

**Welcome to the
first issue of LPS
Junior News**

Cross Country Success Stories

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The cross country season has ended with some notable performances at both team and individual level.

Toby Loveridge (JM), Kirsty Longley(SW) & Rosie Johnson (U15G) are all Merseyside County Cross Champions whilst the junior men's team of Toby Loveridge, Jai Vernon-McGuigan, Ben Costello & Mike Bride took team gold.

Whilst the Merseyside athletes were competing at Sherdley park, St.Helens, those from Lancashire were at Witton Park, Blackburn. The best individual performance came from Ryan Blackwell who finished 2nd in the U17 Boys race and along with Kyle Nicholls & James Loftus, he also helped secure the team silver.

Not to be outdone the U13 boy's team of Jack Crook, Liam Bibby, Josh Forrest & Michael Croft also secured team silver.

At Pontefract race-course, the Northern Championships were held in glorious sunshine in January and the sun certainly shone on LPS athletes. The Junior Men's team took the silver medal while there were some excellent individual performances from Rosie Johnson (7th) in the U15 Girl's race and Morag Molyneux (11th) in the U13 Girl's race.

In the Mid-Lancs League, the U17 Boy's team of Ryan Blackwell,, Alistair Nelson, Kyle Nicholls, Warren Turner, Dave Reece James Grundy, James Loftus & Rob Parkinson comfortably won the league title. The U13 Boys team of Liam Bibby, Jack Crook, Josh Forrest, Joe Martin, Max Cotterill, Joe Marshall & Michael Croft, battled all season before finishing 3rd in the league. In fact they finished joint second with Preston Harriers but just lost out on 'head to head' victories. Rosie Johnson maintained a high level of performance all season and was justly rewarded with second place in the U15 Girl's age group.

Special points of interest:

- * Track & Field championships. 2012
- * McCains Young athletes League
- * Clubmark

Mid-Lancs League Awards Evening 2012

This year's awards evening will take place on Friday 13th April at the Bamber Bridge & CCM club, Aspden Street, Preston, PR5 6TL. The Presentation will be preceded by a buffet at 8.00pm, with the presentations commencing at 8.30pm. Tickets are priced at £5 for adults & £4 for juniors and are available from Wally Bridson, although you can pay on the night. Please do your best to support this event. A lot of hard work goes into the organization of the league and this is the climax to the season. The venue can be found by leaving the M6 at J29, take the A6 for a short way, turn right onto the B6258 Station Road, in 3/4 mile turn left on to Brownedge Road, then first right in to Aspden Street—the club is on your left.

SPORTING EDGE

The start of the new building developments are taking place on the tennis courts at Edge Hill. This is part of the multi-million pound scheme which will transform sports facilities at the university.

New halls of residence for the students, a new car park and a new access road should all be ready by September.

Early in the new year, work will start on the new 8 lane athletics track which is expected to be completed by the summer of 2014.

In mid-June we are expecting the arrival of 8 Olympic athletes who will be training with the club at Edge Hill, in preparation for the London Olympics.

The athletes will come from 4 countries in Oceania, Palau, Marshall Islands, American Samoa and the Federated States of Micronesia

The athletes will train at edge Hill for approximately 6 weeks before moving to their London training base in late July.

TRACK PERMITS

Track permits are far more economical than buying a ticket on each visit to the track. A 6 month permit costs £32.50 which works out at 62p per session if you train twice a week.

In addition if you hand the ticket to your coach, then they are entered into a quarterly draw. The latest winner was Max Cotterill (Endurance Group) who gets an extra 3 months added on to his permit.

Track & Field Season

The track & field season begins at the start of April. For those of you at U13 level (year 6/7) & U15 (year 8/9), it is important that you try different events.

To begin with there are a number of 'Open Meetings' which are taking place locally

Unless you are prepared to try something different then you will never know if you are good at it.

OPEN MEETINGS

Saturday 14th April - Jumps & Throws meeting at Wavertree

Sunday 15th April— Open meeting at Robin Park, Wigan

Sunday 22nd April—Open meeting at Wavertree

YOUNG ATHLETES LEAGUE

The competitive season starts with the Young Athletes League fixtures. This year due to the demands of the Olympic games there are only 3 fixtures.

There are 6 teams in the league :- LPS, Salford Met., Halton & Frodsham, Menai, Warrington & Macclesfield.

FIXTURES 2012

SUNDAY 6th May at Salford Met.

SUNDAY 20th May at Macclesfield

SUNDAY 17th June at Salford Met.

Each athlete may compete in 4 events BUT one of these must be a relay. Each club is allowed 2 athletes in each event. Points are awarded for your position in each event.

Programmes will be available at the first match & certificates will be awarded to athletes who achieve any of the 4 graded standards that appear in the programme.

The Power of 10 - www.thepowerof10.info

Whenever athletes perform at a recognized track & field meeting, then their performance is recorded on a national data base, known as 'The Power of 10'

Whatever, event you compete in you will be able to view your performance and see how you are ranked, both in the north-west and the UK as a whole.

Your performance must however, be of a certain standard to appear on the ranking lists.

You can also view your performances on,

www.topsinathletics.info



Liverpool Pembroke & Sefton is a member of the Merseyside Athletics Network, along with all other track & field and road running clubs in the county.

The Network was set up with funding from England Athletics to promote and develop athletics throughout Merseyside



Already the club has seen the benefits. The Network has paid for 3 new vaulting poles for junior members, an aero flag for display at club fixtures and the part financing of coaching courses for club coaches to improve their qualifications.

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 cross country season

Editor: Wally Bridson

The club has recently launched a new website which you can access at

www.lps-athletics.co.uk

We are always looking for new features and photographs to include. So if you have any photographs in particular, then please email them as a jpg file to the website manager, Robbie Wood at

robbie.wood2@btinternet.com

VOLUNTEERS URGENTLY NEEDED

The club is in urgent need of additional volunteers who would be prepared to help out at matches, especially our Young Athletes fixtures.

For each match we need

8 OFFICIALS— 1 Track Judge, 1 Timekeeper & 6 Field Judges.

Although the club has a number of graded officials, we still need more volunteers who can help out at matches. It might be to rake a sand pit, hold a tape measure or record results, all are vitally important jobs that help competitions run smoothly.

If you think you could help, if only for a few hours at a match, then please let Wally Bridson know as soon as possible.

Your help will be much appreciated.

GIRLS TEAM MANAGER NEEDED

At Young Athlete fixtures we need a someone who is prepared to act as Team Manager for the Girls.

Basically, the team will be selected prior to the match & declared on a team sheet which is handed to the organizers.

A team manager is needed to tick off athletes when they arrive, issue them with a number & make sure that athletes know the times of their events..

COUNTY TRACK & FIELD CHAMPIONSHIPS 2012

MERSEYSIDE

Saturday 12th May at Wavertree

Closing date 1st May

See www.merseysideathletics.org for further details

LANCASHIRE

Saturday 12th & Sunday 13th May at Stanley Park Arena, Blackpool

Closing date 21st April

Ask your coach for an entry form
