



Tough but Talented Swim Duo Earn National Honours



Two tough but talented St. Ambrose College swimmers are making waves on the national stage thanks to years of hard work and dedication.

On the left Joseph Deighan, 14, from Timperley, has won silver at the national championships in the 400 metres individual medley. This follows a series of gold medal winning performances at both IM and free style from 100 up to 1500 metres at both county and regional level.

Joseph trains for 16 hours each week both in the St. Ambrose College pool and for Stockport Metro spending some 16 hours in the water every week.

He said: "It's not in the slightest bit boring. We do drills and races and the coaches keep it interesting. I'd do more if I could."

The hard-working young man added: "It's absolutely fantastic to have the 25 metre pool at St. Ambrose because I can do extra training at lunch time."

The same sentiment was echoed by 15-year-old Ciaron Byrne, from Sale, (Pictured right) who has just been selected to represent Great Britain in a European tie against the Czech Republic in Prague in March, the first national honour for a young man who has been honing his skills for the last five years.

A powerful winger, with an eye for the accurate chance making pass, Ciaron said: "I also train for some 16 hours a week both at St. Ambrose and for Manchester and simply would never even have dreamed of playing water polo but for the pool at school. I just want to continue playing for GB through the age levels and do the best I can."

St. Ambrose College Swimming and Water Polo Coach Paula Chandler said: "Joseph and Ciaron have always gone that extra mile beyond what is expected, even by the most demanding of coaches, and deserve every success. We are very proud of their achievements."