



# HALESOWEN ATHLETICS CLUB

## NEWSROUND MAY 2026

The old gold was as hot as the heatwave throughout the month of May!

Halesowen athletes racked up the medals and race wins on track and trail and prevailed at parkrun!

We have a full roll of honour of all our medallists and race winners plus a full report on the Run and Talk event held on the club track.

### ***WORCESTERSHIRE COUNTY TRACK & FIELD CHAMPIONSHIPS***

Halesowen once again were sublime at Stourport in the Worcestershire Track and Field Championships.

26 medals were won in total with the club dominating the middle distance events.



The star performer was Kian Hazelwood (pictured left), who broke the two minute barrier in winning the Under 18 Men's 800m in 1:59.44.

Peter Dear won the senior men's 800m, there was Under 20 men's gold for Alex Taylor and Izabella Fereday won silver in the Under 16 Girls race.

Lucy Hellingsworth picked up gold and Kara-Rose Welborn silver in the Under 18 Women's 1500m.

Isabelle Wilkinson won an Under 16 Girls silver medal.



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In the senior men's 1500m race, Matt Wilkinson won silver and James Houlton bronze.

Alex Taylor won double gold in the 1500m and javelin, and also winning two medals were Jayden Hanson, Esther Hulley, Asha Morgan and Isabelle Wilkinson.

Here's a full list of all the Halesowen medallists:

### GOLD

Jayden Hanson (U14B 200m, 27.49)  
James Sherwood (SENM 400m, 52.39)  
Kian Hazelwood (U18M 800m, 1:59.44)  
Peter Dear (SENM 800m, 2:00.09)  
Alex Morgan (M60 800m, 2:43.49)  
Alex Taylor (U20M 1500m, 4:10.73)  
Lucy Hellingsworth (U18W 1500m, 4:55.22)  
Ethan Jordan (SENM 3000m, 9:51.09)  
David Lewis (M50 3000m, 10:53.1)  
Esther Hulley (SENW 400mH, 70.58)  
Alex Taylor (U20M JT, 31.66)

### BRONZE

Jayden Hanson (U14B 100m, 13.54)  
Asha Morgan (SENW 200m, 27.82)  
George Freeman (SENM 400m, 57.74)  
Asha Morgan (SENW 400m, 61.64)  
James Houlton (SENM 1500m, 4:30.12)

### SILVER

Ollie Dodd (SENM 400m, 53.52)  
Izabella Fereday (U16G 800m, 2:28.99)  
Matt Wilkinson Jr (SENM 1500m, 4:22.1)  
Isabelle Wilkinson (U18W 1500m, 5:38.73)  
Kara-Rose Welborn (U18W 1500m, 5:27.38)  
Sam Pugh (U20M 400mH, 70.11)  
Grace Follows (U14G HJ, 1.15)  
Isabelle Wilkinson (U16G HJ, 1.15)  
Esther Hulley (SENW JT, 20.55)  
Amber-Louise Agebe (U14G SP, 6.50m)



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In the Under 10 Boys Quadrathlon, Dylan Pyecroft won bronze and at the Warwickshire County Championships in Nuneaton, Maddie Down won silver in the senior women's long jump (4.78m).

If there are any errors or omissions then do please get in touch and I will correct them ASAP.

Congratulations to all the medallists for another impressive showing across all age groups!

### ***MIDLAND SENIOR LEAGUE***

Halesowen's life in the top flight of Midland athletics began with the opening Senior Track and Field League match at Burton.

And there was a strong debut outing in Division One as Halesowen faced a tight battle for third place against the might of the composite team of Bristol & West with Bath.

Halesowen are in fourth spot on 382 points, just three and half points behind the Bristol behemoths!

Toby Magee completed the sprint double, winning the 100m in 10.8 secs and the 200m in 22.3 secs.

Ollie Dodd completed the hurdles double (110mH, 16.5 and 400mH, 63.5) and James Robinson took the win in the Pole Vault (3.80m).

The Dodd double double was completed by Phoebe who won the 400m (57.7) and 800m (2:16.7).



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The day was rounded off in the best possible style with wins in both the men's and women's 4x400m relays.

Captain Ollie Dodd said: "We more than held our own and dominated a string of track events throughout the day.

"Despite holes in our field team, the quality and determination displayed by each athlete kept us in the competition.



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"There were considerable efforts by both the women's throwers and men's jumpers scoring much needed points against stiff competition.

"Huge thanks to our officials team and volunteers that stepped in to make those competitions happen.

"We continue to inspire and defy expectations. Up Owen!"

### ***GREAT BIRMINGHAM RUN***

Halesowen made their presence known at the region's biggest running event, the Great Birmingham Run.

26 HACC runners took part in total, with 15 in the 10k and a further 11 taking on the half marathon.

Alex Taylor was first back for the club in the 10k in eleventh place in 34:37.

