

ST KATHERINE'S SCHOOL PE & SPORT NEWSLETTER

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PE CAPTAINS AND LEADERS

We appoint over 70 students to team, house and senior captain roles

HOUSE CROSS COUNTRY

Over 450 runners give their all for their houses on our wet & muddy course



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PRIMARY GLADIATORS LEADERSHIP

SK host inaugural primary gladiators event led superbly by our Year 10s

Less than 3 weeks into the new school year and we were already welcoming primary visitors for our first leadership event of the year. This time it was for a brand-new competition aimed at primary students who represent their schools less frequently. On Wednesday 18 September a group of Year 10 students gathered on the top field for a quick whistle stop tour of the brand new space-hopping, laser shooting extravaganza that is the gladiators festival!



Jamie-Leigh BELL, Ben BOHIN, Hetty CLEAVER, Molly GREEN, Daisy MONEY, Issy PRIME, Toby RICE, Ariel RUGMAN, Jessica STANLEY, Isobel TAYLOR

The visiting schools were split into 'legions' of 4 competitors and rotated around four activity stations where they competed for points that would decide the order of play for the final laser run of the day. Students that represent the school less frequently were chosen for this event and so our leaders were going to have to bring out their best in order to ensure that the students had a really positive experience. It was clear to see that some of the competitors were a little apprehensive but our students soon put them at ease and began to explain their tasks for the afternoon. The explanations and demonstrations from the Year 10 students were excellent and full of hints and tips to help the competitors produce their best when it was their turn to go.



Isobel and Toby took responsibility for the laser range and both called on their experience with the activity in order to help the shooters enjoy lots of success. These two really took the initiative and were left almost entirely to their own devices throughout the afternoon without even the smallest hitch. Ari and Ben took on the obstacle relay which saw students really struggle to get to grips with some bean bag throwing, skipping, ball bouncing and hula hoop madness – and that was just the leaders during their demonstration! The two boys took turns to demonstrate and explain and really encouraged a lovely atmosphere on their station. Daisy and Jess took on the fencing and again used their experience from previous festivals. Such was the standard of their leadership that Jon, the activity leader, left the girls to lead entire



groups through the activity. Jamie-Leigh, Hetty, Molly and Issy took the space hopper relay and were brilliant at encouraging students when they fell off and motivating those who found the bouncing technique tricky to master. All four girls showed such warmth in their leadership, you could see the students relaxed and enjoying every minute of the activity.

Before the afternoon was out there was just time for the final scored laser run which saw competitors hit the shooting gallery before setting off on a lap of the top rugby pitch! Our students will know from their cross country that the run is no mean feat and so our leaders positioned themselves strategically around the outside of the course to offer support, encouragement and motivation exactly when it was needed to ensure that everyone completed the run. While the scores from the festival were being added up, our leaders were given one final task which was to design and run one final relay race. The group drew together all of the aspects from the afternoon into one final race which went off like clockwork.



We are so fortunate to have so many accomplished leaders who are so willing to give up their own time. This lot volunteered themselves for the afternoon but also had to stay almost an hour after the end of the school day but this didn't deter them one bit. Not only did they lead exceptionally well they were all so warm and friendly that the visiting schools just had the best afternoon.

Mr German (NSSPEA) commented: A big thank you also to St Katherine's School for kindly hosting the event and providing such an enthusiastic and capable group of young leaders. The Year 10 leaders were in some cases supporting their first event and it was lovely to hear the many positive comments from attending staff who recognised their achievement. We very much look forward to working with them again at future events.

A huge thank you to all who were involved on Wednesday afternoon – St Katherine's students at their best!

Mr Cook

9 BOYS FOOTBALL V DOWNEND

Boys face stern challenge in first round of English Schools National Cup

On Tuesday 24 September the Year 9 boys were gearing themselves up for the first school football match of the season. Having played 1 or 2 club games already, the next challenge presented itself in the form of a first-round tie in the National Cup. The boys had drawn Downend, a team that they don't normally compete against on the football pitch, however the boys did know that they had plenty of athletic ability in their ranks having narrowly beaten them at the sportshall athletics county finals back in Year 7. The rain abated and the boys were left with a plush green, firm yet perfectly cushioned surface after local club Lodway FC had agreed that we could use their pitch – huge thanks to the local club who very kindly opened up, prepared the pitch and left the nets up for us ready to play.

Captain Mac Marshall won the toss and elected to play with the wind and make the Downend boys face the sun in the first half and it looked to be a pretty smart decision. The first few minutes of the game were a classic cagey cup affair with neither team over committing going forwards. St Kath's looked dangerous out wide with James Wamulo causing the Downend full back real problems with his pace. Early on the game James was played in behind but couldn't find the accuracy with his shot. Charley Songer was leading the line for the boys in red and it was his pressure that gifted James his first chance of the game. Charley hurried the Downend goalkeeper into his clearance kick which was sliced into James' path but good recovering defensive pressure snuffed out James' opportunity to get a shot away on goal. Downend weren't without their chances in the opening period either and looked to be comfortable with the ball on the floor through the midfield. Downend also possessed two quick, strong and powerful centre forwards and it was clear they were going to test the SK defence for the entire 60 minutes. Downend pressure forced goalkeeper Alfie King into action early doors and he made a couple of excellent saves using his body to block the ball. Alfie also dealt well with two early

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set pieces in the form of corner kicks by commanding his 6-yard box and punching the ball away to safety. If the first 10 minutes were anything to go by, it looked like a fairly even contest.



Ryan BUNDY, Kanye CHRISTIE, Alfie KING, William KING, Mac MARSHALL, Trysten NMAI, Remi SMITH, Charley SONGER, Will STRATTON, James WAMULO, Waide WATSON

It was the home side that struck first and the goal was finished by right winger Kanye Christie. Kanye picked the ball up wide on the right and immediately threatened the Downend defense with his pace and direct nature. He quickly made his way into the penalty area where he turned back and forth in attempt to avoid being crowded out by the Downend defenders. The opposition players grew in number as more sensed the danger, yet Kanye continued to weave and turn inside the penalty area before working a $\frac{1}{2}$ yard in order to get his shot away. Kanye unleashed a quick snapshot after knocking the ball to his left with his back to goal. Kanye rifled the ball back across the goalkeeper into the top left-hand corner of the net to the absolute delight of his team mates.

Downend were rocked but maintained their composure and if anything increased the quality of their play. St Kath's held the lead for little more than 3 minutes before a Downend striker found far too much time and space on the end of a loose ball in the SK penalty area leaving goalkeeper King no chance. Downend grew in confidence at the same time as the SK boys really let their heads drop and the net result was goals. The home side had allowed two quick Downend goals to really get into their heads and they lost all momentum from their performance. It was back to the wall defending for the remainder of the first half and Will K and Waide really found themselves under the pump. The boys fought bravely and were well supported by Remi and Will S at full back but were left rather exposed by the rest of the team and Downend used all of this to their advantage.



At half time the mood was low as the boys trailed by 5 goals to 1. The start of the second half saw an improved attitude and enthusiasm to get back into the game. Mac started brightly in the middle of midfield and linked up well with Ryan Bundy in order to set James, Kanye and Charley away a couple of times but in all honesty there was no threat to the Downend goal. The mood in the opposition camp was high and was only strengthened when they scored first in the second half to take the game beyond the reach of the home team. Some of the SK players battled hard and maintained pride in their performance; Alfie King made one excellent save low down to his right hand side to tip a well struck low shot around the post, Kanye still looked a huge threat every time he got on the ball and Will King put in a couple of excellently timed sliding blocks. Downend simply grew in confidence and made the most of their dominance. They controlled the large part of the game and deployed their main assets really effectively. Some of their players took their goals excellently

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and the boys thoroughly deserved their eventual 11-1 victory. We wish them the best of luck in the next round of the competition.



As far as the SK boys go, they couldn't help but be disappointed with their performance. They hadn't been able to produce their best football but perhaps more disappointingly hadn't all been united in their efforts to do so. Man of the match was a simple decision in all honesty and went to Kanye Christie – had you watched Kanye in minute 1 and minute 59 you'd have seen no difference in his performance at all. He showed off his qualities as a sportsman and also bagged himself an exceptionally well taken solo goal – a top performance from a top competitor.

I am sure the boys will be hoping they will fair better in the Somerset Cup later this year.

Well done gentlemen.

Mr Cook



GIRLS NETBALL V GORDANO

Girls enjoy a fantastic start to the season against local rivals Gordano

Year 7

St Kath's A 6 - 3 Gordano A

The St Kath's girls were very nervous but excited to be representing their school in their first fixture with both sides playing for the first time. A close first half saw end to end action with both sides having shooting opportunities and also making some great interceptions. Alice Clarke and Ana Oluwo were formidable in defence and made life really hard going for the Gordano shooters, rebounding well. Olive Shaw and Chloe Patten shared the WD role and supported them well in defence whilst Lauren Weeks, Dahirah Odaway and Eva Hayes worked well in the centre third moving the ball towards the St Kath's attack. With Anna Petrie and Megan Stenner linking well and also taking their chances they matched the Gordano side 3-3 at half time but managed to push forward in the second half and win overall 6-3. Player of the match was voted as Megan Stenner.





St Kath's B 0 - 2 Gordano B

This game could have gone either way with huge amounts of possession and turnovers by both sides. Neither side had that many shooting chances, with the St Kath's defence of Emily Creese and Portia Nash intercepting almost all balls that entered their defensive third. Evie Roberts and Ruby Slaven provided excellent support to the defence working hard to get the ball from defence into attack. Centre's Bess Stevens and Grace Baker were key in moving ball through the court and did an excellent job both defensively and in attack. Chloe Elliot found great space as WA and always offered support in space to the St Kath's side. The St Kath's attack consisted of Olivia Rose Miller, Lyla Moore, River Clarke and Roxie Garrett who had limited chances in this game. They all worked hard to get the ball into threatening positions and gave the Gordano defence a lot of work to do. Despite the closeness of the game and amount of possession, the game ended in a loss. Portia Nash was a well-deserved player of the match.



Year 8

St Kath's A 10 - 0 Gordano

St Kath's A team played a fast and well fought game against Gordano, displaying determination and flare from the first whistle. Leah Wardingley made some terrific interceptions as GK while Ruby Gray showed off her excellent primary marking, making it difficult for Gordano to attack their shooting circle. At the end of the first half, St Katherine's were leading 6-0. Throughout the match Maddy Thomas dominated the centre third, cutting out forced passes made by the Gordano players, and injecting our shooting circle. With the creative movement and drawing of players to produce space by Polly Cole (GA) and Hollie Lange (GS), both students had both time and space to score ten goals as a shooting partnership.

It must be said that all players worked together to produce an outstanding performance and finish the game with a 10-0 win. Congratulations to Maddy Thomas who received POM by the Gordano team! A special thank you must be said to Angel Chin and Nahla Mengoud who both demonstrated the true sportsmanship of St Katherine's students as both stepped in to play for Gordano who were a player down - thank you girls!

St Kath's B 1 - 1 Gordano

The pre-match team talk had the team focused on not making any mistakes in the first 12 minutes to show the opposition that they were a consistent team who were not going to make any unforced errors. The strong team play saw the girls working together supporting and encouraging each other. Sophie Young and Josie Rafferty worked well as shooters. The calm secure defensive work of Teagan Davidson and Vanessa Gerebenes was disruptive; they made so many interceptions. It all came together with the strong link of the centre court where Toula Hudson, Jena Walker and Emily Earle linked the two ends of the court together.

The overall score was 1-1, which was a true reflection of the determination and resilience from both teams.



Year 9

St Kath's 4 - 18 Gordano

Overall the St Kath's side played well being the first game of the season. St Kath's won the toss and claimed first centre pass, with Jamie Packham scoring the first goal of the game, despite some great defence by the Gordano side. Daisy Wilkinson and Daisy Medder moved the ball well down the court with numerous interceptions and clean passes. Rose Barker caught possession in defence by marking in front of her opponent, turning possession over to St Katherines.

During the second half Olivia Ring and Poppy Baldwin Brooks kept good possession in attack, creating further goals for the St Kath's side. Melissa Bartlett used her voice well to communicate when she was in good space whilst Mia Melias made some amazing interceptions as goal defence. Despite not getting the result they wanted, all players had a good time and a good experience.

Written by
Scarlett
Newby
(Captain)





8 BOYS RUGBY V NORTH SCHOOLS

8 boys explode into rugby season with a bang against trio of North schools

On Wednesday 25 September the Year 8 boys awaited their first rugby playing contest of the school season and were looking forward to getting stuck into the action. Several of the boys have taken up playing club rugby since last season and so I was really looking forward to seeing them in action. Despite the fresh feel to the first contest of the year, there were some boys who were really struggling to be fully fit. Some of the boys carrying injuries travelled with the team but some weren't able to and so it was down to those who were firing on all cylinders to fly the flag for the Saints! Clevedon hosted us for a mini festival with other visiting teams from Backwell and Gordano.



Coby BARBOSA-GOA, Arthur CLEAVER, Josh COWLEY, Monty FISHBOURNE, Alfred GISBORNE, Nas GYIMAH-SARPONG, Bailey HASELL, Frank MCCANN, Joseph MCLOUGHLIN, Owen MOSS, Jake PACKHAM, Jack SLOMAN, Tom STANCLIFFE, Billy STRINGER, Jack VINE, Will YOUNG

Their experiences on the rugby pitch last year taught them that they were in for a tough series of games against strong opposition but the boys were really relishing in the challenge! Last season we played against Clevedon when only a handful of boys knew what a ruck was and had only been tackling each other for a few weeks – this time around the boys had a lot more knowledge and experience and were hoping their fate would be slightly different! The matches were short 12-minute contests played as 13-a-side, half pitch games with all of the normal age grade rules.

St Kath's faced Clevedon in the first game and I could hear the Clevedon boys talking about the size difference between the two teams. In all fairness it was noticeable, but if ever there was evidence that size doesn't matter in rugby, it was this first game! Clevedon dominated early possession but were met with ferocious defensive resistance from the SK boys. This was in absolute stark contrast to their last meeting where Clevedon almost ran in tries at will. Clevedon were first to score but boy were they made to work for it. Just minutes into his school debut, Josh Cowley was cutting boys down left, right and centre and they were left dumbfounded – how could someone of Josh's stature pack such a punch in the tackle? Fortunately for the reds, Josh wasn't the only boy getting in on the defensive action! Coby and Billy were also dynamic and powerful in defence and neither are any bigger than Josh. The Clevedon boys had to work really hard for their first two scores of the game and I was delighted with the red resistance!

Eventually St Kath's managed to get their hands on the ball after some good work at the breakdown by Bailey Hasell and Alfred Gisbourne turned over the ball. The ball presented itself at the base of a ruck on the red side and Arthur Cleaver found himself with a decision to make as he stood over it. His entire backline was out ready on the open side and yelling for the ball but Arthur had spotted a defensive weakness down the blind side and so picked the ball up and attacked the space. Clevedon hurtled across to try to get back to Arthur but he was too quick for them and ran in the first SK try of the year going 75% of the pitch without anyone laying a finger on him! The score gave the SK boys a lot of confidence and

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they started to pass the ball really well – Nas, Jack, Monty and JJ were really slick with their handling and moved the Clevedon defense around superbly. The boys in red enjoyed more territory and it was their field position that resulted in their second try of the game after some aggressive rush defence forced an error from the Clevedon first receiver. Jake Packham was bearing down on his man just before the error and had the presence of mind to fly hack the ball on before regathering to score the second try of the game! Clevedon came back to win the game 4 tries to 2 but had to dig deep to do so – their final try of the game was a superb finish where Josh Cowley and Will Young had hold of the winger who just made it to the line with his outstretched arm. Had the line been another metre away, the boys would have hauled him down short.

