



Solihull & Small Heath AC Newsletter

Issue 39 June 2020

Coronavirus Club Update

Unfortunately the sport is still in a dormant stage as far as normal competition & group training is concerned. In addition to the YDL, both the HOE & Midland leagues have cancelled their planned matches for this year although it is hoped that some competitions may take place by the end of the season.

Our AGM which was due in March was postponed & hopefully will be re-arranged for the autumn. The March & April committee meetings were cancelled but the May one took place on the 21st but on a virtual basis.

Some of you have renewed your Club membership on an annual or monthly basis & from this we have paid your EA affiliation. Others, at present, have just paid the EA affiliation to us of £15. To do this go to www.solihullac.co.uk & click on membership which will take you to our webCollect site & follow the instructions. If you have any problems contact Rob Davies (robvdavies@gmail.com) or Becky Freeman (sshac.membership@gmail.com) for guidance

England Athletics expects all athletes to renew their affiliation. We usually pay this when you renew your Club membership in April. For this year, in view of the circumstances EA has extended the renewal period until the 31st August.

Our annual Presentation evening has been booked for the 20th Nov but with the lack of T&F activity it is becoming less likely that this will take place as many of the awards are linked to the summer season.

The Norman Green track is not available for any training but I hope you are finding ways to safely maintain some level of fitness so you are not too rusty for when we eventually return to something akin to normality.

Take care.

Rob Pinton

Club Chairman

England Athletics – Free Athletes Handbooks

England athletics have made their athletics 365 Athletes Handbooks (1 & 2) available free of charge (normally £9.99) until 30 September 2020. The handbooks are designed to help athletes measure and record their progress and are suitable for children over 11 and adults. They provide information on how to complete challenges and fun activities at home. Just follow the link to get your free copy!

<https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/athletics-365-athlete-handbooks/>



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Coach Profile – Andy Webber (Under 20, Middle to Long Distance)

Many of you will recognise me from a Club night down the track, my name is Andy Webber and I coach Under 20 Middle to Long Distance, events ranging from 400m up to cross country. You may also recognise me from officiating at Track/Field Meetings or Cross country events for the club. I am a Level 2 Qualified Athletic Coach and Track Judge, the more astute of you may have also seen me competing for the club at Midland League meetings picking up points in Hammer, Javelin, Discus or Shot Putt. I've also helped the club out by running a 3 mile leg in Midland Road Relays and Midland 12 stage road relay championships.

What many of you probably are unaware of is my history with Solihull & small Heath AC. I competed in my first race for Solihull (when we were still Solihull AC) in July 1979 aged 15 running the 800m in 2.15 and my last race on 19th July 1986 at the Midland League (Warley) where I won the 200m (22.70), the 400m (48.10) and anchored the 4 x 400m relay to victory in 48.2. I only ran for 7 years as my career was cut short due to injury (two torn Achilles tendons). But in those 7 years I won 4 gold and 3 silver medals at the Warwickshire Champs and set 2 championship Best Performances. At the Midland Championships I won 3 gold medals and 2 bronze. At National Under 20 Level I finished 4th indoors over 400m and 2nd outdoors over 800m, won a bronze medal at English Schools for 4x100m and took 4th place in the 400m. I represented Midland counties on 12 occasions and England once. All this success won me full scholarship to Oklahoma State University in USA. I have personal bests of 100m 11.1, 200m 21.96, 300m 34.10, 400m 47.1 and 800m 1.50.4.

1983 was my best year for athletics where I started the season off with 4th place in National U20 400m, I won 2 Golds at the Warwickshire Champs over 400m and 800m, 2 Golds at the West Midland Schools Champs over 400m and 800m, 2 Golds at Mason's Trophy over 400m and 800m. In the Midland Champs I came 3rd in the Senior 800m and won the under 20's. I finished 4th over 400m English School (Derek Redmond came 2nd) and 3rd in 4 x 100m. I rounded the season off with 2nd place in National U20 800m and a full scholarship to the USA.

I took a Sabbatical from athletics for a few years, but when my daughter Louisa showed an aptitude for running I brought her down the track. It didn't take long for Mike Dolby to point out to Lynne Moody who I was and the experience I possessed, hence it didn't take long or much persuasion to get me involved in Monday night multi events and Sports-hall. This then progressed to helping Bernard Howell out with looking after the under 15's on the track, 6 months later Bernard started a new job and asked if I could take responsibility for the group for the next 6 months whilst he settled into his new job, 10 years later I'm still waiting for Bernard to come back. In those 10 years I have become a qualified official and Coach, and the group has grown from young kids competing for their schools to adults representing their country.

The photos below show my daughter Olivia and I at a Midland Road Relay (2019) and me on my way to second place in the National U20 Championships (1983).





Coach Profile - Stuart Albutt



I started running in my final year of Primary School, when a new PE teacher started a weekly race, around the grounds, in the summer term. At the time, I swam regularly but had never done any running and ended up coming second. When I moved to Alderbrook (yes, a very local lad), I was lucky enough to encounter a teacher who had recently started running longer distances and who set up a running club. From there, a group of us trained regularly, joined Sparkhill Harriers, who were based in Shirley at the time, and I guess that was the start of my formal training. The group was very successful and I personally won Schools, County and Area medals on the track and cross country, a silver medal in the Inter Counties cross country and came fifth in the English Schools, earning me selection for England Schoolboys.

