

ATHLETICS ROUND-UP

Jayne kicks off in front

ALTRINCHAM and District's Jayne Spark made a tough contest look easy with her magnificent victory in the first round of the Cheshire Cross Country League held at Castle Park, Frodsham.

Anne Pugh scored home in 7th position, with Alison Rowe following in 17th, Jean Dolan, Anne Nally, Lucy Hilly, Jean Jones, Kate Wilson and Julie Savage completed the Senior Ladies line-up.

Carolyn Kenyon was first home for the Under 15s in 7th position with Amy Widdow 18th, Claira Mellowes 29th and Jessica Bradshaw 38th.

Fiona Demaine, in 5th position, led the Minor Girls home closely followed by Vicki Abbott 8th, Sarah Thirlwell 13th and Angela Bradshaw 13th. Madeline Carnwath had an excellent run finishing 23rd with Karen Gentry and Caroline Locke following in 25th and 30th positions.

Running in her sister's footsteps, Anna Kenyon was first home in the Under 11 girls race, finishing 15th, with Tina Thirlwell 22nd, Gabrine Carnwath 23rd, Lucy Waterlow 32nd and Claire Royle 40th.

Meanwhile, up at Thorne Park, Walsley, Claire Demaine was representing the North of England in the National Women's Inter Leagues finishing 13th overall. Scotland won the U15 match with the North a close second, earning Claire a silver medal.

The Sunday whilst her teammates defend their second place in the North West Sports hall league in their final match at Altrincham Sports Centre, Claire will be up at Sherrington Park, Sutton, St. Helens representing Greater Manchester in the National Inter Counties Cross Country Championships, as will fellow club member Jayne Spark, both as county champions in their respective age groups.

CHESHIRE LEAGUE FRODSHAM 5TH JANUARY

STEPHEN HIGGINS fell smartly to victory on the tight windward and muddy parkland course at Frodsham, Trevor Butler reports.

He broke away from the field on the initial uphill lap, in tandem with Sefton's Paul Cawvelander, but by the end of the second of the four laps, Cawvelander faded after finding the pace too hot to handle.

Spark built up a healthy cushion, before releasing in the final stages to take the honours in 22:25.

Last year's individual winner, Malcolm Fowler, staked his claim for the title by overhauling Cawvelander in the final stages, finishing eight seconds short of Spark.

Mid-Cheshire led the team competition, 22 points clear of Warrington, with defending champions Newcastle again finding Frodsham an unhappy hunting ground. They trailed home in fourth place, 43 points behind the leaders, and now have it all to do in the final two fixtures.

Altrincham's Jayne Spark crushed the opposition with a sparkling run. She covered the 3.6km course in 11:27, 42 seconds clear of Stockport's Kath Carter.

Men (7.5km): 1. N. Smart (Gat) 22:22; 2. M. Fowler (Wim) 22:30; 3. P. Cawvelander (Gat) 22:32; 4. G. Smith (Warr) 22:35; 5. R. Johnson (W. Chesh) 23:53; 6. J. Rogers (Warr) 23:17; 7. P. Alexander (Chesh) 23:21; 8. R. Pugh (Warr) 23:24; 9. S. Graham (Stock) 23:27; 10. M. Proulx (Gat) 23:54; 11. J. Jones (Wim) 23:56; 12. J. Jones (Gat) 23:43; 13. W. Gentry (Wim) 23:42; 14. G. Stevens (W. Chesh) 23:45; 15. J. Hendrie (M. Chesh) 23:56; 16. J. Widdow (Gat) 23:56; 17. J. Widdow (Gat) 23:56; 18. J. Widdow (Gat) 23:56; 19. J. Widdow (Gat) 23:56; 20. J. Widdow (Gat) 23:56; 21. J. Widdow (Gat) 23:56; 22. J. Widdow (Gat) 23:56; 23. J. Widdow (Gat) 23:56; 24. J. Widdow (Gat) 23:56; 25. J. Widdow (Gat) 23:56; 26. J. Widdow (Gat) 23:56; 27. J. Widdow (Gat) 23:56; 28. J. Widdow (Gat) 23:56; 29. J. Widdow (Gat) 23:56; 30. J. Widdow (Gat) 23:56; 31. J. Widdow (Gat) 23:56; 32. J. Widdow (Gat) 23:56; 33. J. Widdow (Gat) 23:56; 34. J. Widdow (Gat) 23:56; 35. J. Widdow (Gat) 23:56; 36. J. 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ANNA KENYON



BARBARA CARMATH



TINA THIRLEWELL



BARBARA CARMATH

OVER BALES RACE SALE 10TH JANUARY

Boys U13 (1.5M)
1. M Dixon (Hynd) 10:58; 2. C Jackson (Stret) 11:32; 3. L Drew (Manc) 11:40; 4. K Wright (Mole) 11:41; 5. O O'Riordan (Stret) 11:47; 6. P Smith (Bolt) 11:48; 7. H Jones (Manc) 11:52; 8. M Marland (Bolt) 11:54; 9. J Bost (OAR) 11:59; 10. S Burgess (E Ches) 12:00.

TEAM: 1. Stretford 49; 2. Sale H 53; 3. Bolton 55.
B Team: Sale 83.

U11 (1M)
1. I Baybutt (Wig) 7:42; 2. E Marshall (Wig) 8:04; 3. S Asquith (Haling) 8:13; 4. M Dingley (Ox H/Bot) 8:14; 5. P Dufkinworth (E Ches) 8:19; 6. J Talbot (Newc) 8:20.

TEAM: 1. Whigan 59; 2. Sale 71; 3. Bolton 79.
B Team: Sale 124.
U9 (0.75M)

1. C Idson (Bolt) 5:41; 2. K Jackson (Sale) 5:42; 3. P Egan (Wig) 5:56; 4. J Lewson

(Hand) 6:06; 5. J Boni (Manc) 6:07; 6. J Stones (Wig) 6:08.
TEAM: 1. Sale 42; 2. Manchester 55; 3. Bolton 77.
B Team: Sale 93.

Girls U13 (1.5M)
1. C Demaine (AR) 11:56; 2. S Demaine (AR) 12:18; 3. L Dendillaweg (Liv P) 12:22; 4. A Pierce (Sal) 12:24; 5. H Carson (E Ches) 12:27; 6. V Alcott (AR) 12:29; 7. R Clough (Bolt) 12:31; 8. S Thorpe (AR) 12:37; 9. C Dorian (B'burn) 12:41; 10. J Pollard (Sale) 12:41.

TEAM: 1. Altrincham 17; 2. Salford 73; 3. Liverpool Pembroke 76.
U11 (1M)

1. L Carson (E Ches) 8:12; 2. A Lomas (E Ches) 8:16; 3. J Meddows (Wig) 8:24; 4. J Wood (Leigh) 8:29; 5. C Gribbons (Liv P) 8:30; 6. L Moran (E Ches) 8:41.

TEAM: 1. E Cheshire 37; 2. Liverpool Pembroke 51; 3. Manchester H 52.
B Team: Manchester H 186.
U9 (0.75M)

1. J Elphick (Sale) 6:11; 2. K McLaughlan (Sal) 6:13; 3. S Daly (Wig) 6:15; 4. C Dixon (A&W) 6:35; 5. M Turnbull (Stoch) 6:37; 6. B Mooney (Liv P) 6:39.

TEAM: 1. Sale 31; 2. Manchester 79.
B Team: Sale 97.



CLAIRE DEMAING



FIONA DEMAING



VICKY ABBOTT



SARAH THIRLWELL



PETER BRADSHAW IN THE BOYS RACE



MADLINE CARNWATH



OVER THE BALES CROSS COUNTRY RACES
AT CROSS FORD BRIDGE
19TH JANUARY 1992
MINOR GIRLS - BOND TRAVEL SHIELD
WINNERS.

THE northeast missed out on a cleansweep of the honours when Liverpool's Jenny Clague captured the title, following age-group victories by Justina Heslop (Elswick), Helen Todd (Gateshead) and Angie Foster (Morpeth).

With Angie Hulley and Sarah Rowell absent, Andrea Duke, silver medalist behind Hulley in the Inter-Counties, where Clague was ninth, started favourite. Clague, however, never in front of Duke in their previous encounters, turned the tables with a vengeance.

Clague, Duke, Julie Asgill (Stretdford) and Susie Parker (Sale) were prominent as the leaders sprinted to the first hill. Even at this early stage, less than a mile into the 5,469 metres of the small first lap, Clague was ominously opening a gap on Duke.

On a fast downhill section, the two 18-year-olds were moving further away, with Clague 40 metres ahead.

Into the second large circuit, the Merseyside Cross-country champion was still extending her advantage, chased by Duke, with Asgill and Parker 50 metres adrift.

Clague then doubled her lead to 80 metres and seemed set for victory with Duke trying to close. Moving past the side of the hill above the finish, Duke desperately clawed back a couple of seconds, but Clague, with the gold medal in sight, dug deep again and burst into the tunnel 11 seconds ahead.

The jubilant Clague said: "I've never beaten Andrea before, so this has got to be my best win yet. I was a long way behind her in the Inter-Counties but I knew I could run better."

"When she was behind me I expected her to come back as she is a strong finisher but she didn't today."

Duke said: "She was too fast for me today. It was a good race and though I'm a little disappointed not to win, I was happy with my run."

Stretdford had Asgill fourth, Holt fifth and Carter eighth to finish 49 points ahead of 1991 champions, Sale, in the team race.

Angie Foster, girls' champion last year, successfully moved up an age-group into the intermediate race, holding off Hyndburn's Sarah Bibby after a hard-fought first half of the 4,127 metres.

