

Welcome to the second issue of LPS Junior News

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Special points of interest:

- * Olympic athletes
- * McCains Young athletes League
- * Clubmark

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

Rosie Johnson 1500m, James Grundy 1500m, Joe Milton 400m, Ruth Doran Shot Putt & Kate Doran High jump represented Merseyside, along with Ryan Blackwell 1500m who represented Lancashire.

They competed against the best youngsters in the country and although we had no medal winners this year, their very selection was a tremendous achievement.

It was a different story 2 weeks later, when the Northern Championships were held in Hull. Rosie Johnson 1500m & Jai Vernon-McGuigan 5K both collected gold medals,

while Joe Milton 400m collected silver and Andrew Williams 400m got bronze.

During the summer we had the pleasure of the company of 6 Olympic athletes from Oceania who were based at Edge Hill on a pre-Olympic training camp.

It took them a long time to get use to the weather conditions, but they greatly benefited from the support coaches were able to give them.

Although they were all eliminated in the preliminary rounds of the 100m and 800m, four of them achieved their target of a PB.

In the photo below, Anna Hulme, who was chosen to carry the Olympic torch through Ormskirk, brought it along to a club training session.

Although our Oceania friends wanted to take it home with them, Anna wasn't letting go.

The club made the 6 athletes honorary members and they were all presented with a club vest. Ruby Joy Gabriel (4th right) can be seen wearing her vest. Ruby who was from Palau was only 16 years of age, whilst her compatriot, Rodman Tellull (1st left) was only 17



SPORTING EDGE

Developments at the university have moved on at a rapid pace since the start of the year. The first phase was completed on time with 6 new halls of residence open for the new intake of students on September 23rd. These were built on the old tennis courts and hockey pitch.

The new access road opened at the same time. This is located about 100 metres further along St. Helens Road and replaces the old entrance which will only be accessible for buses and service vehicles

Work is currently underway to replace the floodlit hockey pitch on the land adjacent to Ruff Lane.

The next phase of development will start in early 2013, with the excavation work on the new track. This is to be located beyond the new access road. It is anticipated that the track will be available from the summer of 2014.

If you are unsure as to whether training is on, due to adverse weather conditions, then please telephone Sporting Edge 01695 584745

TRACK PERMITS

Track permits are far more economical than buying a ticket on each visit to the track. A 6 month permit costs £34.0 which works out at 65p 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 winners were Corinne Molyneux & Chris Webber (Endurance Group) who get an extra 3 months permit.

FIRST AID & PHYSIOTHERAPIST SUPPORT

During the months from October 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 October 21st, November 18th & December 16th

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 2012-13

All races take place on a Saturday

Oct.6th—Towneley Park, Burnley

Nov.24th—Sefton Park, Liverpool

Dec.8th—Lancaster University

Jan.12th—Hyndburn

Feb.9th—Kendal

Mar.2nd—Beacon Park

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.

YOUNG ATHLETES LEAGUE

For many years now, club athletes at under 17 level have competed in the Young Athletes League.

However, from 2013, England Athletics has decided to disband the YAL and divide the age-groups into 2 separate competitions.

The new league, to be known as the Youth Development League, will now have competition for U13 & U15 on one day and for U17 & U20 on a second day. This new format has brought widespread criticism and some areas of the country have already indicated that they will set up

their own leagues.

LPS has decided for one year to join the Mid-Lancs Track & Field League. This will enable all age-groups to compete on the same day, including Juniors & Seniors. There will be 6 fixtures spread throughout the summer months, culminating in a medal meeting at the end of the season.

The club will then review the situation at the end of the season

OFFICIALS NEEDED

For meetings to take place clubs need officials. If you can help there is a 1 day course in February at Wavertree. After that you learn 'on the job'

INTERESTED ? Contact Wally Bridson



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 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 track and field season

Editor: Wally Bridson

Indoor meetings

During the winter months there are a number of indoor meetings being held at the indoor track at Sports City on December 2nd & 16th, January 6th and February 3rd. Further information can be found on the Sale Harriers website.

The Northern Indoor Championships will be held at EIS Sheffield on January 12/13th 2013. Two open meetings will be held prior to the championships on 17th November & 8th December at the same venue. Further information can be found on the Northern Athletics website

CLUB MEMBERSHIP FEES 2012-13

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) or Dave Brown (treasurer). The fee is currently £30 for seniors and £25 for all other members

At present the club has to pay £5 to register each athlete with England Athletics. However, they have announced a substantial increase in the affiliation fee they charge clubs for athletes.

As of April 1st 2013, the affiliation fee for athletes will now be £15. For those over the age of 17, it will cost £20. It is inevitable that this will lead to an increase in the annual club subscriptions.

MEMBERSHIP CARDS

England Athletics have ceased to issue affiliation cards, so in future the club will issue all club athletes with a membership card. When shown at some sporting retailers you may be entitled to a discount

MEMBERSHIP 2012-13



**LIVERPOOL
PEMBROKE & SEFTON**
HARRIERS & ATHLETIC CLUB
...based at Edge Hill University

Member's name.....
England Athletics URN.....
Membership Secretary: John McCarten
Address: 38 Mill Lane, Upholland,

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.