



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 and the track & field leagues will be starting again in the spring. 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, Chairman

Annual General Meeting

Everyone's welcome to attend the Club AGM on Thursday 15th March 2018 at 8 pm (after training), in the Meeting Room at the Leisure Centre.

If you are over the age of 14 and a paid up Club member you are entitled to vote, the meeting usually lasts about 40 minutes.

Use of Track Facilities

When you come to the Track for training you need to pay the admission fees to the Leisure Centre to use the facilities. Your membership subscription does not include this, Club subscriptions go towards your England Athletics registration fee, the purchase of equipment, event track hire and the affiliation fees to various competition leagues.

Volunteer Needed

Would anyone like to join the Committee to take the minutes at meetings? The Committee meetings are held monthly on the 3rd Thursday of the month after athlete training sessions, at the Parkwood Leisure Centre (Norman Green) from 8 pm until 10 pm. Usually between 8 and 12 people attend and the minutes are then distributed by email. It is a good opportunity to meet the other volunteers who run the Club and to find out what is happening. Can you help?

Training as a Technical Official

Believe it or not, we shall soon be seeking officials and helpers for this summer's Track and Field season. With around 20 matches across the various leagues, lots of help will be needed and qualified club officials are in short supply. Now is the ideal time to train as an official in readiness for the start of the season. If you think you might like to get more involved, please see the list of training courses and contact Annette for more information. sshacofficialssec@gmail.com.



Club Membership Fees

A reminder that the annual membership renewal for all club members is due by 1st April. We have kept the membership fee, which includes your £15 England Athletics registration fee, the same as last year.

You will shortly be receiving an email with the renewal form attached so please return it as soon as possible, because if you have not renewed by April 1st you will not be registered with England Athletics and you will not be able to compete for the club.

If you do not want to renew your membership please let Becky Freeman know so that your details can be removed from the membership list.

SOLIHULL & SMALL HEATH A.C. Fixture List Winter 2017/18

Jan

27 Sat	Midland Area CC Champs	Wollaton Park Nottingham
27&28 Sat&Sun	MCAA Open Meeting	HPC Alexander Stadium

Feb

10 Sat	Birmingham Men's CC League	Wolverhampton
10 Sat	Midland Women's League	HPC Alexander Stadium
10/11 Sat/Sun	Midland Champs (Jumps & Sprints)	Aldersley Stadium Wolverhampton
11 Sun	West Midland YACC League	National Indoor Arena
17/18 Sat/Sun	British Athletics Indoor Champs	Parliament Hill
24 Sat	English National CC Champs	Arena Birmingham
24/25 Sat/Sun	Midland Champs & B'ham Games	

Mar

7 Wed	Solihull Schools CC League	Old Silhillians
10 Sat	British Inter Counties Champs	Prestwold Hall Loughborough
13 Tues	Solihull Schools CC League	Light Hall
17 Sat	English Schools CC Champs	Temple Newsam Park Leeds
17&18 Sat&Sun	MCAA Open Meeting	HPC Alexander Stadium
20 Tues	Schools Albutt CC Relays 2	St Peters
	Midland 12 & 6 Stage Road Relays	Sutton Park



Team Managers' Reports

Birmingham Sportshall League January 2018 (Lynne Moody)

This was our third League Meeting of the season at the North Solihull Sports Centre. Much better numbers in all teams but the Under 15 Girls to start with, though the Under 13 Girls became depleted from Thursday onwards and Eve Wynne-Jones had to pull out with an injury during the Competition.

Solihull Under 11s had another good night winning most of their events and finishing in first place in both girls and boys competitions. The Under 13 boys continued their winning way but the girls came second to Birchfield, once again. We didn't have the full and healthy team we were hoping for!

The Under 15s boys table is led by Adam Visram-Cipolletta in first place with Scott Johns and Charlie Panayatou in second and third and Cameron Caines in fourth. They won the category once again.

We only managed four U15 Girls. Birchfield's Lauren Bowman is leading the Under 15 Girls with Solihull's Izzy O'Malley second and Amy Gemmill third. We were beaten into third place by Sutton and Birchfield this month. New territory for Solihull in Sportshall! Izzy and Aimee O'Malley will be leaving the Club when their memberships expire but they have agreed to continue to the end of the Sportshall season in March.

Warwickshire XC Championships at Warley Woods on 6/1/18 (Rob Pinton)

We finished the 4th best competing Club on the day. Individually we won 1 Gold and 2 Silver medals and our teams won 2 Silver awards and 1 Bronze.

U13 Boys 3rd	H Faizey 1st T Maidment 17th	J O'Leary 7th	O Golinski 13th
U13 Girls 5th	G Golinski 11th	S Williams 22nd	H Skinner 29th
U15 Boys 2nd	A Visram Cipolletta 4th J Dunleavy 15th	D Murphy 8th J J Fletcher 16th	Williams 12th
U15 Girls 4th	L Saxon 2nd A Dalby 22nd	K Scott 11th	A Wheelhouse 17th
U17 Girls 2nd	E Crampton 7th E Bolton 15th	E Cyprus 11th	R Gahan 14th
U17 Boys	K Hopewell 2nd		



B'ham & District Invitation Cross Country League Division 3 Race 3 at Droitwich Spa High School on 13/1/18 (Steve Howes)

Louie Boot - 2nd in 37:32
Adam Cole - 7th in 39:30
Chris Dix - 37th in 42:47
Harry Fellows - 51st in 43:44
Steve Howes - 61st in 44:42
Peter Bacon - 66th in 45:03
Paul Lloyd - 82nd in 46:16
Will Collins - 129th in 50:03
Nick Martin - 131st in 50:16
Jeremy Guard - 132nd in 50:18
Ian Sharp - 140th in 51:21
Ben Sales - 176th in 58:47

The A Team consisting of our first six runners scored 224 points which placed us 4th on the day, we were just 1 point ahead of Nuneaton Harriers which goes to show how every place counts.

