



Welcome to the March edition of the newsletter. The start of the outdoor athletics season will soon be upon us with the first YDL meeting in April so please ensure that you renew your annual membership by 31st March otherwise you will not be able to compete for the club. For younger athletes there are also club time trials next month - details below.

Yours in athletics,

Rob Pinton, Club Chairman

England Championships

Congratulations to Maddy Whapples who won silver in the U17 200m at the England Championships in Sheffield last month, achieving a PB of 25.28s. Maddy also competed at the City of Birmingham Games & Midland Championships winning the U17 200m.



New Members

Welcome to 3 new members:
Holly Percival, Amy Guevara and Finlay Guevara.

Time Trials for Club Athletes Monday 8th April 6.30-8pm

Athletes from school years 5,6,7,8 & 9 are invited to attend the Club time trials. (New athletes from Y10 & 11 may also attend)

Distances will include:
75m/100m, 150m/200m, 600m/800m.

No coaching will be given on that evening. After warm-up and drills athletes will be timed in age-groups. Please bring warm clothing and a drink.

Normal track charges apply. (£2.60)

Club Membership Renewal

Annual membership of Solihull & Small Heath Athletic Club is now due for renewal. You should have received an email with a renewal form attached with details of membership fees for 2019/20. If you have not received a renewal form or have decided that you do not wish to renew your membership then please let us know by emailing: sshac.membership@gmail.com.

If you do not renew your membership by 31 March 2019 you will no longer be entitled to train with or represent the Club in competition and your name will be deleted from the Club membership records and your England Athletics registration will be cancelled.



Officials Needed

Congratulations to Freya Webb on gaining her Level 1 Field Official's Licence.

Spring has sprung and we're looking forward to a great summer of track and field competition so it's time for me to issue my annual plea for help with officiating.

For each league meeting, every club must provide one timekeeper, one track judge and five field judges. Without them events, and even whole matches, could be cancelled. Therefore points are awarded for providing officials and deducted for failing to provide them. With around 20 matches across the various leagues, lots of help is needed and qualified club officials are in short supply. One way in which the YDL is addressing the problem this season is to award 8 match points for each fully qualified official but only 4 points for each unqualified volunteer. As SSHAC does not have enough qualified officials we will be at a disadvantage, however good our athletes are.

We desperately need more people to train and qualify as Technical Officials in all disciplines – Track, Field, Timekeeper, Starter/Starter's Assistant. This requires commitment but is very rewarding. Now is the ideal time to attend a course in readiness for the start of the season. If you think it might interest you, a relative, or friend, please get in touch and have a chat with me or one of our other qualified officials to find out what's involved. We're a friendly lot and would love to have you on our team.

Details of courses can be found on the Training Courses page of this newsletter.

Taster Sessions

England Athletics are launching a new project aimed at giving people first-hand experience officiating at one of their National Championships throughout the year. You would be shadowing an experienced official in a variety of disciplines and events. Details can be found on the EA website <https://www.englandathletics.org/officiating/development-opportunities/officials-taster-sessions/>

If you don't want to become fully qualified, we will still need parent helpers.

I look forward to hearing from you.

Annette Brown, Officials Secretary sshacofficialssec@gmail.com.

Throws Cage News

We are happy to report that work on the throws cage is underway to bring it up to the new UKA specification. The circle has been concreted and extensions will be fitted to the gates. The wheels will run on the existing concrete arcs but there will be new, colour-coded, locations for the pins to ensure they can be locked in the correct positions for discus and for right- and left-handed hammer throwers. New nets and ropes will be fitted. This work is on schedule to be completed by the end of March so we should be able to resume discus and hammer training from the beginning of April. It also enables us to host league fixtures at home.

We have been instructed by the contractor that the extended gates and new netting will mean that gate nets should be raised for use and lowered at the end of a session, but have been assured this will be an easy operation.

Under 11 Team Birmingham Athletes & Under 13 Boys Crowned County Champions!

Twelve Solihull athletes joined others from Clubs in the Birmingham Sportshall League as part of two very strong teams in a competition with the best young athletes in Warwickshire, Hereford and Worcester, Staffordshire and Shropshire. Both the Girls and Boys were the Fun in Athletics Competition winners! Daisy Burton, Lily Conduit Amber Creasey, Bella Rowbotham, Beth Tomlinson and Molly Weaver were the Solihull girl athletes along with Tom Fitzgerald, Andrew Lee, Harvey Nelson, Jude Redden. Thomas Steele and Ben Watson in the boys team. A very noisy and exciting competition with a great result!



