



SSHAC Sept 2026 Newsletter

National Relay Championship Results



Well done to both 4 x 100m teams who raced at Alexander Stadium on 23 August. The U16 boys team ran 46:57 in heat 1 but sadly didn't make it through to the final. The U20 men came 5th in the finals with a time of 42:14, a PB. It is great to see our teams performing at this level. Let's hope we can get more teams invited to the championships next year.

The U20 men's team will be listed as the club record holders for the new age group. The new table of club records is still work-in-progress and can be found on the website. Let us know if you think something is missing or incorrect.

<https://www.solihullac.co.uk/club-records>

Midland League Success

Congratulations to everyone, including athletes & volunteers, who have contributed so much to a successful season, for us to finish at the top of the Midland League Division 3 S/E.



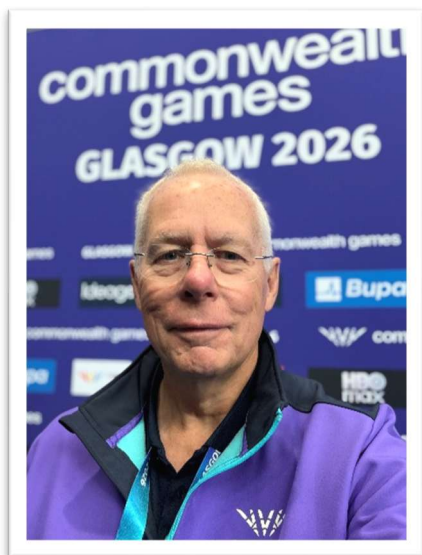
At Abingdon on 29th August, we finished in a very creditable 2nd place, behind the hosts, Abingdon. Huge thank you to those who did maximum events, including covering for those who were unable to attend. Particular thanks to those who suffered the torrential rain mid-afternoon!

We rely immensely on those who provide their time & commitment to ensure the events take place, & special mention must go to Annette for her conscientious contribution throughout the year. It would be great if we could have more athletes competing for us regularly in these club competitions.

Rob Pinton

Volunteering at the 2026 European Championships

Here we feature 4 club members who had some amazing opportunities at the European Championships as volunteers in hugely different roles!

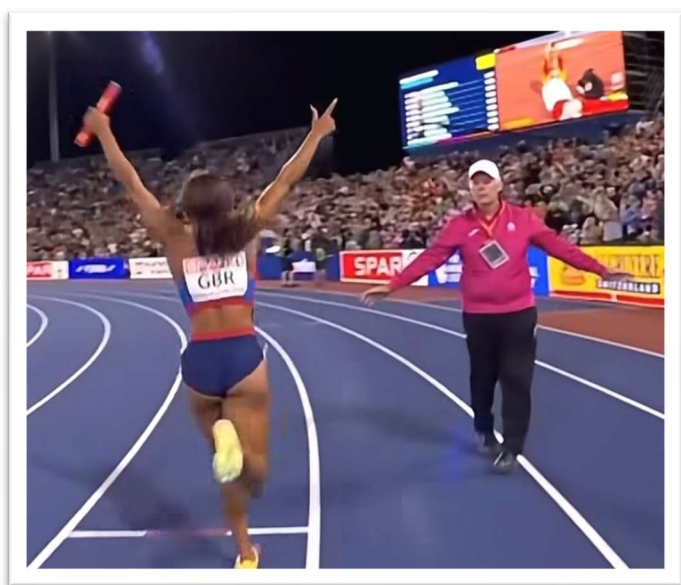
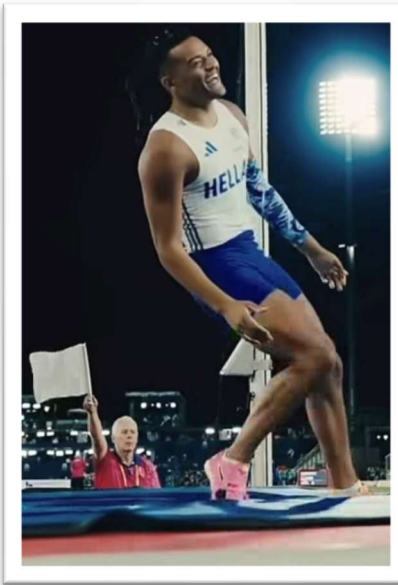


Chris Lawrence (SSHAC Official) selected for the Commonwealth Games in Glasgow and the European Championships in Birmingham.

‘When Lynne Moody asked for an athlete’s parent to help rake a long jump pit at a YDL meeting in Cheltenham in 2009, I couldn’t have imagined where saying “yes” would take me!’

