

SPORTSHALL 1994/95

The Messenger, Thursday, October 6, 1994.

Major win for minors

ALTRINCHAM & District Athletic Club's Minor Girls continued their winning streak with a fine victory in Round One of the Sportshall Athletics North West League in their match at Bebington on Sunday.

Tina Thirlwell won the 'A' two lap race, the A Shot Putt and anchored the 4x2 lap relay team to a magnificent victory over a strong Frodsham team, with Anna Kenyon, Charlotte Duck and Joanne Foster stretching the opposition on the first three legs. Anna also won the 'B' six lap race with Joanne third in the 'A' six lap and Charlotte second in the B two lap. In the U15 girls competition Rebecca Winslade took second in the 'A' two lap race and the A High Jump with Elizabeth Willmott winning the B High Jump.

Express Advertiser, 6 October, 1994

Minors major

ALTRINCHAM and District Athletic Club's minor girls continued their winning ways with a fine six point victory over Frodsham in round 1 of Sportshall Athletics North West League in their match at Bebington on Sunday. Tina Thirlwell won the A 2 lap race, the A shot putt and anchored the 4 x 2 lap relay team to a magnificent victory over the strong Frodsham team, with Anna Kenyon, Charlotte Duck and Joanne Foster stretching the opposition on the first three legs.

Anna also won the B 6 lap race with Joanne 3rd in the A 6 lap and Charlotte 2nd in the B 2 lap.

Team scored were: Altrincham 94, Frodsham 88, Sutton St Helens 79, Wirral 78, Stratford 70 and Stockport 22.

In the Under 15 girls competition Rebecca Winslade took second in the A 2 lap race and the A high jump with Elizabeth Willmott winning the B high jump.



Express Advertiser, 17 November, 1994

Meanwhile the club's Minor Girls continued their run of excellent performances with a fine second place in Round Two of the Sports Hall Athletics North West League held at Stockport on Sunday with first places from Tina Thirlwell, Anna Kenyon and Gabriel Carnwath, together with second places from Joanne Foster and Tina in the standing triple jump. They were neck and neck with Sale Harriers going into the final event, the 4 x 2 lap relay, but Sale just had the edge on the Altrincham girls to finish with 101 points to Altrincham's 98.

The under 15 Girls, meanwhile, also put on a magnificent show, finishing second to Sale with wins from Rebecca Winslade and Gemma O'Driscoll.



The Messenger, Thursday, November 17, 1994

Altrincham so close to success

ALTRINCHAM & District Athletic Club's Minor Girls continued their run of excellent performances with a fine second place in round two of the Sports Hall Athletics North West League.

At Stockport on Sunday first places went to Tina Thirlwell in the A2 lap race while Anna Kenyon and Gabriel Carnwath won the A and B6 lap races, together with second places from Joanne Foster in the B2 lap races.

And after Tina won the standing triple jump the team were neck and neck with Sale Harriers going into the final event, the 4x2 lap relay.

But Sale just had the edge on the Altrincham girls to finish with 101 points to Altrincham's 98 in this fine local derby.

The under 15 Girls, meanwhile, also put on a magnificent show by finishing second to Sale with wins from Rebecca Winslade (with 1 metre 40 centimetres in the A High Jump) and Gemma O'Driscoll (in the B2 lap race).

IN ACTION AT STOCKPORT

SHOT

TINA THIRLWELL

ANNA KENYON

HIGH JUMP

ELIZABETH WILLMOTT

REBECCA WINSLADE



SPORTS HALL ATHLETICS NORTH WEST LEAGUE

Sunday 4th December 1994.



LEE GOLDEN WINS THE U11 'B' 4 LAP RACE



ANNA KENYON WINS THE U13 'A' 6 LAP RACE



GABRIEL CARNWATH WINS THE U13 'B' 6 LAP RACE

Express Advertiser, 8 December, 1994

Girls romp to glory...

ALTRINCHAM and District Athletic Club's Minor Girls continued their winning ways with a tremendous victory in Round 3 of the Sports Hall Athletics North West League at Connah's Quay, scoring 105 points out of a maximum 108.

Victories came from Tina Thirlwell in the A vertical jump and shot putt, Joanne Foster in the B 2-lap race; Anna Kenyon in the A six-lap race, the B long jump and the B shot and Gabriel Carnwath in the B 6-lap race.

Tina was also second in the A 2-lap race and Charlotte Duck second in the A long jump and B vertical jump.

Charlotte, Joanne, Gabriel and Tina rounded off the afternoon with a magnificent win in the 4 x 2-lap relay.

In the Under 15 Girls group Gamma O'Driscoll took second in the B shot, with Elizabeth Willmott third in the A competition while in the Under 11 section, Lee Golden scored victories in the A 4-lap race, the B long jump and the B vertical jump in her first outing with the club.

Isabelle Duck won the A vertical jump and was second in the A long jump.

The Under 13 Boys have started to show promise with good performances from Mark Brumby, winning the A long jump and finishing second in the A 2-lap race.

The Messenger, Thursday, December 8, 1994.

Winning run goes on and on

ALTRINCHAM & District Athletic Club's Minor Girls continued their winning ways with a tremendous victory in round three of the Sports Hall Athletics North West League. In their match at Connah's Quay, Deeside, on Sunday the squad scored a massive 105 points out of a maximum 108.

Victories came from Tina Thirlwell in the 'A' vertical jump and shot putt, Joanne Foster in the 'B' two lap race, Anna Kenyon in the 'A' six lap race, the 'B' long jump and the 'B' shot and Gabriel Carnwath in the 'B' six lap race.

Tina was also second in the 'A' two lap race and Charlotte Duck came second in the 'A' long jump and 'B' vertical jump. Charlotte, Joanne, Gabriel and Tina rounded off the afternoon with a magnificent win in the 4 x 2 lap relay.

In the Under 15 girls age group Gemma O'Driscoll took second in the 'B' shot putt with Elizabeth Willmott finished third in the 'A' competition. In the Under 11 Girls section Lee Golden scored victories in the 'A' four lap race, the 'B' long jump and the 'B' vertical jump. Team-mate Isabelle Duck won the 'A' vertical jump and was second in the 'A' long jump.

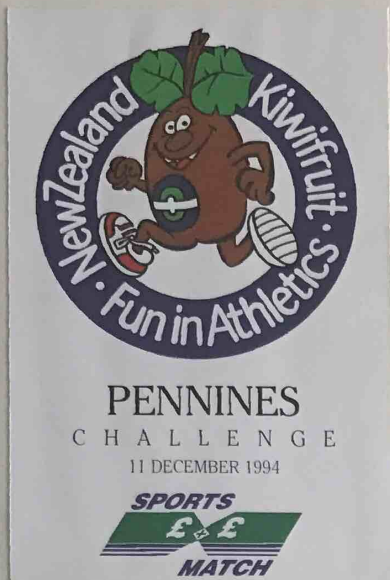
The under 13 Boys have started to show promise with some excellent performances. Mark Brumby won the 'A' long jump and finished a fine second in the 'A' two lap race.



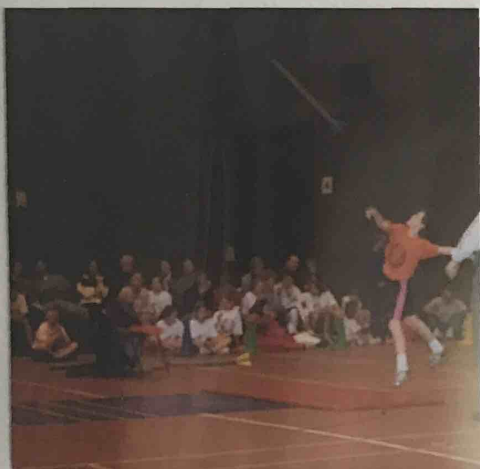
MARK BRUMBY 2ND IN THE U13 'A' 2 LAP RACE



TINA THIRLWELL 2ND IN THE U13 'A' 2 LAP RACE



JILL ANAN, HUARY LEAVY WITH MANCHESTER SOUTH TEAM MATE



JILL ANAN THROWS THE SOFT JAVELIN



ISABELLE DUCK THROWS THE SOFT JAVELIN

Express Advertiser, 19 January, 1995

ATHLETICS ROUND-UP

Altrincham and District Athletic Club's Minor Girls guaranteed them-

selves a place in the Sports Hall Athletics North West League Finals after finishing third overall with an excellent second place in Warrington in the fourth round match at Sutton.

Victories came from Tina Thirlwell in the A shot, Joanne Foster in the B 6-lap race, Anna Kenyon in the B long jump and Claire Royle in the B shot.

Tina was also second in the A 2-lap race and the A standing vertical jump with Anna second in the A 6-lap race and Joanne second in the A long jump.

Charlotte Duck joined Joanne, Anna and Tina to take second place in the 4 x 2 lap relay.

The Finals take place at Altrincham Sports Centre on Sunday, 29th March.



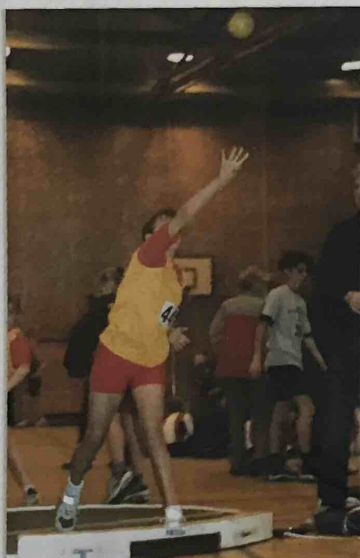
JOANNE FOSTER



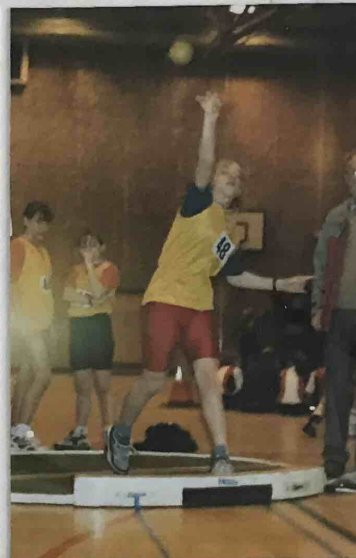
LEE GOLDEN



LEE GOLDEN



TINA THIRLWELL



CLAIRE ROYLE



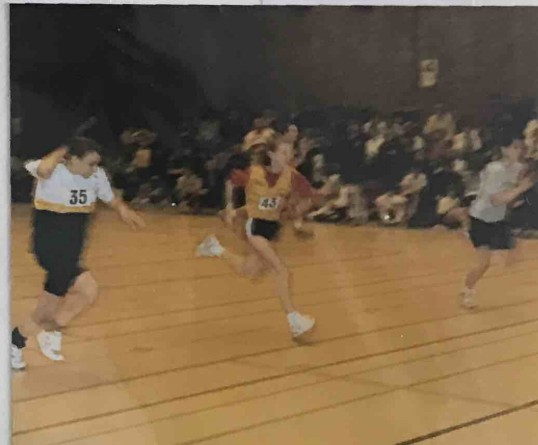
LISA FOSTER



KERRY HINDS



ANNA KENYON



CHARLOTTE DUCK

Minors primed for grand finale

ALTRINCHAM & District Athletic Club's minor girls guaranteed themselves a place in the Sports Hall Athletics North West League Finals after finishing third team overall in their fourth round match held at Sutton, St. Helens on Sunday. They scored 98 points to Warrington's 100.

Victories came from Tina Thirlwell in the A shot putt, Joanne Foster in the B 6 lap race, Anna Kenyon in the B long jump and Claire Royle in the B shot putt.

Tina was also second in the A 2 lap race and the A standing vertical jump with Anna second in the A 6 lap race and Joanne second in the A long jump.

Charlotte Duck joined Joanne, Anna and Tina to take second place in the 4x2 lap relay.

The finals are to take place at Altrincham Sports Centre on Sunday March 19 when the girls will be up against Sale Harriers,

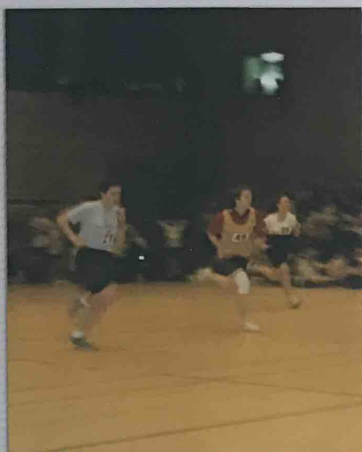
Warrington, Kendal and two further teams from the Manchester Sports Hall League.

