



SSHAC August Newsletter

Open Meetings Coming Up

If you feel you have missed out on some competition opportunities this season or lost some track time due to the resurfacing work at the Solihull track, it's not too late to enter an open meeting. Having an end of season focus can help motivate you to train and give you an opportunity to improve your PB. Here is a list of some local events. Keep an eye on the club Facebook page as open meetings are often listed there. The ones listed below can be entered through Entry 4 Sports. You can also find other fixtures there and in places like 'Power of 10 Fixtures'.

<https://entry4sports.co.uk/>
<https://www.thepowerof10.info/fixtures>

	Date	Venue	Events	Age Groups	Closing Date
Rugby Summer Open	23rd Aug 2025	Rugby	Sprints & up to 1500m, plus U13 hurdles Field events already full	Various U11 to Masters	19th Aug
KSAC Mike Lambert Open 2025	25th Aug 2025	Stourport	Sprints & up to 1500m plus hurdles & field	Various U11 to Masters	16th Aug
Birchfield YA September Open Meeting	6th Sep 2025	Alexander Stadium	Sprints & up to 3000m plus hurdles & field	U13, U15, U17	30th Aug
BRAT End of Season Open	7th Sep 2025	University of Birmingham	Sprints & up to 5000m plus hurdles & field	Various U11 to Masters	29th Aug
Telford Games 2025	13th Sep 2025	Telford	Sprints & up to 1500m plus hurdles & field	Various U11 to Masters	25th Aug
End of Season Open T&F Event 2025	14th Sep 2025	Nuneaton	Sprints & up to 3000m & field	Various U9 to Masters	13th Sept
City of Stoke 70th Anniversary Open	14th Sep 2025	Stoke	Sprints & up to 3000m plus hurdles & field	Various U9 to Masters	6th Sept



Athletes make finals at the England Athletics Championships

The England Athletics Under 15 & Under 17 Championships took place at Alexander Stadium between the 8th & 10th August. We had 3 athletes competing & they all made the final in their event.

U15B 1500m Zak Rush crossed the line in a superb 4th place in 4.19.93 and was delighted to receive the Bronze award as the winner of the race was Welsh, so didn't qualify for a medal.

U15B 80H Andrew Irvine 8th in 12.08.

U17M TJ Kayden King 4th 13.45m.

Congratulations to the athletes & their coaches being Stu Albutt, Sharon Jacks & Mark Wyn Jones.

We also had three athletes competed in the England Athletics Senior & U20 Championships a few weeks earlier.

Maddy Whapples (Sen) got a SB in the 200m finishing 5th, she also ran in the 400m

Harvey Nelson(U20) made it to the final of the 400m finishing 7th

Kyarna Yearwood(U20) got a PB in the 200m

Getting to the England Championships is a great achievement! Well done all!

Track Resurfacing is Underway

The track resurfacing is well underway and we are awaiting news on the re-opening.



**** More Club Records Broken ****

U15 boys 200m Charlie Hughes 23.00

U17 men 100m Noah Latusek equalled Harvey Nelson's record of 10.9

U15 girls 3000m Emmie Spencer 10.56.90

U15 boys 1500m Zak Rush 4.09.12

Many congratulations on these new PBs and club records!

Keeping track of all the records is difficult and the list on the website sometimes takes a while to be updated. Please let someone know if you think you should be listed and sorry if we have missed anyone.



Congratulations to Freya & Everton

We have two club volunteers shortlisted in the England Athletic Regional Volunteers Awards. The awards ceremony is at Alexander Stadium on 11th October. We wish them both luck.

Everton Caines in the Coach of the Year category

Freya Webb for Inspiring Official of the Year



Senior Team Currently 2nd in the Midland League

It was a very pleasant surprise to finish 2nd out of 8 clubs at the Midland League in Banbury on 2nd August as we had many athletes missing due to holidays. We are now 3rd overall only 0.25 pts behind Leicester Coritnian with Stratford well ahead.

Another excellent team performance in the final meeting at Abingdon could put us in 2nd position but only the top club will be promoted to the 2nd division.

Well done & thank you to all those who contributed to this result. Rob Pinton



3rd Place Finish in the Heart of England League

After coming 2nd at our first two meetings of the Heart of England league we took part in the third and final event of the season on 27th July. The end of July is not a good time to hold meetings due to holidays. Having a shortage of athletes and not being able to fill all events, meant we finished 4th on the day, with BRAT once again coming 1st by quite a few points. I'm not quite sure where they get all their athletes from! We went to Rugby with a team of 56 athletes, with some competing for the first time and who were quite excited and enthusiastic to take part. They didn't let us down. Several athletes also achieved PBs on the day.

It's been a great season and finishing 3rd in the League is a fantastic result considering we're up against much larger Clubs than ourselves. We were just shy of 32 points behind 2nd placed Stratford, with BRAT winning for the second year running.

Hopefully we'll be back at the track shortly to continue with our training ready for next season. Sue Taylor Team Manager



To unsubscribe please contact sshac.membership@gmail.com

Solihull and Small Heath AC
Fully run by volunteers