A great afternoon of Sportshall Athletics for the Under 15 and Under 13 Teams in this Regional Competition, featuring the County teams. Many medals were won by Team Birmingham across the board with Solihull athletes certainly playing their part! The day ended with incredibly exciting relays and a great result for the Under 13 Boys who are now going to represent the West Midlands in the UK Finals in April. The three other Birmingham Teams were close Runners-Up to Warwickshire, with Charlie Panayiotou finishing as third U 15 All-Rounder. Solihull athletes included Chloe Driver, Mia Conduit, Izzy Sheward, Eva Robinson, Will Jameson, Luke Reid, Ezekiel Adjei, Drew Woodley, Tom Watson, Dan Scott, Ben Steele, James Lund and Charlie.





Team Manager Reports

Midland Cross Country Championships at Leamington 26th Jan

A really tough course at Newbold Comyn with the renowned Beacon Hill to scale in the early stages of each lap. Excellent team performances by the under 13 Boys & under 15 Girls with the latter only 5 points off the Bronze awards.

U13 Girls Mia Conduit 99th in 16:10, Queta Taylor 109th 17:03, Typhaine Jardine 118th 18:00.

U13 Boys 4th 140 pts Jack O'Leary 7th in 12:31, Tomas Maidment 13th 12.44 Oscar Golinski 30th in 13:07, Matthew Bate 90th 14:38.

U15 Girls 4th 124 pts Lily Saxon 5th 16:27, Grace Golinski 14th 17:19, Abigail Wheelhouse 40th in 18:27, Rachel Batchelor 65th 19:18.

U15 Boys 8th 186 pts Henry Faizey 21st 15:36, Jay Fletcher 36th 16:07, James Dunleavy 58th 16:50 Jenson Williams 71st 18:01.

U17 Boys Adam Visram Cipolletta 38th 24:39.

WMYACCL at Wolverhampton 10th Feb

On the day our overall team score was 4218 pts in 8th position being the highest of the season. This places us in 11th position in the league out of 20 clubs.

There were some outstanding performances with Lily Saxon winning the U15 Girls individual Gold & the team gained the Silver awards. The under 13 Boys team was presented with the Silver awards & Jack O'Leary finished 4th overall.

U11G 10th 540 pts Bella Rowbotham 19th, Katie Anderton 66th, Lauren Brant 78th, Alana Brown 101st.

U13B 3rd 879 pts Jack O'Leary 4th, Tomas Maidment 12th, Oscar Golinski 24th, Matthew Bate 36th

Robert Alms 50th, Daniel Wort 51st, Jayan Luharia 76th.

U13G 11th 611 pts Mia Conduit 65th, Tash Smitten 74th, Katie Brown 75th, Ella Swann 86th, Helen Flack 94th.

U15B 3rd 922 pts Alex Veloso 7th, Henry Faizey 9th, Jay Fletcher 11th, James Dunleavy 24th, Jenson Williams 32nd, Oliver Swann 56th.

U15G 3rd 899 pts Lily Saxon 3rd (1st overall) Grace Golinski 10th, Abigail Wheelhouse 22nd, Sarah Gahan 35th, Rachel Batchelor 36th, Emily Eva 51st, Sophie Storie 56th, Alice Jackson 58th.

U17M 13th 186 pts Adam Visram Cipolletta 15th.

U17W 12th 181 pts Annabel Dalby 20th.

English National Cross Country Championships, Saturday 23rd February, Harewood House Leeds.

It was a glorious day & this was a new course for the national. It was challenging as the national should be, but the recent dry spell made for firm conditions under foot.

In the Junior mens race run over 10km Chris McLeod came a brilliant 28th in a time of 30:07 & Keelan Hopewell came 90th in 32:18, there were 201 finishers.

In the Senior mens race run over 12km Chris Dix came 705th in 46:51, Steve Howes came 1202nd in 51:37 & Paul Lloyd came 1409th in 53:51, there were 2008 finishers. The post race team photo of these 3 amigos is attached,





Training Courses

The following courses are available locally. Other courses are scheduled for later in the year and more courses in various disciplines are being added so please look out for updates.

