SSHAC November 2026 Newsletter

Thanks to everyone who has participated in the autumn season events so far. The club has had some amazing support and results!



Midland Road Relays - Young Athletes

These were held over the usual hilly course in Sutton Park. We had some fantastic results with the under 16 Boys winning Gold & the under 14 Girls gaining the Silver medals.

The results were:-

U14 Girls 2nd 47.04	Emily Ross 15.23, Alex Healy 15.53, Sophia Wood 15.46
B	Ruby Philps 15.45, Bridget Broadhurst 19.44
U14 Boys	Joshua Delaney 15.00, Maxwell Wheeler 17.25
U16 Girls 15th 49.51	Orlagh Murphy. Niamh Williamson 16.54, Sadie Bywater 16.43
B 17th 50.16	Molly Spencer 15.39, Caitlin Duncan 16.56, Layla Callow 17.39
C 18th 50.25	Emily Daniels 16.50, Grace Fox 16.37, Sophie Lodge 16.57
U16 Boys 1st 38.04	Zak Rush 12.32, Thomas-Heather Green 12.48, Jack Larkin 12.44
B 17th 43.00	Jacob Austerberry 13.24, Joshua Baylis 14.04, Karthik Myooran 15.31
C 28th 46.20	Andre Albarel 13.47, Freddie Freeman 15.38, Harvin Sangha 16.55
U18 Girls 14th 51.12	Lottie Jones 17.04, Abby Jameson 16.37, Lola Fitter 17.30
U18 Boys	Harry Justice 12.50, John Mitchell 14.56

The 3 U16 Boys in our A team were all in the top 7 fastest runners in the age group.
Rob Pinton

Midland 4 & 6 Stage Road Relays

We had 4 teams competing in the Senior and Masters categories, with the women's team placing 47th overall. In the men's it was a record 3 complete teams crossing the line, with A team managing to qualify for the National 6 Stage Road relays, the first time since 2007.

The results were:-

Senior Women's Team (47th of 79)			
Leg	**Runner**	**Time**	**Pos**
1	Lola Barker	20:49	16th
2	Keely Tattersfield	28:33	48th
3	Becky Freeman	28:20	52nd
4	Sarah Hannington	23:20	47th
Total		**1:41:04**	

Senior Men's A Team (25th of 96)			
Leg	**Runner**	**Time**	**Pos**
1	Chris McLeod	16:19	4th
2	Dan Wort	18:28	16th
3	Peter Mitchell	19:31	24th
4	Ben Duncan	19:00	28th
5	Dan Hollins	19:34	30th
6	Rob Michaelson-Yeates	18:07	25th
Total		**1:52:09**	

Senior Men's B Team (58th of 96)			
Leg	**Runner**	**Time**	**Pos**
1	Ivan Ho	20:45	78th
2	Gareth Austerberry	21:04	74th
3	Harry Fellows	21:40	70th
4	Chris Dix	19:49	67th
5	Mike Bracken	21:12	63rd
6	Thomas Ryder	21:04	58th
Total		**2:05:37**	

Masters Men's Team (25th of 29)			
Leg	**Runner**	**Time**	**Pos**
1	Gareth Bryant	22:48	23rd
2	Chris Duncan	25:46	23rd
3	Simon O'Sullivan	25:15	22nd
4	James Cusack	26:13	23rd
5	Steve Howes	26:10	24th
6	Graham Lawrence	30:03	25th
Total		**2:36:17**	

A great turnout, great performances by everyone competing & great support from family, friends & fellow club members. **Steve Howes**

ERRA National Road Relays



Fabulous performance by our under 16 Boys. On the first leg Jack Larkin was 14th just 31 seconds behind the leader. On the next leg Thomas Heather-Green finished 5th only 13 seconds off the lead. On the final leg, Zak Rush ran the fastest leg of the day overall, quickly catching the leader & completing the race in 1st place by a margin of 29 seconds. Congratulations to the lads & their coach, Stu Albutt.

We had some other superb performances & our athletes results were:-

U14 Boys 27th 44.40	Henry Bedford 14.07, Joshua Delaney 14.00, Maxwell Wheeler 16.32
U14 Girls 14th 46.12	Emily Ross 15.02, Ruby Philps 15.14, Sophia Wood 15.55
B	Alex Healy 15.14
U16 Boys 1st 36.47	Jack Larkin 12.28, Thomas Heather-Green 12.24, Zak Rush 11.54
B 47th 41.32	Andre Albarel 13.37, Joshua Baylis 13.22, Karthik Myooran 14.22
C 80th 48.45	Harry Przyrodzki 16.06, Harvin Sangha 16.45, Benjamin Clay 16.02
U16 Girls 39th 47.44	Molly Spencer 15.11, Sadie Bywater 16.30, Orlagh Murphy 16.02
B 46th 48.59	Niamh Williamson 15.50, Emily Daniels 15.59, Caitlin Duncan 17.09
C 59th 51.28	Sophie Lodge 16.25, Layla Callow 17.22, Olivia Hawke 17.39
U18 Boys 35th 38.00	Harry Justice 12.27, Joe Fox 12.39, Joseph Clay 12.53
B	Luca Woodley 14.14, John Mitchell 14.20
U18 Girls	Abby Jameson 16.43, Lottie Jones 16.45

