

MULTI - EVENTS TRAINING - WINTER 1992/93

NORTH WEST MULTI - EVENTS TASK FORCE - WAVENTREE

SUNDAY	13th DECEMBER	10am - 3pm
	31st JANUARY	
	21st MARCH	

INDOOR / OUTDOOR TRAINING SESSIONS AT ROBIN PARK WIGAN

SUNDAY	10th NOVEMBER	10am Start
	09th DECEMBER	
	3rd JANUARY	
	10th JANUARY	



RICKY ABBOTT, NIGEL SHAW
GRAHAM LOCKE & SARAH THRELKELD



GRAHAM LOCKE
LAURA DOUGLAS
SARAH THRELKELD

THE PLANTATIONS - WIGAN
10th JAN 1993

NORTH OF ENGLAND ATHLETIC ASSOCIATION
WOMEN'S CROSS COUNTRY CHAMPIONSHIPS

WITTON COUNTRY PARK, BLACKBURN.

SUNDAY, 24th. JANUARY 1993.



REBECCA DASHWIDE



ANNA KENYON



LAURA DOOLING



The Messenger, Friday, January 28th, 1983

Jayne's a bright Spark for Alty

SALE may have been the overall team champions at the North of England Women's Cross-country Championships in Blackburn, but Altrincham and District Athletics Club took the major individual prize when Jayne Spark romped home in first place.

Spark, who is training to become a teacher, finished the gruelling course nine seconds ahead of Sale's Sue Parker, and the 22-year-old flier certainly looks to have bright future ahead of her.

Other Altrincham finishers included Alison Rowe in 181st place, Margaret Davies in 111th and Jean Jones in 119th. This enabled the Altrincham team to take 19th position overall in the championships.

Altrincham's sole runner in the Junior Ladies event was Carolyn Kewson, who carried the team's colours with pride to finish 61st.

The Minor Girls had a team of four running at the championships, and they were led home by 11-year-old Anna Kewson, who marked her debut in her first ever meeting with a fine 127th place - despite being spiked at the start.

Rebecca Winstade (300th), Madeline Carnwath (270th) and Laura Howling (304th) were the other Altrincham finishers.



JAYNE SPARK



ALISON ROWE



CAROLYN KEWSON



MARGARET DAVIES



JEAN JONES

Height: 22.26, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 8

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Figures 41A: 30, Tachibana Maruho 41A: 21, Nagi Wata 41A: 22, Washikawa Maruho 41A: 23, Sato's Limestone 1920: 24, Washikawa Maruho 41A: 25, Nagi Wata 41A: 26, Onoda Maruho 41A: 27, Sato's Limestone 41A: 28, Washikawa Maruho 41A: 29.

[illegible]

Name: Jayne Spark
Born: 16th September, 1970
Club: Altrincham
Coach: Don Nichol
PB at 800: 2:06 **1,500:** 4:23
Mile: 4:41 **3,000:** 9:26

THE 300m-long 'steep' hill which Jayne Spark negotiates every time she goes running is but a molehill to her three dogs.

The new Northern women's champion climbed her mountain simply by getting to the area start line at the end of a year-long injury nightmare.

Achilles tendon problems totally dominated last year for the hubbly 22-year-old from Ayrincham.

She was not able to begin training again until the early part of December.

The Northern area race was only her third outing since the enforced lay-off.

The other two were an 18th place in the Durham International on 2nd January which should have alerted observers to her potential in the

④ Joyce Sprink (Alt)	23:11
⑤ Sue Parker (Tie)	23:20
⑥ Angela Louma (Unc W)	23:23

Northern, and a victory in the South East Lancs League at Middleton on 9th January when she won by 39 seconds.

Before her seemingly endless injury worries, she had suggested what a fine cross country runner she could be by winning the Greater Manchester county title in 1991.

Now she is relieved to be able to run pain-free and enjoying her athletics again.

"After what I have been through, I am just glad to be back running. The injuries seemed to last for ever," she says.

Two wins out of three races is quite an impressive record for the trainee primary school teacher, especially after such a long and potentially demoralising enforced break.

now hoping to be 'up there on the clouds' in her next three-leg programme.

Students' Championships at Glasgow last Saturday.

The inter-counties at Limerick on Saturday, will be followed by the Women's National at Limerick two weeks later.