I joined Solihull and Small Heath in 1984. As a senior, I have won League races, and represented Warwickshire and the Midlands over the country. In my late 20s I began to train with a mixed age group containing some very talented youngsters. The group was growing and I was getting injured more frequently, I began to lead some of the sessions when the coach couldn't attend, so I offered to become a coach. I started to coach the younger athletes earlier in the evening I also began to support the High Jumps coach, Mike Dolby with a Wednesday night conditioning session. Unfortunately, work and then family took me away from the sport in 2002. It wasn't until my daughter decided that she wanted to start running, about ten years ago, that I came down with her and began to help out. At the time, there was a big group of youngsters, so Andrew Webber and I took on a group of the older ones. After a couple of years, the coach of the youngest athletes had to work away, so I took on that group and have been coaching the group ever since. Working with the kids has also motivated me back into running myself and, after several years of niggles, last year I returned to racing, competing in my first cross country league for 19 years at the age of 52. However, these days it is the coaching that I get the most satisfaction from. Watching youngsters working hard, persevering, improving and watching them grow as people is a real pleasure. There have been a lot of highs and few lows and it's a role that you can always develop and learn in.

It's a great sport. It has the obvious health benefits, it's character building and you also build great friendships. I still see the friends and the coach I trained with at school and see many of the rivals I had over the years regularly at the races I attend.



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

This is the pinnacle of cross country running season 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 216th 6th for Warwickshire

U20 Men: Prince Laryea 148th 5th for Warks

U13 Girls: Lily Huckerby 217th 4th for Warks

U15 Boys: Jack O'Leary 109th 2nd for Warks

U13 Boys: Daniel Wort 137th 4th for Warks

U15 Girls: Grace Golinski 176th 4th for Warks.

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

Well done everyone.

Rob Pinton



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Team Birmingham Under 11s Crowned Regional Champions

Back on 1st March, a number of our most promising under 11 boys and girls represented Team Birmingham in the 'West Midlands Fun in Athletics Championships'. The athletes were selected to represent the Birmingham Sportshall League, along with the best athletes from Royal Sutton, BRAT, Halesowen and Birchfield, against teams from Warwickshire, Hereford and Worcester, and Shropshire. It was a thrilling competition involving a number of excellent performances from Solihull athletes. Both the under 11 boys' team and the under 11 girls' team were successful with the boys winning by 14 points and the girls winning by 11. The Birmingham girls dominated particularly on the track winning 6 of the 9 races and in the field Nikola Walsh won the Target Throw. Lottie Harden also finished second in the standing triple jump. The Birmingham boys had a number of top 3 finishes both in the field and on the track which generated some excellent points for the team, plus two individual winners in the field: Harrison Wibberley finished equal first the Speed Bounce and Thomas Sabine won the Target Throw in which Ben Watson also came second. Every single Solihull athlete was an absolute credit to the club and I would also like to thank the coaches, officials and parents for their incredible (and loud!) support on the day.

The athletes selected were:

Under 11 girls - Emily Cox, Neve Gerry, Lottie Harden, Winnie Parker, Evie Treadwell, Nikola Walsh and Josie Webb

Under 11 boys - Tom Fitzgerald, Dylan Hughes, Ashton Lance-Pencheon, Jed Redden, Thomas Sabine, Ben Watson, Harrison Wibberley and Isaac Williams

Phil McDonald
Team Manager





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Team Birmingham Regional Finals in March

A large proportion of the combined Team Birmingham was made up of our Solihull Club athletes in three out of four age groups. These teams fought incredibly hard and were rewarded with excellent results. The Under 13 Boys team soundly defeated athletes from Warwickshire, Shropshire and Hereford & Worcester with a points margin of 44, becoming West Midland Champions. The Under 13 Girls team and the Under 15 Boys teams were narrowly beaten into Runners-Up position by strong Warwickshire teams, by just 2 and 4 points respectively.

Each of those teams contained five Solihull athletes who all made a great contribution to the overall scores. The Under 13 Boys won all their Relays, Dan Scott won the 6 Lap race, with Drew Woodley second in Vertical Jump and Harvey Nelson third in Triple Jump. In the Under 13 Girls there were two Relay wins, Molly Weaver was second in the 4 Lap race and Triple Jump, Lily Conduit was second in the Speedbounce and third in the 2 Lap, Mia Conduit was third in Vertical Jump and 6 Lap and Kelani McIntosh was third in the Shot Putt.

Solihull made up the majority of the Under 15 Boys team, with five out of seven athletes, all of whom had some excellent performances. James Lund ended the day as West Midlands overall Runner-Up with second places in Speed Bounce and Triple Jump and Jayden McIntosh was third overall with a shot Putt win and third place in Long Jump. Rio Cox was second in the 2 Lap and Dan Hawkeswood headed a gold medal winning Relay Team.

Unfortunately the UK Finals which were planned in Sheffield have been cancelled, along with so many other annual events. Though I was in Sydney for the Regionals I know that this was a very exciting day of competition and I heartily congratulate all those selected and send my thanks to all those who worked hard to make this such a memorable event for the athletes and spectators alike!

The athletes selected were:

Under 13 Boys: Dan Scott, Drew Woodley, Thomas Watson, Harvey Nelson & Oran Keohane

Under 13 Girls: Molly Weaver, Lily Conduit, Mia Conduit, Kelani McIntosh & Gracie Stubbs

Under 15 Boys: James Lund, Jayden McIntosh, Christian Walker, Dan Hawkeswood & Rio Cox

Lynne Moody

A full resumé of the Birmingham Sportshall League will appear in the next Newsletter.

