



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

It was a super and special September at the club with a vibrant mix of competitive and social events.

There was a record turnout for the club 5000m and 3000m championships and a huge showing from the senior teams at the Midland Road Relays.

Half marathon season was in full force and we have news from Max Parker's run at the Berlin Marathon.

And there's full reports from the old skool fun at the Sports Day event and from the alcoholic-infused chaos of the Beer Mile Relay!

MIDLAND ROAD RELAYS

Both men's and women's teams produced some of their best performances in recent years at the Midland Autumn Road Relay.

All legs in the senior and masters races were over the same hilly 5.43 kilometres course at Sutton Park.

The senior women's team achieved a fantastic eighth place finish, completing the four stage event in 1 hour 26 minutes 21.427 seconds.

The precise timing to a thousandth of a second is thanks to the welcome introduction of chip timing for the first time this year.

In her first senior road relays event, Lucy Hellingsworth had a superb start, running 20:31 to put Halesowen in twelfth place.

Phoebe Dodd gained a place to eleventh after running 21:21.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026



Halesowen were fourteenth after leg three with Poppy Dunlop clocking 23:41 and then Ffion Collins, also on her senior Sutton Park debut, took another six places on the anchor leg with a time of 20:47.

The women's B team were 27th with Louise Collins running the fastest leg in 21:50.

The men's six stage team were looking for a top 25 finish to qualify for the National Road Relays and hopes were high for a quick time with both Max Parker and Joe Rogers donning the old gold vest.

They were led off by Joe Donkin, whose solid run of 18:08 put the team in 38th.

Dan Tsegay rocketed up the field, taking another fourteen places in running 17:54 and following an 18:50 from Joe Rogers, Max Parker ran the quickest team leg of 16:48 to put Halesowen in 22nd place.

Max recorded the fifth fastest time of leg four and the 34th quickest of the whole race, not too shabby considering it was just a leg loosener ahead of his target race of the Berlin Marathon the following weekend.

James Thomas' run of 18:14 grabbed Halesowen a couple more places and Peter Dear gained another four places with a final leg run of 17:39.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

The team's total time was 1:47:36.610 and they finished in seventeenth place.

The record books were being examined in fine detail post-race on Saturday evening and although the varying course distances over the years make direct comparisons difficult, the consensus is that it was one of the best performances by a men's Midland Road Relays team.

Both the men's and women's senior teams earned their place in the Nationals at Sutton Park on Saturday October 3rd.

Halesowen's men's B team unfortunately failed to complete all six stages with Adam Hollis retiring on leg two due to injury.

The C team came in 86th with Ben Dunlop quickest in 22:23.

There was also a strong Masters representation with the A team tenth, the B team seventeenth and the C team 28th.

Paul Bradley broke the 20 minute barrier to set the fastest HACC Masters time of 19:34.

And in the junior three stage races ran over 3.88k legs, the Under 16 Girls were sixteenth and the Under 18 Men were twentieth.

CLUB 5000m and 3000m CHAMPIONSHIPS

Wednesday 9th September will go down as one of the best HACC evenings in recent history as the club track staged the annual 5000m and 3000m championship races.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

A record entry of 58 club members toed the line across the four races in an uplifting, entertaining and competitive night of track racing.



Before the action got going, a special memorial bench to club coaching legend Taff Heir was unveiled by Barry Smith.

Barry spent many hours during the sixties and seventies coached by Taff, on what was then a grass track at the club.

His bench is close to the spot Taff's distinctive Welsh tones boomed out across the Manor Abbey Sports Ground and beyond!

Barry was also the former Halesowen club mile record holder with his time of 4:08.1 standing from 1966 until last year, when Joe Rogers ran a time of 3:59.64 to become HACC's first sub-four minute miler.

The photo above shows the two mile legends pictured under the life members board, to which Joe's name has recently been added.

The first race of the night was the 3000m for junior athletes.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

Ed Bates took an early lead and with Kian Hazelwood and Theo-Lee Carpenter, the group of three stayed together for most of the race.

Kian surged ahead in the closing stages and crossed the line in 10:04.7, finishing over six seconds clear of Ed in second.

Olive Thomas had some help from Sam Vince but ran most of the race alone to take the women's title in 11:05.6.

