

Welcome to the sixth issue of LPS Junior News

## Cross Country

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### Special points of interest:

- \* Track & Field championships. 2017
- \* Clubmark

The highlight of the season was the team success of the under 17 men who won the silver medal at the Northern Championships held at Knowsley Safari park. Dan Slater also took the individual bronze.

Earlier in January the club had the unique experience of having the U17 individual winner at both the Lanc's championships (Dan Jones) held at Witton park and the Merseyside championships (Dan Slater) held at Sherdley park, St.Helens. The lanc's team of Dan Jones, Adam Jones & Ross Harrison also took the team title at Witton park, with the U15 quartet of Tom Dickinson, Tom Hankin, Oliver Sutcliffe & Matthew Russo taking the bronze.

The U17 men's team were dominant in the Mid-Lancs races winning the league with two races to spare.

Tom Dickinson won the individual bronze at U15 level.

The presentation for these awards will take place on Friday 21st April at the Bamber Bridge CMC club

Only the U17 men made the journey to Wollaton park in Nottingham to contest the National title.

Although the team were disappointed to finish in 8th place, they can take heart that they were the 1st north west team home.

Adam Jones (below) tackles the water course at Wollaton park



The Ormskirk Park Run which follows the fitness trail on the university campus has recently celebrated its three year anniversary. Paul Cotterill was the driving force behind this initiative which started in March 2014 with a mere 70 runners. By March 25th 2017 exactly 400 runners completed the 5K course. It is open to all age groups and abilities and has even attracted England international, Jenny Meadows. The run takes place every Saturday morning at 9.00am and starts near the athletics track. To take part, log on to the Park Run website and get your bar code. There is no charge.

## INDOOR SUCCESS

A number of athletes from the jumps groups have competed at indoor events during the winter months.

A number of Phil Whitfield's athletes were competing for the first time. Taking part in the long jump and 60 metre sprints they thoroughly enjoyed their experience.

Sheffield was the venue for the Northern Indoor championships. Dave McComb was able to see two of his jumpers secure medals.

Kai Finch (photo right) won silver (1.90m) in the U17 men's event, with Imogen Ayres taking bronze in the U15 girl's event.



## Track & Field Season 2017

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

<u>OPEN MEETINGS</u>	
1st April	Stretford
1st April	Blackpool
2nd April	Warrington
9th April	Robin Park, Wigan
9th April	Bebington Oval
17th April	Stretford
1st May	Stretford
28th May	Warrington
29th May	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](http://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 29th 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 2017

Saturday 29th April at Blackpool

Saturday 27th May at Witton Park

Saturday 17th June at Hyndburn

Saturday 1st July at Preston

Saturday 29th July at Litherland

Saturday 26th August at Blackpool

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

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 medals.

## The Power of 10 - [www.thepowerof10.info](http://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](http://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 and T-shirts 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.

Hoodies cost £15, T-shirts £12

## 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**

**libbywilson2016@gmail.com**

**OR**

**Wally Bridson Tel: 0151 520 1325**

**bridson\_m@tiscali.co.uk**



### Membership 2016-17

Club membership fees became due from 1st October 2016. The annual subscription is now £30 for all categories. but it now costs the club £14 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.



### AAA Standards

The AAA have 4 standard grades for each event. If you achieve a standard at any meeting, then you will receive a certificate. The standards required can be found on the club website (junior section)

The English schools T&F championships will take place at Alexander Stadium in Birmingham on July 7/8th. You are selected for this event by your county schools organisation. The standards required is on the club website

Photo bottom left shows Jenny Williamson finishing the Mid-Lancs race at Leigh. Photo below shows the U13 Boys team prior to the final cross country race.



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## Track & Field Championships 2017

### COUNTY TRACK & FIELD CHAMPIONSHIPS 2017

#### MERSEYSIDE

Saturday 13th May at Bebington Oval

Closing date: Saturday 6th May

See merseysidecountyyaa website for further details

#### LANCASHIRE

Saturday 13th & Sunday 14th May at Stanley Park Arena, Blackpool.

Closing date: Saturday 29th April

See Lanc's countyAA website for further details

#### NORTHERNS U13/15/17

Saturday 19th & Sunday 20th August at Leigh Sports Village

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

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