



*Welcome* to the latest edition of the Club's newsletter. The track and field season is now well under way and we need your help - we desperately need more officials to help out at meetings. Please do read the article by Annette and get in touch if you think you can help.

Yours in athletics,

Rob Pinton, Club Chairman

## KNOWLE FUN RUN

Congratulations to Jack O'Leary and Grace Golinski winners of the Junior Boys and Junior Girls Awards at the Knowle Fun Run on 20th May. They were joined by Tomas Maidment and Oscar Golinski to secure the Team Award too! So good to see our Club being represented in this way!



## CLUB KIT

A new delivery of vests and crop tops is expected soon. The cost of Club vests is now £15 following an increase in the cost of manufacture. Crop Tops are available for £20. Please ask your Coach or Team Manager if you are interested.

A sample of sizes of Club 'hoodies' should be arriving soon for you to try before you order! They vary in price between £14 and £18 depending on the size. These will be available to order from Sportology. Details will be given for ordering when you try them. Available to Club athletes to try on Mondays and Thursdays once we have them!



## Officials' Crisis – How Can You Help?

First I should like to thank all the qualified officials and parent helpers who have contributed to the running of meetings so far this year. As always, this has fallen to the same few people.

Our U13/15 team has won the first two matches in its YDL division by a large margin and looks set to qualify for the Promotion Match on 21<sup>st</sup> July. **However, we are facing the prospect of being unable to send a team for lack of officials!**

For each league meeting, every club must provide one timekeeper, one track judge and five field judges. When hosting a meeting, as we did on 19<sup>th</sup> May, the host club must also provide the Meeting Organiser, Match Recorder, Announcer, Starter, Starter's assistant, Chief Timekeeper, Track Referee, Field Referee, Clerk of the Course and other helpers. With seven clubs per division, that's 58 officials to run a meeting. Without these, events or whole matches would have to be cancelled. As an incentive, clubs are awarded points for providing their quota of officials and deducted points if they are unable to do so. For YDL matches we can gain a total of 55 points for officials – equivalent to almost 8 event wins. For Heart of England League matches 84 officials' points are available.

This year UKA and Power of 10 have tightened the rules regarding the number of officials that must be qualified. Our Club has only a small number of fully licensed officials (all of whom are volunteers). For various reasons, some of these are currently unavailable and our higher graded officials are in demand for national and international meetings. Even if we were prepared to sacrifice team points, we cannot rely on other clubs to provide officials for us, as they are in a similar, if not worse, position.

We desperately need more people to train and qualify as Technical Officials in all disciplines – Track, Field, Timekeeper, Starter/Starter's Assistant. This is not an overnight job and requires commitment. If you think it might interest you, a relative, or friend, please get in touch and have a chat with me or one of our other qualified officials to find out what's involved. Better still, Midland Counties Athletic Association is offering a Taster Day at the Senior and U20 Championships on 10<sup>th</sup> June. All details of this and courses available can be found on the Training Courses page of this newsletter. Athletes make good officials and can train if they are over 14.

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



## Team Manager Reports

### BOYS' HEART OF ENGLAND

#### SATURDAY 5<sup>TH</sup> MAY – TELFORD AC

I would just like to thank each and every one of our athletes for taking part in the first HoE meeting at Telford. It was an extremely, (dare I say), hot day, and there were many red faces and tired athletes by the time we went home. Some of the U11s had attended Quad Kids the evening before and two U17men trekked 26 miles for their DoE award. It was also good to see some new athletes competing.

As team managers we do try to make sure that everyone is competing in their main preferred event, this isn't always possible, yesterday several athletes were prepared to step in and take on events they've never tried before and this is much appreciated by your team managers. This is a team competition and we need to fill field events to gain points as everyone counts, so thank you.

Thanks also must go to Annette and all the officials who helped out on the day, we gain 84 points for having a full complement of officials. Thanks also to Paul Deakin for looking after the U11s.

#### U13 BOYS

100m	2 <sup>nd</sup> Ezekiel Adjei 13.0	G1
800m	2 <sup>nd</sup> Oscar Golinski 2.30.7	G4
	2 <sup>nd</sup> Matthew Carter (B) 2.42.4	
LJ	3 <sup>rd</sup> Ezekiel Adjei 4.65	
	3 <sup>rd</sup> Will Jameson (B) 4.14	
1500m	4 <sup>th</sup> Tomas Maidment 5.09.3	G4

#### U15 BOYS

80mHdls	1 <sup>st</sup> Charlie Panayiotou 12.4	G3
800m	1 <sup>st</sup> Joe Masteron 2.15.9	
	2 <sup>nd</sup> James Dunleavy (A) 2.19.5	
LJ	2 <sup>nd</sup> Daniel Hawkeswood (B) 4.09	
HJ	2 <sup>nd</sup> Charlie Panayiotou 1.62	G3
300m	2 <sup>nd</sup> Joe Masterson 42.5	
	3 <sup>rd</sup> James Lund 46.8	
200m	3 <sup>rd</sup> Charlie Panayiotou 25.9	
	3 <sup>rd</sup> Daniel Hawkeswood (B) 28.4	

#### U17 MEN

400m	2 <sup>nd</sup> Ben Clarke (B) 56.2	
LJ	2 <sup>nd</sup> Sam Hall 5.28	
	3 <sup>rd</sup> Jack Wynne-Jones (B) 3.41	
Shot	3 <sup>rd</sup> Ben Clarke 10.13	

U11s finished 7<sup>th</sup> U13s – 6<sup>th</sup> U15s - 5<sup>th</sup> U17s – 5<sup>th</sup> giving boys 6<sup>th</sup> place and combined points with the girls gave SSH 4<sup>th</sup> place overall. We were able to put out relays for all age groups, and all in all a very good day with extremely tough competition and pleasing results.