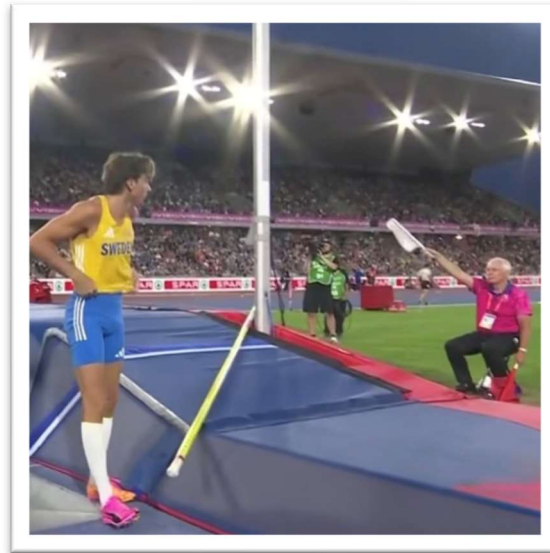
‘Realising, after Cheltenham, that I enjoyed it and that it would be good to know the rules, I worked my way through the various levels of officiating and have been at Level 4, on the “National List”, since 2013. I made myself available for both major championships this year and was lucky enough to be selected for the Commonwealth Games in Glasgow and the European Championships in Birmingham, with just 4 days between them.’

‘Officials are asked to report a couple of days before the competition for familiarisation with the stadium, equipment and the technology to be used. And there’s always a test event the day before the start of competition when officials perform all their normal duties and the announcers, TV, data systems, etc are all tested, along with mock protests on judging decisions that go to the video referee (yes, we now have VAR!) and mock medical issues are staged to ensure the first aiders can, for example, safely get an injured athlete off a pole vault bed, and to check that all systems are working correctly. Then it’s into a whirlwind of waking up early and going to the stadium every day. It’s quite a demanding schedule. We’re required to attend morning and evening sessions – there are lots of things to do in addition to “simply” judging an event.’



‘In Birmingham, the team I was allocated to was principally allotted the Pole Vault, but again we judged some other events too. So I did 5 Pole Vaults (including 2, lasting a total of 7 hours, on the hottest day of the year!) plus various Shot Put, High Jump and Triple Jump competitions. And, a first for me, Lap Scoring and Bell for the Men’s and Women’s Half Marathon and Marathon Race Walks in the city centre with World Records set in some of the races.’

‘The judging itself is essentially the same as we have at YDL or any other competitions. The rules are the same. And actually the duties are often a bit simpler in that each judge has fewer things to do. But there are additional challenges brought about by the environment (lots of TV cameras and press photographers crowding around you as you judge), by the level of scrutiny of every decision, and by the sheer pressure of the level of competition.’

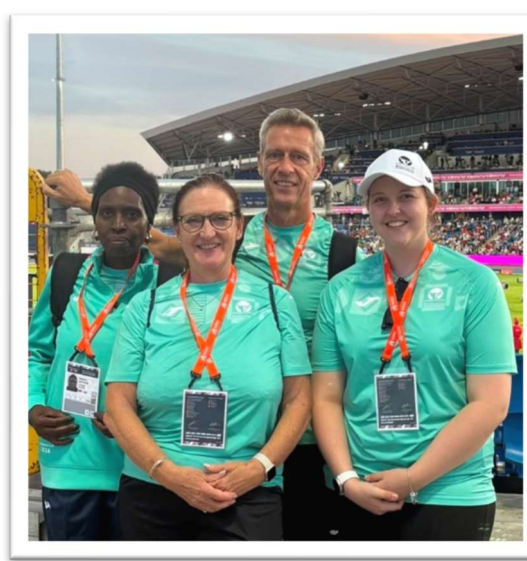
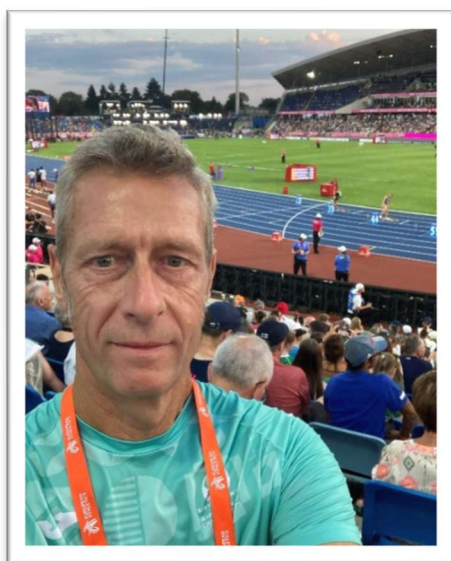


‘If I was to pick one highlight from the two championships it would be the last night in Birmingham. I was on the uprights for the Men’s Pole Vault Final. Georgia Hunter-Bell was leading the 1500m to an absolute cacophony of sound, rounding the last bend and going on to win, while at the same time Mondo Duplantis was on the pole vault runway ready to vault, in a competition where we set the bar to the highest ever seen in competition in the UK at 6.20m. Real goosebumps moments and lifetime memories.’



