



SSHAC End of Winter Roundup and Notices

■ Many of our athletes have finished their winter seasons. As we look to summer, SSHAC has some great results to share.

🔔 General notices regarding photography permissions and volunteering will also be covered.

Women's Midland League

In the Midland Women's Cross Country League, Division 2 the senior team finished 18th out of 24 teams for the season. The Masters team managed 16th out of 24 teams in Race 4 but struggled to get a complete team earlier in the year so did not have an end of season position.

Men's Birmingham League



This year the men competed in the Birmingham Cross Country League, Division 1. Having been the 3rd placed promoted team last year, it was always going to be difficult to avoid relegation. They finished 15th out of 16 clubs overall and in the Masters were placed 8th out of 12 teams which was impressive. We look forward to them being competitive in Division 2!

West Midlands Young Athletes' League

2025's West Midland Young Athletes League was another impressive season with us coming 6th overall out of 21 teams. U13 Girls did particularly well, finishing 3rd, out of the 5 matches. There were many individuals finishing in the top 10 of their races.

Some notable individual performances were:

- Zak Rush finished 1st in the U13 boys West Midland Young Athletes League. He also won the Midland Counties championships and the English National cross-country championships for his age group.
- Lola Barker finished 2nd in the Midland Counties cross-country championships.
- 9 athletes from the club were selected to represent their county at the English Schools cross-country championships. Zak, Lola and Emmie Spence all came 1st in their age group for their county.
- 12 athletes were selected to represent Warwickshire in the Inter-Counties cross-country. Liz Wood, Freya Mustin, Zak, Lola and Emmie all scored points for the county as top 4 finishers.

Well done to all who took part in the cross-country season. We hope it has prepared you well for the road races and track season.

Sportshall Report March 2025

Over 55 athletes have represented our Club in the Birmingham Sportshall League, competing with four other local Clubs. Six teams, ranging from 9-14 year olds.

This season the competition was very close and concluded with four team trophies for Solihull. The Under 11 Girls and Boys, Under 13 Boys and Under 15 Boys.

The other two teams finished a very close second.

The Under 13 Girls and Under 15 Girls were third.

The Under 15 Boys All-Rounder Competition was won by Adhvaith Prabhakaran, with Calum Ashford as Runner-Up. Congratulations to them both!

Over twenty Solihull athletes were included in Team Birmingham, winning all the regional events and going on to the UK Final in Stoke this month.

It has been a successful season for Sportshall Athletics, with an army of coaches, officials and helpers who have definitely helped this success!

Thank you to everyone involved in the 2024-25 Sportshall season.

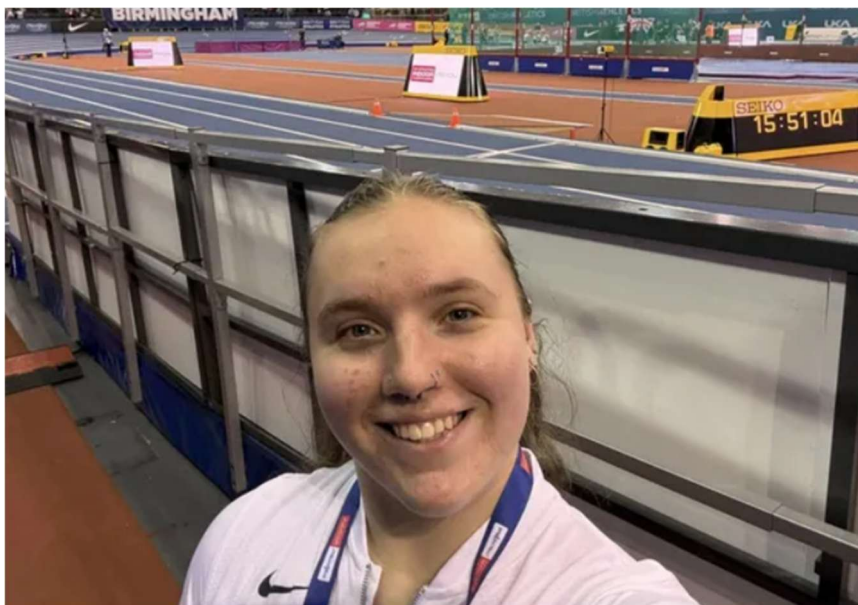
Lynne Moody

Multi-Events Starting

These sessions start on Monday 28th April from 7-8.15pm. They are for athletes in Years 4-7. We offer coaching in age-groups, covering hurdles, sprints, high jump, long jump, middle distance and throws. Each week they will do two of these events, in a three -week cycle.

Please contact Lynne if you are interested in joining.

England Athletics focus on one of our young officials



Congratulation to Freya Webb on her officiating success being the focus of this England Athletics piece! Please read this brilliant article.

<https://www.englandathletics.org/news/young-official-freya-webb-talks-about-her-officiating-journey/>

Photos and filming at events

When you joined the club via WebCollect we asked about photo permission and we try very hard to consult people about use of photography.

Please let the Honorary Secretary know if your wishes change via sshachonsec@gmail.com.

Not everyone likes to be filmed or photographed so we ask you to respect this at events. Please only film your own family or friends and ensure that you have permission. Always ask the people involved if you plan to share anything online. For safeguarding reasons some people don't want their images online.

If schoolwork requires video evidence please check with coaches and your training group so they know what the video will be used for.

Mobile phone and headphone rules

UK Athletic rules state that mobile telephones and audio headsets are not permitted in competition areas. Please make sure your phone and headphones are left outside the field of play during competitions.

Volunteer needed to review club accounts

SSHAC produces financial accounts on an annual basis and, per the constitution (see below), these need to be reviewed by an independent person each year.

We are very grateful to David Paulin, a previous club treasurer, who has completed this task for several years. David has recently reviewed and signed off our accounts for the year to 31 January 2025 but we now need a new volunteer to take over this piece of work from next year.

Some financial experience is required but you do NOT need to be a qualified accountant, auditor or work in a finance role. The accounts are prepared on a cash basis using a simple spreadsheet and invoices and bank statements are saved electronically. The review can therefore easily be done from home and would only take a few hours once a year. You would need to complete the review during February or March prior to the AGM.

If you, or anyone you know, would be willing to volunteer to do this for the club or would like to find out more, please contact our treasurer, Karen Baker at treasurer.sshac@gmail.com.

Notification of amendment to SSHAC constitution

At our recent AGM, a small amendment was made to the club's constitution. The draft minutes noting this change are below:

CONSTITUTION AMENDMENT

As the Club accounts are not required to be audited by a qualified accountant, the committee proposed point 8.10 be amended to read:

8.10 A suitable independent person shall be appointed to review the accounts of the club annually.

This amendment was passed unanimously.

Full minutes from the AGM meeting will be posted on the Website in due course.

To unsubscribe please contact sshac.membership@gmail.com

Solihull and Small Heath AC
A club fully run by volunteers