



Welcome to the February edition of the Club's newsletter. The outdoor athletics season will soon be underway and we're looking for volunteers to train as technical officials to help out at meetings. This is a fun and rewarding way of getting involved so if you think you can help please contact Annette Brown for more information. We are also looking for someone to take the minutes at the monthly committee meeting - please let us know if you're interested.

Yours in athletics,
Rob Pinton, Chairman

Annual General Meeting

Everyone's welcome to attend the Club AGM on Thursday 15th March 2018 at 8 pm (after training), in the Meeting Room at the Leisure Centre.

If you are over the age of 14 and a paid up Club member you are entitled to vote, the meeting usually lasts about 40 minutes.

Time Trials for Club Athletes

Monday 26th March 6.30-8pm

Athletes from school years 5, 6, 7, 8 & 9 are invited to attend the club time trials. (New athletes from Y10 & 11 may also attend.) Distances will include:

75m/100m; 150m/200m; 600m/800m

No coaching will be given on that evening. After warm-up and drills athletes will be timed in age-groups. Please bring warm clothing and a drink

Normal track charges apply. (£2.60)

English Schools Cross Country Championship

Congratulations to Henry Faizey (Junior Boys) and Lily Saxon (Junior Girls) who have been selected to represent Hereford & Worcester at the English Schools Cross Country Championships. For the West Midlands congratulations on selection go to Katherine Scott & Annabel Dalby (Inter Girls); Adam Visram Cipolletta (Inter Boys); Chris McLeod, Keelan Hopewell, Harry Fellows & Thomas Symmons (Senior Boys).

Good luck everybody!

Age Group National Indoor Champs & Midland Counties Indoor Champs

Congratulations to Elliot Harris, U17 Boys 60m Hurdles and Madeleine Whapples, U17 Girls 300m who both reached the finals and achieved PBs at the Age Group National Indoor Championships which took place in Sheffield last weekend.

Congratulations also go to Cameron Caines who took Bronze in the U15 Boys 60m at the Midland Counties Indoor Championships achieving a PB in the process.



Fun in Athletics

The Under 11 Girls from Birmingham were Runners-Up and the Boys became County Champions at a recent Fun in Athletics Competition. County teams from Warwickshire, Shropshire, Staffordshire, Hereford and Worcester joined the team representing the Birmingham Sportshall League in a thrilling competition. Solihull athletes made up the majority of both teams and included Cora Reilly, Gracie-May Stubbs, Megan Wright, Sophie Rafferty, Lily Cole, Mia and Lily Conduit, Bethany Tomlinson, Olivia Cooper, Drew Woodley, Zarian Peace-Minihan, Jack Burton, James Campbell, Thomas Watson, Charlie Williams, Raees Yunis and Teghan Ballentyne.



Well done everyone!

Volunteer Needed

Would anyone like to join the Committee to take the minutes at meetings? The Committee meetings are held monthly on the 3rd Thursday of the month after athlete training sessions, at the Parkwood Leisure Centre (Norman Green) from 8 pm until 10 pm. Usually between 8 and 12 people attend and the minutes are then distributed by email. It is a good opportunity to meet the other volunteers who run the Club and to find out what is happening. Can you help?

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.



Team Managers' Reports

West Midlands Schools Cross Country Championships, 20/01/2018 (Rob Pinton)

Yr7 Boys	J O'Leary	1st	T Maidment	4th		
Yr7 Girls	T Jardine	18th	E Churchill	28th		
Jun Girls	A Wheelhouse	10th	A Llewelyn	11th	S Williams	20th
	E McGrath	29th				
Jun Boys	J Fletcher	7th	J Dunleavy	12th	J Masterson	16th
	E McMahan	19th	O Swann	24th	T Boake	27th
Inter Girls	K Scott	7th	A Dalby	8th	M Takiwongi	16th
Inter Boys	A Visram Cipolletta	5th	T Batchelor	27th		
Sen Boys	C McCleod	1st	K Hopewell	3rd	H Fellows	7th
	T Symmons	8th				

Midland Championships, 27/01/2018 at Wollaton Park (Rob Pinton)

U13 Girls	G Golinski	52nd	T Jardine	114th		
U13 Boys	H Faizey	6th	T Maidment	27th		
U15 Girls	A Wheelhouse	62nd				
U15 Boys	A Visram Cipolletta	21st	J Dunleavy	76th	J Fletcher	98th
U17 Boys	C McCleod	6th	K Hopewell	13th		

Midland Area Cross Country Championships at Wollaton Park (Steve Howes)

Junior Men

Louie Boot 10th 29:15

Senior Men

Adam Cole 102nd 49:10

Mike Bracken 170th 52:50

Steve Howes 247th 56:25

Paul Lloyd 265th 57:13

Well done to everyone on a tough course



Birmingham Men's Cross Country League at Aldridge, 10/02/2018 (Steve Howes)