Their second game was against Backwell and the group identified their rucking as the thing they wanted to improve in game two. I was desperate that they maintained their defensive intensity as I had never seen them tackle so well and fortunately they did exactly that. Jack Sloman started the game with a real bang and carried the ball with huge physicality but also the most intricate of subtlety. Just as the most physical players do at the top level, Jack demonstrated some brilliant offloading skills in heavy traffic to keep the ball moving forward. Jack was mixing his game up well but the Backwell boys couldn't live with him when he crashed over to put his team in front.

Backwell responded well but they were met with plenty more of that defensive resistance. It was like someone had lit a firework under Tom Stancliffe as he carried the ball into the Backwell defensive line but he was even more impressive with his own defensive work. A penalty close to the SK line saw Backwell carry hard into Tom who scythed his man down with a technically perfect tackle that resulted in a turnover. Tackles were piling in all over the pitch again with Coby and Jake landing big shots of their own. Backwell finished the game really strongly and scored three tries in the latter part of the game to take the result but SK showed huge heart throughout their performance.

The boys' final game was against Gordano and they were hoping to finish with a more positive result. Unfortunately they struggled to rediscover the level of performance that they had found for the first two encounters and started to fall off some tackles which allowed Gordano to dominate proceedings. I felt for the boys in this last game because they had given their all in their first 24 minutes of rugby and felt like they had nothing to show for it. To make matters worse injuries to Frank, Owen and later on Jake meant that there were no substitutes and nobody to come on and freshen things up. Gordano scored four unanswered tries to take victory in this final game.



It would be all too easy to read the report and see three losses for the Year 8 boys but the truth of the matter is actually starkly different! If you had watched the Clevedon game back in Year 7, you would have been astounded at the progress that this group of boys have made in just under a year. They played some excellent rugby and scored three tries just as good as any others during the afternoon. I am really looking forward to seeing how the boys go for the rest of the year – if the first contest is anything to go by, it is going to be another great season. When you also factor in that we have lots of boys to come back into the team – the future is very bright for this bunch!

Man of the tournament was a tricky decision with so many boys impressing and the whole team showing a real unity. Jack Sloman was exceptional in everything he did – his tackling was technically spot on and strong, his ball carrying was

ferocious and his fine skill set was really accomplished, even in contact. Arthur Cleaver looks a real livewire on the rugby pitch this season and was a constant threat with ball in hand. However Josh Cowley announced himself as a tackling machine with an insatiable appetite for opposition ball carriers and thoroughly deserved the award for a first-class debut performance!

Well done gentlemen – what a start to the season!

Mr Cook

7 BOYS FESTIVAL 1

SK's youngest rugby players get their first taste of representing the school

Tuesday the 1st of October saw our newly formed Year 7 Boys Rugby team travel to Yatton Rugby Club for a tournament against Backwell, Gordano and Nailsea. The aim of the tournament was to encourage students into school rugby after having only a handful of training sessions at the start of the academic year. Students were selected after having attended training on Wednesday's after school.



It was a pleasure to take the boys out, all of them applied themselves brilliantly and put in some major effort to help each other in every game. The students were asked to provide commitment and support for each other, whether this was in tackling opponents, supporting each other off the ball or another aspect of the game and all did so brilliantly resulting in some good rugby and results!

1st Game - Backwell 8-4 Defeat

A game against Backwell School was our first of the tournament and first game ever for Year 7. Unfortunately, we didn't get off to the best start, conceding 3 early tries. This didn't deter the boys though and they rallied extremely well, dug in deep and clawed themselves back into the game at 3-2 just before the half time whistle. Backwell's 3rd try was a painful

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one to concede, with the boys rallying strongly together and falling just short of the Backwell try line, a Backwell student picked up a loose ball and stormed the length of the pitch exploiting some space on the wing to score. St Kath's made some changes at half time, introducing students that were making their rugby debuts and continued to pressure Backwell. Unfortunately, Backwell started the second half as well as the first half and scored 2 tries in quick succession to make it 5-2. St Kath's rallied strongly again, scoring the next try to make it 5-3. Backwell's experience showed in the second half again, finishing with 3 more tries and finishing 8-4 winners.

A good game considering it was our first as a team and some boys were making rugby debuts, we certainly showed promise and worked hard for each other and there were major positives to take into the next game!

2nd Game - Gordano 7-4 Win

Our second game of the tournament came against Gordano School. Some added competition was placed on this game, with St Kath's students recognising many Gordano faces from club rugby.

St Kath's seemed to learn from their mistakes from the first game, starting the game well and taking the game to Gordano. Some notable driving runs from Joel M and Riley B contributed to the boys scoring 7 tries in this game and running out 7-4 winners. We scored a try of the tournament in this game, starting with some deep defensive work as a team before Joel was breaking through some tackles in the midfield before offloading to Isaac who drove through a tackle or 2 allowing Riley to drive over the last 5 metres. A real team effort in defense started this try off, before some good team attacking play to finish. A strong result for the boys!

3rd Game - Nailsea 5-5 Draw

Our final game against Nailsea was looking promising, with boys having renewed confidence after scoring 4 against Backwell and beating Gordano. Unfortunately, it seemed playing 2 games prior to this one affected our performance or ability to be organised with Nailsea scoring early and the boys looking confused as to how that happened! Again, St Kath's responded well and scored almost instantly to level the scores. Some notable wing play from Joseph B led to another St Kath's try which was finished by Riley B. Watching this game, it was clear to see both teams had already played 2 games of rugby as both sets of students seemed tired and disorganised which resulted in messy game of rugby with both teams taking it in turns to score.

Overall, it was a good first tournament for the Year 7 team. Students showed promising signs for the season ahead, a good commitment and effort for each other coupled with some good rugby and we are already looking forward to our next lot of fixtures!

Training is Wednesday after school from 15:30 until 17:00 and we are always welcoming new faces to training and then into the fixtures coming up, see you there!

Mr Dawes

GIRLS FIXTURES V BACKWELL

Good success for all year groups travelling to Backwell for netball and hockey fixtures

Netball

Year 7

St Kath's A 2 - 6 Backwell A

Having had a comfortable win against Gordano last week, the girls faced an entirely different level of opponent in Backwell. The Backwell side started well scoring immediately from the centre pass and caught the St Kath's side off guard. St Kath's worked hard for their own chances at goal with Lyla Moore moving well around the circle to create chances. Despite the tremendous efforts of the defence of Ana Oluwo and Alice Clarke, the Backwell side extended their lead out to 4 - 0 at half time.

After a team talk and a change in position the St Kath's side started much brighter. Centre Lauren Weeks linked well with Bess Stevens and Dahira Odaway to give our shooters opportunities. Anna Petrie and Megan Stenner worked well together and created opportunities for each, keeping the ball at the St Kath's attacking end. Megan Stenner was successful with 2 shots to match the Backwell score of 2 and finish the match a respectable 2-6. Player of the match was voted as Ana Oluwo.

St Kath's B 0 - 4 Backwell B

This game was close throughout with possession constantly changing teams. In attack St Kath's started with River Clarke



and Roxie Garrett who worked the ball around well but were overpowered by much a taller Backwell defence. At the opposite end of the court the St Kath's defence of Portia Nash and Emily Creese, and later Fern Clarke worked hard to prevent Backwell from scoring and were kept busy by numerous waves of attacks, some great interceptions however limited their chances. Through the centre of the court Colby Rudolf, Grace Baker and Chloe Elliot linked well and moved the ball well from defence into attack. A well-matched game which perhaps the end score line does not reflect! Player of the match was voted as Emily Creese.



Year 8

St Kath's 7 - 6 Backwell

A really close game saw an end to end battle between both sides. St Kath's started the first quarter well and caught the Backwell side off guard with great interceptions in the centre third by Nahla Mengoud and Angel Chinn.

Backwell fought back in the 2nd quarter and put the defence of Leah Wardingley and Ruby Gray to the test with constant pressure levelling the score at 2-2.

The third quarter saw the lead change constantly, Polly Cole was shooting well and kept St Kath's in touch whilst Toula Hudson made some key interceptions in the centre third with the score finishing at 5-5 going into the final quarter.

The score was again changing through this final quarter with St Kath's pulling away and Backwell drawing level. Demi Cornick pressed hard and won possession back numerous times giving the St Kath's shooting pair chances to score. In the final seconds of the game a foul was committed against Hollie Lang, who despite the time being up, had one shot to win the game. Despite all the pressure, Hollie scored the goal and gave the Year 8's another win.



Year 9

St Kath's 6 - 4 Backwell

Year 9 travelled to Backwell expecting a tough match. The first quarter started at a frantic pace end to end with Backwell making the most of their forays into the circle scoring 2 and St Katherine's squandered their opening opportunities. After a stern quarter time talk St Katherine's started the second half with composure and made more considered and tactical decisions. Tight defence from Mia Melias (GK) and Bella Wake (GD) prevented Backwell extending their lead. Poppy Baldwin-Brooks (GA) scored twice to make the scores even at half time. The second half St Katherine's continue to play with gusto really taking the game to Backwell. With centre court players Daisy Wilkinson (C) Zara Mace (WA) and Mel Bartlett linking well in both attack and defence. By the end of the third quarter St Kath's were 4-2 up going into the final quarter. In an edgy last quarter, goals from Scarlet Newby (GS) and Poppy Baldwin Brooks ensured the girls ran out 6-4 winners.



Year 10

St Kath's 0 - 4 Backwell

With both teams not fortunate enough to have access to an 'astro' hockey pitch, the contest was always going to be even. During the first half St Kath's defended well with Molly Green, on the right, preventing her player from cutting into dangerous areas. The team rallied in the midfield with Isobel Taylor and Maya Matthews linking well, ably supported by Molly G and Jolie.

Just before the break and against the run of play, St Kath's conceded a simple goal, which didn't reflect the even nature of the match.

With the resumption of the second half, Daisy Money had moved into a forward position and made many creative runs, resulting in chances for St Kath's. This was complemented by Sophie Weaden moving into the midfield, giving the added dynamic of movement resulting in several crosses for the away team.





U15 GIRLS FOOTBALL V HARDENHUISH

Girls battle well in tough conditions against strong Chippenham side

For most of the team it was their first competitive taste of football, and this was a tough first test. Hardenhuish were a well drilled and athletic team and they started the better of the two sides. Straight from the kick off the Hardenhuish girls attacked well, direct on goal they challenged the central defence of Daisy Money and Chloe Weaden. Despite the defense's best efforts, they took the lead, in fact within the first five minutes they had taken a two-goal lead.

After this the St Kath's side settled into the game and began to pass the ball well. Ella Leakey and Jamie Leigh Bell linked well on the left, making good ground into the opponents' half and creating chances for Maya Matthews and Tia Walker. The game was now much more end to end and Issy Howie made some excellent saves in goal to keep the St Kath's girls in touch. Close to the end of the second half Sophie Weaden made a break down the right and suffered a heavy tackle to win a free kick. Leah Porter took a shot on goal which the Hardenhuish keeper got hands to, but Maya Matthews was there to tap in the goal.

The second half saw Chloe Weaden in goal and despite having settled into the game, the St Kath's side remained under constant pressure from the



opponents. Molly Green made some important tackles and was joined by Jolie Breakwell and Hetty Cleaver in defence whilst Maya Van Heerden enjoyed a spell upfront putting pressure on the opposition defence. Chloe was kept very busy and made some excellent saves to keep Hardenhuish out. The goals for the opposite side kept coming but St Kath's responded with the last goal of the game when Maya Matthews put in a long ball over the defence which Leah Porter finished wonderfully. Player of the match was voted as Chloe Weaden.



8 BOYS RUGBY FESTIVAL 1

Boys score amazing team tries festival out at Nailsea & Backwell RFC

On Thursday 3 October the Year 8 boys travelled out to Nailsea and Backwell Rugby Club for the first of their annual trio of festivals. The boys have been training hard and showed huge improvements in their first rugby fixture of the season at Clevedon. The boys were still without a number of players through injury and absence but took to the pitch determined to keep their forward momentum in this next outing. The boys played three 24-minute matches against Backwell, Nailsea and Gordano for this first festival.



Coby BARBOSA-GOIA, Arthur CLEAVER, Josh COWLEY, Monty FISHBOURNE, Alfred GISBORNE, Nas GYIMAH-SARPONG, Bailey HASELL, Frank MCCANN, Mason MCIVER, Joseph MCLOUGHLIN, Owen MOSS, Jake PACKHAM, Tom STANCLIFFE, Billy STRINGER, Jack VINE, Will YOUNG

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Their first match was against Backwell and the boys started really strongly picking up where they left off last time. The handling was slick despite the weather conditions and they tackled more than their weight stopping the Backwell runners in their tracks early on. The first try of the game went to the boys in red after several phases of possession and some smart handling. JJ McLoughlin was calling for the ball out on the left wing and the boys moved the ball through the hands sharply to get the ball to JJ who still had a supporting player outside him again who wasn't needed. The boys' handling was excellent and it began right from the base of the breakdown from Billy Stringer who was enjoying his outing playing scrum half for the first time for the school. Billy is quick and a talented athlete but playing regular club rugby has really improved the quality, pace and accuracy of his pass off of both hands which made him the ideal candidate for the role of number 9.

Backwell upped their performance level shortly after going behind and equalised after some strong defensive resistance from the St Kath's side. Coby just seemed to tackle anything that moved and some of the tackles he made were exceptional. At full stretch Coby put in a few amazing tap tackles that stopped the opposition players in their tracks. Tom Stancliffe was another player who made some excellent tackles in the midfield and the boys really relied on his physicality. Tom wasn't only stepping up with his tackling but he also bagged himself a try to put his team back ahead again. The boys worked the ball out wide brilliantly through the hands again through Billy, JJ and Nas and were really testing the Backwell defence who were forced to concede a penalty out wide. Tom Stancliffe got on the end of the crash ball and hustled his way over the try line to score right on the half time whistle.

The boys battled hard during the second half of the game but the Backwell replacements added some real fizz to the contest and proved very difficult to stop. The St Kath's boys fought hard to stay in the game with excellent defence coming from Coby, Josh, JJ and Mason – these boys tackled their hearts out to stay in the fight but couldn't stop Backwell from scoring on two more occasions in the second half to win the game.



Their next contest was against Nailsea School who were a strong outfit with boys playing their club rugby at the host venue. Despite the strength of the opposition, St Kath's scored first with an excellent try from debutant Owen Moss. The boys caught the ball from the restart and immediately shipped it wide to Owen who was loitering with intent on the wing. Owen used his hand off to great effect while carrying strongly through the Nailsea defence to beat at least 3 tacklers before touching down to complete an excellent solo effort. Unfortunately for the St Kath's boys, they lit something of a fire underneath the Nailsea boys who really upped their level and came back strongly to score four unanswered tries to take victory in the game. The boys got slightly better at the breakdown in the second half of the match getting lower and stronger at the ruck to protect their own ball better. Bailey, JJ and Nas were leading the way at the breakdown and were lowest and strongest protecting most of the ball for their team mates and even effecting a couple of turnovers.

