

SPORTSHALL 1993/94



LEANNE HARRISON



KARGI SENIOR

ROUND 1
LEASOWE
31 OCT 1993

ROUND 2
CONGLETON
14TH NOV 1993



JILL FINAN



TINA THIRLWELL



VICKY JACKSON

SPORTSHALL 1993/94



ANNA KELLYON
ROUND 3 CREWE
5TH DEC 1993



COUNTY CHAMPIONSHIPS
ALTRIN CHAM 6TH FEB 1994
KAREN SENIOR 3rd 200M
LEANNE HARRISON 2nd HIGH JUMP
SHARON SPEAKMAN 2nd LONG JUMP.

CROSS COUNTRY - 1993 / 1994 SEASON



UNDER 13 GIRLS' START.



ANNA KENYON &
TINA THIRWELL



GABRIEL CARNWATH



VICKY JACKSON

NORTH WEST WOMENS CROSS COUNTRY LEAGUE
ROUND 1 - WOODBANK PARK STOCKPORT - 24th OCTOBER 1993



MAGGIE
DAVIES



REBECCA
NINSLADE
(U15)



JEAN
JONES



JEAN
DOLAN

NORTH WEST WOMENS CROSS COUNTRY LEAGUE
ROUND 2 - REDDISH VALE - 7th NOVEMBER 1993



ANNA KENYON



TINA THIRLWELL





UNDER 15 GIRLS START



VICKY ABBOTT



KAREN SENIOR



REBECCA KINSLADE



ALISON ROWE &
ANNE RUGH



JEAN DOLAN



MAGGIE JAVES



JEAN DOLAN



ANNE RUGH



ALISON ROWE



JEAN DOLAN



MAGGIE JAVES

NORTH WEST WOMENS CROSS COUNTRY LEAGUE
ROUND 3 - SPRINGFIELD PARK ROCHDALE - 21st NOVEMBER 1993



ANNE PUGH CLOSE ON THE HEELS OF ANN O'REAGHY FLYNN.



ANNE PUGH



ALISON RAVE



JEAN JONES

CHESHIRE CROSS COUNTRY LEAGUE

Round 1 - Frodsham - 2nd January 1994



JILL FINAN (U11)



ANNA KENYON



TINA THIRLUWELL



VICKY JACKSON

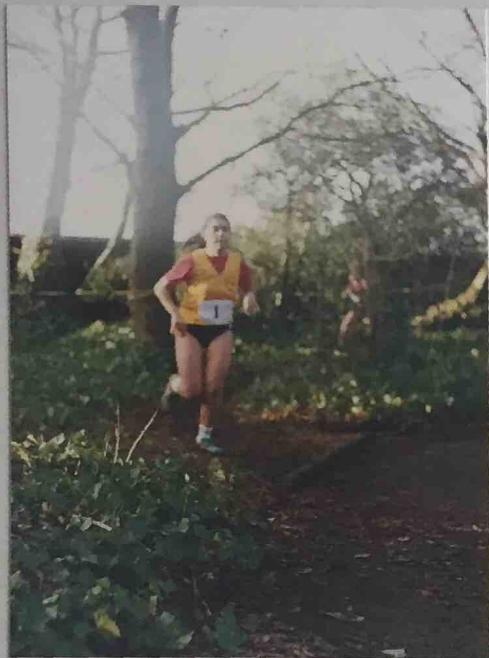
Express Advertiser, January 6, 1994

Meanwhile the club's Minor Girls team celebrated the New Year with fourth place in round one of the Cheshire Cross Country League held at Castle Park, Frodsham.

Running with the leading pack from the start, Anna Kenyon moved up two places on the uphill stretch to the finish to take fourth place with Tina Thirlwell and Gabriel Carnwath close behind in 12th and 13th places and Vicky Jackson 34th.

With the course by now well cut up and very slippery, Vanessa Mulholland and intermediate Carolyn Kenyon stormed round the two laps to finish in seventh and eighth places in the Senior Ladies race.

CHESHIRE CROSS COUNTRY LEAGUE
Round 1 - Frodsham - 2nd January 1994



VANESSA MULHOLLAND



CAROLYN KENYON



VANESSA MULHOLLAND

The North of England Athletic Association
**WOMEN'S CROSS COUNTRY
 CHAMPIONSHIPS**

(under B.A.F. Laws)

sponsored by
Reebok



Official Programme
 Price 50p

Witton Park, Blackburn
 January 30th, 1994



Minor Girls

Anna Kenyon 49th

Tara Thirlwell 78th

Gabriel Cammish 98th



The North of England Athletic Association
**WOMEN'S CROSS COUNTRY
 CHAMPIONSHIPS**



ANNE O'KEARNEY FLYNN (88)



ANNE PUGH (54K)



ALISON ROWE (67K)



PAT AEG (55K) HEATHER JOHNSON (180K)

Witton Park, Blackburn
January 30th, 1994



SALLY GILLINGS (111R)



JOHN DOLAN (185H)



HAGGIE JAMES (168H)



GARY FREEMAN (203H)

CHESHIRE CROSS COUNTRY LEAGUE
Round 2 - Macclesfield - 13th February 1994



ANNA KENYON



JOANNE FOSTER



GABRIEL CARNWATH



CLAIRE ROYLE

CHESHIRE CROSS COUNTRY LEAGUE
Round 2 - Macclesfield - 13th February 1994



ANNA KENYON



JOANNE FOSTER



GABRIEL CARMATH

CHESHIRE CROSS COUNTRY LEAGUE

Round 3 - Nantwich - 27th February 1994



ANNA KENYON (10K)



JOANNE FOSTER (5K)



ANNA KENYON (10K)



JOANNE FOSTER (5K)

Amateur Athletic Association of England
English Cross Country Association
**WOMEN'S NATIONAL CROSS
COUNTRY CHAMPIONSHIPS 1994**

(under B.A.F. Laws and E.C.C.A. Rules)

sponsored by

Reebok



**Witton Park, Blackburn
Sunday 13th, March 1994
First Race 1.00 p.m.**

MINOR GIRLS

<i>Gabriel Camwath</i>	<i>101st</i>
<i>Anna Kenyon</i>	<i>142nd</i>
<i>Tina Threlwell</i>	<i>210th.</i>





CAROLYN KENYON - JUNIORS RACE.



