

Welcome to the sixth issue of LPS Junior News

Cross Country

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Special points of interest:

- * Track & Field championships. 2015
- * Clubmark

The highlight of the season was the team success of the under 15 boys who won the Mid-Lancs title.

Going into the final race at Lancaster, the boys knew that victory would guarantee them the title. Despite the absence of 4 runners who were competing in the inter counties, the trio of Ross Harrison, Adam Jones & Joe Martin were comfortable victors on the day and showed the strength in depth at this age group.

On an individual basis, Dan Slater continues to improve his growing reputation as an endurance runner. After winning the Merseyside County championships at Sherdley Park, he did the double by winning the schools championships at Croxteth Park the following month. In between he comfortably won the northern title at Pontefract racecourse.

The National Championships were held at Parliament Hill in London, but few runners made the journey to the capital. There was an outstanding run from Dan Jones (U15B) who finished 30th in a quality field of 300 runners in what is his first season

in competition.



Dan Slater winning the Northern Cross country Championships at Pontefract

Indoor Success

Pride of place in the indoor scene went to Amelia Jennings McLaughlin who not only won the Northern Junior title in Sheffield in February with a jump of 1.80m, but went on to clinch the Senior Scottish title in Glasgow two weeks later

In March there was an outstanding run from Joe Milton who clinched the U15B 400m title in a time of 49.7 sec. (photo on P4)

At the monthly open meetings at Sports City, Kai Finch 1.65m(U15B), Owen Southern 1.55m (U15B) & Hannah Wills 1.55m (U17W) all raised the high jump bar to new height, whilst Lauren Lewis 4.62m (U15G) & Sadie McNulty 4.31m (U15G) all achieved pb's in the long jump

SPORTING EDGE

It is now 12 months since we moved to the new track at Edge Hill..

Athletes & coaches have been delighted with the new facilities available to us. Few clubs have the luxury of 10 lanes in the straight which enables coaching groups that extra space.

At the moment however we are still living out of temporary accommodation and storage containers.

It is now anticipated that the facilities being constructed adjacent to the track will be ready by the end of September..

This will include a reception and café area, swimming pool, fitness suite and classrooms.

We also have the luxury of a fitness trail adjacent to the track.

With a 1km and 1.5km loop it provides an ideal training base for our endurance runners.

In addition the various gradients available means that it is also used by both sprint and hurdles groups to vary the nature of the training.

There are work stations at regular intervals and a series of steps to negotiate.

Track & Field Season 2015

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 .

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
6th April—Stretford
11th April Wavertree—Jumps & Throws
12th April- Wavertree
12th April - Robin Park, Wigan
26th April - Stretford
10th May - Bebington Oval
10th May - Warrington
24th May - Warrington

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 11th 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 2015

Saturday 11th April at Blackpool

Saturday 9th May at Litherland

Saturday 4th July at Lancaster

Saturday 25th July at Leigh

Saturday 1st August at Hyndburn

Saturday 29th August at Wigan

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 Wigan 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

CLUB WELFARE

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

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**



PARK RUN

Every Saturday morning at 9.00am there is a 5km Park Run on the Fitness Trail

This is open to anyone.

All you need to do is go to the Park Run website and register

Membership 2014-15

Club membership fees became due from 1st October 2014. The annual subscription is now £30 for all categories, but it now costs the club £12 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.



Joe Milton on the podium at Sheffield after winning his U17m 400 metre indoor title.

Track & Field Championships 2015

COUNTY TRACK & FIELD

CHAMPIONSHIPS 2015

MERSEYSIDE

Saturday 23rd May at Bebington Oval

Closing date 16th May

See www.merseysideathletics-uk.org for further details

LANCASHIRE

Saturday 23rd & Sunday 24th May at Stanley Park Arena, Blackpool

Closing date 2nd May

NORTHERNS U15/17

Saturday 15th & Sunday 16th August at Middlesbrough

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

