



# ***Solihull & Small Heath AC Newsletter***

**Issue 38 March 2020**

## **Coronavirus Club Statement**

Dear Members,

It is with much regret that the club has decided to cancel all training sessions until further notice. This decision was taken with the benefit of advice from the government & England Athletics.

In addition all committee meetings have been cancelled whilst the AGM which was due on 19th March has been postponed.

Many competitions have also been cancelled including:-

- Midland Road Relays 21st March
- National Road Relays 4th April
- CSW 24th April
- YDL UAG 26th April
- HOE 3rd May
- Midland league 17th May & 7th June
- Warwickshire County Champs 30th & 31st May postponed
- County Open graded meetings cancelled/postponed until the end of June
- Four of the Warwickshire Road Race league events
- Midland Women's XC league AGM due 6th April postponed
- Entries for MCAA Senior & U20 Champs 27th & 28th June have been closed until the situation regarding their viability is known

In view of the lack of activity within the Club we have decided not to activate the new Club fee system until we can return to some normality. We shall therefore not be renewing athletes' registration with England Athletics at present. However if anybody wishes their registration to be paid for the year from 1st April you will need to pay us the £16 fee. To do this go to the 'Membership' tab on our website which will take you to our WebCollect page. Click on browse subs & go through procedure to add EA fee to your basket.

It is likely to be several months before the situation improves but please keep an eye on our website for updates. These may also come from your coaches.

We are in unprecedented times & have no idea when we can return to normal. But return we will & with more enthusiasm & appreciation for the sport that we love.

Try to do some exercise on a daily basis including stretching & drills in the back garden. If you go for runs make sure it is safe & don't get too close to people. Try not to touch surfaces while you are out but if you can't avoid it take a sanitizer with you. On return wash your hands with soap & water for 20 secs or more.

I wish you all the best of luck & hopefully we'll be back together soon.

Rob Pinton



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## **England U17 Indoor Championships**

Erin Troop recently competed at High Jump in the England U17 Indoor Championships at Sheffield. She had an excellent series of jumps & equalled her personal best of 1.60m to finish in a superb 8th place.

Well done Erin!

## **Training Courses**

Owing to the spread of coronavirus, all England Athletics qualification and development courses have been postponed and EA have issued the following statement:

Everyone who has booked onto a course will be sent an email asap informing them of the postponement and will be able to defer their booking. Where we can, we will attempt to continue with education via online methods (e.g. webinar, Skype etc). However, this may not be practically possible for all activities. Where not, the aim will be to re-schedule courses to a later date wherever feasible.

Information is continuously being updated so please check the EA website  
<https://www.englandathletics.org/athletics-and-running/news/coronavirus-statement/>



## **UK Inter Counties & British XC Champs at Prestwold Hall Loughborough 7th March**

This is the pinnacle of cross country running competition in the UK with athletes selected to represent their county against the best runners in the country.

The weather was kind & the course had recovered fairly well from the Midland Champs held here 6 weeks earlier.

Results for our athletes were:-

U17 Women Abigail Wheelhouse 216<sup>th</sup>; 6th for Warwickshire

U20 Men Prince Laryea 148<sup>th</sup>; 5th for Warks

U13 Girls Lily Huckerby 217<sup>th</sup>; 4th for Warks

U15 Boys Jack O'Leary 109<sup>th</sup>; 2nd for Warks

U13 Boys Daniel Wort 137<sup>th</sup>; 4th for Warks

U15 Girls Grace Golinski 176<sup>th</sup>; 4th for Warks.

They all gave of their best in this very competitive event.

Well done everyone.

Rob Pinton



## **WMYACCL at Wolverhampton 9th Feb 2020**

The conditions, particularly for the last 3 races, were atrocious. Gale force winds & driving rain. Not surprisingly the total numbers turning out were rather lower than normal. However we produced an excellent team performance to achieve our highest position of 7th this season out of 21 clubs. Our overall league position was 10th. The day's results were:-

U11 Girls 13th 324 pts Katie Anderton 27, Alana Brown 51.

U11 Boys 13th 190 pts Dominic Jones 12.

U13 Girls 7th 646 pts Lily Huckerby 20, Mia Conduit 32, Lily Conduit 48, Isla Barnes 58.

U13 Boys 7th 804 pts Daniel Wort 14, Matthew Bate 38, Ben Duncan 44, Robert Alms 49, Charlie Williams 56, Finley Williams 69.

U15 Girls 8th 640 pts Grace Golinski 7, Rachel Batchelor 27, Amelie Barnes 61, Emily Eva 69.

U15 Boys 6th 668 pts Jack O'Leary 6, Oscar Golinski 41, Tomas Maidment 42, Alex Tickner 48.

U17 Girls 13th 187 pts Abigail Wheelhouse 14.

U17 Boys 3rd 558 pts Dylan Murphy 4, Jenson Williams 15, Jay Fletcher 28.

Over the 4 match series Jack O'Leary was a top athlete finishing 3rd to receive the individual Bronze award. Well done to you all for performing so bravely in such testing conditions.

Robert Pinton





## **English National Cross Country Championships (Wollaton Park, Nottingham, 22/2/20)**

As expected the recent weather made the course challenging for all competitors.

Chris McLeod ran a superb race in the Junior men's race over 10km, finishing in 10th place in a time of 37:56, a great result Chris.

In the Senior men's race over 12km (which turned out to be 13km) we had a 6 man team. The individual results were: -

Mike Bracken was 717th in 58:08

Adam Cole was 770th in 58:58

Dan Allen was 1082nd in 1:03:50

Steve Howes was 1219th in 1:06:14

Paul Lloyd was 1314th in 1:08:07 &

John Dowd was 1584th in 1:17:33

There were 1710 finishers.

The team scored 6686 points which placed us 101st out of 115 clubs that finished a 6 man team, the last time we finished a 6 man team was 2017 which also happened to be at Wollaton Park.

A massive well done to all who competed on a very wet, muddy & smelly course, a big shout out to Stu for stopping to support us when he'd been there since 8:30 that morning, nice one Stu.

See you all soon, stay fit & healthy,

Steve