



AMBROSE FLYERS COMPLETE STUNNING CROSS COUNTRY DOUBLE

The St. Ambrose flyers have completed a stunning double winning the Trafford School's cross country championships at both junior and senior level. It is the fifth successive year that their senior team has won the title but the double is a more rare feat.



They had individual winners in both events with Jack Wilkinson (left) winning the senior event and James Kelly (right) winning the junior competition.

Held in perfect conditions on a fast running course at Crossford Bridge in Sale over 100 runners took part with Ambrose teams achieving a series of top ten finishes, notably brother Joe Blakemore coming second in the senior event and younger sibling Felix Blakemore coming fourth in the junior race.

Jack Wilkinson paid tribute to their coach Sam Aspinwall, himself a former Trafford Schools Cross Country Champion and now keen ultra marathon contestant.

Jack said: "We train regularly and enjoy every session. Mr Aspinwall encourages both individual flair and a strong team spirit."

On the back row from left to right are the team from Year 10 and 11, Thomas Ammanuel, Marcus Cann, Rory Smyth and Felix Blakemore and on the front row from left to right are the Year 7 team of James Backhouse, Joe Blakemore, Kian Lindsey and Conor Ball.