Bibby had a 20 metres lead at one stage, but Foster, relentlessly closing on the hills, gained command before the last mile. A small gap was gradually increased as the Morpeth 16-year-old, recovering from flu that forced her to miss the Inter-Counties, stomped home with a 50 metres winning margin.

Morpeth had Val Bostham eighth, Nicola Ostorne 38th and Nicola Meehan 50th for a three-point team win over Warrington.

Helen Todd, the girls' Inter-Counties champion, prevailed again, going clear in the last mile.

Morpeth's Carolyn Dickie was the early leader from Ananda Tremble, with Todd third, but as Dickie faded, Gateshead's Todd, who halved a remarkable 15-min sequence by Tremble at St Helens,

Clague turns the tables

Teenager Jenny Clague scored her first win over Andrea Duke, with victory at Sunderland. BRIAN KIRKLEY reports

swept into a lead she never relinquished.

Confidently striding away, Todd crossed the line 70 metres in front for the biggest winning margin of the day, with Tremble just holding off Richmond's Debbie Ridley in a sprint for the line.

Justina Heslop of Elswick, ahead of Liverpool's Dawn Adams in the Safeway event at Gateshead, but only third in the Inter-Counties won by Adams, held on by the smallest distance of the day after a tussle in the minors' 2,690 metres.

Heslop tracked Adams throughout the race until they entered the last 50 metres when Heslop edged ahead by a solitary second. Adams had the consolation of leading Liverpool to the team title for the second successive year.



CLOSING: Andrea Duke

13, Hallamshire 290; 14, Red Rose 301; 15, East Cheshire & Tameside 334; 16, Houghton Harriers 352; 17, Macclesfield 392; 18, Middlesbrough & Cleveland Harriers 439; 19, East Hull 485

Inter (4.4km)

1, A Foster (Morp) 16:56; 2, S Bibby (Hynd) 18:46; 3, B Taylor (Darf) 16:58; 4, C O'Connor (GMR) 17:12; 5, J Carney (Liv) 17:22; 6, C Pimblet (Bux) 17:28; 7, V Roberts (Warr) 17:42; 8, V Bathams (Morp) 17:43; 9, J Croston (Salf) 17:46; 11, J Smith (Hynd) 17:48; 12, J Grey (Ind) 17:53; 13, S O'Brien (Sale) 17:54; 14, C O'Mara (Roth) 17:55; 15, S Quinlan (E Chs) 17:58; 16, T Dunbar (Hynd) 18:03; 17, K Crowther (Warr) 18:04; 18, A Carr (Macc) 18:06; 19, B Fallon (Wiro) 18:08; 20, J Hall (Craro) 18:11; 21, S Bull (Der) 18:12; 22, J Smith (Rosen) 18:13; 23, L Jackson (Sale) 18:16; 24, K Jennings (Sale) 18:17; 25, A Burton (Gale) 18:19; 26, I Walsh (Liv P) 18:20; 27, I Wilson (Offalano) 18:24; 28, C Hughes (Liv P) 18:27; 29, G Fielden (GMR) 18:42; 30, P Sangster (Penin) 18:46; 31, D Wellwood (Warr) 18:49; 32, J Kitching (Gale) 18:45; 33, G Wainwright (Hullam) 18:46; 34, E Macfarlane (Blay) 18:47; 35, F Aston (E Chs) 18:50; 36, E Torkin (Sale) 18:54; 37, F Beamswell (Sale) 19:07; 38, N Osborn (Morp) 19:08; 39, P Cross (NSP) 19:11; 40, L Bell (Darf) 19:13; 41, J Fish (Hullam) 19:14; 42, E Foster (N Shields) 19:15; 43, J Barrett (N Shields) 19:16; 44, S Strahan (Linc W) 19:17; 45, J Mercer (Warr) 19:18; 46, H Ward (Ork) 19:20; 47, S Hartley (Mansh) 19:21; 48, E Wharton (Bux) 19:23; 49, S Todd (Sale) 19:24; 50, N Meehan (Morp) 19:29

TEAM 1, Morpeth 97; 2, Warrington 100; 3, Sale 109; 4, Oldham & Rotherham 137; 5, Hallamshire 153; 6, North Shields Polytechnic 203; 7, Blaydon 240; 8, Lincoln Wellington 264

Girls (3.4km)

1, H Todd (Gale) 12:15; 2, A Tremble

(NSP) 12:30; 3, D Ridder (Rich) 12:31; 4, A Kenshaw (GMR) 12:35; 5, H Lawrence (Wro) 12:39; 6, C Dickie (Morp) 12:42; 7, N Armiger (Carl) 12:47; 8, A Dickie (Morp) 12:48; 9, S Bradley (NSP) 12:50; 10, K Matthews (M&C) 12:52; 11, L Powell (Wburo) 12:56; 12, C Swift (Liv) 12:57; 13, R Charters (Gale) 12:58; 14, N Malone (Salf) 12:59; 15, J Hall (Leeds) 13:00; 16, M Cantrill (Der) 13:01; 17, D Galbraith (Morp) 13:03; 18, L Wilson (Carl) 13:04; 19, C Nettleton (Sale) 13:08; 20, J Lang (Bike) 13:10; 21, K Robinson (Bburn) 13:11; 22, J Heath (Warr) 13:15; 23, S Kirkup (Morp) 13:16; 24, N Jones (Stock) 13:16; 25, S Robinson (Der) 13:16; 26, K Lazenby (M&C) 13:18; 27, A Johnson (E Chs) 13:19; 28, A Welsh (Liv) 13:21; 29, E Slater (M&C) 13:22; 30, L Cantrill (Der) 13:22; 31, M Humphreys (GMR) 13:23; 32, K Bond (Sale) 13:24; 33, K Mercer (Warr) 13:25; 34, C Hunter (Gale) 13:26; 35, J Palmer (Der) 13:26; 36, C Sykes (Womb) 13:27; 37, N Clark (Hull Spr) 13:28; 38, S Syed (GMR) 13:29; 39, D Bolton (Wig H) 13:29; 40, T Hilton (Womb) 13:30; 41, V Hadcastle (Long) 13:31; 42, C Kenshaw (M&C) 13:33; 43, N Young (Manc) 13:34; 44, K Jackson (Der) 13:35; 45, H Nicholls (Coole) 13:35; 46, S Hinchcliffe (GMR) 13:35; 47, L Wright (Wiro) 13:35; 48, K Foreman (Liv) 13:36; 49, L Spurlott (Hullam) 13:38; 50, C Kenyon (Ald)

TEAM 1, Morpeth 54; 2, Derby Ladies 106; 3, Oldham & Rotherham 119; 4, Gateshead 145; 5, North Shields Poly 147; 6, Liverpool H 151; 7, Warr 194; 8, Sale 205; 9, Leeds City 231; 10, Wigan H 289; 11, Warrington 293; 12, East Cheshire & Tameside 303; 13, Elswick 316; 14, Wombwell 340; 15, Macclesfield 362; 16, Bolton United 370; 17, Altrincham 379; 18, Hyndburn 398; 19, Manchester H 399; 20, Stockport 415; 21, Mandale 422; 22, Hull Springfield 470; 23, Blaydon 501; 24, Barnsley Dorothy Hyman

Minors (2.7km)

1, J Heslop (Els) 10:06; 2, D Adams (Liv) 10:09; 3, E Alberts (Gale) 10:13; 4, S Fraser (Leeds) 10:26; 5, C Wood (Cram) 10:26; 6, T Gobin (Wig H) 10:27; 7, Z Hoare (Leeds) 10:30; 8, H Foster (Morp) 10:31; 9, C Demaine (Ald) 10:32; 10, B Calver (Chorler) 10:34; 11, L Kirkman (Lanc) 10:35; 12, A Greene (Leeds) 10:36; 13, C Robinson (Warr) 10:37; 14, K Hinchcliffe (Sale) 10:40; 15, L Mathew (M&C) 10:41; 16, J Shortall (Liv) 10:42; 17, E Carney (Liv H) 10:45; 18, A Ash (Black) 10:48; 19, H Evans (Liv) 10:50; 20, P Elliott (Liv) 10:50; 21, H Craon (E Chs) 10:51; 22, N Kelly (M&C) 10:52; 23, W Bailey (Warr) 10:54; 24, P Whalley (Warr) 10:55; 25, K Wall (M&C) 10:56; 26, V Abbott (Ald) 10:56; 27, J Pollard (Sale) 10:57; 28, S Cahill (Sale) 10:59; 29, M Halliday (Blay) 10:59; 30, M Barlow (Salf) 10:59; 31, C Donlan (Bburn) 10:59; 32, D Simmott (Liv) 10:59; 33, K Pierce (Salf) 11:00; 34, K Lennon (Carl) 11:02; 35, V McGuigan (Els) 11:02; 36, A Brocklehurst (Ald) 11:02; 37, S Thirwell (Ald) 11:04; 38, L Sorensen (Cram) 11:04; 39, L Best (Liv H) 11:04; 40, K Perry (Lanc) 11:05; 41, S Best (Liv H) 11:05; 42, J Mercer (Warr) 11:05; 43, C Duncan (Liv) 11:06; 44, C Gregory (Hullam) 11:10; 45, C Rivers (NSP) 11:12; 46, K Grimshaw (NSP) 11:12; 47, K Hardy (Hullam) 11:15; 48, E Norton (Liv) 11:14; 49, C Davies (Warr) 11:15; 50, I Sadofsky (Hull Spr) 11:15

TEAM 1, Liverpool H 54; 2, Leeds City 88; 3, Warrington 102; 4, Elswick 107; 5, Altrincham 108; 6, Sale 139; 7, Middlesbrough & Cleveland 174; 8, Lancaster & Morecambe 184; 9, Hallamshire 263; 10, Morpeth 279; 11, Crumlington 297; 12, Salfrid 339; 13, Bolton United 351; 14, Oldham & Rotherham 352; 15, Gateshead 367; 16, Liverpool Pembroke 361; 17, Hull Springfield 365; 18, Derby Ladies 369; 19, North Shields Poly 380; 20, East Cheshire 384; 21, Macclesfield 437; 21, Blackley & North Manchester 442; 22, Manchester H 465; 23, Blaydon 532; 24, Scarborough 534; 25, Lincoln Wellington 590; 26, Mandale 632

EXPRESS ADVERTISER, JANUARY 30, 1992

Minor girls on the move

ALTRINCHAM District Ladies travelled to Sunderland on Sunday to compete in the Northern Womens Cross Country Championships.

