



Welcome to the latest edition of the Club's newsletter. We've seen some fantastic performances over the last few weeks on the track and field and a number of club athletes were selected to compete at the English Schools' Track and Field Championships earlier this month. I would like to thank and congratulate all those athletes who have taken part in competitions this season but thanks must also all go to all those who have provided support including coaches, officials, team managers and parents - we couldn't do it without you! I hope you all have a fantastic summer.

Yours in athletics,

Rob Pinton, Club Chairman

Annual Membership Renewal

The annual membership renewal for the club was due on 1st April. This included the England Athletics membership fee of £15 for the 2019/20 season.

If you have not renewed your club membership you are no longer entitled to train with or represent the Club in competition and as of 30th June your name will have been deleted from the Club membership records and your England Athletics registration will have been cancelled.

If you have not received an email about your membership renewal or you are unsure whether you have renewed your membership please email me at sshac.membership@gmail.com and I will confirm your position.

Athletics Rankings – Where Are You?

Did you know that if you're registered with England Athletics you can check where you're ranked for your event?

<https://www.thepowerof10.info/results/resultslookup.aspx>

Power of 10 allows you to search where you sit in the rankings both for your age group and overall, and where you're placed both nationally and regionally.



National Speed Masterclass

Alexander Stadium 12.30 - 5.00pm 17th August 2019 booking deadline 9th August

Adarian has vast coaching experience through track and field, which has led him to be one of the top specialists in movement. He is also the inventor of the most radical insole ever made.

Adarian will discuss how to maximise levers and force application for running mechanics and sprint training. The audience will be walked through the benefits of front side and backside mechanics and how this relates to the integration of the upper body and race strategy.

The practical session will be on techniques to influence stride length, and stride frequency with an emphasis on training reflexes for efficient technique. He will share methods to enhance "collision control" with a focus on foot health, activation and its transduction of forces.

Barr running concepts offer a novel slant on traditional training concepts which create potentiation of the athlete for immediate results.

For more info on Adarian please go to his website and visit Adarian's podcast with Just Fly:

www.barrunning.com

www.just-fly-sports.com/podcast-105-adarian-barr/



New Members

A very warm welcome to 15 new members who have recently joined the club:

Lexi Wright, Emily Cox, Remy Macwhinnie, George Fitzgerald, Max Campbell, Florence Coggan, Dylan O'Connor, Florence Collins, Dominic Thomas, Ethan Evans, Lola May Smeulders, Elizabeth Wood, Ben Duncan, Katie Sanders and Oran Keohane.

HEART OF ENGLAND LEAGUE 2019

Our third and final Heart of England meeting was held on Sunday 7th July at Royal Sutton Coldfield. It was a wonderful day with some outstanding performances.

Many thanks to all the athletes who have taken part in the HoE League this season, which was a very short and frantic one, having three competitions in five weeks, along with YDL and Midland League meetings to deal with in between. Over the three meetings many PBs were achieved along with several Best Performances of the Match. Congratulations must go to Daniel Scott (U13) for breaking the Clubs 2014 100m record with a time of 12.6 which previously stood at 12.9.

Thanks to everyone who helped with officiating over the three matches, especially Annette for organising and leading our team of officials/helpers.

A special thank you to Caroline Conduit for taking on the role of female Team Manager, what a fabulous job she did, and long may she continue!

Finally, a BIG THANK YOU once again to all our athletes, I'm sure you'll be pleased and proud, as we your team managers are, to learn that at Royal Sutton Coldfield, we finished overall 2nd on the day, WELL DONE to you all for working so hard and filling in events when asked. Not forgetting the U11s, the girls finished 3rd and the boys 4th, but just 2 points from first place! Radley had 46, Amber and Royal Sutton = 2nd with 45 and SSHAC with 44 points, congratulations everyone.

Your Team Managers, Sue Taylor and Caroline Conduit

Emma McLeod

Congratulations to Emma McLeod on gaining her Level 1 Track Officials licence.



Midland League, Corby 19th May

We were rather limited with the number of athletes available but nevertheless finished 5th out of 8 with 338 points only 7 off 4th position.

Our best performances were:-

WOMEN

Olivia Webber 100m 1st 12.9 & 200m B 1st 26.1

Maddy Whapples 200m 1st 25.4 & 400m 2nd 59.2

Lily Saxon 800m 1st 2.18.9 & 400m B 1st 62.6

Freya Webb TJ 2nd 9.20

Anna Draper Javelin 2nd 29.13

Evie Beard Discus B 1st 27.29 & 3000m 2nd 11.53.1

Kate Whiston Discus 3rd 28.18 & Hammer 3rd 27.63

4x100 Relay 2nd 54.6 (F Webb, C Cappendell, A Draper & O Webber)

MEN

Chris McLeod 1500m 1st 4.06.0

Keelan Hopewell 1500m B 1st 4.11.9

Adam Visram Cipolletta 800m 3rd 2.00.7 & TJ 1st 12.82

James Dunleavy 800m B 2nd 2.06.1 & 400m 5th 55.0

Dan Sherman did 5 events including LJ 5th 4.91 & Shot 6th 8.33

Tom Symmons 2K s'chase 2nd 7.22.7

Mike Bracken 5000m 3rd 17.38.2

Will Sands 200m B 3rd 24.6 returning to form after a long break through injury.

