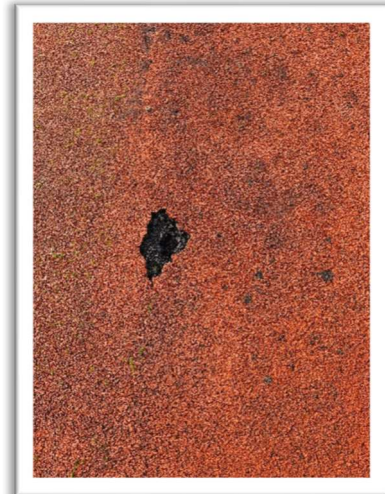
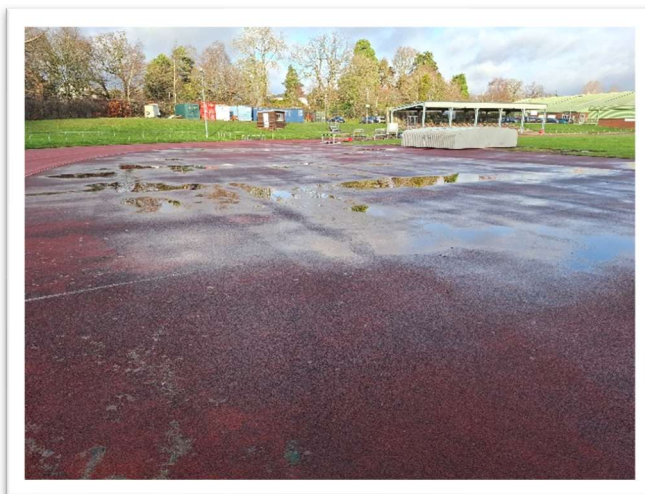




SSHAC Summer Newsletter

Great News For Track Users

Exciting changes are on the horizon for track users at Tudor Grange Leisure Centre! Work on the much-needed track resurfacing is set to begin on **14th July** and will take approximately six weeks, weather permitting. Years of dedicated use have left the current surface worn and in urgent need of renewal—it can no longer meet the TrackMark standard required to host major matches. Recognising its importance as the borough's only maintained track, the council has stepped up and committed to funding this essential upgrade.



During these transformative weeks, the track will be closed, but your committee has been hard at work trying to find local and affordable alternative training venues for some disciplines. Each training group will adapt their plans based on available numbers and venue options—**please stay in close contact with your coaches for specific details.**

While the school summer holidays will see many of you travelling, remember: our club's energy continues! League events and competitions will still be happening at other venues during the six-week period. The resurfacing marks a significant investment in our future so keep up the training during the summer so we can make the most of the new track in Autumn!

Multi-Events Group and Sportshall Dates

The multi-event group will finish on Monday 7th July. This will mean a break through the summer holidays, but a much earlier than usual start for Sportshall athletes going into Y5 & Y6. This is expected to start on September 8th at Solihull College 6.30-7.45pm. Year 7 & 8 athletes from multi-events will be contacted about their new groups before we break up. – Lynne Moody

The Junior Section Has A Waiting List

Our junior section is currently so popular that we have a waiting list for new members. We are a competitive club and like to see people train and compete regularly so they progress and reach their full potential. Currently we have low numbers attending some training groups which is disappointing when others eagerly wait for their chance to join. If you do not attend training regularly and compete we may ask you to give up your place for others.

Two Club Records Broken

In a truly remarkable achievement, Lola Barker has shattered a club record in breathtaking fashion. Not only did she set a new benchmark for the U17 5000m, but she also surpassed the senior women's club record from 1994 which speaks volumes to her talent and determination. This took place at the Midland Counties event in Banbury this May, where Lola surged ahead to claim first place in an extraordinary time of 18:29.5. Her performance will inspire athletes across all ages for years to come!



Many congratulations to Andrew Irvine who broke a long-standing club record from 1997. The U15 boys pole vault, with a vault of 2.75m during the Warwickshire track and field championships. Watch out Mondo Duplantis! More news on Andrew's many talents later!

Warwickshire T&F Championships May 2025

An excellent weekend of athletics at the Pingles, Nuneaton with our athletes coming away with 31 medals of which 20 were Gold, 6 Silver & 5 Bronze. What an achievement to win such an abundance of medals. The most the Club has gained for many years. Congratulations to all our competing athletes – Rob Pinton.



