



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

Official Thanks

It's been a very difficult year for officiating, made more challenging as a result of stricter requirements issued by UKA at the start of the season. These were soon followed by additional health and safety guidelines relating to throwing cages, following an injury to an athlete on track during a Hammer competition, which not only affected all Discus and Hammer events at some meetings but had a knock on effect on track and field timetabling and officials' duties.

Thanks to our small but select group of qualified technical officials and an equally small but dedicated team of regular parent helpers, we rose to these challenges and once again fielded a full team of officials at every meeting in every league. Some of our competitor clubs found it even more difficult than we did to provide officials so we were often called upon to supply extra officials and take on extra duties. Had we not been prepared to do so, events would have been cancelled.

In fact one event was cancelled but not for want of officials. At the YDL U13/15 Promotion Match our field team tried their best to make an extremely poor pole vault facility safe for competition but were forced to abandon it when they discovered a bees' nest in the bed!

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

You might remember in the May Newsletter I highlighted an officials' crisis. Thankfully this crisis has been averted for the time being but we still need more qualified officials in all disciplines to fulfil our quotas in the leagues and ensure competitions go ahead. Health and safety is critical in Athletics and UKA takes this very seriously so rules are likely to get tighter. I urge you to read Steve Webb's article and look at the list of courses on offer. More will be available early next year, before the start of the outdoor T&F season.

If you don't want to become fully qualified, we still need more parent helpers.

I look forward to hearing from you.

Annette Brown, Officials Secretary



Jon Russell

It was with great sadness that Committee members and friends attended the funeral of Jon Russell, father of Ben, Ollie and Jamie who have all been SSHAC athletes. Jon was a wonderful help to our Club in so many ways. He was a qualified Field Official, always keen to help out wherever he could. He was also incredibly helpful with coaching both in the sportshall and at Multi-Events whenever his work commitments permitted.

Always prepared to go the extra mile for the Club, sometimes literally, he even took part in events when we needed points to avoid relegation, running 3000m on one occasion. We did indeed escape relegation! When we needed a team manager for the Under 13 Birmingham Boys Team in Manchester Jon was there and very proud when they became UK Champions!

A real trooper and a lovely man! Our sincere condolences go out to all Jon's family.

YDL Lower Age Group

Well we did it!

We won the Promotion Match by a good margin and, along with Amber Valley & Erewash who came second, we shall be back in the Premier Division in 2019! We actually won our Division by a huge margin in all three Meetings, at least 200 points ahead of the team that came second each time.

Athletes in both age-groups played their part, as did parents and others who acted as our Officials. A big thank you to Annette for organising these and, as ever, leading from the front.

A special mention to the Under 15s who are going up to Under 17s next season, most of them have been competing for us for four years. Thanks to Charlotte, Lily, Abbie and Abi, Ben, Charlie, James, Will, Cameron, Joe and Jay, we certainly couldn't have done it without you!

Thanks also to all the other Under 15s and Under 13s who made a great contribution to our success. Keep training hard as it will be tough up there and we certainly don't want to go down next year!

Lynne

School Games 2018

Congratulations to Maddy Whapples who was selected for the 4x300m relay team for the England Midland Team at this year's School Games which took place at Loughborough 29th August - 1st September.

Codes of Conduct

As an affiliated club, we should conform to UKA Codes of Conduct for Athletes, Coaches, Officials, Parents and Team Managers so please take the opportunity to familiarise yourself with those that apply to you. They can be found on the UKA website [here](#).



Training Courses

The following courses are available locally:

Officials Level 1

3 rd Oct 6.30-8.30	Health & Safety	Rugby *	booking deadline 28 th Sept
10 th Oct 6.00-9.00	Track	Rugby *	booking deadline 3 rd Oct
17 th Oct 6.00-9.00	Timekeeper	Rugby *	booking deadline 10 th Oct
24 th Oct 6.30-9.00	Starting & Starter's Assistant	Rugby *	booking deadline 17 th Oct

* Please note: these courses run on Wednesday evenings. If you have not already done the H&S module you will need to attend this as well as one other technical module of your choice.

7th October Starter's Assistant, Timekeeper Cheltenham booking deadline 24th Sept
Details [here](#)

Coaching Assistant

29th & 30th September Gloucester booking deadline 17th September **

** There are still places available.

20th & 21st October Alexander Stadium booking deadline 8th October
10th & 17th November Oxford booking deadline 26th October

Details [here](#).