Midland League, Solihull 9th June

This was an excellent team performance to finish in a clear 1st place with 458 points moving us up to 3rd position in the league.

There were many outstanding individual performance including:-

WOMEN

Olivia Webber 100m 2nd 12.7 & 200m 1st 25.9

Sophia Davila 100m B 1st 13.2 & 200m B 1st 26.9

Lily Saxon 400m 1st 61.8

Sharon Masters 800m 4th 2.38.6

Abigail Wheelhouse 3000m 4th 11.50.8

Ania Gahan 400H 1st 76.9

Sophie Lyndon TJ 2nd 9.05 & HJ 2nd 1.35

Charlotte Cappendell LJ 4th 4.37 & TJ B 1st 8.67

Kate Whiston Discus 1st 28.91 & Hammer 3rd 25.23

4x100 1st 53.0 (C Cappendell, L Saxon, S Lyndon & O Webber)

4x400 1st 4.17.7 (S Davila, A Wheelhouse, S Masters & L Saxon).

MEN

Martin Williams 100m 1st 11.5 & 200m 1st 23.1

Adam Visram Cipolletta 400H 2nd 61.1, 400m 2nd 52.4 & TJ 2nd 11.22.

Jamie Russell 400m B 2nd 53.0, HJ 2nd 1.65 & Shot 3rd 10.08

Chris McLeod 800m 2nd 2.03.8

James Dunleavy 800m B 1st 2.05.5

Keelan Hopewell 1500m 1st 4.10.0

Jay Fletcher TJ B 1st 10.28

Jorge Sanchez Mogollon 3000m 3rd 10.40.0

Tom Symmons 400H B 1st 65.3

Ben Steele PV B 1st 2.40, LJ 4th 5.64 & Javelin 4th 31.56

Ben Clarke HJ B 2nd 1.60 & Shot B 3rd 9.41.

Rob Pinton



Kenilworth Two Castles 10K

Seven of our senior men competed in Rotary Club of Kenilworth Two Castles 10K on Sunday 9th June, running from Warwick castle to Kenilworth. This was also the 3rd race of the Warwickshire Road Race League. Results were as follows:

Jeremy Guard - 349th in 45:14
Will Collins - 546th in 48:03
Richard Horne - 455th in 46:44
Chris Dix - 24th in 36:43
Gareth Bryant - 442nd in 46:35
Dan Allen - 290th in 44:09
Mike Bracken - 39th in 37:27

Warwickshire Road Race League

Six of our senior men competed in the Arden 9 on Sunday 16th June, this was also the 5th race of the Warwickshire Road Race League.

From left to right in the photo we have: -

Paul Lloyd - 138th in 1:06:12
Chris Dix - 16th in 53:19
Dan Allen - 105th in 1:03:32
Mike Bracken - 26th in 54:41
Jeremy Guard - 125th in 1:04:58
Dave Manson - 64th in 59:56



Training Courses

The following courses are available locally. Other courses in various disciplines are being added so please look out for updates.

Officials Level 1

12th October Track Cheltenham booking deadline 10th October

N.B. For these courses you must complete the Health & Safety module (if you have not already done so). This can be done online.

Details [here](#)

Leading Athletics

12th October Kenilworth booking deadline 11th October

This workshop is an introduction to the coaching pathway and participants receive a certificate of attendance on completion.

Details [here](#)

Coaching Assistant

21st & 22nd September Gloucester booking deadline 13th September

19th & 20th October Tipton booking deadline 19th October

30th November & 1st December Loughborough University booking deadline 27th November

Details [here](#)

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

26th & 27th October Rugby booking deadline 18th October

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

11th August Hadley Stadium, Smethwick booking deadline 9th August

1st September Dudley booking deadline 23rd August

15th September Stourport booking deadline 6th September

22nd September Northampton booking deadline 13th September

29th September Gloucester booking deadline 20th September

6th October Leicester booking deadline 3rd October

9th November Tipton booking deadline 1st November

Details [here](#)

Coach in Running Fitness

28th & 29th September, 9th November, 29th February 2020 Nottingham booking deadline 16th Sept

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

Aug

3-4 Sat-Sun

4 Sun

10-11 Sat-Sun

18 Sun

24-25 Sat-Sun

31-1 Sat-Sun

England U17/15 Combined Events

Midland L

Midland U17/15/13 Champs

Muller Grand Prix

British Athletics Champs

England U17/15 Champs

Manchester

Stourport

Nuneaton

Alexander Stadium

Alexander Stadium

Bedford

Link to all the results from club fixtures:

<http://solihullac.co.uk/#/res-summer-2019/4594592660>