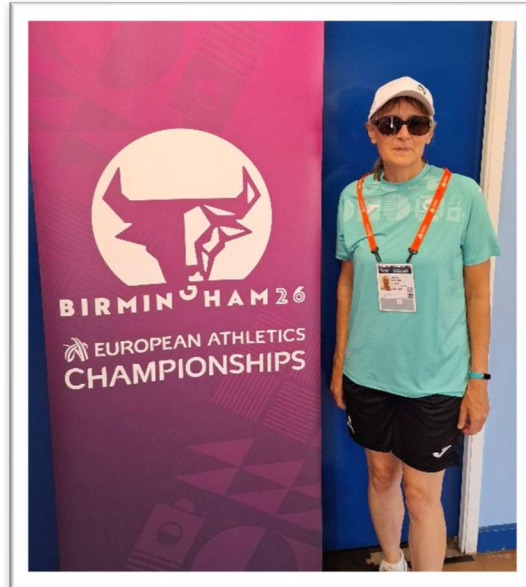
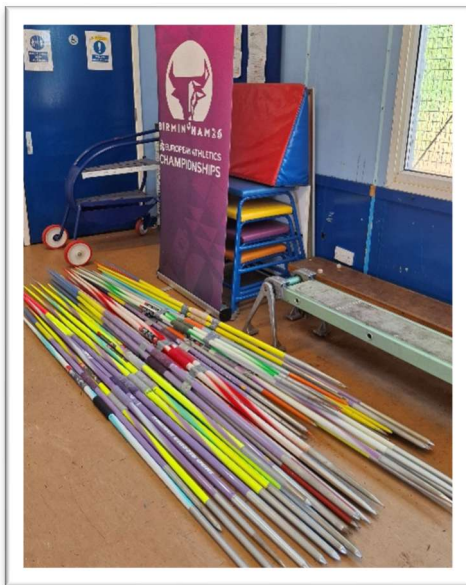
Freya Webb, (SSHAC Official & Athlete) was invited to be part of the Future Leaders Forum with others from across Europe.

'I went to the championships as part of the Future Leaders Forum. We were treated to talks from experts in the field, from international officials and coaches, leaders of National Federations and the presidents of European and World Athletics. We also took part in a project lab focusing on creating legacy in the sport. We were put in groups with participants from other countries so we could work through understanding what other countries were doing. This was really eye opening and very inspiring. In the evenings we would go to Alexander Stadium for nights of great athletics, cheering on each other's countries as well as our own.'



Paul Lloyd (SSHAC Athlete) worked in the stadium and would definitely volunteer again!

'It was my first time volunteering at any event. I had a wonderful time meeting & 'working' with some great people. I was allocated seating support inside the stadium. Generally helping people towards the correct stands on their tickets & seating block numbers. Helping a bit with the wheelchair users. General questions on toilets, water fills, food & drink locations, etc. I managed to see something of everything over the week athletics wise. A great time and good fun.'



Emma McLeod (SSHAC Chair & Official) was a volunteer at practice venues. Wyndley in Sutton Coldfield and University of Birmingham.

'I was helping prepare equipment on site before the athletes arrived and then making sure they had everything they needed to train. It was really interesting to see them going through their drills with their coaches. I never thought I would be preparing ice baths for international athletes! Although I am not experienced enough to officiate at international events, the fact that I am an official got me the role.'

If you are inspired to volunteer don't forget the club always needs support and you can find details of volunteering opportunities on the website. We are particularly looking for people to train as field officials and Chris Lawrence is happy to be contacted if you are interested to know more.

<https://www.solihullac.co.uk/volunteering>

Warm Clothing for the Colder Weather!

See the Website for winter club clothing options. This page has a link to our sportology online site which lists items you can order.

<https://www.solihullac.co.uk/clothing>

Hoodies in various sizes are available to try on – please see Lynne for details. She is available on most club nights at the track and in the Sportshall. You can then order the correct size with your initials from sportology.



Woolly hats are available in the club kit cupboard in the priced at £15. See Lynne.



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Solihull and Small Heath AC
Fully run by volunteers