In the first race of the afternoon Claire Demaine led the Minor Girls home in ninth place with Vicki Abbott 20th, Angela Brocklehurst 30th, Sarah Thirwell 37th and Fiona Demaine 62nd, the team finishing a very creditable fifth out of 43, a big improvement on last year.

Carolyn Kenyon was first Altrincham Under 15, girl home in 50th position with Amy Waterford 51st, Clara Barber 120th, Dianne Holloway 158th and Jessica Bradshaw 179th, finishing 17th team, also a big improvement on last year.

In the last race of the afternoon, Altrincham fielded an incomplete team in the Senior Ladies race with Anne Pugh 33rd, Pat Mee 42nd and Annaliese Rowe 100th, all having excellent mens in this 5.4k course over very difficult terrain.



MINOR GIRLS TEAM

FIONA DEMAINE, VICKY ABBOTT
ANGELA BROCKLEHURST
SARAH THIRWELL & CLARE DEMAINE



CLAIRE GETS A GOOD START



CLAIRE DEMANE

NORTHERN WOMEN'S
CROSS COUNTRY CHAMPIONSHIPS
SUNDERLAND 26 JAN 1992
MINOR GIRLS



VICKY ABBOTT.



SARAH THREDELL (DISCOVERED) & ANGELA BLOCKHEMST (LEFT)



CAROLYN KENYON



CLARE BARBER



CAROLYN KENYON

NORTHER WOMENS
CROSS COUNTRY CHAMPIONSHIPS
SUNDERLAND 26 JAN 1992
UIS GIRLS RACE



DIANNA MELLOES



JESSICA BODSHAN



ANNE PUGH

NORTHERN WOMEN'S
CROSS COUNTRY CHAMPIONSHIPS
SUNDERLAND 26 JAN 1992
SENIOR LADIES RACE



ALISON ROWE



PAT MEE





CLAIRE DEMAINE

NATIONAL
WOMENS
CROSS-COUNTRY
CHAMPIONSHIPS
CHELTENHAM

15 FEB 1992

MINOR GIRLS
&
GIRLS.



CAROLYN KENYON



CAROLINE LOCKE

EXPRESS ADVERTISER

FEBRUARY 20, 1992

Meanwhile the club's ladies joined about 150 other clubs at Cheltenham on Saturday for the Womens National Cross Country Championships, held over a windswept undulating course.

Claire Demaine produced Altrincham's best result of the day finishing 26th out of 446

finishers in the Minor Girls race. Angela Brocklehurst was 182nd, Karen Senior 241st, Madeline Carnwath 396th and Caroline Locke 410th.

Carolyn Kenyon was first home for the Under 15 Girls team in 103rd position with Amy Waterlow 201st, Clare Barber 325th and Jessica Bradshaw 413th.

In a massive Senior Ladies race, with 568 finishers over two laps of this energy sapping course, Ann Pugh was Altrincham's first lady home in 177th, with Alison Rowe 281st, Kate Wilson in only her second cross country race 433rd and Lucy Hickey 474th.



AMY WATERLOW





ANNE PUGH



ALISON ROWE

NATIONAL WOMENS
CROSS COUNTRY CHAMPIONSHIPS
CHELTEN HAM 15 FEB 1992
SENIOR LADIES



KATE WILSON



LUCY HICKEY

EXPRESS
EXCELLENCE

Angela strikes again

LORETO Girls Grammar School's under 13 cross country ace Angela Brocklehurst added another medal to her considerable collection with a fine win in the Stretford AC Schools meeting.

With eight straight wins already in the Sale Harriers and Altrincham AC leagues Angela made no mistake at Longford Stadium as she led her Loreto team to an emphatic victory.

Manchester Evening News

TUESDAY, FEBRUARY 4, 1992

FINAL

No catching the Saints' twin terrors

Oh boy it's a double ordeal!

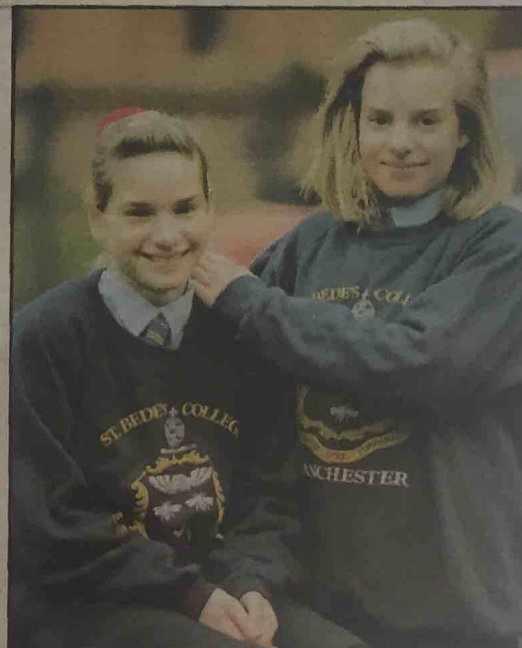
TWIN terrors — that's this pair of young smashers from St Bede's College, who have been spreading their rivals once they pull on their running shoes — including the lads!

Fiona Demaine (right) and Claire, who are 13, are budding stars with Altrincham AC, and have been showing Liz McColgan-like potential.

In the Manchester Schools cross-country championships Claire was first, Fiona second. Claire was second and her sister fifth in Greater Manchester's cross country, in which they were up against older girls.

And the lads of St Bede's were left with red faces when they found they had to line up against the terrible twins.

Said head of PE Kevin Rafferty: "We put them in against the lads on sports day to let them see how good the girls are — and they beat them!"



SEEING DOUBLE... the Demaine twins take a break from making headlines

November 21, 1991 The Reporter

Bidding for glory

THE Under 13 girls cross country team of St Bede's College are bidding for national glory next month after qualifying for the English Schools Milk Cup final.

The Bedes there went up against the pick of the North West at Preston after winning their area round at Park Wood High School last month.

The top three teams at Preston qualify for the finals at Kings Lynn, and with Claire Demaine picking up the individual silver and her sister

Fiona finishing ninth with good support from Madeline Kelly 32 and Geraldine Byrne 58 they grabbed the third place by three points from Loreto GS.

The girls followed this with a sparkling win in the third meeting of the Sale Harriers schools league to boost their chances of the overall title.

Claire Demaine, pictured right, took gold and Fiona Demaine silver with good support from Georgina Ball and Annie Chadwick for a 65-point winning total.

St Cuthbert's junior school under 11 girls team also showed their paces at Sale with a magnificent victory in a huge field.

Rachael Rankin stormed to first place and with Clare Wilson 6th the Cuthbert's team totalled 34 points to leave them 29 clear of the mighty St Hugh's, Timperley.

Other local runners on the leaderboard at Sale were Paul Casey (St Catherine's, Didsbury) ninth in the under boys, Paul Carey (St Thomas



Aquinas HS), fourth in the boys under 16 race and St Cuthbert's boys team 13th in the under 11 event.

Geoff Garnett

Anne leads the ladies

DESPITE the absence of Jayne Spark, who is recovering from tendonitis, Altrincham and District AC's ladies put on a fine show in the second round of the Cheshire Cross Country League

held at Woodbank Park, Stockport on Sunday. Anne Pugh was first home for the team in fifth position, with Alison Howe 20th, dropping back somewhat after a very fast start.

Jean Dolan 27th and Monica Curran, making a welcome return after a long lay off, in 31st position completed the counting team. In close support were Gay Freeman 32nd, Lucy Hickey 37th, Jean Jones 42nd and Julie Savage 44th.

With half-term holidays, school trips and sickness taking their toll, Altrincham could field only nine youngsters in the junior races. The Under 11 girls just managed to field a team with Anna Kenyon 17th,

Tina Thirlwell 20th, Lucy Waterlow 33rd and Claire Royle 42nd.

In the Minis Girls race, Fiona Deane finished 11th and Karen Senior ran her best ever cross country race finishing a very creditable 18th.

Carolyn Kenyon led the Under 15 girls team home with a fine surge of speed at the finish to take 7th position, with Jessica Bradshaw showing much improved form in 22nd place and Dianna Mellows 26th.



