



Welcome to the September edition of the newsletter. I hope that you've all had a great summer and are feeling ready to face the winter! With darker mornings and evenings ahead, please ensure that you stay safe running, particularly if you are out on the roads. Wear light and reflective clothing to be seen and appropriate layers to keep you warm.

Remember as well as the monthly newsletter there's lots more information about the club on our website solihullac.co.uk and we're also on Facebook!

Yours in athletics,

Rob Pinton, Club Chairman

English Schools Track & Field Championships 2019

Selection for the English Schools Track & Field Championships is the aim of all school age athletes in the country and this year a total of eleven Club athletes managed to achieve this target!

Olivia Webber represented Warwickshire in IG 200m, coming 6th in her heat (26.06), Lily Saxon represented Hereford & Worcester, coming 5th in her 800m heat with a PB of 2:16.4. Ashleigh represented Somerset, coming 6th in the SG shot putt with 11.67m.

The others all represented the West Midlands: Arif and Adam Mohamed came 4th and 7th in their heats of SB 200m, 22.63 and 22.74 respectively. Personal Bests were secured by Chris McLeod 5th in SB 3000m in 8:32.4, Sophia Davila in IG 300m finishing 6th in her heat (41.76), Poppy Koumbilis in JG javelin finishing 11th (32.42m) and Jamie Russell in IB long jump finishing 12th (6.33m.) Erin Troop cleared 1.51 in the JG high jump finishing 14th. Adam Visram Cipolletta was 10th in IB triple jump (13.11m)



Congratulations to all these exceptional athletes!



New Members

A very warm welcome to 4 new members who have recently joined the club:

Charlotte Bamforth, Gabriel Eaves, Archie Mansell & Mai Mason.

Sportshall Athletics - 2019/20

Sessions for athletes in years 5 and 6 will be starting at Solihull College on Monday 30th September, once again we are over-subscribed with a long waiting-list of eager young athletes. We are taking part in the Birmingham Sportshall League, competing with teams from Birchfield, Halesowen and Royal Sutton Coldfield. The age groups are the same as Cross-Country, Under 11s years 5&6, Under 13s years 7&8, Under 15s years 9&10 (an all-rounder event) We shall select the Under 11 and Under 13 teams but need volunteers to take part in the Under15s. We can have ten athletes in each of the Under15 teams so please contact Lynne if you would like to take part this season. Remember you do one run, one jump and one Shot Putt or Speedbounce along with a Relay/Paarlauf.

Competitions are held at the North Solihull Sports Centre, Chelmsley Wood, starting at 5pm this year. Please make a note of the dates if you are hoping to take part.(Only 4 this season) Dates are :

Sat 2 November

Sat 11 January

Sat 15 February

Sat 14 March

Any older athletes looking for a volunteering opportunity will be welcome to help with Mondays' Indoor coaching with the Under 11s. Please contact Lynne if you are interested in helping.

Mike Bracken - Birmingham Half Marathon

Club member Mike Bracken will be running the Birmingham half marathon in October on behalf of his son Nathan who has Prader Willi Syndrome and as a tribute to his friend Martyn Newton who recently passed away unexpectedly. Mike's hoping to raise awareness of Prader Willi Syndrome, a rare condition causing insatiable appetite, and also the massive health benefits of undertaking running for physical and mental wellbeing. Mike's training for the event is going really well and he's recently improved his half marathon PB at Kenilworth to 77:15, and his 10k time to 35:25. We'd like to wish Mike the best of luck!

<https://www.greatrun.org/news-and-media/news/running-for-nathan-at-the-great-birmingham-run#T3YgqwhYEtMzRbmo.97>



Official Thanks

Once again I'm delighted to report that for the 2019 Track and Field season we managed to provide a full team of officials at every match in every league. Sadly, changes to YDL rules, now giving 8 points per qualified official and only 4 points for an unqualified helper, meant this did not always equate to maximum officials' points, but we did our best to score as many points as possible and made a significant contribution to team scores. More importantly, by fulfilling our own requirements and helping out other clubs who were short of officials, we ensured that all events took place and ran smoothly.