Amateur Athletic Association of England
English Cross Country Association
**WOMEN'S NATIONAL CROSS
COUNTRY CHAMPIONSHIPS 1994**
(under B.A.F. Laws and E.C.C.A. Rules)

sponsored by

Reebok



Witton Park, Blackburn
Sunday 13th, March 1994
First Race 1.00 p.m.



SENIOR LADIES
ANNE O'KEARNEY FLYNN
ANNE PUGH
ART MEE



ALISON ROWE



JEAN DOLAN



ANNE NALLY



JEAN JONES



JULIE SAVAGE

BLACKLEY & NORTH MANCHESTER ATHLETIC CLUB

Inter Club Pentathlons - Sunday 17th April 1994.



MINOR GIRLS

1. Danielle Parkinson	Rochdale	1898 points
2. Julia Peters	Wigan	1949 points
3. Tina Thirlwell	Altrincham	1825 points

UNDER 15 GIRLS

1. Maria Grantham	East Cheshire	2492 points
2. Alison Kerboas	Wigan	2460 points
3. Laura Skilling	Rochdale	2247 points
9. Rebecca Winslade	Altrincham	1796 points



INTER LADIES

1. Louise Dixon	Wigan	2978 points
2. Jill Parker	East Cheshire	2765 points
3. Amanda Edwards	Stockport	2594 points
10. Leanne Harrison	Altrincham	1640 points





TINA PROUDLY DISPLAYS HER TROPHY.

THREE YEARS AGO, TINA'S SISTER SARAH
SCORED EXACTLY THE SAME NUMBER OF
POINTS AS TINA TO TAKE SECOND PLACE.
-SAME AGE, SAME PLACE, SOME COINCIDENCE!



ELIZABETH WILLMOTT & KINSEY RICE IN THE OPEN



GLYNWED INTERNATIONAL YOUNG ATHLETES MEETING

ALEXANDER STADIUM - BIRMINGHAM - Saturday 23rd April

The desire to savour the atmosphere of a big stadium enticed Elizabeth Willmott and Rebecca Winslade to this meeting, held at the home of Birchfield Harriers.

Elizabeth was first off having two attempts at the Shot Putt before being called away to the 100 metres. It was Rebecca, however, who got through to the finals but on returning to the Shot, Elizabeth discovered that she was through to the final six.

The day will be remembered, not for the Shot or the 100 metres, but for the Long Jump which Elizabeth won with a personal best of 4.55 metres. Rebecca, with 4.29 metres took third place and together with their trophies both girls returned with a hard back book on the history of Birchfield Harriers, and Elizabeth, a commemorative 'T' shirt.



CHESHIRE TRACK & FIELD LEAGUE

ROUND 1 - ASHTON under LYNE - Sunday 24th April 1994

MINOR GIRLS	100m	900m	Long Jump	Discus	TEAM SCORES - LADIES
Tina Thirkwell	14.1	2A	4.06	2A	EAST CHESHIRE 168
Anna Kenyon	15.0	2B	2.37.8	2A	ALTRINCHAM 144
Gabriel Cammewell	14.9	1C	2.39.9	3A	WHITBY HEATH 140
Clara Royle	16.3	4D	3.19.7	9B	SALFORD METS 134
Joanna Foster	15.2	1n/c	2.42.9	1B	BUXTON 113
					BURY 43
					WIRRAL 30

4 x 200m Relay: Anna, Joanna, Gabriel & Tina 2:03.5 1st

UNDER 15 GIRLS	100m		1600m		High Jump		Shot Putt	
Rebecca Winslade	14.1	4A	6.14.9	9A	1.25	3A		
Elizabeth Wilmet	14.3	4B					7.16	3A
Madeline Cammewell	14.8	5C	5.52.2	4A	1.20	1B		
Lindsay Ford	15.8	5D	6.47.5	5B				
Laura Dowling	16.9	5n/c	7.05.9	6B			5.89	2B

4 x 200m Relay: Rebecca, Elizabeth, Madeline & Lindsay 2:04.2 4th

SENIOR LADIES	100M	1500M	Long Jump	Javelin
Carolyn Kenyon	13.1	2A	4.81	3A
Amanda Wright	16.1	5B		22.86
Sarah Thirkwell				25.86

COLTS	200m	800m	High Jump	Shot Putt	TEAM SCORES - MEN
Gary Speakman	32.3	3A	3.07.6	8A	4.20 4A

SENIOR MEN	100m	800m	High Jump	Javelin	3000m Team Race	BUXTON 221
Peter Hickey	12.0	3A				WHITBY HEATH 176
Barry Chapman	12.6	5B				EAST CHESHIRE 162
Paul Davidson						SALFORD METS 152
Pete Milligan		2.03.6	2A			ALTRINCHAM 46
Andy Geen		2.04.6	4A			BURY 36
Jim Rose				9.21.4	3rd	WIRRAL 7
Mike Jones				9.25.9	4th	
				10.00.8	8th	

UNDER 11 RESULTS (overall positions)

GIRLS				BOYS			
100m		800m		100m		800m	
Kerrie Hinds	16.1 2nd	3.16.5 5th		Mathew Horan	16.5 11th	3.03.9 6th	



CAROLYN KENYON



KERRIE HINDS & MATTHEW HORAN IN THE U11 100M



TINA THIRLWELL



ANNA KENYON



GABRIEL CARNWATH



CLAIRE ROYLE



JOANNE FOSTER



Express Advertiser, 28 April, 1994

Meanwhile the club's ladies teams pulled off a fine second place in their first round match in the Cheshire Track & Field League.

In the Senior ladies section, Sarah Thirlwell achieved a lifetime and all-time club best to win the A javelin, with Amanda Wright winning the B competition. Carolyn Kenyon finished second in the A 100 metres and third in the long jump.

