



Solihull & Small Heath AC Newsletter

Issue 11 January 2017

Welcome...

to the January edition of the Club's newsletter. I hope you all enjoyed a relaxing Christmas and New Year and are now ready and refreshed for another great year of athletics! Cross country, sportshall athletics and road races continue over the next couple of months whilst the first YDL meeting is scheduled for the 23rd April (see fixtures list). There are also many training courses available - check out the details below and please do contact Annette if you're interested.

Yours in athletics,

Rob Pinton, Acting Club Chairman

David Cropper (1945 - 2016)

We are sad to report the sudden death of David (Dave) Cropper OBE. Dave was a former International and Olympic middle distance runner who dedicated his life to the sport of athletics. A member of Birchfield Harriers as an athlete, he later became a coach, athlete and team manager at Solihull. He also held the position of Honorary Treasurer of the Amateur Athletics Association (AAA) from 1985 to 1986 and later became Chairman for 13 years from 1991 until 2004. He was a Life Vice President of the Association and was presented with the AAA Award of Honour in 1989 for outstanding service to Amateur Athletics and the AAA.

Further, he served as Chairman of the UKA Selection Committee and was Chairman of the Trustees of the AAA Charity for the Young for many years until his death.

We send our sincere condolences to all his family.

Club Vests & Crop Tops

We have had a large delivery of Club vests in all sizes, most of which are now stored in the kit cupboard below the trophy cabinet in the corridor by our notice-boards. These are available to purchase for Club members at £14. Rob Pinton and Lynne have keys so please ask them if you wish to buy one.

Some girls prefer to wear crop tops which cost £20. At present we have only 3 extra smalls and a reasonable number of mediums. We are intending to place an order for some small crop tops and possibly additional extra smalls if there is a demand. Please email Lynne if you wish us to order one for you. Jo Hitchcock has kindly offered to take over Lynne's key during February and March. Jo coaches Long Jump on Thursdays.

New Members

We welcome 4 new members this month: Ewan Naisbitt, Esther McGrath, Rishi Parmar and Tony Haywood.

December's Sportshall Results

Solihull once again had a very successful competition, winning all 6 categories which places the teams in a very good position going into the last two meetings (14th January & 11th March).

Results aren't on the Birmingham Sportshall League website yet as Stuart Paul has had a hectic time in the past month and hasn't been able to check and post them yet. The U15 Rankings therefore aren't available at this time.

There is no competition in February but a number of our Sportshall athletes will be selected to represent a combined Team Birmingham in Regional Meetings at North Solihull Sports Centre on 29th January (U11s) and 5th March (U13s & U15s).

The final League Meeting will be held on 11th March.



Training Courses

Officials – Level 1 Field, Track, Timekeeper or Starter's Assistant

The following Officials courses are available:

4 th February	Rugby	Field, Timekeeping	Book by 23 rd January
26 th February	Kettering	Field, Track, Timekeeping, Starter/Starter's Assistant	Book by 13 th February
8 th March	Telford	Field	Book by 27 th February
19 th March	Stratford	Field, Track, Timekeeping	TBC
1 st April	Cheltenham	Field, Track	Book by 20 th March

All courses include a compulsory Health and Safety module, as well as instruction in your chosen discipline. Details [here](#). The minimum age for this course has been lowered to 14, so if any of our younger members would like to train as an official and help the Club in this way please get in touch.

Coaching Assistant

There are a few places left on the course at Wootton, Northamptonshire on 4th & 5th February 2017, booking deadline 23rd January. Details [here](#).

This course is also available in Cheltenham on 15th & 16th April

Leadership in Running Fitness

This 1-day course is available locally on the following dates:

25 th February 2017	Worcester	booking deadline 13 th February
12 th March 2017	Alexander Stadium	booking deadline 27 th February

Details [here](#).

Coach in Running Fitness

There is a course being run at Alexander Stadium on 25th & 26th February, 16th April and 11th June 2017. To attend you must be 18 and have at least a UKA level 1, Leadership in Running Fitness or Coaching Assistant qualification. You must also be available to attend on all four days. Booking deadline 13th February. Details [here](#).

If you are interested in attending any of these courses, or would like further information, please contact Annette Brown (sshactraining@gmail.com). Although online booking is now available for some courses, you will need to obtain authorisation for attendance/reimbursement of fees before booking.



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Club Diary & Fixtures					
Event	West Midland YACC League	Birmingham Men's CC League	Midland Women's CC League	Birmingham Sportshall League	Other
January					
7th					Warwickshire CC Champs, Newbold Comyn, Leamington Spa
14th		Droitwich Spa High School	Wolverhampton	North Solihull Sports Centre	
15th	Abington Park, Northampton				
21st					West Midlands Schools CC Champs, Warley Woods
28th					Midland Area CC Champs, Prestwold Hall, Loughborough
29th					West Midlands Fun in Athletics, North Solihull Sports Centre
February					
11th		Venue TBC	Warwick University	North Solihull Sports Centre	
12th	Aldersley Stadium, Wolverhampton				
25th					English National CC Champs, Wollaston Park, Nottingham
March					
5th					West Midlands Sportshall Regional Final, North Solihull Sports Centre
7th					Solihull Schools CC League, Old Siihillians
11th				North Solihull Sports Centre	UK Inter Counties Champs, Prestwold Hall Loughborough
15th					Solihull Schools CC League, Lighthall School
18th					English Schools CC Champs, Norfolk County Showground
21st					Schools Albutt CC Relay 2, St Peters
April					
2nd					Midland 12 & 6 Stage Road Relays, Sutton Park
16th					National 12 & 6 Stage Road Relays, Sutton Park
23rd					YDL U13/15, Milton Keynes