College student, who initially took up running to help her dad prepare for a marathon, is planning to work on reducing her track times.

"Now that I am able to run again, I hope to compete in the British Students' track championships," she says.

hours," she quickly adds, anxious not to take too much for granted for obvious reasons.

she lives on that 500m hill because it helped her adapt to the demands of living there.

She explains, "I was having a little trouble, you know, but I was

knew that, once the long hill came up, I would have a go at breaking away and hope that no strength would come through."

Sure enough, her strength held her in good stead as she went away to take her first aerial by nine seconds.

Spain's coach of the last six years, Don Nicolai, also believes that the hillier the course, the better she will be.

"Before the race Don told me that it was my sons of course and he thought I would do well. I just seem to thrive on the hills," Spark says.

just come striding through, she must believe that she is able to thrive on adversity.

Home



Layne Sparks = Thruway

FRONT RUNNERS

Athletics Weekly's tribute to the "golden girls" who led home the cross country championships



VICKY JACKSON



CLAIRE O'BRIEN, CLARE
RENE & KATHENA HANE

WARRINGTON PARKLANDS RELAYS
VICTORIA PARK
28TH MARCH 1993



VICKY JACKSON



SAM BIRCH



CLAIRE O'BRIEN



1st LEG SARAH THIRLWELL 9m 48s



2nd LEG KAREN SENIOR 10m 16s



3rd LEG VICKY ABBOTT 9m 57s



WARRINGTON PARKLAND RELAYS
VICTORIA PARK
25TH MARCH 1993

UIS GIRLS 7TH TEAM

SPORTSHALL 1992 / 1993

ROUND 3
LIVERHAM
29/11/93



KARIM SENIOR



SARAH THIRLUWELL



CAROLINE LOCKE



ELIZABETH DILLMOTT

VII FUN IN ATHLETICS

SOUTH MANCHESTER TEAM
AT BODFORD 5 DEC 1992

ALT. SELL - TINA THIRLUWELL, ANNA KAYSON
CHERRYL EMBLETON, CAROL ROYLE



SPORTSHALL 1992 / 1993



U11 GIRLS RELAY HEAT

G.M.A.A
COUNTY
SPORTSHALL
CHAMPIONSHIPS

ATREIDCHAM

7TH FEB 1993



U11 GIRLS FINAL 2nd.



OLAVIE DALTON U11 1st



LAURA JOOLING U11 6th



SARAH THIRLWELL 2nd U11 3rd



SARAH THIRLWELL IN
GREATER MANCHESTER COLOURS
6 1st PARLIAM.
N.O. REGIONAL CHAMPS
ATREIDCHAM 7 MARCH 1993

WARRINGTON A.C. WINTER TRACK & FIELD MEETING

Victoria Park Knutsford Road, Warrington
Sunday 28th. February 1993.



TINA THURSELL



IAN BROWN

VICKY JACKSON



ANNA KENYON, VICKY JACKSON & TINA THURSELL



IAN THURSELL



IAN BROWN



IAN THURSELL



**13th March
AAA OF ENGLAND
COMBINED EVENTS
CHAMPS
COSFORD**

Girls
 FF5F1, 1, 9 Times (H) 2,657 (9.71,
 1.47, 7.15, 5.50, 2:57.08) 2, 5
 Wins (Hd) 2,573 (9.74, 1.38,
 8.00, 6.25, 2:56.87) 3, 5 Philise
 Hdd 2,543 (10.02, 1.47, 7.59,
 4.70, 2:57.48) 4, 3 Harcock (Pm)
 2,468, 3, 4 Parker (Gf) 2,428, 6,
 K Chalmers (Gf) 2,380, 7, 1
 Hadden (Fv) 2,245, 8, C Ryan
 (Hv) 2,221, 9, 5 Hadden (H)
 2,195, 10, 8 Chalmers (Vg)
 2,018



SARAH THIRLWELL AT RAF COSFORD





VICKY JACKSON 2nd



KAREN SENIOR 1st



VICKY JACKSON 800m



SARAH THRELKELL 3rd



SARAH THRELKELL

Express Advertiser, April 8, 1993

ALTRINCHAM and District girls got the track and field season off to a splendid start at Wrexham's OPEN meeting on Sunday.

The Under 15s dominated the long jump with Karen Senior first with 4m 52, Sarah Threlkell third and Rebecca Winslade fourth with her best ever jump over 4 metres.