THANK YOU to everyone who has volunteered and given their time for the benefit of the athletes.

The change in scoring put extra pressure on our dedicated band of qualified technical officials who deserve a mention.

Field Judges:	Chris Lawrence, Terry Alcock, David Berrington, Annette Brown, Liz Woodward, Sally Cook, Michelle Moore, Freya Webb
Timekeepers:	Steve Webb, Stuart Albutt
Track Judges:	Michelle Giles, Andrew Webber, Emma McLeod

We are also indebted to our parent helpers. I shan't attempt to list you all but special mention must go to George Cappendell, Jennie Cox, Peter Hopewell, Amanda O'Leary, Stefan Robinson, Paul Whiston and Andy Woodley, who are always willing to step in, sometimes at very short notice, and are prepared to turn their hands to a variety of officiating roles. We couldn't have managed without you!

Hosting matches requires a great deal of work by a large number of people. In addition to our normal quota of officials, these include chief officials, clerks of the course, recorders, announcers and results runners. Parents of most athletes were roped in to help at CSW U12 meetings, again too numerous to mention, but thanks for filling some of the additional roles at major league fixtures go to Robert Davies, John Derry, Phil McDonald, Malcolm Payne and to Rebecca Freeman who did a fantastic job as Starter's Assistant.

Last but certainly not least, I'm sure you'd wish to join me in thanking the Team Managers, who have the unenviable task of selecting teams and coping with the many last minute changes of availability owing to injury, etc. They are:

Midland League – Robert Pinton
YDL U13/15 – Lynne Moody
YDL U17/20 – Sharon Jacks
Heart of England League Boys – Sue Taylor
Heart of England League Girls – Caroline Conduit
CSW U12 and Super 4 – Lynne Moody

We still need more qualified officials. If you think you might be interested in becoming a technical official, please feel free to contact me to discuss the options and keep an eye on the training course page of the Newsletter. More courses will be added in the Spring in readiness for the 2020 season.

Annette Brown
Officials Secretary & Training Officer sshacofficialssec@gmail.com



Training Equipment

Track fixtures and fittings are provided by the Leisure Centre but all other equipment used for training belongs to the Club. We are responsible for the safe and secure storage of this equipment in either the Portacabin or High Jump Shed, to which only we have access. These should be kept locked at all times. Please would coaches ensure that all equipment is returned to the correct storage location at the end of every training session and that the containers are locked. Athletes are expected to help with this but should not be given keys or the code to the shed.

In recent months, some expensive club equipment has gone missing. If items are left out after training, Leisure Centre staff cannot put them away for us and they are available for use and abuse by anyone at the track. As well as safety issues concerning throwing implements, we run the risk of things being broken, lost or stolen.

With the exception of vaulting poles, it should not be necessary for equipment to be taken from the track. However, if an athlete (with permission) or coach needs to borrow an item of equipment for training elsewhere, this should be recorded in the loans book that hangs inside the Portacabin. The item should be returned immediately afterwards.

Between us we need to ensure that all club equipment is kept safe and secure and is always available for use by as many of our members as possible. Thank you for your help with this.



Youth Development League Lower Age Group (Premier Division)

In spite of a very high level of competition, mainly from the bigger Clubs, our team managed to retain their place in this elite division for another season. This was thanks to a very talented and dedicated bunch of our Club athletes and I really couldn't be more proud of their achievements.

Our outstanding points scorer was Dan Scott (U13B) who was a consistent winner, managing to break the Club Record for 200m and 800m, equalling the 100m record which he later broke in a Heart of England Meeting. Under 15 Girls Poppy Koumbilis, Erin Troop (unbeaten in the high jump) , Eve Wynne-Jones, Grace Golinski, Sophie Williams, Rachel Batchelor, Jess Cox, Ava Edmeade with Sarah Gahan, Emily Eva and Eva Robinson all competed regularly with consistent places in the top positions and helped to secure our success. New athletes Christian Walker, Jayden McIntosh and Rio Cox provided impressive track and field results which supported our regular Under 15s James Lund, Dan Hawkeswood, Oscar Golinski, Oliver Swann, Will Jameson, and Jack O'Leary to form a strong all-round team, Luke Reid's great efforts in the Pole Vault gaining valuable extra points.

