



HALESOWEN ATHLETICS CLUB

NEWSROUND JULY 2026

A rich and varied month at the club included a Commonwealth Games medal for Maddie Down, Lucy Hellingsworth dominating the Black Country Run Series and an epic Phill Scarr birthday celebration at the Cotswold Way Relays.

We also bring you news of the latest Midland League and Vets League meetings, an American dream of a half marathon for Bronte Appleyard and details of all the HACC road, track, parkrun (and snooker!) action.

GLASGOW GAMES GLORY FOR MADDIE DOWN!



Maddie celebrating her Commonwealth bronze with gold medallist Sophie Hahn PHOTO: England Athletics

In her debut Commonwealth Games, Maddie Down won bronze in the T38 100 metres, running a personal best time of 12.86 seconds.

2018 champion Sophie Haan won gold in 12.78 seconds with defending champion Olivia Breen edging a tight photo finish to deny Maddie a silver medal by just two-thousandths of a second.



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Earlier in the day, she finished third in her heat in 13.10 seconds and qualified for the final as the fourth fastest athlete.

The medal came three years after winning 100 metres and Long Jump gold at the Commonwealth Youth Games in Trinidad and she was determined to make her mark in her senior Games debut.

"It was one of the best races I ever run, technically as well, and to do it in Scotland was really special, " Maddie told England Athletics.

"To be able to step up onto the senior stage and get a medal has been great.

"Coming into the race it was always in the back of my mind to get a medal and to be able to do it and run that quick as well means a lot."

Maddie was back at the Scotstoun Stadium four days later to compete in the final of the Long Jump, and was reunited with 100 metres nemesis Olivia Breen.

Maddie struggled throughout the competition and was only able to record two valid jumps out of the six rounds.

She jumped 4.59m in round three and improved to 4.65m in the penultimate round, just 7cm off a medal in fifth place.

But another foul in the final round meant Maddie was out of the medals in sixth place with Olivia Breen winning gold with a new Games record of 5.09m.

Everyone at the club is delighted with her Commonwealth bronze medal and we like to send our best wishes to Maddie and her family and we look forward to seeing her at the club soon.



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BLACK COUNTRY RUN SERIES

Lucy Hellingsworth was crowned Queen of the Black Country after dominating the inaugural Black Country Run Series.



All three races were over 5k and began with the Andy Holden 5k which was run on a hilly multi-terrain course at Baggeridge Country Park.

Harry was first back for the club in eighth place in 19:30 and Lucy (pictured left) was sixteenth and first lady in 20:44.

By contrast, the next race was the flat and fast Great Wombourne Railway 5k held on the South Staffordshire Railway Walk.

All the local speed demons came out to play and Harry answered the call by finishing 13th in 16:31.

Lucy was 35th in 17:47, Andrew Price 92nd in 21:27, Heather Bills 104th in 22:15, Megan Harrold 116th in 23:10 and Paul Allen was 241st in 32:35.

The season finale was held at Dudley Zoo on another testing course which included tough climbs, switchbacks and stairs!

James Thomas was fourth in 16:49 and Harry Law was seventh in 17:34 to claim third place in the overall series standings.



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But Lucy Hellingsworth once again proved her 5k pedigree, finishing second lady in 25th place in 19:24 and winning the female series title.

We'd like to thank our friends at Tipton Harriers for putting on three great races and do check the Black Country Run website to be notified of next year's races.

MIDLAND SENIOR LEAGUE



Despite having a smaller team than usual available, Halesowen once again did themselves proud in the Midland League meeting at Rugby.



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Our female middle distance stars were once again hard to beat with Phoebe Dodd winning the 800m and Lucy Hellingsworth triumphing in the 1500m.

And the considerable combined strength of Peter Dear, Asha Morgan, Phoebe Dodd and Kian Hazelwood won the mixed 4x400m relay.

Team manager Ollie Dodd said: "Congratulations to the whole team for another quality day of athletics.

"Despite being small in numbers, we made up for it in grit, quality and unmatched heart that is synonymous with Halesowen.

"The sun was beating down, and unfavourable winds kept athletes working hard through the backstraight with minimal respite on the home.

"In spite of the weather we produced quality individual performances amongst all disciplines.

"We finished off the day with nailbiting, photofinish relays that reminded the other clubs that we always have a dog in the fight.

"Thanks to our officials team for their friendly and professional conduct throughout the day."

There are two just more meetings left in the season and with the club fighting to preserve its Division One status, every point from every athlete and track official is crucial.

Get in touch with Ollie Dodd if you are able to run or volunteer at Yate on Sunday 9th August and/or at the University of Birmingham on Sunday 30th August.



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UKYDL

The Upper Age Group meeting at Tipton due to be held on Sunday 12th July at Tipton was cancelled due to the lack of available athletes from competing clubs.

Despite efforts to rearrange the event for Saturday 2nd August, interest was still low and it was once again called off even though Halesowen, as always, were ready and raring to go!

The Lower Age Group meeting at Worcester did take place with Halesowen finishing fourth on the day with a match total of 193 points.