Vicky Jackson, the well in the Under 15s long jumper with a leap of 3m 45, putting her in third place, and then went on to take second place in the 100m.

In the 100m Vicky Jackson, Rebecca Winslade and Elizabeth Williams all produced personal bests.



REBECCA WINSLADE 4th



ELIZABETH WILLIAMS 100m

The Messenger, Friday, April 9th, 1993

Karen jumps to it for Altrincham

KAREN Senior helped the Altrincham and District Athletic Club's girls' team jump ahead of the competition at the Wrexham open track and field meeting on Sunday.

The Altrincham side showed her leaping skills when she won the U15s girls' long jump with a distance of 4.52m. Team-mates Sarah Threlkell and Rebecca Winslade also looked in fine form when they claimed third and fourth places respectively in the same event.

Vicky Jackson gave an all-round performance, finishing third in the U15s girls' long jump and second in the 100m. She also completed a personal best in the 100m as did team-mates Rebecca Winslade and Elizabeth Williams.

CHESHIRE TRACK & FIELD LEAGUE
ROUND 1 - BELLE VUE - 18th APRIL 1993



TINA THIRLWELL



VICKY JACKSON



BLACKLEY PENTATHLONS - 25th APRIL 1993



SARAH THIRLWELL - 4th - U15 GIRLS - 2121 pts



HEATHER JACKMAN - 8th - U17 GIRLS - 1829 pts

BLACKLEY OPEN MEETING - 25th APRIL 1993



TINA THRELWELL 50M



VICKY ABBOTT 500M



LARREA JOHNSON 500M



SCOTT WATKINS 500M



TINA THRELWELL 500M



JOHN BIRCH 500M

NORTH OF ENGLAND A.A. COMBINED EVENTS CHAMPIONSHIPS ROBIN PARK WIGAN - 2nd MAY 1993



Express Advertiser, May 6, 1993

Sarah's sharp

ALTRICHAM and District Athletic Club's junior star Sarah Thirlwell took the bronze medal at the North of England Combined Events Under 15 girls pentathlon held at Wigan.

Going sixth after three events, Sarah hit new heights in the high jump, then, having achieved three personal bests out of four events she pulled out all the stops to take third place in the 800 metres and third place overall.

Her individual achievements were: long jump 4m 42, 70m hurdles 12.79 sec, shot putt 7m 12, high jump 1m 52 and 800m 2.22.00.

That gave Sarah a total of 2472 points, beating her previous best of 2150.

The Messenger, Friday, May 7th, 1993

Thirlwell thrives

SARAH Thirlwell, of Altrincham and District A.C. and her winter training to good effect, winning the bronze medal in the North of England A.A. Combined Events 1115 Girls Pentathlon at Robin Park Wigan last Sunday.

Young Sarah, with her two strongest events ahead of her, Sarah cleared the 52 cm in the High Jump, just then behind the winner, to take her third personal best performance of the day and to lift her to fourth position. In the final event a third Sarah dog deep bite her

energy reserves to take second place in her best of the 800 m, giving her third place in that event, overall, and sufficient points to give her third place in the competition. Sarah's individual results were: Long jump 4m 42, 411 pts; 75 M Hurdles 12.79 s, 487 pts; Shot Putt 7m 12, 345 pts; High Jump 1m 52, 844 pts; 800 m 2.22.00, 575 pts.

That gave Sarah a total of 2472 points. Her best previous score was 2150, posted at the English Indoor Championships at RAF Cottesloe in March earlier this year.



SARAH THIRLWELL - 3rd. - UNDER 15 GIRLS PENTATHLON - 2472pts.

GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS LONGFORD PARK STRETFORD - 15/16th MAY 1993

Express Advertiser, May 20, 1993

Jayne Sparks club success

A BUSY weekend for Altrincham and District Athletic Club saw Jayne Spark win the senior 800 metre title at the Greater Manchester County Track and Field Championships at Birefield, with bronze medals going to Martin Crosby in the 2,000 metres, Josephine and Carolyn Kenyon in the intermediate 400 metres.

In the Under 15's, Sarah Thirlwell high jumped to gold in a personal best and equalled the club age record of 1m 56cm. Vicki Abbott just missed out on a medal, taking fourth place in the 400 metres.