Gordano presented the final contest of the afternoon which was our toughest game of the lot. The boys really had to dig deep and grit their teeth as they were confronted with a series of strong and powerful runners. In all honesty, the game



was marred by errors and both teams found it really difficult to get any traction in the game. Gordano enjoyed the lion share of the field position and made the SK boys pay in terms of tries. Arthur Cleaver gave the boys some good go forward in the last contest by using his neat footwork and evasion skills. Monty and Alfred were a bit of a double act at the breakdown and at the tackle area often teaming up to get the job done. When the boys moved the ball wide to Jack and Will on the wings, they did look more threatening but the Gordano rush defence put us under real pressure and the only real go forward we had was with the boot. Unfortunately for us, the Gordano boys swept really well and fielded the kicks only to run them back with interest.

Special thanks to Jake and Frank for travelling with the team and looking after the substitutions and team management. We're really looking forward to those boys getting back to full fitness. Special mentions to Coby for being top tackler during the afternoon, Billy for his passing during the three games and also to JJ for his work at the breakdown.

Well done for your efforts gents – keep working hard!

Mr Cook

8 BOYS FOOTBALL V HARDENHUIISH

Year 8 boys set their sights on Round 2 of the English Schools Football Cup

On Friday 4 October the majority of the school were enjoying a timely mid-term INSET day yet the Year 8 boys below were busy qualifying for the second round of the National football competition. The boys had drawn Hardenhuish School from Chippenham at home in the first round but were unable to play locally as the pitches were unplayable after the recent inclement weather. Fortunately, Hardenhuish were able to host us at short notice on a Friday so the 11 boys below boarded a minibus and headed down the M4! There is some serious depth to the strength of the sportsman in Year 8 and so despite numerous injuries and some boys being unavailable – the team was still full of talented players.



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Buster BARNES, Cosmo BROWNE, Dominic DA SILVA, Dillan FAULKNER, Monty FAULKNER, Jack JANSEN, Harvey NIEMCZYK, Jake PACKHAM, Billy STRINGER, Charlie TOPP, Will YOUNG

Conditions weren't bad considering the weather we had experienced recently but there was still a fair drizzle and a wind that was blowing the rain into the faces of the SK players for the first half. The boys started and immediately looked to knock the ball around – the first few minutes were great to watch and boys found time and space to pick their passes and move the Hardenhuish players around while they kept possession of the football. The boys seemed quite content to play the ball around in the early part of the contest but little did they know that their opponents had a couple of secret weapons! Eventually the boys were dispossessed and immediately the home team looked to get the ball forward and in behind the defenders. You could see that their centre forward had real pace and had it not been for Harvey Niemczyk sweeping well in goal, that first spell of possession for the home team could have easily resulted in a goal. Harvey wasn't the only goalkeeper forced into action early as Jake Packham found himself bearing down on goal having been played through by his midfield counterparts. Jake was able to get a firm shot away before the covering defender made it across but the keeper made a smart low save to keep the scores level. It was the resulting kick from hand that led to the first goal of the match as the keeper made the most of the weather conditions as well as the impressive range of his kick to leave his centre forward through on goal after just 2 minutes. This time, Harvey stood no chance and the boys found themselves 1 behind having had the first clear cut opportunity just seconds earlier.



The SK boys regrouped and just adjusted the way that they were playing the game. When they had time and space on the ball in the midfield, they could afford to be a little more creative in their play yet when they were under pressure in bad areas, they just had to play a little more directly. The boys quickly got to grips with what was needed and began to exert their dominance on the game. Full backs Monty Faulkner and Billy Stringer showed great discipline with their play and made the most of the space that their wide counterparts Buster Barnes and Dom Da Silva were finding. On numerous occasions the boys worked the touchline and released their team mates who had really good options ahead in Charlie Topp or back inside to Jake, Cosmo or Will. Eventually the boys felt like they had a firm hold on the game and it was a great through ball that left Charlie Topp one on one with the Hardenhuish goalkeeper – Charlie fired home with 13 minutes gone and the boys were back in the contest!

Having pulled level, the boys started to put pressure on the Hardenhuish defence. Will Young held the midfield which let Cosmo and Jake push forward to support the attack. For a good 10-minute period, the SK boys had their opponents on the ropes and whenever they tried to clear their lines, Will or either of the full backs got possession and worked the ball straight back into the danger areas. Cosmo, Charlie, Dom and Buster all had decent chances but either forced good saves from the keeper, blocks from the defenders or narrowly missed the target. The pressure eventually told after the ball fell to captain and central midfielder Jake Packham with both time and space on the edge of the area. All great footballers make the most of the time and space they are afforded and Jake was no different, picking his spot and whipping his shot into the bottom left hand corner with a little ricochet from the inside of the upright. It was a clinical finish and gave the boys a richly deserved lead 19 minutes into the contest. For the remainder of the half Dillan and Jack kept things quiet in the centre of defence and were resolute in their determination not to get beaten for pace by the Hardenhuish centre forward. Dillan and Jack dropped their line leaving the space in front of them rather than behind and their tactical change seemed to work brilliantly. Dillan came forward and attacked any loose ball with real vigour and certainty while Jack dropped off to sweep behind superbly. Jack seems to have a knack of arriving in exactly the right place at exactly the right time, as all good defenders do and in combination with Dillan's natural appetite to win the ball, the boys worked really well together to keep their 2-1 lead into the half time break.

During the break we spoke about the importance of the early goal – in our favour and the game would be safer but against us and the contest was completely up for grabs. We already knew the danger that the opposition posed and knew that all they needed was one chance in front of goal and they were likely to capitalise. The boys took to the pitch in the second half absolutely determined to stamp their authority on the game and create the chance for the early goal. Less than 1 minute after the restart Charlie Topp had the ball in the back of the net again after he was able to use his pace and excellent close control to cut through the heart of the defence in front of him and find the bottom corner. Charlie was looking really dangerous in behind but also varied his play superbly by dropping off to come and have the ball short to his feet which only encouraged Dom and Buster to push on out wide and Cosmo and Jake to run ahead of him from midfield. This made it really difficult for the defenders to mark Charlie and he became the pivot point for all of St Kath's attacking



football.

St Kath's grew more dominant as the game wore on, not least because the boys at the back maintained their composure and did the simple things really well. When Hardenhuish did break from midfield, Will Young worked hard to close down the space and hold up the attack which gave his defence time to position themselves and crowd out the threat. Billy and Monty were really composed at full back and covered excellently for Jack and Dillan whenever needed. Dillan continued to win the loose balls that dropped in front of him and Jack just hung back to survey things and intervene when needed.

Thanks to the efforts of the boys in defence the vast majority of the second period took place in the Hardenhuish half. The boys were given real freedom and their quality really showed. Cosmo's passing range was exceptional as the game wore on; he just seemed able to ghost passed players effortlessly before picking and making his pass. One particular ball wide to Buster was clipped perfectly over the full back on the angle and just invited the attack from Barnes in the wide position. Dom was also really troubling his full back and went at him on numerous occasions down the left-hand side. It was the relentless pressure that eventually bought St Kath's their fourth goal and Charlie's hatrick on the 31 minute mark. Jake delivered an exquisite corner kick that was placed perfectly underneath the crossbar and had Charlie's name written all over it. Charlie tapped the ball home for a thoroughly well-deserved hatrick and immediately turned to acknowledge the delivery from Jake – a great moment between two brilliant footballers! St Kath's enjoyed the dying minutes of the game and continued to produce some superb football.

As good as the attacking football was, it was actually Harvey Niemczyk in goal that came up with the moment of the match! Hardenhuish found themselves clean through on goal after a moment of indecision between defenders. The striker fired the ball low and hard down to Harvey's left and it looked destined to nestle in the bottom corner. Rather than dive early in despair, Harvey accelerated sideways with a handful of lightning quick adjustment steps before flinging himself down in attempt to parry the ball. Harvey made up the ground across his goal amazingly and got a big strong hand down to turn the ball passed the post – the boys were delighted that he had kept the ball out of the net and congratulated him profusely before defending the corner kick successfully.



At the full time whistle the boys were delighted to have their victory 4-1 and to have secured a place in the second round where they face another away tie in Swindon. Man of the match was a tricky award with all 11 enjoying excellent games however when the game was in the balance, Charlie Topp stepped up with the goods and continued to ensure that fortunes favoured the boys in red. Charlie gave a really accomplished performance at centre forward.

The mood was buoyant on the minibus journey home with plenty of boys joining in with a bit of a sing-song. Who knew that Journey's Don't Stop Believing was so popular with the Year 8 boys!

A great group of boys who were on top form on the football pitch and on the minibus – a thoroughly enjoyable afternoon all round.

Congratulations gentlemen!

Mr Cook



6F BOYS BASKETBALL V NS STARS

Really enjoyable Sunday morning on the basketball court with senior boys

On Sunday 6 October the Sixth Form boys took to the basketball court for their first competitive game in a long time! It had been months since the boys had played competitive basketball and so arrived for the morning with realistic hopes! The thing I enjoy most about older boys coming in on a Sunday to compete is that many of them have commitments with work the same as lots of us do! In actual fact, one of the players had finished a late shift at 2am while another was heading off for an afternoon shift after the game! That just goes to show the commitment that these boys have! With a fair few sportsmen leaving Year 13 last year, the first game back was a great opportunity for some of the younger boys to get some court time in this tougher contest! The senior boys may have led the way on court yet their younger counterparts more than held their own!



Shadrach BUNKETE, Matthew CRUTCHLEY, Benjamin LUMOSO, Jazper PEACEY, Caolán PEARCE, Toby RICE, Louis STRATTON

The boys set themselves some targets before the game started – they wanted double points before half time and they wanted to make sure they finished each quarter with a deficit of single figures to stop the game from running beyond their reach. As things turned out, they hit both of their targets and were still in the fight heading into the last period!

The game started in really positive fashion for the SK boys as they worked a great in to the basket from their first possession. Ben Lumoso cut hard and fast to the hoop and was found with a great pass by his team mates. Ben might not have been able to convert the assist but it certainly kicked things off with a real energy. Matty Crutchley did his best to tie up the defensive end but had his work cut out defending against a significant height advantage posed by the Stars boys. Even his opponents towering above Matty didn't deter him from his defensive duties and Matty still notched up 3 rebounds, a block and a steal in the first period of the game. It was youngster Shadrach Bunkete who got the point scoring going after he got himself open inside the arc and had an eternity to let his shot go. Often having too much time can be detrimental but Shadrach steadied himself and made the 2 point shot. Louis Stratton and Matty added more points to the team tally which took the score to 9-5 at the end of the first period.

The boys managed to go better in the second period with a score of 9-12 taking the overall half time score to 14-21. Although they were 7 points adrift, they were showing no signs of throwing the towel in just yet! Louis Stratton went on a magic run in the second period and looked unplayable as he handled the ball superbly and worked some great openings to the basket. Louis scored 7 points in a little over a minute including 1 impressive 3-point effort which wouldn't be his last of the morning! Jazper added 2 points of his own after getting free and offering for the ball. Ben found Jazper with a great pass and Jaz put up his shot to watch it drop into the basket. The boys really turned up the heat defensively with a total of 7 steals in the period with two coming from Caolán Pearce – Caolán might have had dodgy shoes on but he was looking



as athletic as ever and in the mood to take the game to his opponents.



The boys did fade a little in the third period of the game which wasn't a surprise given that there were only 7 of them in total. Matters were made worse when Matty damaged his shoulder after becoming embroiled in a tussle for the ball under his own hoop. The type of player Matty is meant that he wasn't going to just let the ball go, even if it did mean nearly wrenching his shoulder out of its socket! Caolán was just ticking over in the third period and was sent to the line on three separate occasions after proving too hot to handle on the way in to the basket. Caolán's shooting meant that he added 3 more points to the tally but a period score of 3-6 meant the boys had a 10 point deficit to overturn in the final quarter of the match!

Having spent a lot of energy, the older boys were finding the going tough and needed their younger team mates to come to the party! In the final period of the game the Year 10 boys and Jazper really came to life and started to have a big impact on the play. Toby Rice was clever with his movement at the offensive end and pulled tall defenders out from under their basket. Toby performed the perfect basket cut while team mate Ben Lumoso was waiting to inbound the ball. Having got possession in a great position, Toby tested every ounce of defensive muscle the Stars boys had before popping his shot in for 2 points. Toby didn't just contribute at the offensive end, he also applied some pressure at the defensive end too. Toby might have been well out of the height contest but it's funny how a little defensive resistance can still be enough to foil what seems to be a clear cut 2-point attempt. Ben Lumoso was a rebounding machine in the last period notching up more than 3 for his team but it was a second three-point shot from Louis that really lit the comeback fire with around 3 minutes left to play! Caolán often needs no invitation to act as the catalyst for a run of points and you could see that he was really pumped up and desperate to get his team back in the fight! In a mental minute Caolán racked up 2 rebounds, 2 steals and 6 points before having to come off with blood literally pouring from his feet! You could hear the boys geeing each other up on the court 'come on 25 points', 'right, now we want 30', 'back in the game'.

Despite their best efforts and an 11-point haul in the fourth quarter, the final score ended 28-42 to the Stars and you couldn't say they didn't deserve the victory. They were well organised, meticulous in their offensive and defensive plans and more clinical under the basket. In contrast, the SK boys relied on their flair, passing and movement as well as their defensive hustle to compete. It was impossible to pick an MVP with so many boys contributing to the team effort – we all agreed that the team was the most valuable player!

A really enjoyable Sunday morning on the basketball court – a pleasure to take the boys and watch them play!

Thank you gentlemen.

Mr Cook

Player	Points
S Bunkete	2
M Crutchley	1
B Lumoso	0
J Peacey	2
C Pearce	9
T Rice	2
L Stratton	12

8 BOYS RUGBY V SIDCOT

25 boys represent the school on rugby pitch as St Kath's host independent Sidcot

On Tuesday 8 October, 25 rugby playing boys from Year 8 took to the pitch for a contest against Sidcot School. The boys have been training furiously at the start of the year and with this being a home match, it was a fantastic opportunity to get everyone some game time! This season there is a new half game rule which is enforced at all levels of junior rugby and this meant that we split the boys into two separate teams; one to contest the first half and one to contest the second half. With two games in the calendar for the same week, there was going to be plenty of rugby opportunities and so the boys made sure to make an impact whenever they took to the field. Not even the deluge of rain during the day could dampen spirits and thankfully when kick off arrived, the sun came out!

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Coby BARBOSA-GOA, Arthur CLEAVER, Josh COWLEY, Dillan FAULKNER, Monty FAULKNER, Monty FISHBOURNE, Ethan GARBUTT, George GARLAND, Alfred GISBORNE, Nas GYIMAH-SARPONG, Bailey HASELL, Mostapha KHALIFE, Hector MACKENZIE-ANDRIEUX, Frank MCCANN, Mason MCIVER, Joseph MCLOUGHLIN, Owen MOSS, Jake PACKHAM, Jack SLOMAN, Tom STANCLIFFE, Billy STRINGER, Gabriel SYDENHAM, Charlie TOPP, Jack VINE, Will YOUNG

Sidcot started at a pace and with all SK eyes on their tallest player in midfield, the opposition smartly moved the ball wide to their winger who had found a little space. It had to be said, the Sidcot lad was impressively tall but after just a minutes play, the boys found themselves a try down and their worry turned to the pace that Sidcot had on the wing!