Our individual results were as follows: -

Louie Boot	1st	35:41	finally getting that 1st place & almost 1 minute clear of 2nd
Adam Cole	10th	39:19	achieving his personal goal of top 10 finish in all league races
Mike Bracken	19th	40:34	not bad for his only league race of the season
Chris Dix	24th	40:45	his best position in all 4 league races
Harry Fellows	34th	41:52	a massive improvement on his previous races & on just 10 miles a week training!
Peter Bacon	47th	42:42	another great improvement & starting to get his old form back
Steve Howes	60th	43:46	just the 1 place higher than the last race
Paul Lloyd	62nd	43:53	another big improvement in position, the London marathon training is paying off
Richard Horne	127th	50:25	consistency is the key, exactly the same position as the previous race
Ben Sales	167th	60:43	no sprint finish this time but pleased to have done all 4 races

Our team score on the day was 135 points, our best of the season by a long way which placed us 2nd on the day. In the league series we finished 6th out of 18 teams.

Individual placings of note were Louie Boot 2nd overall & 1st Junior, Adam Cole 7th overall, Chris Dix 29th overall, Harry Fellows 2nd Junior.

Thanks for the great shouts of encouragement during the race from Chris Fellows, Mr & Mrs Fellows, Steve & Sandra Boot.

On behalf of all the team I'd like to express our thanks to Andy Webber who has been at all the races as our volunteer official.

Overall it was a great way to finish the league season and shows we have the potential to push for promotion next year. My sincere thanks for all your support.



West Midlands YACCL at Wolverhampton on 11/02/18 (Rob Pinton)

Solihull were 9th out of 20 clubs with 4138 points. Best overall league positions:

Individuals:

Chris McCleod - 1st, U17 Boys

Henry Faizey - 2nd, U13 Boys

Keelan Hopewell - 6th, U17 Boys

Teams:

U17 Boys - 2nd

U13 Boys - 4th

U11 Girls			E Swann	103rd				
U11 Boys			D Wort	66th				
U13 Girls	10th	580pts	G Golinski	20th	S Williams	57th	T Jardine	73rd
			A Steele	74th				
U13 Boys	3rd	907pts	H Faizey	2nd	J O'Leary	18th	O Golinski	25th
			T Maidment	26th	Jamie Eden	27th		
U15 Girls	6th	815pts	A Dalby	19th	A Wheelhouse	23rd	K Scott	28th
			S Storey	57th	A Jackson	63rd		
U15 Boys	7th	541pts	A Visram Cipolletta	5th	D Murphy	14th	J Fletcher	45th
U17 Girls	9th	476pts	E Crampton	37th	E Cyprus	42nd	E Bolton	48th
U17 Boys	2nd	586pts	C McCleod	1st	K Hopewell	5th	J Cavens	11th
			T Symmons	27th				



Training Courses

The following courses are available locally:

Officials Level 1

25th March	Field, Track, Timekeeper	Stratford-u-Avon	booking deadline 12 th March
14 th April	Field, Track	Cheltenham	booking deadline 2 nd April
13 th June	Field, Timekeeper	Nuneaton	booking deadline 4 th June

Details [here](#)

Coaching Assistant

17 th & 18 th March	Northampton	booking deadline 5 th March
14 th & 15 th April	Gloucester	booking deadline 2 nd April

Details [here](#).

Leadership in Running Fitness

17 th March	Warwick University	booking deadline 5 th March
15 th April	Burton on Trent	booking deadline 2 nd April
6 th May	Alexander Stadium	booking deadline 23 rd April

A full list of courses can be found on the England Athletics website [here](#).

Coach in Running Fitness

17 th & 18 th March, 28 th April, 7 th July	Gloucester	booking deadline 5 th March
12 th & 13 th May, 1 st July, 16 th September	Burton on Trent	booking deadline 30 th April

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.



THIRTY EIGHTH ANNUAL GENERAL MEETING

Thursday 15th March 2018 at 8pm in the Meeting Room, Tudor Grange Leisure Centre

Dear Member,

Notice is hereby given that the Thirty Eighth Annual General Meeting of Solihull and Small Heath Athletic Club will be held at 8pm on Thursday 15th March 2018 in the Meeting Room at Tudor Grange Leisure Centre.

We very much hope you will join us on the 15th March, please email apologies to the Honorary Secretary at sshachonsec@gmail.com

Yours sincerely,

Susan Owen
Honorary Secretary

AGENDA

1. Apologies
2. Minutes of the Thirty Seventh Annual General Meeting
3. Chairman's Report
4. Treasurer's Report and Accounts for 12 month period ending 31st January 2018
5. Election of Officers
6. Election of not more than eight additional members to sit on the Committee
7. Election of Delegates to Committees of Governing Bodies
8. Election of Honorary Life Vice Presidents
9. Any Other Business