



# MADJA CLUB NEWS #37 Sept '18

## Prize-giving celebrates club's stars

Another Marlborough & District Junior Athletics summer season was rounded off with a successful prize giving evening last Friday.

For the second year, the club's family barbecue event, held at the Marlborough Rugby Club, was well supported by young athletes and their families and club Patron David Hemery CBE was there to present the trophies to the age group champions and, for all-round achievement as recognised by the coaching team.

This year for the first time in many years, MADJA had three athletes representing Wiltshire at the English Schools Championships and all three were rewarded with their age group champion trophies — U15 Phe Phe Pye (300m), U17 Thomas Holmes (javelin), U20 Charlie Curry (100m). Other stand out performances recognised this year included the U11 Girls champion Evie Hallsworth, who consistently featured in the podium placing at Wessex League events throughout the summer. [Photos at bottom of newsletter .....](#)

**Overall Club Champion was Wiltshire decathlete Kieran Short who is preparing to represent the county again at the English Schools Nationals, at Bedford next weekend.**

### 2018 Award Winners

#### U9 Girls

Age Group Champion: Daisy Cox  
Coaches Award: Elodie Ince

#### U 9 Boys

Age Group Champion: Lucas Palmer  
Coaches Award: Marcus Spiller

#### U 11 Girls

Age Group Champion: Evie Hallsworth  
Coaches Award: Esme Montague

#### Under 11 Boys

Age Group Champion: Jack Mitchener  
Coaches Award: Oliver Garbutt

#### U13 Girls

Age Group Champion: Amber Dickin  
Coaches Award: Jo Jo Kiggell

#### U13 Boys

Age Group Champion: Jacob Pritchard  
Coaches Award: Will Hook

#### U 15 Girls

Age Group Champion: Phe Phe Pye  
Coaches Award: Edie Noble

#### U15 Boys

Age Group Champion: Oscar Hennessy Leach  
Coaches Award: Ben Jones

#### U17 Girls

Age Group Champion: Maddie George  
Coaches Award: Eva Davison

#### U17 Boys

Age Group Champion: Thomas Holmes  
Coaches Award: Jacob Kelly

#### U20 Girls

Age Group Champion: Catriona Edington  
Coaches Award: Chloe Darlington

#### U20 Boys

Age Group Champion: Charlie Curry  
Coaches Award: Greg Rogan Rea

**Team Cup: Under 13 Girls Team**

**Overall Club Champion: Kieran Short (U20)**

# WINTER TRAINING UPDATE

## Guide to MADJA Winter training

- TRAINING AT THE MARLBOROUGH TRACK @ 10.30AM to 12 NOON
- WEDNESDAY EVENING ROAD RUNNING / XC / HILL TRAINING, MARLBOROUGH LEISURE CENTRE @ 6.30PM to 7.45PM
- WE ARE EXPLORING OPTIONS FOR AN INDOOR SPORTS HALL-BASED TRAINING SESSIONS FOR ALL AGE GROUPS (More detail to come)

### Sunday training

Winter training at the Marlborough track is back this year. We have access to the track courtesy of Marlborough College from **Sunday September 30th**. The plan is to once again provide sessions from 10.30 to 12 noon, for the U13s and older. This includes Year 6.

As per last season, winter training is demanding and run on a different format to the summer season with the emphasis on building fitness, and athletes attending will be expected to work!

Clearly the weather will have a big impact on this and because the College has the infield dedicated to football, we will be limited in ability to actively train throws.

Coaches Louise George and Fiona Edington will be running an endurance squad focussing on the XC Season ahead. If you are particularly keen to join their XC / endurance squad, let us know.

Meanwhile, Paul Warren will be heading the track & field training. Here, we will be looking to include some hard

conditioning work, involving serious running, use of medicine balls as well as technical work on hurdles and sprints — particularly towards the start of the summer season. There is a winter training WhatsApp group which all athletes who want to take part should sign up to so that we can keep you informed of last minute changes and possibly cancellation — particularly as the College sometimes need to close the track if conditions are bad. Sunday sessions will run from September 30 until December 18th and then recommence on January 6th.

#### TRACK FEES APPLY

To fund the hire of the Marlborough College track over the winter months for Sunday training sessions, we need to ask for a small additional training fee from athletes taking advantage of the sessions. At the moment we propose a £2 per session fee which will cover all our club expenses through Oct to March.

### Wednesday training

Wednesday training will focus on fitness for XC with road running and hill work around Marlborough, and use of the College's playing fields while light enough. To make this Wednesday training viable for coach Lucy Lassiter, we need to know how many athletes will be keen to join the group. **Please email us on [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk) to sign up for this training group.** Because we are running on the pavements



with the added safety considerations, we are offering these sessions to those in Year 7 and above. **Full details and safety rules will be emailed to athletes who confirm they are intending to join the group.**

As with the Sunday training, we will be asking members of the Wednesday squad to sign up to the WhatsApp group so we can be informed about last minute changes and possible cancellations.

The Wednesday group will meet at the top carpark of the Marlborough Leisure Centre at 6.30pm. All athletes need to come equipped with hi-viz running vests and parents will need to wait until they are sure the coaches have arrived and their child has signed in.

The sessions will run to 7.45pm and we ask parents to pick up promptly so the children are not left waiting in the cold. The Leisure Centre lavatories are available for our use, which is a bonus. If the weather deteriorates, athletes will be able to wait inside the Leisure Centre to be picked up. This year we are pleased to welcome our own U20 athlete Greg Rogan Rea who is assisting Lucy having completed his England Athletic Leader in Running Fitness training. Lucy and Greg will be supported by coaches Vanya Body and Duncan Short as required.

As we have done in the past, we welcome parents of athletes to join us for these tough running sessions. Sessions will include warm up followed by drills aimed at developing form, strength and efficient running posture. We then do either steady runs on the road or fields; 1800m reps on the road; hill reps on a quiet road or path and follow with a cool down run.

**MADJA understands that we have many dedicated summer athletes who are equally committed to their winter team sports. We know that these winter commitments will take priority over track training, but do consider our winter training as valuable supplementary fitness work, especially if you are considering entering schools cross country events.**

## **Oxford League Cross Country Competitions**

The Oxford Mail Cross Country League is a series of 5 XC events through the winter from November to March, (once a month) held across Oxfordshire on a Sunday morning. These are excellent events for the committed XC runners and cover all age groups from Under 9 boys and girls upwards. In the past, MADJA has fielded a small team in the league, but last year we decided to stop because we could no longer fulfil the requirement to supply a team of marshals to the events, when we had only a small number of participating athletes.

This year, as a new approach, we are linking with **Team Kennet of Newbury** which has kindly offered to take MADJA runners under its umbrella to allow them to compete. Basically, this means that we can register our athletes in the league via Team Kennet, they can run the events and TK will provide its own vests to wear on the day. Nick Bull, who runs Team Kennet is keen to provide the opportunity to us and if any athletes would like to take part in the Oxford Mail League events, could they please email MADJA Club Secretary Vanya Body on the [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk) so I can register you with the league and Team Kennet before the end of October.

The website is awaiting an update with the information about this season's Oxford Mail Cross Country events. <https://oxonxc.org.uk>

Here's a selection of photos from the MADJA Prize Giving. More Photos from the event will be on the Club website: [www.madja.co.uk](http://www.madja.co.uk)

