



Solihull & Small Heath AC Newsletter

Issue 9 November 2016

Welcome...

to the November edition of the Club's newsletter.

Unfortunately Rob Davies has decided to step down from all non-coaching roles at the club including the role of chairman. I have therefore agreed to step in as acting chairman for the time being. Hopefully Rob will be able to resume the role again soon and we look forward to welcoming him back.

We are very excited to be hosting our Annual Awards Evening this month (25th) and look forward to welcoming award winners, family members and our special guest Elliot Giles from Birchfield Harriers. If you haven't already got your tickets they will be on sale in the reception area at Norman Green/Tudor Grange each Tuesday and Thursday until 17th November.

Rob Pinton, Acting Club Chairman

Club Presentation Evening

25th November 2016

We are looking forward to welcoming our Award winners and family members to the Indoor Bowls Club (Brick Kiln Lane). We are also very excited about welcoming our special guest, Olympic athlete, Elliot Giles from Birchfield Harriers. Elliot is a 22 year old middle distance runner specialising in 800m. In January 2012 he had a serious motorcycle accident which prevented him from competing for 3 years but he worked his way back to fitness and 2016 proved to be his breakthrough year. After becoming 800m British Champion he was selected for the European Athletics Championship where he won a surprise Bronze medal, setting a new personal best (1.45.54), and ensuring his selection for the Olympics. We hope that he'll tell us something about his time in Rio.

Please aim to arrive around 7pm to choose your table; the buffet meal starts promptly at 7.30pm and will be followed by the awards presentation. Tickets are on sale in the foyer at Tudor Grange (details on your invitation).

2016 Warwickshire Road Race League

We had a good presence in most of the 12 races with the men's team coming 10th out of 20 teams. 4 of our runners managed to complete the necessary 7 events to feature in the end of season standings. Richard Horne finished a very creditable 14th in the very competitive MV45 category, finishing 5 places higher than last year. Graham Lawrence finished an excellent 2nd in the MV65 category. Heather Fooks finished 1st in the LV55 and finally Steve Howes had an excellent season and finished 1st in the MV55 category scoring maximum points.

Hopefully next year, we can get more of our runners taking part in 7 plus races, it's good fun and keeps you 'race ready'.

Birmingham Sportshall League

Solihull had a perfect start to the season following the first League Meeting with all six teams now leading their age groups. It is pleasing to see that all the other Clubs provided good competition on the night with the second places shared around between all the four remaining Clubs. Congratulations to all our 48 athletes who took part.

The Under 15s boys All-Rounder table is led by Max Vernon, Adam Visram-Cipolletta second, Jamie Russell third, all Solihull boys. There is almost a full team of Under 15 girls from every club which is going to make it another very competitive season. Tamworth's Lucy Wheeler is leading this with Halesowen's Iris Oliarnyk second and Birchfield's Lauren Bowman third, Kaili Woodward is lying fourth.

Solihull was responsible for organising the raffle this month. Between them, Max and Mary's mums, Anne and Yemisi collected a record total of £240 beating their previous best of £225 last year! It was a great team performance all round with many parents and coaches taking lead roles in ensuring the smooth running of the competition. We thank you all for this.

A nice tribute was paid to that stalwart of athletics Betty Downes who dedicated her life to Officiating and never missed a Meeting over many decades! Stuart Paul suggested that on the sound of the bell in the longer races we should all shout and raise the roof! I am sure Betty must have heard those shouts from her place in heaven!

New Members

The club welcomes 16 new members this month: Ben Sargeant, Katie Potter, Fred Scott-Cook, Lukas Osborne, Alexander Wong, Megan-Rose Wright, Daniel Wort, Ella Mae Forbes, Jorge Sanchez Mogollon, Ella Robinson, Robert Alms, Oliver Rice, Alfie Herriott, Grace Ann Jones, Lily Cole and Gracie-May Stubbs.



Berlin Marathon Report

Paul Lloyd had a good run in the Berlin Marathon finishing in a 3hrs, 32 mins. Well organised, with good zone allocation for different paced runners and with just over 41,000 starters it was a great event. The race started and finished in the centre of Berlin and runners completed their run through the Brandenburg Gate. Crowds along the route were fantastic providing lots of support and live music. It was a flat course with longer straight sections of road and less turns than the London Marathon. Race entry was just over twice the price of London and you did have to pay extra for a finisher t-shirt but they did provide free beer (alcohol free of course) to all finishers!