Rebecca Winslade and Elizabeth Willmott, having won trophies for first and third in the long jump at the Birchfield Harriers meeting the previous day, produced personal best times in the A and B Under 15 Girls 100m, with Madeline Carnwath doing likewise in the C race.

The day, however, belonged to Altrincham's Minor Girls with Tina Thirlwell second in the A 100 metres and A long jump, with personal best performances of 14.1s and 4m 66cm, and Anna Kenyon second in the B100m, second in the A800 metres with 2m 38.6s and first in the B long jump.

Gabriel Carnwath won the C 100m and had a fine run with Anna to take 3rd in the A800m with 2m 39.6s and then went on to take second in the B discus.

Claire Royle finished second in the D 100m and won the A discus, while Joanne Foster, making her track debut for the club, won the non scoring 100m and went on to win the B 800m in fine style in 2m 42.9s.

Rounding off an excellent afternoon, the Minor Girls won their 4 x 200 relay in 2m 03.5s.



GABRIEL & ANNA



JOANNE FOSTER



AMY SPACKMAN

The Messenger, Thursday, April 28, 1994

Life time best for Sarah

ALTRINCHAM & District Athletic Club's Ladies teams pulled off a fine second place in their first round match in the Cheshire Track & Field League, held at East Cheshire's track at Ashton under Lyne last Sunday.

In the Senior Ladies section Sarah Thirlwell achieved a life time and all time Club best to win the A Javelin, with Amanda Wright winning the B competition while Carolyn Kenyon finished second in the A 100 metres and third in the Long Jump.

Rebecca Winalade and Elizabeth Willmott, having won trophies for first and third in the Long Jump at the Birchfield Harriers meeting in Birmingham the previous day produced personal best times in the A and B Under 15 girls 100m with Madeline Carnwath doing likewise in the C race.

Madeline also won the B High Jump and Laura Dowling was second in the B shot, her first ever competition in this event.

The day, however, belonged to Altrincham's Minor Girls with Tina Thirlwell second in the A 100 metres and A Long Jump, with personal best performances of 14.1s and 4m 06cm, and Anna Kenyon second in the B 100m, second in the A 800 metres with 2m 38.6s and first in the B Long Jump.

Gabriel Carnwath won the C 100m and had a fine run with Anna to take 3rd in the A 800m with 2m 39.6s and then went on to take second in the B Discus.

Claire Royle finished second in the D 100m and won the A Discus, while Joanne Foster, making her track debut for the club, won the non scoring 100m and then went on to win the B 800m in fine style in 2m 42.9s.



REBECCA GINSBURG



ELIZABETH OLLMOTT



MADLINE CARLWATH



LINDSEY KOP



LAURA DOWLING



MADLINE CARLWATH



REBECCA GINSBURG



LINDSEY & LAURA

GREATER MANCHESTER COUNTY CHAMPIONSHIPS 14th & 15th May 1994.
LONGFORD PARK STADIUM, STRETFORD.

SATURDAY



SENIOR LADIES		400m
Carolyn Kenyon	H	60.8
	F	88.8 3rd



U15 GIRLS		100m
Rebecca Winslade	H	13.7
Elizabeth Willmott	H	14.3



	800m
Madeline Carnwath	H 2.50.1

	800m
Anne Nally	F 2.46.3

SENIOR MEN	100m
Peter Hickey	11.9





SENIOR LADIES
Carolyn Kenyon

400m Hurdles			
H	69.2		
F	69.2	4th	



INTER LADIES
Karen Senior

100m	
H	13.9



MINOR GIRLS		80m	800m	Long Jump
Tina Thirlwell	H	11.3		4.07 2nd
	S	11.5		
	F	11.3	3rd	
Charlotte Duck	H	11.8		3.25
	S	12.0		
	H	13.1		3.01
Claire Royle			H 2.35.6	3.41
Anna Kenyon			F 2.39.4	6th
Joanne Foster			H 2.34.9	3.54
			F 2.39.0	5th
Gabriel Carnwath			H 2.43.0	3.29



Triumphant Tina in photo-finish

Express Advertiser, 19 May, 1994



TINA THIRLWELL clinched unexpected and dramatic glory for the Altrincham & District Athletic Club's Minor Girls relay team at the Greater Manchester Track & Field Championships at Longford Park last weekend.

With Manchester Harriers coasting to almost certain victory Tina produced a determined final effort to sneak past the line in first place.

For most of the race the under 13 team of Anna Kenyon, Joanne Foster, Gabriel Carnwath and Tina, looked as if they would have to settle for second place before the exciting finale. Both teams were clocked at 58.6 seconds - a new club record for the Altrincham Girls.

The relay gold gave Tina a full set of medals rounding off a tremendous championship for the talented youngster.

She had earlier won bronze in the 80 metres with 11.3 seconds and silver in the Long Jump with 4m.07; both personal best performances.

Other Altrincham medal winners were Carolyn Kenyon with bronze in the Senior Ladies 400m, Peter Milligan with silver in the Senior Mens 1500m and Aaron Smith, with silver in the Junior Mens High Jump. Aaron also finished third in the Junior Mens Long Jump.

ALTRINCHAM & District AC's Minor Girls relay team are the new county champions after pulling off a dramatic victory at the Greater Manchester Track & Field Championships.

The team of Anna Kenyon, Joanne Foster, Gabriel Carnwath and Tina Thirlwell looked as if they would have to settle for second place until the last 10 metres when Tina's determined final effort took her past the Manchester Harriers runner on the line. Both teams were clocked at 58.6 seconds, a club record for the Altrincham girls.

The relay gold gave Tina a full set of medals. She had earlier won bronze in the 80 metres with 11.3 seconds and silver in the long jump with 4m.07, both personal bests.

4 x 100m Relay

H	58.9		
F	58.6	1st	Anna, Joanne, Gabriel & Tina



NORTH WEST WOMENS YOUNG ATHLETES LEAGUE

**ROUND 1
SUNDAY 22nd MAY**

Boggart Hole Clough, Blackley.