St Kath's regrouped and quickly got a hold of the ball and looked to get some decent field position and a base from which they could attack the try line. It didn't take the Sidcot boys long to discover Jack Sloman as he barrelled his way down the pitch clattering into anything and everything in his path with impressive physicality. With a better field position, the home side were able to put some pressure on the Sidcot defenders which meant they were a little hurried off of their defensive line. Some sharp handling from Billy Stringer and Owen Moss meant that Monty Faulkner found himself on the receiving end of a pass with the Sidcot defensive door slightly ajar! Monty put his head down and burrowed his way to the try line to touch down for the reds first try although he did take a knock to the head in the process of scoring! After their opening try the boys in red continued to stretch the Sidcot defence with some impressive handling in midfield alongside some destructive and direct ball carrying. Tom, Jack, Bailey, Frank and Mason put their hands up for making the hard yards which gave George, Monty, Monty, Jack and Dillan more space out wide. The boys were moving the ball through the hands nicely and drawing in opposition defenders. Eventually they found themselves with an overlap out on the left wing with Owen Moss on the end of the pass that put him in for the second try of the game and the score that put the home side ahead.

Sidcot weren't long in equalising and did so through our very own Arthur Cleaver. The Sidcot boys created space out wide and worked the ball to the illusive Cleaver who was loitering with intent on the wing. Arthur's footwork was magic around our defence and I am really pleased that he finished the try in the high quality manner that he did – that's the standard we set on our team and it's never easy playing for the opposition! Towards the end of the half the boys started to mount a charge for the try line and actually scored two more tries on the 16 and 20 minute marks. When you need a big performance, it is so often your leaders who step up with the goods and you can't get better for leadership on the rugby pitch than Tom and Frank! Tom leads by example and has improved his game 10 fold since Year 7 while Frank is just unflappable and a fantastic captain – I don't think I've ever seen him have a bad game!!

The half time break saw a complete change in personnel and so it was always going to be tricky to get any continuity at the start of the second half. As it turned out, Sidcot scored three unanswered tries inside the first 8 minutes of the half and SK found themselves with their backs to the wall and trailing by 5 tries to 4 having been 4-2 up at half time. Coby, Josh, Charlie, Alfred, Ethan, Nas, Gabe, Will, Jake, Hector and JJ were tackling like giants but despite their best efforts, Sidcot kept coming and they couldn't find an answer. Charlie Topp in particular put in a couple of punishing hits that really rocked the ball carrier yet they continued to move the ball and find the space really well. You could sense the frustration in the camp with each try that was conceded, whenever the home side got possession, they lost it and their discipline was really poor during that 10-minute period too with penalties costing them dear! After wrestling with their panic, the home side eventually settled and started to find their feet in the game. Quite often it is moments of individual brilliance that really bring a team to life and Charlie Topp did just that with two fantastic tries! I wouldn't say they were entirely solo efforts because his team mates had started to get their handling going and made their way up to about half way on both occasions however, there aren't too many boys in school who could have finished those tries like Charlie! This boy has got devastating speed, a cut-throat sidestep, power on tap and a real sporting brain – what a combination! Charlie tore apart the Sidcot defence to touch down twice in 2 minutes and to pull the boys level with just over 5 minutes to play.



St Kath's had really found their straps during the latter part of the second half and were looking menacing in search of the victory. Coby, Jake, JJ and Nas were combining superbly in the midfield to work the ball up the pitch and stretching the Sidcot defenders well. There were just 4 minutes left on the watch when the boys found themselves presented with yet another 2 on 1 opportunity on the left wing – this time Will Young had occupied the spot that Owen Moss had done in the first half. The pass was accurate, drew in the defender and left Will with around 10 metres to finish the try which was by no means a gimme! Will got himself into a really good low position to make himself harder to tackle and touched down for the most important score of the game!

The home side saw out the last few minutes of the game with some more brave tackling – an aspect of their rugby that has really come on this year and were delighted at the final whistle to have a victory in a really close contest. Regardless of the score line it was lovely to see so many rugby playing boys out representing their school and getting their opportunity to make their mark on the game.

Man of the match went to Mr Topp for his catalysing brace combined with his punishing tackling. At one point, Charlie hit a Sidcot player so sweetly in the tackle that he actually took him completely off of the ground. I have been desperate to get this hugely talented sportsman into all of our school teams since he started just over a year ago and I am thrilled that he's been so heavily involved this year already – long may it continue! Congratulations on a superb performance Charlie!

Well done to every single one of the 25 boys that took to the field – it is brilliant to have so much strength in depth! Plenty more rugby to come this year!

Mr Cook

10 & 11 GIRLS HOCKEY V CLEVEDON

Two SK teams search for pot of gold under the rainbow at Clevedon

Year 10 & 11

St Kath's 0 - 3 Clevedon

The local derby between close hockey rivals was a fast-paced affair. St Kath's defence was put under immense pressure from the strong play of Clevedon's central midfield player. As a result of this St Kath's found it difficult to link the midfield and forwards, making goal-scoring opportunities a rarity. St Kath's players and the team have learned the need to defend narrow and attack wide with support for the player on the ball. The standout feature of this game was the relentless passion and determination of the St Kath's team.

Year 10

St Kath's 0 - 0 Clevedon

In this game, outstanding strength and play down the St Kath's right-hand side, led directly to seven scoring chances. Strong creative play, with support for the player on the ball gave St Kath's the upper hand on many occasions during this closely fought contest.

Chloe Weaden was a tower of strength in defence, with powerful clearances, passing wide to both Issy Howie and Sophie Weaden. This very evenly matched contest ended in a 0-0 draw, neither team managing to capitalise on the scoring opportunities as they arose. Further development will be from the forwards, making lead runs, with the midfield linking in. When not in possession, the team are now making great efforts to all defend goal-side.



Mrs Price



U14 GIRLS NS FOOTBALL FESTIVAL

Great turn out from all North Somerset schools in the U14 girls football tournament

Despite the weather, the first friendly U14 girls football festival took place, hosted by Nailsea School. With three pitches all in use, the afternoon saw a lot of football with all sides playing 6 games. The St Katherines side had a mixed set of results with some more challenging games against Worle and Clevedon, whilst they were much more evenly matched against Backwell, Broadoak, Nailsea and Gordano.



Facing Gordano, the girls were keen to get a good result and began well, playing the ball around confidently. Nahla Mengoud played well through the middle and linked well with both wings, particularly Tia Walker on the left, whilst also making some key tackles. Jena Walker was also key in goal, making some excellent saves from some fierce shots from the Gordano side. The game was end to end, with both sides having plenty of possession, however it was Gordano that had the majority of the shots but were unable to convert them into goals. The game finished in a goalless draw.

Broadoak were next up and the girls were hopeful of their first win. They were certainly the stronger of the sides and had most of the possession, despite Broadoak taking an early lead. Maddy Thomas playing up front linked well with Ruby Gray, who was outstanding in defence. A long ball through from Ruby was picked up by Maddy and she finished with a calmly taken goal. Jess Porter also supported the attack well and had chances of her own in attack. A second draw for the St Kath's side.

Finally, the girls faced Nailsea. The girls started well, but Nailsea had a couple of strong players up front and on the break



caught the St Kath's defence off guard and took the lead. The girls pressed hard for an equaliser and had plenty of possession. Leah Wardingley pushed up the pitch to support the attack and on the right Jess Whalen carried the ball well. Eventually the girls levelled the game with an excellent strike by Nahla Mengoud. After this St Kath's were pushing for the lead and a breakaway attack saw three Nailsea players on goal with only Sophie De Wet left in defence. Sophie calmly tackled the ball carrier and held up the ball long enough for the St Kath's team to reassemble. Another well fought out draw for the St Kath's side.

Nahla Mengoud, Ruby Gray and Tia Walker all received player of the match nominations during the festival.

PRIMARY MULTISKILLS LEADERSHIP

Young leaders welcome over 170 primary aged visitors to St Katherine's

On Thursday 10 October 19 of our young leaders from Year 9 and Year 10 were busy in the sportshall preparing for the mass arrival of more than 170 primary school children from Year 1 and Year 2 who were scheduled to arrive for a large multiskills festival. We welcomed visitors from 10 different primary schools (Portishead, Northleaze, Golden Valley, All Saints, Court de Wyck, Kingshill, Wrington, St Andrews, Crockerne, Tickenham) in total, some of whom were visiting us for the first time. Our leaders were determined to make a good first impression, to showcase PE at St Katherine's and to make sure that our small guests had the best sporting experience possible!



Ruby ACZEL, Ben BOHIN, Matthew BRENNAN, Hetty CLEAVER, Lewis COLE, Niamh GAYNOR, Molly GREEN, Isabelle HOWIE, Hugh LEWIS, Daisy MONEY, Issy PRIME, Toby RICE, Ariel RUGMAN, Finch TALBOT-PONSONBY, Isobel TAYLOR, Oscar THORPE, Natasha WANJIRU, Sophie WEADEN, Maxwell WILLIAMS

The leaders had received some training the morning before and also on the morning of the festival. I was really impressed at the way they took to completely unfamiliar games. Within the space of about 30 minutes, they had understood their own games, set them up and were able to explain them to each other and I was left feeling confident that this group of leaders were set to do a fantastic job! Within minutes, the sportshall was a wash with visitors and space was at a premium as children were ready and waiting at their first games – now it was down to the leaders to take charge and get the festival going.

I am always amazed at the responsibility that is given to the students during these events – quite literally, if they aren't able to do their jobs properly then there is absolutely no way that the festival can run. Within seconds of starting their first explanations, it was clear that everything was going to run like clockwork. There were leaders here with varying degrees of experience – for some, it was old hat and they spent most of last year getting involved in primary related leadership

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opportunities whereas for others, this was the first time they had ever been in front of any primary children.

Leaders were responsible for explaining their game, demonstrating their game, encouraging more reluctant performers to have a go, helping children play the game, motivating teams to keep working for the entire 5 minutes, recording scores for their games and making sure that their games and players didn't collide with any others in the tight space! Every single one of the 19 leaders that was involved in the festival did a superb job and we were barely a few minutes into the festival before adults from visiting schools were already coming to find me to tell me what an amazing job our students were doing.

It is such a privilege to be in the hall and witness the atmosphere at a festival like this because everywhere you turn there are just amazing examples of student leaders doing such a brilliant job. The enjoyment was palpable and there was engagement and a real buzz throughout the hall all morning.

The photographs below will give you just a small snapshot of what I am talking about!



Ruby helping with the rolling on 'Toad in the Hole'



Finch engrossed in the 'Corn Hole Challenge'



Hetty keeping an eye on 'Skittle Strike'



Daisy collecting her high-fives!



Matty explaining his game to a team



Sophie counting up the scores



Ben encouraging his team to find the net



Isabelle on 'Catch the Bird'



Toby explaining the 'Speed Stacking'

At the end of the festival it couldn't have been clearer that every single competitor had enjoyed themselves along with all of our leaders. It is really good fun leading primary school students for festivals and sporting events at the same time as it is really tiring and exhausting to have to sustain energy and excitement for 9 repetitions of the same game! I was extremely proud of the way that the group led at this festival and am really grateful to them for giving up their time to support this event.



Mr German (NSSPEA) commented: We would like to take the opportunity to thank the Year 9 and 10 leaders from St Katherine's School who did such a fabulous job of overseeing the nine multi-skills stations! We appreciate the many lovely comments shared by staff on the day relating to the positive contribution the leaders made to ensuring the KS1 children understood what they had to do and in giving them lots of encouragement.

All Saints commented: We had a great day - as one of our Year 2 said - " this is the best day of my life" !!! We agree - the Yr 9 and 10 were fabulous sports leaders and representatives for their school. I've trained sports leaders in my past career and I know how hard it can be for them to open up to little ones - they did a great job.

Thank you all for your efforts and for the part you played in making sure so many guests had a fantastic morning of sport at St Katherine's!

Mr Cook

8 BOYS RUGBY V WORLE

Year 8 boys show masses of character in contest against strong side from WSM

On Thursday 10 October the Year 8 boys were back out in force on the rugby pitch, this time due to face Worle School from WSM in a friendly match. There are masses of Year 8 boys who are keen to play rugby for the school this year and the turnout at training has been excellent. It is also a real treat to see just how much some of these boys have improved since starting secondary school just over a year ago. They might be smaller in stature than a lot of other teams but they have huge character and after the full time whistle in this game, their character was clear for everyone to see. It was character that left Worle boys acknowledging that they had been in a contest, despite their victory.



Coby BARBOSA-GOA, Arthur CLEAVER, Josh COWLEY, Dillan FAULKNER, Monty FAULKNER, Monty FISHBOURNE, Alfred GISBORNE, Nas GYIMAH-SARPONG, Bailey HASELL, Frank MCCANN, Mason MCIVER, Joseph M'CLOUGHLIN, Owen MOSS, Jake PACKHAM, Toby RICE, Jack SLOMAN, Tom STANCLIFFE, Billy STRINGER, Charlie TOPP, Jack VINE, Will YOUNG

The opening few minutes of the match saw both sides get a hold of possession and make their first forays into opposition territory. St Kath's wasted no time in receiving the kick off and shipping the ball to Jack Sloman who needed no invitation to carry into the heart of the blue defence. Jack was tackled well and the Worle boys dominated the ensuing ruck; a pattern that would continue during the first half and one that would also cost them valuable points. The Worle boys were next to make their first move and they demonstrated right from the offset that they were out to move the ball through the hands to the wide areas in search of their points. Some of their handling was excellent and fortunately was matched by the St Katherine's tackling which would remain excellent throughout the contest.

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Despite the strength of their defence, St Kath's found themselves two tries down inside the first 7 minutes of the game. The Worle boys varied their point of attack brilliantly mixing up their game to keep our defence guessing. With one phase they were crashing in through the heart of the red wall and then the next they were moving it out wide to their dangerous strike runners. It was one of their talented runners that scored their first try of the game after they had pulled the SK defenders ragged from left to right. Soon after, Worle had their second try, this time piercing right through the heart of the red defence. To score two tries inside the first 7 minutes of the game makes it sound as though there wasn't much resistance but in actual fact, the resistance was strong, it just so happened that the quality of the rugby from the Worle boys was stronger! Charlie Topp made a superb try saving tackle in the opening minutes of the game and this was matched by big efforts from Mason McIver and Jack Sloman – all of whom made dents in blue ball carriers. Mason picked up a split lip for his trouble and had to leave the field of play temporarily – it was clear that this contest was going to be played with real physicality but also with great skill and talent.

St Kath's had a try of their own after the 10-minute mark thanks to the athletic abilities of Charlie Topp. Charlie's try didn't come about from his first carry of the game, Charlie had made real ground earlier in the match but became isolated just after sending out some serious warning signs for the Worle boys. No matter how loud the warning bells were, they weren't enough for the opposition to stop Charlie breaking through the line and rounding the full back to touchdown and get his team back into the game.



St Kath's were finding it difficult to get any traction at the breakdown and were put under a lot of defensive pressure by the Worle boys which meant that they enjoyed the dominance at the end of the first half. Worle scored another try after 12 minutes had passed but the next 8 minutes were a real dog-fight as St Kath's found themselves camped inside their 22. Billy Stringer was doing a really good job at 9 to move the ball away from danger and out to his back line. St Kath's tried kicking clear through first receiver JJ but the wind and rain meant that the high ball just fell into the arms of the Worle sweeper and was run right back at us. The boys defended heartily until the half time whistle and refused to let the opposition cross despite defending at least two 5-metres scrums!