Sue Taylor



## MIDLAND LEAGUE

6<sup>th</sup> May - Stourport

Athletes in rather short supply & we finished 7<sup>th</sup> out of 7 clubs but only 3 points behind 6<sup>th</sup> & 5 behind 5<sup>th</sup>. One additional performance & we could have been 5<sup>th</sup>.

### Individual Results:-

#### WOMEN

100	O Webber	3 <sup>rd</sup>	13.0
B.	F Webb	3 <sup>rd</sup>	13.6
200	O Webber	1 <sup>st</sup>	26.7
B.	A Malik	4 <sup>th</sup>	28.1
400	K Scott	3 <sup>rd</sup>	66.2
100H	T Jansen Van Rensberg	2 <sup>nd</sup>	18.6
400H	T Jansen Van Rensburg	1 <sup>st</sup>	69.6
800	K Scott	3 <sup>rd</sup>	2.32.7
B.	E Beard	4 <sup>th</sup>	2.48.5
1500	S McGarry	4 <sup>th</sup>	5.34.6
B	E Cyprus	1 <sup>st</sup>	5.47.8
3000	P Gowing	2 <sup>nd</sup>	12.13.7
LJ	K Woodward	1 <sup>st</sup>	5.34
B.	F Webb	1 <sup>st</sup>	5.02
HJ	K Woodward	2 <sup>nd</sup>	1.60
PV	I Smith	1 <sup>st</sup>	1.80
DT	K Whiston	2 <sup>nd</sup>	30.32
B	E Beard	2 <sup>nd</sup>	22.40
HT	K Whiston	3 <sup>rd</sup>	30.43
SP	E Beard	7 <sup>th</sup>	6.94
B.	K Whiston	5 <sup>th</sup>	6.74
JT	K Whiston	6 <sup>th</sup>	16.70
B	K Scott	3 <sup>rd</sup>	15.33
4x100		2 <sup>nd</sup>	52.4
4x400		2 <sup>nd</sup>	4.25.8

#### MEN

100	E HARRIS	6 <sup>th</sup>	11.9
B.	R Miah	6 <sup>th</sup>	13.1
200	S Hall	7 <sup>th</sup>	24.5
B.	E Harris	5 <sup>th</sup>	23.9
400	A Visram Cipolletta	4 <sup>th</sup>	53.4
800	A Visram Cipolletta	2 <sup>nd</sup>	2.02.8
B.	T Symmons	1 <sup>st</sup>	2.09.3
1500	J Sanchez Mogollon	5 <sup>th</sup>	5.02.5
B.	Maxwell Cox	5 <sup>th</sup>	5.20.6
5000	M Bracken	5 <sup>th</sup>	18.46.5
B.	A Kaar	3 <sup>rd</sup>	18.54.6
LJ	S Hall	4 <sup>th</sup>	5.59
TJ	A Visram Cipolletta	3 <sup>rd</sup>	12.10
SP	J Sanchez Mogollon	7 <sup>th</sup>	6.00m
4x100		5 <sup>th</sup>	48.2
4x400		7 <sup>th</sup>	4.19.1

Hoping to have a much larger Men's team at next meeting 2<sup>nd</sup> June at Burton.



## SOLIHULL & SMALL HEATH A.C. Fixture List Summer 2018

### June

9 Sat	County Schools Champs	Various
10 Sun	Midland Senior/U20 Champs	Nuneaton
16 Sat	Schools Mason Trophy	
16-17 Sat-Sun	England U20/23 Champs	Bedford
17 Sun	YDL U13/15	Stourport
24 Sun	HOE	Rugby
30-1 Sat-Sun	British Senior Champs	Alexander Stadium

### July

1 Sun	YDL U17/20	Solihull (hosted by B&R)
7 Sat	Midland League	Newport
8 Sun	HOE	Tilsley Park Radley
13-14 Fri-Sat	English Schools Champs	Alexander Stadium
21 Sat	YDL U13/15 Promotion Match	
28-29 Sat-Sun	England & CAU Senior Champs	Manchester
29 Sun	YDL U17/20 Promotion Match	

### Aug

5 Sun	Midland League	Solihull (hosted by B&R)
11-12 Sat-Sun	Midland U17/U15/U13 Champs	Nuneaton
25-26 Sat-Sun	England U17/15 Champs	Bedford

### Sept

8-9 Sat & Sun	YDL National Finals	
15-16 Sat-Sun	English Schools Combined Events Final	Boston
22 Sat	Midland Road Relays	Sutton Park

## Results

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



## Training Courses

The following courses are available locally:

### Officials Level 1

23rd June	Endurance & Risk Awareness	Derby	booking deadline 15th June
19th & 22nd Sept**	Field, Track, Timekeeper	Nottingham	booking deadline 10th Sept

\*\* Please note: this course runs on a Wednesday evening and Saturday

Details [here](#)

### Coaching Assistant

28th & 29th July	Burton on Trent	booking deadline 16th July
15th & 16th September	Chesterfield	booking deadline 3rd September
10th & 17th November	Oxford	booking deadline 26th October

Details [here](#).

### Leadership in Running Fitness

21st July	Alexander Stadium	booking deadline 9th July
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Lots of other dates are available throughout the year, a little further afield. A full list of courses can be found on the England Athletics website [here](#).

### Coach in Running Fitness

29th & 30th September, 10th November, 3rd March 2019	Nottingham	booking deadline 17th Sept
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Details [here](#).

If you are interested in attending any of these courses, or would like further information, please contact Annette Brown ([sshactraining@gmail.com](mailto: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.