

Welcome to the seventh issue of LPS Junior News

Track & Field Success

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Star of this season's county championships was 15yr old Lauren Lewis who won double gold at Blackpool in the Lancashire championships. Lauren was successful in the 100m (12.70 & Long Jump (5.27m), despite being in her first year in the U17 age group



Four club athletes qualified this year for the English Schools Championships which were held at Birmingham's Alexander stadium. Pride of place went to Jenny Pyatt, (photo right) who won bronze in the Senior girl's discus event (41.86m)



Jenny improved on this performance with a throw of 43.51m to win gold at the Northern Championships breaking a 25 year old record in the process.

During the season the club enjoyed a record turnout of youngsters competing in the Mid-Lancs League. At Clayton-le-Moors 63 club athletes took part in track & field events.

Special points of interest:

- * English schools success
- * Clubmark



Kai Finch has continued to dominate high jump competitions in the Mid-Lancs league. He won both Merseyside county & county school titles & improved his pb to 2.03m during the season

TRACK & FITNESS TRAIL

Occasionally, temperatures may drop below freezing point in winter and make the track unsafe to use.. If that is the case then Sporting Edge may well close the track.

The club will do its best to give you as much advance notice as possible via a group email

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



There is now a regular Saturday morning(9am) Park Run using the fitness trail course. It is 5km and there is no charge. Simply register at Park Run UK for more information.



Matt Ingram won the Lancashire schools triple jump title (13.43m)

AERIAL VIEW

One of the club's athletes, John Dickinson, was able to take an aerial view of Edge Hill University from a light aircraft.

The track is prominent in the centre, with the running trail winding its way around the campus at the bottom.

New buildings continue to rise on the campus with the latest halls of residence available to the new intake of students.



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.

FIXTURES 2017-18

All races take place on a Saturday

Oct.14th— Cuerden Valley

Nov.25th—Sefton Park, Liverpool

Dec.9th— Leigh Sports Village

Jan.13th—Towneley Park, Burnley

Feb.17th— Rylands Park, Lancaster

Mar.3rd— GSK Club Ulverston

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.

VOLUNTEERS NEEDED

OFFICIALS

For meetings to take place clubs need qualified officials. If you would like to help there is a 1 day course on February 18th 2018 at Wavertree

. 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

COACHES

To some extent the club has become a victim of its own success.

Over the last 12 months, more junior athletes have joined the club than at any time since we moved to Ormskirk in 1996. As a result the club now has a waiting list of over 50 youngsters.

We could reduce the list if we had more coaches. Would you be prepared to assist any of the coaches on training nights ?

The club is prepared to pay for you to attend an EA coaching course.

You don't have to be good at athletics or have any prior coaching qualification, just be keen and enthusiastic

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

NEW—T shirts available at £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.

Libby Wilson Tel: 07768 427787
Elizabeth.wilson137@btinternet.com

OR

Wally Bridson Tel: 0151 520 1325
bridson_m@tiscali.co.uk





LIVERPOOL PEMBROKE & SEFTON HARRIERS & ATHLETIC CLUB

...based at Edge Hill University

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

USEFUL WEBSITES

www.merseysidecountyaa.co.uk

www.lancashireschoolsaa.co.uk

www.thepowerof10.com

INDOOR MEETINGS

Sale Harriers host a number of open meetings at the track at Sports City. These are held on Sundays on,

17th December, 7th & 21st January

4th & 25th February and 5th & 19th March

Entries can be made online

In addition there are meetings at EIS Sheffield on Saturdays 18th November and 2nd December before the Northern Championships at the same venue on

13th/14th January for Seniors/U20/U17

Sunday 4th February for U15/U13

Ask your coach for more details nearer the date

CLUB MEMBERSHIP FEES 2017-18

EA FEES UP AGAIN

England Athletics has now increased the affiliation fee that clubs have to pay for each athlete to £15. In addition, due to a lack of funding Northern Athletics, are to charge a levy of £2 per athlete.

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 at the track. The fee is now £35 for all categories of membership.

For additional family members & concessions, the charge is £20

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 of £30. This equates to approximately £1.20 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.

The more members we get the bigger the prize.

If you are interested in joining then please download a form from the club website and hand it in on club nights.

A list of the monthly prize winners can be found on the club website.