At half time, we spoke about getting better numbers and body positions at the break down and throwing the ball around a bit more, rather than relying on individual carriers. The boys were adamant that their tackling needed to improve, I assume because they had conceded 3 tries, yet in actual fact they were tackling as well as they ever had. It was noticeable at the start of the second half that the home side started piling into the breakdown and were immediately making it more difficult for Worle to secure possession. However, the boys were firing serious heat into breakdowns that they were never likely to turnover on their 22 with Worle in possession which left them really exposed out wide. Some of the tackling in the wide channels was last ditch but was a mammoth effort. There are a few boys in particular who's defensive efforts stick out in my mind; Will Young was almost beaten on the outside before grabbing on to what seemed like the thread of a Worle jersey but he refused to let it go! Billy Stringer put his body on the line inside the 5 metre channel on two separate occasions in the second half with two humungous and heroic defensive efforts – what an example to other boys on the team. Tom Stancliffe was like a man possessed in defence and found himself almost everywhere making almost every single tackle! For the first 13 minutes of the second half, the Worle boys were unable to cross the whitewash despite having all of the possession and field position.



That fourth try in the 13th minute of the game was a huge blow to the home side who were all out for getting back into the game. With their best efforts falling short, it would have been all too easy to throw the towel in and surrender under the pressure but the boys in red weren't about to do that! Despite going further behind during the second half, each try just seemed to spur the boys on to playing better rugby and the determination inside some of the individuals on the team was immense. Not one shied away from carrying the ball – even boys who don't play club rugby outside of school; Monty, Dillan, Josh all made ground going forward with the ball in hand. So often in sport, the best efforts, resilience and determination go unrewarded and our opponents weren't about to let us have a try – rightly so! However, they were left disappointed when the fleet-footed Arthur Cleaver picked the ball up at first receiver on the halfway line. There were numbers left and they'd been spotted by inside centre Jake Packham who was calling for the ball as his teammate Cleaver stepped back inside! No sooner had Jake called for the ball to come left, Arthur had beaten the drifting defence and Jake was busting a gut to get on his shoulder. As it turned out, Arthur beat the covering winger and then outpaced the full back who was haring across the pitch to make the covering tackle. The boys were really boosted by Arthur's score – his second in as many days!

Unfortunately for the home team, this was nothing more than a consolation try and the Worle boys were deserving victors at the end of the contest. At the full time whistle there was a genuine appreciation between the two teams and you could hear conversations between boys shaking hands about moments in the match that they could remember. That was a clear sign for me that the SK boys had made an impression and although they had been beaten by the better side, they had competed from start to finish and showed real strength of character.

Man of the match was a difficult decision where all of the boys had given such a team performance but it went to Arthur Cleaver for his brilliant try. Just two days earlier, Arthur was asked to play for the opposition as they were short, he did so with great maturity and scored a try against our own defence which based on the standards set against Worle – was no mean feat! This time around Mr Cleaver was on his preferred side (I hope!) and in the try scoring action yet again with a superb solo effort full of illusive footwork!

Another hugely enjoyable afternoon of rugby – thank you gentlemen!

Special thanks to Frank and JJ for their leadership – I asked them to take responsibility for organising two separate teams and they did so brilliantly. To also have 20 plus boys, regularly keen to play is great testament to their leadership.

Keep working hard!

Mr Cook

8 BOYS FOOTBALL V RWBA

Boys suffer agonising second round defeat after 60 minutes of cup drama!

On Wednesday 16 October the Year 8 boys set off for another away tie in the National Cup, this time the destination was the Royal Wooten Bassett Academy for the second round. Spirits were high on the bus on the way to the game and for



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once, the sun was shining! The team welcomed back a few boys that were missing from their first round tie and also welcomed debutant Mason McIver who has wasted no time at all getting stuck into his sport since joining St Katherine's! The boys were hoping that the trip to Swindon would result in them earning a place in the third round of the competition and building a bit of a cup run ahead of the first Somerset cup tie.

Buster BARNES, Dominic DA SILVA, Dillan FAULKNER, Monty FAULKNER, Jack JANSEN, Mattijs KORSWAGEN, Frank MCCANN, Mason MCIVER, Harvey NIEMCZYK, Jake PACKHAM, Oliver SONGER, Billy STRINGER, Charlie TOPP, Jack VINE, Will YOUNG

On their arrival the boys were treated to an amazing venue and 3G pitch down at the local club which was just a stones throw away from the secondary school. The pitch was big and so were the goalmouths and so the boys quickly identified how they were going to go about adapting their performance to suit the facilities! They might have been talking about it prior to kick off but when the opposition went ahead in the opening minutes it was almost as though they had completely forgotten the conversations they had been having moments earlier. We spoke ahead of the game about how important it was going to be to pressure any shooting opportunity that arose on the edge of the penalty area – the goals were so big that Mattijs wouldn't stand any chance if the shooter had time and space to pick their shot! Well the boys found themselves 6 minutes into a cup tie and already 2 goals behind after two impressive shots from range! You couldn't argue with the quality of the shooting but the opposition had all of the time in the world and made SK pay for their lack of defensive urgency early on.

The early goals really detracted from the footballing contest that was going on out in the middle of the pitch. The RWBA boys were linking together some lovely passes and looking to work the ball out wide. St Kath's were looking to get the ball into their danger man Charlie Topp and play off of him. We were playing two really attacking wide players and three in the centre of midfield to support Charlie who was taking on the role of the lone striker. Charlie looked a real threat with the ball in front of him running at defenders and it was exactly this that gave the SK boys their first goal of the game and a lifeline back into the contest. Charlie found himself through on goal before driving the ball low and hard towards the bottom corner – exactly the sort of shot that was needed in the big goals. Charlie's strike thundered into the upright and rebounded straight back to him with some real venom. Charlie reacted superbly and adjusted his body position quickly enough to turn the rebound home into the now empty goal net. After fifteen minutes the boys were back level after Charlie's pace had robbed the RWBA goalkeeper – and this was only just the start of a Charlie Topp themed nightmare for the opposition!



The boys were back in the game and you could hear the increase in volume and confidence on the pitch after the restart. Such was their confidence that they started playing with real freedom as this group of boys often do. Unfortunately in their eagerness to play Premiership-style football, they were caught in possession right on the edge of their own area which gifted the opposition a 1v1 opportunity that they just weren't going to miss. There were just 3 minutes left to play in the half and if truth be told, I would have been pretty happy with 3-2. The boys had played into a fairly strong wind and were looking into the sun which was only going to get worse as the game wore on so they were right in the contest! A lot can change in very little time in sport and that was exactly what happened after the boys failed to stop a RWBA break from midfield which allowed them to work the ball wide. SK couldn't get across quickly enough to cut off the cross and the ball beat the defender at the near post before cannoning into the red player behind and ricocheting into the back of the net passed the helpless Korswagen.

At half time the boys trailed by 4 goals to 2 but I still emphasised that message about how they were completely in the game! If they could tighten up a bit defensively without panicking and be a little more deliberate in their attacking play, they had the weapons to get back into the cup tie. One area of the pitch that the boys were having to work really hard to cover was the centre of midfield – Jake, Will and Ollie had done a brilliant job in the first half but RWBA were strong in the middle of the pitch and really testing the boys in red. If the boys could just get an early goal in the second half then it would be game on!

The second half saw the introduction of Mason McIver who normally plays in an attacking position out wide or as a centre forward – not very helpful then when your PE teacher asks you to come on in the centre of midfield for your first school game! As it turned out, Mason almost instantly changed the game when he weighted a superb pass through for Charlie Topp with just 2 minutes of the half gone. The pass was so good, it literally did everything but put itself in the back of the

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net – fortunately Charlie is pretty good at putting the ball in the back of the net! Mason continued to get on the ball a lot and added a little bit of grit into the middle of the field – he mixed his game up well and brought other boys into the game more in the second half. Jack Vine, Buster Barnes and Dom Da Silva really came alive with Mason on the ball and he massively impressed playing out of position in his first school game.

More defensive confusion led to another RWBA goal just 2 minutes after Charlie had netted for his hatrick. It wasn't that the boys in the back four were playing badly, far from it! All of the defenders were actually playing really well, it was just that there didn't seem to be the same understanding between the midfield and defence that there is normally between the Year 8 boys. Runners were breaking from midfield and finding too much space in front of our defenders which hurried them into making decisions under real pressure.

With just 10 minutes left to play in the game, the SK boys trailed by 5 goals to 3 and were becoming more desperate in their search to get themselves back into the tie. After some consultations with captain Jake Packham before a corner kick, we decided to take one of our defenders off and put on another attacking player. We might have been 2 goals behind but you could just feel that things were closer than that – there were still goals to be had in the game. After making the decision to roll the dice, there was an almost instant RWBA attack that left their striker through on goal 1v1 with keeper Korswagen. Mattijs stayed on his feet well and for long enough to force the striker into early action which Mattijs blocked out before allowing his full back to completely clear the danger. Charlie wasn't happy with the defending and asked 'where the centre back was' – I replied and told him that 'he was on the side of the pitch as I had take him off because we may as well lose 25-3 rather than 5-3'. Charlie gave me one of those looks and I had a fairly good idea at that point that he had just gotten a lot hungrier to get back into the game!

The next 10 minutes of the game were the Charlie Topp show – the RWBA boys just didn't know what to do with him. It didn't seem to matter how many they crowded him out with, Charlie somehow held the ball up long enough to lay it off, managed to turn to get in behind or find a pass to a supporting team mate. Charlie had been pretty close to unplayable all afternoon but his fourth goal was a super solo effort – I won't describe it for you, partly because I won't do it justice but it reminded me a little of Paul Gascoigne's goal against Scotland in Euro '96 for those who remember it! Charlie wasn't done there – 3 minutes later he fired into the bottom corner to pull level at which point, having got back into the game, I chucked Jack Jansen back onto the pitch at which point Charlie shouted over 'what's the point in drawing a cup tie 5-5?'. With just 5 minutes of the game left, Charlie was given a gift in front of goal after some defensive confusion in the RWBA ranks presented Charlie with a golden opportunity for his sixth and final goal of the game – the boy just had the Midas touch that afternoon!



The RWBA boys were devastated and you could see them asking themselves how they had managed to be chasing the game with 5 minutes left to play. In contrast, the SK boys were flying high and continued to create goal scoring opportunities that they should have taken to put the game to bed completely. The last few minutes were a nervy affair and there were boys whose level of panic grew as the game approached its climax – some of the boys couldn't even bear to watch (my favourite photograph above is Dillan literally covering his eyes with Charlie attacking again). None worked harder than captain Jake Packham during this period of the match. His tracking from midfield and cover work in between full backs and central defenders was exceptional and on several occasions he snuffed out some really dangerous attacks. Jake was leading by example and encouraging his team mates to find another gear! If there is one thing that a 6-5 score line suggests, it is defensive confusion and unfortunately, the confusion didn't end in the 59th minute! 60 seconds from the third round of the cup and a chipped through ball bounced in the penalty area – about three SK boys approached to clear the ball but all were far too polite and left it to the RWBA player who equalised in the dying embers of the match.

Penalties are never something to look forward to yet I was amazed and impressed by the 7 boys who put themselves forward to take a spot kick. Jake, Charlie and I sorted the order and the team got together on the halfway line and were keeping everything crossed for their brave team mates who were involved in the shootout! Charlie Topp stepped up first and buried his kick, no surprises there! At 1-1, Jake Packham took the second kick to put the team ahead once more. Yet again RWBA stepped up and scored with an impressive spot kick. Not even successful spot kicks from Jack Vine nor an emphatic penalty from Buster Barnes could prevent a cruel shoot out defeat which left the boys absolutely gutted at the final whistle. In all honesty, RWBA took five superb penalties and in those goals, left Mattijs with no chance whatsoever.



At full time the boys all got together to console each other and there were some lovely moments of team cohesion among a group of boys who had given everything in an emotionally and physically exhausting cup contest.

Man of the match – need I announce it? Charlie Topp – all six goals, seven if you include his penalty kick and the complete performance. Charlie led superbly on the pitch, not just with his performance but just his general demeanor and character. The best schoolboy footballing performance I can remember for quite some time!

The best of luck to RWBA in the next round of the competition.

Hard luck gentlemen – a really tough sporting contest where you all showed real character and were an absolute credit to the school!

Mr Cook

GIRLS NETBALL V NAILSEA

Fantastic set of results against two closely matched schools

Year 7

St Kath's B 0 - 0 Nailsea B

This game was end-to-end and played at a fast pace. Centre Ruby Slaven worked hard to work the ball from defence into attack and was supported well by wings Olive Shaw and Evie Roberts. Both sides had chances in front of the posts and the St Kath's shooting pair of Lyla Moore and Lexie Parsons create some good opportunities, but they were faced by some fierce defence from Nailsea. The St Kath's defence was also kept busy and Colbie Rudolph and Portia Nash worked well as a defensive unit to keep the Nailsea side from scoring. The game ended goalless and player of the match was voted as Portia Nash.

St Kath's A 4 - 2 Nailsea A

This game started well with both sides challenging for the ball well. Both sides alternated possession with some fantastic interceptions taking place to regain the ball. Mae Kingston and Alice Clarke were kept busy with Nailsea attacks however both intercepted well and turned possession over into attack. Billie Winter and Bess Stevens supported centre Lauren Weeks well and they provided excellent opportunities for the St Kath's shooting pair of Anna Petrie and Megan Stenner, who linked well to get close to the post and take the shooting opportunities created. Both shooters scored 2 goals each and Megan was voted player of the match.

Year 8

St Kath's B 3 - 1 Nailsea B

Chasing their first victory the St Kath's side had a mixed first half of possession with the Nailsea attack working the defence of Vanessa Gerebenes and Leah Wardingley hard. Consistent pressure by Nailsea led to a one goal lead at half time. However, the St Kath's side came out to the second half with much more energy and determination and they began to control the game. Sophie Hicks and Sophie De Wet worked well alongside centre Emily Earle and gave good possession to the shooting pair of Ellie Baker and Josie Rafferty, who were both on target to score three goals and win the game 3 goals to 1.

St Kath's A 9 - 0 Nailsea A

A dominant performance by the unbeaten side saw them completely control this particular match. Leah Wardingley and Ruby Gray were not given much to do in defence but intercepted anything when it did come in their direction. Toula Hudson and Angel Chinn supported centre Demi Cornick well in the centre third and made some key turnovers of possession to continue the St Kath's attack. Both shooters Hollie Lang and Polly Cole were on target and scored with great accuracy to take the game away from Nailsea.



Year 9

St Kath's A 4 - 11 Nailsea A

The score line in this fixture flattered Nailsea but their clinical shooting put us under pressure. In a really closely matched end to game the difference between the 2 teams was the shooting. The two teams were closely matched in all areas. Helena Mills and Bella Wake worked tirelessly in defence but the shooters from Nailsea just didn't miss! Our centre court girls Daisy Wilkinson, Zara Mace and Mel Bartlett matched Nailsea and frequently turned defence into attack. Our two shooters Poppy Baldwin-Brooks and Scarlet Newby kept persevering but Lady Luck just wasn't on their side today. We'll be out for revenge in the North Somerset tournament in November!!