In the Obstacle at Warrington, Anne O'Kearney-Flynn scored an impressive double by taking both the 800 metres and 1,500 metres titles.

ington, Anne O'Kearney-Flynn scored an impressive double by taking both the 800 metres and 1,500 metres titles.



JAYNE SPARK 800M 1st 2:09.8



SARAH THIRLWELL HJ 1st 1m 56cm



CAROLYN KENYON 300M 1st 43.7
HAT 4th 44.1



REBECCA WINSLADE 100M 1st 15.0





TINA THIRLWELL 80m

12.55



VICKY ABBOTT 800m

HEAT 2-22-2
FINAL 2-35-3



CAROLYN KENSON 800m

2:12-1



KARST SENIOR LJ

5ft 4-36



CAROLINE LOCKE SP

8m 30cm

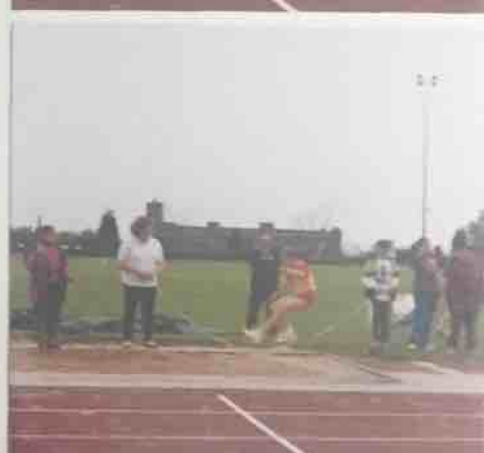


MARTIN CROSBY

3C.

OLDHAM & ROYTON H & A. C. OPEN MEETING 23rd MAY 1993

MATTHEW KORAN	100m
TINA THURLOW	100m, 200m, 400m
VICKY JACKSON	200m, 1500m, 400m





Vicky Abbott 8th, 200m, 1st
Kara Savage 100m 200m 1st.



Vicky 2nd 200m
Kara 3rd 100m.



REBECCA LUSKINS 200m



HUBERT HANCO HJ



MATTHEW HORAN 800m

BRIAN RENTON TROPHY MEETING WARRINGTON 31st MAY 1993



HUBERT WITH
TROPHY FOR THIRD
PLACE IN HIGH
JUMP WITH REBECCA.

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE ROUND 1 BURY 6th JUNE 1993



TINA THRELKEL



KAROL SCHOR 200 100M



SARAH THRELKEL 200 100M



ANNA KENYON 800M



REBECCA WINDS 1500M



HARRISON STROUD 1500M 1000M 800M



GABRIEL CHANATH 100M



LUCY ABBOTT 100 800M



CHLOE KENYON 800M

CHESHIRE TRACK & FIELD LEAGUE ROUND 2 BURY 20th JUNE 1993

Express Advertiser, June 24, 1993

Anna's treble toppers

ALTRINCHAM and District AC's Under 13 girls hit new heights at the second round of the Cheshire Track and Field League held at Bury on Sunday.

Star performer of the day was eleven years old Anna Kenyon who won the A High Jump with a magnificent 1m 28cm and third in the A 200m, all with personal best performances.

Tina Thirlwell ran a tremendous race to finish 3rd in the A 500m with Gabriel Curran 3rd in the C 200m and 3rd in the B 800m, also all with personal bests.

Havley Warrington celebrated her first victory with the club with victory in the B High Jump with 1m 10cm.

The Under 13 girls did well in the field events with Elizabeth Willmott winning the A Discus and taking second in the B Long Jump, both with personal best performances.

Rebecca Winstade took second place in the D Discus and third in the A Long Jump.

In the Senior Ladies competition Heather Jackson secured second place in the High Jump while Carolyn Kenyon came second in the B 200m and second in the A 500m with a time of 2m 24.9.

The Messenger, Friday, June 25, 1993

Grand Kenyon

ALTRINCHAM & District AC athlete Anna Kenyon soared to new heights when she won a Minor Girls High Jump competition, with a magnificent 1m 28 cm last Sunday.

The 11-year-old was competing in the second round of the Cheshire Track & Field League held at Bury.

Not content with one personal best performance, she improved her times

on the track taking second place in the B 200m and 3rd in the A 500m.