The first 5000m race full of 14.25 laps of fun (!) was the C race and after a cagey and tactical start, Jamie Sircom broke clear with four laps to go.

But he was reeled in on the last lap by Gavin Fereday who took the win in 24:12.6 with Matt Wilkinson Sr pipping Jamie on the line for second place.

Eilish James was the first female athlete in 25:27.0.

The B race saw Jess Dale set the pace along with Sam Pugh.

Sam eventually prevailed to finish four seconds ahead of Jess, with Roger Mallard powering through to take third.

The main event, the A race, was won by Joe Rogers.

It was another tactical affair with Joe joined at the front of the field by James Thomas, Alex Taylor, Peter Dear and Dan Tsegay, who was going for a hat-trick of wins.

Joe, Peter and Dan took on the last lap burn up and it was only in the last 100 metres that Joe broke clear of Peter Dear to claim the title in 16:04.4.

Alex Taylor was third.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

Speaking to Radio Halesowen Town, Joe praised the efforts of his fellow runners.

"It was an honest pace from the start", Joe said.

"It was a nice group all the way up to 4k and then in those last few laps, James Thomas was really winding it up and it was just a big burn up in the last 500 metres.

He added: "The atmosphere tonight was amazing.

"It's quite unique. We have this and the Boxing Day handicap run and it makes you very appreciative to be from Halesowen."

Phoebe Dodd and Lucy Hellingsworth represented the 'Owen ladies, with Lucy's solo effort seeing her claim her first senior title in 18:34.5.

Lucy said: "The first few laps were really fast and I tried to stick to it for as long as I could.

"It was really hard but it was a good race!"

Huge thanks to Mark Hadley who has put an awful lot of time into organising this event and to his ace team of volunteers; Mick Deakin for looking after the race entries, track officials Paul Allen, Oliver Dodd, Maurice Endacott, Graeme Gill and Steve Millington; Jo Gill for the coffee hut and Matt Pugh for the race commentary.

Mark Hadley, Graeme Gill and Keith Taylor were the team behind Taff's memorial bench and the evening clearly made an impression on Barry Smith.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

Barry said: "Thank you for your help in setting up Taff's bench and for making me so welcome tonight. I am so pleased to see some of my contemporaries."

"It was really great to see the club so vibrant. Keep up the fantastic work."

HALESOWEN BEER MILE RELAY!



With the club still buzzing from the 5000m & 3000m races three days previously, a different buzz was sought on the following Saturday afternoon as the Halesowen Beer Mile Relay graced the track!

Despite a questionable endorsement from GB Olympic sprinter Jeanette Kwakye; "To do that to your body, why?" on BBC Radio 5 Live that morning, fifteen teams of two took on the unique and ultimate HACC challenge encompassing eight and half laps and up to six pints of alcoholic hydration!

After several years of trying, Peter Dear took the title having brought in Peter Ball from Bromsgrove & Redditch as his awesome alcoholic partner!



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

Both had different approaches in their bid to lift the coveted silver tankard.

Peter B had a solidly teetotal approach in the 24 hours before the event.

Peter D, along with Milly Allen, Ethan Jordan and Matt Wilkinson Jr, staged their own Halesowen Beer Half Marathon running one mile loops around the club grounds interspersed with a stop for beer every mile!

Two teams chucked up and tapped out, with a shock DQ for experienced drinker and beer miler Alex Morgan.

Thanks go to Adrian Dale for somehow pulling the chaos together and once again attracting record entries to a Halesowen event!

We also raise a toast to all who helped support the event including the top team of officials Graeme Gill, Asha Morgan and Bill Nock; Jenny Taylor and Steve Horton for the photos, Jo Gill for the coffee and cakes and to Leon for opening the bar after the race.

MIDLAND VETS LEAGUE FINAL

For the first time in many years, Halesowen took a strong team to the end of season Midland Vets League Final in Nuneaton.

The match sees teams from the Southern Division battle against their counterparts from the East and North Divisions.

And although Halesowen were in the B final, they faced tough opposition in the form of Birchfield, Bromsgrove & Redditch, Harborough, Kettering, Telford, Sutton Coldfield and Midland Masters.

Even though the club were newcomers to the final and viewed as underdogs, we all know you should never write off a Halesowen team and the event wins came in thick and fast.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026



Sally Spencer won an incredible four events, triumphing in the W50 100m & 800m and the W60 400m & Long Jump.