Solihull's County Champions: -

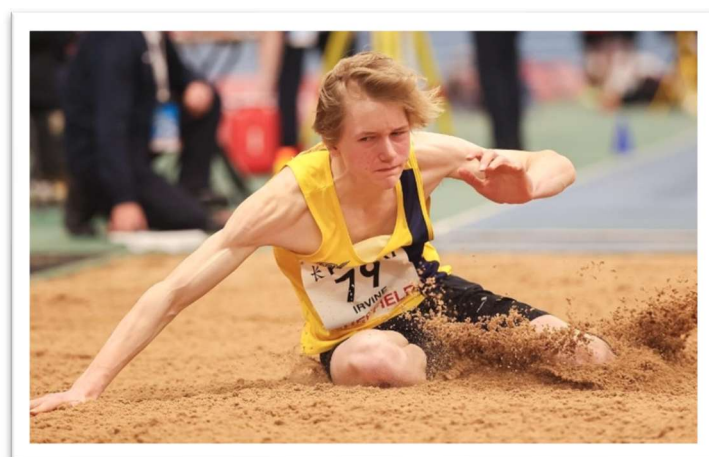
U13 Girls	Edith Masson	Javelin	26.95m
U15 Boys	Luke Ager	Triple Jump	8.74m
	Andrew Irvine	80 Hurdles	12.26s
	Zakariya Rush	300m	40.72s,
		1500m	4.27.01
U15 Girls	Erin Huxtable	3000m	13.01.55
	Freya Mustin	800m	2.20.55
	Emmie Spencer	1500m	5.16.43
U17 Men	Lucas Evans	Discus	27.08m
		Shot	9.42m
	William Irvine	3000m	9.36.10
	Adhvaith Prabhakaran	Triple Jump	10.89m
U17 Women	Lola Barker	3000m	10.53.39
	Grace Evans	Discus	21.44m
		Shot	8.13m
U20 Men	Harvey Nelson	400m	49.88
U20 Women	Harriet Moss	High Jump	1.59m
Sen Men	Thomas Steele	Shot	8.47m
Sen Women	Maddy Whapples	200m	25.06s,
		400m	57.86s

Heart of England League

The first HoE event of the year was at Royal Sutton Coldfield AC on 18th May and what a great day of athletics we had. It was wonderful to watch our athletes compete, so many excellent performances on both track and field, with so many PBs! Some athletes were there from the beginning to the end, some came for one event and ended up doing more, a special 'thank you' to the U13 boys, for stepping up and filling in for events they wouldn't normally do. Plus, a big thank you to all the officials and helpers. We gained maximum of 84 points for fulfilling our officials' duties.

I was immensely proud of all the achievements and pleased to inform you, that with combined points, we finished SECOND on the day, with U11Girls 7th, U13Gs 2nd well done, U15Gs 5th and U17W 3rd. U11 Boys 6th, U13Bs 5th, U15Bs FIRST, excellent result, and U17M 5th. It's certainly been a few years since we finished second on the day. Well done each and every one of you, every point counted - thank you from your proud team manager – Sue Taylor.

Welcome To Our Youngest Official



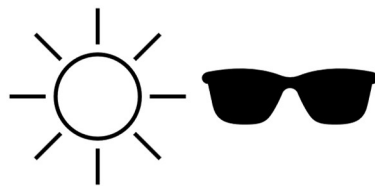
We are thrilled to celebrate Andrew Irvine, who has recently achieved assistant track and field official qualification. Many of you know Andrew as a dedicated and accomplished multi-eventer—now, he brings his passion for athletics to a new role, clipboard in hand, helping to ensure competitions run seamlessly for all.



Becoming an assistant track and field official is an exciting opportunity open to anyone aged 14 and above. The journey starts with an engaging 4-hour course, followed by invaluable hands-on experience at real events. If you feel inspired to step forward and support our club in this vital capacity, further details are available on the England Athletics website, or you can reach out directly to Annette Brown, our official's secretary, at sshacofficialssec@gmail.com. Your involvement could make a lasting difference to our athletes and club community.

<https://www.englandathletics.org/coaches-and-officials/officials-qualifications/>

Taking Part When It Is Hot



Some tips from England Athletics on taking part when it is hot!

<https://www.englandathletics.org/competitions-and-events/taking-part-when-it-is-hot/>

To unsubscribe please contact sshac.membership@gmail.com

Solihull and Small Heath AC
A club fully run by volunteers