



@MADJAthletics



Training continues thru' summer - P3

MADJA's own Wessex League Competition June 30th

Newsletter

Issue 44, June '19

All aboard for the Oxford Wessex

The wait is over! The 2nd Wessex League inter-club event is at Oxford on June 16th and is hosted by the Oxford City Athletics Club.

The Wessex League is a team event with clubs vying to win over across all age groups. Therefore, we try to enter everyone into three events of their choice... but sometimes need to challenge athletes to take on events where they are not as confident in order to fill all events and get maximum points!

We would really like to have a good show of competitors at this event. Please let your team managers know your availability and what events you would like to compete in.

If you haven't competed much before, then give it a go. You can do three events and a relay. These can be a mix of Track and Field — or all track / all field.

We will run a special 60-seater coach to Oxford. This leaves from the Waitrose Carpark, in George Lane at 0840 and returns at the end of the competition.

If you want a seat on the coach, it costs £10 for the first seat and £5 for additional seats. Parents and

athletes are welcome to use the bus so let me know if you want to make use of this service, provided by MADJA.

The timetabling of events can be tricky. If you want to check our when events run throughout the day, look at the Wessex Track and Field Website: <http://www.wessexleaguetandf.co.uk> There are some overlaps of events and for some events, the U15/ U17/20 age groups are run together:

Younger athletes.

Any in years 4 & 5 can enter the Quad Kids events.

Jacqui Sykes is co-ordinating the team list. Email to get involved.

Teams of 10 boys & 10 Girls

Use this email:

entries@madja.co.uk

Wessex dates

🏃 16th June Oxford

🏃 30th June Swindon

(MADJA hosts event):

🏃 7th July Winchester

For a comprehensive list go to our website: <https://madja.co.uk/events>



WWW.MADJA.CO.UK
enquiries@madja.co.uk



WESSEX LEAGUE LOWDOWN

MADJA competes in the Wessex League – in case you are unsure what this is about... the league includes many of the significant athletics clubs across Wiltshire, Hampshire and Dorset, Surrey, Berkshire and Oxfordshire. With so many clubs involved each year the league divides up into pools so every club has four matches — including a home-hosted event — and six clubs compete at each match.

For MADJA, the home match will be held in Swindon, on June 30th – the track is better suited to a large all-day event. For Under 11 athletes, teams of 10 boys & 10 girls compete in the U11 QuadKids... in Long Jump, 60m, Vortex and 600m. The U13s and older also compete as a team to score maximum points by ensuring that, as far as possible, there are two athletes competing in every event. We try to get each competitor into events which they like and feel they are good at. However, **each boy or girl will have three events** and may have to 'do their best' at an event which they are not so enthusiastic about. This is all part of the challenge! Events are either scoring or non-scoring. In the field events we can have two scoring and one non-scoring entrants. For track events, we can have two scorers and up to six non-scorers. **Being a non-scorer is still being competitive!** Athletes should still take a chance to set new PBs!

Remember, there are three more events this season — Oxford, on June 16th, Swindon 'home' match on June 30th and Winchester on July 7th.

More details about the Wessex League & to see results go to <http://www.wessexleaguetandf.co.uk>

MADJA @ Swindon — Get involved!

MADJA is hosting its own Wessex League Inter-Club event at the Swindon Track on Sunday June 30th

We are aiming for the largest participation of the season in all age groups. Team managers finalise entries the week prior and are keen to get as many athletes as possible.

So, make this the best event you compete for MADJA at this year!

Contact your team manager to discuss event preferences. We confirm entries and send out more details a few days before the event. Don't be scared... HAVE A GO!

TALK TO YOUR TEAM MANAGER ON SUNDAY

PARENTS CAN YOU HELP AT SWINDON

We do need some parents to help out with the refreshments stand. If you are going to watch your young athlete, could you spare a bit of time to help out?

We need cakes baked and people to help serving refreshments.

Contact MADJA Wessex League co-ordinator Jacqui Sykes on enquiries@madja.co.uk

Success at the Wiltshire Athletics Champs

There was a great turnout of MADJA Athletes, coaches and parents supporting the Wiltshire Championships at the Swindon track last month and some great performances!

Here is a list of all the medal winners across all the entrants. There were a good number of PBs scored and all those earning Gold have an automatic place in the Wiltshire Team to the SW Inter-Counties in July. Those earning Silver and Bronze can ask to be considered on their season's PBs.



GOLD MEDALS

U13

Ellie Mullins - 800m & Javelin

Jojo Kiggell - High Jump

U15

Oscar Hennessy Leach - High Jump & 80mH

Doug Rogan Rea - Long Jump

Archie Loweth - 1500m

Phe Phe Pye - 300m

U17

Ali Edington - 3000mSC

U20

Catriona Edington - 1500mSC

Charlie Curry - 100m

Kieran Short - High Jump, Triple Jump & 110mH



SILVER MEDALS

U13

Ellie Mullins - Discus

U15

Doug Rogan Rea - Javelin

Tim Hook - 800m

U20

Charlie Curry - Discus



BRONZE MEDALS

U13

Esme Montague - Shot Putt

Lucy White - 100m & 200m

JoJo Kiggell - 70mH

Will Hook - 800m

U15

Jacob Pritchard - Long Jump

Phoebe Cox - Shot Putt & Discus

U17

Ed George - 100mH

U20

Chloe Darlington - 100m & 200m

Charlie Curry - 200m

Training to continue throughout summer holidays

TRAINING IS ON FOR ALL AGES Sunday 16th during Oxford League event

Both training sessions will run for those members not competing at the Oxford Wessex League event on Sunday 16th. We realise that not everyone can dedicate an entire day to competition and we will ensure there are coaches available to supervise both the 9.15am and 10.30am training sessions.

Please note, because all our coaches and officials are involved in our Home Wessex League event at Swindon, there is **NO TRAINING FOR ANY AGE GROUP SUNDAY JUNE 30th.**

Please come and compete at Swindon!

The College has postponed relaying of its Marlborough track until next year. This means MADJA training will continue as normal on Wednesdays and Sundays throughout the summer holidays and will finish with the club champs on Sunday September 1st.

This relies on availability of our volunteer coaches and could therefore be subject to some last-minute changes.

Keeping you informed:

- MADJA website www.madja.co.uk for full information.
- **Twitter** @madjAthletics <https://twitter.com/MADJAthletics> for latest updates on training & events.
- MADJA Facebook is a closed group for members: https://www.facebook.com/groups/madja/?ref=group_header to request to join. WhatsApp Group for Parents and Athletes. Ask to be added.

Some of our athletes in action at the Wiltshire Country Athletics Champs



Photos from:
[https://
www.charleswhittonphotography.c
om/
portfolio487005.ht
ml](https://www.charleswhittonphotography.com/portfolio487005.html)