

Welcome to the fifth issue of LPS Junior News

Four County Champions

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Never before in its history has the club had four county cross country champions at the same venue.

The place was Stadt Moers in Knowsley, venue of the Merseyside County Cross Country Championships.

The first title went to Kyle Robinson-Murray in the U13 Boys race. He was soon followed by Daniel Slater, a comfortable winner of the U15 Boys title.(photo)

The girls were not to be outdone, however, and Rosie Johnson won the U17 women's title by a considerable margin.

All three athletes repeated their success by winning the county schools titles a month later at Sefton park

The fourth champion was senior runner and ladies captain, Kirsty Longley who also led the team to the silver medal



Dan Slater on his way to victory at Stadt Moers.

At regional level, Rosie Johnson (U17) again showed her class with a bronze medal in the Northern Cross Country Championships held at Knowsley Safari Park.

At junior level in the Mid-Lancs league our sole success was Daniel Slater who won the overall individual bronze medal winner.

Sadly, none of the age groups managed to complete a team in four of the races to be eligible for an award.

The Mid-Lancs league has now produced a cloth badge and this will be awarded, by the club, to those athletes who competed in at least 4 Mid-Lancs races

Special points of interest:

- * Track & Field championships. 2014
- * Club vests
- * Clubmark

Mid-Lancs League Awards Evening 2014

This year's awards evening will take place on Friday 28th March 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 £6.50 for adults & £4.50 for juniors and you can pay on the night. Please do your best to support this event. A lot of hard work goes into the organisation 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

It is now anticipated that we will move on to the new track on Tuesday 1st April. There is already in place temporary storage facilities in the form of containers and a pre-fab building containing toilets. From 1st April all track fees will need to be paid in this area.

The permanent facilities which will include changing rooms, a café and reception area are scheduled to be available from 1st October.

TRACK PERMITS

Track permits are far more economical than buying a ticket on each visit to the track. At present a 3 month permit costs £25 which works out at £1 per session if you train twice a week.

Now that the club is charged for using the track, we very much appreciate the number of members who buy a 3 month permit, as this makes the collection of track fees so much easier

FITNESS TRAIL

The new fitness trail is also available for use. There are 2 loops of 1km and 1.5km with work stations at regular intervals and a series of steps to negotiate.

On Saturday March 29th a weekly 5km Park Run will commence at 9.00am. This is an ideal way for mum and dad to keep fit.

There is no charge, they just need to register with Park Run Ltd to obtain a bar code which they need at each race

Track & Field Season

The track & field league season starts with a series of 'Open Meetings'. Some of the earlier meetings can be seen in the table on the right (see table)

These are run by local clubs and there is a charge for you to enter

Please ask your coach for further information or look on the club websites

OPEN MEETINGS

**23rd March—Blackpool
30th March—Stretford
6th April—Warrington
6th April—Robin Park, Wigan
12th April Wavertree—Jumps & Throws
13th April— Wavertree
21st April -† Stretford**

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

More detailed information can be found on the club website at

www.lps-athletics.co.uk

Or that of the northern athletics website

MID-LANC'S LEAGUE

The competitive season starts with the first Mid-Lancs fixture on 26th April.

Each athlete may compete in 4 events BUT one of these must be a relay. However, only the best two performances from each club are considered when points are awarded.

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

FIXTURES 2014

Saturday 26th April at Wigan
Saturday 10th May at Preston
Saturday 28th June at Lancaster
Saturday 26th July at Litherland
Sunday 3rd August at Hyndburn
Saturday 30th August at Blackpool

There are 4 age groups:- U13 (school years 6/7), U15 (years 8/9), U17 (years 10/11) and over 17

There is however a limit on how many athletes a club may enter per event eg. 3 in the high jump and 5 in the long jump

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

The Power of 10 - www.thepowerof10.info

Whenever athletes perform at a recognised 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.

Club hoodies are also available. These are red in colour with the club name and crest on them. They come in 3 sizes, aged 10/11, 12/13, 14/15.

They too cost £15 (small size £12)

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**



SUCCESS INDOORS

During the course of the winter a number of athletes excelled at indoor competitions held at Sport City and Sheffield, none more so than our talented group of high jumpers.

Jade Murphy (U15G) 1.61m, Kai Finch (U15B), 1.55m and Owen Southern (U13B) 1.45m all produced personal best performances

Membership 2013-14

Club membership fees became due from 1st October 2013. The annual subscription is now £30 for all categories. but it now costs the club £10 to register each athlete with England Athletics.

All athletes who want to compete in track and field fixtures must be registered with EA from 1st April.

If you haven't paid your subs yet, then please do so as soon as possible, as you won't be able to compete otherwise.



Track & Field Championships 2014

COUNTY TRACK & FIELD

CHAMPIONSHIPS 2014

MERSEYSIDE

Saturday 17th May at Bebington Oval

Closing date 10th May

See www.merseysideathletics-uk.org for further details

LANCASHIRE

Saturday 24th & Sunday 25th May at Stanley Park Arena, Blackpool

Closing date 3rd May

NORTHERNS U15/17

Saturday 16th & Sunday 17th August at Robin Park, Wigan

For 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.

Entry forms will be available nearer to the date from your club coach.

OFFICIALS

Events cannot take place without officials

The club is always in need of volunteers who would be prepared to help out at matches.

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
