



PE Newsletter 19th-23rd January

Year 7

Year 7 Indoor Athletics



The year 7s competed in the western area indoor athletics event this week. The girls started off the event with a close 2nd place in the obstacle course and the boys followed with another good race. The girls then took part in their field events whilst the boys started on the track. The boys consistently performed well gaining many 2nd and 1st places amongst all track events. Ezra was brilliant in organising the team, giving advice and supporting from the side, as well as competing in a number of races.

The girls then had their turn at the track while the boys went over for their field events. They worked brilliantly in all their races gaining nothing less than 2nd place in all the races

with an outstanding finish from Elouise in the 4 lap race, diving over the finish line to gain a very tight 1st place.

Outstanding effort from all and great teamwork from everyone, they should all be very proud of their efforts and with the girls coming 2nd place out of all 8 schools a very successful event.

Year 9/10 Handball

U15 Boys Handball vs Thurston Community College

The U15 boys handball team delivered a dominant performance against Thurston Community College, securing a convincing victory and booking their place in the area finals.

Stowmarket took control of the game from the very first whistle, dominating possession and creating numerous scoring opportunities. Strong attacking movement and accurate finishing saw the team race into a commanding 7–0 lead by half time, leaving Thurston with little room to respond.

Thurston showed improved determination in the second half and managed to apply more pressure going forward. However, Stowmarket remained composed and continued to demonstrate their strength in both attack and defence. The team maintained their high standards and extended their lead to seal a deserved 16–6 victory.

Bailey was the standout performer, finishing as top scorer with an excellent display in front of goal. This impressive win means the team now progresses to the area finals. Congratulations to all players involved on an outstanding performance.

Year 9

Year 9 boys football

The year 9 boys had their first game of 2026 and faced a strong Ipswich High School in the U14 Suffolk Cup. Stowmarket started brightly and Bailey forced the keeper into a mistake, allowing him to roll the ball into an empty net after just 2 minutes. The game was a tight affair, with both teams having plenty of possession. Stowmarket went into the half 1–0 to the good. Ipswich came out hard after the break, and forced some good chances. Great defending from the Stowmarket back 4 including headed clearances from Cody and Caleb kept Stowmarket in front. After several good saves James was finally beaten and the score line was now 1–1. As Ipswich pushed for a winner Stowmarket were able to break, and some great footwork from Jack created a goalscoring opportunity with just a minute remaining on

the clock. Stowmarket held onto the lead and go into the quarter finals against Farlingaye later this term.

Year 9 Girls Badminton County Finals



On Friday, the Year 9 girls attended the County Badminton Finals after convincingly winning the West Suffolk round.

They competed against St Felix, Newmarket Academy, Debenham, East Bergholt 'B' and East Bergholt 'A'.

The standard of competition was extremely high, and the girls performed superbly throughout the event. A special mention must go to Hollie, the only Year 7 competing in a Year 9 competition, who more than held her own against older opponents.

The girls came in 4th position overall, which means they were the 4th best u14 girls badminton team in the whole of Suffolk! Well done to all involved.

Fixtures Next Week:

Tuesday 27th Jan:

- Year 8 girls Futsal @ SHS (3:10-5:15pm) J.Howland

Wednesday 28th Jan:

- year 11 rugby @ Ipswich School (1-4.30pm) G.Whitfield

Thursday 29th Jan:

- Year 11 Boys football @ SHS (2pm-3:45pm) D.Wise
- Year 9 boys rugby @ Stow Rugby Club (1-4pm) G.Whitfield