ANNA KENYON & TINA THIRLWELL



LUCY WATERLOW



CLAIRE ROYLE



ANNA DEANE



KAREN SENIOR

CHESHIRE CROSS COUNTRY
LEAGUE ROUND 2
WOODBANK PARK, STOCKPORT
23rd FEBRUARY 1992



JESSICA BRADSHAW



DIANNA MELLOWS



ANNE PUGH



ALISON ROWE



GAY FREEMAN



LUCY HICKEY

NATIONAL
CROSS COUNTRY
RELAY
CHAMPIONSHIPS

14 MARCH 1992

BERRY HILL
PARK
MANSFIELD



MINOR GIRLS

A' TEAM 6TH

101 AIONA DEANE

201 VICKY ABBOTT

301 CLAIRE DEANE

B' TEAM 21ST

102 SARAH THURSELL

202 KAREGI SENIOR

302 ANUSA BLOOMFIELD





EXPRESS ADVERTISER, MARCH 19, 1992

Meanwhile the club's Minor Girls 'A' team made the right connections at the English Cross Country Relay Championships at Mansfield.

With transport provided by the Altrincham and District Lions, and sponsored for the day by Connections Employment Agency in Sale, the Minor Girls set out to improve on their 1991 placings of 16th and 21st.

At the end of the first leg, Fiona Deane bought the 'A' team in in 16th position with many of the other 34 clubs using their fastest runner on this leg. Only three places behind Fiona was Sarah Thirlwell heading the 'B' team.

Vicky Abbott took over from Fiona and handed over in 12th position to Claire Deane who stormed round in an incredible 7m 34, the fourth fastest lap of the race to bring the team in in 6th.

Karen Senior and Angela Brocklehurst completed the 'B' team, finishing 21st, the same as last year.



U15 GIRLS 28TH
 101 AMY WATERLOW
 201 CLARE BARBER
 301 CAROLYN KENYON

CHESHIRE CROSS COUNTRY LEAGUE
ROUND 3 WALLASEY

22nd March 1992



ANNA KENYON



TINA THIRLWELL &
GABRIEL CARNWORTH



MINOR GIRLS TEAM
BRONZE MEDAL WINNERS

EXPRESS ADVERTISER, MARCH 26, 1992

Athletics

ALTRINCHAM and District Athletic Club's cross country teams returned from Wallasey with some fine results in the Cheshire Cross Country League last Sunday.

The veteran men repeated last year's success winning the league but this year had to contend with a strong Newcastle Under Lyne team who almost stole the gold medals from Altrincham stalwarts.

Running in a combined Seniors/Vets race, first home for the Altrincham Vets was Roy Waterlow 25th, followed by Ken Burgess 29th, Mike Tighe 48th, Colin Davies 55th, Vic Heaney 68th, Derek Walton 70th and Robin Wignall 81st.

Not to be out done, the Minor Girls finished second in this their final match of the season to end up a very close third in the league behind Warrington and Newcastle.

Claire Dermain was the first Altrincham girl home in

3rd, with Sarah Thirlwell 6th, Vicky Abbott 8th, Fiona Demaine 16th, Karen Senior 18th and Madeline Carnworth 30th.

Altrincham's young Under-11 team also did well with Amy Kenyon 18th, Tina Thirlwell 19th, Gabriel Carnworth 22nd and Claire Royle 47th, while Carolyn Kenyon and Amy Waterlow did well in the U15 girls race finishing 7th and 11th.

The ladies team decided not to defend their third place in the league, their sole representative being Gay Freeman who finished 18th.



CLAIRE DERMAIN



SARAH THIRLWELL



VICKY ABBOTT



AONA DEMAILLE



KAREN SENIOR



MADELINE CAWTHRA



CAROLYN
KNOX.



AMY WATERLOW

1991/1992

EXPRESS ADVERTISER, NOVEMBER 7, 1991

Minor girls race to league title

ALTRINCHAM and District Athletic Club's girls scored a resounding overall victory in the first round of the Adidas North West Sportshall League held at Altrincham Sports Centre on Sunday.

Stars of the day were the Minor Girls Team of Karen Senior, Angela Brocklehurst, Vicky Abbott, Sarah Thirlwell, Caroline Locke and Madeline Carnwath who won their match with 102 points,

well ahead of Handforth with 83.

Karen won the 'A' 2-lap sprint; Angela the 'B' 2-lap; Vicky the 'A' 6-lap while Sarah was second in the 'B' 6-lap.

Karen and Sarah also did well in the vertical jump with 48 cm and 47 cm respectively and Karen's 2m 16cm in the standing long jump earned her second place.

Karen, Angela, Caroline and Vicky teamed up to win the 4 x 2 lap

relay.

Losing out to Maclefield by only two points, the Under 15 Girls team of Heather Jackman, Dianna Mellows, Sarah Tutty, Claire Lambert and Jessica Bradshaw proved to be the strongest Altrincham U15 team for some time.

Heather excelled with wins in the 'B' 2-lap sprint and the high jump, in which she cleared 1m 40cm.

Sarah Tutty's 1m 25 earned her first place in the B high jump while Dianna, Sarah, Claire and Heather won their 4 x 2 lap relay.

The very young Under 11 team of Tina Thirlwell, Gabriel Carnwath, Claire Royle, Anna Kenyon and Kalina Hano also secured second place behind Sutton.

Tina won her 2-lap sprint and Anna romped home to win the 4-lap race.



VICKY ABBOTT

Manchester Evening News

Wednesday, November 13, 1991

Athletes tackle the great indoors

YOUNGSTERS can make a big leap forward in the rapidly growing sport of sportshall athletics — thanks to Trafford council.

Altrincham and District Athletic Club has been involved in sportshall athletics for more than 10 years and at the forefront of regional activity because of dedicated work by club officials Ken Chadwick, Richard Shelley and John Snape.

Now they have the boost of the use of special equipment at Altrincham Sports Centre thanks to sports development officer Byron Davies.

Ken explained: "Sportshall athletics means that the club can carry on its track and field activities with young athletes during the winter months as an attractive alternative to cross country."

"It provides a friendly and pleasant environment for a full range of athletic activities with the emphasis on fun as well as providing top-class competition."

"While sportshall involves traditional events such as sprints, middle distances, shot putt, high jump and triple jump it has its own new events such as vertical jump, paralauf, medley relays, hopscotch and overhead throw."

"Youngsters from nine years of age are welcome to join the club to try their hand at sportshall athletics and anyone interested in finding out more should ring myself on 061-928-9925 or John Snape on 061-980-6789."



John Snape measures up Rachel McKenzie for the standing high jump & the new equipment

EXPRESS ADVERTISER, NOVEMBER 28, 1991

MINORS SHINE

ALTRINCHAM and District Athletic Club's Minor Girls consolidated their position in second place in the Adidas North West Sportshall League with another fine victory in the second round match held at Sutton, St. Helens on Sunday.

Wirral's Minors also won their match to keep top spot with 216pts, while Altrincham's 200pts, keeps them well ahead of Warrington.

Once again Vicky Abbott and Sarah Thirlwell proved supreme in the 6-lap races and

together with Caroline Locke and Angela Brocklehurst are as yet unbeaten in the 4 x 2 lap relay.

Sarah's leap of 51cm in the vertical jump is her best yet with Angela not far behind with 47cm.

The flourishing Under 11s finished third team again with good performances from Tina Thirlwell and Anna Kenyon, ably supported by a growing number of enthusiastic youngsters.

The Under 15 Girls could manage only fourth place despite a

lemonous team effort. Sarah Tutty improved to 1m 39, in the high jump and Heather Jackman to 7m 09 in the shot putt.

In the newly introduced triple jump, Claire Lambert leapt 6 metres, just ahead of Sarah Tutty with 5m 69cm.

Under 15 Boy Martin Abbott won the shot putt with 12m 49 and also had a very successful high jump competition, clearing 1m 48cm.

The final round will be held at Altrincham Sports Centre on Sunday, January 12.



U15 DIANNA MELLOWS

SPORTSHALL 1991/1992

EXPRESS ADVERTISER, JANUARY 16, 1992

Girls book their place in final

ALTRINCHAM and District Minor Girls booked their place in the Adidas North West Sportshall League final, to be held at Sutton, St Helens on March 1, with a fine performance in the third round of the league, held at Altrincham Sports Centre on Sunday.

League leaders Wirral won the match as expected with the Altrincham girls running a close second.

Caroline Locke pulled out all the stops to win the 'A' shot putt with a best ever 7m 67m, whilst Sarah Thirlwell scored maximum points in the 'B' shot and the 'B' six-lap race.

With the Under 11 Girls

In third position and the Under 15 Girls second, the Altrincham Girls team were a magnificent second place overall.

The Altrincham boys team is now on the upturn with the Under 13s fielding a full team for the first time this season, and taking third place in their match, whilst the Unders 11s and Under 15ths both finished fourth.

Martin Abbott produced fine performances to win the Under 15 'A' 2-lap race and the shot putt with 12m41cm, and also cleared 1m44 in the high jump.

At Sherdley Park, Sutton St Helens, Claire

Demaine produced a fine run to finish 17th and first counter for the Greater Manchester Minor Girls in the National Inter Counties Cross Country Championships, with sister Fiona 79th.

Fiona had been intending to compete in the Sportshall league, but proved the selectors right in her late call up, by finishing fifth counter for the County.

In the Under 15 race Carolyn Kenyon finished 105th and fourth counter for Greater Manchester. There were over 260 athletes in both the Minors and the Girls races.

