

Welcome to the fourth issue of LPS Junior News

## Five Gold Medals for Joe

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### Special points of interest:

- \* English schools success
- \* Mid-Lancs team triumph
- \* Clubmark

This year the club had 6 athletes competing in the English Schools' Track & Field Championships which were held Birmingham's Alexandra stadium in early July.

To come away with 2 gold medals was an outstanding achievement for a club of our size. Joe Milton, who started as one of the favourites, won the U15 Boys 300m title in a new championship best performance time of 35.70 sec.

In contrast Rosie Johnson (U17 girls) was the 8th fastest in the country going into the final of the 1500m. Rosie was not even mentioned by the Sky commentator until she appeared with 300 metres to go. After that she powered to victory in 4:25.86.

That victory won Rosie selection for England in the home

countries international.

She continued her fine form, winning that race in Dublin in an even faster time (4:25.11)

The video clips on the club website are well worth seeing.

Amelia McLaughlin came agonizingly close to a medal with a leap of 1.71m in the U17G High Jump, but finished 4th on count back

Representing Lancashire schools at the event were Morgan-Greaves Thomas (U15B 100m), Ed Latimer (U15B 300m) and Lucy Staunton-Turner (U15G Javelin)

That was not the end of Joe Milton's success story however. Having already

won gold at the Merseyside County & Schools Championships and the Northern Championships, he secured his 5th major title by winning gold at the England Athletics Championships in Bedford.



Joe crosses the line to win gold at the English Schools championships in Birmingham (above)



Joe on the podium at Bedford after securing the EA title

(left)

## NEW TRACK & FITNESS TRAIL

Work on the new track is well under way. The track itself has been laid, although there are no markings down on it yet.

A unique feature is the four jumping pits for long & triple jumpers and the added bonus of a javelin run-up area at both ends.

It is an 8-lane track with 10-lanes in the straights and is expected to be completed by the end of October

A view looking down the back straight of the new track



### FITNESS TRAIL

Also part of the new developments will be a fitness trail. This will have a total loop of 2.5km and will skirt the perimeter of the new developments.

Exercise stations will be located at various intervals on the loop for those athletes who want to do a bit extra, along with a series of steps.

It is hoped that a regular Saturday morning Park Run will be established using this course.

## FIRST AID & PHYSIOTHERAPIST SUPPORT

During the months from November to March, the club is able to call upon the support of sports science students based at the university.

Each club night, first year students will be available to provide first aid support at track side.

Second year students are also on hand to provide basic physiotherapist support. They will be located in one of the changing rooms from about 7.30pm. This service is

### **CIRCUIT TRAINING**

**Structured for all disciplines**  
**Work at your own level to improve:-**  
**Flexibility Strength Stamina Speed**  
**Sessions cost £2 and are for anyone over 14 years**  
**10–12 noon in the Sports hall at Sporting Edge on**  
**Sundays September 29th, October 27th, November 24th & December 29th**

available to all athletes, although anyone under 16 years of age must be accompanied by an adult.

The university also runs a mid-week clinic. This enables students to work under supervision. Sessions cost £5 and can be booked through Mark Leather 01695 584544

## MID-LANCS CROSS COUNTRY LEAGUE

The club competes in the Mid-Lancs cross country league and there are 6 fixtures during the season. To be eligible for individual and team awards you must compete in at least 4 races

4 runners count towards a team score at U13/15 and 3 at U17 but there is no limit on the number of athletes who can run.

### FIXTURES 2013-14

All races take place on a Saturday  
 Oct.26th—Towneley Park, Burnley  
 Nov.23rd—Sefton Park, Liverpool  
 Dec.14th—Hyndburn  
 Jan.11th—Barrow-in-Furness  
 Feb.8th—Lancaster University  
 Mar.st—Kendal

All runners who want to compete in these races have to be registered with the league.

You will then be allocated a number which you must keep for the season and wear at each race, except for the one at Sefton Park

Please make sure you have a fixture card which gives you the dates of all races and championships, both for the club and schools.

## MID-LANCS TRACK & FIELD LEAGUE

This year, the club entered the Mid-Lancs Track & Field league for the first time and it proved to be a popular choice.

