

MADJA CLUB NEWS #39 Dec '19

WILTSHIRE CROSS COUNTRY CHAMPS — SIGN-UP NOW #mudisgood

DATE: 9th December

EVENT: Tri Counties XC Champs

VENUE: University of Bath

Follow this link:

<http://wiltshire-athletics.org.uk/2018/09/tri-county-xc-championships-9th-december-2018/>

Online entries only close Dec 3rd

• More XC Dates at bottom of newsletter



Imogen Newbury (1553). MADJA has a link with Team Kennet of Newbury to run in the Oxford League in TK colours.

Imogen's first Oxford XC Experience is a winner

Newbury Showground - 4th November.

Imogen's first ever competitive run. The school fun run was a distant memory. It was cold too. With shoulders up around her ears, and nerves jangling, Imogen lined up for the start. Dad's rather confusing advice of 'don't go too fast, but try and keep up with the leaders' hardly

helped. The gun went, and 50 under 11 girls set off like startled deer. What to expect at the mid-point viewing point in the woods? The top ten flew past, and then Imogen appeared in around 20 place, smiling as she passed. A quick dash to the final corner to see Imogen finish strongly in 16th place. She loved it, and can't wait for Cirencester on 2nd December.

Chris Newby



AVAILABLE NOW — GREAT for Christmas Presents! MADJA CLUB WINTER JACKETS & hoodies



We are once again offering our personalised MADJA black club jacket. Our warm and waterproof fleece-lined jackets have been sourced locally by MADJA. Adult sizes are available for £23 each. Children's sizes are £19. Includes one line (ie. your name) on the back!

We also have MADJA Hoodies — also with name on the back available for £20.

To request an order form fleecy jackets or warm hoodies, email Secretary Vanya Body on enquiries@madja.co.uk ASAP

We will be close orders this Sunday Dec 2nd but there will be another opportunity to order at the start of the new season in March.



RICHARD COOPER:
A LIFE OF ADVENTURE

In 1999 Richard became the first person to Windsurf some 2000 miles around the British Isles.

Ten years ago aged 50, Richard also decided to train to become a successful triathlete.

He subsequently won his age group at several UK Championship events, and represented GB at 5 major international finals with a couple of top 10 finishes.

More recently Richard has undertaken Kayak expeditions to St Kilda off the NW coast of Scotland, and to Vancouver island off the West Coast of Canada, kayaking within 50m of Orca & Humpback whales.

Sunday December 2, 2018
at the Ellis Theatre at Marlborough College at 7.30pm

Doors and bar open 6.30pm.
Event will have live subtitled.




Adults : £10.00 (School students free)
Available from White Horse Bookshop, Sound Knowledge, on the door or visit www.eventbrite.co.uk

www.kretrust.com



Fundraising talk by MADJA Founder Richard Cooper

"As some of you may know, I am involved with a local charity which awards grants to teenagers from St Johns and the College primarily for gap year travels / good works in developing countries etc.,

We help them with ongoing fundraising and to this end I will deliver a talk on the evening of **Sunday Dec 2nd** which features my round Britain windsurf and other adventures and triathlon challenges. Some great pics and recollections.

Would love to see you there and please spread the word to anyone you think might be interested. "
Richard Cooper.



WINTER TRAINING UPDATE

Winter Sunday Morning — Join in some festive fun

The final session will be December 16th and all the athletes are challenged to gear up with their funkiest festive jumpers and de rigueur reindeer antlers for the last events before Christmas. Also, bring up some Christmas nibbles for an impromptu post-session celebration at the club house.

The training will restart on January 6th. For Under 13s and older, please come along to check out Paul's Sunday morning sessions — you are very welcome to join!

Wednesday Evening — Lucy's sessions!

Don't forget Lucy's Wednesday sessions continue up until Christmas. These offer a fantastic opportunity for running safely in a group around the streets, with timed circuits and hill work thrown in. A small, but committed group are learning that these tough sessions are fantastic for improving fitness and stamina for the Cross Country season, and also in preparation for the summer track season too. Meet at the Marlborough Leisure at 6.30pm (upper car park). Sessions finish at 7.45pm. Also, parents are very welcome to join in the training.

Monday Circuits

The final Monday session will be on **December 17th** — another chance for silly fun Christmas dressing up!

Coaching Assistant Course

Madja has organised a England Athletics Coaching Assistant course, at Marlborough College on 16th / 17th February.

We are delighted that five parents have signed up to take their first steps on the pathway to becoming an athletics coach. Whether this leads to a continuing passion for working with young athletes or simply shows your support the club and sport which your own child enjoys, we are always looking for parents to join the volunteer team. This ultimately is the only way to secure the future of MADJA.

If you want to find out more: enquiries@madja.co.uk

#Mudisgood

2018/19 Cross Country Diary

6th January 2019 SW Inter Counties at Aldon Hill, near Yeovil

<https://events.englandathletics.org/event/england-athletics-sw-cross-country-championships-2019/profile>

19th January Wiltshire Schools venue to be confirmed.
Qualification via districts champs

23rd February Saucony English National Cross Country Championships, Harewood House, near Leeds

2nd February SW Schools Champs, Bath Race Course

16th March English Schools, Temple Newsam Leeds



Outstanding performance from **Jacob Pritchard** at the Chippenham Youth Challenge. Jacob came 6th overall and 2nd in his age group.

Catch up on MADJA latest via our [Twitter Feed](#). @MADJAthletics