ADIDAS NORTH-WEST SPORTSHALL ATHLETICS LEAGUE 12TH JANUARY Altrincham Match one

Boys
1. Whitby H 267; 2. Wirral 245; 3. Stoke 212; 4. Altrincham 178; 5. Manchester 72

Girls
1. Wirral 207; 2. Altrincham 260; 3. Whitby H 201; 4. Stoke 72

Match Two
Boys
1. Frodsham 275; 2. Colwyn Bay 266; 3. Stockport 153; 4. Sutton St H 146; 5. Wrexham 32

Girls
1. Frodsham 266; 2. Sutton St H 262; 3. Stockport 224; 4. Colwyn Bay 218; 5. Wrexham 16

Brine Lees

Boys
1. Crewe and Nantwich 276; 2. Sale 234; 3. Hulme 186; 4. CEPAG 166; 5. Southport Waterloo 143

Girls
1. Crewe and Nantwich 278; 2. Sale 273; 3. CEPAG 192; 4. Southport Waterloo 203; 5. Plessington 101

Congleton

Boys
1. Warrington 258; 2. Deeside 217; 3. Liverpool 197; 4. Macclesfield 145; 5. Handforth 111

Girls
1. Warrington and Liverpool 250; 3. Deeside 239; 4. Macclesfield 220; 5. Handforth 124

Final standings

Boys
1. Crewe and Nantwich 838; 2. Frodsham 802; 3. Warrington 780; 4. Wirral 757; 5. Colwyn Bay 750; 6. Sale 744; 7. Whitby Heath 743; 8. Liverpool Harriers 682; 9. Stoke 669; 10. Deeside 622; 11. CEPAG 557; 12. Stockport 544; 13. Hulme 504; 14. Macclesfield 503; 15. Southport Waterloo 470; 16. Sutton St Helens 460; 17. Manchester 443; 18. Handforth 333; 19. Altrincham 328; 20. Halton Sefton 292; 21. Wrexham 206

Girls
1. Wirral 857; 2. Sale 823; 3. Crewe and Nantwich 798; 4. Warrington 795; 5. Liverpool Harriers 758; 6. Altrincham 758; 7. Sutton St Helens 725; 8. Colwyn Bay 705; 9. Frodsham 695; 10. Stockport 684; 11. Macclesfield 683; 12. Deeside 672; 13. Whitby Heath 628; 14. CEPAG 579; 15. Handforth 527; 16. Southport Waterloo 456; 17. Stoke 275; 18. Halton Sefton 266; 19. Wrexham 193; 20. Plessington 148; 21. Manchester 30

EXPRESS ADVERTISER, FEBRUARY 13, 1992

Club's nine medal haul

ALTRINCHAM and District young athletes collected five individual gold medals, two silvers and one bronze plus team gold in the Under 13 girls relay at the Greater Manchester County Sports Hall Championships held at Altrincham Sports Centre on Sunday.

Martin Abbott started the gold rush when he won the Under 15 boys shot putt with a personal best of 12.64m and soon doubled his tally with a winning leap of 1.50m in the high jump.

Karen Senior also did well in the field events with wins in the long jump and the triple jump and Vicky Abbott scored a resounding victory in the six-lap time trial. Sarah Thirlwell also added to the Minor Girls successes with silver medals in the high jump and the four-lap time trial. Rounding off a very successful afternoon, the Minor Girls relay team of Karen Senior, Caroline Locke, Vicky Abbott and Angela Brocklehurst, spurred on by achieving the fastest qualifying time in the heats, took the lead from the gun in a very competitive final to win convincingly.

EXPRESS ADVERTISER, FEBRUARY 20, 1992

County call up four

ALTRINCHAM'S young athletes have achieved major recognition by the County Sportshall selectors.

Minor Girls Karen Senior, Vicky Abbott and Sarah Thirlwell, and Under 15 Martin Abbott will all represent Greater Manchester in the North West Regional Sportshall Championships to be held at Altrincham Sports Centre on Sunday, March 15.

Karen will compete in the standing long jump and triple jump; Vicky the six-lap time trial and the high jump and Martin in the shot putt and the high jump.

Competing against Greater

Manchester will be teams from Lancashire, Cheshire, Merseyside, North Wales, the Isle of Man and Staffordshire.

The winning County team in each age group will go forward to the National Final to be held at the National Indoor Arena at Birmingham on Sunday, April 12.



SARAH THIRLWELL



SARAH THIRLWELL



SARAH THIRLWELL



VICKY ABBOTT



ANGELA BROCKLEHURST



MARTIN ABBOTT



ANGELA BROCKLEHURST, KAREN MCKENZIE, SARAH THIRLWELL
VICKY ABBOTT, KAREN SENIOR CAROLINE LOCKE.

The Messenger, Friday, March 6th, 1992

Altrincham's girls on the medal trail

ALTRINCHAM and District Athletic Club's minor girls team grabbed a superb second place in the Adidas North West Sportshall Athletic Championships at Sutton Sports Centre, St Helens on Sunday.

The local girls demonstrated their superiority in the middle distance events at the event despite coming up against the top eight clubs in the North West.

Wirral, Sale Harriers, Crewe and Nantwich, Liverpool and Bury were all competing, but the enthusiastic youngsters from Altrincham gave their best to pull off a tremendous second place and collected a fine tally of medals along the way.

Vicky Abbott, Sarah Thirlwell, Caroline Locke, Rachel McKenzie, Karen Senior and Angela Brocklehurst made up the team, with Vicky winning gold in the six lap time trial

Athletics

and eight lap parlauf.

Sarah took gold in the parlauf and bronze in the six lap, with Angela securing bronze in the four lap. Caroline took bronze in the shot putt.

As expected Wirral won the championships but they were furcused all the way by the Altrincham girls.

Martin Abbott, invited to compete as an individual by virtue of his ranking in the league, won the U15 boys shot putt convincingly with a throw of 12.32m.

SPORTSHALL LEAGUE FINAL
SUTTON ST HELENS
1st MARCH 1992

EXPRESS ADVERTISER, MARCH 5, 1992

EXPRESS ATHLETICS

● THOSE Minor Girls of Altrincham and District Athletic Club were at their best yet again on Sunday when they defended their position as second best in the North West at the Adidas North West Sportshall Championships, held at St Helens.

● In doing so they also proved themselves invincible in the middle distance events.

Vicky Abbott, Sarah Thirlwell, Caroline Locke, Karen Senior, Rachel McKenzie and Angela Brocklehurst pitted themselves against the seven other top teams in the North West, to pull off a fine second place behind league leaders Wirral.

● On the way Vicky collected gold in the 6-lap and the 8-lap parlauf, Sarah gold in the parlauf and bronze in the shot putt.

● Karen was unlucky not to win bronze in the standing long jump with a best ever 2m 21cm, equalling that of the third placed girl who won the bronze on countback.

● Martin Abbott, competing in the Under 15 boys shot by virtue of his position in the league rankings, won the competition convincingly with a throw of 12m 32cm.

GOLD RUSH

ALTRINCHAM and District's Athletic Club Sportshall stars Vicky Abbott, Karen Senior, Sarah Thirlwell and Martin Abbott were in action for Greater Manchester in the North West Regional Sportshall final held at Altrincham Sports Centre.

Vicky and Martin repeated their performances in the County Championships, with Vicky winning gold medals in both the six lap time trial and the eight lap periaaf, while Martin won the shot-putt with a best ever indoor throw of 13.14m.

ALTRINCHAM and District's Minor Girl stars Vicky Abbott, Sarah Thirlwell and Karen Senior, together with Under 15 age shot putter Martin Abbott competed for Greater Manchester in the North West Regional Sportshall finals at Altrincham Sports Centre on Sunday and returned with medals galore.

Six-lap time-trial and eight-lap periaaf expert Vicky won gold in both events to add to the gold won by brother Martin in the shot putt.

Karen won bronze in the standing long jump with a best ever 2m 22cm but was unlucky to be edged into fifth place in the triple jump having missed the warm up whilst qualifying for the two-lap final.

Sarah qualified easily for the four-lap final and collected the bronze medal but had to be content with fifth place in the high jump.

Karen, Sarah and Martin were all involved in the relays and helped their teams to second places.

KAROL, VICKY & SARAH

COMPETE FOR GREATER MANCHESTER
IN THE NORTH WEST REGIONAL
SPORTSHALL FINALS AT ALTRINCHAM
15 MARCH 1992



adidas Sports Hall Athletics

CERTIFICATE

This is to certify that
K. Senior
was a member of the
Gr Manchester Team
placed

2ND
in the

NORTH WEST REGIONAL
of the
NATIONAL SPORTS HALL COMPETITION
at the
ALTRINCHAM LEISURE CENTRE

ON 15th MARCH 1992

Signed

By trying we can



near to great heights

adidas Sports Hall Athletics

CERTIFICATE

This is to certify that
S. Abbott
was a member of the
Gr Manchester Team
placed

2ND
in the

NORTH WEST REGIONAL
of the
NATIONAL SPORTS HALL COMPETITION
at the
ALTRINCHAM LEISURE CENTRE

ON 15th MARCH 1992

Signed

By trying we can



near to great heights

adidas Sports Hall Athletics

CERTIFICATE

This is to certify that
S. Thirlwell
was a member of the
Gr Manchester Team
placed

2ND
in the

NORTH WEST REGIONAL
of the
NATIONAL SPORTS HALL COMPETITION
at the
ALTRINCHAM LEISURE CENTRE

ON 15th MARCH 1992

Signed

By trying we can



near to great heights

CHESHIRE TRACK & FIELD LEAGUE
 ROUND 1
 WREXHAM
 SUNDAY 5TH APRIL 1992

U11 GIRLS
 100M &
 800M.



TINA THIRLWELL & CLAIRE ROYLE



ANNA KENYON & GABRIEL CARNWATH



SUZANNAH QUIRKE & CLAIRE WALTON



TINA THIRLWELL ANNA KENYON
 GABRIEL CARNWATH



CLAIRE ROYLE



CLAIRE WALTON



SUZANNAH QUIRKE.

