HALESOWEN ATHLETICS CLUB

NEWSROUND OCTOBER 2026

Team competitions dominated October's action at Halesowen with national road and national, Midlands, and vets cross-country relay competitions

But before the winter cross country action fully took hold, there was still time to honour the summer achievements at the club presentation evening and we have a list of all the winners.

And we have the latest news from our table-topping snooker team!

NATIONAL CROSS COUNTRY RELAYS

Five Halesowen teams navigated a weekend M42 closure and were at Berry Hill Park in Mansfield for the English National Cross Country Relays.

The junior women's team got the day off to an excellent start with a twelfth place finish.

Ffion Collins' opening leg run of 9:30 over the 2.5k course put the team in twentieth and Jessica Dale's 9:43 effort gained another five places.

Lucy Hellingsworth's time of 9:26 saw the team home and was the sixth fastest leg three time.

Next up was a new event for the National Relays, a 4 x 1.6km mixed relay.

Although the organisers were keen to point out it wasn't an official championship event, Halesowen threw all they had at the race and it came up trumps.

The order of the runners was entirely up to the team's choosing, and team captain Peter Dear opted for the male, female, female, male combination.

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Peter led the team off and finished the leg in tenth place after running the quickest Halesowen time of the day in 4:48.



Phoebe Dodd was the fastest 'Owen female in 5:50 crossing the line in twelfth and a Nicole Bailey's run of 6:05 put the team in fourteenth going into the last leg.

A storming anchor leg of 5:06 from Alex Taylor saw Halesowen home to a coveted top ten finish.

The Halesowen B team of James Thomas, Michelle Dale, Sarah Gill and Ollie Dodd placed 29th out of the 49 full teams that completed the race.

James ran the quickest male leg in 5:04 with Sarah the fastest female in 6:37.

And in the men's senior race over 5k legs, the Halesowen A team of Ethan Jordan, James Thomas, Ollie Dodd and Peter Dear were 86th, with Peter fastest in 16:45 despite his earlier efforts in the mixed race.

The B team of Matt Wilkinson Jr., Aron Goode, Rob Jones and Jamie Sircom were 160th out of 165 teams

Matt took the fastest runner honours with a run of 18:48 and Jamie quickly abandoned his radio reporting duties to answer a last minute call to run!

Attention now switches to the opening cross country League races on Saturday 7th November so do get in touch with Mark Hadley or Mel Hepke if you want to run for the men at Burton Dassett or for the women at Northampton.

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MIDLAND XC RELAYS

Seven Halesowen teams lined up at the new, yet familiar venue of Holt Heath for the Midland Cross Country Relays.

With the long, muddy and hilly courses yet to emerge from the summer hibernation, conditions were fast, dry and flat on the 3k course at the University of Worcester's Lakeside Campus.

Just twelve seconds covered the three runners over the 3k legs in the always dependable Under 16 Girls team.

Isabelle Wilkinson ran 12:24 on the opening leg, Grace Follows improved to 12:18 and then Izabella Fereday was quickest on the anchor leg, running 12:12.

The girls picked up the bronze medal with an overall time of 36:54.



The senior women, racing over 6k, bagged silver in a competitive race comprising 20 teams.

A speedy opening leg of 24:09 from Lucy Hellingsworth put Halesowen into the lead and set the foundations for Jessica Dale, who ran 24:44 on leg two.

Mel Hepke's time of 27:00 wasn't quite enough to hold onto gold, but it was nevertheless a stunning performance from the ladies.

Lucy clearly found the course to her liking as she clocked the second quickest leg of the whole race!

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The men fielded five teams across the senior and masters races, which were all held over 6k legs.

Halesowen's A team finished a creditable fifth with Joe Donkin running the fastest leg in 20:08.

The B team were eleventh and the C team 22nd.

In the Masters race, the D team was eighteenth and the E team 26th.

Carl Follows was the quickest Vets athlete in 26:51.

BRITISH MASTERS XC RELAYS

Paul Allen's crack team of vets picked up a bronze medal in the M65-74 age category at the new venue of Horspath in Oxford.

Glynn Argust ran the opening 3k leg in 14:08 which was the third quickest of the race, before handing over to Rick Cudworth who clocked 14:43.

A steady run of 15:51 followed from Andy Nock before John Hill brought Owen home in 18:29.

There was a fifth place finish for the M55-64 team of Mark Hadley, Barry Gardner, Bill Nock, Alex Morgan and Graham Gill with Barry running the quickest leg in 13:11.

Opportunities for competitions continue throughout the year with a wide mix of road, indoor, track and trail competitions and Paul will be more than happy to gently cajole you in the ways and means of masters athletics!

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WMYACCL

Our youngsters got the cross-country season off to a fine start in the West Midlands Young Athletes Cross Country League at Walsall Arboretum.

Amongst the 21 athletes who donned the old gold, there were two top ten finishes with a further six finishing inside the top twenty.

This year's programme saw the addition of an Under 10s race.

Two of our Saturday Club runners had excellent runs over the one mile course with Meadow Shanahan-McGill seventh in 7:21 and Bonnie Goode twelfth in 7:44.

