

ALTRINCHAM & DISTRICT ATHLETIC CLUB

1990/1991



MINOR GIRLS & GIRLS

NORTH WEST WOMENS
CROSS COUNTRY LEAGUE

CROXTETH COUNTRY PARK
LIVERPOOL 21 OCT 1990

The Messenger, Friday, October 26th, 1990

ADAC girls in fine form

THE YOUNG ladies of Altrincham & District Athletic Club produced some fine running last Sunday in the first match of the North West Womens' Cross Country League held at Croxteth County Park near Liverpool.

Amy Waterlow and Claire Demaine spearheaded the Minor Girls assault, gaining third and fourth places, supported by Fiona Demaine 10th, Vicky Abbott 26th, Tracy Caine 29th, Sarah Thirwell 34th, Karen Senior 51st and Susan Hartley 51st.

In the Girls Race Carolyn Kenyon worked her way steadily through the lead-

ing pack to finish fourth with Claire Barber 42nd and Caroline Hartley 78th.

Like the girls, the Senior ladies could only produce three runners who were all vets.

Jean Dolan finished 47th, Jean Jones 59th and Monica Shone 87th on a monotonously flat two-lap course in very blustery conditions.



START OF THE MINOR GIRLS RACE



CLARE DESTINE LEADS THE WATERGLOW AT HALF WAY



CLOSELY FOLLOWED BY ADWA & TRACEY



PICKY WORKS HER WAY THROUGH THE PACK



WITH SARAH NOT FAR BEHIND



WHIST SUSAN HANGS ON IN HER BEST LONG DISTANCE RACE

**NW WOMEN'S
LEAGUE
CROXTETH PARK,
LIVERPOOL
21ST OCTOBER**

Senior (5,000): 1. C. Harkin (Bois) 21:51; 2. D. Treisman (Bois) 22:57; 3. K. Carter (Steel) 23:40; 4. J. Boardman (Wig) 24:02; 5. D. Ivers (Steel) 24:06; 6. W. Kenyon (Steel) 25:20; 7. L. Jones (E. Chesh) 25:22; 8. K. McPherson (Steel) 25:28; 9. K. Dawson (Wig) 25:35; 10. J. Maltren (Steel) 25:48.
10K: 1. D. Treisman (Bois) 21:37; 2. J. Maltren (Steel) 22:56; 3. D. Wakefield (Salt) 22:50.
Teams: 1. Seelfield 22; 2. Bolton 39; 3. Rochdale 102.
Juniors (4,000): 1. C. O'Connor (Man U. Millford) 18:41; 2. M. Friend (Wig) 18:53; 3. J. Gordon (Salt) 18:58; 4. C. Purr (Roch) 19:49; 5. M. Canville (E. Chesh) 19:44; 6. L. Barrow (Bois) 19:50; 7. J. Whitlow (Roch) 20:51; 8. T. Macaul (Steel) 20:56; 9. E. Miller (E. Chesh) 20:52; 10. M. Barlow (Man U. Millford) 20:52.
Teams: 1. East Cheshire 57; 2. Rochdale 66; 3. Southport Waterloo 62.
Girls (3,000): 1. S. Quail (E. Chesh) 14:34; 2. C. Swift (Sport Waterloo) 14:38; 3. J. Lang (Blackley NM) 14:48; 4. C. Kenyon (Aln) 14:52; 5. N. Malone (Salt) 14:58; 6. K. Moran (Wig) 14:59; 7. N. Jones (Steel) 15:04; 8. A. Lagan (Bury) 15:06; 9. L. Birch (Bois) 15:10; 10. E. Chojnacki (E. Chesh) 15:10.
Teams: 1. East Cheshire 54; 2. Southport Waterloo 66; 3. Seelfield 72.
Minors (2,000): 1. P. Lang (Blackley NM) 11:10; 2. M. Clarke (Blackley NM) 11:13; 3. A. Watkinson (Aln) 11:15; 4. C. Demaine (Aln) 11:17; 5. J. Ruston (Wig) 11:19; 6. S. Maltren (Sport Waterloo) 11:21; 7. C. Higgins (Bois) 11:21; 8. T. Gibson (Wig) 11:28; 9. A. Ash (Blackley NM) 11:52; 10. P. Demaine (Aldersham) 11:57.
Teams: 1. Blackley NM 25; 2. Aln 28; 3. Bolton 55.



CHROLYN KENYON FIGHTS A LOSING BATTLE WITH J. LANG (BLACKLEY)



CLARE BARBER (42ND)

EXPRESS ADVERTISER, OCTOBER 25, 1990

AMY IS FIRST TO THE TAPE

THE YOUNG ladies of Alnham and District Athletic Club opened their account in the first round of the North West Women's Cross Country League, held at Croxteth Country Park near Liverpool.

First home for the club in the Minor Girls race was Amy Waterfow, third overall, with Claire Demaine fourth. Fiona Demaine followed in tenth with Vicky Abbott 26th. Tracy Caine 29th, Sarah Tharwell 34th, Karen Senior 51st and Susan Hartley 91st.

Carolyn Kenyon continued her excellent form with fourth place in the Girls race, with Clare Barber 42nd and Caroline Hartley 78th.

As conditions worsened somewhat, the senior ladies race got underway covering two laps of the rather flat and heavy course. With three Vets representing Alnham, their positions were Jean Dolan 47th, Jean Jones 59th and Monica Stone 67th.

On the Sportshall front, it has just been announced that Angela Brookshurst of Alnham produced the best performances in the first round of the Adidas North West Sportshall League Under 11 girls with standing vertical jump (87cm) and standing long jump (1m 94cm).

In the Minor Girls, Alnham's Anna Hyde produced the best performance in the standing vertical jump (56cm).



JEAN DOLAN (47TH)



JEAN JONES (59TH)



MONICA STONE (67TH)



ADAC UNDER 11s

RUNNING FOR ST HUGH'S AT
CROSSFORD BRIDGE

27 OCT 1990



ANSELA
BROCKLEHURST (1st)



ANNA
KEWYON (6th)



SARAH
BIESTY

Wednesday, October 31, 1990

Super girls lead way

By Geoff Garnett

TIMPERLEY sisters Claire and Fiona Demaine are leading Altrincham and District AC into a bright new future.

The girls are enjoying another medal-filled cross-country season with their club and their new school, St Bede's College, in schools leagues and club fixtures.

But they are just part of a talented group of young athletes being put through their paces at their home track at Timperley Recreation Ground.

Masterminding Altrincham's athletics resurgence is former road runner John Snape. Since John abandoned his own career four years ago to concentrate on coaching at his club the strength of the junior section has begun to earn respect at county and regional level.

"It has taken a lot of time and hard work by all concerned at the club," said John. "But the present group in the 10-14 year-old bracket have made it all worthwhile."

"The youngsters have shown great enthusiasm and commitment and have developed a tremendous team spirit."

"We get a lot of our youngsters from the powerful St Hugh's school teams where both Claire and Fiona had great success last season."

"Claire was fourth in the North West under-13 championships and is the first Altrincham under-12 to be selected for Greater Manchester to follow the selection of Carolyn Kenyon for the county under-13's."

Altrincham won the first round of the Adidas North West Sportshall League at Stockport with some of their under 11 girls producing brilliant performances.

Angela Brocklehurst won three individual races and was in the winning relay team and the St Hugh's girl has also notched up victories in the Sale Harriers and Altrincham Schools Leagues.

Also looking good prospects are Amy Waterlow, Vicky Abbott, Tracey Caine, Sarah Tully, Karen Senior, Sarah Biesty, Gemma Driscoll, Susan Hartley and Ann Hyde.



FLYING SISTERS... Fiona (left) and Claire Demaine

EXPRESS ADVERTISER, NOVEMBER 15, 1990



THE junior section at Altrincham and District Athletic Club is flourishing with their youngsters beginning to make their mark at local and county level.

It is four years since road runner John Snape decided to hang up his

running shoes and concentrate on coaching at the Timperley Rec club. John's dedicated labours are now bearing fruit with an exciting crop

TERRIFIC TWINS

of young athletes making an impact at cross country and Sportshall athletics meetings.

Among their talented girls are Claire (pictured right) and Fiona Demaine who like many of their colleagues are products of the excellent St Hugh's Junior School.

The twins are now at St Bede's College and have won medals galore in Manchester Schools, Stretford AC, Sale Harriers and Altrincham AC's schools cross country leagues.

And Claire is also on the St Bede's second year team who look as if

they will do well in the English Schools Milk Cup having qualified for the regional finals. They are the reigning English Catholic Schools champions.

Claire was also the first Altrincham AC girl to be chosen at under 12 level for the county team following on the success of Carolyn Kenyon who was chosen at under 13 level earlier in the year.

But the sisters are just two of many fine Altrincham prospects who owe a great deal to the unstinting work of John Snape and the other coaches at Altrincham.

☆☆☆

ALTRINCHAM and District Club held a cross country meeting in John Leigh Park on Saturday.

The senior men's race consisted of 7 laps of a hilly 0.8 mile course, and was won by Martin Crosby, with Wayne Rimmer second and Roy Waterlow third.

Despite running in the gruelling Snowdonia Marathon just 6 days earlier, Steve Longdon came home fourth, ahead of club coach Jim Jones.

Vic Heaney again got the better of Alan Williams and Ken Thompson whilst Colin Davies edged out Robin Wignall after a good tussle.

Over 60 Bernard Blow had a good run ahead of Tony Locke, Dave Attwell and Alan Rydout.

In the senior ladies' race a strong run by Jean Dolan gave her second place, ahead of Gay Freeman and Jean Jones. There was an excellent victory for Carolyn Kenyon in the girls race and Ken Betber was the boys winner.

Sisters Claire and Fiona Demaine scored first and second in the under 13 girls' race with Angela Brocklehurst second in the under 11s.

Newcomer Andrew Norman, son of Jeff who competed in the 1976 Olympic Marathon, finished second in the under 11 boys' race.



CLAIKE DEMAIN



FIONA DEMAIN & AMY WATERLOW

INTER-CLUB CROSS COUNTRY

JOHN LEIGH PARK

3 NOV 1990



KAREN SENIOR



FIONA DEMAIN



CAROLYN KENYON



KEVIN BERGEN



JOHN COLON



GAY FREEMAN



JOHN JONES



MARTIN CROSBY &
WAYNE RIMMER



ROY WATERLOW

INTER CLUB CROSS COUNTRY
JOHN LEIGH PARK
3 NOV 1990
SENIOR MEN'S RACE



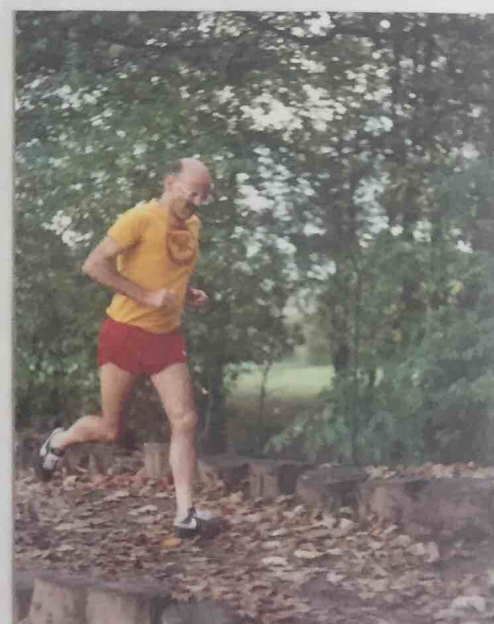
STEVE LONGDON



JIM JONES



COLIN DAVIS



ALAN RYDOUT

The Messenger, Friday, November 22nd, 1990

ADAC secure second place

ALTRINCHAM & District Athletic Club's Minor Girls team enjoyed another fine run in the second round of the North West Counties Women's Cross Country League at Lifford Park, Leigh last Saturday.

Living in second position after the first round, the local girls set off around the hilly and muddy course with the aim of consolidating their position and that is exactly what they did.

Amy Waterlow was the first Altrincham athlete to finish, coming home in fourth place, with Claire Denning 15th, Fiona Denning 16th, and Tracy Carr 20th.

Non-counters were Karen Senior (15th) and Jenny Birsty (16th).

NORTH WEST WOMEN'S
CROSS COUNTRY LEAGUE
ROUND 2 LIFFORD PARK
LEIGH 18 NOV 1990



START OF THE MINOR GIRLS RACE



CLAIRE DENNING



AMY WATERLOW



FIONA DENNING



KAREN SENIOR & BIRSTY

NW WOMEN'S LEAGUE LEIGH 18TH NOVEMBER

KATH CARTER completed her comeback with a fine victory since the birth of her son almost a year ago, for Lancaster reports.

Women (4,500m):
1. K. Carter (Lanc) 17'10; 2. S. Broom (E. Chas) 17'29; 3. D. Freeman (Bolt) 17'32.

Teams: 1. Bolton 36; 2. Salford 68; 3. East Cheshire 74.

Inter (3,000m): 1. C. O'Connor (Man Utd) 15'55; 2. S. Cliff (Salford) 16'02; 3. J. Gorton (Salf) 16'07.

Teams: 1. East Cheshire 56; 2. Salford 68; 3. Bolton 69.

Girls (2,500m):
1. S. Quinlan (E. Chas) 4; 2. E. Swift (Salf) 5; 3. V. Goodwin (Leigh) 6.

Teams: 1. Bolton 44; 2. Salford 68; 3. East Cheshire 69.

Mixed (2,000m):
1. K. Higgins (Bolt) 2; 2. G. Gobbo (Wals) 3; 3. A. Ash (Bolt) 4.

Teams: 1. Altrincham 51; 2. Birkdale 52; 3. Bolton 59.

Athletics Weekly

EXPRESS ADVERTISER, NOVEMBER 22, 1990

MINORS WEATHER STORM

THE Minor Girls of Altrincham and District A.C. braved the wind and muddy conditions at Lilford Park, Leigh on Sunday to defend the second place in the North West Women's Cross Country League. Amy Waterlow and Claire Dehmane ran superbly to finish 4th and 8th supported by Fiona Derlane 15th, Tracy Caine 26th, Karen Senior 55th and Jenny Birsty 63rd.



CLAIRE DEHMANE & AMY WATERLOW



FIONA DERLANE



AMY WATERLOW



TRACY CAINE



FIONA DERLANE



CAROLYN KENYON

Manchester Evening News

WEDNESDAY, NOVEMBER 28, 1990

FINAL

Sparklet's set for top

CAROLYN Kenyon, of Altrincham and District AC, has made a brilliant start to the new cross country season, and she looks set to reap a rich harvest of medals.

The 13-year-old pupil at Loreto Grammar School in Altrincham has already won a national title.

She stormed to victory in the Great Britain Catholic Schools under 14 championships at Wavertree.

And this was on the day after she had led her Loreto under-15 team to victory in the regional round of the English Schools Milk in Action team championships to book a place in the finals at Kent this weekend.

Prowess

The all-action runner (pictured right) is also looking good for success in both the Sale Harriers and Altrincham AC schools leagues with a series of wins in the opening meetings.

And her all-round athletic prowess has been recognised by the Esso Fire Star Award scheme.

By Geoff Garnett

In this she has reached a standard achieved only by the best young athletes in the country, together with club colleagues Cathy Halliwell and James Goodall.

John Snape, her team manager at Altrincham, has great hopes for Carolyn with whom he has worked for four years.

"Carolyn is a totally unselfish runner who always gives 100% for her school and club.

Target

"She has been given the nickname 'Sparklet' by her club colleagues as she looks set to emulate Altrincham star Jayne Spark who is now making her name at national level," said John.