Under 13 girls Elizabeth Willmott and Rebecca Winstade also had a field day with Elizabeth winning the Discus and taking second in the B Long Jump, and Rebecca second in the B 200m and third in the A Long Jump.

Carolyn Kenyon ran well in the Senior Ladies races, finishing second in both the B 200m and the 500m.



ELIZABETH WILLMOTT



ANNA KENYON



CAROLYN KENYON



GABRIEL CURRAN



ANNA KENYON



HEATHER JACKMAN

ESAA NW REGIONAL COMBINED EVENTS CHAMPIONSHIPS BEBINGTON 26th JUNE 1993



ESAA NW Regional Combined Events Championships - 26/27 June 1993, Bebington Oval, Merseyside

JUNIOR GIRLS PERFORMANCE																
Pos	No	Athlete	County	100m Hurdles			Shot			Long Jump			High Jump			TOTAL
				Perf.	Points	Pos	Perf.	Points	Pos	Perf.	Points	Pos	Perf.	Points	Pos	
1	17	Priscilla Taylor	Merseyside	11.8	395	1	8.11	405	1	4.57	405	2	1.14	395	2	2,593
2	14	Julianne Lacey	Merseyside	12.5	325	4	8.38	375	7	5.15	325	1	1.14	395	2	2,385
3	10	Rebecca Clarke	Cheshire	12.5	305	5	7.71	395	5	4.96	345	3	1.07	355	11	2,463
4	12	Joanna Pearson	Cheshire	12.5	305	12	6.78	325	11	4.47	421	12	1.01	325	5	2,371
5	15	Joanna Thomas	Cheshire	14.0	485	17	7.40	375	14	4.58	445	15	1.01	325	6	2,364
6	13	Rebecca Pearson	Merseyside	13.0	385	11	6.88	305	14	5.04	375	6	1.21	425	10	2,403
7	11	Lucy Taylor	Cheshire	12.4	335	3	7.72	385	21	4.40	405	9	1.09	355	7	2,465
8	16	Rebecca Taylor	Cheshire	13.0	385	13	7.28	355	8	4.59	405	11	1.01	325	4	2,363
9	18	Joanna Morgan	Cheshire	12.8	375	8	6.54	405	9	4.82	405	12	1.01	325	8	2,403
10	20	Joanna Taylor	Cheshire	12.7	385	6	6.55	355	10	5.09	375	4	1.20	435	9	2,318
11	19	Lucy White	Merseyside	13.0	385	14	6.58	305	13	4.98	445	10	1.06	405	12	2,441
12	21	Caroline Ryan	Merseyside	13.0	385	8	6.81	405	3	4.51	435	8	1.04	385	13	2,412
13	16	Lucy Taylor	Merseyside	12.7	385	2	7.17	345	4	4.72	475	3	1.06	425	8	2,381
14	18	Joanna Morgan	Merseyside	13.0	385	10	6.48	305	19	4.28	375	14	1.01	325	14	2,281
15	17	Joanna Thomas	Cheshire	13.2	345	15	6.82	285	18	4.45	415	18	1.01	325	14	2,415
16	18	Joanna Thomas	Cheshire	13.0	385	21	6.52	304	21	4.31	385	21	1.01	325	18	2,214
17	24	Zoe Jack	Merseyside	13.1	385	18	7.24	385	12	4.58	375	14	1.01	325	18	2,214
18	22	Victoria Smith	Merseyside	12.8	385	7	6.73	315	8	4.58	375	15	1.01	325	18	2,214
19	19	Joanna Taylor	Merseyside	14.0	485	20	6.18	405	17	4.23	385	17	1.01	325	18	2,214
20	23	Joanna Thomas	Cheshire	14.1	484	18	6.78	325	20	4.18	345	20	1.01	325	20	2,185
21	24	Joanna Thomas	Cheshire	14.0	485	21	6.50	240	21	4.18	345	21	1.01	325	20	2,185
22	25	Joanna Thomas	Cheshire	14.2	454	19	7.20	385	19	4.18	345	19	1.01	325	21	2,185
23	26	Joanna Thomas	Cheshire	14.3	454	20	6.44	285	20	4.23	385	22	1.01	325	21	2,185
TEAM SCORES																
1	Merseyside			5,871												
2	Cheshire			5,485												
3	Merseyside			5,380												
4	Cheshire			5,174												
5	Cheshire			5,084												

GREATER MANCHESTER YOUTH GAMES BELLE VUE - 26th JUNE 1993



Sarah Thirlwell wins the High Jump for Trafford.



