



PE Newsletter **14th-18th July**

Year 8

Year 8 Girls Cricket - Regional Finals



On Wednesday, the under 13 girls cricket team travel to Essex to play at the Chelmsford cricket ground in the regional schools finals. The girls qualified for this event after winning the county finals and being crowned the best school for their age group in Suffolk. They went on to represent Suffolk at the regional finals where they were to face the best schools in the eastern region.

The girls had a tough initial game, against the eventual overall winners. Although losing by only 20 runs the girls displayed some excellent cricket against the eventual eastern champions. Their second game they faced was against Colne Academy, where they fielded well but were battered even better scoring and an almighty 120 runs in only eight overs. The girls went on to win this game comfortably. After coming second in their group, they then faced the runner-up of the other group. Again the girls fielded as well, but their batting was what won them the game by over 30 runs. In this game, the girls hit six sixes and over 15 fours!!

This meant that the girls came third in the whole of the eastern region. For a team that only has one cricketer that plays outside of school, this is an excellent achievement.

Lylah White was given the teachers player of the tournament for her excellent fielding and batting. The improvement she has shown from the first tournament to this tournament was

huge and she quickly became one of our best. Well done to the whole squad that was involved

All Years- Fishing



On Thursday a group of students attended the yearly schools fishing competition. It was a excellent day, which was topped off with Kason winning the competition in 1st place and Jimmy Johnson coming in close behind him in 3rd place. Well done to all those that participated.







Sports Day 2025











A huge thank you to all the students who participated across the two sports day this year.

It was great to see so many students getting involved in such hot conditions.

The sportsmanship and teamwork on show across the school was to be commended.

It was great to see many captains take their roles so seriously and demonstrate such excellent leadership skills.

Well done to everyone who got involved, the winning form groups and the new record holders!

Until next year!

Sport Day Results

Year 7

Form	Overall Points	Final Position
S	159	6 th
T	206	2 nd
O	151	7 th
W	176	5 th
H	222	1 st
I	206	2 nd
G	186	4 th



Year 8



Form	Overall Points	Final Position
S	234	1 st
T	211	2 nd
O	166	4 th
W	208	3 rd
H	152	7 th
I	166	4 th
G	157	6 th

Year 9



Form	Overall Points	Final Position
S	113	7 th
T	216	3 rd
O	220	2 nd
W	232	1 st
H	213	4 th
I	118	6 th
G	157	5 th

Year 10

Form	Overall Points	Final Position
S	124	7 th
T	186	4 th
O	233	1 st
W	232	2 nd
H	193	3 rd
I	151	5 th
G	135	6 th



Intra- School Competition

Form	Overall Points	Final Position
S	630	7 th
T	819	2 nd
O	770	4 th
W	848	1 st
H	780	3 rd
I	641	5 th
G	638	6 th

1 - Well done to all the 'W' forms who scored the most amount of points across the two days!

Previous School Sports Day Records

Track			
Event	Gender	Name	Best Score
100m	Male	Harry Thrope	12.03
	Female	Eve Caldwell	13.82
200m	Male	Harry Thrope	27.81
	Female	Mylea King	32.9
300m	Male	Alex Hall	39.24
	Female	Lacey Ling	1m 01
800m	Male	Zak Brett	2m 28
	Female	Mylee Thompson	3m 09
Steeple	Male	Albie Blanchard	1m05
	Female	Mylee Thompson	1m 25

Event	Gender	Name	Best Score
Long Jump	Male	Braedon Blunderfield	4m69
	Female	Eve Caldwell	4m30
Triple Jump	Male	Noah Meads	4m10
	Female	Eve Caldwell	3m86
High Jump	Male	Ronnie Burgess	1m55
	Female	Danielle Taylor	1m18
Turbo Javelin	Male	n/a	
	Female	n/a	
Wellie Wanging	Male	Harley Smith	22m 14
	Female	Pheobe Fox	17m 39
Shot Put	Male	Vinnie Goddard	11m 31
	Female	Bea Catchpole	7m52

Best Times & Scores of **2025!**

Track			
Event	Gender	Name	Best Score
100m	Male	Jasper Piper	12.82
	Female	Freya Underwood	14.38
200m	Male	Lewis Randell	27.38
	Female	Lacey Ling	33.21
300m	Male	Ralphie Al	45.07
	Female	Esme Mixer	55.69
800m	Male	Jack Goldsmith	02:37.5
	Female	Isla Green	03:01.7
Steeple	Male	Jack Yeo	01:09.7
	Female	Mylee King	01:25.7

Field			
Event	Gender	Name	Best Score
Long Jump	Male	Alfie Hammond	4m 52cm
	Female	Amelia Rose	3m 62cm
Triple Jump	Male	Jack Goldsmith	4m 08cm
	Female	Emily Williams	3m 12cm
High Jump	Male	Alfie Aldis	1m 42cm
	Female	Lylah White	1m 25cm
Turbo Javelin	Male	Leyton Upson	29m 71cm
	Female	Freya Underwood	16m 87cm
Wellie Wanging	Male	Harley Smith	23m 91cm
	Female	Layla Peckford	15m 23cm
Shot Put	Male	Alfie Aldis	9m 27cm
	Female	Bea Catchpole	7m 25cm

Congratulations to our **new school record holders for the track events!**



2 - Lewis Randell- Year 9



3 - Esme Mixer- Year 10



4 - Isla Green- Year 8

Event	Gender	Name	Track		
			Best Scores 2025	Previous record?	
100m	Male	Jasper Piper	12.82	Harry Thrope	12.03
	Female	Freya Underwood	14.38	Eve Caldwell	13.82
200m	Male	Lewis Randell	27.38	Harry Thrope	27.81
	Female	Lacey Ling	33.21	Mylea King	32.9
300m	Male	Ralphie Alloca	45.07	Alex Hall	39.24
	Female	Esme Mixer	55.69	Lacey Ling	1m 01
800m	Male	Jack Goldsmith	02:37.5	Zak Brett	2m 28
	Female	Isla Green	03:01.7	Mylee Thompson	3m 09
Steeple	Male	Jack Yeo	01:09.7	Albie Blanchard	1m05
	Female	Mylee King	01:25.7	Mylee Thompson	1m 25

Congratulations to our **new school record holders for the field events!**



5 - Lylah White- Year 8



6 - Leyton Upson- Year 9



7 - Freya Underwood - Year 10



8 - Harley Smith- Year 10

Field					
Event	Gender	Name	Best Score of 2025	Previous record?	
Long Jump	Male	Alfie Hammond	4m 52cm	Braedon Blunderfield	4m69
	Female	Amelia Rose	3m 62cm	Eve Caldwell	4m30
Triple Jump	Male	Jack Goldsmith	4m 08cm	Noah Meads	4m10
	Female	Emily Williams	3m 12cm	Eve Caldwell	3m86
High Jump	Male	Alfie Aldis	1m 42cm	Ronnie Burgess	1m55
	Female	Lylah White	1m 25cm	Danielle Taylor	1m18
Turbo Javelin	Male	Leyton Upson	29m 71cm	n/a	
	Female	Freya Underwood	16m 87cm	n/a	
Wellie Wanging	Male	Harley Smith	23m 91cm	Harley Smith	22m14
	Female	Layla Peckford	15m 23cm	Pheobe Fox	17m 39
Shot Put	Male	Alfie Aldis	9m 27cm	Vinnie Goddard	11m 31
	Female	Bea Catchpole	7m 25cm	Bea Catchpole	7m 52