In the Under 12 Boys race, Ben Goode stormed into a twelfth place finish in 6:51 over the 2k distance.

Our Under 16 Girls can always be relied on to produce a strong performance and this proved to be the case once again at the Arboretum.

With the race set at 4k, Darcy Thurston led the girls home in eighth place (14:47), closely followed by Izabella Fereday in fifteenth (15:30) and Isabelle Wilkinson in nineteenth (15:44).

Johnathan Brown for the Under 18s was twelfth, coming home in an impressive time of 16:18 over the 5k course.

In the ladies race, Olive Thomas sprinted home in sixteenth in 20:34.

Last, but by no means least, a special mention to our debutants; Toby Tibbetts in the Under 12 Boys and Nelly Gilbert in the Under 12 Girls race.

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Thanks go to Matt Wilkinson and all the volunteers and parents for their enthusiastic support.

The next race is just down the road at Warley Woods on Sunday 8th November so do get in touch with Matt if you would like your child to take part.

WEST MIDLANDS SCHOOLS CROSS COUNTRY CHAMPIONSHIPS



At Himley Hall in Dudley, Darcey Thurston followed up her eighth place finish at Walsall by winning the Under 16 Girls race.

It was only Darcey's second ever cross country race after debuting in the WMYACCL just six days earlier.

Theo Lee-Carpenter placed eighth in the Under 18 Men's race and both have qualified for the Dave Sutherland Inter Counties race which will be back at Himley on Saturday November 21st.

ENGLISH NATIONAL ROAD RELAYS

A warm and sunny Sutton Park afternoon produced some great results for Halesowen's women athletes.

The team of Lucy Hellingsworth, Ffion Collins, Jessica Dale and Phoebe Dodd finished in 24th place, with Lucy quickest over the 5.47k course in 19:59.

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The women's B team were in 55th place.

The men's team were 45th in the six-stage race with Peter Dear the team's fastest runner in 17:10.

WORCESTERSHIRE BEACON RACE

7 miles of tortuous hill running with spectacular views over the Worcestershire countryside …

The Worcestershire Beacon Race couldn't be more HACC if it tried and four of our athletes were in Malvern for the 68th edition of this classic race.



Peter Dear was the first Owen runner back claiming fourth place in 48:31.

Mel Hepke was the sole Halesowen female, and finished 44th in 1:04:16.

She also won the prize for first W45 runner.

Eight-time winner Bill Nock brought a touch of celebrity status to the race with his 52nd place finish in 1:05.23.

Many runners recognised him following his string of victories in the nineties and noughties.

Completing the Halesowen quartet was Mark Hadley who was 90th in 1:12:39.

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NEWS IN BRIEF

The Dale and Taylor families returned to a favourite race, the Dovedale Dash in the Derbyshire Peak District,



Over a four and half mile hilly multi-terrain course, Alex Taylor this year avoided going head first into the River Dove and finished in fourth place in 29:41.

Jessica Dale was 73rd and fifth female in 35:32, Michelle Dale was 141st in 38:08 and Adrian Dale was 659th in 52:30.

This month's marathon men were David Lewis who was 390th in the Chester Marathon in 3:05:51 and Mo Cusworth-Yafai who was 5,360th in the Yorkshire Marathon in 4:45:14.

Ben Williets was the club's sole October half-marathoner finishing 1,494th in the Manchester Half Marathon in 1:28:13.

Joe Donkin was top of the 10k charts, finishing tenth at the Alcester 10k in 33:57.

Heather Bills placed 44th in the Bridgnorth 10k in 44:29 and Megan Harrold came in 125th in 50:25.

James Ludlow was 44th in the Wem 10k in 44:29 and Jamie Sircom placed 116th in the Chasewater Trail 10k in 56:43.

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Louise Collins enjoyed the full Halloween Trick or Treat Experience at the Elan Valley 10 mile race.



The trick was a race featuring “a succession of climbs and descents providing a testing run over the 10 miles”.

But the treat was a tenth place finish for Lou who was first lady in 1:08:58.

And EWE’ll never believe the trophy she won!

There were two race walking silver medals for Halesowen at the Midland Masters 5k Presidents Cup at the University of Warwick.

Experience campaigner Julie Bellfield won W55 silver by finishing tenth overall in 33:31,

Julie was joined by race newcomer Jamie Sircom who won M50 silver after placing fourteenth in 36:11.

Finally a mention to Isabelle Wilkinson who is raising money to raise funds for Project Gambia.

She will be visiting Gambia with her school in February and is selling sweet cones at Saturday Club with proceeds going to help buy supplies for schools over there.

The cones cost £2 each with Isabelle at Saturday Club again on November 7th.

We wish her all the best in her fundraising efforts.

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PARKRUN

Peter Dear and Joe Donkin held up male parkrun pride in a five Saturday month dominated by the club's female athletes.

Peter was first finisher at Wolverhampton event #635 and Joe finished first at Y Promenâd, Aberhonddu event #119.

Heather Bills notched up two first finishes at Coronation Park event #72 and at Queenswood Country Park event #45.