In the U15 Girls age group Gemma O'Driscoll took second in the A two lap race, A long jump and B shot putt while Elizabeth Willmott was second in the B long jump, A high jump and A shot putt, Laura Dowling took second in the B 6 lap race and Lindsay Ford was second in the B high jump.

These four girls then went on to take second in the relay and second overall in the match behind Staffordshire.

Meanwhile in the U11 girls match Lee Golden continued her winning ways with a magnificent victory in the A four lap race.

Mark Brumby also maintained his winning form in the U13 Boys A 2 lap race, A long jump and A triple jump.



GEMMA O'DRISCOLL



LINDSAY FORD



ELIZABETH WILLMOTT



ELIZABETH WILLMOTT



MARK BRUMBY



GARY SPEAKMAN

**GREATER MANCHESTER COUNTY CHAMPIONSHIP
SPORTS HALL MEETING - SUNDAY 5th FEBRUARY**

The Messenger, Thursday, February 9, 1995

Golden girl Tina

TINA Thirlwall struck gold at the Greater Manchester County Sports Hall Championships.

The Altrincham & District Athletic Club star improved on last year's bronze to take the gold medal in the two lap sprint final, together with the silver in the U13s' standing vertical jump.



Gabriel Carnwath pulled out the stops in the six lap time trial to win comfortably with Joanne Foster third in the two lap final and Charlotte Duck third in the two lap final and standing triple jump while Charlotte Duck was third in the standing Vertical Jump.

Anna Kenyon, together with Joanne, Gabriel and Tina, finished a close second to Sale Harriers in the 4x2 lap relay final.

In the U13 boys competition Mark Brumby won the standing long jump and the standing triple jump and then went on to finish third in the two lap final.

Meanwhile Gemma Driscoll excelled in the U15 Girls tournament, winning the standing long jump and finishing fourth in the two lap final.

EXPRESS

ALTRINCHAM & District Athletic Club's Under 13 athletes achieved major successes at the Greater Manchester County Sports Hall Championships held at Altrincham Sports Centre on Sunday.

In the Girls' tournament, Tina Thirlwall improved on

last year's bronze to take the gold in the two-lap sprint final, together with the silver in the standing vertical jump.

Gabriel Carnwath pulled out the stops in the six lap time trial to win comfortably with team-mates Joanne Foster third in the two lap final and standing triple jump, and Charlotte Duck third in the standing vertical jump.

Anna Kenyon, together with Joanne, Gabriel and Tina, finished a close second to Sale Harriers in the 4 x 2 lap relay.

In the boys competition, Mark Brumby won the standing long jump and the standing triple jump and then went on to finish third in the two-lap final.

Gemma Driscoll excelled in the Under 15 Girls tournament winning the standing long jump and finishing fourth in the two-lap final.

**NORTH WEST REGIONAL FINAL
ALTRINCHAM
SUNDAY 5TH MARCH 1995**



TINA THIRLWELL



MARK BRUMBY



JOE WHITEHEAD WITH THE VICTORIOUS
GREATER MANCHESTER U13 GIRLS TEAM

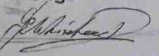




 The Power to Make it Happen

Certificate

This is to certify that
Tina Thirwell
 was a member of the
Greater Manchester County
 Team
 which was placed
1st
 in the
 North West
 Regional Final of the
 1995
 National Reebok Sports Hall Athletic
 Hexalite™ U13 Challenge

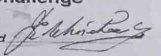
Signed 



 The Power to Make it Happen

Certificate

This is to certify that
Gabriel Campwath
 was a member of the
Greater Manchester County
 Team
 which was placed
1st
 in the
 North West
 Regional Final of the
 1995
 National Reebok Sports Hall Athletic
 Hexalite™ U13 Challenge

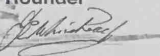
Signed 



 The Power to Make it Happen

Certificate

This is to certify that
Emma O'Driscoll
 Represented
Greater Manchester County
 in the
 1995
 Regional Final
 of the
 National Reebok Sports Hall Athletic
 Graphilite™ U15 All Rounder

Signed 

NORTH WEST LEAGUE SPORTS HALL ATHLETICS CHAMPIONSHIPS

ALTRINCHAM LEISURE CENTRE | SUNDAY 19th MARCH, 1995



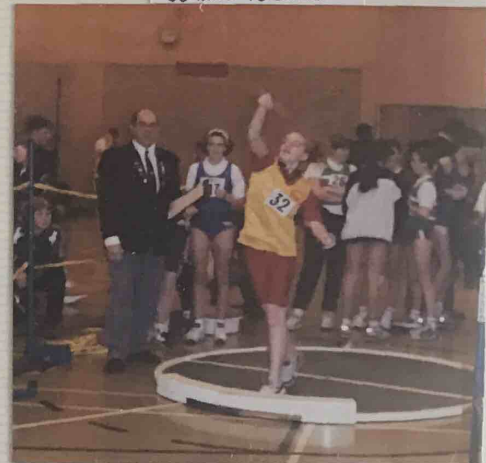
JOANNE POSTER



TINA THIRLWELL



ANNA KENYON



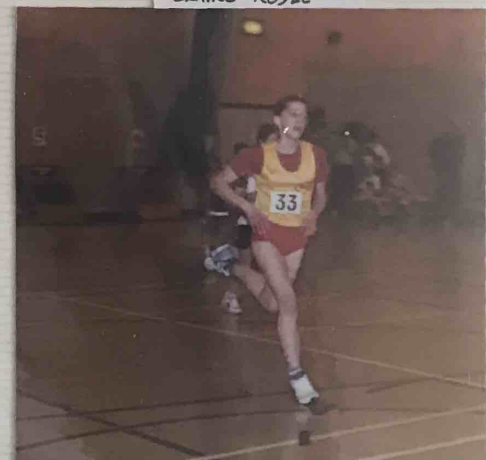
CLARE ROYLE



TINA THIRLWELL



GABRIEL & ANNA



GABRIEL CARNATH



JOANNE FOSTER



CHARLOTTE DUCK



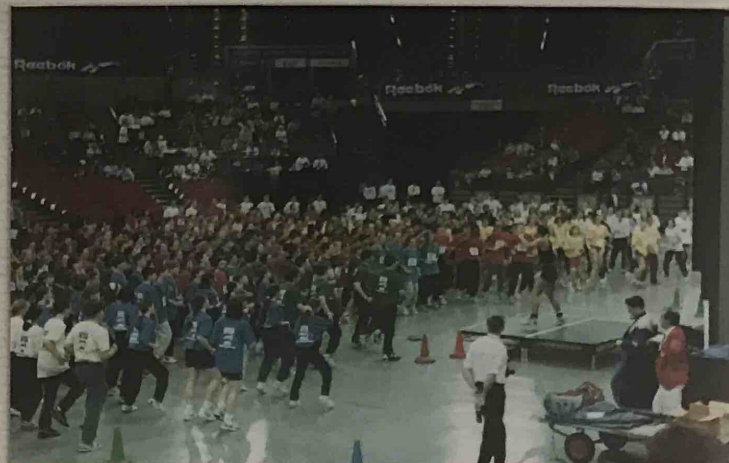
ANNA & GABRIEL



TINA 2nd IN 2 LAP RACE



GABRIEL & ANNA 2nd IN 6 LAP RACE.



CROSS COUNTRY 1994/1995



U13 GIRLS

LEG 1

ANNA KENYON
KEEPS IN TOUCH
WITH THE LEADER



LEG 2

GABRIEL CARAWATH
HOLDS SECOND
PLACE

The Messenger,

Thursday, September 29, 1994.

Debut delight

ALTRINCHAM & District Athletic Club's Minor Girls scored a magnificent victory on Sunday in their first appearance in the Young Athletes Festival of Sport "Over the Bales" 3x600 metre relays held at Frodsham.

In a field of 18 teams, Altrincham's Anna Kenyon ran a strong first leg to hand over to Gabriel Carawath in second place just behind the Sutton St. Helena runner. With about 150 metres to go Gabriel dug deep to take the lead before Joanne Foster completed the job on the final leg. Joanne established a lead of 30 metres to clinch gold.

LEG 3

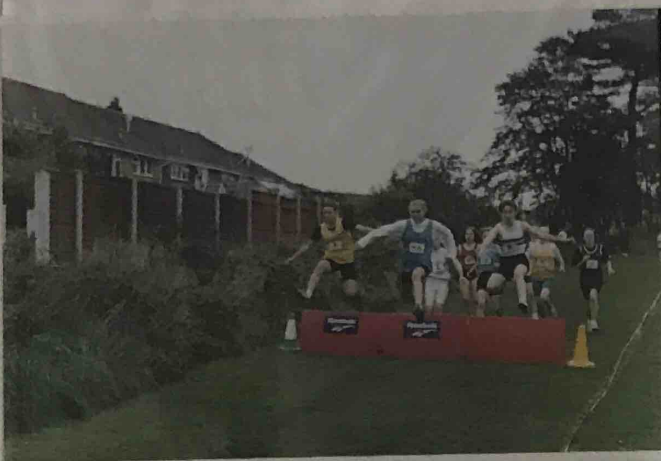
JOANNE FOSTER
SPRINTS AHEAD
AT THE FINISH



FRODSHAM FESTIVAL OF SPORT 3 x 600 metre Over the Bales Relays Sunday 25th September 1994



FRODSHAM FESTIVAL OF SPORT
3 x 600 metre Over the Bales Relays
Sunday 25th September 1994



UIS GIRLS
MADLINE CARNWATH
GOES OFF WITH TAG
LEADER'S & HANDS
OVER IN THIRD PLACE

ELIZABETH WILLIOTT
DIGS IN DEEP
TO HAND OVER
IN FOURTH SPOT.

REBECCA WINSLADE
USES HER SPEED
TO OVERHAUL
THE THIRD PLACED
RUNNER TO TAKE
TAG BRONZE MEDALS

Express Advertiser, 29 September, 1994

Hail the golden girls

ALTRINCHAM and District Athletic Club's Minor Girls struck gold at the Young Athletes Festival of Sport "Over the Bales" 3 x 600 metre relays held at Frodsham on Sunday.

In a field of 18 teams, Altrincham's Anna Kenyon ran a strong first leg to hand over to Gabriel Carnwath in second place just behind the Sutton St Helens runner.

With about 150 metres to go, Gabriel snatched the lead to give third leg runner Joanne Foster a

flying start. Joanne immediately stretched the lead to well over 30 metres to clinch victory and the gold medals.

In the Under 15 Girls race over the same course, Madeline Carnwath showed excellent form handing over to Elizabeth Willmott in third place.

More used to sprinting, Elizabeth produced a spirited run to hand over in fourth position to Rebecca Winslade who clinched the bronze medals in the run in to the finish.



NORTH WEST WOMENS CROSS COUNTRY LEAGUE
Round 1 Wilson Playing Fields, Clayton le Moors,
Hyndburn
Sunday 23rd October 1994

CROSS COUNTRY 1994/1995



JOANNE FOSTER 4TH



GABRIEL CARMATH 33RD



ANNA KENYON 60TH



TINA THURLOW 69TH



NORTH WEST WOMENS CROSS COUNTRY LEAGUE
Round 1 Wilson Playing Fields, Clayton le Moors,
Hyndburn
Sunday 23rd October 1994



ANSON VESEY 14TH



MAGGIE JAYES 31st (8TH)



BEV BROWN 33rd

SENIOR
 LADIES
 5TH TEAM

VET
 LADIES
 1ST TEAM



JEAN DOLAN 36TH (11TH)



JULIE SPANKE 54TH (21ST)



JEAN JONES 59TH (24TH)



NORTH WEST WOMENS CROSS COUNTRY LEAGUE
Round 2 Sherdley Park, Sutton St Helens
Sunday 6th November 1994



REBECCA WINSLAD E



ELIZABETH WILLMOTT ON HER FIRST
CROSS COUNTRY OUTING WITH
KARA DOWLING

NORTH WEST WOMENS CROSS COUNTRY LEAGUE
Round 2 Sherdley Park, Sutton St Helens
Sunday 6th November 1994



ANNE MARIE FOWLE, ANNE
 FULCA & ALISON VEESEY



JEAN DOLAN



BEI BROWN



JILL DUNN & KIM MOORE



JEAN JONES



ANN-MARIE JONES



ANNE PUGH



ALISON VESEY



JEAN DOLAN

ALTRINCHAM & District Athletic Club's Veteran Ladies are on top of the world with two consecutive wins in the North West Womens Cross Country League and are looking for a further victory in Round 3 at Reddish Vale to take this year's title.

Ann-Marie Jones returned with a vengeance to take second spot in round 2 at Sutton, with Anne Pugh third, Jean Dolan 12th and Julie Savage 24th. Jean Jones was just outside the counting group in 27th.

