



WELCOME

A very warm welcome to this combined July & August edition of the newsletter. We've seen some fantastic performances over the last few weeks on the track and field, including at the English Schools' Track and Field Championships. I would like to thank and congratulate all those athletes who have taken part but also all those who have provided support including coaches, officials, team managers and parents - we couldn't do it without you! I hope you all have a fantastic summer.

Yours in athletics,
Rob Pinton, Chairman

Proud Achievement for Club Athletes

A record number of eleven athletes from our Club represented their counties and competed against the best in the country in their age group at the prestigious English Schools' Track & Field Championships at the Alexander Stadium last weekend.

Elliott Harris won bronze in the 80m hurdles and there were places in the finals for Ashleigh Bailey who finished 6th in shot putt and Maddy Whapples who was 5th in the 200 metres. Relay medals were won by Martin Williams and Maddy Whapples.

Athletes selected and pictured are Lily Saxon (1500m), Ashleigh Bailey (Shot), Emily Belcher (100m), Chris McLeod (3000m), Elliott Harris (80m Hurdles), Keelan Hopewell (1500m), Kaili Woodward (Long Jump), Mary Takwoingi (300m), Maddy Whapples (200m). Martin Williams (100m) and Henry Thorneywork (Long Jump) were not in the group photograph. (Henry on the left, Martin on right) Congratulations to them all on their achievements!



Club Record

Many congratulations to Maddy Whapples who in finishing 5th in the final in a time of 25.38s set a new Club Record for the Under 15 Girls 200m. The previous record had stood for 37 years and was the oldest record that the club had. A fantastic achievement! Well done Maddy!



Farewell and Thanks to Sprint Coach

Chris Belcher is holding his last sprint coaching session at the Club on 20th July. He has been involved with the Club since his daughter Emily (about to go off to University) first came along as a primary school athlete, training and competing for Sportshall athletics. Chris always offered to help with officiating and was eventually persuaded to go on a Coaching Course. This is now his third group of sprinters and I know he has enjoyed coaching all those athletes and they have repaid him with some superb performances over the years.

In addition to his weekly coaching Chris has been very supportive of the Club as a qualified Timekeeper, which he is now doing up to International level. He is hoping to continue with this along with a new interest in rowing which has just started close to his new home in Stratford.

We are very grateful to Chris for all that he has done for us whilst Emily has been an athlete at Solihull. We really couldn't have asked for more from him, becoming a qualified Coach and Timekeeper. It will be great if other parents follow his example! Thank you so much Chris from all at the Club and enjoy your rowing!

Heart of England League Results

The final Heart of England meeting of the season took place on Sunday 2nd July and we were able to take an almost full team with just a few gaps in the U17 age group.

We must congratulate you all on what was an absolutely fantastic day, achieving AAA Grades, PBs and several top three positions. It was an extremely hot day and it didn't help with track events running rather late, but you all managed to stay calm and chill the best you could.

Once again Annette did us proud in sorting out our officials/helpers on the day, which gained us maximum points of 84. Thank you Annette and to all who helped on the track and field on Sunday and over the three meetings.

Results from Sunday 2nd July – Rugby & Northampton AC

U11B – 3rd	U11G - 4th
U13B - 3rd	U13G - 1st
U15B – 1st	U15G - 3rd
U17M – 5th	U17G - 6th

Overall male position 3rd Overall female position 2nd

With combined points of both men and women Solihull and Small Heath finished 2nd on the day, with Stratford 1st, extremely well done everyone! That's the highest combined position we've finished this season.

Having now received the final League positions, we're able to inform you that we finished 5th in the League out of 8, with Stratford taking first place. However, we're delighted to announce that the U13Gs and U15Bs WON their age group; huge congratulations to all of you who competed in these age groups over the three meetings.

Once again, massive thanks to everyone for making this possible, for filling in gaps when asked, turning up for just one event, and supporting your fellow athletes, what great team work and what a great season you've had.

Finally, we're delighted to announce that U13 Eve Wynne-Jones, U15 Maddy Whapples, U15 Elliott Harris and U17 Mary Takwoingi have won Athlete of the Match during the season, congratulations on a great achievement.

From your very proud and extremely pleased Team Managers –
Sue Taylor
Kate Sands



Spikes Exchange

TAKING PLACE IN THE STAND ON THE THIRD THURSDAY IN THE MONTH 6.30 – 8.10PM

The next Exchanges will be on Thursday 20th July & Thursday 17th August.

If you have running or jumping shoes you have grown out of that are still in good condition, please donate them by putting the size and type of shoe on a piece of paper in one shoe and tying the laces together. They can then be brought to this event or placed in the box in the corner of our equipment portacabin at any time during coaching sessions. (Most coaches have a key).

Please don't take shoes from the portacabin as this needs to be done in an organised way.

Any Club athlete can choose a pair of shoes that fits them. There is no charge for any shoes you want to take from the spikes exchange - simply return them when you have outgrown them.

Smaller sizes are now needed please!