The B Team comprising our second six runners scored 790 points, this placed us 6th on the day out of the B Teams.

Getting 12 runners out to be able to finish a B Team is particularly satisfying for me so a sincere thank you for turning out to race.

I've trawled through the records & the last time we finished a B Team was almost 10 years ago on 9th February 2008, this was race 4 of that season & we were in Division 2, that season we were promoted to Division 1 as 3rd placed team.

Yesterday's result was our best of this season so far & we are now lying in 6th place after 3 races.

I would also like to extend my thanks to Andy Webber as our volunteer club official in the role he loves so much i.e. dispersal, Graham Lawrence for his support & also his offer of help to the race organisers as a volunteer official & Sandra & Steve Boot for their support & shouts of encouragement.

The next league race is on 10th February being hosted by Aldridge R.C at Aldridge Airport



Warwickshire XC Championships at Warley Woods on 6/1/18 (Steve Howes)

U20M

Louie Boot - 1st in 19:59 - Warwickshire Under 20M Champion

Harry Fellows - 18th in 23:56

Senior Men

Adam Cole - 24th in 35:28

Masters Men

Chris Dix - 27th in 37:51

Steve Howes - 52nd in 40:14

Paul Lloyd - 72nd in 42:25

Richard Horne - 102nd in 45:30

Masters Mens Team finished 12th with 253 points

Another satisfying performance with a Warwickshire Champion & finishing a Masters Team

West Midlands YACCL at Northampton on 14/1/18 (Rob Pinton)

Solihull were 8th on the day with 4117 points

U11 Girls	14th	110 pts	J Bray	91st				
U11 Boys	8th	618pts	O Rice	41st	L Johnson	44th	D Wort	50th
			M Bate	51st				
U13 Girls	10th	730pts	K Potter	22nd	G Golinski	45th	S Williams	60th
			T Jardine	73rd	A Steele	75th		
U13 Boys	8th	750pts	H Faizey	2nd	J O'Leary	14th	T Maidment	18th
			O Golinski	20th				
U15 Girls	7th	609pts	K Scott	26th	A Wheelhouse	40th	S Storey	61st
			A Jackson	68th				
U15 Boys	10th	536pts	A Visram Cipolletta	10th	D Murphy	22nd	J Fletcher	35th
U17 Girls	14th	179pts	E Crampton	22nd				
U17 Boys	2nd	585pts	C McLeod	2nd	K Hopewell	6th	J Cavens	10th
			T Symmons	37th				



Training Courses

The following courses are available locally:

Officials Level 1 – Field, Track

25th February	Kettering	booking deadline 12 th February
25th March	Stratford-upon-Avon	booking deadline 12 th March
14 th April	Cheltenham	booking deadline 2 nd April

Details [here](#)

Officials Level 1 – Timekeeper

25th February	Kettering	booking deadline 12 th February
25th March	Stratford-upon-Avon	booking deadline 12 th March

Details [here](#)

Officials – Starter's Assistant

25th February	Kettering	booking deadline 12 th February
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Details [here](#)

Coaching Assistant

24 th & 25 th February	Loughborough	booking deadline 12 th February
17 th & 18 th March	Northampton	booking deadline 5 th March
14 th & 15 th April	Gloucester	booking deadline 2 nd April

Details [here](#).

Leadership in Running Fitness

11 th February	Stourport	booking deadline 29 th January
4 th March	Wootton, Northants	booking deadline 12 th February
11 th March	Alexander Stadium	booking deadline 26 th February
17 th March	Warwick University	booking deadline 5 th March
15 th April	Burton on Trent	booking deadline 2 nd April
6 th May	Alexander Stadium	booking deadline 23 rd April

A full list of courses can be found on the England Athletics website [here](#).

Coach in Running Fitness

24 th & 25 th February 2018	Alexander Stadium	booking deadline 12 th February
17 th & 18 th March 2018	Gloucester	booking deadline 5 th March
12 th & 13 th May	Burton on Trent	booking deadline 30 th April

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.



THIRTY EIGHTH ANNUAL GENERAL MEETING

Thursday 15th March 2018 at 8pm in the Meeting Room, Tudor Grange Leisure Centre

Dear Member,

Notice is hereby given that the Thirty Eighth Annual General Meeting of Solihull and Small Heath Athletic Club will be held at 8pm on Thursday 15th March 2018 in the Meeting Room at Tudor Grange Leisure Centre.

We very much hope you will join us on the 15th March, please email apologies to the Honorary Secretary at sshachonsec@gmail.com

Yours sincerely,

Susan Owen
Honorary Secretary

AGENDA

1. Apologies
2. Minutes of the Thirty Seventh Annual General Meeting
3. Chairman's Report
4. Treasurer's Report and Accounts for 12 month period ending 31st January 2018
5. Election of Officers
6. Election of not more than eight additional members to sit on the Committee
7. Election of Delegates to Committees of Governing Bodies
8. Election of Honorary Life Vice Presidents
9. Any Other Business