

ENDURANCE SPORT SKILLS AT ST AMBROSE

Primary school athletes from across Trafford got a chance to develop their endurance sport skills when St. Ambrose College hosted a mini triathlon for 9 to 11-year-olds.

80 athletes in 20 teams of four from eight borough wide primary schools took part in the full morning session, using St. Ambrose's state of the art 4G pitches, swimming pool and fitness suites for the swimming, rowing and running challenge

Under the guidance of Trafford Schools' Partnership Sports Officer Chris Dyson and St. Ambrose College's Director of Sport Nigel Handy,, the super fit young children first did a 400 metre swim, with each team member completing 100 metres in a relay. They then did a two minutes rowing test, before running for 1,000 metres.



Chris Dyson supervises the rowing challenge.

There were eight schools taking part: Loreto Prep, Altrincham Prep, Elmridge, Cloverlea, Well Green, Stamford Park and Bollin with the emphasis on both winning and simply taking part.

Chris Dyson said: “The aim is to introduce new sports to the children and give them a chance to use some fantastic facilities.”

Chris added: “In Trafford we run competitions across a range of sports with qualification for the Greater Manchester Schools' Games, but this was a special one off exercise to showcase what might be a new sporting challenge to most of the youngsters.”

Head of School at Elmridge Primary School in Hale Barns Mark Edmundson agreed: “It was a very enjoyable, very well organised event that most importantly introduced our children to some new sports.”

Nigel Handy added: “It was great day, the sheer enthusiasm and infectious spirit of these children rubbed off on everyone. Trafford has a genuinely global reputation for great sport, with world class football, rugby, cricket, athletics on our doorstep and the future is bright judging by the spirit and determination of these youngsters,.”



Children begin the mass start for 1000 metre run.