St Kath's B 2 - 1 Nailsea B

In only their second fixture the B team showed that their dedication to training has paid off. With some new faces and some changes to positions the squad played excellently in both attack and defence. In defence the new combo of Anaia Wokoh and Jemima German completely bossed their defensive third limiting Nailsea to minimal forays into the shooting circle. In the centre court Lillie-Mai Hawker, Rose Barker, Alicia Majzel and Lily Carradine worked tirelessly to turn attack in to defence. Our new shooting combination of Jamie Packham and Olivia Ring worked hard to create opportunities.



In a low scoring game St Katherine's edged it 2-1 but the score line didn't show a true reflection of the game... we should have won by a bigger margin. The team go into their next game full of confidence.



8 BOYS RUGBY FESTIVAL 2

Boys score 12 superb tries in just over an hour of quality school rugby

On Thursday 17 October the Year 8 boys headed out to Yatton RFC for their second tournament against the schools in the north of North Somerset. At the start of this year we have regularly had more than 20 boys at practice and in our matches last week all of those boys had the opportunity to represent the school. There has been lots of sport for the Year 8 boys this term and I was really hoping that their attentions would turn back to this time last year when at the exact same venue they played the same four schools and found the going tough in all four matches! The reason I was hoping that boys would remember is because I was abundantly confident that their progress would be evident!



Coby BARBOSA-GOIA, Arthur CLEAVER, Samuel DIXEY, Bailey HASELL, Frank MCCANN, Mason MCIVER, Joseph MCLOUGHLIN, Owen MOSS, Jake PACKHAM, Jack SLOMAN, Billy STRINGER, Charlie TOPP, Jack VINE, Will YOUNG

Their first match was against Clevedon School and shortly after they had kicked off, they were back kicking off again having conceded. In fairness to the boys, Clevedon looked strong and they were a team that we had already faced so we knew they were going to come out hard. The early try had been a great warning sign for the boys in red as they lit the defensive fire that engulfed all of the Clevedon attacks for the remainder of the first half. The boys struggled to get go forward with ball in hand and found it difficult to maintain possession but what they didn't find it difficult to do was to tackle! Some of the defensive work was ferocious as the Clevedon boys barrelled their way fresh legged into countless red tacklers. Jack, Frank and Bailey were all-consuming around the tackle and just seemed to swallow up opposition ball carriers. Our bigger boys were repelling the Clevedon fire but some of our smaller tacklers were packing a punch too – Billy, JJ and Coby were brilliant at going low and chopping down the opposition. In one passage of play at the end of the first half, Clevedon were camped on our try line and the boys refused to yield. It was like proper backs to the wall defensive graft like you would see on the television. One tackler would jam in low and drive the ball carrier backwards while another would latch onto the ball to slow things down and allow the team mates to realign and organise. One particular tackle that Charlie put in, drove his man back about 5 metres from the line and eventually forced the error that resulted in the much needed half time whistle!

The boys were rewarded for their defensive effort at the end of the first half with a try two minutes into the second half that bought them level. Jack Sloman picked his heels up and went off rampaging down the left touchline handing off tacklers while marching on to the whitewash like a juggernaut. The boys were in the contest and Clevedon were rocked by the try that they had conceded. Samuel Dixey was back in action and came on for the second half making a typically

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big impact and giving the Clevedon boys something else to worry about. Despite their mammoth effort, the boys couldn't break the deadlock and the size of their effort meant that they had spent a little too much too early. Unfortunately they were unable to rediscover their defensive resilience from earlier in the game and two late scores from the Clevedon boys gave them victory. SK knew that Clevedon were strong and were far from disappointed with the end result!



Game 2 saw SK face Nailsea who had been their strongest opponents in the first festival. Jack Sloman looked right in the mood to cause more havoc in the next contest and found himself over the try line inside the first minute of the game – once again, using his hand-off to deadly effect. Things were looking really positive for the boys as they dominated the exchanges early in the contest and smothered any Nailsea attacks. Arthur Cleaver skipped through tacklers in typical fashion to dot down for his first try of the afternoon and to give his team a two try lead at the half time break. The boys were perhaps a little surprised with their dominance in the first half but I wasn't! I knew they were getting better with every game and they deserved their half time lead! Little surprise that Nailsea came out fighting in the second half and in bit of a whirlwind display, blew any hopes of SK victory out of the water inside the first five minutes of the half. Not even another try from the fleet-footed Arthur Cleaver could halt the momentum that the opposition boys had built and Nailsea ran out winners 5 tries to 3. When the going was tough in the second half of the Nailsea game, the boys lost their grip on the contest and didn't know which way to turn to get back into the game! They were all at sea and their performance level dropped by about 75% in the second half which they were hugely frustrated by – really their frustrations were born out of not knowing what to do to affect the change they needed.

Fortunately the boys had their break in play right in the middle of the contest and at this point I handed the reigns over to captain Frank McCann and vice captain JJ McLoughlin. I suggested they use the time to get the boys together to work out how they could address some positional organisation issues, get boys mentally back on track and find some of their best running and passing rugby as their tries up until this point had relied on too many solo efforts. I actually officiated another game and left the boys to it while glancing over during breaks in play and being quietly really impressed with what I saw – from afar there looked to be a real togetherness and a unity and so I was intrigued as to whether it would lead to improvements in our last two games. The picture below shows the scene just before our third game – entirely unprompted by me but a clear sign that the boys were going to go out hunting!



Next up the boys faced Backwell and you could hear the difference in intensity before the game had even started! We were due to kick off and there were calls of 'ready, ready' coming from right across the line! Either the boys were just well practiced at shouting loudly or they were actually ready and letting the opposition know that they were coming! Right from the offset, their defensive pressure was suffocating for the Backwell boys. Coby made the first tackle of the game following the restart which knocked the ball carrier backwards and started a tsunami of defensive pressure. Billy Stringer and Jake Packham were leading the line and bringing all of their team up to turn up the heat. From a breakdown, Billy timed his run perfectly and flattened the Backwell scrum half along with the ball. As soon as they moved the ball away from the ensuing ruck, Jake did exactly the same next time and before they knew it, Backwell were in their own in-goal area and forced to touchdown giving us a great attacking platform. In the space of three minutes Charlie Topp grabbed himself a brace proving just as illusive on the rugby pitch as he was on the football pitch the day before. Captain Frank

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McCann gave his team a three try lead after a really tough carry saw him burst through several tackles and over the line to touch down. Disappointingly for Frank, he tweaked an old injury in the process and was forced to leave the field and watch his team mates try to see out the victory. Backwell capitalised on the loss of the SK captain McCann who is so often the catalyst for everything good coming out of the red camp and managed to score two late tries to make the finish really tense. In stark contrast to the Nailsea game, the boys maintained their composure and responded with much smarter, sharper decisions under pressure. They were determined to get over the line and you could see it in their performance.

Finally the boys faced Gordano who had beaten them on each occasion they had played this year. The boys who play their club rugby at Gordano RFC were keen to get one over on their mates so that they could have bragging rights at training for a change. I encouraged the boys to get out there, enjoy their last game and throw the ball around! Their handling is really slick but they don't use it enough in games for me – if they could reproduce some of the rugby they play in PE or at practice they really would cause opposition defenders some serious problems. In the second minute of the game, they did exactly that as Mason Mclver went on an arcing run before getting his arms free in a tackle and offloading to Charlie Topp who was going at full tilt. In much the same way as on the football pitch the day before, Mason put Charlie in for a superb score that tore the Gordano boys apart. Charlie scored on two more occasions before half time alongside team mate Jake Packham who was really starting to pull some strings with the ball in hand. Jake and Jack Sloman combined for the best play of the afternoon as Jake fed Jack only to loop round and collect a 'chicken wing' offload out of the back of the hand from Jack as he was going down in the tackle. On the loop, Jake fizzed his pass out wide for the onrushing Jack Vine who hit the pass at top speed to crash over in the corner beating the covering defense to the line – that was more like it! The boys ran out winners 5-1 in their final game and capped off the afternoon brilliantly.



I was so pleased with the response that the boys found for the second half of the tournament. I actually spoke to them at the end of the Backwell game and thought we had drawn. The boys were quick to correct me but I did tell them I hope they realised that I really wasn't interested in results. Sport is all about being able to produce your best and the best sportsmen are able to produce or better their best when the pressure is at its greatest. The boys were down at out after the Nailsea game but dusted themselves off and produced some of the best rugby they have played this year. Man of the tournament went to Billy Stringer as someone who epitomised that mantra – when the going gets tough, Billy brings his best and has learnt a huge amount over the last few weeks and is getting better and better with each game he plays.

Well done gents – an enjoyable afternoon and great to see you lot dig deep and pick yourself up after a disappointing defeat mid-competition.

Keep working hard – it's no surprise that this group of boys are getting better each week. To regularly get more than 20 boys to practice is superb and creates real competition within the team!

Mr Cook

9 BOYS RUGBY V CLEVEDON

Athletic superiority in dominant second half display builds momentum

On Wednesday 23 October the Year 9 boys faced rivals Clevedon in a friendly fixture. The SK boys had lost a tough game to Worle before beating Backwell in a really tightly fought contest by just a few points. Confidence was high but the boys knew they were in for a tough game when they found out that Clevedon had also beaten Backwell by the narrowest of margins. In previous years this group of boys have had really close games against Clevedon often decided by a few key moments here and there and so knew they were going to need to find some of their best rugby if they wanted to come out victorious in this game. It was only a friendly fixture yet SK were keen to keep building some momentum heading into their tournament next term.

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Matthew BRENNAN, James BRIGGS, Euan CAUL-PATERSON, Kanye CHRISTIE, Seth COOK, Jacob DUNCAN, Balint FEKETE, Jamie FIELDEN, Finley GREEN, Reggie-Lee HAYWARD, Dylan HEWETT, Camron HOWE, Alfie KING, Kenneth NEWBURY, Demi OLUWO, Jonathan PUATI-KAMBU, Will STRATTON, James WAMULO, Waide WATSON

Clevedon started the much stronger of the two sides and were able to establish possession and good field position really early on in the game. They quickly showed the home side that they were able to carry the ball well and retain possession at the breakdown and it didn't take SK long to find out that they were going to have to work hard for possession. Fortunately for the home side, working hard is one of the things that they are best at and they put in a huge defensive set for the opening few minutes of the game. The defensive pressure on the Clevedon boys was unrelenting and wave after wave of tackle after tackle just came flooding in. There are several boys in this team who are incredibly strong and that meant that Balint, Kenny and Kanye were able to hit slightly higher than normal and stop the offload as well as ground their man. There are plenty of other strong tacklers and it was actually a combination of Alfie King and Will Stratton that dislodged the ball in order to give SK their first taste of possession. The ball was dislodged in the tackle and Kanye pounced on the loose ball quicker than any other. If there's one thing that you can't do with the St Kath's backline, it is give them turnover ball without a set defence. Kanye showed the Clevedon side exactly why after he went a good 60 metres for the first try of the game almost completely against the run of play.

Clevedon were rocked but there was no way they were giving up on the contest having been so dominant in the early exchanges. In almost an exact repeat from the first restart, the Clevedon boys quickly established possession and field position and SK found themselves on their try line defending their slender 5-point lead. Clevedon were throwing the kitchen sink at the home defence but SK weren't just going to step aside and let them level the game up. The SK boys were ruthless in some of their defensive work holding Clevedon up over the try line on 2 occasions in this passage of play. They just have this absolute refusal to give in and there is an acknowledgement between all of the boys in the line that opposition players just don't get through. Huge credit to Clevedon during this period of the game; it would have been very easy for them to get white line fever and panic but they remained calm and just kept probing at the SK defence looking for weaknesses. The home side were entirely resolute in their effort to stop the Clevedon attack but in their haste, some ill discipline gave the away side too many good opportunities. Penalties were given for boys straying beyond the offside line, going off their feet and tackling too high and it was this ill-discipline that eventually resulted in Clevedon going over for their equalising try. You felt for the home side after their defensive play but equally you absolutely couldn't deny that Clevedon completely deserved to be level in the game, if not more!

The score remained a tense 5-5 at half time and both sets of players were delighted that the break was upon them after an exhausting first half of rugby. Clevedon had retained the ball much better than the SK boys in the first half but St Kath's looked much more threatening when they did have the ball in hand. If the boys could just keep hold of the ball a little more, they felt as though they could take the game away from Clevedon.

The second half performance that St Katherine's dug out was a really class display that maximised their strengths and really challenged the Clevedon boys. The athleticism that the boys possess across the backline is frightening and if they



get the slightest sniff that they've got an opportunity, they will back themselves entirely. Kanye and James are two of the best athletes in the school and it was the combined efforts of those two boys that took the game well beyond the reach of the Clevedon boys. Kanye and James may have finished the tries but it was the hard work of the wider team that gifted them the opportunities that they capitalised on. Jamie, James, Finley and Seth started to carry the ball hard and took it upon themselves to go to work at the breakdown to secure quick ball. Nobody was more effective at the breakdown that Matty Brennan as he secured a huge amount of ball and was a real nuisance for opposition players. Euan and Kenny really carried the ball hard into the Clevedon boys at the start of the second half and set a great platform for their team mates behind. Kenny in particular was on the end of a mighty hand-off in the first half but came back with a shot of his own in the second that left the defender helpless trying to stop him.

Alfie King and Will Stratton were really establishing a pattern on the game and dictating the play with growing dominance. Alfie King in this games was a huge asset for the team; playing at 9 on this occasion, Alfie has a great pass off of both hands, can run with venom, kick with accuracy and tackle with some real power – what more can you ask for? To make his performance even more impressive, Alfie had been playing rugby all day long and came back to school for the afternoon game to show how fit he is too. Demi Oluwu was perhaps the most elusive player in the backline and enjoyed making several impressive breaks in the first and second half. Demi has great feet and combined with a great pair of hands; he is a really tricky customer to stop.

The boys were really firing on all cylinders and second half tries from Kanye Christie (3) and James Wamulo (1) along with three conversions from Alfie King took the game away from Clevedon who could only score once more in the game. Kanye was just picking holes in the Clevedon defence and jimmying them open with his crowbar like pace and power. It would be easy to say that Kanye is one dimensional and just pins his ears back whenever he has the ball in hand but that isn't actually the case. Having broken the line on one occasion, Kanye was presented with just the full back to beat. On many occasions during his rugby career, Kanye has had only the full back to beat and done so with ease yet on this occasion Kanye had the support of James Wamulo – just about the only other boy who could keep up with him! Kanye drew the tackler before just about putting James away for his try. I say 'just about' because James must have had at least 5 attempts to catch the ball, juggling it all the way before finally gathering to touch down for the last try of the game. James was unlucky not to have another try after Alfie King kicked through and James gave a rapid chase and found himself trying to gather from the floor at full speed. Unfortunately for me, I was left trying to keep up with James down the pitch as he opened up to give chase to the kick. I was some way behind James but close enough to see that he just knocked the ball on while trying to collect it. Had he not done so, he would have scored a second try.

The final score finished St Kath's 31-10 Clevedon which shows the quality of the second half performance given how close the game was at half time. Huge credit to the Clevedon boys as they were confronted with a real challenge in the second half. They held firm and continued to create scoring opportunities of their own. The game was played in a great spirit and there was a genuinely lovely atmosphere at full time.

It was a pleasure to referee the game and really enjoyable to see how much progress the Year 9 boys have made since they started the school back in Year 7.

Well done gentlemen – a fantastic performance.