MADLINE CARNWATH
MINOR GIRLS 100, 200 & 400



HEATHER JACKMAN



SARAH TUTTY



CAROLINE LOCKE



SARAH THIRLWELL





1500 START.



VICKY ABBOTT & SARAH THIRLWELL



CAROLINE LOCKE



RACHEL MCKENZIE

EXPRESS ADVERTISER, APRIL 9, 1992

Girls kick off in style

DESPITE the windy conditions and the fact that it was very early in the season for the track and field league match, Altrincham and District AC's girls teams produced some excellent results at the first round of the Cheshire League held at Wrexham.

The Under 15 Girls won their match with outright victories in the 1500 metres, high jump and shot put.

Vicky Abbott and Sarah Thirlwell took the first lap of the 1500m very steadily with Vicky in fourth position, some 50 metres behind the leader after the first lap.

The girls steadily clawed back their deficit and Vicky went through with 200m to go to claim a well earned first place.

Sarah was just over seven seconds behind in third and Caroline Locke and Rachel McKenzie ably completed the Altrincham assault.

Sarah Tutty and Heather Jackson won the A and B High Jumps and Caroline Locke and Sarah Thirlwell the A and B Shot Putts.

Heather Jackman, Sarah Tutty, Caroline Locke and Sara Thirlwell also produced good results in the 100 metres to make this opening match one to savour.

The Under 11 girls were also celebrating with a club record in the 4x100 metres with Anna Kenyon, Gabriel Carnworth, Claire Walton and Tina Thirlwell sharing seven tenths of a second off last years' best performance.



CAROLINE LOCKE



ED NATHAN ROSE



ANNE NALLY



KEVIN REIBEL



VIS GIRLS 4x200 RELAY

BLACKLEY PENTATHLONS

26th. APRIL 1992

SARAH THIRLWELL 6TH 1925 Pts

KAREN SENIOR 8TH 1747 Pts.





BLACKLEY PENTATHLONS

UIS GIRLS
 HEATHER JACKMAN 10th 1681 pts
 CAROLINE LOCKE 13th 1422 pts.





INTERS

CLAIRE LABERT 7th 1346 pts

BLACKLEY PENTATHLONS



BLACKLEY OPEN

26th. APRIL 1992



ANNA KENYON 800 M



TINA THIRWELL 100 M



TINA THIRWELL 800 M



ANNA KENYON 100 M



CLAIRE WALTON 800 M



VICKY ABBOTT



CAROLYN KENYON 400m



VICKY ABBOTT 800m

STRET FORD
OPEN MEETING
3rd MAY 1992



VICKY ABBOTT 800m



KARGO SENIOR



CAROLINE LOCKE



CLAIRE LAMBERT



SARAH THIRLWELL



CHARLIE	KAREN	SARAH	HEATHER	RACHEL
LOCK	SENIOR	THIRLWELL	JACKMAN	McKENZIE



KAREN SENIOR

BELLE VUE
OPEN MEETING
10th MAY 1992

MANCHESTER
HARRIERS OPEN
10th MAY

U11
200: 1. T Thirwell (AR) 15.1; 2. C
Russell (C&R) 13.4; 3. J Groom
(Shake) 12.7



TINA THIRWELL

CLAIRE WATTON





KAREN SENIOR



SARAH THOMPSON & VICKY ABBOTT



HEATHER JACKMAN



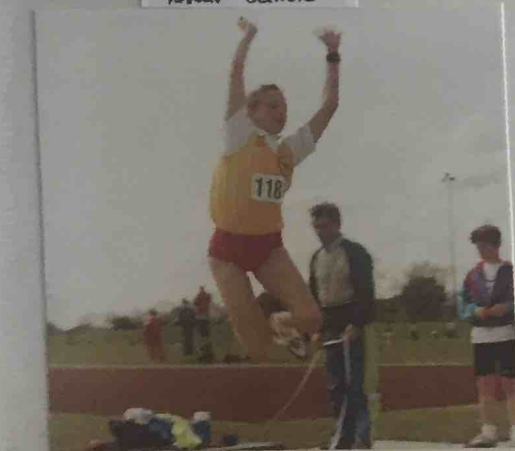
KAREN SENIOR



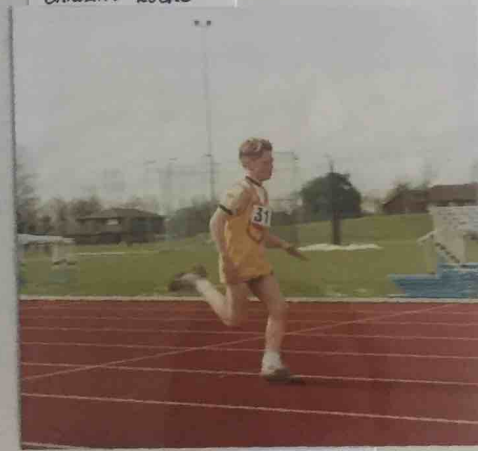
CAROLINE LOCKE



HEATHER JACKMAN



KAREN SENIOR



MIKE WALTON



MIKE WALTON

GREATER MANCHESTER COUNTY
 TRACK & FIELD CHAMPIONSHIPS
 LONGFORD PARK STRETTFORD
 SUNDAY 17th MAY 1992



KAREN SENIOR 200M



CAROLINE LOCKE S.P.



KAREN SENIOR 100M



SARAH THIRLWALL 200M



KAREN SENIOR



CAROLINE LOCKE 100M



KAREN SENIOR 4x100M



CAROLYN KENYON

EXPRESS ADVERTISER, MAY 21, 1992

EXPRESS SPORT ATHLETICS SPECIAL

Jayne lacks final Spark

LAST YEAR'S winner Jayne Spark was involved in a titanic struggle with Janet Holt at the Greater Manchester Track and Field Championships on Sunday.

Altrincham and District Athletic Club's 1500 metre specialist took the title at Bolton last year and at Stretford Stadium this time she tracked Trafford AC's Janet for two and a half laps before making her move.

Janet's superior finishing speed was too much for Jayne, however, and she sprinted to the tape, but Jayne's time of 4 mins, 23.6 secs was exactly four seconds faster than a year ago.

Carolyn Kenyon added to Altrincham's tally of silver medals with a magnificent leap of 4m 78cms in the intermediate long jump.

Altrincham's Under 15s also had a good day with fourth place for Sarah Thirlwell in the high jump, with a personal best of 1m 40cm, and a best shot put from Caroline Locke.

At the Cheshire Championships at Crewe, Heather Jackman won the Under 15 Girls high jump to add gold to the clubs medal tally.



VICKY ASSOTT 800m



CAROLYN KENYON 800m



JAYNE SPARK BATTLES WITH JANET HOLT



TINA THIRLWELL 100m
15.2s



CLAIRE WALTON 100m
16.7s



ANNA KENYON 100m
16.8s

BRIAN RENTON TROPHY MEETING - WARRINGTON

25th. MAY 1992



TINA THIRLWELL &
ANNA KENYON 200m



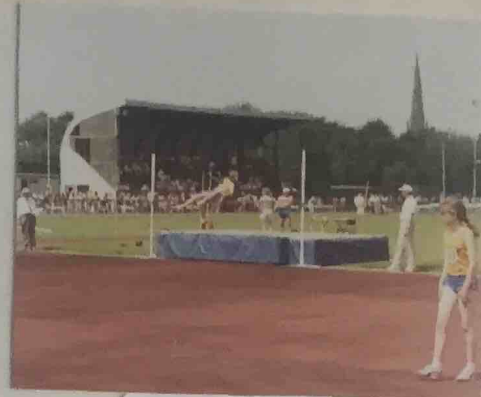
CLAIRE WALTON 200m



TINA THIRLWELL
2ND OVERALL 100m



SARAH THIRWELL



HEATHER JACKMAN



SARAH THIRWELL

BRIAN RENTON TROPHY MEETING - WARRINGTON



NIGEL WILKINSON 200M



HEATHER JACKMAN 200M



CAROLYN KIRBY 400M

The Messenger, Friday, May 29th, 1992



LOCAL athletes were given the chance to compete against some of the UK's top stars at the Davis, Blank and Furniss Classic at Wythenshawe Park last week. Our picture shows triumphant Sale Harrier Michelle Wilkinson (right) shaking hands with second placed Jane Sparks of Altrincham Athletics Club after the two had raced each other in the 800m B Race. It was a fine performance by both girls. Michelle was just one hundredth of a second outside a World Junior Championship qualifying time in 2mins 03.6secs, while Jane ran a lifetime best of 2.06.9. JM92/5/745.

Picture by John Mountfield

EXPRESS ADVERTISER, JUNE 4, 1992

Jayne's double

ALTRINCHAM and District Athletic Club's Jayne Spark last week added to her impressive list of victories.

On Monday, in the North versus South match at Corby, she clocked 4m 25.0 to win the 1500m, then followed up on Sunday for the British Students in a triangular match versus the three A's and Loughborough Students past and present, with her second lifetime best 800m in two weeks, crossing the line ahead of a quality field in 2m 06.8.