The Senior Ladies team performed well to take third place at Sutton.



BEV BROWN



JULIE SAVAGE



EVA MOORE



JEAN JONES

NORTH WEST WOMENS CROSS COUNTRY LEAGUE
Round 3 Reddish Vale
Sunday 20th November 1994



JOANNE FOSTER 7TH



GABRIEL CARNWATH 20TH & ANNA KENYON 39TH



CHARLOTTE DUCK 61ST



TINA THIRLWELL 70TH



LISA FOSTER 71ST & ISABELLE DUCK 77TH



EMMA STANSBY 86TH



ANNE PUGH 13TH



ALISON VESEY 16TH



MAGGIE DAVIES 34TH



BETSY BROWN 37TH

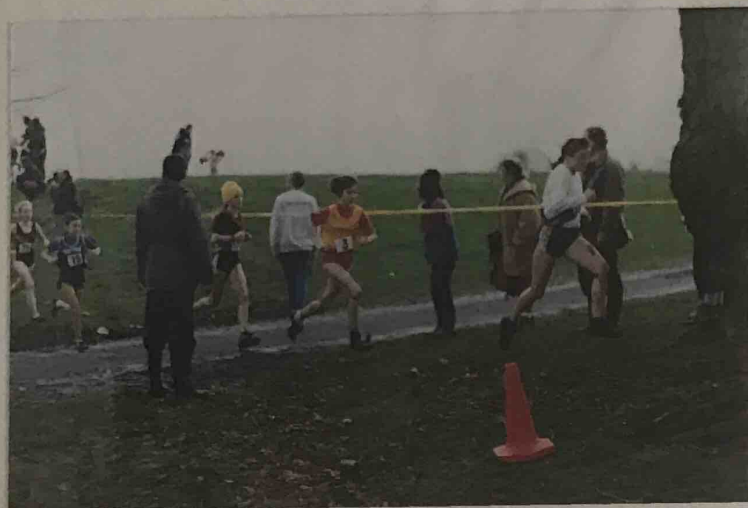


EVA MOORE 65TH



JEAN JONES 71ST

GREATER MANCHESTER COUNTY
CROSS COUNTRY CHAMPIONSHIPS
LEVERHULME PARK, BOLTON. 11th DECEMBER 1994



JOANNE FOSTER



LISA FOSTER



GABRIEL CARNWATH

MINOR GIRLS	6TH TEAM
JOANNE FOSTER	11TH
GABRIEL CARNWATH	12TH
CHARLOTTE DUCK	45TH
LISA FOSTER	57TH
EMMA STAINSBY	69TH

CHESHIRE CROSS COUNTRY LEAGUE

Round 1, FRODSHAM, 2nd January 1995.



LEE GOLDEN 4TH VII



KERRY HINDS 27TH VII

North Staffs League title holder had a intriguing tussle with Duncan Gibbons of Stockport.

They matched each other stride for stride for four laps of the light five-lap course but, going into the final circuit, Jones made the decisive move on the fast descent.

Jones eased down coming into the finish, Saec clear of his rival. Gibbons did have the consolation of leading Stockport to victory, as they packed their four counters into the top 27. However, three other teams are in strong contention, with Warrington and Vale Royal on 50 and CEPAC on 55 points. Wilmslow lead the veterans' team title chase, 51 points clear of Vale Royal.

Vale Royal's Julie Groves made it a club double when she surprisingly took the women's race ahead of Staffs junior champion and U20 International Hayley Ward of Newcastle. Intermediate Groves produced her stylish win in 11:20, with Trafford's Janet Holt second, 16sec in arrears.

Men
1. N Jones (V Royal) 21:06;
2. D Gibbons (Stock) 21:06;
3. M Grun (Warr. MAC)
21:36; 4. J Pizzopatrik (Stock) 22:05; 5. A Morris (CEPAC) 22:19; 6. N Hinson (Heas) 22:21; 7. B Price (V Royal) 22:26; 8. J Smith (Warr H) 22:31; 9. S Burthen (Warr) 22:40; 10. A Bentley (Stock) 22:43; 11. J Fidler (CEPAC, MAC) 22:44; 12. G Withers (Warr) 22:50; 13. A McDonald (Warr) 22:51; 14. N Withers (Warr) 22:54; 15. A Jones (CAN) 22:58; 16. P Pizzopatrik (Stock) 23:00; 17. J Orban (Warr. MAC) 23:01; 18. M Wilmore (Heas) 23:02; 19. L Salt (Newc. U20) 23:03; 20. D Stevens (V Royal) 23:09

TEAM: 1. Stockport 48; 2. Warrington 50; 3. Vale Royal 50; 4. CEPAC 55; 5. Halesley 145

U17
1. P Monks (V Royal) 12:34;
2. B Anonbus (Warr) 12:52;
3. L Boulton (SMAC) 12:56;
4. P Hallam (Mac) 13:05; 5. A Searcy (Stock) 13:13

U15
1. M Simons (SMAC) 10:51;
2. W Goulder (Warr) 11:01; 3. C Latham (SMAC) 11:01; 4. R Cawtham (Warr) 11:08; 5. A Brabin (Warr) 11:10

TEAM: 1. Staffs Moorlands 34; 2. Warr 30; 3. Warrington 70

U13
1. G Jones (Warr) 8:13; 2. T Carter (V Royal) 8:14; 3. R Waters (Traff) 8:21

TEAM: 1. Warrington 43; 2. Warr 54; 3. Staffs Moorlands 64

U11
1. Handford (Eggar) 5:58; 2. J Smith (SMAC) 6:01; 3. D Pizzopatrik (Stock) 6:02

TEAM: 1. Manchester 39; 2. Warrington 43; 3. Staffs Moorlands 48

WARR. U17
1. J Groves (V Royal, U17) 11:20; 2. J Holt (Traff) 11:36; 3. N Ward (Newc) 11:45; 4. L

Medium (Club B) 11:52; 5. R Newman (Heas) 12:30; 6. M Evans (Newc) 12:38; 7. K Pizzopatrik (Stock) 12:42; 8. S Dean (Traff) 12:48; 9. A Smith (Warr) 12:58; 10. M O'Donnell (Traff) 13:03

TEAM: 1. Trafford 36; 2. Newcastle 39; 3. Stockport 60

U15
1. J McCabe (V Royal) 8:30;
2. R Morrison (Stock) 8:40; 3. W Bailey (Warr) 8:50; 4. E Simpson (V Royal) 9:04; 5. R Bailey (SMAC) 9:08

TEAM: 1. Vale Royal 18; 2. Stockport 35; 3. Newcastle 130

U13
1. J Foster (Warr) 8:06; 2. E Warren (Stock) 8:00; 3. C Hinch (Newc) 8:09

TEAM: 1. Newcastle 40; 2. Abchurch 62; 3. Warrington 83

U11
1. L Upper (Heas) 6:20; 2. M Dorrance (Stock) 6:25; 3. J Perkins (Stock) 6:38

TEAM: 1. Stock 34; 2. Manchester 43; 3. Manchester 63

CROSS COUNTRY

2nd January CHESHIRE LEAGUE Frodsham

VALE ROYAL'S Nick Jones enhanced his growing reputation with another perfectly executed tactical victory, in the opening fixture, Dave Edwards reports.

The Cheshire county champion and joint

CHESHIRE CROSS COUNTRY LEAGUE

Round 1, FRODSHAM, 2nd January 1995.



JOANNE FOSTER 1ST



GABRIELA CARENWATH 5TH



ANNA KENYON 18TH



TINA THIRLWELL 38TH



GINA STANSBY 49TH

The Messenger, Thursday, January 5, 1995.

Foster makes sure

ALTRINCHAM & District Athletic Club's Lee Golden finished fourth in the U11 girls race at Monday's Cheshire Cross-country League meeting in Frodsham. Meanwhile Joanne Foster made sure of victory in the U13 girls race, waiting for the right moment to move into the lead.

EXPRESS SPORT ATHLETICS

Joanne leads the Alty girls to glory

ALTRINCHAM and District Athletic Club's Minor Girls started the New Year in style with a fine second place in the Cheshire Cross Country League Round One match at Frodsham on Monday.

Joanne Foster moved up into first place on the final uphill stage and sprinted to a fine individual victory, with Gabriel Camworth 5th, Anna Kenyon 18th and Tina Thirlwell 38th, supported by Emma Stainsby in 49th position.

In the Under 11 race, Lee Golden, in her

first outing with the club over country, ran a magnificent race finishing in 4th place with Kerry Hinds 27th, both girls showing promise for the future. Lindsay Ford and Elizabeth Willmott ran steadily to finish 29th and 32nd in the U15 Girls race.

In the Senior Ladies race, Vanessa Mulholland ran well to finish 12th with Lucy Hickey producing a tremendous performance to finish 23rd. Maggie Davies was 35th and Jean Jones 42nd.



ELIZABETH WILLMOTT 32nd



LINDSAY FORD 29th

CHESHIRE CROSS COUNTRY LEAGUE

Round 1, FRODSHAM, 2nd January 1995.



VANESSA MUKHOLLAND 12TH



LUCY HICKEY 23RD



LUCY HICKEY

MAGGIE DAVIES 35TH



JEAN JONES

42ND

NORTH WEST WOMENS CROSS COUNTRY LEAGUE
 Round 4, Springfield Park, Rochdale,
 Sunday 8th. January 1995.



JOANNE FOSTER 3RD



LEE GOLDEN 47TH



CHARLOTTE DUCK 75TH



ISABELLE DUCK 76TH



GABRIEL CARMATH 14TH



LISA FOSTER 62ND



EMMA STANBY 81ST



ELIZABETH WILLMOTT U15
43RD

Express Advertiser, 12 January, 1995

Meanwhile, the club's ladies celebrated a double victory in the fourth round of the North West Women's Cross Country League at Springfield Park, Rochdale.

Anne O'Kearney Flynn, finishing in third place, led the Senior Ladies to victory, followed by Anne Pugh in 6th position, Alison Vesey 10th, Anne Marie Jones 11th, Kath Harvey 12th, Lucy Hickey 32nd, Bev Brown 36th, Maggie Davies 37th, Jean Dolan 39th, Julie Savage 50th, Jean Jones 57th and Eva Moore 58th.

In addition, the Vets team won their third meeting out of four to take the overall trophy with Anne Pugh winning the individual silver.

Earlier in the afternoon Joanne Foster stormed in to finish third in the Under 13 Girls race, her best position in this league, followed by Gabriel Carnwath 14th, Lee Golden 47th, Lisa Foster 62nd, Charlotte Duck 75th, Isabelle Duck 76th and Emma Stainsby 81st.

Elizabeth Willmott, 43rd in the Under 15 Girls race, and Sarah Thirlwell 34th and Karen Senior 45th in the Under 20 Ladies race, completed the Altrincham line up.

The Messenger, Thursday, January 12, 1995.

Anne shows seniors the way

THE LADIES of Altrincham & District Athletic Club continued their winning ways with a double victory in last Sunday's fourth round of the North West Womens Cross Country League.

Anne O'Kearney Flynn, finishing in third place, led the Senior Ladies to victory followed by Anne Pugh in 6th position, Alison Vesey 10th, Anne Marie Jones 11th, Kath Harvey 12th, Lucy Hickey 32nd, Bev Brown 36th, Maggie Davies 37th, Jean Dolan 39th, Julie Savage 50th, Jean Jones 57th and Eva Moore 58th.

The Vets team won their third meeting out of four to take the overall trophy with Anne Pugh winning the individual silver.

NORTH WEST WOMEN'S LEAGUE

Rochdale
MARGARET BOLEMAN clinched the overall league title thanks to victories registered in the final three fixtures of the season, Gareth Webb reports.

After placing third in the opening meeting at Hyndburn, Boleman went on to post victories at St Helens, Reddish Vale and, finally, Springfield Park.

After leading for the opening lap, Boleman was content to sit in behind Stockport's Sheryl Reason on the second lap "gathering myself for the last two laps."

