

### HIGHLIGHTS OF 2006

- Over 165 Members - Biggest ever
- 5<sup>th</sup> in First ever season in National Young Athletes League
- 4<sup>th</sup> in Wessex league
- Under 11's win Mike East Cup & come 3<sup>rd</sup> in Wessex league
- Hannah Thompson takes Silver at English School High Jump
- Rosy Cooper takes Silver at AAA's championship 1500m
- 4 MAD JA athletes qualify for English Schools finals
- 2 primary schools quadrathlon events hosted involving over 30 teams
- Tidworth inter-club cup retained
- 6 grade 1 and 12 grade 2 performances achieved
- 30 new Club records set

Congratulations to Club Quadrathlon winners

U11Boys - Duncan Lorraine

U11 Girls - Amy Cooper

U9 Boys - Henry Williams

U9 Girls - Abigail Ghent

### WESSEX LEAGUE REPORT

The season started very well at Guildford with a narrow (6 point) win over Team Kennet, but then we suffered badly in the 2nd match at Andover in June, where we were missing too many of our top athletes. Fielding only one U17 woman, left us on the back foot from the start, and contributed to a 3rd placed finish in the match.

We were also under-strength for our final match at Woking, but managed a creditable 2nd. We finished the season on 15 points, well behind league winner Reading, but only 1 point off 2nd place, and still a very creditable performance in this 18 team league. [www.wessexleaguetandf.co.uk](http://www.wessexleaguetandf.co.uk)

The real highlight of the Wessex league season was the blistering success of our U13 Girls, who won their age group category in every match, finished as top U13G team, and consequently took their age group trophy.

### U11's Wessex League Report

The Club has been over-subscribed with U11's (40 at last count) and have had to turn away prospective members. We hope to recruit more coaches next season so we do not have to turn athletes away, but would also encourage parents to sign up early to guarantee a place.

Winning the Mike East Cup was the highlight of the season for our U11's. At this event, we did not have a single individual winner, but we did have strength in depth and a great team ethos, under the leadership of Cathy Temple-Brown. Lucie Stratton was our top Wessex league U11, taking the coveted all rounder award, and Will Seward took top spot in the ball throw.

### National Young Athletes League Review

NAT YAL was a real adventure. We were in Midland 1 West Division against big city teams like; Cardiff, Exeter & Swansea. NAT YAL is a nationwide system of leagues (see [www.natyal.co.uk](http://www.natyal.co.uk)) involving over 250 clubs. Our goal was to finish in the top half of our league which we duly achieved with a 5th place finish in this 16 team league. Our best match result was a win in the rain in May at Swindon, and our worst result a 4th place at the same venue in June, against Swindon, Swansea & Cardiff. As per the Wessex league we suffered badly not being able to fill the slots in the older age groups. We have enough talented athletes to win both these leagues, we just need a bigger attendance on match days.

It is good to be ambitious, but we have to remember that we are a very new, small-town club, which is punching well above its weight. In this context we have been highly successful, which is very much down to the core of 30-40 athletes, who are always willing to compete. It is also down to the tenacious team managers (Paul Steen, Miles Averill, Margaret Thompson, Mark & Jacqui Sykes, Pauline Archer & Cathy Temple-Brown), who have spent hundreds of hours on phone & e-mail pulling teams together..A very big thank-you for a thankless task.

Another huge thank-you goes to all those parents who helped out at matches with time-keeping, field event management etc.

### COACHING COURSES

A number of coaching courses are being held in Marlborough. "Children in Athletics" on Sat 11th November and a "Level 1" coaching course on Sunday 12th of November. For more information contact Kim Seward.

### COACHES & HELPERS NEEDED

We still need more coaches & helpers both on & off rack. Please let Richard Cooper know if interested

# M.A.D.J.A Newsletter

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## UKA GRADE 1 & 2 PERFORMANCES

### GRADE 1

Hannah Thompson	U15G	High Jump	1.70m	1.58m
	U15G	75mHurdles	11.7s	11.9s
	U15G	Long Jump	5.10m	5.10m
	U15G	Pentathlon	3143pts	2500pts
Rosy Cooper	U17W	800m	2:14.2s	2:17s
	U17W	1500m	4:34.8s	4:45s