Izabella Fereday won the Under 16 Girls 800m and Tristian James won the Under 14 Boys Long Jump.

The Under 14 Boys were the best performing Halesowen team on the day placing third.

TRIANGULAR LEAGUE

Halesowen finished the Triangular League season in second place following the final meeting at Tipton Sports Academy.

A second placed finish on the day wasn't quite enough to stop Wolverhampton & Bilston claiming the title.

It was nevertheless an impressive showing across all three meetings from Matt Wilkinson's team with the match win on Wolves & Bilston's home track at Aldersley the highlight.

And there was still time at Tipton for one more HACC Triangular League record.



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It went to Grace Follows, who won the U14G 75m Hurdles in 15.3 seconds.

In the final end of season tables, Halesowen's Under 14 combined team and the Under 14 Girls both won their age category.

The Under 12 Boys and Under 14 Boys finished joint second, the Under 12 combined team were third and the Under 12 Girls were fourth.

Big thanks to Matt Wilkinson (Sr.) and all the parents and volunteers that helped our young athletes deliver some incredible performances across the summer.

Matt is also looking for help for managing the young athletes teams across the Triangular League and UKYDL next year so do reach out to him if you are interested.

DROITWICH 10K

A roasting hot evening greeted runners for the third race in the Worcestershire Midweek Series, a hilly 9.6k road run starting and finishing at Churchfields Farm.

Fortunately, the famous Churchfields ice cream was kept cool for the traditional post-race treat!

The results process is still ongoing with a number of athlete times missing and several inaccuracies, but here are the unofficial times of the Halesowen athletes that we know about so far:

5th Andy Yapp 34:16

9th David Lewis 35:56

50th Milly Allen 46:59

52nd Alex Morgan 47:11



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Do keep an eye across all the usual channels for the final official results.

The final race of the series is the Clent 8k on Wednesday 12th August which will be followed by the end of series presentations at the club.

As it is a Halesowen staged race, we are looking for race marshals and volunteers so contact Alex Morgan if you are able to help,

MIDLAND VETS LEAGUE

There was a short trip to the Dell Stadium for match three of the Midland Vets Track and Field League.



Maximum points came from Paul Bradley in the M40 400m and from Caroline McGee in the W35 Javelin.

The team backed up their winning efforts with a number of second place finishes across a wide range of events.

A special mention to Rachel Russell (left) who made an impressive debut for the club in the 400m.

The men's team were fifth on the night but are fourth in the League table, two and half points ahead of Black Pear Joggers.



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The ladies also finished fifth but lie third in the overall standings, one and half points clear of the combined Droitwich / Midland Masters team.

There's just one more chance this season if you are over 35 and fancy trying your hand at some competitive yet friendly track and field action.

Let Alex Morgan or Roger Mallard know if you are available for the final meeting at Worcester on Wednesday 19th August.

COTSWOLD WAY RELAYS

To celebrate Phil Scarr's 50th birthday, two teams from the club tackled the gruelling Cotswold Way Relays event.

The race consisted of ten stages of varying distances following a 103 mile route from Chipping Campden to Bath.

A fair bit of self navigation was involved although most Halesowen runners did stay on track.

We wait to hear next month's flat mackerel nominations for stories of those that didn't!

The Over 40s vets team performed superbly finishing in fifth place in 16:44:30

The mixed team placed tenth in 16:32:36.

Depending on your definition of the Midlands and if you rightly consider Gloucester to be in the South West, Halesowen came in as first Midlands team in both races.



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BIRMINGHAM & BLACK COUNTRY HALF MARATHON

Navigation skills were less essential for the Birmingham and Black Country Half Marathon.

"Yam run down the cut, day ya?"

The course followed its traditional route along the BCN Old Main Line canal from Wolverhampton to Birmingham and was also traditionally slightly over the official half marathon distance, coming in at around 13.5 miles.

Andy Yapp finished fifth in 1:22:46, James Parker was 146th in 1:45:43 and Gemma Goode was 940th in 2:29.09.

'NUFF NUNEATON NEWS!

The Pingles Stadium in Nuneaton held two meetings which attracted the cream of HACC's middle and long distance crop!

At the Night of the 800m PBs on July 1st, Alex Taylor won his heat clocking a time of 1:58.57.

Peter Dear also broke the two minute barrier, placing fourth in his race in 1:59.01.

Ed Bates (2:10.82) was second in his race and took the scalp of Declan Moorcroft, grandson of David Moorcroft, a legendary British athlete who held the 5000m world record for three years in the eighties.

He was joined by Matt Wilkinson Jr. (2:03.93), Kian Hazelwood (2:06.24) and Ben Russell (2:12.80) in testing themselves over the classic two-lap distance.



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Phoebe Dodd was the fastest Halesowen lady in 2:15.25 with Jess Dale running 2:20.34, Izabella Fereday 2:30.67 and Isabelle Wilkinson 2:43:00.

And in the U12 Boys 600m, Harry Wilkinson finished in 2:21.20.