Carolyn is now being coached by Don Nicholl, and her big target is the English Schools championships next March as well as trying to make the Greater Manchester squad for the second year.





OVER THE BALES
CROSS COUNTRY MEETING
CROSSFORD BRIDGE
25 NOV 1990



UNDER 95
CLARE ROYCE ANNE CHURCHILL TINA THORP ANNA KIRTON
STUART ROBERTS STUART HARTLEY KEVIN KAVANAGH DEBBIE GIBBE

UNDER 11 GIRLS
CHRISTINE ROGERS SUEAN BIESEY USATGAINISH OLIVIA THOMAS
ANGELA BROCKLEHURST MADELINE CASHINATH JESSIE KAVANAGH



ANDREW NORMAN



ANGELA BROCKLEHURST (3rd)



MADELINE CASHINATH



STUART HARTLEY



STUART ROGERS



LISA JENKINSON



JESSIE KAVANAGH

Alty girls in the running

THE MINOR GIRLS of Abernethy and District Athletic Club had to prove to themselves on Sunday that they could beat their arch rivals in the North West Women's Cross Country League and that is exactly what they did at the Over the Bales Cross Country Meeting organised by Sale Harriers at Crossford Bridge.

Finishing second to Sale Harriers, the A team of Amy Ware (1st), Claire Doherty (5th), Fiona Doherty (11th) and Tracy Cane (22nd) easily beat Blackley and Bolton who they meet again the Sunday at Sutton, St. Helens, to decide who takes the top three places in the NW Women's League.

In fact, the Abernethy 'B' team of Vicki Abbott (25th), Sarah Threlwell (31st), Karen Simon (40th) and Jenny Beady (55th) finished in eighth position, three places above Bolton.

The newly formed under 9 girls team did well to secure fourth place in their race with Tina Threlwell (12th), Claire Royle (18th), Anna Kenyon (19th) and Gabriel Cameron (20th) while Angela Boddyhurst led the under 11 team in with a magnificent third place.

In the Boys under 11 race Andy Norman, who finished 13th, showed promise for the future.



AMY WARE (1st)



CLAIRE DOHERTY



CLAIRE DOHERTY



VICKI ABBOTT & SARAH THRELWELL



ANGELA BODDYHURST

Minors make their mark at St Helens

THE Minor Girls of Altrincham & District Athletic Club proved themselves yet again with a magnificent victory in the final round of the North West Womens' Cross Country League at St Helens last Sunday.

Amy Waterlow and Claire Demaine quickly moved through the pack of 78 runners, closely followed by Fiona Demaine, to take up attacking positions in the leading group.

Disaster struck, however, when three quarters of the way round the course a missing official caused the leaders to miss a turn.

The Altrincham girls kept cool and called up all their reserves of strength to recover and produce their best result of the season so far, with Amy third, Claire fourth, Fiona fifth, Tracy Cairn 19th, Vicky Abbott 25th, Sarah Thirlwell 29th and Karen Senior 44th.

Two wins out of three, however, was not enough to win the league title as this is awarded on over-all team points with the first four runners in count.

Arch rivals Blakley won with Altrincham a very close second but Amy Waterlow shared the individual gold medal with Higgins of Bolton.

NORTH WEST WOMENS
CROSS COUNTRY LEAGUE
DEC 2ND 1990
SUTTON ST HELENS



AMY WATERLOW



CLAIRE DEMAIN



FIONA DEMAIN



VICKY ABBOTT



SARAH THIRLWELL



EXPRESS ADVERTISER, DECEMBER 6, 1990

Girls' gold and silver

It was individual gold for Amy Waterlow and team silver for the Minor Girls of Altrincham District Athletic Club at the final round in the North West Women's Cross Country League at Sherdley Park, Sutton, St. Helens, on Sunday.

With real determination knowing that they had to beat arch rivals Blackley and North Manchester A.C. by 15 points to win the title.

With Amy Waterlow 3rd, Clare Demaine 4th, Fiona Demaine 5th and Tracy Cairns 19th they won the title, but only by five points giving them second team position overall.

Other Altrincham positions were Vicky Abbott 25th, Sarah Thirlwell 29th and Karen Senior 44th out of a total field of 78 athletes.

The girls are now looking forward to this Sunday when they will be running in the Greater Manchester County Cross Country Championships with the aim of making the county team.

Meanwhile, in the East Lancashire Cross Country Championships the club were 4th home in 24th place by Peter Pickwell, who covered the muddy Woodbank Park course in 35 min 57 sec. Team manager Steve Longdon finished 59th in 37.17 with veteran Stuart Grace 89th in 38.20, Tony Woodridge was 106th in 39.02 followed by Dave Entwistle in 39.28.

Bryan Lobdell had a magnificent run to record 40.33 just 12 seconds in front of Mike Jones with Jim Jones a further 12 seconds behind.



THE MINOR GIRLS' TEAM

AMY WATERLOW & CLARE DEMANE ALMOST REACH A MILE

CLARE DEMANE

TRACY CAIRNS

VICKY ABBOTT

SARAH THIRLWELL

KAREN SENIOR

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Area	Index	Score	Target
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1047 *Leptochloa* *Leptochloa* *Leptochloa*



Figure 10.10.10.



TRACY CANE



SARAH THIRWELL



VICKY ABBOTT



KAREN SENIOR



TRACY ABBOTT

EXPRESS ADVERTISER, DECEMBER 13, 1990

There was success for Altrincham and District Athletic Club at Buxtonhead when James Goodall secured victory in the Under 15 Boys race by two seconds. He will now travel with the Cheshire team to their inter-county championships next month.

Meanwhile Jayne Spark achieved her ambition of becoming Greater Manchester champion when she won the senior race of the county championships at Cadley.

From the start the race was a dual between Jayne and Julie Aspin from Stretford who led Jayne for the first lap and part of the second.

Coming through the woods for the second time Jayne took command and came home a comfortable winner in 16 minutes 50 seconds for the 5,000 metre course, 16 seconds ahead of Julie.

Earlier, the Minor Girls from Altrincham achieved fourth team place behind Sale, Cheadam and Blackley with Amy Waterlow 6th, Claire Denham 10th, Fiona Denham 15th and Tracy Cane 35th.

Sarah Thirwell ran exceptionally well to finish 37th with Vicky Abbott 44th, Karen Senior 51st and Jenny Besley 63rd out of a field of 81 runners.

In the Under 15 Girls race, Carolyn Kanyon took up the lead early on but had to be content with sixth place at the finish with Claire Barber 31st.

Jayne, Amy and Carolyn are now hoping to be selected for the Greater Manchester team which will take part in the Women's Inter Counties Cross Country Championships to be held at Goleenhead on January 13.

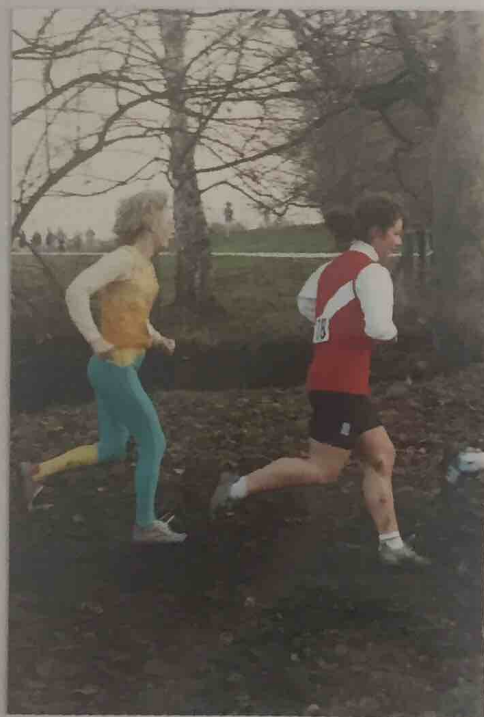


U 15 GIRLS CHAMPIONSHIP
CAROLYN KENYON (No 1) & CLARE BARBER (No 2)





SENIOR LADIES CHAMPIONSHIP
JAYNE SPARK & ANN NALLY.



The Messenger, Friday, December 14th, 1980.

Jayne sparks ADAC challenge

THREE young ladies from Altrincham & District Athletic Club are now looking forward with confidence to travelling with the Greater Manchester Womens' Cross Country team to the Inter County Championships at Gateshead next month.

This followed their performances at the County Championship at Gatley last Sunday.

There will be no doubts about Jayne Spark who achieved her ambition of becoming county champion, beating Julie Asgill of Stretford into second place after a hard fought cat and mouse race.

Minor Girls' Amy Waterlow and U15 Carolyn Kanyon both finished sixth in their races and will be watching the post closely in the next few days, hoping for confirmation of their

selection.

In the team competition the Minor Girls achieved fourth place with Claire Demaine 10th, Fiona Demaine 19th and Tracy Cairns 35th making up the team with Amy.

Other Altrincham finishers were Sarah Thirlwell 37th, Vicki Abbott 44th, Karen Senior 51st and Sarah Bisset 63rd.

At the Cheshire County Championships at Acton Park, Birkenhead, James Goodall won by two seconds to become U15 boys county champion and will be travelling later in January with the Cheshire team.





CHESHIRE CROSS COUNTRY LEAGUE

FRODSHAM

ROUND 1 6 JAN 1991

EXPRESS ADVERTISER, JANUARY 10, 1991

BACK IN THE OLD ROUTINE

THE Minor Girls of Attrincham and District AC made a magnificent start to the New Year when they won the first round of the Cheshire Cross Country League at Cliffe Park.

Fiona Claine and Fiona Demaree took the hilly course in their stride to finish 3rd and 6th respectively with Vicky Abbott 6th and a fast improving Sarah Thirlwell 11th.

Tracy Gaine, recovering from recent illness finished 13th with Karen Senior 20th, Jenny Bristy 21st and Susan Hartley 23rd.

Attrincham's Under 11 Girls team was spearheaded by Angela Brookhouse, finishing 10th, Jodie Kavanagh 22nd, Madeline Carmichael 27th and Catharine Rogers 31st. Andrew Norman was 18th in the Under 11 Boys race.

In the Under 15 Girls race the steep uphill climb near the finish made its presence felt on Carolyn Kanyon causing her to drop three places to 5th, but team-mate Claire Barber literally bounded up the hills picking up places to finish 11th with Dianna Mellows having an excellent run to finish 23rd.



School hopes

NORTH Cheshire Grammar School's star cross-country runner James Goodall (pictured above) will lead Trafford's challenge in the Greater Manchester Schools Intermediate Championship.

James, a member of Attrincham and District AC and a recent recipient of the Esso Five Star award, won the Trafford Schools title with a storming run in the championships staged at Blessed Thomas Hafford HS.

The measure of James' performance was that last season's county junior champion Ian Maher (New Wellington HS) was beaten into third.

The county championships will be staged at Marple Hall HS next month with the top runners then being chosen for the English Schools Championships.

MINOR GIRLS WINNING TEAM

ATTRINCHAM & DISTRICT AC

3rd	Claine	13th	Tracy Gaine
6th	Fiona Demaree	20th	Karen Senior
8th	Vicky Abbott	21st	Jenny Bristy
11th	Sarah Thirlwell	23rd	Susan Hartley

ADAC girls seize top spot in cross country

ALTRINCHAM & District Athletic Club's Minor Girls positioned themselves firmly on the top of the Cheshire Cross Country League with some excellent performances at the first round meeting at Frodsham last Sunday.

Claire Demaine took the hilly course in her stride to finish a magnificent third

with twin sister Fiona 6th, Vicky Abbott 8th, and Sarah Thirlwell 11th to make up the counting team.

Tracy Caine did well to finish 13th, with Karen Senior 20th, Jenny Bieaty 21st, and Susan Hartley 23rd.

Altrincham's U11 ace Angela Brocklehurst found the course a little too hilly, finishing 10th, with Jodie Kavanagh 22nd, Madeline Camwath 23rd, Anna Kenyon 24th.

Tina Thirlwell, 25th, Claire Royle 26th, Gabriel Camwath 27th, and Catherine Rogers 31st.

In the U15 Girls race Carolyn Kenyon finished 3th, losing three places on the steep uphill climb near the finish, but Clare Karber used the hill to her advantage to finish 11th with Dianna Mellows following in 23rd place.

The only boy to turn out for Altrincham was Andrew Norman who finished 19th in the U11 race.



U15 GIRLS

5th	Carolyn Kenyon
11th	Clare Karber
23rd	Dianna Mellows



UNDER 11 TEAMS
 GABRIEL CARNWATH MADGWINE CARNWATH CATHERINE ROGERS
 CLARE ROYLE TINA THIRLWELL Jodie PRINCHAM

GRASSLAND RELAYS
 BOGGART HOLE CLOUGH

13 JAN 1991

TEAM 1 14th TEAM 2 18th.



TINA THIRLWELL



CATHERINE ROGERS



MADGWINE CARNWATH



GABRIEL CARNWATH



SARAH & EMERSON
AT THE START

MINOR GIRLS TEAMS

TEAM 19	6TH
TEAM 20	12TH.



SARAH THRELKILL 8:17



KAROL SENIOR 8:44



NICKY ASSETT 8:15



SUSAN HARTLEY 9:36



ANGELA BODALOWSKI 8:41



ANGELA BODALOWSKI 8:41

NORTHERN COUNTIES

BOYS CROSS COUNTRY

CHAMPIONSHIPS

SUNDAY 27TH JANUARY 1991

NARROWS PARK GUILDFORD



MINOR GIRLS TEAM



AMY WATERLOW

EXPRESS ADVERTISER, JANUARY 31, 1991

Amy leads the charge

THE LADIES of Altrincham and District AC crossed the Pennines last Sunday to compete in the Northern Women's Cross Country Championships at Gulseley, West Yorkshire.

Fresh from their success in the first round of the Cheshire League, the Minor Girls stormed to eighth place out of a total of 27 teams competing over the 2,900 metre course.

Amy Waterlow was

first to finish for Altrincham in 29th position in 12m 21s, with Claire Demaine finishing in 53rd, Sarah Thirlwell 68th, Fiona Demaine 70th, Tracy Caine 73rd, Vicky Abbott 82nd, Angela Brooklehurst 131st and Karen Senior 149th.

In the U15s Girls race, Carolyn Kenyon was pleased with her 46th position, finishing the 3,300 metre course in 14m 17s. Clare Barlow was 106th, Dianna Mellows 160th and Kelly Wood 193rd, to give the team 22nd position.

Jayne Spark set off well in the Senior race but took a nasty tumble in the brook and returned before the end of the first lap.

Anne Pugh pressed on unaware of Jayne's misfortune to finish 44th in 23m 13s with Pat Mee following in 52nd position and Gay Freeman 131st.



TRACY CAINE



VICKY ABBOTT



CLARE CHANDLER



SALLY THOMPSON



ANNA CHANDLER



ANGELA BROCKENHURST

The Messenger, Friday, February 1st, 1981

SUSAN Parker (203), Jane Roberts (204), Jan Rode (119), and Lynn Middleton (120) dominated Sale Harriers' Northern Counties Women's Cross Country League title in style at Clonsilla on Sunday, beating Derby by 48 points and local rivals Chatham by 127 points.

Both the Men's and Girls squads picked up bronze medals, while the Intermediate team came home in sixth.

Meanwhile, Altrincham & District Athletic Club's Minor Girls squad achieved a fine eighth place out of 27 teams.



