

SOLIHULL & SMALL HEATH ATHLETICS CLUB ~ REFERENCES FOR ENQUIRIES - SEPTEMBER 2011 – MARCH 2012

N.B. We do not offer anything for children until they are 9+, or in school year 5

- *Our club nights are traditionally Tuesday & Thursday 6.30 pm – 8.00 pm*
- *Some of our sessions are open to newcomers, others are by invitation**
- *If you need additional information contact us via the website*

Middle-Distance + Cross -Country	Men & Women	Colin McCallum	Tuesday & Thursday	6.30 pm – 8.00 pm
	Women	Becky Freeman	Tuesday & Thursday	6.30 pm – 8.00 pm
	Girls & Boys	Robert Pinton, Bernard Howell, Keith Tarplee & Max Mladenovic	Tuesday & Thursday	6.30 pm – 8.00 pm
Sprint & Hurdles				
	*Males & Females (Age 15+) Sprints	Everton Caines	Tuesday & Thursday	6.30 pm – 8.00 pm
	*Males & Females (Age 11+) Hurdles	Sharon Jacks	Wednesday	6.30 pm – 8.00 pm
	*Males & Females (Age 10-17) Sprints	Robert Davies, John Derry & Phil McDonald	Tuesday & Thursday (Phil's group only)	6.30 pm – 8.00 pm
Jumps	*Long Jump (Age 10+)	Mark Powell	Tuesday	6.30 pm – 8.00pm
	*High Jump (Age 12+)	Mike Dolby	Sunday @Arden School Development Grp 1.30+ Performance Grp 1.60 +	10.30 – 12.30 1.30 – 5.00
Throws		TBA		
Triathlon		Keith Wilson	Tuesday & Thursday	6.30 pm – 8.00 pm
Sportshall Athletics	Boys & Girls Years 5 & 6	Lynne Moody	Monday @ Solihull College	6.30 pm – 8.00 pm
	Boys & Girls Years 7 & 8		Thursday @Solihull College	6.30 pm – 8.00pm