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

27th & 28th October Alexander Stadium booking deadline 15th 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. Details [here](#).

Leadership in Running Fitness

7th October Leicester booking deadline 24th September

21st October Nottingham booking deadline 8th October

11th November Alexander Stadium booking deadline 29th October

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.



Team Manager Reports

MIDLAND LEAGUE at Solihull 5th August

WOMEN

Maddy Whapples	100m 1 st 12.7, 200m 1 st 25.7
Olivia Webber	100m B 1 st 13.4, 200m B 1 st 27.3
Mary Takwoingi	400m 1 st 60.3.
Sophia Davila	400m B 2 nd 61.8
Amy Burton	100H 2 nd 19.2 400H n/s 77.9
Amy Gemmill	400H 3 rd 75.7.
Sophie Lyndon	400H B 2 nd 85.0, TJ B 2 nd 9.33, HJ 4 th 1.35
Sharon McGarry	800m 5 th 2.40.4
Jennifer Albutt	800m B 2 nd 2.43.2
Paula Gowing	3000m 3 rd 12.46.8
Becky Freeman	3000m B 3 rd 13.10.0
Ashleigh Bailey	LJ 1 st 5.32, Shot 3 rd 9.91, JT 7 th 22.82.
Kaili Woodward	LJ B 1 st 5.15.
Michelle Moore	PV 1 st 2.30, TJ 5 th 9.64, HJ B 2 nd 1.30, HT B 6 th 14.80.
Imogen Smith	PV B 2 nd 1.70.
Kate Whiston	DT 1 st 30.43, HT 4 th 29.31, SP B 7 th 6.28, JT B 6 th 15.70.
4x100	5 th 54.1 (M Moore, A Burton, F Webb, O Webber).
4x400	1 st 4.13.3 (M Whapples, J Albutt, S Davila, M Takwoingi).

MEN

Sam Hall	100m 5 th 11.9, 200m 4 th 24.5, LJ B 2 nd 5.70
Arif Mohamed	400m 1 st 51.1.
Adam Mohamed	400m B 2 nd 53.2
Adam Visram Cipolletta	800m 5 th 2.01.5, TJ 2 nd 13.17
Tom Symmons	800m B 3 rd 2.15.7
Harry Fellows	1500m 5 th 4.37.2
Jorge Sanchez Mogollon	1500 B 4 th 5.03.0, 3K B 4 th 11.38.0, SP B 5.65, JT B 7 th 9.39.
Mike Bracken	3000m 6 th 10.51.1.
Jamie Russell	LJ 3 rd 5.91, HJ 2 nd 1.65, JT 7 th 27.08.
Ben Clarke	HJ B 3 rd 1.55, SP 7 th 8.99, DT 7 th 19.70.
Stuart Albutt	DT B 7 th 13.80, HT 7 th 13.98.
4x400	7 th 3.53.4 (S Hall, J Russell, J Sanchez Mogollon, A Visram Cipolletta)

On the day we finished 5th with the women in 2nd place only 11 points off 1st position. Unfortunately this was not enough to avoid relegation but it was the best performance of the season. Thank you all for what you have done & let's hope we can get more athletes competing regularly for us in this league next season so we can gain promotion. Rob.



MIDLAND CHAMPS at Nuneaton 11/12 Aug

U17W

Maddy Whapples 200m 2nd 24.86, 300m 1st 40.47

Kaili Woodward LJ 4th 5.17

U17M

Elliott Harris 100H 2nd 13.49 (Club Record 13.40 in heat)

Adam Visram Cipolletta 800m 4th 2.00.4, 400m heat 6th 52.84

Sam Hall LJ 7th 5.43, 200m heat 6th 24.3, 400m heat 6th 52.84

Ben Clarke Shot 2nd 11.42, Discus 3rd 28.10

U15G

Erin Troop LJ 1st 4.97, HJ equal 1st 1.45

Lily Saxon 300m 3rd 43.90, 3000m 4th 10.57.88 (Club Record)

Poppy Koumbilis Discus 3rd 19.47, Javelin 9th 25.02, 75H heat 5th 13.44

U13G

Eva Robinson Shot 4th 6.94, LJ 15th 3.55, 100m 7th in heat 16.0, 600m 7th in heat 2.17.54

From just 10 athletes we won a total of 9 medals. Well done to you all but special congratulations to Erin Troop & Maddy Whapples for winning the Gold awards.

Results

Please check out the website (<http://solihullac.co.uk/>) for all the results from these fixtures