KAREN SCHOR



RACING TO THE LINE



CHARLYN KENYON



DIANNA MELLOWS



KELLY WOOD

NORTHERN
WOMENS
CROSS COUNTRY
CHAMPIONSHIPS

SUNDAY 27TH JAN
1991

NUNROD PARK
GLISSEY

UIS GIRLS
&
SENIOR LADIES



CHARE BARBER



DIANNA MELLOWS



KELLY WOOD



JOHN SIBON



GAY FREEMAN



ANNE PUGH



PAT MEE

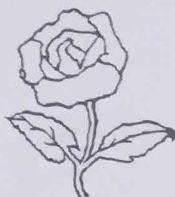


ANNE PUGH



PAT MEE

**Provincial Insurance
Women's
National Cross Country
Championships 1991**



Arrowe Park 1991

Saturday 16th February 1991
Arrowe Park, Birkenhead.
1.00pm.



MINOR GIRLS TEAM



THE START



CLAIRE DESTANE



FIONA DESTANE



SARAH THIRLWELL



ANGELA BROCKLEHURST



CLARE DEMAINE



AMY WATERLOW



FIONA DEMAINE



SARAH THIRNEALL



TRACY CAINE

The Messenger, Friday, February 22nd, 1991

ADAC shine at Arrowe Park

WITH the sun shining and the course heavy in places, Arrowe Park Birkenhead proved to be an ideal setting for the National Womens' Cross Country Championships last Saturday.

Over 130 teams were represented and the ladies of Altrincham and District Athletic Club produced some excellent results.

In a field of over 400 runners the Minor Girls finished a creditable 14th team with Claire Demaine 66th, Amy Waterlow 87th, Fiona Demaine 101st, Vicky Abbott 135th, Sarah Thirneall 170th, Angela Brocklehurst 219th, and Tracy Caine 220th.

Angela, only just 13 in December, can look forward to two more years in this age group.

Carolyn Kenyon produced a mag-

nificent start in the Girls race but could not sustain the pace to stay with the leaders.

Her 28th position, however, was a tremendous result and she will be back next year in this age group. Dianna Mellows finished 248th and Kelly Wood 332nd.

With 469 finishing, the Senior race was the largest of the day.

First in for Altrincham over the two-lap course was Jayne Spark in 27th, followed by Anne Pugh 100th, Pat Mee 117th, Gay Fee-man 314th, Lucy Hickey 422nd, and Julie Savage 436th.



CAROLYN KENYON

U15 GIRLS RACE



CAROLYN KENYON



DIANNA MELLOWS

EXPRESS ADVERTISER, FEBRUARY 21, 1991

A grand National

WITH more than 130 teams represented in the Womens National Cross County Championships held at Arrowe Park, Birkenhead on Saturday, the ladies of Altrincham and District Athletic Club can be well pleased with their achievements.

The Minor Girls were first to go in a field of over 400 runners, finishing fourteenth team with Claire Delaine 86th, Amy Watrrow 87th, Fiona Derlane 101st, Vicky Abbot 135th, Sarah Thirwall 170th (having been split both before and during the race) Angela Brocklehurst 219th and Tracy Calne 220th.

With only three runners in the Girls race, Altrincham could not complete a team but Carolyn Kenyon made up for this with a magnificent 28th place. Dianna Mellows finished 246th and Kelly Wood 332nd.

The largest race of the day was the senior ladies with 469 finishing the two lap course.

First in for Altrincham was Jayne Spark in 27th, with Anne Pugh 100th, Pat Mee 117th, Gay Freeman 314th, Lucy Hickney 422nd and Julie Savage 436th.

In the veteran section Anne Pugh was placed 6th, Pat Mee 9th and Gay Freeman 46th out of 99 finishers.



KELLY WOOD



JAYNE SPARK



ANNE PUGH



PAT MEE

SENIOR LADIES RACE



LUCY HICKEY
& JULIE SAVAGE



JAYNE SPARK

Girls keep grip on top

MINOR girls of Altrincham and District Athletic Club held onto their position at the top of the Cheshire Cross Country League with some fine running at the second round meeting held at Macclesfield on Sunday.

Amy Waterlow got off to an uncertain start but rapidly picked her way through the pack to finish seventh, where she was closely followed by Claire Demaine (eighth), Tracy Caine (tenth), Sarah Thirlwell (12th), Vicky Abbott (13th), Fiona Demaine (23rd), Karen Senior (35th) and Caroline Locke (40th).

In the Under 11 girls' race, Angela Brocklehurst was competing in her third event of the weekend but still scored a magnificent third to lead home Altrincham's team of Jodie Kavanagh (20th), Madeline Carnwath (21st), Anna Kenyon (24th), Gabriel Carnwath (26th), Claire Royle (34th) and Catharine Cookson (38th).

The Under 15s also put on an excellent display with Carolyn Kenyon in third spot, Claire Barber 15th, Dianna Mellows 20th and Kelly Wood 25th.

MANY senior Altrincham runners were running in National Cross Country Championships at Luton the previous day, but 17 men still turned out for the race over five miles at Macclesfield.

First local man home was Martin Crosby who finished second overall, with Roy Waterlow 25th, Ken Burgess 35th and Neil Hindle, Andy Vesey and Phil Morris packing well at 41, 42 and 43.

In the ladies race, Ann Pugh finished third with Gay Freeman 19th, Lucky Flickey 26th, Joan Jones 29th and Monica Shone 30th.

ANGELA BROCKLEHURST

VICKY ABBOTT, SARAH THIRLWELL & TRACY CAINE

EXPRESS ADVERTISER, FEBRUARY 28, 1991

Minors just hang on

ALTRINCHAM and District Athletic Club's Minor Girls did just enough to keep their place at the top of the Cheshire Cross Country League after the second round at Macclesfield.

Amy Waterlow, finishing in 7th position, led in the team, with Claire Demaine 8th, Tracy Caine 10th and Sarah Thirlwell 12th to give the team 127pts, just one ahead of Manchester Harriers — with host club Macclesfield third.

Other Altrincham positions were Vicky Abbott 13th, Fiona Demaine, carrying a sore heel, 23rd, Karen Senior 35th and Caroline Locke 40th.

In the Under 11 girls' race Angela Brocklehurst came 3rd, just a day after winning for her school, St. Hugh's, at Crossford Bridge and also representing Greater Manchester in a sports hall tournament at Bradford.

Jodie Kavanagh finished 20th with Madeline Carnwath 21st, Anna Kenyon 24th, Gabriel Carnwath 26th, Claire Royle 34th and Catharine Cookson 38th. Andrew Normal finished 9th in the U11 Boys race.

The Under 15 girls' team also had a good day with another magnificent run from Carolyn Kenyon finishing 3rd with Claire Barber 15th, Dianna Mellows 20th and Kelly Wood 25th.

CHESHIRE LEAGUE MACCLESFIELD 24TH FEBRUARY

WILMSLOW'S Malcolm Fowler stayed firmly on course for the individual crown in the second Cheshire Cross-country League fixture by taking his second consecutive win in the three-race series, Dave Edwards reports.

He controlled the race from the front, surging clear of the field on the first river crossing on a testing two-lap course and was never headed from that point. He won with a 17-second cushion from Altrincham's Martin Crosby.

Jill Allen of Biddulph boosted her chances of taking the individual title with a controlled tactical run. She was chased hard to the line by Stock's Julia Latta who never seemed able to mount the decisive challenge which would have topped the long-time leader.

Macclesfield are clear leaders in the team event after their second successive win and should wrap up the championship in a final fixture at Newcastle in four weeks' time.

Men
1. M Fowler (Wils) 27.51
2. M Crosby (Alt) 28.08
3. R Platt (Newc) 28.25
4. J Weatherall (Hels) 28.32

5. S Barley (Macc) 28.37
6. D Bailey (Newc) 28.58; 7. S Dunn (Newc) 28.59; 8. D Jones (Macc) 29.01; 9. J Wycheley (Hels) 29.12; 10. G Goodwin (Stock) 29.17; 11. R Taylor (Stock, M40) 29.20; 12. M Woodall (Wils) 29.26; 13. C Blaney (Macc) 29.27; 14. H Molyneux (Hels) 29.29; 15. A Osher (Hels) 29.33; 16. J Wycheley (Hels) 29.42; 17. P Alden (Warr) 29.54; 18. N McFichele (Newc) 29.58; 19. S Wright (Hels) 30.00; 20. T Hulme (Wils) 30.02

TEAM: 1. Newcastle 34; 2. Helsby 45; 3. Macclesfield 48; 4. Stockport 114; 5. Altrincham 141; 6. Wilmslow 159; 7. Penmaenul 172; 8. Winsford 185; 9. Whitley Heath 250; 10. Warrington 242.

U11 Teams: 1. Altrincham 157; 2. Newcastle 164; 3. Wilmslow 238

U11 Girls:
1. R Houghton (Newc) 15.12; 2. M Baker (Newc) 15.17; 3. P Brown (Newc) 15.20; 4. W Jones (Mol Chcs) 15.27; 5. R Gull (Wils) 15.35; 6. M Bailey (Newc) 16.10

Team: 1. Newcastle 12; 2. Whitley Heath 48; 3. Mol Cheshire 51

Under 15 Boys:

1. J. Sals (Newc) 12.05; 2. D Lash (Warr) 12.16; 3. J Williams (Warr) 12.26; 4. R Houlder (Warr) 12.28; 5. S McCard (Newc) 12.57

Team: 1. Warrington 17; 2. Newcastle 22; 3. Manchester Harriers 65

Under 13 Boys:

1. S Blingworth (Warr) 7.36; 2. S Lash (Warr) 7.45; 3. L Wynne (Warr) 8.04; 4. M Keadie (Macc) 8.10; 5. G Pennington (Warr) 8.13

Team: 1. Warrington 11; 2. Manchester H 52; 3. Staffs Moorlands 71

Under 11 Boys:

1. J. Crew (Man 10) 7.16; 2. J. Smith (SMAC) 7.52; 3. S Myatt (Newc) 7.55; 4. M Eyles (Warr) 7.41; 5. A Deane (Warr) 7.46

Team: 1. Warrington 40; 2. Staffs Moorlands 40; 3. Manchester H 49

Women:

1. J. Allen (Hels) 17.21

2. J. Latta (Stock) 17.24

3. A. Pugh (Alt) 17.35

4. C. Grayley (Macc) 17.53; 5. S. Newman (Hels) 18.06; 6. D. Murray (Macc) 18.09; 7. S. Bowman (Macc) 18.16; 8. J. Mulryan (Stock) 18.35; 9. D. Watkins (Stock) 18.36; 10. H. Lee (Macc) 19.02

Team: 1. Macclesfield 27; 2. Stockport 45; 3. Altrincham 77; 4. Biddulph 82; 5. Penmaenul 88

Under 15 Girls:

1. H. Ward (Newc) 15.28; 2. N. Jones (Stock) 15.43; 3. C. Kenyon (Altrincham) 15.46; 4. M. Evans (Stock) 15.50; 5. L. Boulton (Newc) 16.25

Team: 1. Newcastle 21; 2. Manchester Harriers 44; 3. Altrincham 65

Under 13 Girls:

1. J. Heath (Warr) 8.13; 2. L. Slater (Macc) 8.26; 3. D. Penfield (Stock) 8.28; 4. N. Young (Man 10) 8.24; 5. V. Robinson (Macc) 8.36

Team: 1. Altrincham 37; 2. Manchester Harriers 86; 3. Macclesfield 85; 4. Warrington 47

Under 11 Girls:

1. W. Bailey (Warr) 7.33; 2. N. Lyson (Newc) 7.44; 3. A. Brocklehurst (Alt) 7.55; 4. S. Clarke (Warr) 8.01; 5. S. Harris (Man 10) 8.07

Team: 1. Warrington 29; 2. Manchester Harriers 28; 3. Altrincham 68

Angela set for the top

By Geoff Garnett

ST HUGH'S junior flier Angela Brocklehurst (pictured right) is set to equal the tremendous cross country record set by Partington's Jade Pollard last year.

The Timperley star is competing in the final race of the Altrincham AC Schools Cross Country League at John Leigh Park this Saturday with a run of eight successive League wins under her belt.

She took the overall title at the Sale Harriers League with four victories and has won all four of the Altrincham meets.

The all-action 11-year-old has also been making her mark for her Altrincham club in the Greater Manchester Adidas Sportshall League, winning the three-lap time trial and taking silver in the standing long jump.

Her consistent performances in the League have earned her a call-up for the county team to take part in the Northern championships at Bradford.

John Snape, the secretary of Altrincham AC predicts a bright athletic future for the Timperley ace.

He said: "Angela is a tremendous club member with a bright personality who is willing to have a go at anything."

"Last season she won the Five Star award for athletics and the pentathlon - the highest she can win at her age."

"She is growing quickly at the moment and I can see her becoming a very good sprinter and long jumper like her brother Andrew, who at 21, is one of the club's best sprinters."

Kevin McCarthy, Head of St Hugh's, endorses John's views, adding: "Angela is one of the finest all-round athletes we have had at the school."



ANGELA BROCKLEHURST HEADS THE UNDER 11 RACE ON MARCH 2ND TO TAKE ALL 5 RACES

THE ENGLISH CROSS COUNTRY RELAY CHAMPIONSHIPS

UNDER ECCU & WCC & RRA RULES

SATURDAY MARCH 16th 1991
AT BERRY HILL PARK,
MANSFIELD.

The Messenger, Friday, March 22nd, 1991

Busy weekend for ADAC girls

THE young ladies of Altrincham and District Athletic Club had yet another busy weekend.

Six minor girls and three U15 girls travelled to Mansfield on Saturday to compete in the National Cross Country Relays at Berry Hill Park.

Claire and Fiona Denaime and Amy Waterlow brought the Minor's A team home in 16th place in 23.50 while the B team of Vicky Abbott, Sarah Thirlwell and Tracy Caine finished 21st only 19 seconds later with 42 complete teams finishing.

Dianne Mellows went off first for Altrincham in the U15 Girls relay followed by Clare Barber and Carolyn Kenyon who stormed round in 7.29 to give the team 29th position.

On Sunday the minors were in action yet again in the final of the Adidas North West

Sportshall League.

Anna Hyde improved her season's best performance in the vertical jump, reaching 60 cm to gain silver medal.

Sarah Thirlwell also produced a personal best of 49cm.

Karen Senior and Emma Caine produced personal best performances in the standing long jump of 2m 12cm and 2m 04cm but the best Altrincham performance of the afternoon came on their home ground of Altrincham Sports Centre was the eight Lap Partial which Tracy Caine and Vicky Abbott won in 1m 39.43s, just four hundredths of a second ahead of the Pilkington duo who recorded 1m 39.47s.



CLARE DENAIME & VICKY ABBOTT 1661



FIONA DENAIME 1662



SARAH THIRLWELL 1663

Relay squads in the running

IT WAS a busy weekend for the young girls of Altrincham and District Athletic Club with the Minor girls and U15's competing in the National Cross Country Relays at Berry Hill Park, Mansfield, on Saturday and the Minor Girls out on Sunday competing in the final of the Adidas North West Sporthall League at Altrincham Sports Centre.

With 42 teams running, the Minor Girls cross country relay

teams did well to finish 16th and 21st with only 19 seconds separating them.

Best performance of the day came from Claire Demaine recording 7m 50s with Vicky Abbott producing 7m 57s, both in the first leg. Claire handed over to sister Fiona and Vicky to Sarah Thirlwell with both these girls recording 8m 02s.

Amy Waterlow ran the last leg for the A team with Tracy Caine completing the B team.

