

Welcome to the
third issue of LPS
Junior News

Rosie Johnson strikes gold

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Rosie Johnson began the cross country season by winning the first Mid-Lancs race at Towneley Park. She finished it by finishing 4th in the home internationals in Carmarthen claiming a team gold as part of the victorious England team. An excellent climax to a highly successful season.

There were a number of individual gold at the county championships with Morag Molyneux (U13 Girls), Rosie Johnson (U15 Girls) and Jai Vernon-McGuigan all triumphing

The club completed a rare team double at the County Cross Country Championships with the junior men's teams winning gold at both the Merseyside &



Lancashire events. They followed this up with an excellent silver medal at the Northern championships at Knowsley Safari Park.

In the Mid-Lanc's League, the U15 Girl's were the most successful, winning team and individual gold (R.Johnson)

The boys couldn't quite match the girls achievements, but a team bronze was ample reward for a successful season.

There wasn't too much activity in the indoor meetings over the winter

Amelia Jennings-McLaughlin jumped 1.70m in the U17W High Jump at an open meeting at Sports City.

Joe Milton U15B won silver at the Northern indoors at Sheffield in the 200m (23.95) which put him second in the UK

Special points of interest:

- * Track & Field championships. 2013
- * Club vests
- * Clubmark

Mid-Lancs League Awards Evening 2013

This year's awards evening will take place on Friday 5th 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 excavation work has already begun on the new 8 lane track. The work is scheduled to be completed by October 1st.

It must be stressed that at that time there will only be a track there & nothing else.

We will have to be patient in waiting for the reception area, toilets & changing facilities that we currently enjoy at Sporting Edge.

One exciting development that we are looking forward to is the new 'fitness trail' that will accompany the track

This was initially designed as being a 1km 'trim trail' but we are hopeful that this will now be longer and more demanding.

Plans are underway to build a 1km & 1.5km loop with slopes built in parts, a series of steps and a number of fitness stations at regular intervals.

Once the new track is open and available for use, the club will be required to pay an annual hire charge for its use. Consequently, the system for buying track tickets and permits will change

TRACK PERMITS

Track permits are far more economical than buying a ticket on each visit to the track. At present a 6 month permit costs £34 which works out at 70p per session if you train twice a week.

The club would hope that most members would continue to invest in a permit, as this is a much easier way to manage payments for the track.

More information in our next newsletter

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.

The Young Athletes League which the club has competed in for many years has now been disbanded by English Athletics. The new 'Youth Development League' they have set up to replace it divides the league into 2 separate days, so we have

OPEN MEETINGS

13th April— track meeting at Wavertree

14th April -track meeting at Stretford

14th April -track meeting at Wigan

20th April—Jumps & Throws meeting at Wavertree

decided to join the Mid-Lancs League instead.

This league allows all age groups to compete on the same day and even includes senior events as well.

Fixture cards are available for the track & field season, so please ask your coach for one.

Fixtures can also be found on the club website

MID-LANC'S LEAGUE

The competitive season starts with the first Mid-Lancs fixture on 27th April.

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.

You will be allocated a number at the first match which you must keep for the rest of the season

FIXTURES 2013

Saturday 27th April at Blackpool

Saturday 18th May at Preston

Saturday 15th June at Lancaster

SUNDAY 21st July at EDGE HILL

Saturday 10th August at Hyndburn

Saturday 31st August at Wigan

Athletes will be invited to compete in each match. Athletes who train regularly at the club will be given priority

The final fixture at Wigan is a medal meeting. You must have competed in 2 previous fixtures to be eligible for this one.

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.

The power of 10 website is also useful for finding out the results of track & field meetings

You can also view your performances on,

www.topsinathletics.info



LPS Club Vest

The LPS club vest was designed after the amalgamation of Liverpool Pembroke (red hoops) and Sefton Harriers (black hoops) in 1997.

Club vests must be worn in all inter club competitions and in county championships



Clubs vests cost £15 and come in a variety of sizes.

They can be obtained at the track on club nights.

Ask Wally Bridson & he will bring a selection of vests to try on.

The club is also looking into the possibility of selling hooded tops with the club name and logo on it.

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

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**



MEMBERSHIP CARD 2012-13

Member's name:

England Athletics URN



Membership Secretary: John McCarten
Address: 38 Mill Lane, Upholland, Lancashire, WN8 0RR
Tel: 01695 633089
Email: running@wingam.com

Membership Cards 2012-13

Club membership fees became due from 1st October 2012. These have remained at £25 for juniors but it now costs the club £10 to register each athlete with England Athletics.

Once you have paid your 'subs' you will be given a club membership card which will contain your EA Unique Reference Number (URN). This is often needed to enter championship and open meetings

PLEASE PAY YOUR SUBS ASAP as this is the club's main form of income.

CLUB WEBSITE

The club has a website which is regularly updated with news items. You can access this 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

Track & Field Meetings

The club is always in need of volunteers who would be prepared to help out at matches, especially the 2 fixtures that we are hosting

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.

COUNTY TRACK & FIELD CHAMPIONSHIPS 2013

MERSEYSIDE

Saturday 25th May at Bebington

Closing date 18th May

See www.merseysideathletics-uk.org for further details

LANCASHIRE

Saturday 25th & Sunday 26th May
at Stanley Park Arena, Blackpool

Closing date 4th May

For the county championships, it is up to athletes to enter these individually.

You are eligible to compete either through your place of birth or where you live. For the latter you must have lived in the county for a minimum of 9 months.

Both championships have closing dates and there are definitely no entries on the day.

Ask your coach for an entry form