Women

1. M Boleman (Sale, W35) 28:45; 2. S Reason (Stock) 29:12; 3. A O'Kearney Flynn (Alt) 29:32; 4. R Dunnington (E Ches, W35) 30:17; 5. J Walton (O&R) 30:20; 6. A Pugh (Alt, W35) 30:38; 7. M Wilkinson (Sale) 30:47; 8. S Selby (Bol) 30:50; 9. S Rowson (Macc, W35) 30:56; 10. A Vesey (Alt) 30:57; 11. A M Jones (Alt, W35) 31:01; 12. K Harvey (Alt, W35) 31:05; 13. L Wilkinson (Sale) 31:15; 14. S Exon (Traff, W35) 31:25; 15. B Brennan (Belle Vue) 31:35; 16. A Smith (Warr) 31:40; 17. V Langley (Sutt) 31:56; 18. D Wakefield (Sale) 31:57; 19. J Gully (Stock, W35) 32:06; 20. S Roam (E Ches) 32:21; 21. K Patterson (Stock) 32:22; 22. A Foster (Bol, W35) 32:50; 23. C Rigg (Warr) 33:28; 24. E Danson (Warr, W35) 34:08; 25. A Shapley (E Ches) 34:33; 26. E Wood (Man YMCA) 34:35; 27. R Bradshaw (Man YMCA, W35) 34:51; 28. J McKee (Roch, W35) 34:54; 29. J Dobson (E Ches) 34:55; 30. G Taylor (Warr) 35:02.

TEAM 1, Altrincham 30: Sale 39; 3. East Cheshire 78; 4. Stockport 86; 5. Macclesfield 125
Overall: 1. Boleman 3; 2. Reason 10; 3. Dunnington 16; 4. Roam 22; 5. M Wilkinson 23; 6. Pugh 31; 7. Rowson 32; 8. K McPherson (Traff) 36; 9. Vesey 37; 10. L

Wilkinson 40
TEAM 1, Sale: 2. East Cheshire 3; Trafford W 35; 1. Roeman 2; Dunnington 3; Pugh
TEAM 1, Altrincham 30: 2. East Cheshire 60; 3. Macclesfield 63; 4. Middleton 80; 5. Swinton 118
Overall: 1. Boleman 3; 2. Dunnington 7; 3. Rowson 11; 4. Pugh 12; 5. Exon 16
TEAM Altrincham U20
1. H Carson (E Ches) 21:53; 2. C Swift (Liv) 22:27; 3. A Waterlow (Sale) 22:33; 4. C Demaine (Sale) 23:00; 5. K Amphlett (Bol) 23:39; 6. T Gohin (Sale) 23:41; 7. A Johnson (E Ches) 23:43; 8. L Doherty (Sale) 23:49; 9. J Croston (O&R) 23:57; 10. J Butterworth (E Ches) 24:03; 11. K Hodgkinson (Sale) 24:24; 12. J Rickards (E Ches) 24:36; 13. H Lawrence (Warr) 24:53; 14. T Cain (Sale) 25:03; 15. L Wright (Warr) 25:08

TEAM 1, Sale 21: 2. East Cheshire 30; 3. Trafford 151

Overall: 1. Carson 3; 2. Waterlow 13; 3. P Whitbury (Warr) 16; 4. Johnson 22; 5. C Davies (Warr) 23

TEAM 1, Sale: 2. East Cheshire 3; Warrington U15

1. J Wood (Leigh) 15:23; 2. A Lomas (E Ches) 15:32; 3. L Carson (E Ches) 15:45; 4. W Bailey (Warr) 15:48; 5. K Morrison (Stock) 15:55; 6. E Platt (Sale) 16:08; 7. N Jepson (Sale) 16:17; 8. A McCreesh (Sale) 16:22; 9. S Slade (Sale) 16:25; 10. A Pye (Sale) 16:32; 11. S. Lower (Sale) 16:45; 12. L Fielding (Bol) 16:50; 13. C Blackburn (Leigh) 16:58; 14. K Brownhill (Traff) 17:01; 15. J Hinchcliffe (Stock) 17:02

TEAM 1, Sale 30: 2. East Cheshire 45; 3. Stockport 56; 4. Rochdale 106; 5. Trafford 116

Overall: 1. Lomas 4; 2. Wood 6; 3. Carson 9; 4eq. S Walker (Roch)/V O'Brien (Bol) 10

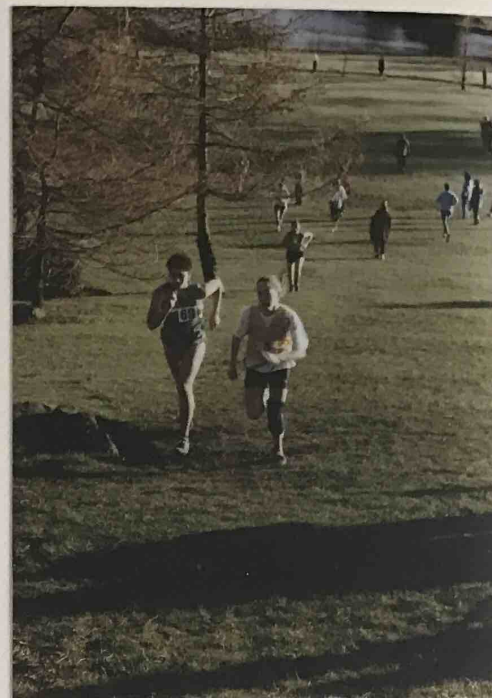
TEAM 1, Sale: 2. East Cheshire 3; Bolton U13

1. K Crewe (Sale) 10:12; 2. E Warren (Stock) 10:24; 3. J Foster (Alt) 10:29; 4. T Anderton (Leigh) 10:31; 5. H O'Connor (Sutt) 10:36; 6. K Halliworth (E Ches) 10:41; 7. J A O'Connor (Blackley) 10:43; 8. K McDonald (Man) 10:44; 9. S Lawrence (Sale) 10:45; 10. R Gross (E Ches) 10:46; 11. D Holt (Bol) 10:47; 12. C Kavanagh (Traff) 10:48; 13. J Walker (Roch) 10:50; 14. G Carnwath (Alt) 10:50; 15. C Warrington (Macc) 10:52; 16. R Ball (Sale) 10:53; 17. C Todd (Stock) 10:58; 18. E Hurst (Macc) 10:59; 19. S Lydon (Blackley) 11:01; 20. J Abbott (Bol) 11:03

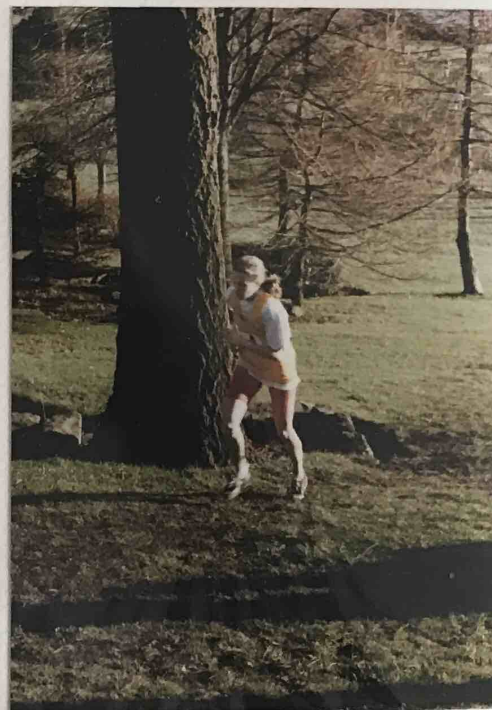
TEAM 1, Sale 50: 2. Blackley & North Manchester 79; 3. Stockport 79; 4. Bolton 83; 5. East Cheshire 102

Overall: 1. L Whitaker (Sale) 3; 2. R Burke (Bol) 10; 3. Crewe 11; 4. Foster 14; 5. H O'Connor 18

TEAM 1, Sale: 2. Bolton; 3. Blackley & North Manchester



SARAH THIRLWELL U20
34TH

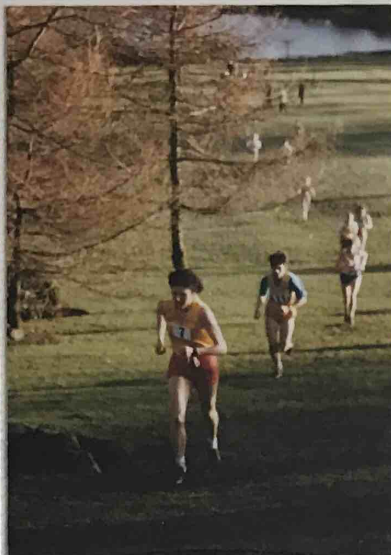


KAREN SENIOR U20
45TH

NORTH WEST WOMENS CROSS COUNTRY LEAGUE
Round 4, Springfield Park, Rochdale,
Sunday 8th. January 1995.

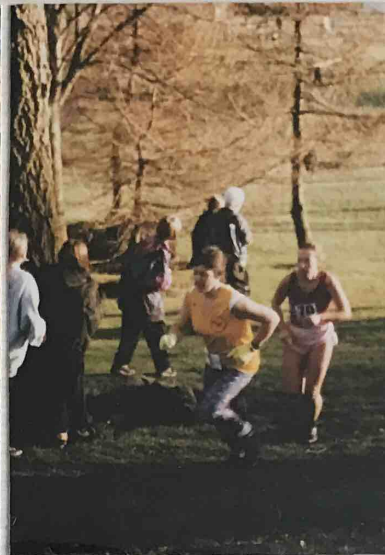


MAIE O'KEARNEY 3RD



ANSON VESSEY 10TH

KATH HARVEY 12TH



BEI BROWN 36TH



JULIE SNAKE 50TH



ANNE PUGH 6TH

ANNE MARIE JONES 11TH



LUCY HICKEY 32ND



JOAN DOLAN 39TH

MARIE JAYES 37TH



JOAN JONES 57TH.

NORTH OF ENGLAND WOMEN'S CROSS COUNTRY CHAMPIONSHIPS
at CATHOLIC HIGH SCHOOL, CHESTER on 29th January 1995



JOANNE FOSTER 38TH & GABRIEL CAGNIWATH 48TH.



LEE GOWDEN 165TH



LISA FOSTER 175TH.



KERRY HINDS 20TH & KATRINA HANN 211TH.



THE U13 GIRLS TEAM 17TH OVERALL
GABRIEL, JOANNE, LISA, LEE, KERRY & KATRINA.

NORTH OF ENGLAND WOMEN'S CROSS COUNTRY CHAMPIONSHIPS
at CATHOLIC HIGH SCHOOL, CHESTER on 29th January 1995

SENIOR LADIES - 5TH TEAM



ANN MARIE JONES 38TH & ANNE O'KEARNEY FURAN 23RD



ANISON VERSEY 66TH



HISATHEE JOHNSON 88TH



LUCY HICKEY 127TH



MAGGIE DAVIES 146TH



BEL BROWN 160TH



JULIE SAVAGE 171ST

CHESHIRE CROSS COUNTRY LEAGUE

Round 2, MACCLESFIELD, 12th February 1995.

U13 GIRLS



JOANNE FOSTER (16TH) & GABRIEL CARLWATH (14TH)

U15 GIRLS



CHARLOTTE DUCK (23RD)



ISABELLE DUCK (37TH)



ELIZABETH WILLMOTT (18TH)

CHESHIRE CROSS COUNTRY LEAGUE

Round 2, MACCLESFIELD, 12th February 1995.



ANN MARIE JONES (30th)



LUCY HICKEY (16th)



MAGGIE DAVIES (20th)



VANESSA MULHOLLAND (2nd)

SENIOR LADIES

CHESHIRE CROSS COUNTRY LEAGUE

Round 3, NEWCASTLE, 26th February 1995.

U11 GIRLS



LEE GOLDEN 9TH

U13 GIRLS



JOANNE FOSTER 2ND



GABRIEL CARNWATH 11TH

Sale & Altrincham Express Advertiser, March 2nd, 1995.

Meanwhile, the club's Under 13 Girls clinched third place in the Cheshire Cross Country League with the narrowest of margins, finishing in fifth place in the final meeting at Newcastle under Lyne.

Joanne Foster was the first Altrincham girl to cross the line taking second on the day and third place overall, with Gabriel Carnwath 11th, Anna Kenyon 35th and Tina Thirlwell 43rd.

In the first race of the afternoon, Lee Golden ran brilliantly to finish sixth in the Under 11 Girls race and the Ladies rounded off the afternoon with third place in their race just outside the overall awards.

Ann Marie Jones had another good run finishing third with Lucy Hickey 13th, Vanessa Mulholland 16th, Alison Sixsmith 28th and Jean Jones 37th.

This Saturday Joanne Foster will represent Greater Manchester in the English Schools Cross Country Championships and on Sunday Tina Thirlwell, Gabriel Carnwath, Gemma O'Driscoll and Mark Brumby will also represent their county in the North West Regional Sports Hall Championships to be held at Altrincham Sports Centre, starting at 1.30 pm.



ANNA KENYON 35TH



TINA THIRLWELL 43RD

CHESHIRE CROSS COUNTRY LEAGUE

Round 3, NEWCASTLE, 26th February 1995.