The Under 15 team of Dianna Mellows, Clare Barber and Carolyn Kenyon finished 29th with Carolyn recording a superb time of 7m 29s.

On Sunday, Anna Hyde produced her season's best performance with a silver medal jump of 60cm in a standing vertical jump. Sarah Thirlwell recorded her personal best jump of 49cm.

In the standing long jump, Karen Senior equalled her best ever leap of 2m 12cm whilst Emma Caine improved to 2m 04cm.

Tracy Caine's second place in the four-lap heats earned her a place in the final and the 4x2-lap relay team of Karen Senior, Susan Hartley, Anna Hyde and Sarah Tully also reached the finals.

Highlight of the afternoon was a superb display from Tracy Caine and Vicky Abbott in the 8-lap Parlaaf, winning the gold medal with a margin of four hundredths of a second. Tracy and Vicky won their time trial in 1m 39.43s following Pikingtons' win in the first heat in 1m 39.47s.



AMY WATERLOW LEG 3



TRACY CAINE LEG 3



DIANNA MELLOWS LEG 1



CLARE BARBER LEG 2



CAROLYN KENYON LEG 3

CHESHIRE CROSS COUNTRY
LEAGUE - ROUND 3 -
NEWCASTLE UNDER LYNE
SUNDAY 24TH MARCH 91



U11 GIRLS TEAM



ANGELA BROCKLEHURST



TINA THIRLWELL (WITH
ANNA KENYON BEHIND)



MADLEWE CARNWATH



CLAIRE ROYLE



GABRIEL CARNWATH

ATHLETICS ROUND-UP

Champion show by Alty girls

ALTRINCHAM and District Athletic Club performed well in the final meeting of this season's Cheshire Cross Country League at Newcastle-under-Lyme on Sunday.

In the Senior Men's race over a six and a half mile hilly course, Peter Pickwell ran superbly to finish third, with Martin Crosby in 12th place, Dave Rudd 14th and team manager Steve Longden 44th.

The Veterans team were led home by Jeff Norman who had a magnificent run to finish 18th. He was well backed up by Roy Waterlow in 22nd, Ken Burgess 34th and Phil Morris 39th.

The other Altrincham finishers were Jim Jones 48th, Dave Attwell 55th, Alan Barlow 58th, Colin Davie 85th, Vic Heaney 90th, Dave Camplon 104th, Roy Wignall 109th and Tony Locke 121st.

But the star attractions on the day were the ladies team who returned with the overall trophy for the first time.

With a combined Minor Girls, Under 15 Girls and Senior Ladies score of 78 points, they were well ahead of Macclesfield and Stockport.

THE Minor Girls, spearheaded by Claire Demaine, won team silver, knocked off top spot by Manchester Harrier on count back. Claire finished 7th, with Amy Waterlow 9th, Sarah Thirlwell 12th, Tracy Caine 13th, Vicky Abbott 14th, Fiona Demaine 15th, Karen Snior 25th, Caroline Locke 31st and Susan Hartley 32nd.

In the Under 15 girls race, Carolyn Kenyon finished 4th, Clare Barber 15th and Dianna Mellowes 20th. Carolyn's total of 12 pts was good enough to give her the individual bronze medal.

Undoubtedly the best run of the day came from Altrincham's junior inter-school Jayne Spark, who finished the punishing two laps with no other runners in sight.

Gay Freeman's 12th place gave her the silver medal in the Vets category and she was followed in by Nicola Moyser 13th, Anne Nally 14th, Lucy Hickey 15th, Jean Jones 20th and Monica Shone 24th.

Angela Brocklehurst had a fine run in the Under 11 girls race finishing 3rd with Anna Kenyon 22nd, Tina Thirlwell 23rd, Madeline Carmewth 24th, Gabriel Carmewth 29th and Claire Royle 32nd.

Newcomers Damien and Ryan Hancock were the only boys out for Altrincham with Damien 40th in the Under 11 race and Ryan 29th in the Under 15 race.



ANGELA BROCKLEHURST
IN 3RD PLACE



TINA (I'VE LOST MY SHOE)
THIRLWELL & ANNA KENYON



DAMIEN HANCOCK
(LONG ADAC U11 BOY)

MINOR GIRLS - SILVER MEDALISTS



CLAIRE DEANE



AMY WATERLOW
& SARAH THIRLWELL



VICKY ABBOTT
& TRACY CAINE



FIONA DEANE



KAREN SENIOR

CAROLYN KENYON
(INDIVIDUAL BRONZE)

CLARE BARBER



DIANNA MELLOWS

The Messenger, Friday, March 23rd, 1991

Pickwell tops the bill in Newcastle

ALTRINCHAM & District Athletic Club performed well in the final meeting of this season's Cheshire Cross Country League at Newcastle under Lyne on Sunday.

In the Senior Mens race over six and a half miles of hilly course, Peter Pickwell gave a superb display to finish third with Martin Crosby 12th, Dave Rudd 14th,

and team manager Steve Longdon 44th.

The veterans team were led home by Jeff Norman who had a magnificent run to finish 18th.

He was well backed up by Roy Waterlow in 22nd, Ken Burgess 34th, and Phil Morris 36th.

Further down the field were Jim Jones 48th, Dave Attwell 55th, Alan Barlow 56th, Colin Davies 55th, Vic Heaney 56th, Dave Campion 104th, Robert Wignall 109th, and Tony Locke 121st.

Ladies lift league title

ADAC LADIES lifted the Cheshire Cross Country League title for the first time at Newcastle under Lyne on Sunday.

With a combined score of 78 points, they were well ahead of Macclesfield (71) and Stockport (66).

The Minor Girls also won the team silver with Claire Demaine the top Altrincham runner.

Claire finished seventh in Newcastle with Amy Waterlow 9th, Sarah Thirlwell 12th, Tracy Caine 13th, Vicky Abbott 14th, Fiona Demaine 15th, Karen Senior 25th, Caroline Locke 31st, and Susan Hartley 32nd.

Carolyn Kenyon's fourth place in Sunday's race gave her third place overall and the bronze medal.

Supporting Carolyn were Clare Barber and Diane Mellows, in 15th and 20th positions respectively on the day.

The best run came from Altrincham's junior international Jayne Spark who led the Senior Ladies race almost from start to finish.

She completed the tough two-lap course with no other runners in sight.

Other Altrincham finishers were Gay Froeman 12th - who won the individual silver in the vets competition - Nicola Mayer 13th, Anne Nally 14th, Lucy Hickey 15th, Jean Jones 20th, and Monica Shone 24th.

In the U11 Girls race, Anna Kenyon was 22nd, Tina Thirlwell 23rd, Madeline Cornwath 24th, Gabriel Cornwath 29th, and Claire Royle 32nd.

LONG U/S 80Y
RYAN HANCOCK

SENIOR LADIES



JAYNE SPARK



NICOLA MOYSEN



GAY FREEMAN



ANNE NALLY



JEAN JONES



LUCY HICKEY



MONICA STONE



PETER PICKWELL



MARTIN CROSSBY



DAVE RUDD



JEFF NORMAN



ROY WATERLOW



CHESHIRE CROSS COUNTRY
LEAGUE OVERALL TROPHY
WINNERS 1990/91.

GRASSLAND
RELAYS
WARRINGTON

30 MARCH 91

MINOR
GIRLS



The Messenger, Friday, April 5th 1991

Thirlwell gets Alty off to flier

A SMALL contingent of Altrincham & District Athletic Club members went over to Warrington AC's Annual Parkland Relays on Saturday.

Sarah Thirlwell was first away for the Minor Girls and ran a blistering 9.48, handing over to Tracy Caine in fifth place.

Tracy immediately overhauled the Newcastle under Lyne runner and held fourth place almost to the finish but her time of 9.55 was not quite good enough to hold off A Yates of Manchester Harriers who passed her on the run-in.

Vicky Abbott produced a steady run on the last leg to hold fifth place with a time of 10.02.

In the U15 Girls race, Carolyn Kenyon produced an

excellent performance to finish third in 9.33 and a much improved Diane Mellows lost only one place to the Liverpool A team athlete.

Kelly Wood, recovering from a bout of tonsillitis, ran a brave third leg to bring the team home in sixth.

• On Sunday, Carolyn Kenyon packed her bags and set off by coach and ferry to Maastricht in Holland to join the British squad for the International Catholic Schools' Championships, running the cross country on Thursday and the road relay this Saturday.

SARAH THIRLWELL



TRACY CAINE



VICKY ABBOTT



GRASS LAND
RELAYS
WARRINGTON
30 MAR 1991
UIS GIRLS



CAROLYN KENYON

DIANNA MELLOWS

KELLY WOOD

EXPRESS ADVERTISER, APRIL 4, 1991

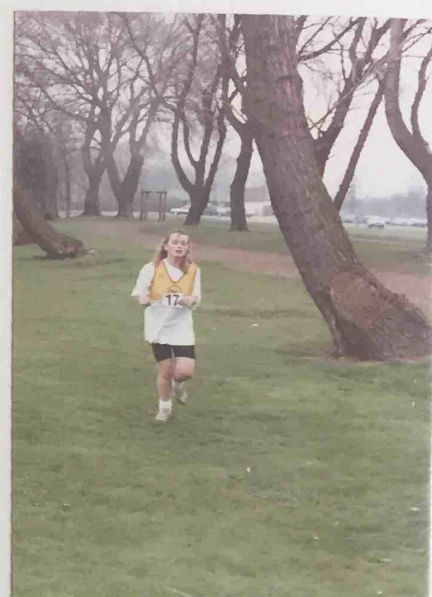
The Parkland Relays at Warrington marked the end of the cross country season for the girls of Altrincham and District, except for Carolyn Kenyon who used the event as final preparation for her trip to Maastricht in Holland this week, representing the British Catholic Schools in the international cross country championships today (Thursday) the Road Relays on Saturday.

In the Under 15s event, Carolyn's time of 9m33s over the flat 1½ mile course brought her home in third place to hand over to a much improved Dianna Mellows.

Diana returned in fourth place, allowing only the Liverpool 'A' team runner to get past her, and handed over to Kelly Wood. Kelly, recovering from tonsillitis, put in a brave run to bring the team home in 8th, some 2m23s ahead of the Mid Cheshire team.

In the earlier Minor Girls race over the same course, Sarah Thirwell clocked a superb 9m 48 to hand over in fifth place to Tracy Caine who shot into fourth within a hundred metres and held that position until a similar distance from the finish, with a time of 9m 55s.

Vicky Abbott's time of 10m02s secured fifth place for the team in a well supported event.



EXPRESS ADVERTISER, OCTOBER 18, 1990

Andy cream of the crop

WITH all their top runners injured or unavailable, Altrincham and District Athletic Club struggled to field a team in the Cheshire 6-Stage Road Relay at Easemore Park, run on a 9km circuit around Vauxhall Motors.

Five veterans (two over 40, two over 45 and one over 50) were joined by malleman Andy Vesey to complete a team at the last minute.

After a morning delivering the milk, Andy showed a lot of bottle on the second lap to produce the fastest lap of 17 min 31 secs. This followed a good opening leg by Alan Rybut in 17 min 54 secs.

Colin Davies, running despite a long-standing knee injury, ran the third leg in 20 min 14 secs, followed by Brian Sullivan, who improved the team's position with a fast 18 min 33 sec. The fifth leg was run by Tom Watson in 19 min 03

ATHLETICS ROUND-UP

sec, only six days after completing a gruelling marathon.

On the final leg, Cee Rhodes recorded 19 min 19 sec to secure 3th place in a total time of 1 hour 52 min, 34 sec.

The event was won by Wimal AC in 1 hour 52 min, 46 sec.

Meanwhile, the club's girls section are on top of the world after their outright victory in their first round match of the Adidas North West Sports Hall League held at Stockport.

The under 11s produced some brilliant results with their captain, Angela Brocklehurst, winning the A1 two-lap race, vertical jump and long jump, ably supported by Sarah Blesby and Gemma Driscoll in the B1 events.

The relay team of Sarah Blesby, Olivia Thomas, Gemma Driscoll and Angela

Brocklehurst also won, thereby clinching victory with 66 points to Sale Waters 55pts, Stockport 55pts and Macclesfield 42pts.

Anna Hyde led the under 13 girls to a superb 10-point victory over Stockport with some fine performances in the field events, with Sarah Tutty, Tracy Cane and Karen Senior producing excellent results on the track.

Susan Hartley led off the victorious relay team with Karen, Anna and Sarah making up the team.

With results from the other three matches now collated, the U13 girls stand second in the league and the U11 girls third.

With three matches to go they are looking forward to round two on November 4 when they meet Southport, Warrington, Manchester and Wexham of St. Helens.



Angela stars

THE youngsters of Altrincham and District Athletic Club met some strong opposition at the second round meeting of the Adidas North West Sports Hall League held at Sutton, St. Helens on Sunday, but the under 11 and under 13 girls came away with very respectable second places, keeping them near the top of their leagues.

Angela Brocklehurst led the under 11s with a second place in the A2 lap sprint and in the standing long jump, then went on to win the vertical jump with Gemma Driscoll, Tina Thirwell, Claire Royle and Sarah Blesby all making excellent contributions.

Gemma, Tina, Sarah and Angela won the 4 x 2 lap relay in fine style and remain unbeaten in this event.

In the under 13 girls competition, Karen Senior improved by 13cm to 2m 12cm in the standing long jump with newcomer Emma Caine jumping a magnificent 2 metres in her first competition.

Tracy Cane came second in the A4 lap race with Vicky Abbott first in the B4 lap race, while other good field performances came from Vicky in the shot put and Sarah Thirwell in the vertical jump.

The relay team of Susan Hartley, Karen Senior, Tracy Cane and Sarah Tutty ran a very close second to an extremely strong Warrington Team.

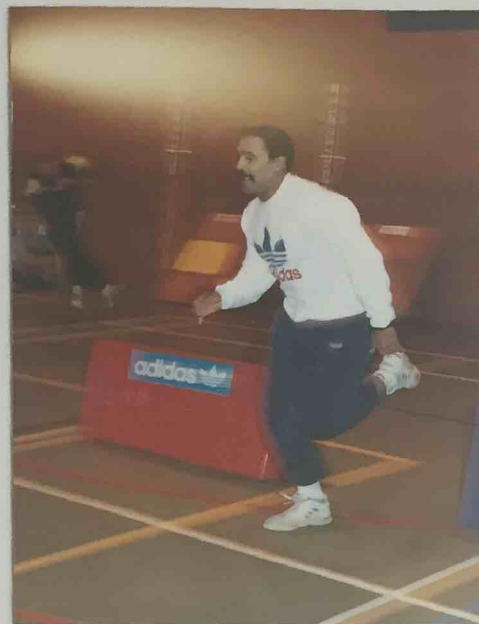
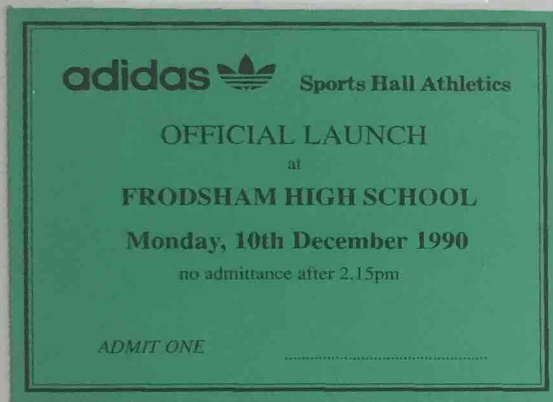
TRACY CANE &
VICKY ABBOTT IN
THE U13 LAP
RACES AT
SUTTON

NOV 4th 1990





BENNA DRISCOLL, ANGELA BROCKHEUSET,
ANDREW NORMAN & PETER BRUMBY IN G.M. TEAM



DAN THORSPOL



ANGELA BROCKHEUSET



PETER BRUMBY



DAN REGIS

EXPRESS ADVERTISER, JANUARY 24, 1991

ATHLETICS ROUND-UP

With their Under 11 Girls team lying sixth and the Under 13 Mixed Girls seventh after the third

round of the Adidas North West Sports Hall League the young ladies of Altrincham and District Athletic Club made a concerted effort at the fourth and final round held at Maccefield Leisure Centre.