CHESHIRE LEAGUE ROUND 2

LIVERPOOL MAY 31st 1992



CLAIRE WALTON 100M



ANITA KEMAN 800M



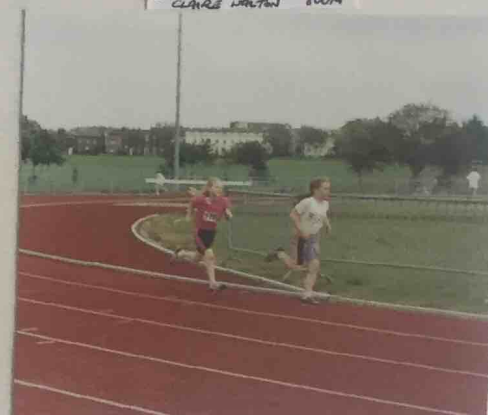
CLAIRE ROYLE & CLARE WALTON 800M



GABRIEL CARMATH & CLARE ROYLE 100M



GABRIEL CARMATH 800M



CLAIRE O'BRIEN & ANITA KEMAN 800M



CLAIRE O'BRIEN & ANITA KEMAN 100M



ANITA KEMAN, GABRIEL CARMATH & CLARE WALTON 4x100

UNDER
11
GIRLS



MIKE WALTON 100M



PETER BRIDSMAN 1500M



HEATHER JACKMAN 200M



PETER BRIDSMAN 100M



JONATHAN ROSE 1500M



KAREN SENIOR 200M

UNDER
13
BOYS



MIKE WALTON 1500M



ARROWING WOOKE 200m

UNDER
15
GIRLS



VICKY ABBOTT 800m



SARAH THIRLWELL 200m



JESSICA BODSHAW 800m



'A' 4X100 RELAY HEATHER JACKMAN & SARAH TUTTY



'B' 4X100 RELAY JESSICA BODSHAW & SARAH THIRLWELL



CAROLYN KENYON



CAROLYN KENYON 200m



LUCY HICKEY 200m



LUCY HICKEY



ANLSON ROWE 200m



ANNE NALLY 200m



ANNE NALLY

SENIOR
LADIES



ANNE NALLY & CAROLYN KENYON
4x100m RELAY

Altrincham's girls are just great!

ALTRINCHAM Athletic Club's U15s girls team came out on top in the first round of the North West Women's Young Athletes League at Bury on Sunday.

Star performer was Heather Jackman, who chalked up a superb sprint double and then went on to claim second in the discus.

She clocked a new club record time of 13.2secs in the 100m before also taking first in the 200m.

Following closely was Sarah Tutty, who came second in the

Altrincham AC Round-up

B 100m, first in the B 200m and second in the high jump.

Sarah Thirlwell also starred with a 1.40m clearance to take the B high jump before coming first in the javelin and second in the 75m hurdles.

Caroline Locke was first in the B discus and second in the shot, while Karen Senior was first in the long jump and second in the B 75m hurdles.

Vicky Abbott was first in the B long jump, second in the B shot

and third in the 1,500m.

Special mention must go to Jessica Bradshaw, who won the B javelin competition - and that with just one hour of training behind her the previous day! Her natural ability also saw her take third in the 1,500m B race.

Sarah Tutty, Heather Jackson, Sarah Thirlwell and Karen Senior teamed up to take victory in the 4x100m relay in a creditable 56.6secs.

The intermediate competition saw Carolyn Kenyon win the 200m while equalling the club record for her age. She also took second place in the long jump and third in the high jump.

ROUND 1

BURY

7TH JUNE 1992

MINOR GIRLS



MARLENE CARNWATH



GENNA O'DRISCOLL

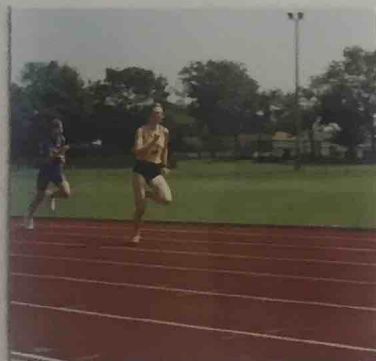


GENNA O'DRISCOLL 200M

U15 GIRLS



HEATHER JACKMAN 100M



SARAH TUTTY 100M



SARAH THIRLWELL 75M



KAREN SENIOR 800M



VICKY ABBOTT



SARAH THIRLWELL



SARAH TUTTY 800M



CAROLINE LOCKE 800M

EXPRESS ADVERTISER, JUNE 11, 1992

Heather blooms with double first

ALTRINCHAM and District young athletes kicked off in fine style at the first round meeting of the North West Women's Young Athletics League held at Bury.

With ten firsts and seven second places out of 21 events, the Under 15 girls secured top spot.

Athlete of the day was Heather Jackman with victories in the 100 and 200 metres and a second place in the discus. Her time of 13.2 secs for the 100 creates a club record for her age group.

Sarah Tutty was second in the B 100; first in the B 200 and second in the A high jump.

Sarah Thirlwell won the B high jump; the A javelin and was second in the A 75m hurdles while Karen Senior won the A long jump and was second in the B 75m hurdles.

Caroline Locke won the B discus and was second in the A shot and Vicky Abbott won the B long jump, was second in the B shot and third in the A 1500m. Having only ever thrown the javelin the previous day in training, Jessica Bradshaw did well to win the B competition and then went on to take third in the 1500M B race.

In the intermediate competition, Carolyn Kenyon equalled the club record winning the 200m, took second place in the long jump and third in the high jump.

Rounding off a tremendous afternoon the Under 15 girls 4 x 100m relay team of Sarah Tutty, Heather Jackman, Sarah Thirlwell and Karen Senior stormed to victory in a creditable 56.6 secs.

GIRLS &
INTERS



VICKY ABBOTT 1500



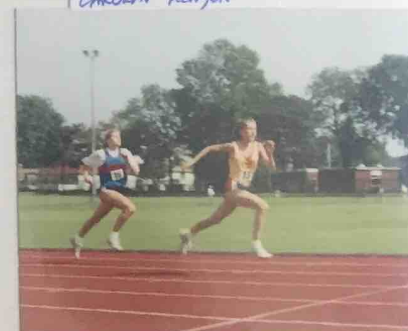
JESSICA BRADSHAW 1500



CAROLYN KENYON



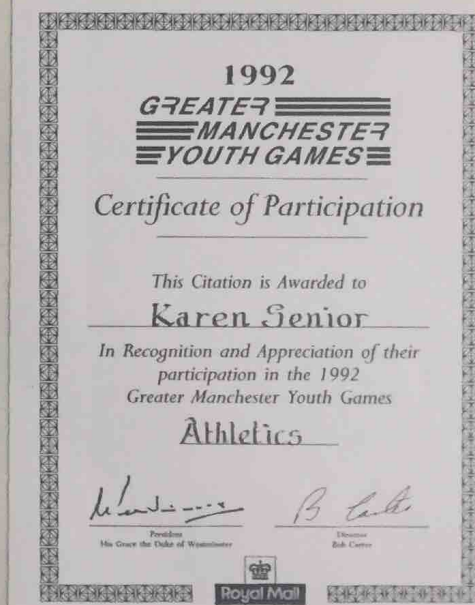
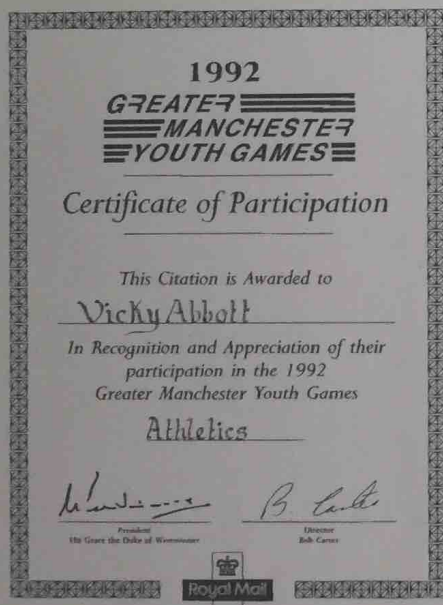
HEATHER JACKMAN 200M



CAROLYN KENYON 200M

GREATER MANCHESTER
YOUTH GAMES

ATHLETICS FOR ABLE BODIED
& DISABLED AT
BELLE Vue 20th JUNE '92





Vicky ABBOTT



KAREN SENIOR



CAROLINE LOCKE



MUSAC INVITATION MEETING
27 JUNE 92
WINTON.



GABRIEL CARNWATH



JANN SATEVAN



CHARLES WALTON 80m



JORDANINA WILLIAMS



CHARLES WALTON



CHARLES RYDE 80m



GEMMA O'BRIEN 100m



CATHARINE REID



MIKE WALTON 200m



HEATHER JACKMAN 100m



JAMES COOLING 1500m



SARAH THURSDAY

NORTH OF ENGLAND
U20 CHAMPIONSHIPS
COSTELLO STADIUM HULL
SATURDAY 4th JULY



VICKY ABBOTT (No1) 800m



REMA O'DRISCOLL



REMA O'DRISCOLL 100m



SARAH THURLWELL



JESSICA BRIDGMAN 800m



SARAH THURLWELL 1m50



NARON SMITH
ON HIS WAY TO 1.60





The 106th Wenlock Olympic Games
 Much Wenlock Shropshire.
 Sunday 12th July 1992
 Pentathlon. Carolyn Keayon (Intro) 2nd 2571 pts
 Sarah Thirlwell (Girls) 4th 2097 pts
 Heather Jackson " 5th 1991 pts



