



SSHAC August Newsletter

A Wonderful Evening Celebrating Volunteer Excellence

We had the privilege of attending a remarkable evening recognising volunteers from across our region, all of whom had been nominated and invited to this prestigious event.

Solihull & Small Heath Athletic Club was proud to have two nominations:

- **Freya Webb**, nominated for "*Inspiring Official*", and
- **Everton Caines**, nominated for "*Coach of the Year*".

It was an evening that made us especially proud to be part of Solihull & Small Heath.

The *Coach of the Year* category was announced first. Knowing that Everton sadly passed away after his nomination made the moment particularly emotional. When

Stuart Paul took to the stage, he began by announcing the third-place recipient, followed by the second. However, instead of naming a single winner, he revealed that the judges had decided to award joint winners for this category.

What many in the room did not know was that Everton had passed away, a fact only shared with the organisers shortly before the event. When this news was announced, there was a powerful wave of emotion throughout the room.

We are honoured to share that **Everton Caines was named Coach of the Year** – a fitting tribute to his tremendous contributions to the Club and to athletics more broadly. Everton's son attended the ceremony and accepted the award on his behalf, a truly moving moment for all in attendance.

The final category of the evening was the *Officials Award*. With three outstanding nominations, Richard Alying spoke highly of each individual, accompanied by video presentations. When speaking about Freya, he described her as "*a rising star within athletics*," – a quote we're sure Freya will remember and celebrate for years to come!

In another exceptional outcome, the judging panel again decided they could not choose a single winner. As such, all three nominees were recognised. **We are delighted to announce that Freya Webb was named Inspiring Official of the Year.**

Steve Webb



Remembering Everton Caines

Everton will be remembered going forward with a new club award for the best relay team. This year's club award night has been moved to 30th January when we hope Everton's son will present the award.

Rebecca Stubbs wrote this wonderful poem we thought we would share.

In Memory of our beloved coach and friend Everton Caines.

*We are all so lucky, so truly blessed,
To have known a man who gave his best.*

*From Sparkhill Harriers to Solihull's track,
Decades of wisdom, no holding back.*

*Thirty-four years of guidance and care,
A coach, a friend always there.*

*With patience, kindness, and steady hands,
He built up dreams, he helped them stand.*

*Though illness came, he fought with grace,
Still showing strength, we can't replace.*

We hoped, we prayed, we held on tight,

But heaven still called him home on that night.

*The athletics world has lost its song,
Yet his heartbeat in us is strong.*

*For every child, he lit the way,
A guiding light that will never fade.*

*He taught us courage, taught us to believe,
That more is possible than we perceive.*

*“Push past your limits, be your best,” he’d say,
And his voice still drives us day by day.*

*He treated us like family, stood as a friend,
A true leader whose love would never end.*

*Everton our coach, our star, our guide,
Forever with us, running by our side.*

*Goodnight, God bless, we’ll carry you near.
#TeamEv, always, year after year.*

Correction from the SSHAC News Update Aug 2025

Everton was an athlete at Sparkhill Harriers and started coaching at Sparkhill in 1991. He came to Solihull in 2010.

Recent Results

Midland 6 stage road relays results

We had a great day of racing at the Midland 6 stage road relays & from the forecast for the day the weather wasn't too bad!! The course was shorter than usual by approx. 0.25 miles so comparison with previous years isn't possible however, everyone got a pb for this course... every cloud! Below are our results:



Senior men

Leg 1	Dan Wort - 18:10 - 34th - on a stacked first leg with fastest of the day Dan got us off to a great start
Leg 2	Rob Michaelson-Yeates - 18:09 - 27th - arriving in "plenty" of time a better warm up gave Rob our fastest leg of the day
Leg 3	Steve Howes - 25:04 - 61st - with an unwell Will J I was only in here to minimise disruption to the declared team order
Leg 4	Ivan Ho - 20:42 - 60th - a solid performance at 6:08 / mile average Ivan gained us 1 place
Leg 5	Harry Fellows - 21:25 - 59th - a solid performance from Harry at 6:21 / mile to also gain 1 place
Leg 6	Louis Conibear - 26:10 - 67th - after feeling unwell all week Louis showed great commitment to run so we could get a full team finished

Total time = 2:09:40 & we finished 67th out of 97 complete Senior men teams.

