



@MADJAthletics



SUMMER  
COMPETITION  
!! DATES !!

**Summer  
Training starts  
Sunday March  
24th**

# Newsletter

Issue 40, FEBRUARY '19

Huge congratulations and welcome to our three newest coaching assistants – Caroline Swinbank, Shelley Pritchard and Charlotte Hobrough who completed the two-day England Athletics training course, held at Marlborough College last weekend.

They will become familiar faces at our Sunday morning training sessions and we hope have taken the first step on a challenging and rewarding pathway as athletics coaches.



## **MADJA Annual Meeting Tuesday March 12th Marlborough Rugby Club 7.30pm**

**Please come along to hear about how you can help your club prosper!**

**MADJA is run entirely by volunteers and even if you don't think you can commit to becoming a coach, there are plenty of ways you can help your children get the most from their athletics club. This could be as simple as lending a hand at training sessions – raking the long jump pit or putting away equipment, for instance. We have behind-the-scenes admin jobs and plenty of help is needed at the various events we run. If you think you would like to get more actively involved in the club, come along to our AGM at the Rugby Club and see how things work. We would also value all parents views on how we can improve the club even more.**

**Email [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk) to find out more.**



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



# XC Update: County colours for MADJA

Three Madja runners made the Wiltshire Schools team sheet to compete at the **English Schools Cross Country Championships** at Temple Newsome, Leeds on March 19th. They are **Catriona Edington**, **Maddie George** and new member **Oscar Palmer** — all from Dauntsey's School. Congratulations on this fabulous effort.

Early February snow blizzards caused the cancellation of the South West Schools Cross Country champs, but we were delighted to see all three senior runners were due to be joined by two younger club members, also selected for the Wiltshire Schools team — **Jacob Pritchard** & new member **Matthew Nocton**.

Both Matthew and Jacob and Catriona had also been in action in the **SW Inter-counties XC** at Aldon Hill, Yeovil at the beginning of January. Jacob came a creditable 11th in the U13 boys in the race which was just over 3km, with a time of 12.59secs. Matthew was just 22 seconds behind and came in 22nd. Catriona came 11th in the U20 women's race. All qualified for the Wiltshire County Team for the National Inter-county XC Championships, set for March 9 at Prestwold Hall, Loughborough, along with Sophie Bonnetti who is the U17G reserve.

Meanwhile, well done to **Imogen Newby** for competing in the Oxford Mail League XC league with our friends Team Kennet over the winter months — including running across frozen snowy course February 3rd!

Jacob and Matthew in action at the SW Inter-counties XC



## GET READY FOR THE SUMMER TRAINING SEASON

Summer training begins at the Marlborough College Track on Sunday March 24th (9.15am for U9s/U11s and 10.30am for U13s and older) .

Wednesday evening training for U13s and older will begin April 3rd (6.30 - 8pm).

Keep an eye on the MADJA website [www.madja.co.uk](http://www.madja.co.uk) for full information.

Why not follow the club on Twitter [@madjAthletics](https://twitter.com/MADJAthletics) <https://twitter.com/MADJAthletics> for latest updates on training & events.



More details about teams and events will be emailed by the age group team managers shortly. Email us on the [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk) with any questions.

# Membership OPENS MARCH 1st!

Updated Membership forms are available on the MADJA website and accepted from March 1st.

Go to the website [www.madja.co.uk](http://www.madja.co.uk) to locate the form under 'Membership'. This year the fees have been frozen at last year's prices\* and includes the fee of £15 for membership of England Athletics for all athletes U13 age group and older. Fees will be due as of April 1st and paid via on-line link generated by England Athletics.

## 2019 Season Fees

**Athletes age group under 9s & under 11s = £45**

**Athletics age groups under 13s and older = £55**

MADJA is a junior athletics club and our youngest joining age is 7 years, or children in school year 2 and the oldest is U20 or Year 13.

*\*We have kept fees at 2018 rates to reflect the shorter training season this year. **See below.***

## Mark Cawte Memorial — Swindon

Swindon Harrier's annual  
memorial Mark Carte open  
**Jumps and Throws Meeting**  
Saturday 30th March 2019

[click here for the timetable](#)  
and: [here for the entry form.](#)

## Marlborough College Track to be relaid

Great news for MADJA. We've learned that Marlborough College will start work on re-laying the entire track and revamping the surrounding athletics facilities later this summer. Although this will mean that we have to vacate the track when work starts in July, we hope to be back for our final Club Championship in September. Until then, our last training date at the track is set to be Wednesday July 3rd. We will let you know if this changes. We have been looking at alternative arrangements to continue training sessions and St John's has kindly volunteered its playing fields for our Sunday morning and Wednesday evening sessions. We will still need to work out the details but will let everyone know nearer the time.

Best of all, MADJA athletes can all look forward to using these wonderfully-upgraded facilities in 2020!

## SUMMER COMPETITION DIARY

Competition is the lifeblood of athletics. Our athletes put a tremendous effort into training over many months, so testing themselves in competition against others in their age group, or even just against themselves to see how they can improve their personal bests, and to compete for the club team, must be the ultimate aim of the sport. That's why MADJA takes part in the Wessex Young Athletes Track and Field League <http://www.wessexleaguetandf.co.uk>. We encourage all our athletes to put themselves forward for these and the county athletics events. Here are some key competitions coming up this summer.

### Wessex Leagues dates

- 🏃 28<sup>th</sup> April, Basingstoke;
- 🏃 30<sup>th</sup> June Swindon (our host);
- 🏃 7<sup>th</sup> July Winchester

### Other Meetings for MADJA Athletes

- 🏃 MADJA own Inter-club QuadKids meet: May 5<sup>th</sup> at the Marlborough Track;
- 🏃 Wiltshire **County** Track & Field championships 12<sup>th</sup> May Tidworth Oval
- 🏃 Wiltshire County **Schools** Track & Field championships 8<sup>th</sup> June Swindon Track