The Messenger, Friday, July 2nd, 1993

1993 GREATER MANCHESTER YOUTH GAMES

TRAFFORD'S RESULTS

Trafford's score is printed alongside each event

Athletics	40pts, Bronze	(Manchester = Gold)
Basketball Boys	0pts	(Manchester = Gold)
Basketball Girls	11pts	(Stockport = Gold)
Football U12	11pts	(Stockport = Gold)
Football U17	20pts	(Tameside = Gold)
Hockey Boys	50pts, GOLD	
Hockey Girls	50pts, GOLD	
Net Hockey - Boys U11	50pts, GOLD	
Net Hockey - Girls U11	30pts, Silver	
Net Hockey - Girls U13	30pts, GOLD	
Pop Lacrosse	40pts	(Stockport = Gold)
Lacrosse	50pts, Silver	
Tennis	0pts	(Stuy = Gold)
Netball U11	50pts, Silver	
Netball U13	50pts, GOLD	
Rugby League U11	30pts	(Stockport = Gold)
Rugby League U13	30pts	(Chalfont = Gold)
Table Tennis - Boys	40pts	
Table Tennis - Girls	40pts	
Table Tennis - TPD	40pts, Bronze	
Translating U13	30pts	(Wigan = Gold)
Translating U13	40pts	(Wigan = Gold)
Volleyball - Boys	40pts, Bronze	(Oldham = Gold)
Volleyball - Girls	20pts	(Oldham = Gold)
		(Bolton = Gold)
		(Tameside = Gold)

Half a point denies athletes

HALF a point separated Trafford's athletic bronze medallists from second placed Stockport in the Greater Manchester Youth Games.

And that meant Trafford had to settle for 45 points rather than 50 in their assault on the Games' overall league standings.

But Trafford still celebrated as five of the borough's girls won individual events.

And they topped a double in the 900 metres and 1500 metres girls events.

Tracy Cairns won the A string 800 metres race and Alison Fyfe followed up with

victory in the B string equivalent.

Meanwhile Claire Donatone powered ahead to finish the A string 1500 metres event as Kathryn Hindlewood clinched the B string race at the same distance.

Sarah Thirlwell added to this by winning the high jump. But the boys also contributed to Trafford's overall athletics total.

Andrew Perry came second with the javelin, Anthony Hughes yards home 20 second place in the B string 1500 metres event while Matthew Small enjoyed second place in the 80 metres hurdle A string final.

**TRAFFORD OPEN MEETING
LONGFORD PARK STADIUM - 4th. JULY 1993**



REBECCA GINSBURG



SARAH THIRLWELL



SARAH THIRLWELL



TINA THIRLWELL



HEATHER JACKMAN



REBECCA GINSBURG



TINA THIRLWELL



VICKY ABBOTT



NICKY JORDAN

WENLOCK OLYMPIAN GAMES MUCH WENLOCK - 11th. JULY 1993



TOP. SHARON THIRLWALL 1st 2541pts
MIDDLE REBECCA WINSlade 9th 1597pts
(FIRST EVER PARTICIPANT)
BOTTOM HEATHER JACKMAN





The Messenger, Friday, July 16th, 1993

Thirlwell the Wenlock wonder

SARAH Thirlwell paraded her versatile athletic skills before an enthralled crowd at the Wenlock Olympian Games held at Much Wenlock in Shropshire on Sunday.

And spectators watched as the Greater Manchester County U15 Girls High Jump Champion repeated her gold medal winning performance of 1m.56cm.

This along with a personal best achievement of 13.3 secs in the 70m hurdles and an excellent performance in the shot, long jump and 300m gave the Altrincham & District A.C. youngster a personal best Pentathlon score of 2541 points to take the gold medal and winners' trophy in the under 15 Girls Pentathlon.

Express Advertiser, July 15, 1993

ATHLETICS Gold again for Sarah

GREATER Manchester County Under 15 Girls high jump champion, Sarah Thirlwell, repeated her gold medal winning performance of 1m.56cm, on Sunday in front of an enthralled audience at the Wenlock Olympian Games.

Added to a personal best performance of 13.3 seconds in the 70m hurdles and excellent performances in the shot, long jump and 300 meters, this gave the Altrincham and District youngster a personal best score of 2541 points to take the gold medal in the Under 15 Girls Pentathlon.