On July 29th, the 1500m and 3000m took centre stage at the Night of Endurance PBs.

There was Halesowen representation in all five 1500m races.

Izabella Fereday was fourth in heat one in 5:19.14, Theo Lee-Carpenter won heat two in 4:50.82 with Jessica Dale seventh in 5:11.83.

Barry Gardiner was ninth in heat three in 4:50.73.

Kian Hazelwood won heat four in 4:21.24, Matt Wilkinson Jr was third in 4:22.33 and James Hoult was eighth in 4:26.80



The fastest Halesowen athlete was Peter Dear (left), who was eleventh in heat five in 4:11.62.

It was a new PB for Peter, who took over a second off his previous best time set in Telford in 2021.

Ethan Jordan was second in his 3000m heat in 9:54.76 and Ffion Collins was thirteenth in her heat in 11:01.50.



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ROAD and TRACK ROUND-UP

Bronte Appleyard did what England failed to do and came back from the United States with a trophy!



She finished first Under 20 Female in the Laulea Half Marathon at Ewa Beach in Hawaii.

With the race starting at 5.45 am due to the stifling conditions just like at home (!), early bird Bronte finished 43rd overall and seventh female in 1:52.12.6 in her debut half marathon outing.

Her Dad David did his best to keep up, but came in over eight minutes behind in 71st place in 1:58:34.9.

Joe Donkin finished second at the Cleobury Mortimer 10k in 36:27 and then went on to win county bronze at the Worcester Pitchcroft 10k.

He completed the three, fast laps of the racecourse to finish third in 34:34 with the race doubling as the Worcestershire 10k Road Championships.

Carl Follows was 50th in 46:21.

Jamie Sircom was 172nd in the Holme Pierrepont 10k in Nottingham in 53:12, 134th in the Buxton Carnival 4 mile in 35:43 and 48th in the NDRC Run Forest Summer Series 5k in Chesterfield in 24:53.



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Max Parker started his training block for an attempt at the club marathon record in Berlin on September 27th.

He was sixth in the RunThrough Top Flight Stockport 10k in 30:58 and then was eighteenth in the Top Flight 5k in Battersea Park in 14:53.

As part of her preparations for the Commonwealth Games, Maddie Down finished seventh in her 100m heat in 13.16 seconds at the Stratford Speed Grand Prix meeting in London,

She improved to a then season's best time of 13.06 seconds with another seventh-place finish at the Diamond League at the London Stadium.

Her long jump warm up was at the Ivy League match at the University of Birmingham, where her leap of 4.67m placed her first Under 20 Woman.

And Kian Hazelwood was seventh in his Under 18 Men's 800m heat at the English National Championships in Bedford in a time of 2:05.45.

PARKRUN

Isabelle Wilkinson did a parkrun double, finishing first female at Dudley parkrun #380 and first overall at Stevens Park Wollescote junior parkrun #316 in the space of just 24 hours.

Grace Fellows was first female finisher at Wyre Forest parkrun #484 and David Lewis was first finisher at Sandwell Valley parkrun #350.

And Amelia Harrison visited the scene of Matt Wilkinson's triumph the previous month in taking first female finisher honours at Great Yarmouth North Beach parkrun #253.



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GREEN BAIZE BULLETIN!

The club's snooker team drew a blank this month in their fixtures in the Halesowen & District Summer League.

A 4-1 defeat at Netherton Conservative Club A was followed by a narrow 3-2 loss at Cradley Sports & Social Club A.

The only home match in July ended with HACC losing 4-1 to Dudley Ex-Servicemens B before they were on the wrong end of a 3-2 scoreline at Harborne Village A.

Peter Dear, James Ludlow and Alex Morgan all scored points for Halesowen, winning all two matches each.

RACE CALENDAR

Sun 9 Aug	Midland Senior League, Yate
Wed 12 Aug	Worcestershire Midweek Series: Clent 8k
Sat 15 Aug	Edgar Nichols 10,000m, Redditch
Wed 19 Aug	Midland Vets League, Worcester
Fri 21 Aug	Fast and Furious 5k, Stourport
Sun 30 Aug	Midland Senior League, University of Birmingham
Mon 31 Aug	Mike Lambert Open, Stourport



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AUGUST HIGHLIGHTS

The track leagues culminate with the final two Midland Senior League meets at Yate and Birmingham University and the last Midland Vets League meeting of the season at Worcester.

For those who like their track runs over 25 laps, entries are now open for the Edgar Nicholls 10,000m race at Redditch on Saturday 15th August.

A heads up for two big events coming up on the club track in September.

The club 5000m / 3000m championships are on Wednesday 9th September and then just three days later on Saturday 12th September, battle lines are drawn once again for the thrill-packed spectacle of the Halesowen Beer Mile Relay!

Mark Hadley is handling the club championship entries and Adrian Dale is handling the beer mile relay entries!

As always, you can find updates across August on the club Facebook page and on the HACCentral group on WhatsApp along with weekly reports and podcasts from Radio Halesowen Town.

Up Owen!

JAMIE SIRCOM

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