

HELENA ROMANES SCHOOL

PE Newsletter

Updates on all sporting events



Football (All years)

Sixth form - The sixth form had a big opportunity to climb third in the table with a win against Colchester Institute. The atmosphere around the astro was buzzing with spectators which we are grateful for. The boys started off well applying pressure to the opponents early on with some sublime skill and decision making from Oliver W. As the game progressed HRS found themselves 4-0 down at half term, Mr Adeyemi had to rally the boys and urged them to shoot and within the first 5 minutes of the second half Thomas Riches had lobbed the keeper and looked like the start of a comeback. The boys managed to win a penalty through Russell L's run into the box and was fouled by the opposing player inside the penalty area. Russell stepped up to take the penalty but missed through a great save from the keeper. Unfortunately, this was not meant to be as Colchester Institute extended their lead shortly after resulting in the final score being 1-6. Mr Adeyemi would like to give a special mention to Oliver W for his fine display throughout the game and a true role model

for the team. The boys must dust themselves off and go again as they have a cup match against Sigma Sixth on the 20th of November.

Year 11 - Year 11 were due to play Hedingham school in a North west Essex cup competition. Unfortunately there was not much to report on as the opposing team were a no show therefore we progressed into the next round of the cup.

Year 10 - 7-0 win against Ramsey academy - The year 10's were victorious against Ramsey academy winning 7-0. The boys started the game well moving the ball quickly from right to left which opened up plenty of opportunities to score goals. The Ramsey academy deserved praise as he managed to stop many shots that came his way but the deadlock broke when Archie C calmly slotted the ball past the keeper. Just like that we scored another through Harry Carruthers who again showed composure to score past the impressive opposing goalkeeper. At half time Mr Adeyemi was not satisfied with the performance and believed his side could do more and that's what they did, scoring five more goals in the second half and making it a much more commanding half. The second half saw more goals from Archie C, Teddy O x2 and an own goal from the opposing defender. The boys move on to the next game against Forest Hall in the league.

Rugby (All years)

Year 11 - Mr Cheema took the year 11 boys with three additions of year 10's to the Essex district tournament. Within this the boys played against Leventhorpe and Birchwood losing in both games 26-0 and 34-0. The boys had some positives to take overall finishing third in the competition with a total of 12 schools attending. Mr Cheema had this to say "Once again the boys were a pleasure to take out and were a credit to the school". Mr Cheema also wanted to give a special shout out to Klaudiusz D and Jacob C for their performances throughout the games.

Year 10 - Mr Cheema the year 10's to compete in the Bishops Stortford Schools District Rugby tournament on Monday 4th November. Once again the boys were outstanding winning all the group games and topping their group against Freeman College W 5-0, The Boys High School W 5-0, Saffron Walden High School W 15-5 and St. Nicholas School W 20-5. With no rest period after all four games the boys had to play the semi-final straight away leaving our boys vulnerable. They faced Joyce Franklin in their semi-final and established a 5-0 lead and had opportunities to extend their lead but with two minutes to go Joyce Franklin equalised and the game went into 'golden try' time and in extra time they scored first. Having played an extra game, tiredness did play a part but once again they were a credit to the school and great to take to the event. Hopefully next year we can reach the final.

The Year 10 boys won a thrilling rugby game in the last minute v King John 10-13, with Seb G kicking a penalty with a minute to go.

The game was fast and chances were made by both sides however HRS took their opportunities excellently through great defence and pressure placed on King John. Riley R combined in a joint tackle and ruck and then took the opportunity to run 30 meters and score the first try in the first 10 minutes. George Lattimore added to this 5 minutes from half time to score wideout on the right after two quick rucks and good ball handling to run outside the defence. Half time King John 0 HRS 10.

King John woke up and smashed forward into the rucks and made ground but a solid defence from HRS withstood the King John attack who had the opportunities but failed to take them with handling errors and missing overlaps but credit to the last ditch defence of the whole HRS defence particularly with the timing of Nah Selkirk rucking and one on one defence at crucial times.

Eventually King John scored a very good try combining their forwards and backs and the pressure was placed back on HRS. HRS attacked and made good breaks but the last pass seemed to go forward or intercepted by the opposition. With minutes to go King John rallied and scored wide left through an opportunist turnover.

From behind the posts HRS called the move to kick long right and pressure the home defence which resulted in a knock on and scrum to HRS. The HRS no.8 took the ball on HRS created pressure which led to King John infringing upon a ruck. Captain Jacob L ask for the penalty kick and Seb G from the 22 slotted the ball between the posts for a very memorable victory 10-13 and one of the best defensive displays seen by Mr Cheema.

Man of the match; Noah S

Forward of the match: Jacob L

Back of the match: George L

Cross country (All years)

The PE staff took over 40 students for the North-West Braintree schools cross country. We had a fantastic turn out with our year 7 boys coming 2nd overall, our year 8 & 9 boys finishing 4th and our year 10 & 11 boys came 1st. Our year 7, 8 and girls came 6th overall out of 13 schools. We are immensely proud of all students that took part and we look forward to the next one setting our targets to be better than this current year.

Special mention to Mac H (year 10) as he came first overall in a 3.5km race competing against yr11s in what we think is a District record time. Most of these boys have participated in the cross country since yr7 and trained all the way through. A big congratulations to them for their persistence and effort having come fourth and third overall in previous years.



U16 District Champions Squad



Netball (All years)

U16 - On Tuesday 8th October the U16 Netball team travelled to Felsted School to participate in the District round of the National Schools Netball Tournament.

The girls played exceptionally well tonight working hard as individuals in their positions, but equally producing a fantastic team performance in every match. In the group stages they faced strong opposition from SWCHS, but moved away in the 2nd half to win with a commanding performance 7-2. In their other two group matches they convincingly beat Tabor School 13-1 and Ramsey School 15-4. So qualifying as winners they then faced Felsted School in the semi-finals, knowing that the winners would go through to the County stages in the next round. Another fantastic team performance saw them win against

strong opposition. They remained unbeaten on the day. This is an amazing achievement and congratulations go out to the whole team.

In the County stages they faced some strong opposition from Southend and Brentwood, but played really well. Unfortunately, they did not make it through to the next round, but for a team new to each other this year, they performed to a very high standard and should be super proud of their achievements in this competition.



U16 - The team played brilliantly and won 32-19. Their efforts throughout the game and the timing of their fantastic passes were phenomenal! Their skill level shone through in each

quarter and we look forward to finding out the school they will play against next. A special thanks goes to Miss Lucas for umpiring too. In the next round they will play Sweyne Park or Colchester High school. Well done girls, a brilliant result that was truly deserved! Miss Clark

