



Ambrose Wins Hat Trick of City Indoor Rowing Titles

St. Ambrose College young rowers have won a hat trick of city wide titles without touching the water.

The power packed athletes from the Hale Barns Catholic Grammar School won the Year 7, Year 8 and Year 10 titles for indoor rowing at the Greater Manchester School Games.

St. Ambrose qualified across all age groups as the Trafford champions and then beat teams from the other nine boroughs across the Metropolitan district.



Pictured with the College's Sports Centre Manager Sam Aspinwall are seated Henry Ashby who came second in the individual Year 7 category with 505 metres in two minutes and standing Adam Kokocinski, who came third with 500 metres in the two minute time period. Year 8 rowers had three minute sessions and Year 10 five minutes, with the Ambrose teams winning all their age group relays.

Henry, 12, from Hale, said: "I have been on the water a few times and after performing so well in this event I want to try the sport alongside my rugby."

Adam, 12, from Stetford, added: "I would never have known I had any talent for rowing if Mr Aspinwall had not spotted me in one of our fitness suite sessions."

Sam Aspinwall, an accomplished ultra marathon runner and former St. Ambrose pupil, said: "Our new school has a fabulous indoor fitness centre which allows us to develop a passion for healthy living and exercise and spot potential top talent."