Officials Level 1

27 th March	6.00-9.00pm	Timekeeping	Rugby
30 th March	9.30am-2.00pm	Field	Rugby

N.B. For these courses you must attend the Health & Safety module (if you have not already done so) in addition to the module on your chosen discipline.

17 th March	Health & Safety plus Field, Track, Timekeeping	Corby
17 th March	Health & Safety plus Field, Track	Cheltenham
30 th March	Health & Safety plus Field, Track, Timekeeping	Stoke-on-Trent
7 th April	Health & Safety plus Starter's Assistant, Timekeeping	Cheltenham

Details [here](#) & [here](#)

Coaching Assistant

23 rd & 24 th March	Gloucester	booking deadline 22 nd March
18 th & 19 th May	Alexander Stadium	booking deadline 6 th May
13 th & 14 th July	Loughborough University	booking deadline 1 st July

Details [here](#) & [here](#)

Athletics Coach – Days 1 & 2 of a 4 day programme

27 th & 28 th April	Alexander Stadium	booking deadline 15 th April
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Once booked the candidate must select their Day 3 & 4 event technical option – Endurance, Speed, Jumps or Throws. All 4 days must be completed. Details [here](#).

Leadership in Running Fitness

31 st March	Warwick University	booking deadline 29 th March
14 th April	Burton on Trent	booking deadline 1 st April
28 th April	Telford	booking deadline 15 th April
11 th May	Alexander Stadium	booking deadline 29 th April
9 th June	Leicester	booking deadline 27 th May
7 th July	Telford	booking deadline 24 th June

Details [here](#)

Coach in Running Fitness

11 th & 12 th May, 30 th June, 15 th September	Leicester	booking deadline 29 th April
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Details [here](#).

Event Group Training – Sprints & Hurdles, Endurance, Jumps, Throws

The Event Group Coach programme is designed to provide licensed Athletics Coaches with a greater understanding and awareness of the issues involved with coaching athletes at the Event Group Development stage of the athlete development pathway. It is comprised of an online distance learning module and an in person 'Integration Day'. 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.



SOLIHULL & SMALL HEATH A.C. Fixture List Summer 2019

April

6 Sat	National 12 & 6 Stage Road Relays	Sutton Park
7 Sun	Tipton Open	Tipton
8 Mon	Club Time Trials	Solihull
27 Sat	YDL U13/15	Alexander Stadium
28 Sun	Birchfield Open	Alexander Stadium

May

3 Fri	CSW Super 4 U13/15	Solihull
5 Sun	YDL U17/20	Stourport
11-12 Sat-Sun	Warwickshire County Champs	Nuneaton
17 Fri	CSW for U12s	Stratford
18 Sat	YDL U13/15	Nottingham
19 Sun	Midland L	Corby
	Warwickshire Champs	Saffron Lane Leicester
26 Sun	YDL U17/20	Nuneaton

June

2 Sun	HOE	Radley
7 Fri	CSW Super 4 U13/15	Leamington
8 Sat	County Schools Champs	Various
9 Sun	Midland L	Solihull
15 Sat	Schools Mason Trophy	
16 Sun	HOE	Banbury
21 Fri	CSW for U12s	Solihull
22-23 Sat-Sun	England U20/23 Champs	Bedford
23 Sun	YDL U13/15	Milton Keynes
30 Sun	YDL U17/20	Milton Keynes

July

5 Fri	CSW Super 4 U13/15	Stratford
6 Sat	Midland L	Banbury
7 Sun	HOE	Sutton Coldfield
12-13 Fri-Sat	English Schools Champs	Alexander Stadium
19 Fri	CSW for U12s	Leamington
20 Sat	YDL U13/15 Promotion Match?	Solihull
27-28 Sat-Sun	England Senior Champs	Manchester
28 Sun	YDL U17/20 Promotion Match?	Banbury

Aug

3-4 Sat-Sun	England U17/15 Combined Events	Manchester
4 Sun	Midland L	Stourport
10-11 Sat-Sun	Midland U17/15/13 Champs	Nuneaton
18 Sun	Muller Grand Prix	Alexander Stadium
24-25 Sat-Sun	British Athletics Champs	Alexander Stadium
31-1 Sat-Sun	England U17/15 Champs	Bedford