

Subject:

SSHAC Newsletter Issue #4



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### This Month's News 📣 Club Awards Night and Race Round-Up 📣

❄️ It has been a busy few months and our December newsletter shares all the results from events that have taken place since October. This is a long one but we wouldn't have it any other way!

☕ Maybe grab a coffee as you take a moment to see all the incredible performances of our athletes, coaches, team managers and officials. Thank you for all you do to support our club and athletes.

🎄 We are looking forward to a busy 2025 and wish our SSHAC family a Merry Christmas and a peaceful New Year.

### 🌟 Awards Night 🌟

🏆 As we head into 2025 it is a good time to look back at all that has been achieved during 2024. At our annual SSHAC Awards Evening in November we celebrated many of the achievements of our track and field athletes.

🎉 The evening was hosted by our President – Lynne Moody and our special guest for the evening was Maddie Down who competed at the 2024 Summer Paralympics in Paris earlier this year.

👏 She shared her experiences highlights and the struggles – really inspiring. It was a lovely evening celebrating our athletes – we are all very proud and thankful for all the commitment from everyone involved.



## 🏁 Competition Results 🏁

### October



## National Road Relay Championships (5th)

### U13 Boys A

Zakariya Rush - 7th in 13:25

Jack Larkin - 8th in 14:15

Jacob Austerberry - 15:00

### U13 Boys B

Joshua Baylis - 41st in 15:43

William Dainty - 46th in 16:42

Noah Rush - 18:40

### U13 Girls

Layla Callow - 42nd in 16:39

Sadie Bywater - 16:11

Niamh Williamson - 17:56

### U15 Boys A

Joseph Clay - 49th in 14:04

Calum Ashford - 53rd in 15:14

Luca Woodley - 15:20

### U15 Boys B

William Hampton - 67th in 16:49

#### U17 Men A

Derin Cooper - 73rd in 14:16

Peter Mitchell - 60th in 13:03

Will Irvine - 12:46

#### U17 Men B

Tristan Bywater - 78th in 15:10

Ollie Burtenshaw - 13:34

Daniel Baker - 15:04.

#### U17 Women

Lola Barker - 25th in 14:55

Katie Anderton - 41st in 18:56

### **First Sportshall Meeting (26th)**

👏 We made a very good start at the first Sportshall Meeting even with it being half term and many athletes being away.

#### U15 Athletes

Emily Fox - Second Place 🥈

Calum Ashford and Adhvaith - Joint First 🥇

Solihull Overall - First in Five Categories 🥇


Well done everyone !

## 🏁 **Competition Results** 🏁

# November



## Birmingham League XC Division 1 (2nd)

 Our Masters A Team finished 9th out of 11 teams on the day

### Masters A Team


Peter Bacon - 190th/58th Master in 41:50 : a 38 place improvement on race 1

Louis Conibear - 207th in 46:01 : a 29 place improvement on race 1

Chris Duncan - 209th/72nd Master in 46:25 : a 25 place improvement on race 1

Steve Howes - 210th/73rd Master in 46:58 : a 37 place improvement on race 1

## **Midland Women's XC League Division 2 (9th)**

 With a different course from last year our ladies had a great day out

### Master A Team

Sharon Masters - 36th/19th Master in 27:10

Julie Gilbride - 120th/77th Master in 31:35 : This was Julie's first XC race since 2022. Well done !

Becky Freeman - 141st/92nd Master in 32:32

Heather Fooks - 155th/106th Master in 33:05

Chanelle De Freitas - 214th in 36:29 : Her first race since having her first baby. Congratulations !

## **West Midlands Young Athletes XC League (10th)**

### U11 Girls - 8th 756 points

Sophia Wood 4, Alex Healy 6, Emily Ross 18, Ruby Philps 20.

### U13 Boys - 6th 852 points

Zak Rush 1, Jack Larkin 6, Joshua Baylis 34, Sam Thomas 52, William McMonagle 62, Ben Clay 68.

### U13 Girls - 🏆 3rd 898 points

Freya Mustin 4, Layla Callow 11, Sadie Bywater 16, Orlagh Murphy 35, Niamh Williamson 41, Caitlin Duncan 46, Molly Spencer 50, Jessica Larkin 62, Sophia Delaney 77.

### U15 Boys - 🏆 3rd 866 points

Joseph Clay 16, John Mitchell 26, Suleiman Abuelmaatti 28, Calum Ashford 29, Louis Hibberd 40, Noor-eldeen Elsheikh 41, William Hampton 54.

### U15 Girls - 5th 820 points

Emmie Spencer 7, Erin Huxtable 33, Lucy Hannington 39, Lois Conduit 51, Abby Jameson 55, Lola Fitter 57.

### U17 Men - 5th 552 points

Ben Duncan 11, Will Irvine 18, Peter Mitchell 22, Tristan Bywater 58, Daniel Baker 60.

### U17 Women - 15th 196 points

Lola Baker 5th.



## Sunderland Schools Inter-Counties (16th)

SSHAC athletes competed for either West Midlands Schools or Warwickshire Schools depending on where they attend school.

### Year 7 Girls

Grace Fox 50, Molly Spencer 55, Emily Daniels 63.

### Year 7 Boys

Jacob Austerberry 19, Joshua Baylis 25

### Junior Girls

Emmie Spencer 3, Freya Mustin 5, Layla Callow 38, Orlagh Murphy 39, Sadie Bywater 44, Erin Huxtable 64.

### Junior Boys

Zac Rush 4, Jack Larkin 26, Luca Woodley 68.

### Inter Girls

Lola Barker 16, Lucy Hannington 44, Lottie Jones 53.

### Inter Boys

Will Irvine 22, Joe Fox 37, John Mitchell 67, Derin Cooper 72.



## Midland Women's XC League Division 2 (30th)

### U20 Women

Liz Wood - 65th/6th U20 in 31:16

Francesca Dix - 75th/8th U20 in 32:04 : Very good run for her first XC with SSHAC !

### Masters Women

Becky Freeman - 111th/68th Master in 34:30

Heather Fooks - 121st/78th Master in 35:20

Chancelle De Freitas - 164th : Finishing well despite a fall near the end of the race !

## **Second Sportshall Meeting (30th)**

👊 Very tough call the day after our awards ceremony but we did it. We got our team together and had a great event !

### Team Results

U15 Boys - First 🏆

U11 Girls and Boys - Second 🥈

U13 Girls and Boys - Third 🥉

U15 Girls - Third 🥉

🎉 Unheard of results in Sportshall League History !! Well done everyone !

### Individual Mentions

Callum and Adhvaith - These two lead the All-Rounder table, with Callum two points ahead.

### League Position

🏆 Overall in the leagues, we are still leading the table in U11 Girls, U11 Boys, U13 Boys and U15 Boys.

🏆 We are second in the girls.





## Welfare Notice

**We take our athletes welfare seriously  
please note the following:**

Our SSHAC Lead Welfare Officer is  
Robert Davies

[sshacwelfarerob@gmail.com](mailto:sshacwelfarerob@gmail.com) and is  
supported by Becky Freeman –

[sshacwelfarebecky@gmail.com](mailto:sshacwelfarebecky@gmail.com) and

Lynne Moody –

[sshacwelfarelynne@gmail.com](mailto:sshacwelfarelynne@gmail.com)

If you have any concerns please do not  
hesitate to contact your team manager or  
one of our  
welfare team.



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Solihull and Small Heath Athletics Club  
Tudor Grange Leisure Centre,  
Blossomfield Rd,  
Solihull, B91 1NB

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