Masters men

Leg 1	Mike Bracken - 20:23 - 12th - always happy to run 1st leg Mike was really pleased with his race pace
Leg 2	Tom Ryder - 21:42 - 11th - a great run from Tom in his inaugural race for the club in the relays 1
Leg 3	Simon O'Sullivan - 24:48 - 14th - consistent training is paying off for Simon, he's becoming a regular face at club races
Leg 4	Chris Duncan - 25:24 - 16th - 3 races in 3 weeks is paying dividends for Chris with another solid race
Leg 5	Dan Allen - 24:35 - 16th - doubtful whether he would be well enough to run, paracetamol & fresh air did the trick for Dan
Leg 6	Mario De Freitas - 26:03 - 15th - Mario & Chancelle were a great tag team for parenting duties which enabled us to finish a Masters team

Total time - 2:22:55 & we finished 15th out of 21 complete Masters men teams

A satisfying result of finishing both a Senior & Masters team for the 3rd year running, great support from our ladies. **Steve Howes**



Midland Road Relays at Sutton Park 20th Sept 2025

An excellent day of road races in ideal conditions over this hilly course. Our under 13 Boys were our top performing team gaining the Bronze awards. Zakariya Rush was the 2nd fastest under 15 Boy overall. Results were:-

U13B 3rd 43.28 B 10th 46.05	Joshua Baylis 14.06, Andre Albarel 14.15, Jacob Austerberry 14.02 Henry Bedford 15.05, Joshua Delaney 14.41, George Ward 16.19
U13G 11th 50.59 B Incomplete	Molly Spencer 16.37, Ruby Philps 16.58, Emily Daniels 17.24 Emily Ross 15th 16.09, Grace Fox 20th 18.44
U15B 8th 40.31 B Incomplete	Zakariya Rush 1st 12.20, Jack Larkin 13.36, Luca Woodley 14.35 Karthik Myooran 39th 15.23, Benjamin Clay 38th 17.49
U15G 14th 49.21 B 23rd 50.36 C Incomplete	Niamh Williams 16.45, Orlagh Murphy 16.10, Sadie Bywater 16.26 Erin Huxtable 17.17, Abby Jameson 16.36, Layla Callow 16.43 Lola Fitter 18.07, Caitlin Duncan 17.46
U17B 27th 41.19 B 30th 43.41	Joseph Clay 13.14, Joe Fox 13.27, Tristan Bywater 14.38 Daniel Baker 14.44, John Mitchell 14.06, Max Ward 14.51
U17G Incomplete	Lola Barker 4th 14.41, Lucy Hannington 9th 16.24

National Road Relays at Sutton Park 4th Oct 2025

Athletes had to contend with gale force winds which our athletes did remarkably well with a few managing quicker times compared to the Midlands event. The results were:-

U13B 52nd 56.01 B Incomplete	Joshua Delaney 16.02, Joshua Baylis 14.37, Jacob Austerberry 25.22 Rory Waggott 18.29, Noah Rush 17.38
U13G 27th 50.01	Emily Ross 16.13, Molly Spencer 16.57, Ruby Philps 16.51
U15B 29th 41.00 B Incomplete	Luca Woodley 14.48, Jack Larkin 13.31, Zakariya Rush 12.40 Karthik Myooran 15.51, Louis Hibberd 14.43
U15G 44th 48.47	Orlagh Murphy 15.38, Sadie Bywater 16.29, Abby Jameson 16.40
U17B 35th 38.43 B 70th 42.42	Will Irvine 12.13, Derin Cooper 13.23, Joseph Clay 13.07 Harry Justice 13.25, Tristan Bywater 15.12, John Mitchell 14.05
U17G Incomplete	Lola Barker 14.49, Katie Anderton 18.47

Congratulations to you all for performing so well. **Rob Pinton**

Midland Cross Country Relays 18th Oct

On Saturday 18th October we competed in the Midland Cross Country Relays at Aldersley Stadium in Wolverhampton

The weather was ideal, it was cool, firm under foot with very little mud & there was hardly any wind.

The Masters men's team results are :-

Leg 1	James Cusack - 27:41 - 16th - James's first relay event for the club & a great leg stretcher for the Dublin Marathon
Leg 2	Steve Howes - 28:32 - 15th - Steve had to move up the declared order due to traffic congestion but managed to shave 1:13 off last years time
Leg 3	Simon O'Sullivan - 26:59.991 - 15th - Simon recovering from a bit of a cold just squeezed under 27mins with a 2:19 second improvement on last year
Leg 4	Chris Duncan - 26:27 - 15th - Chris brought the team home with an impressive 1:54 improvement on last years time

Thanks to our officials Emma McLeod & Steve Webb for helping with this event.

