

Welcome to the
fifth issue of LPS
Junior News

Track & Field Success

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The climax of any youngster's track and field season is to compete at the English schools Championships which this year was held at Alexandra stadium in Birmingham.

Amelia Jennings-McLaughlin made up for her disappointment of last year by winning the senior Girls high Jump with a leap of 1.75m. Rosie Johnson couldn't quite repeat her performance of 12 months ago. Her performance of 4:19.90 in the U17 girl's 1500m to claim silver and be selected to represent England and finish top of the UK rankings was still an outstanding success story.

Although not reaching the finals, Morgan Greaves-Thomas (U17M 100m) and Dan Slater (U15B 1500m) gained valuable experience for the future.

Dan Slater went on to claim the

U15B 1500m title in the northern Championships held at Robin Park, Wigan before completing his season with a silver medal at Bedford in the 3000m at the EA championships. His time of 9:10.18 being a new U15 club record.

Without doubt, it is the high jump group that have continued to raise the standards throughout the summer, with all jumpers improving their PB's. Pride of place goes to Owen Southern whose leap of 1.55m at Wavertree saw him break the club U13 record & go top of the north west rankings.

There were other club record breakers during the course of the season. Rosie Johnson set a new U17 time for both the

800m (2:07.58) & 1500m (4:15.32). Morgan Greaves-Thomas 100m time of 11.0 sec was a new u17 record as was Lauren Lewis's run of 10.9 sec for the 80 metres (U13)



Owen Southern after his record breaking high jump

Special points of interest:

- * English schools success
- * Clubmark



North West Relays

- * Joe Martin, Matty Richardson & Tom Jacques proudly show their bronze medals after finishing 3rd at Woodbank Park in Sockport (see P3)

NEW TRACK & FITNESS TRAIL

Athletes and coaches alike have been delighted with the new track. However, we are still awaiting the covers for the long jump pits and there is still work to be done on the pole vault.

However, the bad news is, that the accompanying indoor facilities have now been put on hold until next spring.

The new sports hall, swimming pool, reception area and café will no longer be available from January as originally planned.

This means we will undoubtedly be

exposed to the elements during the winter months far longer than we originally anticipated.

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

FITNESS TRAIL

The new fitness trail is already proving invaluable for endurance sessions with the junior group. This has a 1km and 1.5km and skirts the perimeter of the new developments.

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

There is now a regular Saturday morning(9am) Park Run using this course. It is 5km and there is no

DEVELOPMENT GROUP

This year the club set up a development group for youngsters coming to the club for the first time.

Coaches Val Wohler & Louise Ramsey have been taking the group to teach them the basics of running, jumping & throwing



The group have followed the 365 programme as set out by England Athletics.

Para Olympian, Graeme Ballard was on hand to present certificates to those youngsters who had successfully completed the first level.

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

3 runners count towards a team score but there is no limit on the number of athletes who can run.

This is a change to the rules from last season

FIXTURES 2014-15

All races take place on a Saturday

Oct.25th— Hyndburn

Nov.15th—Barrow-in-Furness

Nov.29th—Sefton Park, Liverpool

Jan.10th— Towneley Park, Burnley

Feb.14th— Blackpool

Mar.7th— Lancaster

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.

ROAD RELAYS

OFFICIALS NEEDED

For meetings to take place clubs need qualified officials. If you would like to help there is a 1 day course on . 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

The first competitive races of the autumn were the road relays.

The north –west relays took place at Woodbank Park in Stockport and doubled as county championships. The U15 trio of Matty Richardson, Tom Jacques & Joe Martin secured the first silver ware of the new season by collecting the bronze medal (see front cover).

The national road relays were held some weeks later at Sutton Park in Birmingham. This time the combination of Dan Slater, Dan Jones & Matty Richardson agonisingly missed out on a medal in finishing 4th. Never the less this was an outstanding performance in which 55 clubs competed with LPS the leading northern U15 team to finish.

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 inches

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.

Libby Wilson Tel: 07768 427787
Elizabeth.wilson137@btinternet.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 & field season.

To keep up to date with club news and reports, visit the website at

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 November 30th, December 21st, January 4th, February 1st, March 1st & 22nd. Further information can be found on the Sale Harriers website.

The Northern Indoor Championships will be held at EIS Sheffield on January 17&18th 2015. Two open meetings will be held prior to the championships on 8th

USEFUL WEBSITES

www.merseysidecountyaa.co.uk

www.lancashireschoolsaa.co.uk

CLUB MEMBERSHIP FEES 2014-15

EA FEES UP AGAIN

England Athletics has now increased the affiliation fee that clubs have to pay for each athlete to £12.

However, the club has decided to absorb the increase in retaining the club membership fee at last year's rate

Club membership fees are due from 1st October. These cover the cross country and indoor season, along with next year's Track & Field season. Athletes 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.

TRACK FEES

Track fees will remain at the current price of £3 per session for all categories. However, you may find it more economical 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.