Adam Hollis was 76th in 39:15 and Phoebe Dodd was first HACC female in 77th in 39:23.

Phoebe was helped by a sterling pacemaking effort from Ben Russell, who was 80th in 39:24.

The other 10kers was as follows:

107th Toby Sykes 40:36

168th Michelle Dale 42:38

194th Malachi Loughhead 43:28

349th Andrew Price 45:51

614th Megan Harrold 49:20

615th Heather Bills 49:21

634th Keith Taylor 49:34

1,275th Jamie Sircom 54:42

1,674th Adrian Dale 57:24

1,758th Zoe Fereday 57:55

3,951st Kathryn Williets 1:13:26



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More impressive Old Gold performances came in the Half Marathon.

James Thomas ran a PB in finishing seventeenth in 1:14:19 and there was a welcome return to form for Andy Yapp, who was 73rd in 1:21:08.

Louise Collins was next back for Halesowen, putting in a superb effort to cross the line as fourth female in 204th place in 1:26.52.

A special mention goes to Poppy Dunlop.

Running her first half marathon and paced by Dad Ben, Poppy was second Female Under 20 athlete in 702nd place in 1:35:06.

Louise and Poppy were both rewarded with the athlete of the month awards at the May monthly meeting, and even got a photo with legendary 400m runner Iwan Thomas!

Here are all the other Halesowen half marathon results.

288th Greg Moore 1:28:38

1,950th James Ludlow 1:46:08

606th Ben Williets 1:33:52

5,269th Mo Cusworth-Yafai 2:09:07

665th James Parker 1:34:44

6,809th Hannah Ludlow 2:24:16

701st Ben Dunlop 1:35:06

### ***DK 10k***

Three days later, club members took part in the DK 10k with 592 runners tackling the familiar undulating course starting and finishing on the Mile Flat in Kingswinford.

Halesowen once again bagged a number of the age category prizes.



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David Lewis was 36th and first M55 in 39:26 and Mel Hepke was first female and first W55 in 114th in 44:00.

Sally Spencer was first W60 in 224th in 49:45.

James Parker was 74th in 42:24, Andrew Freeman 141st in 45:29 and Phil Scarr 157th in 46:49.

Jamie Sircom was 319th in 54:44 with Graeme Gill 344th in 55:24.

Sarah Gill, making a return from injury, was 396th in 57:46.

And there was an impressive performance from Julie Bellfield, who was 529th in 1:08:27, leaving 63 runners trailing in her race walking dust!

### ***MIDLAND VETS LEAGUE***

The 2026 Midland Vets League season began with a full Halesowen team battling the conditions at Abbey Stadium in a rainy Redditch.

All but one of the event wins on the night came from the field.

Taking maximum points were John Hill (M70 Javelin), Caroline McGee (W50 Javelin), Alex Morgan (M60 Shot), Jo Smallwood (W70 Javelin) and Sally Spencer (W60 1500m and W50 Long Jump).



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We also welcomed Ian Johnson to the team who took part in the Discus and Javelin, putting his extensive coaching by Paul Allen to good use!

There was also an impressive high jump of 1.10m from Alex Morgan, which he is claiming as a Halesowen vets record!



Medals for gallantry went to the women's 1500m runners, who had to contend with torrential rain and gusty winds for their race.

The conditions proved to be quite a shock to the system for Eilish James, in her first track race for over twenty years!

By the end of the evening, it was a toss up between the Abbey Stadium track and the swimming pool in the neighbouring sports centre as to which was drier!

Both the men's and women's teams finished in third place.

The men tied on 110 points with Bromsgrove & Redditch but the women were a more comfortable 45 points clear of Black Pear Joggers.

The next match is at Stratford on Wednesday June 17th and if you are aged 35 and over and available to compete, then do let Alex Morgan or Roger Mallard know ASAP.



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### *UKYDL*

The Lower Age Group Under 16 and Under 14 athletes competed in two UKYDL meetings in May.

At Telford on May 3rd, the team finished fourth on 211 points.

Jayden Hanson (U14B LJ, 4.05m), Tristan James (U14B JT, 23.84,) and Charlie Jones (U16B 110mH, 20.90) were event winners on the day.

Then on May 31st, the club co-hosted the meeting with Tipton Harriers at Tipton Sports Academy.

The club placed fourth on the day on 238 points with Tristan James (U14B JT, 20.88m) and Benedict Jones (U16B JT, 31.23m) the two winners on the day.

Thanks go to all the Halesowen officials and volunteers who helped to put on the event including Maurice, Alan, Keith P, Dom, Jo G., Jo S. Clare and Mick and to Matt Wilkinson for being team manager.

The Upper Age Group Under 18 and Under 20 athletes made a short trip to Stourport for their second meeting of the season.

