

HELENA ROMANES SCHOOL

PE Newsletter

Updates on all sporting events



Athletics (All years)

NW Braintree Schools District Athletics competition

We took over 68 students to the NW Braintree Schools District Athletics competition in June. The Year 10 seniors missed out on the overall senior title with a disqualification in the last relay event. We had over 20 students in gold to bronze positions and 26 new school records and personal bests set on the track and field, results are set out below.

Sadly the Bishops Stortford Schools District was cancelled due to the extreme weather conditions. We were taking a squad of 92 students, the largest yet, but unfortunately there was not enough time to rearrange the competition. We will give Year 11 priority if they wish to compete after their exams next year in 2026.

We are delighted with students and the athletics squad's progress, especially Year 7 which bodes well for the future. Well done to the athletes this year and the PE Department for their commitment after school, thank you.

Kulvinder Cheema

Year	10	9 & 8	7	Overall
Boys	2nd	9th	6th	7th
Girls	5th	9th	11th	9th
Overall				8th

Places and School records 2025

Name / Year / Place	Event	Time / Distance
Mac H 10 - 1st	1500m	4.33:00 nr
Luke S 10 - 1st	800m	2.19:00 nr
Zac P 10 - 1st	100m	11.81s nr
Oliver W 10 - 1st	Discus	25.89m nr
Nathan G 10 - 2nd Zac P George L Mac H	Relay 4x100m	48.93s nr
Mac H 10 - 2nd	High Jump	1.50m nr
George L 10 - 3rd	Shot	10.24m nr
Harvey M 10	400m	59.21 nr
Ruby L 10 - 1st	200m	28.00s nr
Jessica M 10 - 1st	300m	47.80s nr
Evie M 10 - 2nd	Discus	16.69m
Lauren T 10 - 3rd	Long Jump	3.76m
Aaliyah P 10 - 3rd	800m	2.50:00 nr
Amelia McC 10 - 3rd	1500m	6.21:00 nr
Thea R 10 - 3rd	Javelin	17.65m nr
Joseph C 9 - 3rd	Javelin	29.47m
Alex C 9	Long jump	4.25m nr
Leon Z 9	Triple jump	9.75m nr
J W 8	Triple jump	8.92m nr
Liam T 8 - 2nd	Shot	8.50m nr
Marco D C 7 - 2nd	100m	13.36s nr

Bobby D 7 - 1st Charlie H Curtis A- Sholl Marco D C	4x100m relay	56.18s nr
Curtis A-S 7	High jump	1.20m nr
Sebastian M 7	Hurdles	14.10s nr
Laila B 9 - 1s	100m	13.34s nr
Jasmine H 9 - 3rd	300m	50.21s nr
Ivy McC 9	High jump	0.95m nr
Lucy C 8	High jump	1.15m nr
Lucy C 8	Hurdles	16.70s nr

NW Braintree School Athletic Squads 2024-25





Mac H 10 - 1st	1500m	4.33:00 nr
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Luke S 10 - 1st	800m	2.19:00 nr
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Zac P 10 - 1st	100m	11.81s nr
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Oliver W 10 - 1st	Discus	25.89m nr
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Ruby L 10 - 1st

200m

28.00s nr



Jessica MacC 10 -1st	300m	47.80s nr
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Evie M 10 - 2nd	Discus	16.69m
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Laila B 9 - 1st	100m	13.34s nr
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Bobby D 7 - 1st	4x100m relay	56.18s nr
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Charlie H Curtis A-S Marco D C		
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Football -

Year 8 Crowned Champions at Essex Police 7-a-Side tournament

On Tuesday, our talented Year 8 football team took part in the Essex Police 7-a-side Tournament held at Great Notley Country Park, facing off against several local schools in a full day of competitive football and team-building activities.

Led by Mr. Adeyemi, the squad arrived confident and focused, and their talent certainly shone through. The boys dominated the group stage, securing wins over Heddingham, Tabor, New Rickstones, and Notley High without conceding a single goal. Exceptional performances from Riley, Harry L, and Dominic stood out, with their intricate passing and sharp decision-making playing a key role in the team's early success.

Their form continued into the knockout rounds, where they cruised through both the quarter-final and semi-final, once again keeping a clean sheet. In the final, they faced Heddingham's A team in what proved to be a tense and evenly matched contest. With spectators—including fellow schools and members of Essex Police—watching closely, both teams played cautiously, and the game ended goalless after extra time.

Then came the pressure of penalties. Just when it looked like the title might slip away, Finley rose to the occasion, making two crucial saves and scoring from the spot himself to secure the victory and crown Helena Romanes as tournament champions.

Star performer Riley drove the team forward throughout the day, but it was Man of the Match Finley, whose calmness, focus, and heroics in goal, ultimately got the team over the line. A huge congratulations to all of the Year 8 boys for their outstanding effort, sportsmanship, and teamwork—and a special thank you to Essex Police for hosting a fantastic day of sport.



Top: Dominic, Ben, Finley, Xavi, George. **Bottom:** Harry H, Blake, Riley, Harry L, Archer

Congratulations to our 7 & 8 girls making the final of the Essex police 7 a side tournament

Let's also extend a huge congratulations to our brilliant girls' team who competed in the Essex Police 7-a-side Tournament on Thursday, 19th June. Representing the school with pride, the team made up largely of Year 7 students put in a fantastic performance throughout the day.

With outstanding behaviour and a positive attitude from start to finish, the girls made it all the way to the final, where they narrowly missed out to New Rickstones in a tense penalty shootout. Despite the result, we are immensely proud of their achievement and the way they carried themselves as ambassadors for Helena Romanes School.

Their passion, teamwork, and resilience are a shining example of why we are so committed to increasing female participation in sport and we can't wait to see what they go on to achieve next.



Top: Lily, Florrie, Charlotte, Emily, Freya **Bottom:** Scarlett, Ivy, Ella, Emily

Rounders

The year 7 boys played their first rounders game on Monday 30th June against Alec Hunter. These students displayed a range of fielding and batting skills, scoring rounders for the team, working together to stop players running and catching players out. Unfortunately the boys were unable to take the win overall. However, they should be proud as they showed improvement and responded to feedback in the first innings to then go on to win the second innings. On a day where the heat was already against them the boys put in a great amount of effort, so well done to these year 7 students!



Top: Curtis, Seamus, Marco, Charlie, Freddie Firth **Bottom:** Charlie, Sebastian, Tyler, Sonny

Special mentions -

Celebrating Summer's Outstanding Achievement in Swimming

We are immensely proud of our exceptional swimming athlete, Summer, who has achieved remarkable success at the England East Regional Competition. Competing in the Under-13 girls' category, Summer secured an impressive third place overall in the Top Girls Awards.

Her incredible performances included: 🏆 **Gold medals** in the **100m and 200m butterfly**
🥈 **Silver medal** in the **400m individual medley** 🥉 **Bronze medal** in the **50m butterfly**

This outstanding achievement has secured Summer's qualification for the England Nationals Competition, where she will compete in the 100m and 200m butterfly events.

We wish her the very best as she prepares to showcase her talent on the national stage in July and August!

Good luck, Summer! We all believe in you and can't wait to see you shine at the national championships. Keep pushing forward—you've got this! 🏊‍♀️💙🏆

