



SUBMITTED PICTURE

## Students visit top academy to learn interview tips

A group of sixth form students from Northampton Academy visited a top etiquette academy to learn interview techniques and how to better sell themselves.

The mentoring programme was held

at Debretts, in London, an academy which teaches social skills, etiquette and style.

The one day programme provided the students with interview techniques and the skills to be able to sell them-

selves, which they later tested in their 'elevator pitch' - where they had 60 seconds to impress.

The students also received a talk from Tony Langham, chief executive of renowned PR firm Lansons.

## Soldier George wins medals at injury games

A 25-year-old soldier has returned home to Northampton after taking part in a week-long competition for people who have suffered injuries.

George Crawley was representing Headley Court at the event, which took place at Stoke Mandeville Stadium and featured competitors from 11 spinal injury centres in the UK and Ireland.

Pte Crawley scooped medals in archery and target shooting, and hopes his army background can guide him to compete in a future Paralympic Games.

He said: "The physios and the other patients told me that it was all about adaptive sport, meeting people and future contacts and making friends."

Pte Crawley also took part



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George Crawley

in wheelchair tennis, hand-cycling and other activities which could help with his mission to continue living a healthy, active lifestyle.

Organised by national charity WheelPower, the Inter Spinal Unit Games is established as the leading sporting event for people with a recent spinal injury.

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