



Training at the  
Marlborough  
College Track  
since 2005

Want to help us?  
MADJA needs new coaching  
assistants and officials!  
We offer England Athletics  
Training. Join the team!

# Newsletter

Issue 18 March '17

## GET READY FOR SUMMER!

The track and field season kicks off on Sunday March 19. Sessions for those aged 7 to 10 (Age Groups U9 and 11) are from 9.15am to 10.30. Be at the track at 9am to sign in and be ready to warm up. The senior athletes - those aged 11 and above (age groups U13/U15/U17/U20 train from 10.30 to 12 noon. Wednesday training for the older athletes will start on April 5. Until then, the XC /road training continues at the Marlborough rugby club. (Please note, there will be no training over the Easter weekend.)

**Be sure to allow yourself enough time to sign in at the pavilion!**

## Sign up! Membership is now on-line

To make things easier for you and us, MADJA has launched a new on-line membership system via the [www.madja.co.uk](http://www.madja.co.uk) website. Go to the website, select Membership and the new form is there to fill in and submit. The form goes to our new membership secretary Debbie Bosacki and the athlete's details will be forwarded to England Athletics.

Every MADJA member is automatically registered with England Athletics and receives a EA competition number. If you have already been a member, then your EA number won't change. New members will receive their number-for-life that allows them to enter EA-recognised regional, national and other open competitions. After sending in your form, you will receive an email from England Athletics asking for payment of the MADJA £50 individual membership fee, again on-line. If you are not able to use this system, contact us for alternative arrangements.

It is important that all athletes get signed up as soon as possible. We will, once again, be offering 'taster' sessions for new athletes or those who are returning to the track after a lapse. Otherwise, help us get you onto the EA system as soon as possible so your team managers can see who's committed and likely to be training regularly in the build-up to our first Wessex League match in April.



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



**Out of  
the  
Blocks**

# Olympics in his sights!

Congratulations to Elliot Lassiter who is one of only 12 young Wiltshire sports stars to be granted Wiltshire Council 'Future Olympians' funding to help him to pursue his aspirations in Triathlon. Under 20 athlete Elliot cut his sporting teeth with MADJA as a talented middle distance runner before deciding to focus on triathlon. Last summer he earned his first UK vest when he competed in an international Biathlon in Spain. The grant of £500 is available to any Wiltshire athlete aged between 8-18 competing at a regional or national level in any Olympic or Paralympic sport, or any sport recognised by Sport England. We could soon be seeing Elliott featuring in international senior Triathlon competitions!



**A MADJA  
Team T-shirt  
when you have  
competed in 3  
matches!**

## DIARY DATES



### Wessex League 2017

- 23 April - Basingstoke (team coach)
  - 4 June - Swindon (home)
  - 25 June - Aldershot (coach)
  - 9 July - Isle of Wight (coach)
- There will be a special MADJA QUAD KIDS Event on Sunday May 7.  
More details to follow.**



ENGLAND  
ATHLETICS  
QUALIFIED COACHES

OPEN TO ALL  
ABILITIES

COMPETITIVE  
LEAGUE MATCHES

NATIONAL  
STANDARD  
ATHLETES

FIRST SESSION  
FREE

## RUN JUMP THROW

### Marlborough and District Junior Athletics Club

If you are between the ages of 7 to 17 and would like to try athletics why not come and enjoy a free session on a Sunday morning. Under 9s/11s train between 9.15-10.30 with under 13s/15s/17s training from 10.30 to 12.00.



This is the new MADJA Poster - in A4 and A3 - for schools and leisure centres. If you know a place where we could display this poster, and spread the word about MADJA let us know on [enquires@madja.co.uk](mailto:enquires@madja.co.uk)

### M.A.D.J.A

Marlborough College Track  
Marlborough  
[www.madja.co.uk](http://www.madja.co.uk)

Email: [enquires@madja.co.uk](mailto:enquires@madja.co.uk)

2017 Season starts on  
19<sup>th</sup> March.

Wednesdays 18.30-20.00  
(U13s to U17s only)

Sundays 9.15-10.30 (U9s/U11s)  
10.30-12.00 (U13s to U17s)

## Dress for the weather!

Think ahead when coming to training and wear the right gear! Is it cold? Bring the layers! Is it wet? Bring the waterproofs! Is it sunny? Bring caps and sun lotion!

Don't get caught out. Coaches hate to see freezing, soggy or sun-burned athletes! And, don't just rely on your parents to think for you!



MADJA  
Closed Group

## Parents! Please be Patient and Park Properly!

A plea to all parents. Could you please drop off your children at College's main car park and ask them to walk up. Regardless, if you are just dropping off or intend to stay, the College has asked us to ensure that only minimal traffic uses the dirt road to the track gates. **Therefore, the ONLY people allowed to park at the track are coaches and officials!**