDL Upper Age Group, Tipton
Wed 15 Jul	Worcester Pitchcroft 10k (feat. Worcs Champs)
Fri 17 Jul	Fast & Furious 5k, Stourport
Sat 18 Jul	UKYDL Lower Age Group, Worcester
Sun 19 Jul	Midland Senior Track & Field League, Rugby
Wed 22 Jul	Midland Vets Track & Field League, Brierley Hill
Wed 29 Jul	Worcestershire Midweek Series: Droitwich 10k

JULY HIGHLIGHTS

The track leagues continue in the Midland Senior League, UKYDL, Midland Vets League and there's the Triangular League final at Tipton.

The Worcestershire 10k Road Championships will be held at the Worcester Pitchcroft 10k and the Worcestershire Midweek Series switches to the road at the Droitwich 10k at Churchfields Farm on Wednesday 29th July.

We'll also be keeping a close eye on Maddie Down who will be competing in the Commonwealth Games in Glasgow.



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The T38 100m is on Monday 27th July with the Long Jump Final to follow on Friday 31st July.

Finally, news of two wildly contrasting upcoming events on the club track!

Prestigious awards and trophies will be at stake in the club 5000m/3000m championships on Wednesday 9th September and that will be followed three days later by the fun and chaos of the Beer Mile Relay on Saturday 12th September.

A new Couch to 5k course is also due to start in September.

Keep across the club's social media channels, most notably Facebook and HACCentral on WhatsApp for updates on all these events plus the latest news from around the club.

You can also hear weekly club reports on Radio Halesowen Town's Sports Report programme which is on air every Friday evening and is also available as a podcast.

Up Owen!

JAMIE SIRCOM

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