Both teams achieved second places and that should be good enough to qualify them for the league final, held for the top six clubs in each age group, with Altrincham hosting the final for the under 13s and under 15s. Individual successes were scored by Gemma Driscoll in the under 11s 4

lap 'B' race, Tracy Caine in the under 13 8 lap 'B' race and the under 15s 4 x 2 lap relay squad of Sarah Tully, Vicky Abbott, Sarah Thirwell and Karen Senior.

Angela Brocklehurst was second in the under 11 4 lap 'B' race and Vicky Abbott third in the under 13 8 lap 'A' race.

Among a number of new recruits, Caroline Locke showed promise in the standing long jump, while Madeline Garmath looks good for future track events.

The Messenger, Friday, January 25th, 1991

Girls hopeful of place in indoor final

ALTRINCHAM and District Athletic Club's U11 girls and minor girls are keeping their fingers crossed after achieving excellent second places in the final meeting of the Adidas North West Sports Hall League held at Maccefield Leisure Centre last Sunday.

The top six clubs in each age-group get to meet each other in the final and there is now every likelihood that the two Altrincham teams will qualify.

In the U11 competition Angela Brocklehurst had to be content with second place in the two lap A race but Gemma Driscoll ran superbly to win the B race.

Tracy Caine ran an excellent six-lap B race for the minor girls, winning in 1:22.70, only seven tenths of a second slower than team mate Vicky Abbott who finished third in the A race.

Finishing off the afternoon in style, the minor girls 4 x 2 lap relay team of Sarah Tully, Vicky Abbott, Sarah Thirwell and Karen Senior scored the decisive victory they needed.



UNDER 11 GIRLS AT THE SPORTSHALL LEAGUE FINAL AT SUTTON 3 MARCH 1991

EXPRESS ADVERTISER, FEBRUARY 14, 1991

Junior medallists

THE YOUNGSTERS of Altrincham and District Athletic Club collected a fine bunch of medals at the Greater Manchester County Sportshall Championships at Altrincham Sports Centre on Sunday.

For the second year running under 13 girl Anna Hyde collected the gold medal in the standing vertical jump with a leap of 59cm, 2cm better than last year, and then went on to take the silver in the standing long jump with 2m 15cm.

Team-mate Sarah Thirwell won her heat in the four-lap time trial to gain the bronze medal.

In the under 11 girls competition Angela Brocklehurst collected the

gold in the 3-lap time trial and silver in the standing long jump with 2m 01cm. Gemma Driscoll reached the same finals of the one-lap race after a fine victory in her heat.

Angela and Gemma were joined by Madeline Garmath and Tina Thirwell in the 4 x 2 lap relay, in which they achieved third place in the finals.

Under 11 boy Peter Brumby finished third in the one-lap final to win the bronze and in the under 15 competitions Cathy Halliwell won bronze in the six-lap time trial by winning her heat in line style and Marlon Abbott finished third in the shot with his first ever putt over 9 metres.

The Messenger, Friday, February 15th, 1991

Golden girl!

ALTRINCHAM & District Athletic Club youngster Anna Hyde struck gold for the second year running at Altrincham Sports Centre on Sunday.

Hyde successfully defended her Greater Manchester County Sportshall vertical jump title with a leap of 59cm - two centimetres better than last year.

Not content with her one medal, the Altrincham athlete went on to take silver in the U13 girls standing long jump with a distance of 2.15m.

Team-mate Sarah Thirwell won her heat of the four-lap time trial to pick up the bronze medal.

In the U11 girls competition, Angela Brocklehurst took gold in the three-lap time

trial and silver in the standing long jump with a leap of 2.01m.

Gemma Driscoll won her heat of the one-lap event to reach the semi finals and then teamed up with Madeline Garmath, Tina Thirwell, and Angela Brocklehurst to finish third in the final of the relay.

U11 boy Peter Brumby reached the finals of the one-lap race, finishing third to win the bronze medal, and a highly delighted Cathy Halliwell won her heat in the U15 girls six-lap race, also winning the bronze medal.

Indoor double for local clubs

YOUNGSTERS from both Altrincham and District Athletic Club and Sale Harriers have qualified for the 1991 finals of the Adidas North West Sportshall League.

The U11's finals to be held at Sutton Sports Centre St Helens on Sunday March 3rd will involve girls from Altrincham and both boys and girls from Sale.

Eight teams are involved in each final which is built around team work in both running and field events.

The youngsters from Sale have been invited to join Altrincham at their monthly indoor training session this Thursday.

The U13's and 15's finals will be held at Altrincham Sports Centre on Sunday March 17th and will also involve teams from Altrincham and Sale.



KARSI SENIOR 4 LAP



TRACY CAINE 4 LAP

EXPRESS ADVERTISER, FEBRUARY 21, 1991

● Both Altrincham and District Athletic Club and Sale Harriers have qualified for the finals of the Adidas North West Sportshall League.

● The Under 11 finals are to be held at Sutton Sports Centre, St Helens, on Sunday March 3 and will involve girls from Altrincham and both girls and boys from Sale.

● Eight teams are involved in each final which is built around teamwork in both running and field events. The Sale youngsters have been invited to join those from Altrincham at the monthly Sportshall training session at Altrincham Sports Centre tonight (Thursday).

● The Under 13 and 15 finals will be held at Altrincham Sports Centre on Sunday March 17, also involving teams from Altrincham and Sale.



NICKY ABBOTT 6 LAP



SARAH THIRLWELL 6 LAP



NICKY ABBOTT & TRACY CAINE 6 LAP PARADE GOLD MEDALISTS



NORTH WEST REGIONAL
SPORTSHALL FINAL

SUNDAY 7TH APRIL 1991



JOHN SNAPE



ANNA HYDE



ANNA HYDE

CHESHIRE
TRACK & FIELD
LEAGUE

ROUND 1

COLWYN BAY

SUNDAY

APR 21ST 1991



TINA THIRLWELL 100m (Jr)



ANNA KENYON 200m (Jr)



KAREN SENIOR 100m (A)



VICKY ABBOTT 100m (D)



ANGELA BROCKLEHURST 100m (B)



CAROLINE LOCKE 100m (A/B)
RACHEL ACKWORTH 100m (A/B)



FIONA DOMAINE 100m (SC)



TRACY CAINE
CLAIRE DOMAINE
SARAH THIRLWELL 100m (Jr)

EXPRESS ADVERTISER, APRIL 25, 1991

ATHLETICS

Minor girls pick up maxi points

ALTRINCHAM and District Athletic Club's Minor Girls gained maximum points in the middle distance event at the first round of the Cheshire Track and Field League held at Colwyn Bay on Sunday.

Vicky Abbott and Claire Domaine finished first and second in the 800m A race in 2m40.4s and 2m42.0s and Tracy Caine and Sarah Thirlwell gained the top two spots in the B race recording 2m43.5s and 2m45.0s.

Just two tenths of a second behind Sarah was Fiona Domaine running as a non-counting runner but ahead of all the other counting runners from the other five clubs competing.

Fresh from her victory in the 800m at Warrington on Saturday, Carolyn Kenyon easily won the U-15s Girls 1500m A race in 5m05.8s with Claire Barber fifth.

In the B race Amy Waterlow won in 5m27.8s with Dianna Mellows snatching third place with a tremendous sprint finish.

Fine performances were also recorded by Tina Thirlwell with victories in the U-11s 100m and 800m, Karen Senior winning the Minor Girls Long Jump with a personal best of 4m02cm, Angela Brocklehurst winning the Minor Girls 100m B race in 15.1s and Martin Abbott winning the Boys Discus with 27m68cm.

Rounding off a tremendous afternoon in fine style both the Minor Girls and U-15s Girls 4x200m relay teams produced new club records.

Local girls dominate in Wales

THE MINOR and U15 Girls of Altrincham & District Athletic Club dominated the middle-distance events in the first round of the Cheshire Track and Field League at Colwyn Bay on Sunday.

In the 800m Minors races, Vicky Abbott won the A event in 2.40.40 and Claire Demaine was second in 2.42.00, while Tracy Caine won the B race in 2.43.50 with Sarah Thirlwell finishing runner-up in 2.45.00.

Fiona Demaine, running as a non-counter, finished third in 2.45.20 ahead of all the counting runners from the other five clubs.

Carolyn Kenyon led the Girls 1500m from start to finish, winning in a time of 5.05.80, with Claire Barber fifth in the A race.

In the B race Amy Waterleew won in 5.27.80 while Diane Mellows sprinted to snatch third place on the line.

In the other events, fine performances were recorded by nine-year old Tina Thirlwell who won her 100m race in 16.60 and the 800m in 3.75 and Angela Bruckelhurst who won the 100m in 15.10 and then took third in the long jump with a leap of 3.75m.

Karen Senior triumphed in the long jump with a personal best of 4.02m and in the boys events Martin Abbott won the discus with a throw of 27.68m and Kevin Belben achieved a personal best of 4.70m in the long jump.

The afternoon was rounded off with two new club records in the 4 x 200m relays, the Minor Girls team of Karen Senior, Tracy Caine, Vicky Abbott, and Angela Bruckelhurst winning in 2.04.40 and the U15 Girls team of Carolyn Kenyon, Claire Barber, Sarah Tutty, and Heather Jackman finishing third in 1.59.00.



VICKY ABBOTT 800m (1A)
CLAIRE DEMAIN 800m (2A)



TRACY CAINE 800m (B)
SARAH THIRLWELL 800m (2.3 sec)



HEATHER JACKMAN 100m (5A)



SARAH TUTTY 100m (4B)



CAROLYN KENYON 1500m (1A)



AMY WATERLEEW 1500m (1B)



DIANE MELLOWS 1500m (3B)



PETER BRUMBY 200m (5A)



ANDREW NORMAN 200m (6B)



DARREN HANCOCK 200m (6C)



KEVIN BAGEN 200m (6A)



ANDREW NORMAN 200m (6A)

CHESHIRE TRACK &
FIELD LEAGUE
ROUND 1 COLWYN BAY
SUNDAY APR 21ST 1991



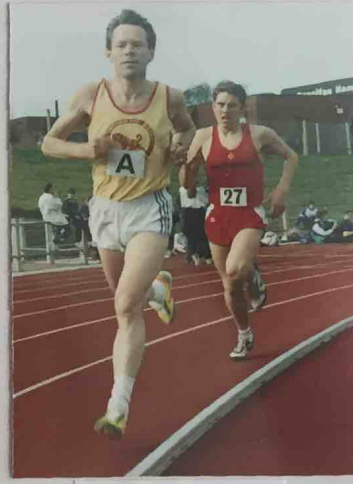
PETER BRUMBY 200m (10A)



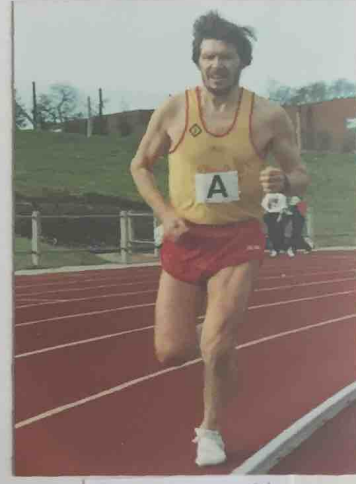
LUCY HICKEY 1500m (6A)



ROY WATERLOW 3000m (4)



JEFF NORMAN 3000m (5)



JIM JONES 3000m (7)



The Messenger, Friday, May 3rd, 1991

Altrincham's Sarah Thirlwell picked up a superb second place against top opposition in the Inter Club Pentathlon at Blackley, recording personal bests in all five events.

INTER-CLUB PENTATHLON MANCHESTER 28TH APRIL

Minors

1. S. Hutton (Leigh) 3,096
2. S. Thirlwell (ALB) 1,425
3. M. Clarke (Blackley) 1,818

Girls

1. C. Entwistle (Wig) 2,517; 2. J. Wheelan (SW)
2,307; 3. K. Woolly (Leigh) 2,107

Boys

1. S. Allen (Rudd) 2,003; 2. L. Raines (Leigh)
2,776; 3. K. Elliot (CARR) 2,577



SARAH THIRLWELL

2nd Overall

SHOT

5m 04cm 211pts (6th)

70M HURDLES

14.0s 399pts (4th)

HIGH JUMP

1m 28cm 389pts (1st)

LONG JUMP

3m 81cm 265pts (5th)

800 METRES

2m 41.0s 561pts (3rd)

1825pts

GRADE 3

Touch of magic says the coach

PURE Magic! That was the reaction from coach John Snape as Altrincham & District AC Minor Girl Sarah Thirlwell received the trophy for second place in the Inter Club Pentathlons held at Boggart Hole Clough, Blackley last Sunday.

Sarah achieved personal bests in all five events — shot

put, 70m hurdles, high jump and 800 metres — to gain a creditable 1825 points and a grade 3 in her first ever pentathlon.

In the U15 Girls Pentathlon Heather Jackman also produced personal bests in all events but was hampered by a sore foot which steadily got worse during the meeting.

Not to be outdone, the Minor girls contingent in the open meeting also produced personal bests, with Karen Senior, Angela Brocklehurst, Vicky Abbott and Tracy Caine all winning their 80m races with Caroline Locke second.

Vicky also won her 800 metres race in 2m 38.3s.



HEATHER JACKMAN	15TH OVERALL
LONG JUMP	3m 59 13th 218pts
75M HURDLES	17.1s 15th 257pts
SHOT	5m 15cm 13th 218pts
HIGH JUMP	1m 28cm 7th 389pts
800 METRES	3m 09.9s 15th 278pts





ANGELA BROCKIEHURST 80m

OPEN
MEETING

AT
BLACKLEY

SUNDAY
28 APRIL
1991



KAREN SENIOR 4m 18cm



VICKY ABBOTT 80m



KAREN SENIOR 80m



ANGELA BROCKIEHURST 3m 97cm



TRACY CANE 80m



CAROLINE LOCKE 3m 46cm



VICKY ABBOTT 800m



TRACY CAINE 800m



ANGELA BROOKHURST & KAREN SEWELL 800m



DANNA MELLORS 800m



4x100m Relay Squad
TRACY KAREN ANGEA VICKY

OPEN
MEETING
AT
STRETFORD

SUNDAY
5TH MAY 1991



CLARE DEHAENE & SARAH THIRKELL MINORS 1500M



CAROLYN KENYON & DIANNA FELLOWS GIRLS 1500M

EXPRESS ADVERTISER, MAY 9, 1991

ALTRINCHAM and District Under-15 girl athlete Carolyn Kenyon rewrote the Club record books yet again with a magnificent victory in the 1500 metres at the open meeting held at Stretford last Sunday.



Alicia BROCKIE HURST 200m



Alicia BROCKIE HURST 100m



Vicky ABBOTT & Fiona DENANE 800m



WARRIOR SENIOR & CAROLINE LOCKE 100m



DIANNA MELLORS 100m



U9-75M RUTH SEATON POWERS BY



JODIE KAVANAGH.