Halesowen finished in second place on 261 points which included the following event wins:

Lucy Hellingsworth (U18W 3000m, 10:36.7)

Joshua Hodges (U18M PV, 2.40m and LJ, 5.65m)

Toby Magee (U20M 100m, 11.3)

Niamh McGee (U18W 400m, 63.0 and JT, 20.10m)

Ethan Smith (U18M TJ, 10.98m)

U20M 4x100m (45.2)



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### *HAGLEY 10k*

The first race of this year's Worcestershire Midweek Series, the Hagley 10k, saw a convincing win for Joe Donkin.

Joe finished in 36:08, some 47 seconds clear of second placed runner Matthew Herbert from Bournville.

"It's a nice tough course with lots of hills," Joe told Radio Halesowen Town.

"I got a bit wet down the bottom in the bog and the hills were hard on the second lap!" he added.



"I've had a bit of a stressful time recently with my running so I am trying to get fit again.

"This was a good challenge and my race went well."

Andy Yapp came in fifth in 38:04 and David Lewis was sixteenth and first M50 in 40:17.

James Parker was 34th in 45:04 and Carl Follows was 35th in 45:07.

Mel Hepke was first Halesowen lady in 46th in 46:59.

Milly Allen was 52nd in 47:47, Simon Duck was 57th in 48:52 and Mo Cusworth-Yafai was 59th in 49:35.



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Andy Nock was 68th in 50:59, Kerri James 81st in 54:17 and Jamie Sircom 93rd in 58:21.

There was a sterling effort from our top team of marshals including Adrian & Michelle Dale, Maurice Endacott, Richard Guest, Mark Hadley, Sam Morton, Alan & Jo Smallwood, Bettina Wolf, Phill Scarr and Keith Taylor.

The next race in the series is the Redditch 12k at Arrow Valley on Wednesday 10th June.

### ***TRACK NEWS IN BRIEF***

Barry Gardiner won bronze in the M55 mile at the British Masters Championships in Oxford, setting a new PB of 5:13.21.

Joe Rogers was the mark of consistency in the 800m, clocking times of 1:52:00 in the BMC Birmingham University race on May 13th and then repeating the exact same time at the BMC Watford meet on May 27th.

Much to his relief, Joe improved to 1:51:16 in finishing seventh in the BMC D race at the University of Birmingham on May 31st.

Peter Dear opted for the BMC meeting at Loughborough University, where he came fourth in the C race in 2:00.58

Toby Magee was the fastest Under 20 Male athlete in the 100m at the University of Birmingham Track and Field Festival.

Toby ran 11.15 secs in the first round and then an hour later improved his time to a season's best of 11.05 secs.



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At the Night of 200m and 400m PBs meeting at Nuneaton, Kian Hazelwood ran the fifth quickest 400m time of the night in 51.94 seconds.

Alex Taylor was eighth in 54.50 and Jessica Dale was the second quickest woman in 1:01.76.

And Maddie Down competing as a guest at the BUCS University Championships in Cardiff, finished first in both ambulant sprint races.

She ran 13.16 secs in the 100m and set a new PB of 27.48 secs in the 200m.

### ***ROAD REPORT and TOWPATH TESTIMONY!***



James Hoult and Amelia Harrison both cruised down the cut to podium places in the 9 Locks Summer Challenge 10k.

In the race held along the canal towpath from Stourbridge to Brierley Hill, James Hoult took the win in 38:22, finishing more than two minutes clear of the second placed athlete James Kirk.

Amelia Harrison was second lady and sixteenth overall in 46:49.

Julie Bellfield was 226th in 1:15:03 and Rachel Stephenson was 282nd in 1:29:30.

Kirsty Price was 655th in the Chester Half Marathon in 1:36:39 achieving the England Masters qualification standard and Nick Price was 725th in 1:37.45.



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Rob Jones finished 429th in the MK Half in 1:41:18.

Peter Dear was twentieth out of a huge field of 5,355 finishers at the Royal Sutton Fun Run.

Minus his pink princess outfit this year, Peter completed the challenging eight and half mile course around Sutton Park and Sutton Town Centre in 50:46.

Kian Hazelwood put his 800m speed to good use at the super-fast Mid-Cheshire 5k, coming in 318th place in 16:50.

And Jamie Sircom was 64th in the Bromsgrove Fun Run 10k in 54:04 and 82nd in the Glasgow 3k on the Green race in 14:37.

### ***PARKRUN***

Peter Dear was the first finisher at Penrose event #507 in Cornwall but the rest of the month's parkrun glory was reserved for the ladies.

Fifion Collins was first female finisher at Woodgate Valley event #236 and Milly Allen repeated the feat two weeks later at event #238.

Michelle Dale followed suit at Dudley event #374 and the Only Way was Essex for Poppy Dunlop as she led the girls home at Maldon Prom event #588.

