



WELCOME

A warm 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 as we head into the Autumn months, 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

Thanks and Congratulations to our Officials and Helpers

Thank you to everyone who has officiated at Track and Field meetings this summer. In a season in which several of our rival clubs have struggled to find officials and meetings have been at risk of cancellation as a result, I am pleased to report that we have once again provided our full complement of officials at every meeting in every league – YDL U13/15, YDL U17/20, Heart of England, Midland, CSW U12s and Super 4 – 17 fixtures in total, four of which we hosted. Not only have we fulfilled our own commitments but thanks go to our officials and parent helpers who have taken on extra duties to help other clubs. Special thanks must go to Liz Woodward. Liz attended a Field Official's training course at the end of last year and set out to gain experience for accreditation at Level 1. She has officiated at so many meetings this summer she's in a position to apply for Level 2 accreditation! We certainly couldn't have managed without her.

Congratulations to Chris Lawrence on being selected to officiate at the 2017 World Athletics and World Para Athletics Championships. Michelle Giles and Chris Belcher gained Level 3 accreditation in Track Judging and Timekeeping respectively at the end of last season and have been busy utilising their skills both for the club and at higher level meetings. Chris has moved to pastures new but we are fortunate to have acquired another able and enthusiastic Timekeeper, Steve Webb, who has recently gained his Level 1 licence. Well done Steve!

The club still needs more qualified officials in all disciplines so if you would like to join us please see the item on Training Courses. It would be great to have you on the team.

Annette Brown - Officials Secretary



SSHAC November Presentation Evening

Plea for help in October 2017

Several people are involved in organising the Presentation Evening, and Sue Clements usually co-ordinates these processes. However, due to family commitments, she is not available this year, so we are looking for a volunteer to be the named contact and undertake the tasks listed below:

1. In September, the team managers and coaches agree who will receive an award. Sue will then email letters in October to the winners, and other letters to last year's winners to collect the trophies back. She has already prepared the master letters and just needs to add your name, email address and phone number as the contact.
2. You then need to be in the reception area of the TG Centre every Tuesday and Thursday, between 7.15 and 8pm, for about 5 weeks ready to sell tickets and collect the trophies.
3. When the deadline for selling tickets has past, contact the caterer (already booked) and confirm the final numbers, and confirm details with the venue (also booked).
4. The trophies then need to be cleaned – some of the trophies come back clean and only need buffing before the evening, but some come back in a poor state.
5. You will then need to liaise with Becky Freeman who will take the trophies the week before the Presentation Evening to allocate to the winners.

If you are able, there are also tasks on the actual night:

1. Arrive at the Bowling Club at 5pm and set out the tables and chairs.
2. Help Lynne Moody set out the trophy table.
3. Help clear up at the end of the evening, to make sure the room is vacated by 11pm.

If you would be willing to help this year, please contact Sue for further information on

0121 705 7117 or email Susan_clements@hotmail.com



Results Roundup

Warwickshire Graded Open Meeting, Leamington 2/8/17

Maddie Whapples set a new club record of 40.58s in the U15 Girls 300m. At the time, this ranked her 1st in England and 2nd in the UK. Well done Maddie!

Midland League, Stourport 5/8/17

We finished 6th but just 1 point below 5th with 283 points. However this was 28 points more than the last meeting where we finished 5th! Our final league position was 4th. The best performances were:

Men				Women			
100	G Gennuso	3rd	11.4	100B	R Padbury	2nd	13.5
100B	I Idris	3rd	11.6	200	S Wyn-Jones	3rd	27.4
200	I Idris	4th	24.0	200B	E Smikle	3rd	29.2
200B	S Hall	3rd	24.3	400	S Wyn-Jones	3rd	64.1
400	M Mansfield	4th	54.5	400B	E Smikle	3rd	66.4
800	T Symmon	5th	2.08.0	LJ	K Woodward	1st	5.21
1500	J Sanchez Mogollon	4th	5.01.8	LJ B	E Crockett	1st	4.66
1500B	S Howes	3rd	5.27.7	TJ	E Crockett	1st	10.45
3000	C McLeod	2nd	9.06.0	TJ B	M Moore	2nd	8.98
3000B	M Bracken	3rd	10.57.8	HJ	K Woodward	1st	1.58
4*100		2nd	46.4	HJ B	M Moore	1st	1.30
4*400		4th	3.50.4	PV	M Moore	1st	2.00
				SP	K Whiston	4th	7.47
				DT	K Whiston	3rd	30.74
				4*100		2nd	54.6
				4*400		4th	4.51.6