### GRADE 2

Hannah Thompson	U15G	200m	26.7s	26.9s
Morgan Gascoigne	U13G	100m	13.8s	13.8s
	U13G	Long Jump	4.51m	4.30m
	U13G	75m	10.7s	10.7s
	U13G	Shot Put	7.88m	7.70m
Alison Witts	U13G	High Jump	1.37m	1.32m
Rachel Sykes	U13G	800m	2:32.8s	2:33.1s
Hannah Claydon	U13G	High Jump	1.34m	1.32m
	U13G	70mH	12.3s	12.4s
Danielle Morgan	U13G	800m	2:38s	
	U13G	1200m	4:05s	4:12s
	U13G	1500m	5:15s	
Lucy Averill	U17W	High Jump	1.61m	1.57m
Remi Digby	U15B	80mH	12.5s	12.5s

## INDOOR WINTER TRAINING

As per last winter, Kim will host Wednesday evening fitness & agility sessions at St Johns school (time to be confirmed). Richard is open to coordinating weekly training for athletes wishing to work on their middle distance performance. For older (U15 / U17) athletes there are general circuit training sessions at MLC on Tuesday & Thursday evening, and a more specific athletics targeted session hosted by Howard Moscrop of Swindon Harriers at The Ridgeway school. There are various cross country and indoor events through the winter which will be posted on the MAD JA website

## Next Season

The Club has a strong core of keen talented athletes, but we still struggle to give quality technical training across a range of disciplines to the older athletes. We desperately need more coaches, more general helpers and more parents to help with team management. Without new blood, the club will stagnate and in time go backwards.

The club committee can only confirm our entries into Wessex & NAT YAL leagues when we know we have enough resources to make our participation enjoyable, and not a draining chore for a handful of coaches & team managers. Similarly we will decide upon the membership caps per age grp when we know how many coaches & helpers we have. Please let us know if you are interested.

The other major problem the club has, is that a significant proportion of our U15 & U17 members do not seem to want to compete for the club. MAD JA exists to develop athletes, and the reward our volunteer coaches get is seeing their athletes improve their performances in competition. This does not just apply to elite athletes, and in some cases the greatest pleasure comes from seeing a less talented individual perform way above expectations & win valuable team points. Coaches therefore have very little motivation to give technical coaching to athletes who do not intend to compete for the club. For next season we will be looking at ways to improve this situation. Any ideas from parents & athletes very welcome.

## Elite Performance

Hannah Thompson was MAD JA's top all round athlete with 4 grade 1 performances and a fantastic 1.70m clearance at the English Schools high jump finals, which ranks her UK #2 as an U15, and UK #3= as an U17 !!!.

Hannah competes in the English Schools Pentathlon championship in Sept, where she has a fair chance of taking gold. Lucy Averill & Remi Digby also made it to the English Schools finals.

Rosy Cooper finished her season well with a Silver at the AAA's championships in August in a time of 4m 34.8s. She also broke the Wessex League record at this distance, and came 2nd in the British Milers club 800m at Millfield in a time of 2m 14.2s. As an U20 next season, Rosy leaves MAD JA to join specialist middle-distance club Aldershot, Farnham & District AC. We wish her all the best.

We are lucky to have an excellent new website ([www.powerof10.info](http://www.powerof10.info)) which gives both national and regional rankings per event. MAD JA have more than 10 athletes ranked in the top 10 in the South West, including; Hannah, Rosy, Morgan Gascoigne, Alison Witts, Rachel Sykes, Hannah Claydon, Danielle Morgan, Lucy, Remi, Ben Loosemore, Guy Taylor and Jesse Telemacque.

## SUBSCRIPTIONS

For athletes expecting to participate in Winter training, or for those in the over-subscribed U11 & U13 categories, subs for the 2007 season should be paid now. Subs for U11, U13, U15 & U17 will remain at £30, and at £25 for U9's

## Useful Numbers

Richard Cooper	01672 516795
Charles Sheppy (Secretary)	01672 569164
Pauline Devenish (Membership)	01672 515202
Paul Steen (Website)	01672 540383
Ian Morgan (Records/Stats)	01488 73071
Jacki Liebling (Welfare)	01672 563487
<b>Team Managers</b>	
<b>U11</b>	
Cathy Temple-Brown	01672 562554
<b>U13</b>	
Mark & Jacqui Sykes	07802 463678
Pauline Archer	01672 811348
<b>U15 / U17</b>	
Richard Cooper	01672 516795
Margaret Thompson (U15G)	01672 564081
Paul Steen (U15B)	01672 540383
Miles Averill (U17G/B)	01672 514536

For more information

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

[info@madja.co.uk](mailto:info@madja.co.uk)