Mr Cook

HOUSE CROSS COUNTRY

House sport up and running as students jostle for position on cross country course

There is no better way to kick start the house competition that with one of our toughest and physically demanding tests – the cross country run! Students always fight it out for the first points of the year over our hilly terrain and this year more than 450 runners clocked in and recorded times for their houses in a really closely contested race programme. The secret to success is in houses recording as many times as possible and avoiding those costly race penalties! Huge congratulations to all students who completed the course – there were some monumental efforts, from record breakers to those determined just to finish, the cross country run bought out the best in our students!

This time last year I was writing about how the ground was as firm as I could remember – how things can change from year to year! This has been one of the wettest October months I can remember for a long time which meant that we had a very damp cross country course! Our runners will know that 95% of the course drains brilliantly but that link run behind the back of the sportshall holds water like a sponge! Before our first races went off, a quick trip over to the technology department provided us with the solution we needed in order to soak up some of the moisture – saw dust, by the bucket load! With the wettest parts of the course tended to, we were all ready for the first races to begin.

Racing was compulsory for all students in Key Stage 3 while students in Key Stage 4 turned out mixed teams to compete around the course. As always, race results were based on average times where every single second of every single

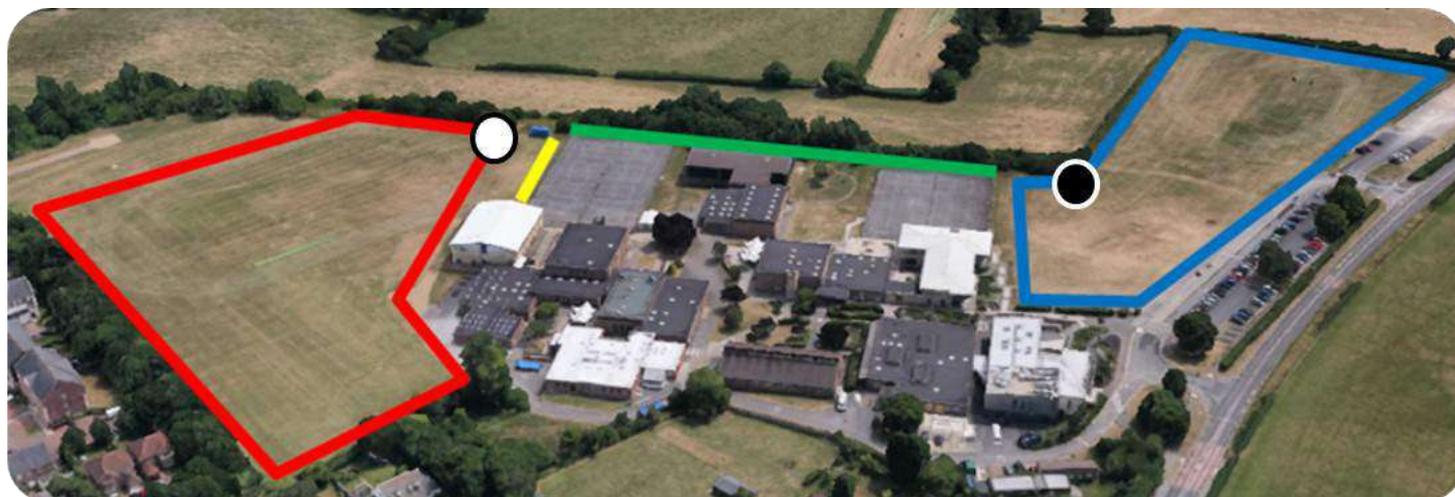
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students' race counts! After hundreds of runners had crossed the line, some of the individual races were extremely close and results were decided on just a few seconds here and there.

Read about all of the fallout from the racing below as runners made their way around our magnificent course!



Current Course Records

* NEW THIS YEAR

Year Group	Category	Race Distance	Girls Record	Boys Record
Year 7	Minor	1.85 km or 1.16 mi	Leah Wardingley 8 minutes 21 seconds (2018)	Joel Martineau * 6 minutes 25 seconds (2019)
Year 8	Junior	2.82 km or 1.75 mi	Leah Porter 12 minutes 59 seconds (2017)	Jake Packham * 11 minutes 08 seconds (2019)
Year 9			Judit Molnar 12 minutes 51 seconds (2017)	Henry Welch 10 minutes 51 seconds (2016)
Year 10	Inter	4.21 km or 2.61 mi	Judit Molnar 19 minutes 21 seconds (2018)	Mursal Sharif 15 minutes 57 seconds (2018)
Year 11			Judit Molnar * 18 minutes 35 seconds (2019)	Jasper Peacey * 15 minutes 19 seconds (2019)

Year 7

The Year 7 girls race was a real battle between eventual 1st and 2nd Thea Sheldon and Alice White. The pace was quick with the winning time just 13 seconds outside of record pace and only 2 seconds separating the two girls from Pankhurst house! The duo at the front of the race led from start to finish and really pushed each other all of the way to the finish line. There was a gap between the first two runners and the rest of the pack but the pack weren't slow either with all of the top 10 girls finishing around the 10-minute marker! Congratulations also to Dahira Odaway who won the race on her side of the year group – we always base overall standings on time but who knows if Dahira could have gone faster had she been in a slightly quicker race.

There is always a lot of pressure on students with a reputation and everyone in the year group & probably the whole school had heard about Joel Martineau and his ability to run distance! With a huge amount of pressure on his shoulders, Joel took to the course and immediately realised he faced tough competition from Stephenson's Abdulrahim Yusuf. There is some serious distance running pedigree in the Yusuf household but rather than panic, Joel held his nerve and eventually finished having stretched out to a sizable lead. Joel's record-breaking performance was dominant as he crossed the line 33 seconds quicker than previous record holder Jake Packham. The first 12 runners all came in under 8 minutes and so we are hoping for great things from the Year 7 cross country team later this year. Congratulations to Adam Milkins who won the race on his side of the year too.

Special mentions to the girls and boys below who made it into the Top 10

- | | |
|---------------------------------------|---|
| 1. Thea SHELDON (Pankhurst) - 8:34 | 1. Joel MARTINEAU (Yousafzai) - 6:25 |
| 2. Alice WHITE (Pankhurst) - 8:36 | 2. Abdulrahim YUSUF (Stephenson) - 6:36 |
| 3. Eva HAYES (Stephenson) - 9:02 | 3. Joseph BROOKS (Yousafzai) - 7:07 |
| 4. Kate ALLEN (Pankhurst) - 9:20 | 4. Liam HACKER (Yousafzai) - 7:26 |
| 5. Dahira ODAWAY (Yousafzai) - 9:23 | 5. Daniel HEWETT (Yousafzai) - 7:27 |
| 6. Dulcie DONNELLY (Yousafzai) - 9:55 | 6. Preston STABB (Pankhurst) - 7:31 |
| 7. Bella MATTHEWS (Yousafzai) - 9:58 | 7. Musab WARSAME (Pankhurst) - 7:32 |
| 8. Elicia COLE (Yousafzai) - 9:59 | 8. Charlie DEXTER (Yousafzai) - 7:35 |
| 9. Emily CREESE (Pankhurst) - 9:59 | 9. Adam MILKINS (Pankhurst) - 7:41 |
| 10. Anna PETRIE (Pankhurst) - 10:14 | 10. Edward GYSELYNCK (Yousafzai) - 7:48 |
| | 10. Charlie LANE (Yousafzai) - 7:48 |

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Well done to everyone in Year 7 who completed the course!



Miya heading for the finish



Alice, Joel and Abdulrahim mid-run



Harry pushing himself around the bottom field

Year 8

Year 8 girls top-tip and still Year 7 record holder Leah Wardingley was definitely the pre-race favourite. Leah and Sienna have quite a pact when they run together and they set off around the extended junior girls course running together in their usual manner and finishing 1 and 2 in their respective race. Little did they know that Stephenson's Ruby Gray was busy winning the race on the other side of the year and would separate the Yousafzai duo. Leah ended up finishing some distance ahead of all of the competition – you couldn't help but wonder if Leah really pushed herself to her limits whether she could break her namesake's record! There are plenty of fantastic runners in Year 8 and we are really excited about seeing them in action in the upcoming cross country and sportshall athletics events next term. Special mention to Maddy Thomas – great to see her back on form and running her best!

Jake Packham had absolutely no idea on Thursday morning that he would lose his Year 7 record in the last race of the programme to Joel Martineau. What Jake did know however, was that he was running in the penultimate race and he was out to get a record which had stood since 2014! Jake mentioned to me in tutor time in the morning how nervous he was and you could see his anxiety building as the runners waited in the holding area before the start. Jake let all of his nervous energy out on the course and crossed the finish line an incredible 40 seconds clear of his nearest rival – not only that, Jake beat Caolán's previous 5-year record by an almighty 16 seconds! As soon as Jake crossed the line and I read out his time he knew he'd broken the record – a gutsy run from a first-class competitor! Special mentions to Buster, Samuel and Billy who all ran sub 12 minutes with Samuel winning the race on his side of the year.

Special mentions to the girls and boys below who made it into the Top 10

- | | |
|--|--|
| 1. Leah WARDINGLEY (Yousafzai) - 13:31 | 1. Jake PACKHAM (Turing) - 11:08 |
| 2. Ruby GRAY (Stephenson) - 14:37 | 2. Buster BARNES (Stephenson) - 11:48 |
| 3. Sienna MCLEARY (Yousafzai) - 14:58 | 3. Samuel DIXEY (Yousafzai) - 11:52 |
| 4. Gabriella MARCOVITCH (Turing) - 15:04 | 4. Billy STRINGER (Turing) - 11:57 |
| 5. Phoebe OAKMAN (Turing) - 15:16 | 5. Cosmo BROWNE (Stephenson) - 12:20 |
| 6. Madeline THOMAS (Turing) - 15:35 | 6. Jack VINE (Yousafzai) - 12:25 |
| 7. Jess WHALEN (Stephenson) - 16:38 | 7. Charlie TOPP (Stephenson) - 12:26 |
| 8. Sienna DI NARDO (Stephenson) - 16:47 | 8. Ayman ZAGHDANE (Stephenson) - 12:49 |
| 9. Hannah LANGE (Turing) - 17:30 | 9. Oliver SONGER (Yousafzai) - 12:56 |
| 10. Chloe BUSTON (Turing) - 17:57 | 10. Lucas PACKHAM (Yousafzai) - 13:10 |

Well done to everyone in Year 8 who completed the course!



Gabriella heading downhill



Lucas climbing all the way up to the top field



Leah and Sienna teaming up



Year 9

The record set by Leah Porter for Year 9 is a fast time and it remained safe for another year although not before the Year 9 girls had a good go at it! The top 4 girls all clocked in under 15 minutes with impressive runs from Rose, Ruby, Scarlett, Poppy and Pearl. All four girls put themselves out on their own and ran their own races which is always a brave call but these ladies had the confidence to carry it off! The four girls had each other out on the same course at the same time which always acts as an incentive to drive yourself on. Special mention to Peal Westerberg who won her race but was out in front almost entirely on her own and still crossed the line in fifteen and a half minutes after an excellent solo run in difficult conditions.

There was a bit of an upset in the Year 9 boys race as pre-race favourite Mohamad Warsame went off like a rocket and headed straight out into the lead. Unfortunately he ran into difficulty around half way through the race which left the door open for his rivals to come charging through! Najib took the gold and ran a very quick 11:14 closely followed by Turing's Gabe Antolic-Furlong who finished just 2 seconds behind Najib! The boys offered each other company around the course and spurred each other on to excellent times just outside of record pace. The standard of running was strong and with a few unexpected names in the top 10, it will be really interesting to see how the boys go in the championships later this year. Special mention to Jay Jake Mobbs for winning the race on his side of the year.

Special mentions to the girls and boys below who made it into the Top 10

- | | |
|---|---|
| 1. Rose BARKER (Stephenson) - 14:13 | 1. Najib YUSUF (Stephenson) - 11:14 |
| 2. Ruby WALSH (Turing) - 14:22 | 2. Gabriel ANTOLIC-FURLONG (Turing) - 11:16 |
| 3. Scarlett NEWBY (Stephenson) - 14:35 | 3. Dylan HEWETT (Yousafzai) - 11:50 |
| 4. Poppy BALDWIN-BROOKS (Yousafzai) - 14:36 | 4. Demi OLUWO (Pankhurst) - 12:00 |
| 5. Pearl WESTERBERG (Stephenson) - 15:34 | 5. Matthew BRENNAN (Pankhurst) - 12:21 |
| 6. Melissa BARTLETT (Yousafzai) - 17:02 | 6. Balint FEKETE (Turing) - 12:25 |
| 7. Edie CHURCH (Yousafzai) - 17:07 | 7. Kanye CHRISTIE (Turing) - 12:30 |
| 8. Amritveer GILL (Turing) - 17:08 | 8. Kenneth NEWBURY (Yousafzai) - 13:01 |
| 9. Jemima GERMAN (Pankhurst) - 17:25 | 9. Jay Jake MOBBS (Yousafzai) - 13:02 |
| 10. Zara MACE (Pankhurst) - 17:35 | 10. Camron HOWE (Pankhurst) - 13:08 |

Well done to everyone in Year 9 who completed the course!



Zara and Rose working together



Pawel checking out the impressive local sights!



Daud and James in tandem

Year 10 and Year 11

The Year 10 race was contested hotly by a trio of boys. Hugh, Ben and Nana all finished sub 19 minutes but were some way off of Mursal's Year 10 record of just under 16 minutes. The trio pushed each other around the course well and all of the runners worked hard on the extended course – for some the 2.5-mile race complete with 3 lots of the 150 metre hill climb really took its toll but the runners kept their cool and ploughed on through! Maya Van Heerden and Agathe Germann also both gave gutsy runs for Turing securing victory for the blue house!

The Year 11 race was always going to be Jazper v Mursal II. Mursal was delighted to have beaten Jazper last year and set the Year 10 record but Jazper was determined to come back stronger having enjoyed a record-breaking outdoor season on the track! Jazper gave a superb performance to take victory by some margin in the end, smashing the previous record in the process by just under 2 whole minutes!! When you mention record breakers in athletics – we naturally think of Jazper but the Year 11 race also contained the queen of cross country running Judit Molnar. A fine performance saw Judit improve on last years time by almost a minute and clock in at 18:35. Incredibly, Judit now holds a trio of cross country records for Year 9, 10 and 11 girls and she makes it all look so easy!

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Special mentions to the girls and boys below who made it into the Top 10

- | | |
|---|---|
| 1. Hugh LEWIS (Turing) - 18:22 | 1. Jazper PEACEY (Turing) - 15:19 |
| 2. Benjamin LUMOSO (Stephenson) - 18:35 | 2. Mursal SHARIF (Stephenson) - 15:33 |
| 3. Nana GYIMAH-SARPONG (Turing) - 18:48 | 3. Fergus CRETON (Yousafzai) - 17:28 |
| 4. Toby RICE (Pankhurst) - 19:00 | 4. Judit MOLNAR (Pankhurst) - 18:35 |
| 5. Muhsin HASSAN (Stephenson) - 19:15 | 5. Beau GILBERT (Yousafzai) - 20:14 |
| 6. Oscar THORPE (Pankhurst) - 20:00 | 6. Harley LANGFORD-DAVIS (Turing) - 20:34 |
| 7. Lewis COLE (Yousafzai) - 20:04 | 7. Mortimer HOGG (Pankhurst) - 20:47 |
| 8. Liam OSBORNE (Pankhurst) - 20:39 | 8. Finley KING (Turing) - 22:09 |
| 9. Maya VAN HEERDEN (Turing) - 21:29 | 9. Joshua REEVE (Stephenson) - 23:22 |
| 10. Agathe GERMANN (Turing) - 21:33 | 10. Kyle BARRETT (Yousafzai) - 25:15 |

Well done to everyone in Year 10 and Year 11 who completed the course!