Paul's already thinking about taking part again next year and would definitely recommend it!



SSHAC Youth Committee Update

In 2011, we looked at the possibility of starting up a Youth Committee for members aged 14 – 18 years old, and took our inspiration from Nuneaton AC. The vision was not only to give the younger members a voice in the running of their club and the chance to give something back, but also give them an opportunity to experience how committees work. The first few meetings in 2012 were a learning curve, but then a regular group developed and the success of their first year took us all by surprise. They organised a well-attended fun day, took responsibility for the website and attended many of the full committee meetings to give feedback. They learnt skills such as communication, marketing, planning, organisation and team work and this all provided excellent evidence for college/university personal statements, CVs for part-time jobs and signing off DoE targets. Although another enjoyable fun day was held this year, the current members are not able to continue due to personal commitments, and they have struggled this year to get others to join.

So, unfortunately the Youth Committee has now folded, but hopefully those members who are now in the 13 to 14 age range will be willing to have another go in a year or two. The main committee would like to take this opportunity to thank all the young people in SSHAC who have been involved over the last 5 years and worked hard to make it work, and we look forward to working with a new Youth Committee in the future.

Training Courses

Leadership in Running Fitness

This 1-day course is available locally on the following dates:

27th November - Loughborough University,
(booking deadline 14th November)

10th December - Warwick University
(booking deadline 28th November)

15th January 2017 - Dudley Leisure Centre
(booking deadline 6th January)

Details [here](#).

Coaching Assistant

The course at Loughborough University on 19th & 20th November is now fully booked. The next course available locally will take place at Alexander Stadium on 7th & 8th January 2017, booking deadline 2nd January. Details [here](#).

This course is also available on 13th & 14th December in Cambridge.

Athletics Coach

There is a course being run at Loughborough University on 21st & 22nd January, 5th March and 7th May 2017. To attend you must be 18 or over 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 January. 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.



Solihull & Small Heath AC Newsletter

Issue 9 November 2016

Club Diary & Fixtures				
November				
5th	English National Cross Country Relays, Berry Hill Park, Mansfield			
12th	Schools Inter Counties		Birmingham Men's CC League, Venue TBC	Midland Women's CC League Leamington
19th	Midland 7m & 5m CC champs, Wollaston Park, Nottingham			
20th		West Midlands YACC League, Wolverhampton		
25th	Club Awards Evening			
December				
3rd			Birmingham Men's CC League, Plock Court, Gloucester	Midland Women's CC League, Welcombe Hills, Stratford
11th		West Midland YACC League, Perry Park		
January				
7th	Warwickshire CC Champs			
14th			Birmingham Men's CC League, Droitwich Spa High School	Midland Women's CC League, Wolverhampton
15th		West Midland YACC League, Abington Park, Northampton		
21st	West Midlands Schools CC Champs, Warley Woods			
28th	Midland Area CC Champs, Prestwold Hall, Loughborough			
February				
11th			Birmingham Men's CC League, Venue TBC	Midland Women's CC League, Warwick University
12th		West Midland YACC League, Aldersley Stadium, Wolverhampton		
25th	English National CC Champs, Wollaston Park, Nottingham			
March				
7th	Solihull Schools CC League, Old Silhillians			
11th	UK Inter Counties Champs, Prestwold Hall Loughborough			
15th	Solihull Schools CC League, Lighthall School			
18th	English Schools CC Champs, Norfolk County Showground			
21st	Schools Albutt CC Relay 2, St Peters			

SSHAC Presentation Evening 2016

on

Friday 25th November

at

Solihull Indoor Bowls Club

at 7pm for 7.30pm prompt start

Guest speaker Elliot Giles from Birchfield

(800m Rio competitor)



Tickets will be on sale from Sue Clements in the Norman Green reception area each Tuesday & Thursday from 7.30pm to 8pm starting Tuesday 25th October until Thursday 17th November, or contact her on 0121 705 7117. Smart casual dress code, please.

Award winners £10, guests £15 (including buffet)
Please make cheques payable to SSHAC.