There were some substantial improvements compared to the Midland Champs just 2 weeks before. Great preparation for the cross-country season!
Rob Pinton

ERRA National 6 Stage Road Relays

The Senior men qualified & competed at the ERRA National 6 stage road relays at Sutton Park on Saturday 3rd October. Every one of our team rose to the occasion & improved on their times from the Midlands 2 weeks before.

Leg 1 - Chris McLeod - 16:00 - 11th
Leg 2 - Dan Wort - 17:59 - 36th
Leg 3 - Dan Hollins - 19:09 - 51st
Leg 4 - Gareth Austerberry - 20:13 - 57th
Leg 5 - Chris Dix - 19:31 - 59th
Leg 6 - Mike Bracken - 20:35 - 59th

The total time was 1:53:30 which placed us 59th out of 61 complete teams & 64 teams that started.
Steve Howes



WMYACCL 11th October at Walsall Arboretum

This was the first league meeting of the season & we had 2 age group teams in first place being the Under 16 Boys & the Under 16 Girls. The Under 18 Girls were 2nd. There are 23 clubs in the league. In the individual age group results we had one 1st place, Zak Rush & two 2nds, Henry Bedford & Harry Justice.

Results were: -

U12 Girls 10th 724pts	Sophie Ross 11th, Martha Spencer 12th, Chloe Brown 27th, Camilla Green 30th
U12 Boys 19th 255pts	Joshua Hawley 44th, Joseph Shires 103rd
U14 Girls 6th 812pts	Alex Healy 6th, Emily Ross 7th, Ruby Philps 21st, Sophie K Morris 76th, Bridget Broadhurst 83rd, Zara Wilson 100th
U14 Boys 4th 800pts	Henry Bedford 2nd, Joshua Delaney 17th, Callum Hutt 48th, James Little 59th, Austin Philps 79th, Rufus Jones 95th
U16 Girls 1st 912pts	Emily Daniels 10th, Molly Spencer 12th, Sophie Lodge 14th, Niamh Williams 23rd, Sadie Bywater 34th, Olivia Hawke 46th, Caitlin Duncan 56th, Sophia Delaney 58th, Ena Fokes 69th
U16 Boys 1st 955pts	Zak Rush 1st, Jack Larkin 5th, Thomas Heather-Green 6th, Jacob Austerberry 18th, Joshua Baylis 20th, Karthik Myooran 58th, Freddie Freeman 61st, William McMonagle 65th, Ben Clay 71st, Harvin Singh 75th, Aiden Shires 90th
U18 Girls 2nd 567pts	Emmie Spencer 5th, Abby Jameson 12th, Lottie Jones 19th
U18 Boys 5th 552pts	Harry Justice 2nd, Joseph Clay 9th, John Michell 40th, Louis Hibberd 41st

The overall Club standings are not yet available. The next fixture is at Warley Woods on the 8th of November. **Rob Pinton**

Warmer Winter – Club Bobble Hats



Designed in a single adult size, these stylish hats are available for just £15. Perfect for keeping you cosy during chilly cross-country fixtures; they're an essential for both dedicated runners and enthusiastic supporters. Ask Lynne or Becky or Sue for further details. Your coach can point you in their direction!

Details of other club branded clothing can be found on the clothing page of the website.
https://www.solihullac.co.uk/clothing

Does the club have your up-to-date details?

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Please check, particularly if you have recently learnt of any medical conditions we should be aware of or if you have been a member for some time.
You have 2 places to check.

England Athletics Portal – used for your registration as an athlete / official or coach.
https://myathleticsportal.englandathletics.org/Account/Login
You will need your URN

WebCollect – used to collect membership subscriptions.
https://webcollect.org.uk/sshac

Athletics Results UK

Solihull and Small Heath AC have now signed up to be included in Athletics Results UK.
https://athleticsresults.uk/

Race results for some UK running clubs published for everyone to explore. Personal bests, age-graded comparisons and race history, all in one place.
There is a video and further explanation here.
https://athleticsresults.uk/about

Feel free to try it out. For safeguarding reasons U18s have restricted access so they cannot use things like the messaging features. Use it carefully as some people are finding that not all older data is included. Power of 10 is usually more complete.

Thanks to Chris McLeod for his help in putting this newsletter together

To unsubscribe please contact sshac.membership@gmail.com

Solihull and Small Heath AC
Fully run by volunteers