



Training at the  
Marlborough  
College Track  
since 2005

# Newsletter

Issue 25 Oct '17



## Great turnout for club prize giving & BBQ



It was fantastic to see so many of you turn out for the club prize giving and family barbecue on Friday Sept 8th. Big thanks to all who helped to make this event so successful, but in particular to David Hemery who presented all the awards and also brought along his own Olympic medals of the athletes and parents to inspect.

A huge thank you also to the Kelly Family whose excellent burgers and sausages went down a storm. The weather was kind on the night and the venue perfect for everyone to socialise while younger members hared around outside to their hearts content!

[Pictures of the award recipients on page 2](#)

## Winter Training at the Track

The second season of winter training at the Marlborough track begins this Sunday, Oct 8th. The sessions run from 10.30 to 12 noon and are for the U13s and older.

The training will be demanding and run on a different format to the summer season as the group will be smaller. The emphasis will be on building fitness and athletes attending will be working hard. 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. But, we will be looking at some serious conditioning work involving serious running and use of medicine balls as well as technical work on hurdles and sprint technique. You won't be standing around getting cold!

The first session will be dedicated to doing a base-line measurement of abilities and we will return to measure improvements (hopefully) between October and the start of the summer season in March/April.

We will set up a winter training WhatsApp group to keep athletes up to date on last minute changes and possibly cancellation to the Sunday sessions, which should run every Sunday from October 8 to December 17 and then recommence on January 7th.

**MADJA understands that many dedicated summer athletes are equally committed to their winter team sports. These Winter commitments take priority and track training should be supplementary unless athletics and cross country are your primary sport.**



## CROSS COUNTRY COMPETITION DATES. Dates for 2017/18, subject to confirmation:

10th December 2017 Tri Counties - University of Bath;  
7th January 2018 SW inter counties - Exeter Race Course;  
21st January 2018 Wiltshire Schools (TBC)  
3rd February 2018 SW Schools (by selection) - Exeter;  
10th March 2018 National inter counties - Loughborough;  
17th March 2018 English Schools (by selection) - Temple Newsam, Leeds;  
15/16th September 2018 English Schools CE & Walks (by selection) - Bedford

Important Note: This year MADJA will not be affiliating to the Oxford Mail Cross Country League. The demands of the league for the club to provide marshals and officials has now exhausted our capacity. Last year a few small number of athletes entered the event and it has been decided to focus our efforts on the Sunday morning training at the Marlborough Track.

## Competition News

### Kieran Short, Wiltshire's School Decathlete at CE Champs



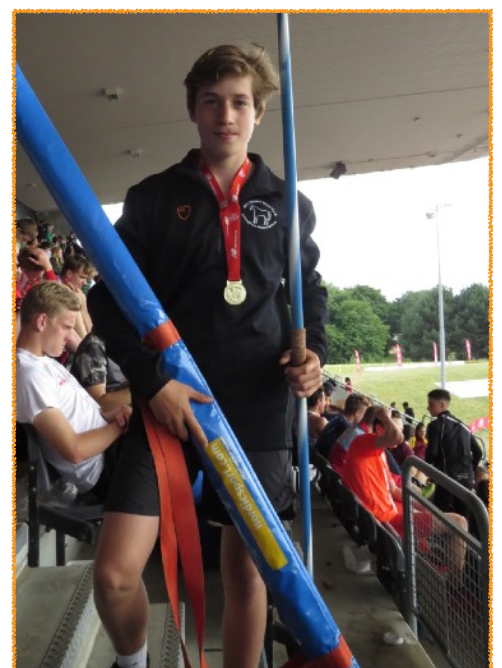
Kieran Short (U20) represented Wiltshire Schools at the English Schools Combined Events championships held at a very chilly and windswept Boston Lincolnshire track over the weekend of Sept 16/17. In his first year as a senior athlete, Kieran came a respectable 21st from 34 entrants. He survived the carnage which was the 110m hurdles, and set three new PBs in the Pole Vault finishing with 2.8m. He also set new PBs in the Javelin and the Discus. In the end, however, he fell just shy of the sought for 5000 point mark, scoring 4962 points. There is always a big fall off of commitment to multi eventing at the senior schools level because of the need to master pole vault, but Wiltshire team manager and MADJA coach Deborah Bray is already looking towards the 2018/2019 season for Kieran with plans to continue focussing on improving his field events.

### Thomas Holmes leaps rankings after Swindon

Thomas Holmes (U15) turned on some late summer heat to win the U15 event at the Mark Cawte Memorial Jumps and Throws meeting, organised by Swindon Harriers at their track, last Saturday.

Thomas threw a huge new PB of 55.66 which led to a jump in national rankings from 5th to 3rd place, just 16cm behind the No1 ranked athlete. It's been a great season for Thomas. He has nine times thrown in excess of 50m - and has improved his PB by 11.46m.

Recognising his dedication, continuous improvement and very satisfying results Thomas was awarded MADJA Athlete of The Year at the club's end-of-season Prize Giving.



# Prize Giving in Pictures



More photos in the 'latest news' gallery at [www.madja.co.uk](http://www.madja.co.uk)

- including shots from the Club Championships!



## AND NOW A SERIOUS LAST WORD

**After many years of turning out in all weathers to coach the Wednesday winter distance and XC sessions, Lucy Lassiter has made the tough decision that, due to her current work commitments, she will not be able to carry on with these sessions.**

In the past, Lucy has been able to rely on the help of other coaches and occasionally parents joining in the running... while she led the session as the senior England Athletics qualified coach. Lucy ran with the athletes in order to supervise and ensure the safety of the group and some of us (no names necessary!) brought up the rear, very slowly, when we could!

However, this winter, we have no other qualified coach or coaching assistant available to lead the training therefore, sadly, we will have to call a halt to the Wednesday winter session. We are currently looking at options for weekend cross country running, but until this is formalised, we will offering the Sunday morning track sessions.

However, and it is a big HOWEVER... this shines a sharp light on the fact we need more parents of young athletes to come forward to assist us. Every single coach at MADJA is a parent of an athlete present or past. We have all undertaken England Athletics training to qualify to coach your children and ours because we love the sport and we want to see it continue in Marlborough. Each year, EA run training course for Coaching Assistants who can then work alongside fully-qualified coaching team. There are other course available as well which set you on the pathway to be qualified to lead groups of young athletes and runners of all abilities in different sporting situations.

This is the first time for some years we have taken the decision to close a regular training session simply because we do not have enough support from the parent community from those willing to join our ranks as qualified coaches or coaching assistants, able to safely deliver a running session based away from the confines of the track.

Ensuring a succession of enthusiastic and well-trained coaches is essential to the vitality and future success of the club. **We have not had a parent sign up the first level of training - Coaching Assistant - for four years.** I was on this last course in 2013 and then furthered my qualification last winter to become a fully-qualified coach, along with Paul Warren and Calvin Bailey. You need enthusiasm, but you don't necessarily need to be super knowledgeable or have competed in athletics yourself. The EA training will provide you with the skills and the basic technical knowhow on which you can then build.

It means giving up your time - but a Coaching Assistant course is just one weekend - and it is worth it. MADJA will pay for the training, but then expect a commitment to helping with the club for a couple of seasons at least. Frankly, if we don't have more parents doing this, the future for MADJA will not be assured. We are hoping to organise a course for Coaching Assistant in Marlborough early next year. Other courses within an hour's drive are already scheduled. If you would like to find out more, email me on [enquiries@madja.co.uk](mailto:enquiries@madja.co.uk)

Vanya Body