SSHAC November Presentation Evening

Plea for help in October 2017

Several people are involved in organising the Presentation Evening, and Sue Clements usually co-ordinates these processes. However, due to family commitments, she is not available this year, so we are looking for a volunteer to be the named contact and undertake the tasks listed below:

1. In September, the team managers and coaches agree who will receive an award. Sue will then email letters in October to the winners, and other letters to last year's winners to collect the trophies back. She has already prepared the master letters and just needs to add your name, email address and phone number as the contact.
2. You then need to be in the reception area of the TG Centre every Tuesday and Thursday, between 7.15 and 8pm, for about 5 weeks ready to sell tickets and collect the trophies.
3. When the deadline for selling tickets has past, contact the caterer (already booked) and confirm the final numbers, and confirm details with the venue (also booked).
4. The trophies then need to be cleaned – some of the trophies come back clean and only need buffing before the evening, but some come back in a poor state.
5. You will then need to liaise with Becky Freeman who will take the trophies the week before the Presentation Evening to allocate to the winners.

If you are able, there are also tasks on the actual night:

1. Arrive at the Bowling Club at 5pm and set out the tables and chairs.
2. Help Lynne Moody set out the trophy table.
3. Help clear up at the end of the evening, to make sure the room is vacated by 11pm.

If you would be willing to help this year, please contact Sue for further information on

0121 705 7117 or email Susan_clements@hotmail.com

New Equipment

The club has recently purchased a large amount of new equipment for use in training. This includes throwing implements – shot, hammer, discus and javelin – in all competition weights, crossbars and pole vault drop arms. Thanks to our sprinters, starting blocks and resistance parachutes were also bought with the prize money from the Club Connect Relays in February. We are pleased to report that all this equipment is now in regular use by club members.

It is important that the equipment is stored safely and securely and is available for use by as many athletes as possible. Please would you ensure that you return all equipment to the correct storage area after use and that the Portakabin is locked at the end of a training session. As far as possible club equipment should not be removed from the track. However we appreciate that it is sometimes necessary for athletes to borrow equipment for training or competition elsewhere. This should only be done with permission from your coach and the item should be returned in time for the next training session. To make it easier to keep track of equipment and to enable us to access it as quickly as possible, please would you record all equipment borrowed in the loans book hanging in the Portakabin opposite the door.

We hope all athletes gain much enjoyment and benefit from using the new equipment.





Training Courses

Several courses have been added to this year's programme and training for those wishing to become a technical official is available for a wider range of disciplines.

Officials Level 1 – Track, Field, Timekeeper, Endurance, Starter's Assistant, Photofinish

30 th July (Field or Timekeeper)	Burton on Trent	booking deadline 17 th July
13 th & 20 th Sept (Field)	Rugby	booking deadline 4 th September
13 th & 27 th Sept (Track)	Rugby	booking deadline 4 th September
17 th September (Endurance)	Nuneaton	booking deadline 4 th September
30 th September (Track, Field or Timekeeper)	Cheltenham	booking deadline 18 th September
4 th November (Track, Field, Timekeeper, Starter's Assistant, Photofinish)	Derby	booking deadline 23 rd October

Details [here](#)

Coaching Assistant

Courses are available this year as follows:

23 rd & 30 th September	Rugby	booking deadline 11 th September
7 th & 8 th October	Gloucester	booking deadline 25 th September
21 st & 22 nd October	Alexander Stadium	booking deadline 9 th October
18 th & 19 th November	Loughborough University	booking deadline 6 th November

Details [here](#).

Athletics Coach

There is a course being run at Alexander Stadium on 28th & 29th October 2017, 9th December 2017 and 10th March 2018. To attend you must be 18 and have been qualified at either UKA level 1 or above, or Coaching Assistant, for at least 3 months. You must also be available to attend on all four days. Booking deadline 9th October. Details [here](#).

Leadership in Running Fitness

The next two dates for this 1-day course are:

3 rd September	Dudley	booking deadline 21 st August
16 th September	Stourport	booking deadline 4 th September
23 rd September	Gloucester	booking deadline 11 ^h September
24 th September	Northamptonshire	booking deadline 11 th September
1 st October	Burton on Trent	booking deadline 18 th September

Details [here](#).

Coach in Running Fitness

This is an endurance qualification for those wishing to work with groups on non-track based running events. There is a course being run in Nottingham on 30th September, 1st October, 11th November and 11th March 2018. To attend you must have been qualified at either UKA level 1 or above, Leadership in Running Fitness or Coaching Assistant, for at least 3 months. You must also be available to attend on all four days. Booking deadline 18th September. Details [here](#).

If you are interested in attending any of these courses, or would like further information, please contact Annette Brown (sshactraining@gmail.com). Although online booking is now available for some courses, you will need to obtain authorisation for attendance/reimbursement of fees before booking.

Fixtures List		
	Event	Location
July		
23rd	YDL U17/20 Promotion Match?	
29-30th	CAU & England Senior Championships	Bedford
August		
5th	Midland League	Stourport
18th	Super 4	Solihull
19-20th	Midland U17/U15 Championships	
26-27th	England U17/U15 Championships	Bedford
Sept		
2-3rd	YDL National Finals	
16-17th	English Schools Combined Events Final	Boston
23rd	Midland Road Relays	Sutton Park