STAN HAILES TROPHY COMPETITION



STAN HAILES TROPHY MEETING

18th./19th. JULY 1992

POSITION	NAME	LONG JUMP	200M	SHOT PUTT	800M	HIGH JUMP	100M	DISCUS	1500M	POINTS
1	JESSICA BRADSHAW	3.70	32.3	5.50	3.00.3	1.19	15.2	16.08	6.07.2	111
2	AARON SMITH	4.76	28.4	5.57	2.36.7	1.55	13.9	14.08	5.31.1	104
3	JOHN LAMBERT	3.66	35.9	5.10	3.09.7	1.04	16.8	14.92	6.23.8	98
4=	KAREN SENIOR	4.35	30.8	6.43	2.52.6	1.25	14.8	13.88	5.54.3	95
4=	SARAH THIRLWELL	3.91	31.9	6.25	2.42.6	1.40	15.0	16.00	5.39.5	95
6	CAROLYN KENYON	4.19	29.3	5.80	2.31.5	1.43	14.2	13.32	5.21.3	74
7	PETER BRADSHAW	3.40	34.5	4.21	2.49.3	1.07	16.0	9.42	5.41.9	72
8	ANDREW NORMAN	3.25	35.7	5.98	3.03.2	1.10	17.1	12.54	6.19.9	59
9	STEPHEN McHUGH	3.40	32.5	4.15	3.04.9	1.28	15.2	13.16	7.05.3	35
10	JAMES PARK	3.66	29.4	6.23	3.07.4	1.16	14.2	12.20	6.24.5	30
11	MARTIN BANKS	3.49	30.4	6.73	2.55.7	1.22	14.7	17.22	5.52.8	21
12	CLAIRE LAMBERT	3.94	34.9	4.13		1.22	15.8	12.38		(50)
GUESTS	HEATHER JACKMAN			5.75						
	KEITH JACKMAN			6.33				18.86		
	JOHN SNAPE			5.99		1.19		17.62		
	BARRY CHAPMAN							16.60		
	JEFF NORMAN							13.38		
	PETER LAMBERT							14.28		
	ANNA KENYON					1.04				

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE



YVONNE NOVAK

ROUND 2
BURY
SUNDAY 26 JULY



HEATHER JACKMAN 200m

EXPRESS ADVERTISER, JULY 30, 1992

THE Under-15 Girls of Altrincham and District AC came out on top yet again at the second round meeting of the North West Women's Young Athletes League, held at Bury last Sunday.

With only a few days before she travels to London for minor leg surgery, Sarah Threlwell pulled out the stops to

Sarah's victory before surgery

win the High Jump, the Javelin and finish second in the 75m hurdles.

Heather Jackman took Sarah on in the High Jump to finish on the same height of 1m 40 to win the B competition and also went on to win the discus and finish third in the 100m.

Karen Senior, though not at her best, won the long jump and finished

second in the B 75 metre hurdles and fourth in the 200m, with Caroline Locke winning the B long jump, the A shot and finishing third in the B 100 metres.

Vicky Abbott finished her 800 metres to perfection, tracking the leading Biskley & North Manchester Athlete for 769 metres before unleashing a devastating 100 metre sprint

finish to win comfortably and then going on to win the B shot and finish fourth in the B 200m.

Jessica Bradshaw, moving quickly up the ranks pulled off two fine personal best performances to win the B javelin and finish second in the B 800 and also won the B Discus competition, with a throw just 12cm below her best.

Yvonne Novak finished fourth in the Minor Girls Long Jump.

Next Sunday, Heather Jackman will represent Cheshire at the North of England Women's Inter-County Track and Field Championships.



CAROLINE LOCKE 100m



YVONNE NOVAK 80m



HEATHER JACKMAN

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE

The Messenger, Friday, July 31, 1992

THIRLWELL TONIC!

ALTRINCHAM & District AC's U15 Girls maintained their position at the top when they made it two victories in a row at the second round meeting of the North West Womens Young Athletes League held at Bury last Sunday.

In her last outing before travelling to London for minor leg surgery, Sarah Thirlwell won the high jump and javelin and finished second in the 75m hurdles.

Heather Jackman won the B high jump with 1m 40, Karen Senior won the long jump and was second in the B 75m hurdles and fourth in the 200m.

Caroline Locke won the B long jump the A shot and was third in the B 100m while Vicky Abbott won the 800m, the B shot and was fourth in the B 200m.

ATHLETICS

Jessica Bradshaw, improving at every outing, pulled off excellent wins in the B javelin the B discus and finished a fine second in the 800 metres, notching up two personal best performances on the way.

In the minor girls competition, Yvonne Novak was fourth in the long jump, and Claire Lambert was third in the high jump and fourth in the long jump in the intermediate section.

This Sunday Heather Jackman will be travelling to Grimsby to compete in the

high jump for Cheshire as county champion, in the North of England Womens Inter County Track and Field Championships.



HEATHER JACKMAN



SARAH THIRLWELL



SARAH THIRLWELL



VICKY ABBOTT &
JESSICA BRADSHAW



KAREN SENIOR



CLAIRE LAMBERT

STRET FORD OPEN MEETING

23rd AUGUST 1992



JESSICA BRADSHAW 100



HEATHER JACKMAN 800



JYVONNE NOWAK



PETER BRADSHAW 100



PETER BRADSHAW.



GEMMA O'DRISCOLL



TINA THIRLWELL 800m



REBECCA LANEHIDE 80m



YVONNE NOWAK



YVONNE NOWAK 800m



KAROL SENIOR 800m



HEATHER JACKMAN
& SARAH THIRLWELL

EXPRESS ADVERTISER, SEPTEMBER 10, 1992

Athletics

ALTRINCHAM and District AC's Girls had yet another successful meeting at the third round of the North West Womens Young Athletes League, held at Bury last Sunday.

Down to only five in number due to holidays, they finished second on the day to add to their victories in the first two rounds.

Heather Jackman was Altrincham's athlete of the match with victory in the High Jump and second places in the 75m Hurdles and 200m, closely followed by Sarah Thirlwell who won the B' High Jump, and was second in the Javelin and B' 75m Hurdles with the same time as Heather.

Karen Senior was second in the Long Jump, second in the B' 200m and 4th in the 800m.

Caroline Locke with the B' Javelin with a personal best throw, and was second in the Shot Put and third in the B' Long Jump, while Jessica Bradshaw improved to win the B' Shot Put, finishing second in the Discus and fourth in the 100m.

Sarah, Heather, Jessica and Karen then went on to finish second in the 4x100m Relay.



TINA THRELWELL 100m



TINA THRELWELL &
ANNA KERRYON 800m



MARIELINE CASHWATER 800m



CHAIKE WILTON 100m



LEENA O'DRISCOLL 200m



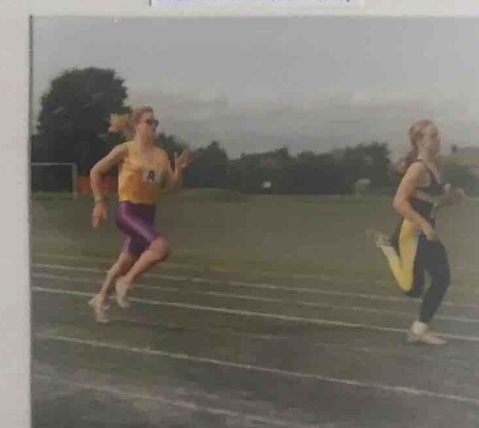
REBECCA WINSlade 800m



ANNA KERRYON &
SARAH CASHWATER 100m



REBECCA WINSlade 200m



HEATHER JACKMAN 200m

WARRINGTON PENTATHLONS - 20th. SEPTEMBER 1992



SARAH THIRLWELL	4TH OVERALL	2104 PTS
HEATHER JACKMAN	5TH	2067 PTS
KAREN SENIOR	6TH	1905 PTS
CAROLINE LOCKE		1874 PTS
JESSICA CARDEN		1832 PTS
VICKY ABBOTT	(4 events total)	1065 PTS.



PRESENTATION EVENING

20th Nov 1992

The Messenger, Friday, November 27th, 1992

Sarah is tops

FOURTEEN-year-old Sarah Thirlwell walked off with five trophies at the Altrincham and District Athletics Club's annual presentation last Friday.

The young all-rounder won awards for the most improved athlete, best field performance in the club, U15s girls' athlete of the year and best girls' field performance.

Sarah also teamed up with fellow multi-eventers Carolyn Kenyon, Heather Jackson, Karen Senior, Caroline Locke and Vicky Abbott to receive a five-star award for outstanding performance.

Sarah's younger sister Tina was also celebrating after winning the minor girls' field trophy.

Other Junior athletes gaining athlete of the year awards were Rebecca Winslade (minor), Carolyn Kenyon (inter), Peter Bradshaw (colts), Stephen McHugh (boys) and Aaron Smith (youths).

Jessica Bradshaw won the Stan Hailes handicap multi-event trophy.



EXPRESS ADVERTISER, NOVEMBER 26, 1992

Sarah top

SARAH Thirlwell, 14, was awarded the supreme accolades of most improved and top field athlete at Altrincham and District Athletic Club's annual presentation ceremony.

Sarah, a member of the multi-events squad, won the awards mainly for her performance in the high jump. She also won the shield for Under 15 Girl Athlete of the Year, just six points ahead of Heather Jackman.

Other winners among the junior ranks were Rebecca Winslade, Minor Girls; Carolyn Kenyon, Intermediate Girls; Peter Bradshaw, Colts; Stephen McHugh, Under 15 Boys and Aaron Smith, Youths.



ALTRINCHAM & DISTRICT A.C.

Annual Presentation Evening
Hot-Pot Supper & Dance

At The Moss Trooper Hotel
Moss Lane, Timperley

Friday 20th November 7.30 pm

Price £6.00 Senior ☐ Tick appropriate box
£3.50 Junior ☐

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NORTH OF ENGLAND WOMENS ROAD RELAY CHAMPIONSHIPS

HASLINGDON - 11 OCT 1992



UIS GIRLS 26TH TEAM
SARAH THIRLWELL
JESSICA BRADSHAW
VICKY ABBOTT, 21m 45

SENIORS 24TH TEAM,
HEATHER RUDD
ALISON ROWE
PAT MEE 42m 34,