U15 GIRLS



LEE CELEBRATES WITH THE U13 GIRLS

The Messenger, Thursday, March 9, 1995

Joanne leads the way

JOANNE Foster crossed the line first for Altrincham & District Athletic Club's U13 Girls in the Cheshire Cross Country League recently.

At the Newcastle under Lyne meeting Foster ran in second to take third individual place overall in the league. The Altrincham club also finished in third place in the league as Gabriel Carnwath took 11th, Anna Kenyon crossed the line in 35th while Tina Thirlwell was 43rd. In the first race of the afternoon Lee Golden finished fifth in the U11 Girls race and the Ladies rounded off the afternoon with third place in their race which was just outside the overall awards.

CHESHIRE LEAGUE Newcastle, Staffs

VALE ROYAL'S Nick Jones added to his growing list of honours with another buccaneering front-run that destroyed the opposition. Dave Edwards reports.

The 20-year-old Cheshire champion has improved with every race and he wrapped up the individual gold with a winning margin of 70sec over Ged Cuddey.

The team title has been a close-run thing throughout. Vale Royal led by five points going into the final meeting, but Stockport claimed victory on the day by nine points to take the crown. Their women's squad also took the team honours and both teams were the overall trophy winners.

After the opening small lap, Jones was already in pole position ahead of Cuddey and South Cheshire's Dave Locke. Jones continued to apply the pressure, increasing his lead to 25sec going into the second lap and 40sec at the beginning of the final circuit.

"I seem to have got better with every race," said a victorious Jones. "The key to my success has been to increase my training to twice a day, since my 20th birthday, last July. I obviously need to test out myself against some higher quality opposition, so I'll be going to the National before concentrating on the roads in the summer."

Cecilia Greasley completed another emphatic victory in the women's race. This was her second successive victory, but she was denied the overall title having missed the first future. Karen Patterson of Stockport, north on the day, was the overall winner. Greasley was also denied a team gold, when Stockport packed three in the top nine to take victory on the day and clinch the overall title.

Men
1. N Jones (V Royal) 28:44; 2. G Cuddey (Stock) 29:54; 3. D Locke (S Chesh) 30:20; 4. R Price (V Royal) 30:43; 5. M Hinson (Wals) 30:49; 6. S Bund (Stock) 31:02; 7. R Taylor (Stock, M40) 31:07; 8. M Wignone (Hels) 31:28; 9. A Morris (CEPAC) 31:27; 10. I Simpson (Hels) 31:28; 11. J Fidler (CEPAC, M40) 31:30; 12. B Gregory (Stock) 31:52; 13. J Carter (V Royal) 31:59; 14. A O'Brien (CEPAC) 32:06; 15. A McDonald (Man) 32:07; 16. D Turnbull (Stock) 32:10; 17. J Kernew (Macc, M40) 32:12; 18. S Ruscoe (V Royal) 32:27; 19. B Fox (Newc) 32:35; 20. G Withers (CEPAC) 32:41.

TEAM: 1. Stockport 27; 2. Vale Royal 36; 3. CEPAC 54; 4. Helsby 75; 5. Newcastle 101; 6. Whitby Heath 126; 7. S Cheshire 220; 8. Manchester H 240; 9. Tettenhall 297; 10. Wilmshaw 310
Overall: 1. Jones 3; 2. Hinson 16; 3. Price 17
Vets: 1. Fidler 6; 2. Kernew 16; 3. Larkin 20
Team: 1. Stockport 53; 2. Vale Royal 51; 3. CEPAC 47
Vet Team: 1. Wilmshaw 39; 2. Vale Royal 33; 3. South Cheshire 31

U17
1. S Owen (C&N) 16:42; 2. G Beech (SMAC) 17:02; 3. L Boulton (SMAC) 17:11; 4. M Oakes (SMAC) 17:16; 5. A Sinclair (Stow) 17:21.

TEAM: 1. Staffs Moorlands 15
Overall: 1. Boulton 8; 2. Beech 15; 3. Oakes 18
Team: 1. Staffs Moorlands 22; 2. Macclesfield H 15; 3. Newcastle 13

U15
1. S Bailey (SMAC) 14:04; 2. M Simcox (SMAC) 14:13; 3. S Vernon (Stock) 14:20; 4. B Tomlinson (C&N) 14:26; 5. S Heathcote (SMAC) 14:31.

TEAM: 1. Staffs Moorlands 32; 2. Warrington 48; 3. Stockport 62
Overall: 1. Simcox 6; 2. Bailey 10; 3. Tomlinson 12
Team: 1. Staffs Moorlands 33; 2. Warrington 29; 3. Stockport 36

U13
1. G Jones (Warr) 8:24; 2. D Smith (SMAC) 8:26; 3. P Shaw (Stock) 8:31; 4. I Bateman (CEPAC) 8:34; 5. I Carter (V Royal) 8:37

TEAM: 1. Warrington 26; 2. Staffs Moorlands 37; 3. Stockport 72
Overall: 1. Jones 5; 2. Smith 10; 3. Shaw 12
Team: 1. Warrington 39; 2. Staffs Moorlands 34; 3. Stockport 33

U11
1. A Smith (SMAC) 6:33; 2. C Brady (Man) 6:34; 3. T Egerton (Hand) 6:35

TEAM: 1. Warrington 31; 2. Manchester H 32; 3. Stockport 66
Overall: 1. Smith 4; 2. Egerton 6; 3. Key (Warr) 4
Team: 1. Warrington 32; 2. Manchester 31; 3. Stockport 25

Women
1. C Greasley (Macc, W35) 15:39; 2. N Jones (Stock) 15:47; 3. A M Jones (Altr, W35) 16:22; 4. Z Pearfield (Stock, U17) 16:30; 5. S Rowson (Macc, W35) 16:35; 6. S Gibson (Stock) 16:46; 7. B Murray (Har, W35) 16:54; 8. P McLean-Ingles (Newc) 17:03; 9. A Patterson (Stock) 17:07; 10. A Smith (Warr) 17:53

TEAM: 1. Stockport 29; 2. Macclesfield 44; 3. Altrincham 60; 4. Biddulph 68; 5. Trafford 102

Overall: 1. Patterson 11; 2. Gibson 12; 3. Smith 15
Vets: 1. Rowson 8; 2. A Thomas (Newc) 20; 3. G Taylor (Warr) 15
U17: 1. McLean-Ingles 6; 2. D O'Connell (Traff) 11; 3. N Smith (Traff) 17

Team: 1. Stockport 90; 2. Newcastle 80; 3. Macclesfield 70
U15
1. L McLare (V Royal) 8:57; 2. H Robinson (V Royal) 9:06; 3. E Simpson (V Royal) 9:12; 4. K Bailey (SMAC) 9:16; 5. K Morrison (Stock) 9:19

TEAM: 1. Vale Royal 12; 2. Stockport 34; 3. Whitby Heath 89
Overall: 1. Morrison 6; 2. Bailey 11; 3. S Clarke (Newc) 19
Team: 1. Stockport 30; 2. Macclesfield 26; 3. Vale Royal 23

U13
1. E Warren (Stock) 9:08; 2. J Foster (Altr) 9:18; 3. N Harding (Stock) 9:20
TEAM: 1. Newcastle 49; 2. Stockport 51; 3. Vale Royal 78
Overall: 1. Warren 4; 2. G Hudson (Newc) 15; 3. Foster 19

Team: 1. Newcastle 35; 2. Stockport 26; 3. Altrincham 25
U11
1. L Wise (Moch) 7:07; 2. G Perkins (Stock) 7:11; 3. C Egan (Man) 7:14

TEAM: 1. Macclesfield 20; 2. Manchester H 53; 3. City of Stoke 53
Overall: 1. G Perkins 6; 2. L Lupton (Moch) 8; 3. K Rutter (Moch) 13
Team: 1. Macclesfield 34; 2. City of Stoke 32; 3. Manchester H 29



ELIZABETH WILLIOTT 34TH

CHESHIRE CROSS COUNTRY LEAGUE

Round 3, NEWCASTLE, 26th February 1995.



ANN MARIE JONES 3RD



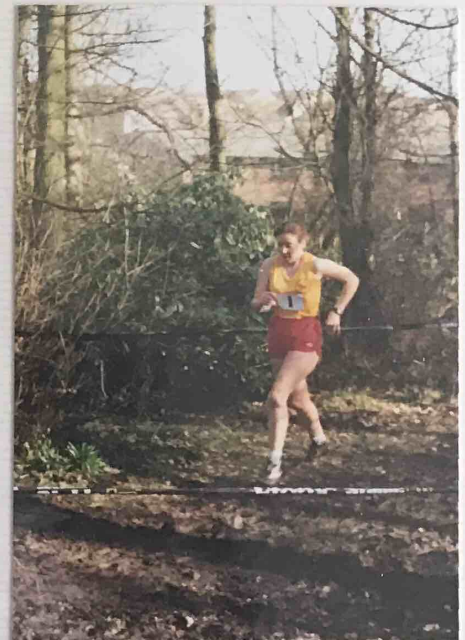
LUCY HICKEY 13TH



VANESSA MULHOLLAND 16TH



ALISON SIXSMITH 28TH



JEAN JONES 37TH

PARKLAND RELAYS - WARRINGTON
Sunday March 26th 1995.



GABRIEL CARNUATH



CHARLOTTE DUCK



JOANNE FOSTER

BLACKLEY PENTATHLONS - SUNDAY 23rd APRIL 1995.



SARAH THIRLWELL

Sale & Altrincham Express Advertiser, April 27th, 1995.

Sarah's back

ALTRINCHAM and District Athletic Club's combined events stole the show at the annual Blackley Pentathlons held at Boggart Hole Clough on Sunday.

Sarah Thirlwell, in her first pentathlon since September 1993, made a promising comeback winning the Intermediate Ladies competition with 2,621 points. Karen Senior was second with 2,500 points and Elizabeth Willmott third.

Tina Thirlwell, ranked number three in the UK last year following victory in the North West of England Championships as an Under 13, won three of the five disciplines to win the Under 15 Girls competition with 2,564 points, the second best score achieved by an Under 15 in the history of this meeting.



KAREN SENIOR



ELIZABETH WILLMOTT

Sarah's welcome return

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The Messenger, Thursday, April 27, 1995.

BLACKLEY PENTATHLONS - SUNDAY 23rd APRIL 1995.



TINA THIRLWELL



TROPHY WINNERS



REMA O'DRISCOLL 100m



CAROLYN KENYON 400m



CAROLYN KENYON 400m

Guardian Cup
Wakefield
30th April 1995



ELIZABETH JILLMOTT T.J.



PAUL O'KEARNEY FLYNN



ALISON VESEY



KAREN SENIOR LJ & 200m



SARAH THURWELL HJ



ELIZABETH WILKOTT S.P.



LUCY HICKEY



SARAH THURWELL SP



SARAH THURWELL J.T.



KAREN SENIOR 4X100



4 x 400m
ALISON STARK SMITH, CAROLYN KINNON, ALISON HICKEY, JOHN O'KEEFE

CHESHIRE TRACK & FIELD LEAGUE ROUND 1 - BEBINGTON.

Sunday 7th May 1995.

Relay aces set new club record

WITH the popular Cheshire Track & Field League now accommodating 22 north west clubs, the eight lane track at the Oval, Bebington, was put to full use on Sunday.

The first of three matches in round one took place in far from ideal conditions, with the sun giving way to cold blustery winds throughout the afternoon.

With a relatively poor turn-out of only 14 athletes, the contingent from Altrincham & District Athletic Club did extremely well with 16 personal best performances and a new club record.

The ladies fielded the majority of the athletes and came away

with a respectable third place and that record, 1.57.9s in the under 15 girls 4 x 200 metre relay was set by Charlotte Duck, Joanne Foster, Gabriel Carnwath and Tina Thirlwell.

Tina also won the A 100m, and took second place in the A High Jump with 1m 45cm, while Charlotte was second in the B 100m, Joanne first in the C 100m and

the 1500m, and Gabriel first in the D 100m and second in the 1500m. Lindsay Ford added to the under 15 Girls success with a win in the B High Jump.

In the Senior Ladies section Karen Senior was third in the A 100m and first in the B Javelin and the B Long Jump. Sarah Thirlwell was second in the B 100m and first in the A Javelin

while Elizabeth Willmott finished second in the C 100m and first in the A Long Jump.

Isabelle Duck and Lee Golden also obtained good results in the under 13 Girls section. Under 15 boys Mark Bramby and Adam Waring also did well, with Mark gaining third place in the A 200m and the A Discus and second in the A Long Jump. Adam was first in the B 200m and second in the 1500m, B Discus and B Long Jump. Stuart Moss, making his debut in the Cheshire League, secured a fine second place in the Senior Men's 100m B race with Barry Chapman finishing fourth in the A race.



