



Training at the  
Marlborough  
College Track  
since 2005

Want to help us?

MADJA needs new coaching  
assistants and officials!  
We offer England Athletics  
Training. Join the team!

# Newsletter

Issue 19 April '17

## READY FOR BASINGSTOKE?

The first Wessex League match is at Basingstoke next Sunday April 23rd. For those who haven't competed before, the Wessex League is a team event with clubs from across the region. Each event is split into A and B streams with athletes competing in three events plus a relay (if called on). These can be track or field or, more commonly, a mixture of the two. Every point counts. Even if you don't achieve a podium place, your efforts will help the team! It is a fun day out so contact your team manager to get involved and support your MADJA team mates. As with all 'away' matches there will be a team bus leaving from the Waitrose carpark which can be used by athletes and parents if you prefer not to drive. Places can be reserved and more details via the team managers.

Team Bus to  
Basingstoke.  
£10 first ticket,  
£5 for extras

## Fill in the form!

Plenty of you have already sent in your membership forms via the website [www.madja.co.uk](http://www.madja.co.uk) and England Athletics has now begun sending out the requests for payment or our £50 individual membership fee. Any athlete wishing to compete at Basingstoke, must be a paid-up member. If you have any worries about this, contact us on [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk).

## BE COMPETITION SAVVY!

Always arrive 15 minutes before your event to register. There will be valuable opportunity for practice/warm up throws/jumps in field events.

If your events clash, talk to the official. Register for field events first, but **track events take priority**. Officials can change the order of the competitors. Therefore, ask if you can take at least one jump/throw first before leaving for the track event.

Please always thank the field event official when you finish.

## !!!! MADJA AGM !!!

THE CLUB WILL HOLD ITS ANNUAL GENERAL MEETING  
ON TUESDAY JUNE 6TH  
THE MARLBOROUGH RUGBY CLUB, 7.30PM.

ANYONE INTERESTED IN MADJA IS ENCOURAGED TO ATTEND TO FIND OUT MORE ABOUT HOW THEY CAN HELP THE CLUB.

We Need a New Treasurer to take over from Anne Eastlake.

## Madja Hoodies

Personalised black club hoodies are available to buy and the forms are online at [www.madja.co.uk](http://www.madja.co.uk) under 'news'.



[WWW.MADJA.CO.UK](http://WWW.MADJA.CO.UK)  
[enquiries@madja.co.uk](mailto:enquiries@madja.co.uk)



# Who's Who at MADJA

All MADJA coaches have a great commitment to the club and experience across a wide range of athletics specialities. The majority began with MADJA because their own children were members. They got involved as volunteers and then went on to undertake specialist England Athletics training. Many are also qualified in First Aid and double up as athletics officials - vital for MADJA to remain in regional competitions. If you would like to become a coach or help out in any way, speak to any of the team or email us on [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk)



David Smith leads the younger athletes session and has been with the club for more years than he cares to admit to, but still loves igniting the spark of interest in athletics.



Charlie Sheppy was one of the club's founders, and as a coaching assistant, works alongside David with the younger athletes.



Tyler Bathe joined the coaching team last year. He was already a local sports coach and became EA qualified last year.



Dave Mayer is a coaching assistant working the older athletes where he employs his head teacher's 'special skills'!



Calvin Bailey is one of the latest EA qualified coaches to step up. Calvin is a sprint specialist across all ages.



Duncan Short coaches both the younger and older athletes and helps organise the structure of the training sessions. He's U15/U17 boys team manager, has been EA qualified for 3 years, but started with raking the long jump pits!

Vanya Body has just completed her EA Coach's qualification and works particularly on throws. She is also the Club Secretary (writes the newsletters) and is manager of the U15/U17 Girls teams.



Deborah Bray is a highly experienced professional coach who has worked with MADJA from the early days. She founded Lavington Athletics Club and was 2016 EA National Coach of the Year.

Paul Warren is a newly qualified EA Coach and is the U13 Girls manager. He is MADJA's hurdles specialist.



Sarah Richardson (right) is a key member of the MADJA team of officials who turn out to assist at Wessex League events.

Fiona Edington (left) is MADJA Club Chair. She is a specialist in Race Walking as well as coaching our senior distance athletes and managing the U13 boys. She is also a county athletics official and represents MADJA on the Wiltshire Athletics Association.



Louise George (above) has just joined the MADJA team as well as coaching with Deborah Bray at Lavington Athletics.



Lucy Lassiter has coached at Madja since 2006 and, although bringing her all-round knowledge, is particularly experienced with distance runners and triathlon. She is also on our committee.

Liam Keen joined the coaching team with Tyler after completing EA training. He's also a sports coach working in local schools as well as with MADJA's younger athletes.



Debbie Bosacki is our new Membership Secretary and also the friendly face at the track pavilion at Sunday morning sign in.



Jacqui Sykes (nearest left) is an official and key member of the club's committee for many years. She also organises Quad Kid events for the club and Wiltshire County and oversees our Wessex League competitions. Margaret Thompson (right) is also a experienced athletics official and a long-standing supporter and committee member.

## What is proper nutrition for athletes?

MADJA will be tackling this thorny question with the help of EA -recognised sports dietitian Renee McGregor, author of the best-selling *Training Food* published in 2015. Renee is in great demand to work with top-flight athletes and we are lucky to be able to have grabbed her for the afternoon of Saturday May 20th. Places are strictly limited, but free to MADJA members. If you would like to join the workshop with Renee, email "Nutrition Workshop" to [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk)

More information about her work:  
<http://www.reneemcgregor.com>

## Child Protection a Priority at MADJA

Following the recent appalling revelations of child abuse within junior football, MADJA has re-iterated its commitment to the welfare of its own members - and all children taking part in athletics. We have a specific Child Protection Policy for our club which all our coaches and officials sign. If you would like to see this policy, please email [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk)

## Wiltshire County Champs

!!!! Entries are now open !!!!  
Wiltshire County Championships  
at Tidworth Oval May 14th

[http://www.wiltshire-athletics.org.uk/  
index.php?page=TFchamps](http://www.wiltshire-athletics.org.uk/index.php?page=TFchamps)

Individual entry for U11 and older.

## Great efforts at early season open meetings

Kicking off the summer season several MADJA athletes have taken part in competitions at Bath, Yeovil and Yate. New PBs were set by U13 Edie Noble in the 100m at Yate (13.69) and U20 Kieran Short, in the High Jump at Bath (1.78m), where U15 Thomas Holmes also made a great start to his javelin season with a PB throw of 46.50m. Over at Yeovil, U20 Jack Rigby jumped just shy of a PB with 1.75m at the Spring Open. Meanwhile, Edie followed up at Yate with a great 12.91sec in the 70mH and U17 Jacob Kelly set three new PBS - in the 100m (12.27), 200m (24.55) and 400m (55.80).

Please remember that only coaches and officials are allowed to park by the track!!