TINA THIRLWELL 800m



DEBBIE CAINE 100m



CLAIRE ROYLE 800m



ANNA KENYON 800m



GABRIEL CHENWATH 800m

SALE HARRIGGS
MINI MEETING AT
CROSFORD BRIDGE
MAY 12TH 1991



VICKY ABBOTT 800m



CLAIRE DEANE 1500



SUSAN HARTLEY 200m



KAREN SENIOR 100m

The Messenger, Friday, May 17th, 1991



SARAH THIRLWELL 800m



UP, UP, AND AWAY! Altrincham & District AC's Sarah Thirlwell clears the bar in the high jump event during Sunday's junior meeting at Sale. CJH91/5



JOANNE NOWAK 100m



FIONA DEANE 800m



SARAH THIRLWELL



SUSAN HARTLEY

A golden day out

ALTRINCHAM and District Athletic Club collected a magnificent tally of three gold medals at the Cheshire County Championships held at Victoria Park, Warrington.

James Goodall won the Youths 1,500 metre race in a club record time of 4min 12.7 sec. while at the Greater Manchester Championships at Bolton, Karen Senior won the Minor Girls long jump with a 4m 48cm leap and Jayne Spark took the Senior Ladies 1,500 metres in 4min 27.6 sec.

For most of the race Jayne trailed Kath Carter of Salford but called up all her resources to overhaul her in a fine sprint finish. Altrincham athletes also collected a haul of bronze medals including those won by Carolyn Kenyon in the U15 Girls 1500m at Bolton; Jason Burns in the 400 metres hurdles at Warrington and by Cath Shelly in the Senior Ladies 1500m in the Middlesex championships.

Altrincham's Minor Girls put in some fine performances on the track at Bolton. Claire Demaine qualified for the 800 metre final and finished fifth in a personal best of 2m 32.8s, while Angela Brocklehurst finished fourth in the 80m final in 11.9s.

Sarah Thirlwell and Vicky Abbott also produced personal best times in the 500 metre heats.

GREATER MANCHESTER COUNTY CHAMPIONSHIPS 19 MAY 1991



ANGELA BROCKLEHURST



CLAIRE DEMAINÉ

GREATER MANCHESTER BOLTON 19TH MAY

- Women
100/100H: L. Fraser (Stret) 11.7/13.8
200: E. Kesseler (Bury) 24.5
400: K. Murphy (Wig) 55.3
800: K. McPherson (Stret) 2:13.3
1,500: J. Spate (Ald) 4:27.6
5,000: M. Boleman (Sale) 10:04.5
10,000: J. P. Clegg (Wig) 1:02.7/10.18
15: C. Smith (Sale) 1:73
30: C. Smith (MUSMAC) 5:44
50: J. Gallagher (Sale) 12:50
100: S. Holroyd (Sale) 54.19
200: W. H. Bartle (Bolt) 17:13.0
400: Salford 47.7
Inter
100: C. Gorse (Wig) 12.8
200: A. Aksey (Wig) 26.2
300: E. Heap (Bury) 42.5
400: S. O'Brien (Sale) 2:20.1
1,500: S. Quinlan (E. Chs) 4:49.3
800H: K. Elliot (Ald) 13.0
500H: C. Griffiths (Wig) 46.2
1H: E. Mather (Sale) 1:56
1H: N. Howard (MUSMAC) 4:50
5H: V. Bellis (Sale) 9:26
10: V. Fitzsimmons (Bolt) 34.58
4x100: Salford 53.9
Girls
100: C. Booth (Sale) 15.1
200: M. Smithers (Wig) 26.5
400: S. Henscliffe (Oxley) 2:22.5
1,500: J. Lang (Rake) 4:58.0
75H: J. McGuinness (Sale) 11.7
1H: S. Jones (Wig) 1:50
1H: L. Fletcher (Sale) 4:60
100: J. Smithe (E. Chs) 26.06
5H: J. Foster (Sale) 9:12
10: E. Greenwood (Leigh) 25.16
2,500H: L. Grimes (Wig) 14:57.2
4x100: Sale 52.4
Minors
80: C. Howards (Leigh) 11.3
90: M. Clarke (Baker) 2:27.5
1H: K. Senior (Ald) 4:48



CAROLYN KENYON



KAREN SENIOR

The Messenger, Friday, May 24th, 1991

Great Goodall strikes gold!

ALTRINCHAM & District Athletic Club produced three county champions on Saturday and Sunday.

In the Cheshire Championships at Victoria Park in Warrington, James Goodall won the gold medal in the Youths 1500m in a time of 4.12.70 to claim his second club record in the space of two weeks.

At the Greater Manchester Championships at Bolton, Karen Senior triumphed in the Minor Girls long jump with a leap of 4.48m while Jayne Spark produced a fine

burst of speed in the last 200m of the Senior Ladies 1500m to snatch victory from Salford's Kath Carter in a time of 4.27.60. Other medallists included Carolyn Kenyon, third in the U15 Girls 1500m at Bolton, Jason Burns, third in the 400m hurdles at Warrington, and Cath Shelly, third in the Senior Ladies 1500m in the Middlesex Championships.

CHESHIRE WARRINGTON 18/19TH MAY

- Youths
150: D. Walker (C&S) 11.3
400: D. Walker (C&S) 1:52.0
800: J. Adams (Sale) 1:55.2, 2: J. Harding (Warr) 1:59.6, 3: J. Goodall (Ald) 2:02.2, 4: M. Findlow (Frod) 2:04.0
1,500: J. Goodall (Ald) 4:12.7, 2: B. Reese (Warr) 4:14.1
1,500H: L. D. Hopson (Warr) 4:35.2, 2: B. Reese (Warr) 4:40.7
5H: V. L. R. Smith (Frod) 3:30, 2: J. Clare (Warr) 5:30
1H: J. Edgley (Frod) 6:23
5H: D. Callimore (Warr) 14.25
10H: M. Tully (Stoke) 48.94
10H: K. Cain (Warr) 55.85



JAYNE SPARK

SARAH TAKES A RUNNING JUMP

YOUNG Sarah Thirlwell had an amazing time at the Brian Renton Trophy meeting at Victoria Park, Warrington, on Monday.

The Altrincham and District Athletics Club member kicked off the day by taking part in the high jump where she cleared 1 metre 15cm before leaving the event to run in the Minor Girls 70 metres hurdles.

She duly finished third in a personal best of 13.9 seconds and returned to the high jump just in time to clear 1 metre 20cms before the bar was raised.

Sarah then went on to clear 1 metre 30cms to take the trophy for second place and immediately the 800 metre race was called where she claimed a creditable fourth.

Other Altrincham athletes had a less hectic schedule with Karen Senior winning the Minor Girls long jump in a field of 37 competitors.

Several girls recorded personal best performances — Tina Thirlwell in the Under 11 100 metres; Anna Kenyon (Under 11 100 and 800 metres); Minor girls Karen Senior (200 metres) and Caroline Locke (100 and 200 metres) and Dianna Mellows in the Under 15 100 metres.



SARAH THIRLWELL



KAREN SENIOR



CAROLINE LOCKE & ANNA BROUGHDEST



ANNA KENYON 100m



BRIAN RENTON
TROPHY MEETING
WARRINGTON
MAY 27TH 1991



KAREN SENIOR 200m



TINA THIRLWELL 100m

The Messenger, Friday, May 31st, 1991

Thirlwell stars in trophy

ALTRINCHAM & District Athletic Club's young ladies recorded some fine results at the Brian Renton Trophy meeting at Victoria Park, Warrington on Bank Holiday Monday.

Sarah Thirlwell started off the afternoon in fine style, taking the trophies for second place in the Minor Girls high jump with a leap of 1.30m and third place in the 70m hurdles with a personal best time of 13.90.

Later in the afternoon, Karen Senior emerged from a group of 37 competitors to

win the Minor Girls long jump.

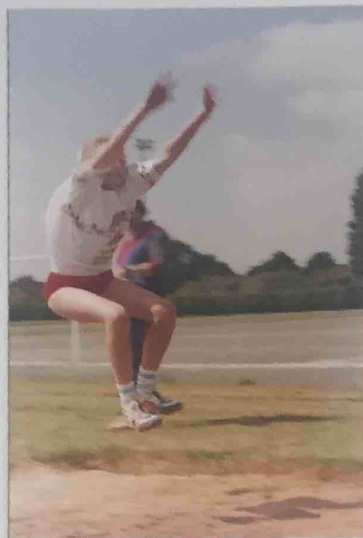
Personal best times were recorded by U11's Tina Thirlwell (100m) and Anna Kenyon (100m and 800m), Minor Girls Karen Senior (200m) and Caroline Locke (100m and 200m), and by Dianna Mellows in the U15 Girls 100m.



STAN HAILES
TROPHY

July 1st & 2nd
1991

DINNER
JAMES GODALL



KAREN SEW-OR



JAMES GODALL



PETER HICKEY



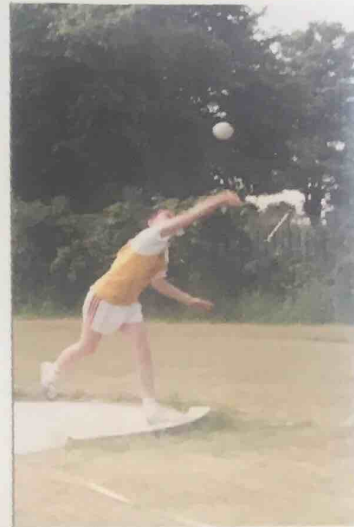
JAMES GODALL



SARAH THIRWELL



CAROLINE LOCKE



ARNOLD NORMAN



BLAKE JONES 800m



JAMES COOPER



CHARE JONES 1500m



JAMES JONES 800m



PETER HICKEY





SARAH THIRLWELL, KAREN
SENIOR, ANGEA BROCKLEHURST,
NEITHAN JACOMAN & RACHEL
HICKS (11-125 500)



ANGEA BROCKLEHURST



KAREN SENIOR



ANDREW NORMAN &
DIANNA MELLORS (11-125 1500)

STRETFORD OPEN
SUNDAY JUNE 9TH 1991



DIANNA MELLORS 100M



U11 4x100

GABRIEL CARNWATH, TINA THIRLWELL
JODIE KAVANAGH, ANNA KENYON



U13 3x800

SARAH VICKY THALWELL
TRACY ABBOTT CANG

CHESHIRE RELAYS
TUES JUNE 25TH 1991
CREWE.

EXPRESS ADVERTISER, JULY 4, 1991

Relay Girls' record run

AFTER A quiet spell, the girls of Altrincham and District Athletic Club bounced back into the limelight when the Minor Girls 3 x 800m relay squad, Vicky Abbott, Sarah Thirlwell and Tracy Caine, running as guests, took the Cheshire Relays by storm at Crewe, to win easily in 8m 01.2s, a club record.

The under 11 4 x 100m squad, Jodie Kavanagh, Anna Kenyon, Gabriel Carnwath and Tina Thirlwell also set a club record in the heats.

Carolyn Kenyon has regained the Club Mile Trophy which she lost to Claire Demaine last year.

Claire did not give it up lightly, leading for most of the race, but Carolyn used her strength and experience to overhaul the younger athlete and win in 5m 31.9s, some 3.8 seconds in front of Claire, whose twin sister Fiona finished third.

To top a tremendous week, the girls produced their best ever result in the North West Womens Young Athletes League.

The Minor Girls took seven of the nine events to win their match, the winners being Karen Senior (A' long jump), Caroline Locke (B' 80m and B' long jump), Claire Demaine (A' 800m), Vicky Abbott (B' 800m), Fiona Demaine (B' 150m) and Karen, Fiona, Caroline and Vicky in the 4 x 100m relay.

Karen was also second in the A' 80m and Vicky third in the A' 150 metres.

The under 15 girls also produced good performances with Carolyn Kenyon first in the A' long jump, second in the A' 75m hurdles and third in a very fast 800m A' race.

Heather Jackman was second in the A' high jump, Sarah Tutty second in the B' high jump and B' 200m, Dianna Mellows second in the B' long jump and third in the B' 800m, and Siobham Eccles second in the B' shot.

Amy Waterlow produced a personal best time finishing third in the A' 1500m with Claire Barber 3rd in the B' 1500m.



Minor Girls lead the way as ADAC shine

ALTRINCHAM & District Athletic Club's girls topped a tremendous week in the North West Young Athletics League meeting at Bury on Sunday.

The Minor Girls only dropped three points with seven victories out of nine events.

Their winners were Karen Senior (A long jump), Caroline Locke (B 80m and B long jump), Claire Demaine (A 800m), Vicky Abbott (B 800m), and Fiona Demaine (B 150m).

Senior, Demaine, Locke, and Abbott then teamed up to win the 4x100m relay.

The U15 girls also put on a good show to give Altrincham their best ever combined score in the league.

Carolyn Kenyon won the A long jump, was second in the 75m hurdles, and third in a very fast 800m while Helen Jackman was runner-up in the A high jump.

Sarah Tutty was second in the B high jump and B 200m, Dianna

Mellows was second in the B long jump and third in the B 800m with a personal best time of 2:46.30, and Stephen Eccles finished second in the B shot.

Amy Waterlow produced a personal best time of 5:21.50 to come home third in the A 1500m with Clare Barber third in the B event.

The Minor Girls 3x800m relay squad of Vicky Abbott, Sarah Thirwell, and Tracy Caine, running as guests, took the Cheshire Relays by storm last week.

They completed their six laps of the Crewe track in a new club record time of 8:01.30, beating all the Cheshire teams.

VICTORIOUS VETS!

ALTRINCHAM & District Athletic Club's veteran 4x100m squad completely outlasted their opposition in the Cheshire County and Vale Royal Relay Championships.

The ADAC team of Bob Spark, Chris Walton, Bob Brown, and Barry Chapman finished almost six seconds clear of second placed Crewe & Nantwich, setting a new club veterans record of 50.70 in the process.

At the same meeting Altrincham's Lucy Hickey came second in the ladies 3000m while Jean Jones just missed out on the medals, coming home fourth in the veteran ladies 3000m.

NORTH WEST WOMENS
YOUNG ATHLETES
TRACK & FIELD LEAGUE
ROUND 1 BURY SUNDAY 30 JUNE



KAREN SENIOR



KAREN SENIOR (80m)



CLAIRE DEMAINE A
VICKY ABBOTT A 200m



CAROLINE LOCKE



CAROLINE LOCKE (80m)



VICKY ABBOTT (150m)



FIONA DEMAINE (150m)



JANNA MESSING 100m



HEATHER JACKMAN 200m



SHARON EGLES 100m



CAROLYN KENYON 75mH



SHARON TUTTY 200m



JANNA MESSING & CAROLYN KENYON 800m



CAROLYN KENYON 800m



AMY WATERLOO 1500m

Late change fails to shake ADAC

ALTRINCHAM & District Athletic Club rose to the occasion last Sunday following a last-minute switch of venue for their second round meeting of the Cheshire Track & Field League.

The meeting, which should have been at Bury, was switched to Altrincham's track at Timperley and overall the local athletes did well.

In the Minor Girls age-group Karen Senior finished second in the A 200m and Vicky Abbott second in the A 800m.

Sarah Thirlwell gained a first in the D 200m and second in the B 800m before going on to win a very close high jump competition, equaling her best height of 1.30m.

In U15 Girls Heather Jackman finished second in the A 200m in 29.15 with Carolyn Kenyon

winning the B race in 29.4, finishing second in the 800m A race and second by only one centimetre in the A long jump.