Midland U15 & U17 Championships, Nuneaton 19th-20th August

Mary Takwoingi was our star performer winning Gold in the U17 Women's 300m clocking a personal best of 40.48 and ranking her 1st in the West Midlands region. Other results:

U15 Boys	A Visram Cipolletta	1500m	3rd	4.23.46
		800m	4th	2.07.02 (Semi = 2.05.24)
		H.J	2nd	1.55
		L.J	2nd	5.73
	J Russell	L.J	9th	4.97
		Shot	2nd	10.6
U17 Women	K Woodward	L.J	5th	5.19
		H.J	4th	1.55
U17 Men	C McLeod	3000m	3rd	8.52.43
	K Hopewell	1500m	2nd	4.08.20



Training Courses

Course availability to the end of the year is as follows:

Officials Level 1 – Track, Field, Timekeeper, Endurance, Starter’s Assistant, Photofinish
8th October Leamington Spa booking deadline 25th September
(Track only. Unless already done, would need to attend H&S on another date.)
4th November Derby booking deadline 23rd October
(Track, Field, Timekeeper, Starter’s Assistant, Photofinish)
Details [here](#)

Coaching Assistant
7th & 8th October Gloucester booking deadline 25th September
21st & 22nd October Alexander Stadium booking deadline 9th October
18th & 19th November Loughborough University booking deadline 6th November
25th & 26th November Gloucester booking deadline 13th November
Details [here](#).

Athletics Coach
The course at Alexander Stadium on 28th & 29th October 2017, 9th December 2017 and 10th March 2018 is fully booked.

Leadership in Running Fitness
Course availability to the end of the year is as follows:
8th October Leicester booking deadline 25th September
15th October Oxford booking deadline 29th September
22nd October Nottingham booking deadline 9th October
11th November Alexander Stadium booking deadline 30th October
10th December Warwick University booking deadline 27th November
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.



Fixture List Winter 2017/18

Sept

14 Thurs	Solihull Schools CC League	Smiths Wood
19 Tues	Solihull Schools CC League	Langley
23 Sat	Midland 6 & 4 Stage Road Relays	Sutton Park
23 Sat	Midland Young Athletes Road Relays	Sutton Park
27 Wed	Schools Albutt CC Relays 1	

Oct

7 Sat	National Senior & YA Road Relays	Sutton Park
15 Sun	West Midland YACC League	Hatton
21 Sat	Midland C.C. Relays	Wolverhampton

Nov

4 Sat	English National CC Relays Schools Inter Counties	Berry Hill Park, Mansfield
11 Sat	Birmingham Men's CC League	
11 Sat	Midland Women's CC League	Coundon Park, Coventry
18 Sat	Midland 7m & 5m CC Champs	Bulwell Park, Nottingham
19 Sun	West Midland YACC League	Warley Woods

Dec

2 Sat	Birmingham Men's CC League	
2 Sat	Midland Women's CC League	Stratford Upon Avon
10 Sun	West Midland YACC League	Perry Park

Jan

6 Sat	Warwickshire CC Champs	
13 Sat	Birmingham Men's CC League	
13 Sat	Midland Women's CC League	Cofton Park
14 Sun	West Midland YACC League	Abington Park, Northampton
20 Sat	West Mids Schools CC Champs	
27 Sat	Midland Area CC Champs	Wollaton Park, Nottingham

Feb

10 Sat	Birmingham Men's CC League	
10 Sat	Midland Women's League	Wolverhampton
11 Sun	West Midland YACC League	Aldersley Stadium, Wolverhampton
24 Sat	English National CC Champs	Parliament Hill

Mar

7 Wed	Solihull Schools CC League	Old Silhillians
10 Sat	British Inter Counties Champs	Prestwold Hall, Loughborough
13 Tues	Solihull Schools CC League	Light Hall
17 Sat	English Schools CC Champs	
20 Tues	Schools Albutt CC Relays 2 Midland 12 & 6 Stage Road Relays	St Peters Sutton Park