ELIZABETH WILMOTT



REBECCA WINDSLADE



LAURA DOWLING



MADÉLINE CARNWATH



LINDSAY FORD

The Messenger, Thursday, May 26, 1994

Alt_y girls stride ahead

ALTRINCHAM and District Athletic Club's minor girls and under 15 girls celebrated success in their first round fixture of the North West Womens Young Athletics League.

The minor girls won their match with a massive score of 78 points. Notable successes included Tina Thirwell who came second in the 75m 'A' race and 'A' long jump while claiming a first place in the 'A' Shot putt with a personal best of 6m 45cm.

Gabriel Carnwath also did well with third in the 'A' 150m, second in the 'A' 600m and first in the 'B' shot putt. Anna Kenyon was in good form with second in the 'B' 1000m and first in the B long jump.

Those three were joined in the 4x100m relay by Joanne Foster (first in 'B' 150m and the 'A' 1000m) in which they led from start to finish, beating Manchester Harriers by eight tenths of a second.

The under 15s secured second place in their match with wins for Rebecca Windsdale in the 'A' high jump, and Madeline Carnwath in the 'B' high jump.

A double victory came for Elizabeth Wilmott in the 'A' long jump and the 'A' discus. Laura Dowling also did well with a win in the 'B' 75m hurdles.





TINA THIRLWELL



ANNA KENYON



JOANNE FOSTER

Express Advertiser, 26 May, 1994

Minor success is major glory!

ALTRINCHAM & District AC's Minor Girls and Under 15 Girls scored notable successes in the first round match of the North West Women's Young Athletes League held at Bogart Hole Clough.

The Minor Girls won their match with a massive score of 78 points, just six short of the maximum.

Tina Thirlwell was second in the 75m A race and the A long jump, and first in the A shot putt with a personal best of 6m 45cm.

Gabriel Carnwath was second

in the A 600m, third in the A 150m, and first in the B shot putt. Anna Kenyon was second in the B 1000m and first in the B long jump; Charlotte Duck won the B 75m and B 600m and Joanne Foster won the B 150m and the A 100m.

Anna, Joanne, Gabriel and Tina rounded off the afternoon with a tremendous 4 x 100m relay in which they led from start to finish in a club record time of 58.2 seconds, beating the Manchester Harriers team by eight tenths of a second.

The Under 15 Girls secured second place in their match with Rebecca Winslade winning the A

high jump and taking second place in the A 75m hurdles.

Madeline Carnwath won the B high jump and finished third in the B discus; Elizabeth Willmott winning the A long jump and the A discus and finishing second in the B 200m with a personal best.

Laura Dowling also did well, winning the B 75m hurdles and taking third places in the A shot putt and B long jump, and Lindsay Ford showed her potential with a fine second place in the B 100 metres together with third in the B 800 metres.

Newcomer Liz Hatton settled well into the team and showed promise for the future with a fine run in the A 100 metres.



GABRIEL CARNWATH



EXPRESS SPORT ATHLETICS SCENE

CHESHIRE TRACK & FIELD LEAGUE ROUND 2 - BELLE Vue

Sunday 29TH May 1994.

ALTRINCHAM and District AC Ladies returned victorious from their second round match in the Cheshire Track & Field League with a narrow four point victory over Bury.

Spearheading the Senior Ladies team, Karen Senior finished second in the A 200 metres, third in the A 400 metres and first in the B shot. Sarah Thirwell won the A shot with Leanne Harrison second in the B 200 metres and first in the high jump.

Amenda Wright and Monica Booth continued to notch up the points with second places in the C & D 200 metres whilst Ann Nally finished just behind Karen in the 400 metres.

With half the under 15 team away, Rebecca Winslade, Liz Hutton and Laura Dowling pulled out the stops, especially Rebecca, who produced an excellent personal best in the A 200 metres.

Tina Thirwell, Joanne Foster, Gabriel Caruath and Claire Royle produced some fine results in the Minor Girls section, with six personal best performances in addition to a first ever performance for Joanne, taking third place in the A high jump.

Joanne also went on to win the 800 metre A race in a time of 2 minutes 31.3 seconds. These four rounded off the day with first place in the 4 x 100 metre relay, whilst the Senior ladies team of Karen Senior, Anne Nally, Amenda Wright and Leanne Harrison had to be content with second place in their relay.



JOANNE FOSTER



KERRY HINDS OLI



TINA THIRWELL



GABRIEL CARUATH



GABRIEL CARUATH
JOANNE FOSTER



TINA THIRWELL



CLAIRE ROYLE



KAREN SPEARHEAD



REBECCA LINDSAY



LAURE BOALING



KRISTEN SENIOR



LEANNE HARRISON



ANNE NALLY KAREN SENIOR



AMANDA WRIGHT



MONICA SHONE

The Messenger, Thursday, June 2, 1994

Karen spearheads narrow victory

THE ALTRINCHAM & District Athletic Club Ladies returned victorious from their second round match in the Cheshire Track & Field League.

They clinched a narrow four point victory over Bury after amassing 152 points.

Spearheading the Senior Ladies team, Karen Senior finished second in the A 200 metres, third in the A 800 metres and first in the B Shot Putt.

Sarah Thirlwell won the A Shot Putt with Leanne Harrison finishing second in the B 200 metres and first in the High Jump.

Amanda Wright and Monica Shone continued to notch up the points with second places in the C & D 200 metres while Ann Nally finished just behind Karen in the 800 metres.

Sunday 19th June 1994.

EXPRESS SPORT ATHLETICS SCENE

Dozen of the best

FOUR youngsters from Altrincham & District AC competed in the Manchester Harriers Open meet at Belle Vue on Sunday and returned with a magnificent haul of 12 medals.

In the under 15 girls age group, Elizabeth Willmott won gold in the 200 metres long jump and shot putt, while an improving Lindsay Ford won silver in the same events.