Louise Collins was the winner of the W40 1500m and Caroline McGee won the W35 javelin.

And the men's team of Paul Bradley, David Lewis, Barry Gardner and Ben Russell took first place in the 4x400m relay.

Both the men's and women's teams placed fourth after the initial draft results were published and the combined team WERE in third.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

However, after a tortuous week-long process trawling through the results and correcting a number of mistakes, Halesowen finished in a fantastic second place on 254 points, just half a point ahead of Telford in third!

It was the perfect end to a great season of Masters athletics, expertly managed by Alex Morgan and Roger Mallard and supported by a keen team of officials and volunteers.

Record numbers of Halesowen athletes competed across all five meetings and although there's a long wait until next May for the return of the Vets Track and Field League, there are still plenty of over-35 competition opportunities over the winter months.

The first of which is the British Masters Cross Country Relays in Oxford on Saturday 24th October and do get in touch with Paul Allen if you want to take part.

TRACK ROUND-UP

At the British Masters Championships in Derby, James Robinson won M50 gold in the pole vault with a jump of 4.10m and Caroline McGee won W50 bronze in the javelin with a throw of 28.07m.

Barry Gardner was sixth in the M55 1500m in 2:18.34.

A trio of Halesowen junior athletes rounded off their track season at the Telford Games.

Benedict Jones won the Under 16 Boys Javelin with a throw of 28.63m and was fourth in the 1500m in 5:00.15.

Brandon Lampitt was second in the Under 14 Boys 80m Hurdles in 14.91 secs and sixth in his 100m heat in 13.32 secs.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

Tristan James was second in the Under 14 Boys Javelin with 19.32m, third in the Shot with a throw of 8.23m and third in the Long Jump with 4.35m

And in the Nuneaton End of Season Open meeting, Mason Ward was tenth overall and first Under 18 in the 200m in 23.70 secs and fifteenth overall in the 100m in 11.90 secs.

BERLIN MARATHON REPORT & ROAD ROUND-UP

Max Parker missed out on his attempt to set a new Halesowen club record at the Berlin Marathon.

After breaking Tony Bill's long standing record in Amsterdam last year, Max was keen to improve on his time of 2:19:52.

He started well, staying 35 seconds ahead of record pace at the halfway point, going through 13.1 miles in 1:09:14.

But the demands of marathon racing then started to be felt and Max's pace slowed.

Max went through 30k in 1:39:04, just three seconds ahead of the required target pace.

He lost a further couple of minutes in the next 10k, crossing the 40k point in 2:14:20 and went on to finish in 102nd place in 2:22:12.

James Parker was also out on the streets of the German capital, and he finished in 7,776th in 3:25:57.

The half marathon distance proved popular in September.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

Making his debut over the distance at the Robin Hood Half in Nottingham, Joe Rogers placed 35th in 1:18:04.

Andy Yapp had a PB of almost two minutes at the World Road Running Championships Half Marathon in Copenhagen, finishing 1,164th in 1:18:16.

Joe Donkin finished 208th in the Great North Run in 1:18:29 while Ben Dunlop was 2,790th in 1:37:45.



In the Worcester Half Marathon, Adam Hollis was 79th in 1:23:14.3 and Louise Collins was 159th and second F45 in 1:28:46.7.

Andy Butler was 40th in the Lake Vrynwy Half Marathon in 1:24:47, Carl Follows was 207th in 1:43:52 and Mo Cusworth-Yafai was 521st 2:12:10.

And Kathryn Williets was 443rd in 2:52:52 at the Tissington Trail Half Marathon.

In the Worcester 10k, Lee Neal was 20th in 35:19.0 and then went on to take third place at the Bournville Leafy 10k (left) in 36:25.

Rob McWilliams was twelfth in the Shenstone 10k in 37 minutes and 58 secs.

And at the Stourport Fast and Furious 5k, Sam Vince was ninth and first Under 16 Boy in 20:13 and Isabelle Wilkinson was tenth, second female and first Under 16 Girl in a new PB of 20:44.

Matt Wilkinson was twelfth in 24:00 and Jamie Sircom was thirteenth in 24:24.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

HACC SCHOOL SPORTS DAY!



Old skool school vibes were successfully recreated at the Halesowen Sports Day event.