LEE GOLDEN



ISABELLE DUCK



KAREN & ISABELLE IN THE 800M



TINA THIRLWELL



TINA THIRLWELL



LINDSAY FORD



JOANNE FOSTER HEADS THE 1500M



GABRIEL CARNWATH



CHARLOTTE DUCK

EXPRESS SPOTLIGHT ON THE ATHLETICS SCENE

Alty's record run

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Tina also won the A 100m and took second place in the A high jump with 1m 45 cm.

Charlotte was second in the B 100m, Joanne first in the C 100m and the 1500m, and Gabriel first in the D 100m and second in the 1500m.

Lindsay Ford added to the Under 15 Girls success with a win in the B high jump.

In the Senior Ladies section, Karen Senior was third in the A 100m and first in the B javelin and the B long jump; Sarah Thirlwell second in the B 100m and first in the A javelin and Elizabeth Willmott second in the C 100m and first in the A long jump. Isabelle Duck and Lee Golden also obtained good results in the Under 13 Girls section.

Under 15 boys Mark Brumby and Adam Waring also did well with Mark gaining third place in the A 200m and the a discus and second in the A long jump, and Adam first in the B 200m and second in the 1500m, B discus and B long jump.

Stuart Moss, making his debut in the Cheshire League, secured a fine second place in the Senior Men's 100m B race with Barry Chapman fourth in the A race.



ELIZABETH WILLMOTT



SARAH THIRLWELL



ELIZABETH WILLMOTT



KAREN SENIOR



MARK BRUMBY

**GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS.
LEVERHULME PARK, BOLTON - 13th & 14th MAY 1995.**



ISABELLE DUCK



TINA THIRLWELL



TINA THIRLWELL



LEE GOLDSO



TINA THIRLWELL



JOANNE FOSTER &
GABRIEL CARNATH

Sale & Altrincham Express Advertiser, May 18th, 1995.

TINA THIRLWELL, Altrincham & District AC's multi talented athlete, is the new Under 15 county long jump champion after producing a club age group record at the Greater Manchester Track & Field Championships at Leverhulme Park, Bolton, over the weekend.

Her leap of 4m 80cm clinched the title by 5cm. Tina also won bronze in the javelin and silver with Charlotte Duck, Joanne Foster and Gabriel Carnath in the 4 x 100m relay.

Other club medal winners were Sarah Thirlwell with silver in the Under 17 javelin and bronze in the high jump, and Lee Hurst with silver in the Senior 3000m steeplechase.



CHARLOTTE DUCK



KAREN SENIOR



SARAH THRELWELL



SARAH THRELWELL

**GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS.
LEVERHULME PARK, BOLTON - 13th & 14th MAY 1995.**



KAREN SENIOR



ELIZABETH WILLMOTT



GENIA O'DRISCOLL

U17
100: 1 L Fenney (Wig) 13.2; 2 K Dixon (Wig) 13.3; 3 R Griffin (Traff) 13.5
200: 1 R Parnell (Traff) 28.3; 2 L Burgess (Wig) 27.5; 3 A Springs (E) 28.0
400: 1 R Layford (Sale) 42.0; 2 Parnell 42.6; 3 K Brownhill (Traff) 43.2
800: 1 Brownhill 2:05.0; 2 S Gade (Sale) 2:05.7; 3 J Wood (E) 2:04.2
1500: 1 C Oermann (Sale) 4:54.1; 2 K Hodgkinson (Sale) 5:01.3; 3 S Gade (Sale) 5:01.4
800H: 1 L Brock (Traff) 12.8; 2 A Clarke (Sale) 13.3; 3 D Codd (Traff) 13.3
300H: 1 Brock 48.2; 2 C Taylor (Pact) 48.5; 3 C Brindon (Traff) 48.9
HJ: 1 L Webb (CARR) 1.58; 2 P Hinchcliffe (OAR) 1.55; 3 S Threlwell (AS) 1.40
PV: D Codd (Traff) 2.00
LJ: 1 Codd 5.14; 2 N McLeod (Wig) 4.94; 3 E Richardson (Blis) 4.90
SP: 1 D Williams (Sale) 12.34; 2 E Clarence (Sale) 10.82; 3 S Strickleton (Wig) 9.12
DT: 1 Williams 42.18; 2 L Wood (Traff) 35.02; 3 V Haswell (Wig) 32.08
JT: 1 S Simmons (OAR) 37.30; 2 S Threlwell (AS) 26.08; 3 M Heap (Wig) 25.08
U18
100: 1 S Oates (E) 13.3; 2 C Russell (OAR) 13.3; 3 R Smith (Traff) 13.5
200: 1 R Kay (Wig) 25.8; 2 Oates 27.1; 3 R Wildgoose (Stoch) 27.2
400: 1 J Meadows (Wig) 5:16.9 (CBSP); 2 A Lomas (E) 5:21.0; 3 E Curran (Sale) 5:25.1
1500: 1 J Wood 4:55.9; 2 V O'Brien (Bol) 5:03.2; 3 S Walker (Pact) 5:06.5
75H: 1 R Kay (Wig) 11.5; 2 K McCann (Sale) 12.3; 3 A Karboos (Wig) 12.8
HJ: 1 Karboos 1.51; 2 L Highton (Wig) 1.30; 3 R Davies (Wig) 1.40
LJ: 1 T Threlwell (AS) 4.89; 2 Karboos 4.84; 3 V Blair (Sale) 4.80
SP: 1 C Warrington (Sale) 9.06; 2 K Robb (Sale) 8.65; 3 S Long (Blackley) 8.22
DT: 1 J Whittle (Wig) 27.86; 2 D Lockley (E) 25.42; 3 Warrington 24.62
JT: 1 R Morgan (Bol) 31.12; 2 L Gallagher (Bol) 21.74; 3 Threlwell 21.24
4x100: 1 Sale 52.7; 2 Aldersham 55.2; 3 East Cheshire 55.2

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE

Sunday 21st May 1995.



ISABELLE DUCK 600M



LISA FINDLATER 600M



LEE GOLDEN.



KERRIE HINDS (BEHIND IS) & LEE GOLDEN 1000M

Altrincham best by far

THE YOUNG ladies of Altrincham and District Athletic Club made an excellent start in the North West Women's Young Athletes League at Boggart Hole Clough on Sunday, producing no less than 12 personal best performances.

With the second year under 17s absent because of imminent GCSE exams, the pressure was on the first year athletes and they rose to the occasion.

Elizabeth Willmott won the B 100 metres and was second in the A long jump, with Rebecca Winslade first in the high jump and third in the A 100 metres, and Laura Dowling second in the 80 metre hurdles.

The Under 15 team continues to produce excellent performances with victories going to Tina Thirlwell and Charlotte Duck in the A and B 100 metres; Anna Kenyon in the B high jump and Gabriel Carnwath in the B 1500 metres.

Second places went to Tina in the A high jump, Gabriel in the A discus and Joanne Foster with superb performances in the B 75 metre hurdles and A 1500 metres. Lindsay Ford improved her time considerably to finish third in the A 75 metre hurdles.

With a team completely new to this competition, the Under 13s showed promise for the future with Lee Golden third and Kerrie Hinds second in the A and B long jump, with Lee digging deep to produce a fine sprint finish to take third place in the A 1000 metres.

Newcomer Lisa Findlater scored a fine third place in the B 150 metres with Isabelle Duck fourth in the A race.

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE

Sunday 21st May 1995.



JOANNE FOSTER (1) & GABRIEL CARNWATH(2) 1500m



TINA THIRLWELL



CHARLOTTE DUCK (2) & ANNA KENYON (1) 800m



ELIZABETH WILLMOTT (2) & REBECCA WINSLADE (1) 100m

The Messenger, Thursday, May 25, 1995

Athletes' dozen bodes well for future

WITH a tally of 12 personal best performances, the young ladies of Altrincham & District Athletic Club made a promising start in Round One of the North West Womens Young Athletes League held at Boggart Hole Clough, Blackley, on Sunday.

In the U17 ladies section, Elizabeth Willmott won the B 100 metres and was second in the A long jump, with Rebecca Winslade first in the high jump and third in the A 100 metres with Laura Dowling second in the 80 metre hurdles.

The U15 team continues to go from strength to strength with victories going to Tina Thirlwell and Charlotte Duck in the A and B 100 metres, Anna Kenyon in the B high jump and Gabriel Carnwath in the B 1500 metres.

Second places went to Tina in the A high jump, Gabriel in the A discus and Joanne Foster with excellent performances in the B75 metre hurdles and A 1500 metres. Lindsay Ford showed a tremendous improvement in form to finish third in the A75 metre Hurdles.

With a team completely new to this competition, the U13s showed promise for the future with Lee Golden third and Kerrie Hinds second in the A and B long jump. Lee also sprinted through to third place in the A 1000 metres. Newcomer Lisa Findlater scored a fine third place in the B 150 metres with Isabelle Duck fourth in the A race.

OLDHAM & ROYTON OPEN MEETING.

Sunday 28th May 1995.

The Messenger, Thursday, June 1, 1995.

Tina leads the way

FIVE young athletes from Altrincham & District Athletic Club collected no less than 10 trophies at the Oldham & Royton AC Open Meeting last Sunday.

Tina Thirlwell started off the day with second place with 1m 46cm in the U15 girls high jump and then went on to win the long jump and finish second in the 200 metres final.

Joanne Foster led the 800 metres from start to finish to record an excellent win in 2m 30.0s despite the blustery conditions.

She also produced personal best performances in the long jump and 200 metres.

Mark Brumby started the trophy haul for the boys with a win in the U15 Boys shot putt, later adding second place in the long jump and third in the 100 metre final.

Team-mate Adam Waring finished third in the 1500 metres.

In the Youth's 800 metres, Stuart Moss ran an excellent race to finish second in 2m 11.8s.

Meanwhile at the Don Valley Stadium in Sheffield, Elizabeth Willmott produced a personal best performance of 9m 94cm in the U17 ladies triple jump in the North of England Championships.



LISA FINDLATER

TINA THIRLWELL



JOANNE LEADS THE FIELD IN HER FASTEST 800M OF 1995



JOANNE FOSTER



OLDHAM & ROYTON OPEN MEETING.

Sunday 28th May 1995.



MARK BRUMBY

OLDHAM TROPHY

Men
100/200: P Hickey (As) 11.7/23.9
LJ: D Yarwood (OAR) 5.21
U17
100/200: G Fitton (Bury) 11.6/23.6
800: A Poles (OAR) 2:01.6
1500: S Vinter (Stock) 4:28.50
HJ: K Gidding (Holm) 1.43
SP: J Nicholls (Sale) 13.76
U15
100/200/HJ: A Ashworth (OAR) 12.4/
27.3/1.50
800: A Small (Horn) 2:18.4
1500: M Lipsett (Horn) 4:49.1
LJ: A Hinchcliffe (OAR) 4.92
SP: M Brumby (As) 8.33
JT: S Brown (Macc) 36.72
U13
100/200: L Salmon (MCC) 13.2/27.4
800: M Carr (Macc) 2:29.9
1500: M Egerton (Blackley) 5:07.1
HJ: C Bailey (Burn) 1.36
LJ: A Hawkins (Stock) 4.28
SP: C Marsh (OAR) 6.04
CB: C Shaw (MCC) 37.55
U11
75/150: D Ashworth (OAR) 11.0/21.7
600A: Steele (Traff) 1:53.4
LJ: N Foster (Bott) 3.90
CB: J Gillam (OAR) 31.5
U9
75/LJ: D Eyre (Bott) 12.2/2.01
150/300: J Mitchell (Roch) 23.8/2:00.0
CB: D Newcombe (Warr) 25.99
Women
100/200: A Osborne (OAR) 13.0/27.4
U17
100/200/LJ: C Howarth (Leigh) 13.2/
27.8/4.77
800: S Hinchcliffe (OAR) 2:25.3
1500: Z Wellsby (OAR) 6:35.9
HJ: S Turner (Horn) 1.48
SP: C Gregory (Leigh) 9.92
JT: T Kenyon (Chor) 25.17
U15
100: R Wildgoose (Stock) 13.0
200: K Houseman (Holm) 27.6
800: J Foster (As) 2:30.0
1500: J Wood (Leigh) 5:10.4
HJ: C Eddleston (Burn) 1.46
LJ: T Threlwell (As) 4.73
SP: H Leese (Leigh) 7.68
JT: S Newcombe (Warr) 24.35
U13
100/200: K Walker (Warr) 13.3/28.0
800: C Halliday (Horn) 2:40.3
1500: G Farnworth (Bury) 5:40.0
HJ: S Bailey (Horn) 1.28
LJ: C Newcombe (Warr) 4.39
SP: K Barrett (Leigh) 7.35
CB: R Lloyd (Leigh) 37.37
U11
75/150/300: A Spencer (Wig) 10.8/
20.8/1:51.2
LJ: S Wells (Leigh) 3.83
CB: H Alexander (Horn) 30.40
U9
75/150/300: E Critchley (BusAC) 11.8/
23.2/2:10.0
LJ: S Copley (LAP) 3.16
CB: M Angelsey (Horn) 17.30



MARK BRUMBY, STUART MOSS & ADAM SPAREING

ENGLISH SCHOOLS N W REGIONAL COMBINED EVENTS
Blackpool - 24th/25th June 1995.