Following a long lay-off, Cathy Halliwell returned to competition to come second in the senior high jump with a respectable 1.30m. Aaron Smith and Martin Abbott had a good afternoon in the U15 Boys competition.

Aaron cleared 1.43m to take third place in the A high jump and Martin 1.40m to win the B event. Martin also won the A shot putt with a throw of 9.61m.

CHESHIRE
TRACK &
FIELD LEAGUE

ROUND 2
TIMPERLEY

7 JULY 1991



VICKY ABBOTT



SARAH THIRLWELL 800m



TINA THIRLWELL 800m



VICKY ABBOTT 800m



TINA THIRLWELL 100m



CAROLYN KENYON 100m



TRACY CHENE 800m



CAROLINE LOCKE 800m

Seniors star in League

THE senior men's team of Altrincham and District Athletic Club almost made a complete sweep on Sunday in the Cheshire Track & Field League match at Timperley.

They dominated their section with John Stockdale winning the A race 1,500 metres, Jim Rose the B race, Dave Entwistle the C race and Phil Vessey taking first place in the D race.

Peter Hickey won the A long jump with a leap of 5.93 metres and Bob Brown won the B long jump.

Chris Walton was 2nd in the A shot putt and Bob Brown won the B event. Barry Chapman won the 200 metres D race.

Peter Hickey took 3rd place in the A 200 metres with Bob Brown coming 2nd in the B race and Chris Walton 2nd in the C race.

Altrincham's senior men's 4 x 100 metres relay team took a fine 3rd place with the squad made up of two youths, Daniel Waterfall, and James Goodall and two veterans, Chris Walton and Barry Chapman.

In the youths 1,500 metres James Goodall stormed away on the last lap to register an impressive victory in the A race. Daniel Waterfall ran strongly to win the B race.

In the Minor Girls competition, Karen Senior finished second in the A 200m in 30.8s and Vicky Abbott second in the A 800m, but the best overall result came from Sarah Thirwell, first in the D' 200m in 31.0s, first in the A' high jump equalling her best of 1m 30cm and second in the B' 800m.

For the U15 girls, Heather Jackman finished 2nd in the A' 200m in 29.1s and Carolyn Kenyon first in the B' 200m in 29.4s, second in the A' long jump and second in the A' 800m.

Cathy Halliwell, making a welcome return, cleared 1m 39 in the high jump to take second place.

The Messenger, Friday, July 12th, 1991

Locals dominate 1500m

THE SENIOR men of Altrincham & District Athletic Club almost made a clean sweep in the Cheshire Track & Field match at Timperley on Sunday.

Altrincham dominated the 1500m with John Stockdale (A race), Jim Rose (B race), Dave Entwistle (C race), and Phil Vessey (D race) all winning.

Peter Hickey won the A long jump with a leap of 5.93m while Bob Brown triumphed in the B event, Barry Chapman was first in the 200m D race, and Chris Walton (A event) Bob Brown (B event) picked up second and first place respectively in the shot putt.

Brown also finished second in the 200m B race, Peter Hickey picking up third in the A event, and Chris Walton was runner-up in the C race.

Altrincham's 4x100 relay squad, which contained two youths - Daniel Waterfall and James Goodall - and two veterans - Chris Walton and Barry Chapman - came home a fine third.

In their individual events, Goodall stormed to victory in the youths 1500m and Waterfall ran strongly to win the B race.



ALTRINCHAM and District youngsters found the warm, breezy conditions at Longford Park to their liking when they competed in an Open meeting hosted by Stretford A.C.

First to run was Dianna Mellows in the 1,500 metres and her time of 5 mins 30 secs was her best ever.

In the Minor Girls long jump, Karen Senior won with her first leap, 4m 40cm, a personal best, having obtained her best ever time in the 800 metres just minutes earlier along with Caroline Locke.

Promising under 15 athlete, Kevin Bolben produced his best ever time in the 100 metres.



DIANNA MELLOWS 1500m

Senior strikes top form at Stretford!

THE young athletes from Altrincham & District AC produced some fine results at an open meeting hosted by Stretford AC on Sunday.

In the minor girls events, Karen Senior returned to form in the long jump to record a personal best performance of 4.48m - just one centimetre further than she jumped to win the Greater Manchester County Championships two months ago.

Earlier in the afternoon Senior and

Caroline Locke had produced their best ever performances in the 800m.

Dianna Mellows, continuing to improve steadily over a range of events, improved even further in the U15 girls 1500m, recording 5.30.05 while Kevin Bolben produced his best ever time in the U15 boys 100m.



KAREN SENIOR



ANGELA BROOK LEHURST, KAREN SENIOR & CAROLINE LOCKE 800m



DIANNA MELLOWS 1000m



CAROLINE LOCKE



KEVIN BOLBEN



MINOR GIRLS 4x100
KAREN VICKY ANGELA CAROLINE
SENIOR ABBOTT BROCKENHURST LOCKE.



U15 GIRLS 4x100.
HEATHER DIANNA SIOBHAN SARAH
JACKMAN MELLONS ELLIS TOTTY.

CHESHIRE COUNTY RELAYS HARTFORD

TUESDAY 16 JULY 1991



CLARE BARBER 3x800



CAROLYN WATSON 3x800

Goodall's in the fast lane

NORTH Cestrian Grammar School fourth year pupil James Goodall (pictured right) has made his mark in middle-distance running this season, culminating in a record-breaking run in the Independent Schools Championships.

The 15-year-old from Timperley qualified for the 800 metres final at the Alexander Stadium Birmingham, together with school colleagues Daniel Hood, Robert Lomas, Michael Carey, Andrew Caine and Richard Podmore after winning the North West title at Wigan.

And in the final he raced round in two minutes to slash the previous record by an incredible six seconds. Daniel Hood also took gold in the Pre-Junior 400 metre race.

James is no slough at 1500 metres, winning both the Trafford Schools and Cheshire Inter Club Titles.

The Trafford success qualified him for the Greater Manchester Schools Championships and he came home for the gold medal in a fine time of 4m 5s.

James went on to compete for Greater Manchester Schools in the Inter Counties meeting at Warley and the English Schools championships at Stoke where he came 7th in the 1500m.

He competes at intermediate level and this year is a bonus as he is eligible to compete again next year.

Success

James is also a keen and successful member of Altrincham and District AC where he is highly regarded and has had considerable success on the track and in cross country where he is the Trafford Schools champion.



But running is only one of the sports he excels in being accomplished in soccer, tennis and basketball, representing his school with distinction in all three sports as well as playing for Hale Barns United in the Timperley Junior League.

North Cestrian head of PE Tom Giles enthused: "James is a fine all-round sportsman and he is a great example to the rest of the school with his tremendous attitude and enthusiasm."

"He wants to compete for the school in all sports but he has some difficult decisions to make in the next year."

"If he wishes to make it in athletics he must sacrifice some of his other sports to put in the necessary training, but he is a sensible lad, and I am sure that he will make the right decision."

The Messenger, Friday, July 26th, 1991

Goodall at the double as ADAC take top-spot

ALTRINCHAM & District Athletic Club stormed to the top of Northern Counties League Division Three with a powerful team display at Wavertree on Saturday.

If Altrincham finish ahead of Crewe & Nantwich in the final meeting at Blackburn next month they will be promoted as champions.

Although still only a youth, James Goodall won the 1500m and the 800m B race.

Paul Davidson won the 800m and the 1500m B event while Paul Bingham enjoyed a successful afternoon, winning the long jump and the triple jump and setting new club records in the process.

Davidson also came second in the 100m and fourth in the 200m.

Jason Burns finished strongly to snatch first place in the 400m hurdles and Burns also came second in the 100m hurdles, third in the high jump, B hammer, and B pole vault, and fifth in the B javelin.

Pete Hickey won the B triple jump with a personal best performance before taking second place in the B 200m and came fifth in both the pole vault and the B long jump.

Peter Pickwell came third in the 5000m with Jim Rose finishing runner-up.

Mike Cleave came second in the

400m hurdles B race and took fourth place in the 400m.

Bob Brown was just edged into second position in the 400m B race and came third in the B shot.

Chris Walton came second in the 110m hurdles B race and fourth in the discus, shot, and hammer in which he improved his personal best by more than three metres.

Howard Tarry returned after a year's lay-off to take a fine fourth place in the 100m B race.

Barry Chapman came fifth in the javelin and B discus while Dave Entwistle ran well to take fifth place in the 3000m steeplechase.

The 4 x 100m relay team of Barry Chapman, Paul Bingham, Howard Tarry, and Peter Hickey registered the second fastest time ever for Altrincham when taking a fine second place.

The final event of the afternoon was the 4 x 400m which brought a fitting climax for Altrincham when the team of Mike Cleave, Bob Brown, James Goodall, and Paul Davidson powered their way to victory to seal a memorable league win by 11 points over Southport and Waterloo.

The Messenger, Friday, July 12th, 1991



Pictured above is the Altrincham Girls Grammar School second year athletics team who triumphed in the recent Trafford Schools' Championships. The individual winners, pictured second row, were Kathryn Hopkinson (1500m), Karen Senior (long jump), Vicky Abbott (800m), Sarah Thirlwell (high jump), and Stacey Harrison (100m). Another Altrincham champion was fourth year pupil Louise Eden, front, who lifted the long jump title in both the Trafford and Greater Manchester Championships. CJH91/7/11

ADAC YOUNGSTERS MAKE THE HEADLINES

KAREN SENIOR, VICKY ABBOTT

SARAH THIRLWELL & CAROLINE LOCKE

FOR AGS & JAMES GOODALL

FOR NCAGS.

KAREN JUMP STARTS ADAC CHALLENGE!

**Senior
leads
the
way at
Bury**

DESPITE producing some fine performances, the girls of Altrincham and District Athletic Club were unable to match their first round results when they competed in the second round of the North West Young Athletes League at Bury last Sunday.

Unable to field a full team due to holidays, the minor girls fought a brave battle with Karen Senior winning the A long jump with a leap of 4.42m and

coming third in the A 80m and A 150m. Angela Brocklehurst triumphed in the B long jump with 3.81m and the B 80m while Sarah Thirlwell won

the B 150m and achieved an excellent second place in the A 800m.

The U15 girls were once again spear-headed by Carolyn Kenyon who came first in the A long jump, the A 75m hurdles and picked up a third place in the A 1500m.

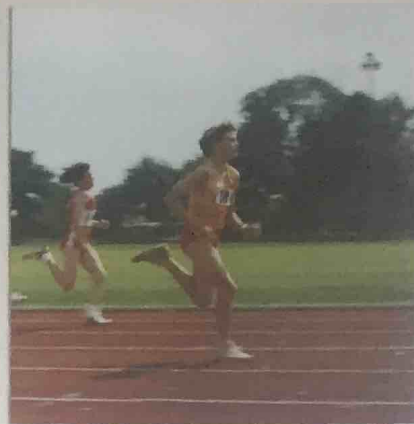
Heather Jackman and Sarah Tutty put on a fine show, winning the A and B high jump and claiming second places in the A and B 200m.

Jackman's time of 28.1 was identical to that of the winner of her race.

Dianna Mellows, Siobhan Eccles, and Amy Waterlow all produced excellent performances throughout the afternoon and Mellows and Eccles teamed up with Tutty and Jackman to round off the day with third place in the 4x100m relay.



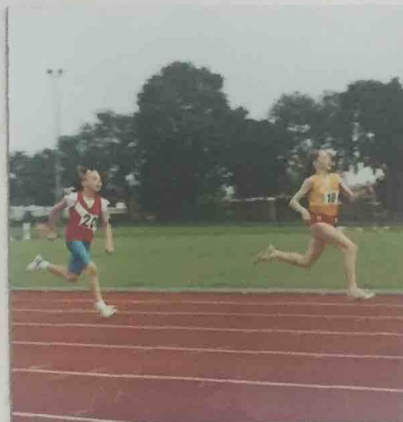
ANGELA BROCKLEHURST



ANGELA BROCKLEHURST (100m)



KAREN SENIOR



SARAH THIRLWELL (150m)



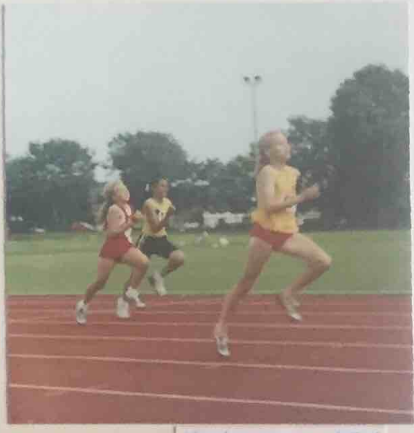
SARAH THIRLWELL (80m)

NORTH WEST WOMEN'S
YOUNG ATHLETES LEAGUE

ROUND 2 BURY
28 JULY 1991



KAREN SENIOR (200m)



KAREN SENIOR (150m)

NORTH WEST WOMEN'S
YOUNG ATHLETES LEAGUE
ROUND 2 BURY
28 JULY 1991



HEATHER JACKMAN (200m)



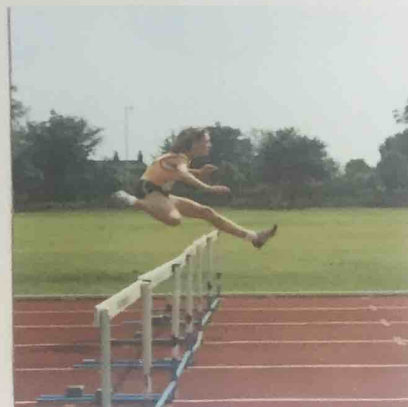
SARAH TUTTY (200m)



CAROLYN KENYON



CAROLYN KENYON (1500m)



CAROLYN KENYON (75m H.)



DIANNA MELLOWS



DIANNA MELLOWS (1500m)



AMY WATERLOW (800m)

EXPRESS ADVERTISER

AUGUST 1, 1991

MAJOR SHOW FROM MINOR GIRLS

THE GIRLS of Altrincham and District Athletics Club arrived at Bury on Sunday for the second round of the North West Women's Young Athletics League knowing that they would need some extra special performances to make up for some members being on holiday.

With only three athletes available, the Minor Girls did well to finish third in the match with Karen Senior leaping 4m 43cm to win the A long jump and finishing third in the A 80m 150m. Angela Brocklehurst took the B long jump and the B 80m and Sarah Thirlwell won the B 150m before gaining a creditable second in the A800m.

In the Under 15 competition, Carol Kenyon once again won the 'A' long jump and this time improved to win the 75m hurdles.

Although a little disappointed with her 5:03.0 to take third place in the 'A' 1500, these performances show what a good all round athlete she is.

Also showing their all-round ability were Heather Jackman and Sarah Tutty, who gained maximum points in the high jump and then went on to take second and third places in the 'A' and 'B' 200m, with Heather being credited with the same time as the winner of the A race.

Dianna Mellows equalled her best time in the 100m A race and Siobhan Eccles shaved three tenths of a second off her best in the B race.

EXPRESS ADVERTISER, AUGUST 8, 1991

ALTRINCHAM & District Athletic Club turned out a strong team for the Cheshire League meeting at Bury on Sunday, August 4.

The under eleven girls Tina Thirlwell and Anna Kenyon took first places in the 100 metres A & B races with times of 16.4 secs. & 17.6 secs respectively.

The minor girls (U13's) also had an excellent day with Angela Brookhurst, Karen Senior, and Sarah Thirlwell all recording times of 15.1 secs in their respective 100 metre races and Caroline Locke and Vicky Abbott just a couple of hundredths of a second behind them.