Regular success in the Sprints by Under 13 Girls Sophie Rafferty, Gracie-May Stubbs and Molly Weaver provided us with the nucleus of a good team, with regular support by versatile athletes Mia and Lily Conduit who managed to cover many other track and field events from hurdles (Mia & Rosie) to Middle-Distance, relay and long jump for both, as did Rosie Robinson, Flo Collins and Bella Rowbotham. The Under 13 Boys was a small but powerful team with Dan's domination on the track supported by good performances by Jake Evans, Lewis Thomas, Drew Woodley, James Campbell and Thomas Watson, who showed great improvement in the hurdles and shot as the season went on.

Though we shall be saying farewell to most of our current Under 15s who will become Under 17s next season I am hopeful that our athletes going into Y8 just now will be able to retain their successes and with the addition of Ezekiel, Dominic, Chloe and other talented athletes just entering Y9 , we should once again be able to hold our own in this prestigious Premier Division, alongside teams from Birchfield, Milton Keynes, Notts, Rugby and newly promoted Northants next season. Under 13 teams retaining Molly, Bella, Lily, Daisy, Harvey and Lewis should have a strong foundation too.

Sincere thanks to Chris Lawrence, Annette, Sally, Stuart, Steve, Freya, Amanda, Dave and Michelle for being our regular graded Officials who also earned us great points in all the Meetings and to all parents who helped out and supported us in every way! There never was such a Team Sport as athletics and SSHAC is one very powerful team!

Thanks to every athlete who competed for us in this League, every single point has counted! Please train as hard as you can this Autumn and Winter, it's going to be another challenging season in The YDL Premier Division in 2020!

Lynne
YDL LAG Team Manager



MIDLAND LEAGUE AT STOURPORT 4th AUG 2019

We produced a good team performance gaining 17 points more than our previous match where we finished 2nd. Unfortunately for us Leicester and K&S turned out much stronger teams and we finished 3rd on the day & missed out on promotion by one place.

There were some excellent individual results & these are detailed below:-

MEN

Martin Williams 100m 1st 11.1s, 200m 1st 22.9s

Gabriel Gennuso 100m B 1st 11.8s

Adam Visram Cipolletta LJ 1st 6.08m, 400m 2nd 52.1s, TJ 3rd 12.50m

Keelan Hopewell 800m 1st 1.59.6, 1500m 1st 4.17.0

Jay Fletcher 400m B 2nd 4.32.1

Mike Bracken 3000m 3rd 10.09.9

Tom Symmons 400H 2nd 62.3

4x100m 1st 46.6s (M.Mansfield, M Williams, A Visram Cipolletta, G Gennuso)

4x400m 4th 3.48.5 (T Symmons, Harry Fellows, J Fletcher, K Hopewell).

WOMEN

Olivia Webber 100m 1st 12.8s, 200m 1st 26.4s

Ellen Crockett TJ 1st 10.27m, LJ 2nd 5.02m, 100m B 2nd 13.6s

Sian Wyn-Jones 200m B 1st 28.0s, 400m 3rd 63.2s, HJ 3rd 1.40m

Lily Saxon 800m 1st 2.17.0, 1500m 1st 5.03.1

Sharon Masters 800m B 2nd 2.34.8

Evie Beard 300m 3rd 12.04.2, Shot 4th 7.88m, Discus B 1st 22.25m

Kate Whiston Discus 3rd 29.77m, Hammer 4th 28.23m

4x100m 1st 53.60 (O Webber, Charlotte Cappendell, E Crockett, S Wyn-Jones)

4x400m 3rd 4.40.8 (R Freeman, S Masters, S Wyn-Jones, L Saxon).