SARAH THIRLWELL
3657 PTS
10THS INTERMEDIATE GIRLS



ENGLISH SCHOOLS N W REGIONAL COMBINED EVENTS
Blackpool - 24th/25th June 1995.



KAREN SENIOR
3429 PTS
14TH INTERMEDIATE GIRLS



ENGLISH SCHOOLS N W REGIONAL COMBINED EVENTS
Blackpool - 24th/25th June 1995.



TINA THIRLWELL
2633 PTS
4TH JUNIOR GIRLS

Alty girl stars combine well

FOLLOWING their outstanding success at the Blackley Pentathlons held at Boggart Hole Clough earlier this year, three young ladies from Altrincham & District Athletic Club have been selected to represent Greater Manchester in the regional round of the English Schools Combined Events Tournament to be held at Blackpool on June 24 and 25.

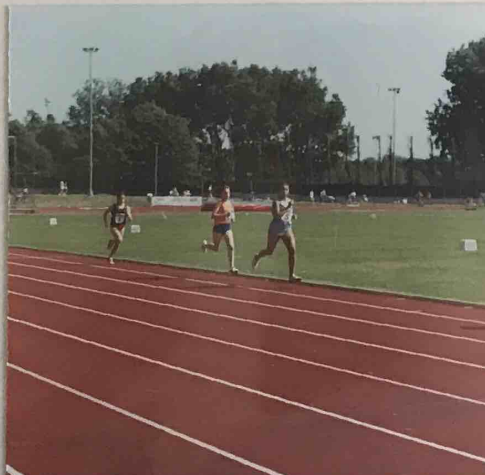
Sarah Thirlwell and Karen Senior, both 16, will undertake their first ever heptathlon competing in seven events over the weekend in the Intermediate Girls group.

Sarah's win at Blackley was her second in 13 pentathlons over the last three years and both her performance and that of second placed Karen, and their depth of experience in multi eventing, made a big impression on the selectors.

Tina Thirlwell, 13, goes one better than sister Sara who was 14 when she first represented her county in this event. Tina's win at Blackley was her third pentathlon victory and the future looks good for this talented youngster who was ranked number three in the UK last year and is the current County AAA long jump champion.

All three athletes are students at Altrincham Grammar School and have been coached at the Timperley track since their primary school days. They are all members of the North West Combined Events Task Force and train at Wavertree alongside big name stars during the winter months.

● Pictured above are Elizabeth Willmot, third in the Under 17s, Karen Senior, Under 17s second, Sarah Thirlwell, Under 17s winner and in front Tina Thirlwell, Under 15s winner.



CHESHIRE TRACK & FIELD LEAGUE.

Round 2 - Crewe - Sunday 2nd July 1995.



LEE GOLDEN



TINA THIRLWELL



JOANNE FOSTER



ISABELLE DUCK



ANNA KENYON



CHARLOTTE DUCK



LAURA WELLS



TINA THIRLWELL



JOANNE FOSTER

CHESHIRE TRACK & FIELD LEAGUE.

Round 2 - Crewe - Sunday 2nd July 1995.



KAREN SENIOR



SEMA O'DRISCOLL



ANSON VESLEY LEADS STEF HOLDEN IN THE 800



LUCY HICKEY



SARAH THIRLWELL



ELIZABETH WILLMOTT



ELIZABETH WILLMOTT

109th WENLOCK OLYMPIAN GAMES.

Much Wenlock - Sunday 9th July 1995.



SARAH THIRLWELL
U17 PENTATHLON 2nd 2828pts



109th WENLOCK OLYMPIAN GAMES.

Much Wenlock - Sunday 9th July 1995.



TINA THIRLWELL 100M 1ST. 13.5s



ELIZABETH WILLIOTT SHOT PUT 2ND 7.33m



ADAM WAREING 800M 2ND 2:25.6



TINA THIRLWELL LONG JUMP 2ND 4.75m



ELIZABETH WILLIOTT TRIPLE JUMP 3RD 9.69m



MARK BRUMBY 80M HURDLES 2ND 14.7s

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE
Round 2 - Bury - Sunday 16th July 1995.



JOANNE FOSTER



LINDSAY FORD



KAREN SENIOR



JOANNE FOSTER



LINDSAY FORD



KAREN SENIOR



SARAH THURLWELL



SARAH THURLWELL



GENA O'DRISCOLL

NORTH WEST OPEN COMBINED EVENTS

Incorporating the North of England Champs.
The Oval, Bebington - 22nd/23rd July 1995.



KAREL SENIOR
 U17
 HEPTATHLON

3487 PTS
 6TH OVER ALL
 2ND GREATER
 MANCHESTER

NORTH WEST OPEN COMBINED EVENTS

Incorporating the North of England Champs.
The Oval, Bebington - 22nd/23rd July 1995.



TINA THIRLWELL
U15
PENTATHLON



2705 PTS
3RD OVERALL
2ND GREATER
MANCHESTER



CHESHIRE TRACK & FIELD LEAGUE

ROUND 3 - Bury

Sunday 13th August 1995.

Sale & Altrincham Express Advertiser, August 17th, 1995.

EXPRESS SPOTLIGHT ON ATHLETICS

Alty girls star at Bury

DESPITE key members of the team being on holiday, the Altrincham and District AC Ladies produced some fine results to take third place in round three of the Cheshire Track & Field League at Bury on Sunday.

Carolyn Kenyon, spearheading the Senior Ladies, won the A long jump with Elizabeth Willmott winning the B event and taking second in the discus with a personal best distance.

Joanne Foster won the Under 15 Girls 1500 metres following an excellent second place in the A 100 metres earlier in the afternoon. Anna Kenyon and Lindsay Ford won the A and B high jump respectively, both achieving personal best performances following an exciting shot putt competition in which Lindsay threw almost a metre further than her previous best to take third place.

The Men's team also produced some good performances, notably in the Under 15 section with Adam Wareing second in the 1500 metres and third in the B long jump, while Mark Brumby took second in the A long jump.

The Messenger, Thursday, August 17, 1995.

Ladies on form

DESPITE missing key members of their team, the Altrincham & District AC ladies produced some fine results to take third place in their round three match of the Cheshire Track & Field League held at Bury last Sunday.

Some excellent performances were recorded with Carolyn Kenyon winning the Senior Ladies A Long Jump while Elizabeth Willmott triumphed in the B Long Jump and taking second in the discus with a new personal best distance.

Joanne Foster won the Under 15 Girls 1500 metres following an excellent second place in the A 100 metres earlier in the afternoon with Anna Kenyon and Lindsay Ford winning the A and B High Jump.

The men's team also produced some good performances notably in the Under 15 section with Adam Wareing second in the 1500 metres and third in the B Long Jump, whilst Mark Brumby took second in the A Long Jump.



LISA FADLATER 100m



KIM SANDS 100m



JOANNE FOSTER 1500m



LEE ROWDEN 800m



LAURA WELLS 800m



ANNA KENYON & LINDSAY FORD ON THE H.J.



CAROLYN KENYON



ELIZABETH WILLMOTT



REYMA O'DRISCOLL



OLDHAM TROPHY MEETING

KAREN SENIOR 5m 15cm!

Sunday 20th August 1995.



ELIZABETH WILLMOTT

The Messenger, Thursday, August 24, 1995



ELIZABETH & KAREN 400M



GEMMA O'DRISCOLL 200M

Three degrees of success

THREE personal best performances and eight trophies were the result of an excellent afternoon's work by a trio of Altrincham & District AC's U17 Girls at the Oldham Trophy Meeting on Sunday.

Karen Senior won the long jump with her first leap, recording 5.15 metres, while Elizabeth Willmott claimed second with 4.96 metres - both personal bests.

Karen also won the invitation ladies 400 metres race and took second places in the high jump and javelin.

Elizabeth also finished third in the high jump and the 400 metres.

Gemma O'Driscoll achieved the third p.h. of the afternoon, storming through into second place in a tremendous 200 metres, recording 27.5 seconds, a time also credited to the first and third places.

Eleven-year-olds Lee Golden and Laura Wells also produced p.b.s, Lee in the Under 13s 800 metres with 2mins 48.2secs and Laura with 3.51metres in the long jump.

In the U15 Boys age group, Adam Wareing took second place in the 80 metre Hurdles and 800 metres and in the Senior Mens section, Stuart Moss took second in the high jump and 800 metres.



KAREN SENIOR



ELIZABETH WILLMOTT.

OLDHAM TROPHY MEETING

Sunday 20th August 1995.



LEE GOLDEN



LAURA WELLS



LEE GOLDEN



ADAM WAREING



STUART MOSS



ADAM WAREING

WARRINGTON OPEN MEETING
Saturday 26th August 1995.



LIZ WILLMOTT



GENIA O'BRISCOLL



LEE GOLDEN



ADAM WAREING



CARLY DAVIES

NORTH WEST WOMENS YOUNG ATHLETES LEAGUE

Sunday 3rd Sept 1995.

Sale & Altrincham Express Advertiser, September 7th, 1995.

ATHLETICS EXTRA

ALTRINCHAM and District Athletic Club's Under 17 Ladies produced some excellent performances in Round 3 of the North West Women's Young Athletes League at Bury on Sunday.

Karen Senior scored maximum points, winning all three of her events, the A long jump, the A javelin with a personal best throw, and the B discus, while Elizabeth Willmott won the A shot with a personal best throw and the A discus. She also took second place in the A high jump.

Gemma O'Driscoll also scored highly, winning the B long jump and taking third places in both the A 100 metre and 200 metre sprints.



JOANNE FOSTER



LAURA WELLS



ANNA KENYON



KER GOLDBERG



LINDSAY FORD



KAREN SENIOR



GEMMA O'DRISCOLL

The Messenger, Thursday, September 7, 1995

Girls claim personal bests

SEVERAL under 17 lady members of Altrincham & District Athletic Club produced some excellent performances in round three of the North West Women's Young Athletes League.

Karen Senior and Elizabeth Willmott both achieved personal best performances in winning the A Javelin and A Shot Putt respectively, with Karen also winning the A Long Jump and B Discus.

Elizabeth also scored highly as she won the A Discus and took second place in the A High Jump, an event in which she has shown considerable improvement in recent weeks.

Gemma O'Driscoll also scored highly, winning the B Long Jump and taking third place in both the A 100 metre and 200 metre sprints.



CHESHIRE TRACK & FIELD LEAGUE ROUND 4 - Bury

Sunday 10th September 1995.

September 14th, 1995

ALTRINCHAM & District athletes continue to produce excellent results with seven personal bests at Sunday's Round 4 meeting of the Cheshire Track and Field League.

Elizabeth Willmott again improved in the shot, taking second in the A competition, with Alison Vesey second in the B for the Senior Ladies. Elizabeth also won the B 2200 metres with a best ever performance, with Gemma O'Driscoll third in the A race. In the Under 15s, Lindsay Ford achieved three personal bests with second in the A long jump. Joanne Foster won the B long jump and finished third in the A 200 metres.

David and Andrew Norman put on a magnificent double act in the Youths with David winning the B 100 metres, B long jump and B shot, while taking second in the 1500 metres. Andrew won the A long jump, took second in the A 100 metres and A shot and third in the 1500 metres.

With Jim Rose fourth and Robin Brownhill fifth in the A race and Dave Cowlishaw first and Phil Vesey second in the B race, Altrincham's Senior Men took maximum match points in the 1500 metres.

Magnificent seven for athletes

THE TRACK & field athletes of Altrincham & District Athletic Club are continuing to produce excellent results right up to the end of the season.

They recorded seven personal best performances at Sunday's fourth round meeting of the Cheshire Track & Field League at Bury.

Elizabeth Willmott yet again improved in the shot putt, taking second place in the 'A' competition with Alison Vesey clinching second in the 'B' for the Senior Ladies.

Elizabeth also won the 'B' 200 metres with a best performance while Gemma O'Driscoll managed third in the 'A' race.