But parkrun pride of place goes to Isabelle Wilkinson, who completed a rare double this month.

Isabelle took the female honours at Edgbaston Reservoir event #230 in the adult 5k run and then 24 hours later she went once step further at the Stevens Park Wollescote junior parkrun, placing first overall finisher at event #309.



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### *RUN AND TALK*



As part of England Athletics Run and Talk initiative held in conjunction with Mental Health Week, more than 45 members and friends of the club gathered for a run, jog and walk on the club track.

It was an enjoyable and relaxed evening on the track allowing time to chat and share the positive benefits of running and exercise for mental health.

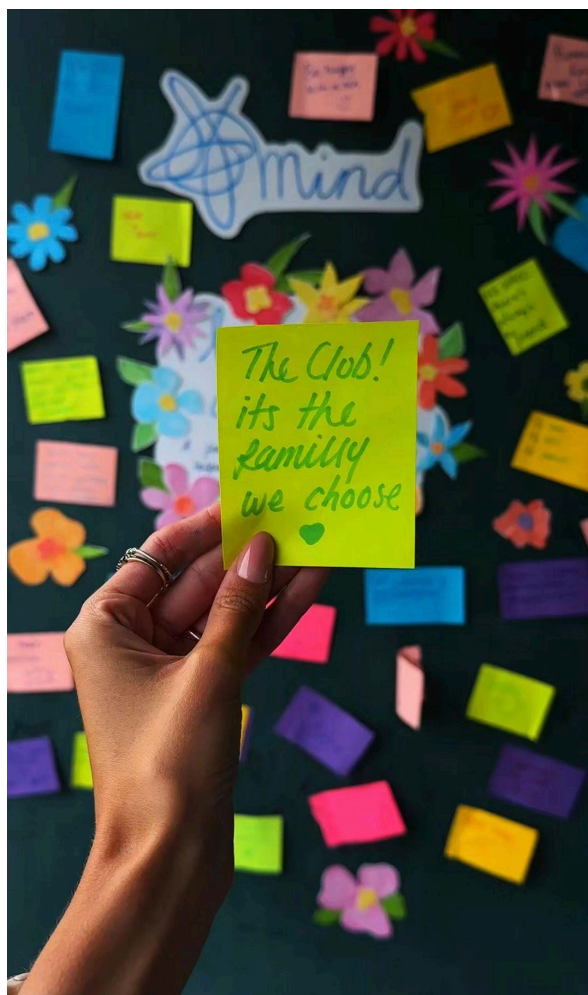
Donations on the night and proceeds from sales at the coffee hut went to the MIND charity, and the club agreeing to match the amount raised, more than £300 has been donated.

Speaking to Radio Halesowen Town, club chair Kathryn Williets said: "We were very pleased with the turnout and lots of family and friends came to support us.



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“Exercise is so important for your sense of wellbeing and sense of physical and mental health and we are also very happy to support events like this,” she added.

There were also many lovely positive notes written on our ‘Make a Difference Board’ to encourage and inspire others through journeys we may not always see or understand.

One note in particular really reflects what we strive to be at HACC:

‘The Club! It’s the family we choose’ ❤️

Thanks go to Phoebe Dodd and Ben Russell for organising the event. and we truly appreciate everyone for attending and for their donations.

### **RACE CALENDAR**

Sat 6 - Sun 7 Jun

Midland Senior & U20 Track & Field Champs, Nuneaton

Wed 10 Jun

Worcestershire Midweek Series: Redditch 12k  
Showground Relays, Stafford

Thu 11 Jun

Gavin Tipper 5k, Dudley Kingswinford Rugby Club



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Sun 14 Jun	Droitwich Half Marathon, Churchfields Farm Triangular League, Tipton
Wed 17 Jun	Midland Vets League, Stratford
Fri 19 Jun	Blakedown Bolt 10k
Sun 21 Jun	Midland League Technical Match, Birmingham University

### ***JUNE HIGHLIGHTS***

The summer merry-go-round of events continues throughout June with the picks being the Redditch 12k trail race as part of the Worcestershire Midweek Series, the Midland Vets League meeting at Redditch and the technical match for the Midland Senior League at Birmingham University.

And on Saturday 27th June, everyone is invited to take part in Ben Russell's 40th birthday celebratory parkrun at Walsall Arboretum.

This will be followed at 11 o'clock with a social walk of approximately eight miles starting at the Lyttleton Arms and including multiple "refreshment" stops throughout the day, with the aim to finish back at the clubhouse in one piece!

Do keep across all the usual channels for the latest updates with the club Facebook page and HACCentral on WhatsApp the main club conduits plus there's updates on Monday and Friday evenings on Radio Halesowen Town.

Up Owen!

JAMIE SIRCOM

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