

Exciting  
new fun summer  
competition - see  
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WESSEX LEAGUE  
!! SWINDON !!  
July 1st  
Speak with team managers!

# Madja CLUB NEWS # 33

July 7th 2018

## Feeling Hot Hot Hot.... MADJA athletes in a searing Swindon Wessex League.

The temperatures searing, but the performances on the track were equally hot as MADJA hosted the Wessex League at Swindon last Sunday.

Certainly under-13 **Amber Dickin** turned in three scorching performances to make a clear sweep of her events. She began by setting a new PB in the 200m with 28.2 seconds – a AAA Grade 1 performance\*. She then topped it off with another Grade 1 performance in the Long Jump with 4.59m. This leap was enough to boost Amber to No 27 in the country in her age group at the Monday morning. Finally, Amber rounded off the day with 1st in the 100m with a 3rd PB of 14.00 seconds.

Meanwhile, Under 15 **Phe Phe Pye** continues to impress and improve with each run and set a new PB in the 300m of 42.6 secs. This ranks her at No 57 in the country. However, Phe Phe is in the first year in the U15 age group, and only 13 first year girls are current higher ranked. Phe Phe, will be heading up to Birmingham in two weeks to compete in her first English Schools Nationals, where she have her sights firmly on the 41-second target time for the UK Top 10.



Keeping Cool!



Of the two other MADJA athletes who are on their way to Birmingham, **Charlie Curry** (U20) was at Swindon and set a new PB of 11.3sec in the 100m. Meanwhile, **Thomas Holmes** (U17) missed Wessex to compete at the Pihitpudas Javelin Carnival in Finland, and will set off to Birmingham with the aim of a second National Schools Title. Thomas set a new PB at the South West Schools Championships in Exeter last month with 59.86 and is currently No. 4 in the UK. There were some other brilliant performances across all age groups at Swindon.

The Under 20 Boys – Dan Davis, Charlie Curry, Kieran Short and Greg Rogan Rea set a brand new MADJA record for the 4 x 100m relay – 46.9 seconds.

**Edie Noble** (U 15) won her Long



Jump with an AAA Grade 4, 4.61m and won her javelin with 28.37m — a Grade 3 throw and U20 **Kieran Short** hit his stride in the long jump with a winning leap of 6.31m. Meanwhile, over in the **Quad Kids**, well done to our only boy entrant, **Jack Mitchener** who came a very creditable 11th with 207 points. We had six U11 Girls with **Evie Hallsworth** performing particularly well to come 3rd over all with 199 points.

**ALL SWINDON RESULTS on:** [www.wessexleaguetandf.co.uk/results.htm](http://www.wessexleaguetandf.co.uk/results.htm)

\*Learn more about the historic AAA Awards on next page.

## SW Inter-Counties

All MADJA Athletes - including any in the Wiltshire Team - **MUST sign up individually before 15 July.**



Kieran and Jacob keep out of the sun at HJ

Another Madja athlete is set to compete at a national schools event is U20 **Kieran Short** who has been confirmed as Wiltshire's only school Decathlete, for the second year running.

Kieran came 4th in the South West Schools Combined Events Championships at Yeovil to secure his place in the county team and will round off his school athletics career at the national finals at Bedford, in September. Congratulations, also, to **Jacob Kelly** (pictured left with Kieran) who came 10th in the SW Schools Octathlon.

## The final Wessex Match for 2018

# It's back to Swindon Sunday July 15th July

This event could be your last opportunity this season to record official PBs. Most of our coaches will be at Swindon and we encourage more younger athletes to get involved, and so:

**NO MARLBOROUGH TRAINING on July 15th.**

**We will take Quad Kids teams — 10 U11 boys and 10 U11 girls to compete at Swindon.**

**Email Wessex Secretary Jacqui Sykes on [entries@madja.co.uk](mailto:entries@madja.co.uk)**

**Under 13s and older: Talk to your team managers!**



# SUMMER COMBINED-EVENT CHALLENGE

Over the first 5 weeks of the summer holidays we plan to run a combined events competition. Each session we will do one running event and one field. Over 5 sessions we will run 10 events for U13s and older and 5 events for U9s and U11s. And, at some point over the following 5 sessions we will run them again in case an athlete either misses an event or wishes to attempt to improve their previous best.

Coaches will talk more about this after the final Wessex League event on July 15th. We will keep a record of your event performances and award points depending on your placing in these mini competitions. There will be small prizes and certificates for the top three athletes overall in each age group.

## The Events – Under 9 & 11

**Running** - 50m (U9s), 75m (U11s), 400m (U9s), 600m (U11s) and 55m Hurdles (Optional) (Yellow training hurdles will be used).

**Field** - Standing Long Jump (U9s), Long Jump (U11s), Vortex and Tennis Ball Throw (Optional)

## The Events – Under 13 +

**Running** - 100m, 200m, 300m (U17W, U15B, U15G, U13B & U13G), 400m (U17M & above), 800m, 1200m (under 13 girls only) and 1500m (All except U13G).

**Field** - Long Jump, High Jump, Discus, Javelin, Shot Putt.

## AAA Standards Scheme

The **Amateur Athletic Association (AAA)**— known as the 'three As') was established on 24 April 1880 and is probably the oldest athletics governing body in the world. In the past, it has effectively overseen athletics throughout Britain. Now, it supports regional athletic clubs and works to develop amateur athletics in England – particularly youth athletics. The AAA has also taken on the role of safeguarding the history of the sport and awards historic and valuable trophies to elite athletes.

It also sets **AAA standards** which are recognised by **special certificates awarded to young athletes**. These certificates can, in turn, be returned to the AAA and exchanged for **special badges**.

The standards are reviewed every couple of years to ensure that they represent the **elite achievements** to which young athletes can aspire. To get a **Grade 1 certificate**, for instance, represents entering the top 7.5 per cent of performances in the country, Grade 2 equals the top 15 per cent; Grade 3 equals the top 30 per cent and Grade 4 equals the top 65 per cent. At the end of the season, Madja will look at official (i.e. Power of 10) Personal Bests and verify & award the AAA certificates in Grades 1 - 3 at the end of season Championship & Prize giving on September 7th. Athletes can then send away for badges (these cost £2).

Amateur Athletic Association

