



## TOUGH YOUNG RUNNERS WIN ALTRINCHAM CROSS COUNTRY SERIES

St. Ambrose College's youngest runners have completed a double in the Altrincham and District Schools Cross Country Championships winning in both the Year 7 and Years 8 and 9 sections.

Next up for the two teams are Trafford Championships with the next stage the Greater Manchester heats before aiming for the national championships event, which Ambrose athletes who are now in Years 10 and 11 reached last year.

Coach and former Ambrosian Sam Aspinwall, who won the Greater Manchester Schools title as a teenager and is now the St. Ambrose's Sports Centre Manager and talented ultra marathon runner, said: "It's a long haul but we have made a good start and we do have some particularly talented young runners coming through, but cross country demands special mental as well as physical attributes."

Pictured at the front is 11-year-old James Kelly, who won two of the three races in the Autumn season, who said: "I had never done any training before I came to St. Ambrose, but now I am going to give it my best." He added: "It's not really an individual sport, it's all about the team and I had some great team mates pushing me on."



Pictured behind James are from left to right: Marcus Cann, Eugene Sidlow, Pearse Thorgaard, Oliver Rose, Felix Blakemore, Thomas Amanuel, Joe Isaacs, Max Clay and Ethan Barrett. Also in the teams were Luke Ball, Rory Smyth, Ciaran Gallagher, Thomas Jackson and Lorcan Cronin.