In wet and blustery conditions Joanne Foster did well to split two Manchester runners to take silver in the under 13 girls 200 metres and then went straight to the long jump to add a further silver with her first ever four metre jump. She rounded off the afternoon with second in the 200 metres.

Gary Speakman competed in the under 13 boys 100 metres, 200 metres and long jump, winning bronze medals in the sprints and silver in the jump.

Meanwhile in the first round of Altrincham's Minor Girls Field Trophy competition, Tina Thirlwell streaked into the lead with personal best performances in the high jump, long jump and discus.

Tina's 1.23 metres in the high jump and 4.40 metres in the long jump should give her confidence in her series of pentathlon events throughout July.

Tina's overall victory in the competition is, however, not yet secured with Gabriel Carnwath close on her tail with a superb 1.27 metre high jump and excellent personal bests in the other events.

Anna Koryon, runner up last year is currently lying third with Joanne Foster fourth.

The Messenger, Thursday, June 23, 1994

Athlete's dozen

FOUR youngsters from Altrincham & District Athletic Club competed in the Manchester Harriers Open Meeting at Belle Vue last Sunday and returned with a magnificent haul of twelve medals.

In the under 15 girls age group Elizabeth Willmott won 200 metres gold, long jump and shot putt while an improving Lindsay Ford won silver in the same events.

In wet and very blustery conditions Joanne Foster did well to split two Manchester runners to take silver in the under 13 girls 200 metres and then went straight to the long jump to add a further silver. She then rounded off the afternoon with second place in the 200 metres.



Gary Speakman competed in the under 13 boys 100 metres (bronze), 200 metres (bronze) and long jump (silver).

Meanwhile in the first round of Altrincham's Minor Girls Field Trophy Competition last Saturday Tina Thirlwell streaked into the lead with personal best performances in the high jump, long jump and discus.

Tina's overall victory in the competition is, however, not yet secured with Gabriel Carnwath very close on her tail with a superb 1.27 metre high jump and excellent personal bests in the other events.

Anna Koryon, runner up last year, is currently lying third with Joanne Foster fourth.



ELIZABETH WILLMOTT



LINDSEY FORD





JOANNE FOSTER

GARRY SPEAKMAN

HANDFORTH AC 5 STAR TEAM PENTATHLONS
WOODBANK PARK, STOCKPORT Sunday 3rd July 1994.



HANDFORTH AC 5 STAR TEAM PENTATHLONS
WOODBANK PARK, STOCKPORT Sunday 3rd July 1994.







Under 13 Girls Winning Team.

Joanne Foster - 293 pts.

Tina Thirlwell - 347 pts.

Gabriel Carnwath - 314 pts.

Anna Kenyon - 312 pts.



HANDFORTH AC 5 STAR TEAM PENTATHLONS

WOODBANK PARK, STOCKPORT Sunday 3rd July 1994.



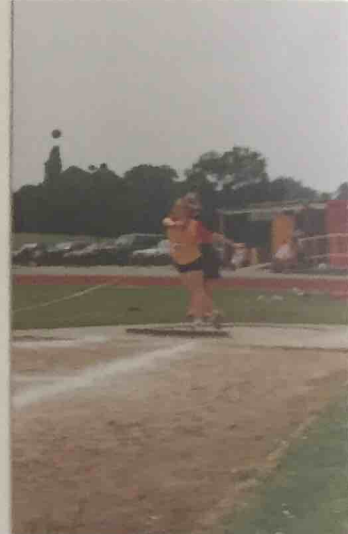
Rebecca Winslade - 331 pts.



Elizabeth Willmott - 307 pts.



Lindsay Ford - 240 pts.



Laura Dowling - 237 pts.



Sunday 10th July 1994.



REBECCA WINSLADE

Rebecca's Olympian glory

ALTRINCHAM & District Athletic Club's up and coming combined eventer Rebecca Winslade produced some excellent performances in the under 15 girls pentathlon at the 108th Wenlock Olympian Games on Sunday.

After four events, including personal bests in the shot putt and in the high jump with 1

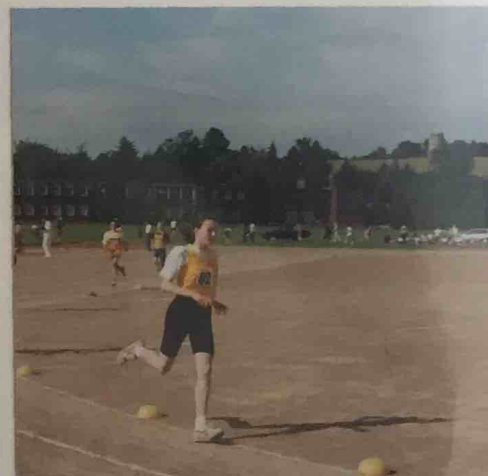
metre 40, Rebecca was lying seventh.

A superb third place in the final event, the 800 metres, elevated her to fourth spot, just 50 points behind the bronze medalist, giving her her best ever pentathlon score.

Meanwhile, in the open events, there was no stopping the two Thirlwell sisters.

In the under 13 age group, Tina won gold in the long jump, silver in the javelin with a club record and bronze in the 100 metres.

Sarah, just missing out on a medal in the shot putt with fourth place and a few personal bests, went on to take silver in the javelin in the under 17s competition.



Rising star Rebecca just misses out on bronze medal

RISING star Rebecca Winslade just missed out on a major medal at a top junior championship at the weekend.

The Altrincham & District Athletic Club combined event produced some excellent performances in the under 16 girls pentathlon at the 108th Wenlock Olympian Games held in Shropshire on Sunday - finishing fourth overall.

Rebecca recorded personal bests in the shot putt and high jump to lie in seventh position after four events, and superb third place in the final event - the 800 metres - elevated her to fourth.

She finished with her best-ever total - and was just 39 points away from the bronze medal.

Meanwhile, in open events, there was no stopping the two Thirlwell sisters



Tina won gold in the long jump, silver in the javelin (with a new club record) and bronze in the 100 metres, while Sarah just missed a medal in the shot putt and took silver in the Under 17s javelin.