Oscar and Toby hanging on in there



Mursal determined to catch up!



Molly, Daisy and Jamie-Leigh

Record Breakers

I am sure there will come a time when we can't write a section about record-breaking cross country runs but I can't see that coming any time soon! All of our current record holders are still in the school community and therefore hold Best in School titles as well as School Records. This year we saw Joel Martineau set the first of what I am sure will be many athletics records – this boy is a huge talent and we can't wait to see him in more athletics action later this year! Jake Packham was absolutely determined to beat Caolán's record that had stood for 5 years – so much so that he asked me if I had seen him at break time so that he could go and let Caolán know! Jazper Peacey added to his collection of current 1500m and 800m records by setting a new Year 11 boys standard in the cross country! Jazper just looks so easy out on the course and looks as though he could run forever! By far and away the standout performance came from Judit Molnar who now holds an unbelievable 3 cross country records and records in the final three consecutive years of secondary school. I can see those standing for quite some time and deservedly so – huge congratulations Judit!



Jazper on his way to another record



Judit making things look easy!



Jake determined to chase down his record

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Final Results

In Year 7, 8 and 9 house competitions were decided on the average time posted by all students in each house. Students who did not earn a time were given 60 minutes by default. In Year 10 and 11 house competitions were decided on the average time posted by the fastest 3 runners in each house.

Average times as results for each competition.

Gender	Competition	Average Times				
		7	8	9	10	11
BOYS	Pankhurst	15m 35s	30m 56s	26m 04s	10 & 11 competitions were mixed gender teams with a maximum of 8 runners. An average time for the first 3 finishers in each house is the score below.	
	Stephenson	13m 41s	23m 46s	23m 21s		
	Turing	14m 55s	23m 51s	23m 14s		
	Yousafzai	17m 07s	26m 03s	23m 19s		
GIRLS	Pankhurst	14m 48s	33m 43s	41m 06s		
	Stephenson	19m 15s	26m 28s	28m 15s		
	Turing	15m 46s	26m 26s	35m 07s		
	Yousafzai	15m 19s	25m 02s	28m 52s		
TOTALS	Pankhurst	7, 8 and 9 competitions were compulsory for all students. An average time for every student in the house is the score above.			19m 53s	21m 42s
	Stephenson				20m 04s	21m 26s
	Turing				19m 33s	19m 20s
	Yousafzai				21m 23s	20m 59s

Points taken forward to overall House Sport Competition

House	Year 7		Year 8		Year 9		Year 10		Year 11		Total		
	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	
BOYS	Pankhurst	4	3	2	4	2	4	6	2	2	4	16	4
	Stephenson	8	1	8	1	4	3	4	3	4	3	28	2
	Turing	6	2	6	2	8	1	8	1	8	1	36	1
	Yousafzai	2	4	4	3	6	2	2	4	6	2	20	3
GIRLS	Pankhurst	8	1	2	4	2	4	6	2	2	4	20	4
	Stephenson	2	4	4	3	8	1	4	3	4	3	22	3
	Turing	4	3	6	2	4	3	8	1	8	1	30	1
	Yousafzai	6	2	8	1	6	2	2	4	6	2	28	2
OVERALL	Pankhurst	12	1	4	4	4	4	12	2	4	4	36	4
	Stephenson	10	2	12	1	12	1	8	3	8	3	50	2
	Turing	10	2	12	1	12	1	16	1	16	1	66	1
	Yousafzai	8	4	12	1	12	1	4	4	12	2	48	3

It was really lovely to see students pushing themselves so hard in the name of house competition. There are some students who love cross country running, some who despise it, some who are excellent at it and some who find it really difficult – all of the runners who completed the course gave their all for their house. Cross Country is a brilliant competition because everyone takes part and everyone who did should feel a huge sense of achievement. In this format, regardless of finishing position – every single second of every race counts and it was great to hear students cheering on their house mates. Special mention to 8 LEFT (S1, T1 and T2) who win the prize hands down for the best atmosphere at the finish line! The students were cheering on their house mates loudly and proudly and it was brilliant to see! Each runner that came round the corner, did so to a wall of noise willing them right to the line!

You can't force students to smile while they are running cross country and you can see from the photographs just how many are smiling!



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Thank You!

Well done to everyone who completed the course this year for their house! Praise Postcards are on their way to you! Thank you also to House Captains for their organisation prior to the event.

Thank you to all of the older leaders and Sixth Form students who supported our 2019 competitions as marshals, photographers, timers, recorders and in some cases accompanying runners! We are really grateful to you for giving up your time to come and support the lower school!

Another year and another fantastic competition – we are looking forward to our next house competition early in term 2!

The PE Faculty

HOUSE RESULTS UPDATE - OCTOBER 2019

Turing come out fighting on cross country course in defence of title

Turing might have enjoyed every minute of being crowned House Sport Champions last year but there were no signs at all that they were happy to dine off of their victory in the inaugural competition. Turing gave their all out on the cross country course in the first house competition of the new academic year. The blue house took victory in the Year 9 boys as well as in the Year 10 & 11 competitions. They may have won 3 competitions but they also came second in the Year 7 & 8 boys and the Year 8 girls events.

Current Standings		
Position	House	Points
1	Turing	66
2	Stephenson	50
3	Yousafzai	48
4	Pankhurst	36

“ Turing determined to defend their title and come out fighting in first competition of new academic year ”

Previous Standings		
Position	House	Points
1=	Pankhurst	0
1=	Stephenson	0
1=	Turing	0
1=	Yousafzai	0

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House	Year 7		Year 8		Year 9		Year 10		Year 11		Total		
	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	
BOYS	Pankhurst	4	3	2	4	2	4	6	2	2	4	16	4
	Stephenson	8	1	8	1	4	3	4	3	4	3	28	2
	Turing	6	2	6	2	8	1	8	1	8	1	36	1
	Yousafzai	2	4	4	3	6	2	2	4	6	2	20	3
GIRLS	Pankhurst	8	1	2	4	2	4	6	2	2	4	20	4
	Stephenson	2	4	4	3	8	1	4	3	4	3	22	3
	Turing	4	3	6	2	4	3	8	1	8	1	30	1
	Yousafzai	6	2	8	1	6	2	2	4	6	2	28	2
OVERALL	Pankhurst	12	1	4	4	4	4	12	2	4	4	36	4
	Stephenson	10	2	12	1	12	1	8	3	8	3	50	2
	Turing	10	2	12	1	12	1	16	1	16	1	66	1
	Yousafzai	8	4	12	1	12	1	4	4	12	2	48	3

Month	Event	*
SEPTEMBER	HOUSE CAPTAIN APPLICATIONS	✓
OCTOBER	CROSS COUNTRY	✓
NOVEMBER	AUTUMN HOUSE SPORT: DODGEBALL & BENCHBALL	
DECEMBER	SPORTSHALL ATHLETICS WINTER HOUSE SPORT: RUGBY & NETBALL	
JANUARY	BADMINTON	
FEBRUARY	BASKETBALL NINJA WARRIOR, BOCCIA & KURLING	
MARCH	INDOOR ROWING	
APRIL	SPRING HOUSE SPORT: FOOTBALL & HOCKEY	
JUNE	SUMMER HOUSE SPORT: SOFTBALL & ROUNDERS	
JULY	ATHLETICS SUPERSTARS	

The PE Faculty

PE & SPORT NEWSLETTER

1920 - Term 1 Newsletter



KEY PE AND SPORT UPDATES

The latest updates and information from the PE faculty at St Katherine's

Please see below for the latest PE and sport updates. If you have any questions about any of the information below then please contact Mr Cook (Head of PE) - cookd@skrive.org

Slack

Students might know that we used Showbie as a platform to try to improve our communicate with our major sports teams. We have decided to trial a different platform called Slack and are confident that this platform will be better suited to our needs. Students can download slack as an app for iOS, Android or as an application for a desktop or laptop PC.

Students can only join the workspace for their year group with an invitation from a member of staff so once you are ready to go, let us know and we can send you an invitation.

I am told that Slack is a little bit like Discord for students who may already be familiar with that platform. If you have any questions about Slack, please ask Mr Cook!

We are trialling a new platform to improve communication with students who are part of our sports teams

You can download slack as an app for iOS, Android or as an application for Windows Desktop.

Ask your teacher for an invitation to your year group workspace.

Once you have joined the workspace, then you can **join team channels** and stay up to date!

St George JFC

Our local football club are looking for players for this season. If you are interested, please let us know and we can put you in touch with contacts from the club.

ST GEORGE FOOTBALL CLUB
U12s are looking for football players for the current season

WHO
ST GEORGE U12

WHEN
SATURDAY MORNING GAMES
WEDNESDAY EVE TRAINING 7-8

WHERE
MATCHES @ HAM GREEN, PILL
TRAINING @ ST KATH'S

MORE INFO
SPEAK TO MR COOK IN PE

ST GEORGE FOOTBALL CLUB
U13s are looking for football players for the current season

WHO
ST GEORGE U13

WHEN
SATURDAY MORNING GAMES

WHERE
HAM GREEN, PILL

MORE INFO
SPEAK TO MR COOK IN PE

Daily 60

Lots of students will already know about our new daily lunchtime club that we call Daily60. This club runs every lunchtime and is open to every single student. It is recommended that children get at least 60 minutes of activity into each day or the equivalent across a week; 30 minutes at home and 30 minutes at school. This club is our way of offering everyone their 30 school minutes.

You don't need to be sport mad to enjoy being active so come along and give it a go!

NEW DAILY60 LUNCHTIME CLUB
Details for our new Daily60 club open to every single student across the school, every day!

Daily60

You don't need to be sport mad to enjoy being active!

All children should be active for at least 60 minutes a day and it's our job at school to guarantee you at least half of your Daily60!

Are you getting your Daily60?

MONDAY	Rowing
TUESDAY	Try It Tuesday
WEDNESDAY	Made Up Games
THURSDAY	PE Jukebox
FRIDAY	Fitness Friday



NS Stars Basketball Club

North Somerset Stars have moved their training base to St Katherine's and run weekly sessions for all students up to U16 out of the school sportshall on a Sunday. Students who are interested in playing some basketball at club level should go along to a training session to find out what it is all about. This is another fantastic club link that gives more opportunities for activity to our students.

If you are interested or want any more information, please get in touch with Mr Cook

Important Dates

- Monday 11 November - Autumn House Sport begins
- Monday 9 December - Winter House Sport begins

SK SPORTING STUDENTS

We are really proud of all of the sporting achievements of the students in our school. Below are some updates on some of our sporting students.

Lucy Turner (Baton Twirling)

Lucy brings home amazing 5-medal haul after European Championships in Italy



Those who know Lucy might not be aware that she has been baton twirling since she was 6 years old. Lucy is very quiet about her abilities but has represented England for over 2 years now.

Last school year Lucy travelled to Croatia representing England at the European Championships and won a silver medal which was an amazing achievement! The start of the new school year has already brought Lucy great success after she came home from the European Championships in Italy with an amazing silver and four bronze medals!

We know Lucy works really hard and are delighted to be able to share her brilliant achievement with you. Good luck with whatever is coming next Lucy!

Cosmo Brown (Futsal)

Cosmo out in Spain competing in the AMF Futsal World Cup for Great Britain

Soon after start at St Katherine's, Cosmo was selected to represent Great Britain in futsal. Followers may have spotted Cosmo on BBC Points West as well as hearing him on BCfm doing a radio interview to promote futsal and the World Cup.

While most of the school are enjoying their half term break, Cosmo has travelled to Barcelona for GB's first AMF C13 World Cup and will be competing against Argentina, France, Brazil and others.

We wish Cosmo the very best of luck for the World Cup and cannot wait to hear all about it when he returns. Go well Cosmo!



Does your son / daughter deserve to be recognised for their sporting achievements? If so we want to know about it! If they don't tell us about their sporting achievements then we probably don't know! Please feel free to send us updates and photographs as regularly as you like! Email cookd@skdrive.org to tell us more! The best of luck to all St Katherine's students with any upcoming sporting endeavours!

The PE Faculty

NS STARS BASKETBALL CLUB

North Somerset Stars Juniors are moving to St Katherine's!

NS STARS RUN WEEKLY JUNIOR BASKETBALL SESSIONS FOR ALL SECONDARY AGED CHILDREN

First session Sunday 8 September

U12's will run from 2.00 - 3.30pm on Sunday afternoons
U16's will run from 11.00 - 1.00pm on Sundays

FOR MORE INFORMATION PLEASE VISIT nsstars.co.uk





CLUBS AND CAPS TERM 1

A look back at student achievements in the very first term of the academic year 2019/20

We are really pleased to be able to share some information about notable student achievements this term. So many of our students give such substantial and sustained contributions to our faculty and they deserve their recognition!

Top Clubbers

Congratulations to the top male and female clubbers for each year group below! Top overall clubber highlighted!

Includes attendance at any lunchtime or after school PE club

MULTIPLE	Year 7	Joel Martineau
Leah Wardingley	Year 8	Dillan Faulkner
MULTIPLE	Year 9	Matthew Brennan
Molly Green	Year 10	Toby Rice
MULTIPLE	Year 11	MULTIPLE
-	Year 12 & 13	Caolán Pearce & Louis Stratton

School Caps

Congratulations to the students below who notched up the most school caps during this term! Most caps highlighted!

Includes any occasion whereby a student represents the school in a competition against other schools (excluding house competitions, trips or other events not involving competition i.e. leadership events).

MULTIPLE	Year 7	MULTIPLE
MULTIPLE	Year 8	MULTIPLE
MULTIPLE	Year 9	Matthew Brennan & Will Stratton
MULTIPLE	Year 10	Toby Rice
MULTIPLE	Year 11	Jazper Peacey
Bo Marshall	Year 12 & 13	Caolán Pearce & Louis Stratton

Congratulations to the students below who are currently the highest cap earners in the school! Most capped highlighted!

Bo Marshall	89	Most Capped Students	Caolán Pearce	140
Isobel Taylor	86		Toby Rice	119
Molly Jackson	85		Louis Stratton	118

Keep working hard - your effort, endeavour, dedication and commitment doesn't go unnoticed!

Thank you all for your contributions.

The PE Faculty

ST KATHERINE'S SCHOOL PE & SPORT NEWSLETTER

1920 - Term 1 Newsletter



KEEP UP TO DATE

SOCIAL MEDIA

You can follow us on Twitter [@StKathsPE](#) and get identical updates on Snapchat [stkathspe](#)

NEWSLETTERS

You sign up for our termly PE newsletter at stkaths.org.uk

PHOTOGRAPHS

All of our PE and sport photographs are available on Instagram [stkathspe](#)

GOOGLE CALENDAR AND SLACK

Students can stay up to date with all things PE using Google Calendar & Slack



The PE Faculty

Mr Cook
Head of PE

Miss Ball
Head of Girls PE

Mrs Price

Mr Thomas

Miss Wilsher

Mr Dawes



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Slack



31 PE Calendar