SARAH DOCKS HER LAY THROUGH TO WIN THE 300M



Sarah Thirlwell wins U15 Girls Pentathlon with 2541 points.

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE ROUND 2 BURY 18th JULY 1993



TINA THIRLWELL



ANNA KENYON



TINA THIRLWELL



SIÂN BIRCH



ANNA KENYON



GABRIEL CARMATH

The Messenger, Friday, July 23, 1993

Kids beat aggregate

ALTRINCHAM and District Athletic Club's girls returned victorious from the second round of the North West Womens Young Athletes League held at Bury last Sunday, with their best ever aggregate performance.

The under 17 girls produced thanks to several outstanding individual performances.

- Carolyn Kenyon won the 1500m and clinched second place in the 1000m and Shot Put.
- Heather Jackson gained second place in the High Jump, 200m and 800m.
- And Jessica Bradshaw won the 800m and 1500m while finishing second in the 400m and third in the 100m.

These performances combined to help give the U17 Girls their first victory in the league.

The under 15 girls also won on the day with victories from Vicki Abbott in the 800m, 1500m and 500m, Leanne Harrison in the 100m and Elizabeth Willmott in the 100m.

Karen Senior was second in the A 100m and the A Javelin. Stacy Harrison second in the B 100m and Rebecca Windale grabbed second in the B 70m hurdles and the B 200m, recording yet another personal best in the latter.

Madeleine Carmath made a welcome return to take third place in the B 800m.

Although second in their section, the under 13 Girls produced five personal best performances with 11-year-old Tina Thirlwell excelling in the 800, 1500m and especially in the Long Jump which she won with a magnificent 3m 90cm.

Anna Kenyon's second place in the B 800m and Gabriel Carmath's third place in the B 800m were also personal bests.

Siân Birch, Anna Kenyon, Gabriel Carmath and Tina Thirlwell produced an excellent team effort to finish third in the 4 x 100m relay.

This was followed by a fine display of baton changing by the U15 4 x 100m squad of Karen Senior, Vicki Abbott, Stacy Harrison and Leanne Harrison who took second place to complete a tremendous day for the team.

Express Advertiser, July 22, 1993

League double

ALTRINCHAM and District AOB girls returned victorious from the second round of the North West Womens Young Athletes League at Bury on Sunday, with their best ever aggregate performance.

Carolyn Kenyon's win in the 1500m and second places in the 1000m and shot put, together with Heather Jackson's second places in the high jump, 300m and 800m and Jessica Bradshaw's win in the 800m and 1500m, secured in the javelin and third in the discus gave the U17 Girls their first victory in the league.

The Under 15s also won on the day with victories from Vicki Abbott in the 800m, 1500m and 500m, Leanne Harrison in the 100m and Elizabeth Willmott in the 100m.

Karen Senior was second in the A 100m and A javelin, Stacy Harrison second in the B 100m and Rebecca Windale second in the B 70m hurdles and the B 200m recording

yet another personal best time in that event. Madeleine Carmath made a welcome return to take third place in the B 800.

Although second in their section, the Under 13 Girls produced five personal best performances with eleven year old Tina Thirlwell excelling in the 800, 1500m and especially in the Long Jump which she won with a magnificent 3m 90cm.

Anna Kenyon's second place in the B 800m and Gabriel Carmath's third place in the B 800m were also personal bests.

Siân Birch, Anna Kenyon, Gabriel Carmath and Tina Thirlwell produced an excellent team effort to finish third in the 4 x 100m relay and this was followed by a fine display of baton changing by the U15 4 x 100m squad of Karen Senior, Vicki Abbott, Stacy Harrison and Leanne Harrison who took second place to record off a tremendous day for the Altrincham youngsters.