The under-15 girls also got off to a cracking start with both Carol Kenyon and Heather Jackman attaining second places in their 100 metre races with times of 13.8 secs. and 13.9 secs respectively.

Dianna Mellows ran a very respectable 14.4 secs in the 100 metres yet again beating her personal best.

A.D.A.C. sported full teams in the relays, the minor girls finishing in first place, the under 15 girls in third place, and the senior men in second.

In the field events the club also excelled itself with the minor girls taking maximum points in the long jump.

Martin Abbott won the boys javelin with a throw of over 30 metres.

Heather Jackman was narrowly beaten in the high jump "A" and Claire Lambert achieved first place in the high jump "B" on her first outing for the club.

The Messenger, Friday, August 16th, 1991



IT'S a winner! Karen Senior of Altrincham AC looks to be pleased with her attempt at the junior long jump during an open meeting at Stretford AC at Longford Park on Sunday. (JM917/519/31)



HEATHER JACKMAN

FENNY BRENNAN TROPHY MEETING
WARRINGTON

17 AUGUST 1991



CLAIRE LAMBERT



DIANNA MELLOWS HEATHER JACKMAN (200)



CLAIRE LAMBERT

EXPRESS ADVERTISER, AUGUST 22, 1991

Heather Blooms

A NUMBER of Under 15 athletes from Altrincham and District Athletic Club travelled to Warrington on Saturday to compete in the Fenny Brennan Trophy.

Heather Jackman started the afternoon with second place in the high jump followed by a personal best performance in the 75m hurdles. Saving the best to the end, she produced a brilliant turn of speed in windy conditions to win her heat of the 200 metres, closely followed by Dianna Mellows who produced her best ever performance in this event.

Newcomer Claire Lambert leapt her way into the Girls League team with 4m.01 in the long jump to take fourth place. Girls team manager and coach John Snape has not yet had the opportunity to spend much time on Claire's technique but is convinced that a further half metre at least is possible before the end of the season.

Martin Abbott continued to produce good results in the field events with victory in the discus and second place in the shot put and long jump. He was robbed of victory in that latter event by team mate Kevin Balben.



MARTIN ABBOTT



DIANNA MELLOWS (100)

TERRY DAVIES MEMORIAL
ANNUAL MINI MEETING
WARRINGTON
24th AUGUST 1991



FIONA JENKINS (800m)



SARAH THIRLWELL



TINA THIRLWELL (200m)



CLAIRE JENKINS (1500m)



CAROLINE LOCKE



TINA THIRLWELL



CAROLINE LOCKE (100m)



SARAH	FIONA	CAROLINE	CLAIRE
2nd 100m	1st 800m	1st 200m	1st 1500m

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE

ROUND 3 BURY

1st SEPT 1991

The Messenger, Friday, September 6th, 1991

Magic minors find their form at Bury

ALTRINCHAM & District Athletic Club's minor girls produced their best ever result in the North West Young Athletes League meeting at Bury on Sunday, scoring 58 points out of a possible 60.

Karen Senior and Angela Brocklehurst notched up victories in both the 80m and long jump with Senior recording 11.8 and 4.43m in the A events

and Brocklehurst 11.9 and 4.02m in the B competitions.

Claire and Fiona Demaine won the A and B 500m in 2.32.40 and 2.36.40

respectively while Sarah Thirlwell and Fiona picked up second places in the 150m sprints.

Senior, Fiona Demaine, Brocklehurst, and Thirlwell then teamed up to win the 4 x 100m relay in a new club record time of 59.30.

In the U15 girls

competition Carolyn Kenyon won the A long jump with a leap of 4.69m and the 75m hurdles before producing a fine burst of speed to come home second in the 800m A race in 2.30.30.

Clare Lambert won the B long jump with 4.23m and finished third in the 800m B

race. Dianna Mellowes, in her first race over hurdles this season, finished second in the B event after taking fourth in the 100m A.

Sarah Tutty took a heavy fall over the line to finish second in the 100m B race and Clare Barber finished fourth in the discus.



ANGELA BROCKLEHURST
80m (1B)



KAREN SENIOR (1A)



ANGELA BROCKLEHURST (1B)



CLAIRE & FIONA DEMAINS
500m (1A & 1B)



SARAH THIRLWELL
150m (2A)



FIONA DEMAINS
150m (2B)



4X100m CLUB RECORD IN THE MAKING



CLAIRE LAMBERT (18)

EXPRESS ADVERTISER, SEPTEMBER 5, 1991

THE minor girls of Altrincham and District A.C. were celebrating last Sunday after achieving yet another outright victory in the North West Women's Young Athletes League with 58 points out of maximum 60, and a new club record in the 4 x 100m relay.

Karen Senior and Angela Brocklehurst opened the account with victories in the long jump, Karen winning the 'A' competition with 4m 43cm and Angela the 'B' with 4m 02 cm.

They then went on to win the 80m sprints in 11.8s and 11.9s respectively and Claire and Fiona Demaine then added victories in the 800 metres with 2m 32.4 and 2m 36.4.

Second places in the 150m sprints by Sarah Thirlwell and Fiona Demaine was soon to be followed by a devastating display in the 4 x 100 metre relay by Karen, Fiona, Angela and Sarah, producing

a new club record of 59.35.

Carolyn Kenyon continued her tremendous form in the under-15 girls competition with victories in the 75m hurdles and long jump in which she achieved a personal best of 4m 69cm.

A final burst of speed on the final straight earned her second place in the 800m A race in 2m 30.3.

Claire Lambert improved to 4m 23cm to win the 'B' long jump and ran a brave race to finish third in the 800m B event, Dianna Mellows was second in the 75m Hurdles B race and fourth in the 100m A race.

Clare Barber was fourth in the discus and Sarah Tully crashed out of the competition with a dramatic fall over the line, finishing second in the 100m B race.



DIANNA MELLOWS 100m (1A)



SARAH TULLY 100m (2B)



CAROLYN KENYON (1A)



DIANNA MELLOWS (2B)



CLARE BARBER (SA)



DIANNA MELLOWS (SA)



CAROLYN KENYON 800m (2A)



TINA THIRLWELL 800m

CHESHIRE
TRACK & FIELD
LEAGUE

WINTON

8 SEPT 1991



ANGELA BROCKLEHURST
800m (4B)

EXPRESS ADVERTISER, SEPTEMBER 12, 1991

Altrincham & District AC's middle distance runners were celebrating last Sunday following a tremendous series of performances in the fourth round of the Cheshire Track and Field League held at Winton.

Anne Pugh finished second in the Senior Ladies 800m in 2m 28.1 and Carolyn Kenyon won the U15 Girls race in 2m 28.7, but it was the prolific Minor Girls who stole the show.

Claire Demaille and Vicky Abbott look first and second in the A race, Fiona Demaille and Sarah Thirlwell first and second in the B race and Angela Brocklehurst and Karen Senior did likewise in the non counting event.

Sarah and Karen then went on to take second places in the A and B High Jump.

In the Senior Men's 1500, Paul Davidson won the A event in 4m 05.2 with Jim Rose in fourth place. Liso Ngobongwana won the B event with Mike Jones third. In the field events, Martin Abbott improved to 11m 05cm in the U15 Boys Shot Putt to create a new club record for his age group.



CLAIRE DEMAILLE
800m (1A)



VICKY ABBOTT
800m (2A)



HEATHER JACKMAN
200m (54)



CAROLYN KENYON
200m (18)



CAROLYN KENYON
200m (12)



DIANA MCLOOSE
200m (50)



CHRIS LAMBERT
200m (62)

Fab four do ADAC proud in Combined Championships

FOUR young athletes from Altrincham and District AC took part in the Cheshire County Combined Events Championships held at Warrington last weekend.

On Saturday Martin Abbott won the sil-

ver medal in the U15 boys pentathlon and, for the second time in a week, established a new club record in the shot putt with a throw of 11.46m.

On Sunday Sarah Thirlwell, Heather Jackson and Claire Lambert competed in the U15

girls pentathlon.

Twelve-year old Sarah produced the best result of the trio, finishing ninth overall with 1865 points and a personal best performance in the long jump of 4.05m.

Heather took tenth spot with 1752 points

with a personal best in the shot putt and a magnificent effort of 1.41m to earn second place in the high jump.

Claire finished 11th with 1612 points, with personal bests in the shot putt, high jump and 800m.

CHESHIRE MULTI EVENTS

GIRLS PENTATHLON

15 SEPT 1991



SARAH THIRLWELL



CLAIRE LAMBERT



SARAH THIRLWELL



HEATHER JACKMAN



CLAIRE LAMBERT

GREATER MANCHESTER
MULTI EVENTS
GIRLS PENTATHLON
22 SEPT 1991

Super Thirlwell is a major minor for Altrincham

ALTRINCHAM & District Athletic Club's multi-eventors were in action once again last weekend, this time at the GM Combined Championships in Bury.

Although still only classed as a minor girl, Sarah Thirlwell once again proved her poten-

tial with a magnificent fifth place in the U15 girls pentathlon.

Thirlwell recorded a new personal best in the shot putt as she finished with a superb 1880-point tally.

14-year old Claire Lambert took ninth place

with a much improved performance, especially in the high jump where she cleared 1.29m for the first time.

Minor girls Karen Senior and Caroline Locke did well in their first ever multi-event championship.

Senior recorded personal bests in the shot putt and high jump and, despite faltering somewhat in the long jump, came back to win her heat of the 800m.

She eventually finished a creditable 13th with Locke progressing steadily throughout to take 17th.



CLAIRE LAMBERT & SARAH THIRLWELL



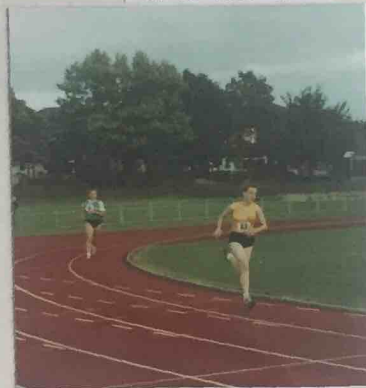
SARAH THIRLWELL



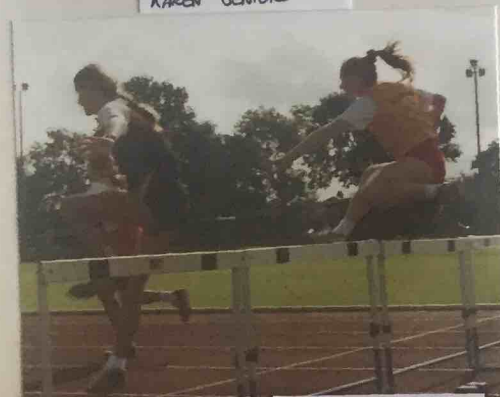
CAROLINE LOCKE



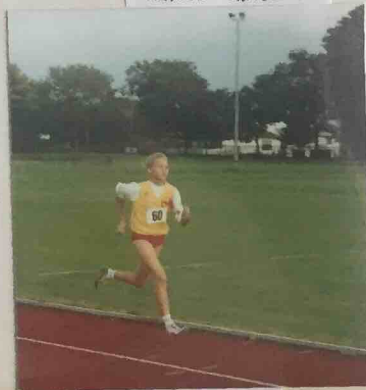
KAREN SENIOR



CLAIRE LAMBERT



CAROLINE LOCKE



KAREN SENIOR

EXPRESS ADVERTISER, SEPTEMBER 26, 1991

ATHLETICS EXTRA

Sarah's day

FOR THE second week running, Altrincham & District Athletic Club's young multi eventers were in action, this time at the Greater Manchester Combined Events Championships at Bury.

Minor Girl Sarah Thirlwell was once again on top form taking fifth place in the U15 girls pentathlon with a magnificent 1880 points and a personal best in the shot putt of 6m28cm.

With a further two years to go in the age group, this young lady is showing great potential and her coach, John Snape, is certain that if she continues to improve at the same rate as she has this year, she will be one of the North West's best multi eventers.

Claire Lambert, at the top of her age group, improved considerably on the previous week to take ninth spot. She cleared 1m29cm in the high jump for the first time and also did well in the long jump.

In their first ever pentathlon, Minor Girls Karen Senior and Caroline Locke did well to maintain good performances although Karen found the pressure too great and had a disastrous long jump.

However, she recovered well to win her heat of the 800m and finished in 13th place, after achieving personal bests in the shot putt and high jump.

ALTRINCHAM & DISTRICT ATHLETIC CLUB

Presentation Evening

Hoe Down/Hot Pot Supper

at

The Civil Service Club

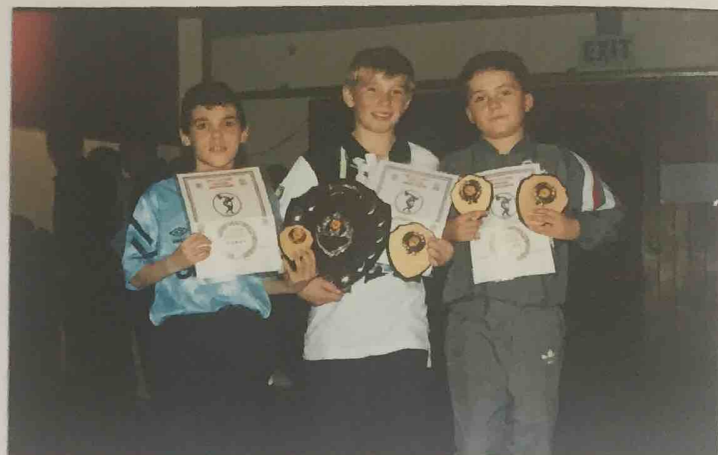
Ridgeway Road, Timperly.

on

Friday 8th November 1991.

7.30 - 11.30pm
BAR

£5.00 ADULTS
£3.50 UNDER 17



PETER BRIDSHAW JONATHAN ROSE AND ROE NORMAN



SARAH THIRLWELL, MARTIN ABBOTT & CAROLYN KENYON

EXPRESS ADVERTISER, NOVEMBER 14, 1991 SA

EXPRESS SPORT

Young heroes

ALTRINCHAM and District Athletic Clubs youngsters were awarded no less than 40 'Five-Star' Awards at the club presentation evening.

In addition, five outstanding awards were presented to Carolyn Kenyon, Heather Jackman, Sarah Tutty, James Goodall and Martin Abbott for reaching a level of achievement expected from athletes two years older than themselves.

Trophies were awarded to the top athletes in each age group.

Minor Girls Athlete of the Year: 1. Sarah Thirlwell; 2. Karen Senior; 3. Caroline Locke.

Girls Athlete of the Year: 1. Carolyn Kenyon; 2.

Heather Jackman; 3. Claire Lambert.

Colts Athlete of the Year: 1. Jonathon Rosa; 2. Andrew Norman; 3. Peter Bridshaw.

Boys Athlete of the Year: 1. Martin Abbott; 2. Kevin Belben.

Youths Athlete of the Year: 1. James Goodall.

Minor Girl — Claire De-maine; Girls — Carolyn Kenyon; Colts — Andrew Norman; Boys — Aaron Smith; Youths — James Goodall.

Minor Girls Field Trophy: Sarah Thirlwell.

The Girls field award was presented to 12-year-old Karen Senior for her outstanding performances in the long jump over the season, including her winning of the Greater Manchester County Championship.

Martin Abbott won the Boys field award for his consistently good performances in the throwing events.

In a competition open to all club members covering four field and four track events held over two days, James Goodall won the Stan Hales Handicap.