Steve Howes



WMYACCL 22/10/25 at Walsall Arboretum

This was the first league meeting of the season held in ideal conditions. Solihull were 7th out of 24 teams with 4803pts. Our top individual performers were Zak Rush 2nd for the under 15 Boys & Emmie Spencer 4th in the under 15 girls race. Two of our age group teams produced superb results both being in first place. These were the under 13 girls & the under 15 girls surprisingly with the same points of 918. The results were:-

U11G 15th 310pts	Chloe Brown 28, Martha Spencer 64
U11B 21st 99pts	Daniel Howell 102
U13G 1st 918pts	Sophia Wood 9, Emily Ross 11, Molly Spencer 21, Alex Healy 22, Ruby Philips 24, Grace Fox 26, Emily Daniels 43, Olivia Reeve 69, Emily Riley 93
U13B 5th 838pts	Joshua Baylis 7, Henry Bedford 10, William McMonagle 30, Joshua Delaney 33, Rory Waggott 87, Aiden Shires 92
U15G 1st 918pts	Emmie Spencer 4, Orlagh Murphy 13, Layla Callow 17, Erin Huxtable 26, Abby Jameson 27, Sophia Delaney 39, Caitlin Duncan 46, Sadie Bywater 49, Lola Fitter 54, Lois Conduit 80, Steph-Jayne Hawley 83
U15B 5th 855pts	Zak Rush 2nd, Jack Larkin 12, Luca Woodley 36, Louis Hibberd 41, Karthik Myooran 59, Freddie Freeman 69
U17W 12th 343pts	Lola Barker 8, Connie Bate 51
U17M 8th 522pts	Will Irvine 10, Joseph Clay 26, John Mitchell 45, Daniel Baker 58

The next league race is at Warley Woods on the 9th November. It would be great if we could get full teams in every age group. For this you need at least 5 athletes other than the under 17s where it is 3.

Thank you all, including Stuart for providing the tent & flags. **Rob Pinton.**

Facilities Update

Many thanks to the track users for their patience while the track was being resurfaced. It's lovely to have the bounce back in the surface and all the markings visible and no more confusion over the relay take-over zones!

The club continues to need to help invest in the facilities as the track is currently without a kerb and we still can't host some events as we don't have a pole-vault facility. We would love to have more home events to get the home advantage!



Many thanks to the HR team at Birmingham Airport who had a volunteering team day to help paint the club cabin at the track. Most of the peeling paint has gone and we have a nice bright blue cabin. We still have 2 sides left to paint so will be looking for volunteers to help when the weather improves in the new year!

Club Record Broken Again!

Since breaking the club U15 boys pole vault record earlier in the season, Andrew Irvine has broken it again at an end of season open, vaulting 3.02m. Sadly, he also cleared 3.12 until the pole fell forwards and knocked the bar as he was getting off the mat so we know there's more to come in the indoor season as he moves up an age group!

Age Group Changes from April

From 1 April 2026, the age groups in which young athletes compete will change from U11, U13, U15, and U17 as is currently the case, to U12, U14, U16, and U18. If you want to learn more about this England Athletics have put some tips together.

[Top tips for athletes and parents to prepare for age group changes - England Athletics](#)



Congratulations to Gareth Austerberry for finishing the Chicago Marathon in under 3 hours with a time of 2:59:13

Summer Weddings



Former SSHAC athlete Michelle Moore married Niall O'Donnell on 19th July at Eastington Park in Gloucestershire. Although she's no longer competing, Michelle hasn't lost her athletic ability!



Many of you will know Michelle's mother, Annette Brown, who is one of our field officials and helps with many other roles on the committee. Annette did the flowers & cake!

Coach, Andy Webber, attended the wedding of his daughter Louisa, another former SSHAC member, at Blagdon, Newcastle on 21st September. Louisa married Dan Sherman who also competed at triple jump for us one summer about 5 years ago!



Many congratulations to both Louisa & Michelle!

To unsubscribe please contact sshac.membership@gmail.com

Solihull and Small Heath AC
Fully run by volunteers