STEVEY HARRISON



LEAHNE HARRISON



REBECCA DUNNIE



KAROL SONORA



LEAHNE HARRISON



HEATHER JACKMAN



PICKY ABBOTT



NEELING OVERNATH



HEATHER JACKMAN & CARRIE HARRISON



KARGI SENIOR



LEANNE HARRISON & REBECCA UNSWIDE



LEANNE HARRISON & KARGI SENIOR



REBECCA UNSWIDE,

ARNOLD SEDDON MEMORIAL MEETING WIGAN - 15th. AUGUST



KARGI SENIOR



LEANNE HARRISON



ELIZABETH JENNOTT 2ND

AAA U15 COMBINED EVENTS CHAMPIONSHIPS
STOKE ON TRENT - 22nd AUGUST 1993



SARAH THURTELL



NORTH WEST WOMENS YOUNG ATHLETES LEAGUE
ROUND 3 BURY 5th SEPTEMBER 1993



TINA THIRLWELL



ANNA KEYON



GABRIEL CARMARTH



ANNA KEYON



TINA THIRLWELL



DEANNE HARRISON



HEATHER STODOLAN &
CAROLYN KOTHYON



REBECCA HARRISON



CAROLYN KOTHYON



SARAH THRENBELL

CHESHIRE TRACK & FIELD LEAGUE
ROUND 4 - BURY - 19th SEPT 93



TINA THIRLWELL



REBECCA LINDSEY



REBECCA LINDSEY



MARLENE CARMATH



MARLENE CARMATH



GABRIEL CARMATH



KAREN SENIOR



LEAHNE HARRISON

STAN HAILES TROPHY MEETING

24th JULY / 25th SEPT 1993



STAN HAILES TROPHY MEETING

24th July / 25th September 1993

POSITION	NAME	LONG JUMP	800M	SHOT PUTT	400M	HIGH JUMP	1000M	DISCUS	1500M	POINTS
1	RICK LEIGH	4.97	27.9	7.15	3.38.9	1.94	13.5	17.30	6.45.5	108
2	ANDREW NORMAN	3.53	34.0	5.86	2.50.2	1.10	16.5	19.25	6.53.1	100
3	REBECCA WYLLADE	2.89	31.1	4.77	2.59.2	1.24	16.1	18.00	5.55.9	100
4	AARON SMITH	5.86	26.9	5.25	5.58.5	1.57	13.2	20.00	5.43.7	75
5	ELIZABETH WILLMOTT	3.55	34.2	4.26	DNF	1.04	16.0	17.00	5.37.9	75
COMPETITORS UNABLE TO MAKE 200M REPT.										
	MARTIN ABBOTT	4.87	27.0	13.50	5.20.1					
	VICKY ABBOTT	0.71	30.0	5.50	5.28.9					
	JOHN LAMBERT	0.61	31.5	5.84	5.44.4	1.405				
	STEPHEN BATHING	4.49	30.9	6.06	5.51.1					
	CLAREN BISHOP	4.27	36.1	4.46	5.49.8	1.106				
	CHRIS WALTON	4.73	23.4	8.75	5.43.2					
BUNNETS	MATTHEW NORMAN	0.90	34.0	6.51	5.06.7	0.90				
	TINA THORPSELL	0.75	32.5							
	MIKEY JORDAN	0.50		5.74		1.203				
	ANDREW PARKER	0.16	36.5							
	DAVID CHAPMAN	0.46	27.5	7.15	2.33.1					
	PETER LAMBERT	0.93	32.7	5.40	5.47.8	1.074				
	KEITH JACKMAN	4.80	31.1	6.45	5.36.3	1.166				
	GABRIEL KENTON		34.5	5.57	5.23.9		14.0		5.55.1	
	ADAM HOPKIN					1.01				
	JANATHON ROSE					1.018				
	LEAHNE HARRISON					1.105				
	CHAD HESSAM					1.106				
	RICHARD BORG					1.108				
	JOHN SHAPE					1.154		15.10		
	JEFF NORMAN							14.00		
	DAVID NORMAN								5.54.2	

NOTE: A* against high jump performance indicates height cleared prior to the event being discarded on Sunday after July.



PRESENTATION EVENING
 12th November 1993

Back Row

Sarah Thirlwell

Athlete of the Year - U15 Girls

Shelley Memorial Shield for best field performance

Best Young Athlete Field Performance

Carolyn Kenyon

Hardman Mile Trophy - U17 Girls

Heather Jackman

Athlete of the Year - U17 Girls

Peter Bradshaw

Hardman Mile Trophy - U15 Boys

Front Row

Anna Kenyon

Hardman Mile Trophy - U15 Girls

Tina Thirlwell

Athlete of the Year - U13 Girls

Minor Girls Field Trophy

Matthew Horan

Athlete of the Year - Under 13 Boys