TINA & SARAH THIRLWELL



THE 108th WENLOCK OLYMPIAN GAMES
MUCH WENLOCK - SHROPSHIRE.

Sunday 10th July 1994.



ELIZABETH WILLMOTT



LINDSAY FORD



ELIZABETH WILLMOTT



LAURA DOWLING

COUNTY AND INVITATION RELAYS
WARRINGTON, TUESDAY 12th JULY, 1994

4 x 100 m RELAY UNDER 13 GIRLS

Heat 1

1. Warrington "A"	56.2
2. Altrincham (g)	57.9
3. Vale Royal	58.7
4. Frodsham "A"	62.4
5. C.E.P.A.C. n/s	67.2

Heat 3 (Time Trial)

1. C.E.P.A.C. "A"	60.7
2. Mixed Team	62.7

Heat 2

1. Macclesfield	58.7
2. Wirral (g)	58.8
3. Warrington "B"	62.0
4. Frodsham "B"	65.4
5. Whitby Heath	66.0
6. Mixed Team	68.3

Final

1. Warrington "A"	55.9
2. Altrincham (g)	57.8
3. Vale Royal	58.2
4. Macclesfield	58.7
5. Wirral (g)	59.0
6. C.E.P.A.C.	59.8

ANNA KENYON, JOANNE FOSTER,
 GABRIEL CARNWATH & TINA
 THIRLWELL SET A NEW CLUB RECORD
 OF 57.8 s THAT ONLY STANDS FOR 5 DAYS!

3 x 800 m RELAY UNDER 15 GIRLS

Final

1. Vale Royal	7.15.1
2. Macclesfield "C"	7.40.3
3. Crewe & Nantwich	7.58.7
4. Altrincham (g)	8.06.8
5. Macclesfield "A"	8.12.3
6. Warrington "A"	8.13.6
7. Macclesfield "B"	8.32.3
8. Whitby Heath	8.35.3



GABRIEL HANDS OVER TO ANNA IN THE 3x800



ANNA HANDS OVER TO JOANNE

Sunday 17th July 1994.

Records smashed as girls shine

ALTRINCHAM and District AC's girls produced no less than 12 personal best performances and a new club record in their second round match of the North West Womens Young Athletes League.



At Bury the Minor Girls once again won their match with notable performances from Tina Thirlwell (first in the 150m A race and the A Long Jump), Gabriel Carrawath (first in the B Long Jump), Anna Kenyon (first in the B Shot Putt) and Joanne Foster (first in the B 150m).

Following an excellent second place in the A 75 metres, Charlotte Duck, together with Joanne, Anna and Tina set a new club record of 57.4 seconds with a fine win in the 4 x 100 metres relay.

Meanwhile a depleted Under 15 Girls team also produced some fine results with Elizabeth Willmott and Rebecca Winsdale winning the A and S Discus, both with personal best performances. Laura Dowling and Lindsay Ford also produced personal bests in the Hurdles and 800 metres respectively.

In the intermediate Ladies section Karen Senior won maximum points in the B Javelin along with second places in the A Long Jump and B High Jump while Sarah Thirlwell took second place in the Discus, Javelin and Shot Putt and Leanne Harrison was second in the A High Jump.



TINA IN FULL FLIGHT



UNDER 13s
CHARLOTTE DUCK, GABRIEL CARRAWATH, JOANNE FOSTER
TINA THIRLWELL ANNA KENYON

NORTH WEST OPEN COMBINED EVENTS

INCORPORATING

MERSEYSIDE - CHESHIRE - GTR. MANCHESTER (U15-U17)
CHAMPIONSHIPS

KIRKBY STADIUM

23rd - 24th JULY 1994

The Messenger, Thursday, July 28, 1994

**Tina
tops
UK
charts**

AT THE North West Combined Events meeting in Kirby last weekend, Merseyside and District Athletic Club's Tina Davidson produced the best performance in the UK this year for her age group.

She set the standard when she won the gold medal in the under 15 pentathlon after wins in the long jump (4m 45cm), shot put (10m 40cm) and high jump (1m 30cm).

She also finished second place in the 15m hurdles (2.54) and 800 metres (2 min 36.5s). Tina amassed a total of 2,370 points and achieved four personal best performances, doing the way as well as equalling the club record for the U15 age group in the high jump.

Team-mate Astra Kenyon finished in the top half of the field, taking sixth place with 1,296 points in her first ever pentathlon. She also achieved a personal best in the long jump.

In the sprint, Merseyside's Karen Taylor won the bronze medal.



TINA WINS THE LONG JUMP



STAVRAS IN FOR A PB IN THE 200



R RECEIVES HONOR AWARD

Tina takes top spot...

ALTRINCHAM and District AC youngster Tina Thirlwell is the tops in the UK after a tremendous performance in the under 13 girls North West Open pentathlon championships at Kirby.

Tina, 12, is a first year pupil at Altrincham Grammar School and has been a member of the Altrincham club since she was seven, training under coach John Snape.

And Tina's success is a real feather in the cap for John who has just won his qualification as a heptathlon coach.

Natural

John enthused: "Tina is a natural athlete, being a top netball player with her successful school team and she enjoys most sports."

Her good all-round standards make her a natural for the pentathlon and she showed great character and determination in the event which lasted for 11 hours.

including some heavy thunderstorms.

"She began with a personal best of 4.61 metres in the long jump for 456 points and went on to more personal bests in the 70m hurdles, 12.5 seconds for 521; 6.69m in the shot for 315 and 1.36m in the high jump for 470 to set up a crunch race in the final 800m event.

"Tina knew that she had to pull out all the stops to beat her close rival C. Gibbons of Liverpool Pembroke and beat her previous best of 2m 42.4s.

"And she did it in some style scoring round in 2m 36.7s to claim 611 points for a total of 2,373, which is only marginally short of the under 15 Grade One standard.

"Her total is easily the best scored by a UK athlete of her age this year and she will be looking to improve on this performance when she competes in the Welsh Championships later in the month."

Tina said: "I enjoyed the competition and it makes the training two nights a week worthwhile."