She was joined on the top of the parkrun podium by Milly Allen (Woodgate Valley event #254), Lucy Hellingsworth (Cofton Park event #9) and Isabelle Wilkinson (Dudley event #395).

GREEN BAIZE BULLETIN

The Halesowen Athletics and Cycling Club A team had a strong October, winning four of their five matches.

A 3-2 home win over Dudley Ex Servicemens B was followed by a narrow 3-2 defeat at Hasbury Club A.

But the team bounced back with a 5-0 whitewash over the B team in the biggest local snooker derby on the calendar!

They rounded off the month with a 3-2 win over Harborne Village Social Club A and a 5-0 home win over Netherton Conservative Club B.

The HACC B team remain bottom of the league but they did enjoy a 3-2 home win over Kingswinford Conservative A.

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PRESENTATION EVENING

The Winter Awards night and presentation evening was held at the club to celebrate all the achievements of our athletes over the summer months.

Phoebe Dodd and Toby Magee were the winners of the Smallwood Cup for their overall performances across the summer, while Roger Mallard was named clubperson of the year to honour his coaching and volunteer work at the club.

Here's a list of all the other winners from the night:

TRIANGULAR LEAGUE

UNDER 10s

CERTIFICATION
Hugo Albanese, Dylan Pycroft & Tommy McCann

UNDER 12s
SPRINTS
Minnie Haycock, Alexander Grant & Elijah Featon

MIDDLE DISTANCE
Sinead Agbe & Ben Goode

THROWS
Kenora Bambot, Hannah Clinton & Elijah Fenton

JUMPS
Rosa Twist & Dexter Payne

MOST IMPROVED
Rosa Twist & Harry Wilkinson

CONSISTENT EFFORT
Annie Baker, Michael Siddell & Harry Wilding

OVERALL PERFORMANCE
Sinead Agbe & Ben Goode

YDL LOWER

UNDER 14s

HURDLES
Grace Follows & Brandon Lampitt

SPRINTS
Amber Agbe, Brandon Lampitt & Jayden Hanson

MIDDLE DISTANCE
Grace Follows

THROWS
Amber Agbe, Annalyn Bambot & Tristan James

JUMPS
Grace Follows, Keeva O'Malley & Tiristan James

MOST IMPROVED
Keeva O'Malley & Ivan Bazeley

CONSISTENT EFFORT
Grace Follows & Joseph Chater-Kilshaw

OVERALL PERFORMANCE
Amber Agbe & Tristan James

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YDL LOWER

UNDER 16s

HURDLES
Charles Jones

SPRINTS
Toby Ajayi

MIDDLE DISTANCE
Isabelle Wilkinson, Izabella Fereday & Benedict Jones

THROWS
Benedict Jones

JUMPS
Isabelle Wilkinson & William Charles

MOST IMPROVED
Izabella Fereday, Oscar Glover & Jake Glover

CONSISTENT EFFORT
Isabelle Wilkinson & Sam Vince

OVERALL PERFORMANCE
Izabella Fereday & Benedict Jones

YDL UPPER

UNDER 18s

SPRINTS
Paige Bingham & Mason Ward

MIDDLE DISTANCE
Lucy Hellingsworth & Kian Hazelwood

THROWS
Ffion Collins

JUMPS
Poppy Dunlop & Joshua Hodges

YDL UPPER

UNDER 20s

SPRINTS
Emily Eades & Tony Magee

MIDDLE DISTANCE
Jess Dale & Alex Taylor

JUMPS
Sam Pugh

HALESOWEN 5k / 3k CHAMPIONSHIPS

3k WINNERS
Olive Thomas & Kian Hazelwood

5k WINNERS
Lucy Hellingsworth & Joe Rogers

VETS ATHLETES

TRACK CHAMPION
Mel Hepke & Paul Bradley

FIELD CHAMPION
Caroline McGee & Ian Johnson

SENIOR TRACK & FIELD

SPRINTS
Asha Morgan & Mason Ward

MIDDLE DISTANCE
Lucy Hellingsworth & Peter Dear

THROWS
Betsy Cooper & Alex Taylor

JUMPS
Poppy Dunlop & Issac Gisbourne

ALL ROUNDER
Jess Dale & Levi Gisbourne

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RACE CALENDAR

Sun 8th Nov	West Midlands Young Athletes XC, Warley Woods
Sat 14th Nov	Birmingham Men's League XC, Burton Dassett Midland Women's League XC, Northampton
Sat 21st Nov	Midland 7/5 XC, High Harcourt Farm, Romsley Dave Sutherland Inter Schools XC, Dudley Benidorm 10k
Sat 29th Nov	9 Locks Challenge, Stourbridge

NOVEMBER HIGHLIGHTS

The cross country league season gets underway on Saturday 14th November, with the men at Burton Dassett and the women at Northampton.

The club will be once again hosting the Midland 5/7 mile cross country championships at High Harcourt Farm in Romsley on Saturday 21st November.

Any help in staging such a prestigious (and muddy!) event will be much appreciated so do get in touch with Bill Nock if you are available.

Club updates can be found through the various WhatsApp and Spond groups along with the club website, Facebook page and via Radio Halesowen Town.

Up Owen!

JAMIE SIRCOM
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