With headteacher Ben Russell and deputy head Phoebe Dood in charge, more than 50 club members and friends gathered for a fun afternoon of classic events for kids, both big and little!

Nine teams lined up on the club track for events with the opening spacehopper race being especially memorable!



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

While the youngsters bounced quickly and agilely some of the more senior members struggled with the effort required to propel the orange shaped orbs!

Even half and full marathon veterans couldn't cope with the 50m spacehopper race and had to graciously DNF!

The team based bench ball saw further semi-organised chaos and a few worried looks over the height of the hurdles brought out onto track changed when it was announced the race would be an under-hurdles event.

Other events included the wheelbarrow race, the sack race and the disappointingly gelato-free ice cream relay.

Despite the fun nature of the event, the officials' eyes were keenly trained for any discrepancies with time penalties served at the start of the final 20 minute treasure hunt around the club grounds.

Team Steve Horton (captained by Alex Taylor!) were the prime miscreants with the unruly mob penalised for 60 seconds!

As the queue for drinks and jacket potatoes swelled to epic proportions and a game of rounders broke out on the infield, the points totals were tallied up.

The winners were The Gazelles 🦌 who picked up a distinctly non-school bucket of alcohol.

Running on Empty were second and selected the sweet bundle with Winner Winner Potato Dinner walking away with the protein package in third.

A massive thank you goes to Graeme Gill, Kathryn Griffiths, Sally Wilkinson and Dave Jackson for their help with making the day run smoothly with timing and marshalling.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

As ever, Jo Gill did an excellent job at the coffee hut and we can't forget Leon for feeding the hungry hordes with the famous HACC jacket potatoes!

PARKRUN

Peter Dear and Milly Allen completed a Halesowen double as first male and female finishers at East Park event #273.

Joe Donkin triumphed at Severn Valley Country Park event #303, Adam Hollis was first finisher at Woodgate Valley parkrun's 250th event and Lee Neal took the honours at Arrow Valley event #660.

Peter Dear struck again to finish first at Cannock Chase event #419 and Michelle Dale was first female at Edgbaston Reservoir event #248.

And the club success at parkrun wasn't confined to British shores, as Ellie Griffiths was first female finisher at Fuldaaue event #206 in Germany.

GREEN BAIZE BULLETIN!

The Halesowen Athletics and Cycling Club snooker team have made a flying start to the new season in the Halesowen & District League.

The A team are top of Division Two having won three of their four matches.

They had home wins over Habury Club B and Blackheath Coronation Club D, an away win at Bar One A and a loss at Langley Bowling Club B.

All matches ended in the same 4-1 scoreline.

Ian Priest was the prime potter winning all four of his games to maintain a 100% record.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

The B team are still waiting for their first win of the season after three matches.

They opened with a 5-0 loss at Harborne Village Social Club A and then lost 4-1 at home to Netherton Conservative Club B.

The third match was a lot closer with a narrow 3-2 home defeat to Cradley Sports & Social A.

RACE CALENDAR

Sat 3rd Oct	National 6/4 Stage & Junior 3 Stage Road Relays, Sutton Park
Fri 9th Oct	Summer Presentation Evening
Sat 10th Oct	Worcestershire Beacon Race, Malvern
Sat 17th Oct	Midland XC Relays, Holt Heath West Midlands Schools County XC Trials, Himley Park
Sat 24th Oct	British Masters XC Relays, Oxford
Sat 31st Oct	National XC Relays, Mansfield

OCTOBER HIGHLIGHTS

As the summer season ends, thoughts turn to the autumn and winter months ahead which means only one thing ... the return of cross country!

But there's one more chance to celebrate the summer's achievements at the Presentation Evening on Friday 9th October and all are welcome to attend.



HALESOWEN ATHLETICS CLUB

NEWSROUND SEPTEMBER 2026

The Midland Cross Country Relays will be at the new, yet familiar venue of the University of Worcester at Holt Health on Saturday 17th October and Berry Hill Park in Mansfield remains the site of the National Cross Country Relays on Saturday 31st October.

The various Spond and WhatsApp groups, Facebook page and club website will keep you across the latest happenings, along with the weekly updates and podcasts from Radio Halesowen Town.

Up Owen!

JAMIE SIRCOM

jsircom@hotmail.com