No longer restricted to entering two athletes per event, the league gave many youngsters the opportunity to compete for the very first time.

Catering for all ages, it meant that U13's, U15's & U17's were able to compete at the same venue as both juniors and seniors for the very first time.

The popularity of the league meant that the timetable of events was very

provisional & although not offering the full range of events, the local nature of the tracks meant that travel was kept to a minimum.

Over 100 athletes competed throughout the season and both male & female teams won division 2 and were promoted to division 1. This means very little as athletes will still compete against athletes from all of the 17 clubs in the league, irrespective of which division they are in.

The club will enter this league again next year

### OFFICIALS NEEDED

For meetings to take place clubs need qualified officials. If you would like to help there is a 1 day course on November 30th at Sports City in Manchester. After that you learn 'on the job'.

Even if you only officiate when your youngster is competing, it will be a big help.

**INTERESTED ?** Contact Wally Bridson

## CLUB VESTS & HOODED TOPS

Club vests are available for sale at a cost of £15 and can be purchased at the track from Wally Bridson.

Male sizes vary from 32 ins to 44 ins.

Female sizes vary from 30 ins to 42 ins

Vests must be ordered in advance, but a selection of sizes will be available.



The club also has hooded tops for sale for juniors. These too cost £15 and are available on club nights.

They are red in colour with the liver bird logo on the front and Liverpool Pembroke & Sefton written in black letters on the back. There are 3 sizes for ages 10/11, 12/13 and 14/15

LPS is a CLUBMARK accredited club. This means that England Athletics & Sport England have recognized that the club complies with their minimum operating standards in 4 main areas:

1. The coaching programme
2. Duty of care & safeguarding
3. Knowing your club & community
4. Club management

### CLUB WELFARE

**The club has 2 welfare offers. Should you have any issues regarding club welfare, then these are the people to contact.**

**Alison Loveridge—  
alisonloveridge@sky.com**

**OR**

**Wally Bridson Tel: 0151 520 1325  
bridson\_m@tiscali.co.uk**





It is hoped to produce a newsletter twice a year to keep you up to date with developments both within the club and at Sporting Edge.

The next issue will be printed prior to the start of the track and field season.

To keep up to date with club news and reports, visit the website at [www.lps-athletics.co.uk](http://www.lps-athletics.co.uk)

Editor: Wally Bridson

### Indoor meetings

During the winter months there are a number of indoor open meetings being held at the indoor track at Sports City on December 1st & 15th, January 5th, February 2nd, March 2nd & 23rd.. Further information can be found on the Sale Harriers website.

The Northern Indoor Championships will be held at EIS Sheffield on January 18/19th 2014. Two open meetings will be held prior to the championships on 16th November & 4th December at the same venue. Further information can be found on the Northern Athletics website

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## CLUB MEMBERSHIP FEES 2013-14

Club membership fees are due from 1st October. These cover the cross country and indoor season, along with next year's Track & Field season. As this is the only income the club gets you are asked to pay this promptly either to John McCarten (membership secretary), Dave Brown (treasurer) or Wally Bridson (Secretary) The fee is now £30 for all categories of membership.

However, additional family members will only have to pay half price.

England Athletics has now doubled the affiliation fee that clubs have to pay for each athlete to £10. It had been proposed to be much higher than this, but following protests from clubs throughout the country, they relented and fixed it at £10.

### TRACK FEES

As of 1st October, the system of paying track fees will change. The club is now being charged an annual fee to use the track and we need to recoup this money from our members.

Consequently, track fees will now be collected from the foyer of Sporting Edge on club nights. For casual users this charge will be £3 per session. All members will however, be able to purchase a 3 month permit (or multiples of) at a cost of £25. This equates to approximately £1 per session for those athletes who train twice per week and is certainly value for money.

If there are two family members who train, then the second or subsequent members will be charged half-price

### CLUB TOTE

The club also attempts to raise money by running a monthly tote

This costs £2 per month and is payable by direct debit.

50% of the income goes as a prize money, with 50% going towards club funds. We currently have 70 members, so £70 is the monthly prize.

The more members we get the bigger the prize.

If you are interested in joining then please see Charles Gains on club nights for an application form.

A list of the monthly prize winners can be found on the club website.

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