Manchester Evening News

Wednesday, August 31, 1994

All-rounder Tina picks up UK title



ALTRINCHAM young athlete Tina Thirlwell is the tops in the UK.

She put in a tremendous performance in the under 13 girls north west open pentathlon championships at Kirby.

Tina, 12, a first-year pupil at Altrincham Grammar School, has been a member of Altrincham athletics club since she was seven, training under coach John Snape.

Her success is a real feather in the cap for John, who has just won his qualifications as a heptathlon coach.

He said: "Tina is a natural athlete, being a top netball player with her successful school team, and she enjoys most sports."

"Her good all-round standards make her a natural for the pentathlon and she showed great character and determination in the event, which lasted for 11 hours including some heavy thunderstorms."

Her points total of 2,373 was easily the best scored by a UK athlete in her age group.

■ Top under 13 pentathlete Tina Thirlwell with her medals

Express Advertiser, 28 July, 1994

EXPRESS SPORT'S ATHLETICS SCENE

Pentathlete Tina best in the land

ALTRINCHAM and District AC's Tina Thirlwell produced the best performance in the UK this year in her age group in winning the gold medal in the under 13 pentathlon at the North West Open Combined Events meeting held at Kirby.

With wins in the long

jump (4m 61cm), shot putt (6m 69cm) and high jump (1m 36), and second places in the 75m hurdles (12.5s) and 800 metres (2 min 36.7s) Tina amassed a total of 2,373 points and achieved four personal best performances along the way as well as equalling the club

record for the Under 13s in the high jump.

Team-mate Anna Kenyon finished in sixth place with 1,896 points in her first ever pentathlon, also achieving a personal best in the long jump.

In the spring triathlons, Karen Senior won the bronze medal having run all her races (100m, 200m and 300m) in pouring rain.



ANNA KENYON U13 GIRLS PENTATHLON



REBECCA WINSLADE U15 GIRLS PENTATHLON



GABRIEL CARNWATH U13 GIRLS PENTATHLON



REBECCA WINSLADE U15 GIRLS PENTATHLON



ELIZABETH WILLMOTT U15 GIRLS TRIATHLON



KAREN SENIOR U17 GIRLS TRIATHLON

Saturday 13th August 1994.

Athletes' Welsh wizardry

ALTRINCHAM & District Athletic Club's Intermediate Ladies Karen Senior and Sarah Thirlwell struck gold at the Brian Woolley Memorial Wrexham Games held at Queensway International Stadium in Wrexham last Saturday.

Karen won the Long Jump with a lifetime best of 4m 50cm and also won bronze in the 300 metres by the slender margin of two hundredths of a second after an exciting sprint to the line.

Sarah won the Shot Putt and also took the bronze in the Discus.

Under 13 Tina Thirlwell also produced some excellent performances and won silver medals in the 100 metres, Long Jump as well as producing a personal best in the Discus.



KAREN SENIOR



SARAH THIRLWELL



Golden girls

TWO of Altrincham & District AC's Intermediate Ladies produced gold medal performances at the Brian Woolley Memorial Wrexham Games.

Karen Senior capitalised on her regained jumping form to win the long jump with a life-time best of 4m 80 and also won bronze in the 300 metres by the slender margin of two hundredths of a second in an exciting sprint.

Sarah Thirlwell won the shot putt and also took the bronze in the discus.

Under 13 Tina Thirlwell continued to produce excellent performances winning silver medals in the 100 metres, long jump and, with a personal best performance, in the discus.



KAREN SENIOR

TINA THIRLWELL

Sunday 21st August 1994.

Golden girls

ALTRINCHAM and District AC's Rebecca Winslade and Leanne Harrison enjoyed success at Oldham & Royton's Muriel Risk Trophy meeting on Sunday.

Rebecca snatched victory in the under 15 Girls high jump with her third and final attempt at 1 metre 39cm, having earlier finished in third place in the 100 metres.

Leanne bettered Rebecca by one centimetre to take silver in the Intermediate Ladies high jump with 1 metre 40cm and also won bronze in the 80 metre hurdles in a personal best 15.6 seconds.



REBECCA WINSLADE



LAURA DODGINS



LEANNE HARRISON



REBECCA, LEANNE & LAURA

ATHLETICS ASSOCIATION OF WALES CYMDEITHAS ATHLETAU CYMRU

WELSH AND OPEN CHAMPIONSHIPS 1994
PENCAMPWRIETHAU CYMRU 1994
COMBINED EVENTS



The Messenger, Thursday, September 1, 1994.

Tina's a Welsh wonder

TWO TALENTED athletes from Altrincham stole the glory in the U13 Girls Pentathlon at the Welsh Combined Events Championships in Wrexham last Saturday.

Tina Thirlwell, of Altrincham & District Athletic Club, produced personal best performances in the 70m hurdles and shot putt to win the competition with 2,180 points, having led the field of thirteen athletes from start to finish. Altrincham's Anna Kenyon stormed into fourth place overall after winning the 800 metres ahead of Tina.



WATCH OUT STEPHANIE LITTLE OF
NEWPORT, HERE COMES THE CATALRY!

TINA KEEPS THE WELSH WAITING AS
SHE RECEIVES THE GOLD MEDAL.

THE PRINCIPALITY

BUILDING SOCIETY

Partnership is our Principle

1994 WELSH COMBINED EVENTS CHAMPIONSHIPS

27TH/28TH AUGUST, 1994

QUEENSWAY SPORTS COMPLEX,
WREXHAM

ANNA
KENYON



REBECCA DINSLADE

Express Advertiser, 1 September, 1994

Triple treat

THE WELSH suffered a crushing defeat by three young ladies from the North West of England in the Under 13 girls pentathlon at the Welsh Combined Events Championships at Wrexham on Saturday.

Tina Thirlwell of Altrincham and District AC, already North West champion and currently No. 2 in the UK, led the competition from start to finish starting with a modest 4m 31cm in the long jump into a strong head wind before producing personal best performances in the 70 metre hurdles and the shot putt.