Special mention to those who achieved 2 individual wins as well as contributing to other events. They were Martin Williams, Keelan Hopewell, Olivia Webber & Lily Saxon.

Thank you all for your contributions to this match & the previous 3 & to Annette Brown & her officials. League competition is very much a team event & it is imperative to get the support of so many in order to achieve our aims.

Here's to greater success next year.

Rob Pinton



MIDLAND U15 & U17 T&F CHAMPS at Nuneaton 10th & 11th Aug 2019

There were only 9 athletes representing the Club at this major event but remarkably between them they won 6 Gold medals & 6 Silver. Brilliant.

The results were:-

UNDER 17 WOMEN

Lily Saxon 800m 1st 2.17.2

Olivia Webber 200m 1st 25.41s, 100m 2nd 12.45s

Maddy Whapples 300m 1st 42.03s

Abigail Wheelhouse 3000m 2nd 11.54.7

UNDER 17 MEN

Ben Clarke Shot 1st 11.37m, Discus 1st 29.47m, 100mH heat 4th 15.85s, 200m heat 5th 24.33s

Adam Visram Cipolletta TJ 1st 13.19m, 400H 5th 61.4s, 400m 6th 52.96s

UNDER 15 GIRLS

Rachel Batchelor 1500m 9th 5.22.9

Erin Troop TJ 2nd 10.72m, LJ 2nd 5.05m, HJ 2nd 1.50m

UNDER 15 BOYS

Henry Faizey 3000m 2nd 10.05.3

Some superb performances by our athletes.

Rob Pinton



Training Courses

The following courses are available locally. Other courses in various disciplines are being added so please look out for updates. More details can be found on the EA website <https://www.englandathletics.org/officiating/qualifications/track-judge/>.

Officials Level 1

28th September Field, Track, Timekeeper, Starter/Starter's Assistant, Photo Finish
Derby booking deadline 26th September

29th September Endurance, Risk Awareness
Walsall booking deadline 26th September

12th October Field, Track Cheltenham booking deadline 10th October

For these courses you must complete the Health & Safety module. This can be done online.

Leading Athletics

12th October Kenilworth booking deadline 11th October

10th November Cheltenham booking deadline 8th November

This workshop is an introduction to the coaching pathway and participants receive a certificate of attendance on completion.

Coaching Assistant

28th & 29th September Rugby booking deadline 27th September

19th & 20th October Tipton booking deadline 19th October

30th November & 1st December Loughborough University booking deadline 27th November

Athletics Coach – Days 1 & 2 of a 4 day programme

26th & 27th October Rugby booking deadline 18th October

Once booked the candidate must select their Day 3 & 4 event technical option – Endurance, Speed, Jumps or Throws. All 4 days must be completed.

Leadership in Running Fitness

29th September Gloucester booking deadline 27th September

5th October Burton on Trent booking deadline 3rd October

6th October Leicester booking deadline 3rd October

12th October Coventry booking deadline 11th October

9th November Tipton booking deadline 1st November

Regional Coach & Athlete Training Days

6th October Jumps Loughborough booking deadline 5th October

9th October Speed Loughborough booking deadline 8th October

25th October Speed HiPAC Birmingham booking deadline 24th October

3rd November Throws Nottingham booking deadline 2nd November

10th November Jumps HiPAC Birmingham booking deadline 9th November

13th November Speed Stourport booking deadline 12th November

England Athletics National Jumps Workshop inc. British Athletics Paralympic Pathway

26th & 27th October Loughborough booking deadline 18th October

Physical Preparation

10th November Alexander Stadium booking deadline 8th November

This workshop reinforces the key concepts introduced in Movement Skills workshops 1 & 2.

Event Group Training – Sprints & Hurdles, Endurance, Jumps, Throws

The Event Group Coach programme is designed to provide licensed Athletics Coaches with a greater understanding and awareness of the issues involved with coaching athletes at the Event Group Development stage. It is comprised of an online distance learning module and an in person 'Integration Day'.

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.