



Welcome to the March edition of the Club's newsletter. The start of the outdoor athletics season is nearly upon us with the first YDL meeting in April. There are also a number of open meetings taking place over the next few weeks (check the fixtures list) which provide an ideal warm-up opportunity before the league meetings start.

Yours in athletics,

Rob Pinton, Chairman

Telford Athletics Club Spring Warm-Up

Telford Athletics Club are hosting a Spring warm up meet on Wednesday 11th April 2018 from 7pm, minimum age 9yrs on the day. Details can be found on their website

www.telfordathleticclub.co.uk

Training as a Technical Official

Believe it or not, we shall soon be seeking officials and helpers for this summer's Track and Field season. With around 20 matches across the various leagues, lots of help will be needed and qualified club officials are in short supply. Now is the ideal time to train as an official in readiness for the start of the season. If you think you might like to get more involved, please see the list of training courses and contact Annette for more information. sshacofficialssec@gmail.com.

SPORTSHALL LEAGUE - MARCH 17TH 2018

This was our fifth and final sportshall competition and what an evening it turned out to be.

Solihull and Small Heath athletes once again did themselves extremely proud and came away overall winners of 5 of the age groups – U11G&B U13G&B U15B with the U15Gs finishing second behind Royal Sutton. U15B Adam Visram-Cipolletta won the U15 all-rounder and nominated by the Club 'The Betty Downs' award. Charlie Panayiotou was 3rd and U15G Izzy O'Malley 2nd and Amy Gemmill 3rd.

SSH also won an array of medals for season best performances, too many to mention!

There was a real battle on the night for the U13 girls, against Birchfield, as whoever won on the final night would have come away as overall winners. Stuart Paul kept that result right to the end and when announced SSH had won, the U13 girls were ecstatic! There was tremendous support all evening from athletes and parents.

Another great sportshall season, well done and thank you to everyone who competed this season. Huge thank you to all our Team Managers, officials, lap counters, timekeeper, scorers, field and track judges and helpers on the night whether selling raffle tickets, setting up or putting away equipment.

Outstanding Team of the Year

Congratulations to Maddy Whapples, Elliot Harris, Kaili Woodward & Mary Takwoingi who were presented, along with 3 others, with the County Champions award for 'Outstanding Team of the Year' for Borough Athletics & Cross-Country Teams. Maddy was also awarded an individual place on the 'Roll of Honour 2018' by the Sports and Physical Education Federation. for her contribution to athletics.



Team Managers' Reports

British Athletics Inter County Championships on 10 March 2018 at Prestwold Hall, Loughborough (Rob Pinton)

U13 Boys – H Faizey 80, J O’Leary 128
U15 Girls – L Saxon fell and DNF
U15 Boys – A Visram-Cipolletta fell but finished 245
U17 Boys – C McLeod 45, K Hopewell 143
U20 Men – L Boot injured DNS

Midland Counties Road Relay Championships 17th March at Sutton Park (Steve Howes)

Results from today's Midland 12 stage road relays as follows: -

Leg 1 Andy Kaar - long leg - 35th, 33:16
Leg 2 Adam Cole - long - 34th, 32:26
Leg 3 Chris Dix - long - 34th, 33:12
Leg 4 Paul Lloyd - long - 35th, 36:52
Leg 5 Steve Howes - short leg - 35th, 20:29
Leg 6 Richard Horne - short - 37th, 22:49
Leg 7 Nick Martin - short - 37th, 22:38
Leg 8 Mike Bracken - short - 35th, 19:31
Leg 9 Will Collins - short - 36th, 23:18
Leg 10 Cameron Brown - short - 36th, 21:33
Leg 11 - Peter Bacon - short - 34th, 20:13
Leg 12 - Graham Lawrence - short - 34th, 24:11



Mike & Nick in arctic conditions during the last mass start leg!

Our total time was 5:10:28; not only did we finish a team but we finished a creditable 33rd out of the 57 teams that started.

Today's race was in some fairly extreme weather conditions which in time will become legendary as the race that didn't get cancelled & we were there !

I think we all experienced bad weather at some point on our leg but I reckon Peter & Graham ran in the most severe weather, this was on top of being held for a considerable time in the pen waiting for the mass start.

Thanks for all your support today guys, great effort, see you after some warm weather training in Portugal,



SOLIHULL & SMALL HEATH A.C. Fixture List Summer 2018

April

14 Sat	National 12 & 6 Stage Road Relays	Sutton Park
15 Sun	Tipton Open	Tipton
21 Sat	YDL U13/15	Telford
22 Sun	Birchfield Open	Alexander Stadium
29 Sun	YDL U17/20	Stourport

May

5 Sat	HOE	Telford
6 Sun	Midland L	Stourport
12-13 Sat-Sun	Warwickshire County Champs	Nuneaton
19 Sat	YDL U13/15	Solihull
27 Sun	YDL U17/20	Stourport

June

2 Sat	Midland L	Burton
9 Sat	County Schools Champs	Various
10 Sun	Midland Senior/U20 Champs	Nuneaton
16 Sat	Schools Mason Trophy	
16-17 Sat-Sun	England U20/23 Champs	Bedford
17 Sun	YDL U13/15	Stourport
24 Sun	HOE	Rugby
30-1 Sat-Sun	British Senior Champs	Alexander Stadium

July

1 Sun	YDL U17/20	Solihull (hosted by B&R)
7 Sat	Midland L	Newport
8 Sun	HOE	Tilsley Park Radley
13-14 Fri-Sat	English Schools Champs	Alexander Stadium
21 Sat	YDL U13/15 Promotion Match	
28-29 Sat-Sun	England & CAU Senior Champs	Manchester
29 Sun	YDL U17/20 Promotion Match	

Aug

5 Sun	Midland L	Solihull (hosted by B&R)
11-12 Sat-Sun	Midland U17/U15/U13 Champs	Nuneaton
25-26 Sat-Sun	England U17/15 Champs	Bedford

Sept

8-9 Sat & Sun	YDL National Finals	
15-16 Sat-Sun	English Schools Combined Events Final	Boston



Training Courses

The following courses are available locally:

Officials Level 1

14 th April	Field, Track	Cheltenham	booking deadline 2 nd April
13 th – 27 th June *	Field, Timekeeper	Nuneaton	booking deadline 4 th June

* Please note: this course runs over 3 evenings (Field) or 2 evenings (Timekeeper)

Details [here](#)

Coaching Assistant

14 th & 15 th April	Gloucester	booking deadline 2 nd April
21 st & 22 nd April	Rugby	booking deadline 9 th April
2 nd & 3 rd June	Alexander Stadium	booking deadline 21 st May

Details [here](#).

Leadership in Running Fitness

15 th April	Burton on Trent	booking deadline 2 nd April
6 th May	Alexander Stadium	booking deadline 23 rd April

Other dates are available throughout the summer, a little further afield. A full list of courses can be found on the England Athletics website [here](#).

Coach in Running Fitness

12 th & 13 th May, 1 st July, 16 th September	Burton on Trent	booking deadline 30 th April
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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.