With a respectable high jump of 1m 30cm she started the 800 metres 94 points ahead and finished that event in second place to win the competition by 118 points.

Danielle Parkinson of Rochdale finished third with Altrincham's Anna Kenyon moving up from seventh to fourth with a fine display of tactical running in the 800 metres, storming into the lead with 30 metre to go and just beating Tina.

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE

Sunday 4th September 1994.



JEANNE FOSTER
& ANNA KENYON



ELIZABETH WILLMOTT



LYNDSEY FORD



SARAH THIRLWELL

Express Advertiser, 8 September, 1994

THE young ladies of Altrincham and District Athletic Club put on a superb display on Sunday to move up to third position in Group 2 in the final round of the North West Womens Young Athletes League held at Burr, with the Minor Girls once again winning their match, the under 15s finishing second and the Intermediates securing third.

In the Minors section, Tina Thirlwell had a hat trick of wins in the 100 metres, long jump and shot putt, with Anna Kenyon winning the B 1000 metres with a personal best and the B shot putt. Jeanne Foster finished second in the B 150 metres.

Under 15 Elizabeth Willmott demonstrated her improving form

with personal bests in winning the shot putt and finishing second in the B75 metre hurdles. She also won the long jump.

Rebecca Winslade won the discus, cleared 1 metre 40 to finish second in the high jump and took second in the 100 metres.

Gemma O'Driscoll marked her return to competition with seconds in the B 100 metres and B long jump, and Madeline Caruath added points with a second in the B high jump.

In the Intermediate section, Karen Senior and Leanne Harrison had their private battle in the 80 metre hurdles and Karen went on to record a best ever in the B javelin with Sarah Thirlwell winning the A event.

Sunday 11th September 1994.

The Messenger, Thursday, September 15, 1994

Near perfect marks in track & field

THE MINOR Girls of Altrincham & District Athletic Club achieved a near perfect score in round four of the Cheshire Track & Field League held at Crewe on Sunday.

In the 200 metres sprint Tina Thirlwell was second in the A race with Joanne Foster, Anna Kenyon and Charlotte Duck winning the B, C and D races.

Joanne and Anna then went on to take first and second in the A 800 metres with Tina and Gabriel Carnwath doing likewise in the B race.

In the field events Tina and Gabriel won the A and B Shot Putt.



Charlotte, Joanne, Anna and Tina then went on to win the 4 x 100 metre relay to achieve the remarkable record of winning every match in their seven league meetings this year.

The U15s Girls had a tough match but Elizabeth Willmott pulled out a personal best throw to take second place in the A Javelin while in the Senior Ladies match Carolyn Kenyon produced a magnificent run in the 800 metres, winning by a huge margin, and Leanne Harrison achieved second place in the A High Jump with Carolyn winning the B and Sarah Thirlwell threw the 4kg shot over 8 metres for the first time to take second place in the A Shot Putt.



TINA THIRLWELL 2A



JOANNE FOSTER 1B



ANNA KENYON 1C



CHARLOTTE DUCK 1D



ISABELLE DUCK 1H 100

CHESHIRE TRACK & FIELD LEAGUE
ROUND 4 - CREWE

Sunday 11th September 1994.



LEAH HARRISON



JANE FOSTER & ANNA KAYEN HEAD THE A BOB



REBECCA WINSIDE

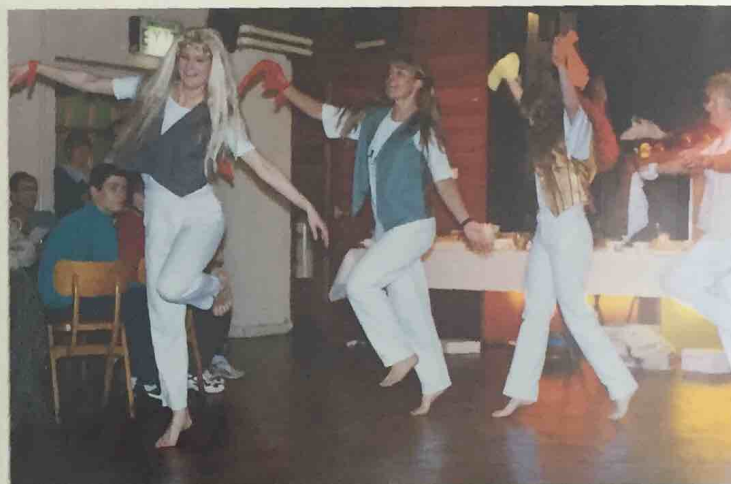
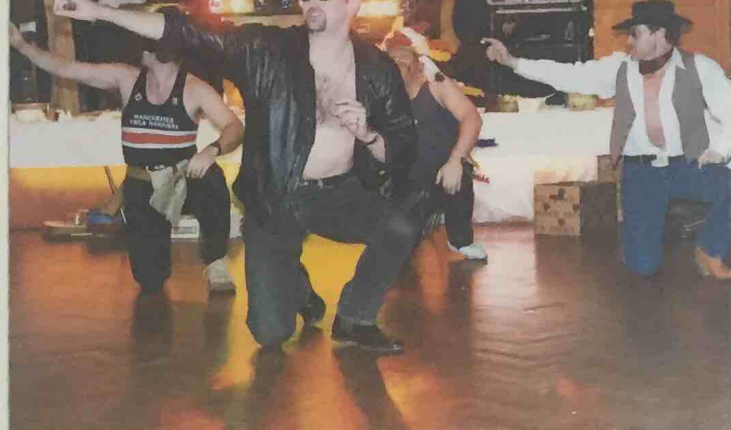


SARAH THURWELL



PRESENTATION EVENING

Friday 11th November 1994



A.D.A.C.

18

Presentation Night

Friday, 11th November, 1994

Time: 7.30 p.m.

Place: British Rail Club, Navigation Road,
Altrincham

Dress: Come as you WERE in the 60's/70's

Music: Disco 60's/70's

Tickets: Junior Senior

Buffet: Included in price