In the U15s age group, Lindsay Ford achieved no less than three personal bests, with second place in the 'A' long jump and good performances in the 'B' 200 metres and 'A' Javelin.

Joanne Foster won the 'B' long jump and finished third in the 'A' 200 metres.

David and Andrew Norman put on a magnificent double act in the Youth's age group with David winning the 'B' 100 metres, the 'B' long jump and then the 'B' shot putt before taking second in the 1500 metres.

Andrew won the 'A' long jump, taking second in the 'A' 100 metres and the 'A' shot putt before finishing third in the 1500 metres.

With Jim Rose fourth and Robin Brownhill fifth in the 'A' race and Dave Cowlishaw first and Phil Vesey second in the 'B' race, Altrincham's senior men took maximum match points in the 1500 metres.



LAURA NELS



NICOLA HEGGS



LIZ WILLMOTT.

**INVITATION TEAM TROPHY MEETING.
BOGGART HOLE CLOUGH - BLACKLEY.**

Sunday 17th September 1995.



LARA BELLS & ISABELLE DUCK



LEE GORDON



JOANNE FOSTER

Sale & Altrincham Express Advertiser, September 21st, 1995.

ALTY ATHLETES SWEEP THE BOARDS

ALTRINCHAM & District AC's Under 17s brought the track & field season to a close with a bang at the Invitation Team Trophy hosted by Blackley & North Manchester AC at Boggart Hole Clough on Sunday.

Competing against five other Manchester clubs, the Altrincham girls and boys swept the board winning by significant margins.

Individual winners included Gemma O'Driscoll in the A long jump and B shot putt; Charlotte Duck in the B 100 metres, B 200 metres and B discus; Joanne Foster in the A 1500 metres and B long

jump and Elizabeth Willmott in the A shot putt and A discus.

Mark Brumby won the A high jump and the A long jump, David Norman the A 300 metres, Adam Wareing the A 800 metres, B shot putt and B discus and Andrew Norman the B 800 metres, A discus and A javelin.

In the Under 13 Girls competition, mention must be made of Gemma Litherland who won the B shot putt in her first outing for the club, and Isabelle Duck, producing personal best performances in both the 80 metres and 600 metres.

Altrincham & District senior men's team showed great spirit to secure the

bronze in the Cheshire County Road Relay Championships at Warrington.

Andy Heathcote got the team off to a great start finishing the first leg in a superb time of 16 mins 25 secs.

Alan Barlow (18m 10s), Pete Pickwell (17m 18s), Stuart Graham (17m 35s) and Andy Green (16m 35s) kept Altrincham in the top six leaving Lloyd Tredell (16m 35s) to make up the places on the final leg to secure third out of 21 teams.

The ladies' team of Vanessa Mulholland (21m 23s), Anne-Marie Jones (19m 57s) and Lucy Hickey (22m 40s) finished a creditable 7th.



DAVID NORMAN

**INVITATION TEAM TROPHY MEETING.
BOGGART HOLE CLOUGH - BLACKLEY.**

Sunday 17th September 1995.



CHARLOTTE DUCK & GEMMA O'DRISCOLL



MARK BRUMBY DAVID NORMAN LIZ WILLIOTT
ANDREW NORMAN
ADAM JARROLD JOANNE FOSTER CHARLOTTE DUCK

The Messenger, Thursday, September 21, 1995.



• THE FRONT runners set the pace at the start of the Altrincham Five Mile Road Race. Pic ref: CJH95/9/15

Bill leads home challenge

ALTRINCHAM & District Athletic Club held its 26th annual 5 mile road race last Wednesday - attracting 309 entries on a perfect evening for racing.

Sale Harrier Neil Rimmer was an impressive winner in 23.45 with Salford Harriers Neil Wilkinson second in 24.14 and Nic Jones of Vale Royal AC third in 24.29.

The host club was represented by more than 50 runners, the fastest being Bill Crowther who finished ninth, Martin Crosby 18th in 25.56 and Andy Geen 19th in 26.00. They helped Bill to third place in the team race behind Sale and Salford.

Other good runs came from Jim Rose, 21st in 26.03, Des Gibbons, 26th in 26.18, Lloyd Tredell, 28th in 26.21, Andy Heathcote, 29th in 26.23, and Graham Watson, 31st in 26.25.

Veteran Peter Hyde was third over 45 in 33rd place with a time of 26.30, while Mike Jones (44th in 27.09) and Richard Pavey (47th in 27.22) also made the top 50.

Phil Vesey was 51st in 27.28, ahead of Dimitri Panayiotou 54th in 27.39, Colin Hammond 58th in 27.55, and Stuart Graham 63rd in 27.59.

Jayne Spark, who recently married fellow international

runner Martin Jones, was a clear winner of the ladies race in 28.05, and with Anne O'Kearney-Flynn second in 29.10, Vicki Perry 4th in 30.33 and Susan Pavey 5th in 31.05, Altrincham were runaway winners of the team race.

Sixteen year old David Norman, 72nd in 28.24, improved by more than three minutes on his run in last year's race, finishing ahead of Andy Vesey, 75th in 28.29, Colin Davies, 77th in 28.35, John Deans 80th in 28.39 and Alan Barlow 87th in 29.04.

Ken Burgess was second over 50 in 29.09 and Alan Hardman was first over 60 in 35.18.

Juniors finish on a high

ALTRINCHAM & District AC's U17s ended the track and field season on a high note with convincing victories at the Invitation Team Trophy meeting hosted by Blackley & North Manchester AC at Boggart Hole Clough on Sunday.

Competing against five other Manchester clubs, the Altrincham U17 girls and boys teams both swept the board - winning by significant margins.

Individual winners included Gemma O'Driscoll in the A Long Jump and B Shot Putt,

Charlotte Duck in the B 100 metres, B 200 metres and B Discus, Joanne Foster in the A 1500 metres and B Long Jump and Elizabeth Willmott in the A Shot Putt and A Discus.

Mark Brumby won the A High Jump and the A Long Jump, David Norman the A 300 metres, Adam Wareing the A 800 metres, B Shot Putt and B Discus and Andrew Norman the B 800 metres, A Discus and A Javelin.

In the U13 Girls competition mention must be made of Gemma Litherland who won the B Shot Putt in her first outing for the Club and of Isabelle Duck producing personal best performances in both the 80 metres and 600 metres. Laura Wells and Lee Golden also achieved good results.

...as seniors take bronze

Altrincham & District senior men's athletic team showed great spirit to secure the bronze medal in the Cheshire County road relay championships at Warrington.

Andy Heathcote got the team off to a great start, finishing the first leg in a superb time of 16mins 25secs. And then Alan Barlow 18-10, Peter Pickwell 17-18, Stuart Graham 17-35, and Andy Geen 16-35, kept Altrincham in the top six - leaving Lloyd Tredell 16-35, to make up two places on the final leg to secure third place.

The Altrincham ladies teams team of Vanessa Mulholland 21-23, Anne-Marie Jones 19m-57 and Lucy Hickey 22-40, finished a creditable seventh out of 12 teams.

GREATER MANCHESTER
COUNTY CROSS COUNTRY
CHAMPIONSHIPS
WOOD BANK PARK 10th DEC 1995



LEE GOLDEN



JOANNE FOSTER



CHARLOTTE DUCK



GREATER MANCHESTER
COUNTY CROSS COUNTRY
CHAMPIONSHIPS
WOOD BANK PARK 10th DEC 1995

ANDREW
NORMAN



ADAM
WARRING



MAGGIE
JONES





GREATER MANCHESTER YOUTH GAMES

Athletics

Belle Vue Athletic Centre

Sunday 16th June 1996



PEMMA
COALISIDE



ADAM
WAREING



ANDREW
NORMAN



JOHNNIE
ROBERTS



Barnsley City Challenge U20 NoEAA Track & Field Championships
Dorothy Hyman Sports Centre, Cudworth, Barnsley - 29/30 June 1996

COLWYN BAY GAMES 7TH SEPT 1996

GEMMA	SILVER	IN	100m, 200m & L JUMP
LIZ	Bronze	IN	DISCUS
CLARE	SILVER	IN	800m HURDLES
	Bronze	IN	LONG JUMP
KAREN	GOLD	IN	LONG & HIGH JUMP
	SILVER	IN	JAVELIN



CLARE, KAREN, ZOE LIZ & GEMMA.



Mammoth medal haul

ALTRINCHAM & District Athletic Club's athletes collected five county medals and one open medal in the North West Open and Five Counties Combined Events Championships which were held at Stanley Park Stadium in Blackpool.

Karen Senior scored steadily over the two days to win silver in the Greater Manchester junior ladies heptathlon with 3,402 points which also gave her bronze in the Open Championship.

Claire Taylor, in her first appearance in an Altrincham vest, improved substantially in the javelin and, together with a strong finish in the 800m, succeeded in moving up to the silver medal position on the second day in the county championship for intermediate Girls with a score of 8,130 points.

Gemma O'Driscoll proved to be a revelation in her first ever combined events competition, rounding off with a scorching finish in the 800 metres to score 3,240 points and finish ninth.

In the corresponding age group for boys, Adam Wareing and Andrew Norman took gold and silver in the U17 men's county championship with 3,361 and 2,893 points respectively. In the U15 pentathlons Mark Brumby won gold in the boys county championship.



Sale & Altrincham Express Advertiser, August 8th, 1996.

Medals galore

THE youngsters of Altrincham & District Athletic Club continued their medal winning form at the Wrexham Games.

Gemma O'Driscoll started the ball rolling with bronze in the Intermediate Ladies 100 metres, adding silver in the 200 metres and then going on to win gold in a close competition in the long jump with 4 m 84cm, just 5cm below her season's best.

Joanne Foster won silver in the Under 15 Girls 800 metres and followed with silver in the 200 metres with a time of 28secs.

Adam Wareing and Andrew Norman had their usual personal battle in the Youths 800 metres with Adam winning silver in a time of 2:08.46 and Andrew bronze with 2:08.94. Stewart Moss chose to run the Junior Men's mile where he won silver.

Golden Gemma

ALTRINCHAM & District Athletic Club's young athletes were in tremendous form at the Wrexham Games on Saturday.

Gemma O'Driscoll won gold (long jump), silver and bronze while silver medals also went to Joanne Foster, Adam Wareing and Stewart Moss. Andrew Norman picked up a bronze.

Sale & Altrincham Express Advertiser, August 22nd, 1996.

Alty ladies' maximum

ALTRINCHAM and District Athletic Club's Senior Ladies won maximum match points in the third round of the Cheshire Track and Field League held at Belle Vue on Sunday.

Gemma O'Driscoll started the ball rolling with a fine win in the A 100 metres followed by victories for Karen Senior and Liz Willmott in the B and C races.

Alison Vesey won the 3000 metres and Alison Sixsmith was first in the A 1500 metres with Carolyn Kenyon fourth. Gemma demonstrated her range of ability by winning the B 1500 with Karen Senior second.

In the field, Liz and Karen won the A and B discus and Carolyn and Karen did likewise in the long jump.

Rounding off a superb afternoon of athletics, Carolyn, Liz, Gemma and Karen destroyed the opposition in the 4 x 100 metres relay recording a time of 54.4 seconds.

In lower age groups, Anna Kenyon won the Under 15 high jump and took second places in the A 100 metres and A shot putt, while Zoe Olliver won the B high jump and B shot putt.

Lee Golden and Laura Wells benefited from recent training to win the A and B under 13 javelin, both with massively improved performances.

Sale & Altrincham Express Advertiser, September 12th, 1996.

Alty's final flourish

ALTRINCHAM & District Athletic Club's athletes closed their track and field season in style at the final round of the Cheshire League at Bebington on Sunday.

Sprint sensation Gemma O'Driscoll started the ball rolling for the ladies team with a fine win in the A 100 metres followed by a second place for Lindsay Ford and a win for Liz Willmott in the B and C races.

Alison Vesey was second in the 3000 metres and Gemma once again went on to demonstrate her range of ability by winning the 800 metres with a personal best time. On the field Liz and Gemma won the A and B shot putt.

In the lower age groups, Joanne Foster won the 800 metres and the B long jump, with Zoe Olliver third in the A long jump.

Altrincham's senior men put on a fine display in the 3000 metre team race with Jim Rose leading from the start to win in 9 min 4.5 sec, followed by David Norman in second place and Alan Barlow fifth.

This was followed later in the afternoon by a clean sweep in the 1500 metres with Steve Harrop winning in 4 min 31.5 sec closely followed by Stuart Moss and David Norman. These three then teamed up with Barry Chapman to take second in the 4 x 400 metre relay.