

Press Release March 2016

## **POWER HOUSE YOUNG ROWER WINS NATIONAL BRONZE AFTER JUST FOUR MONTHS IN THE SPORT**



Power house young St. Ambrose College rower Patrick Brogan has won a bronze medal in the national indoor rowing championships just four months after starting the sport. Against the cream of young British talent in the Manchester Velodrome the 5ft 11in 10 stone athlete beat his personal best by 34 metres, but with typical modesty said: “I was surprised to win a medal. I have only been rowing for four months and was going more for the experience than the chance of winning something.”

Patrick trains with Northwich Rowing Club indoors twice a week, going out on the water at weekends and has quickly proven himself to be a committed, competent and strong rower. His dedication is evident: Twice a week he brings his bike with him on his commute to school, so that he can make his way straight to Northwich for training after school, heading home to Knutsford afterwards.

He said: “The secret is to be able to go through the pain barrier. I do mind it, it is quite tough but it is also worth it when you get going.”

Ideally, Patrick would love to emulate British greats such as Sir Steve Redgrave but said cautiously: “Who would not love to compete in the Olympics, but that is a long way off just yet and I will just try and do my best for Northwich.”

St. Ambrose College teacher Jonathan Leisk said: “Patrick is definitely made out of the right stuff. To compete so successfully on the national stage after just four months shows he has natural aptitude and a good deal of guts and grit.”