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Upcoming Events Fixtures (girls)

- South of England Netball
- 1st November u15s (home) v Carisbrooke
- 9th November u15s (home) v CTK
- 23rd November yr7 IOW indoor 5-a-side tournament

Off the Teacher's Desk - Mr. Brown

Isle of Wight Cross Country Relay Competition

A combination of illness and lack of volunteers meant that the Yr7 girls' team competed with only 3 runners (teams of 4). Rebecca Fletcher stepped up and ran two legs of the relay to allow the team to finish the race in 6th place. In the Yr7 boys race Lewis Baker and Hugo Dubery made huge progress during their runs to put the team in contention for 3rd place but they finished marginally behind a team from Sandown in 4th place.

The Yr8 girls produced a brilliant team performance to overcome the challenge from a strong CTK team. Lottie Van der Helstraete's opening lap putting the team into 2nd position, Holly Moody was able to open up a significant lead, allowing the others to relax and continue to put distance between themselves and the opposition, finishing in 1st place. The year 8 boys struggled to hold off some very strong competition, despite a flying start from Bobby Minns. They managed to produce a great team performance finishing in 2nd place.

Yr 9 and 10 girls combined to make a team and although the first lap was particularly fast the team slowly made their way through the field of competitors to finish in 3rd overall. The year 9 boys put in a very consistent performance in what was one of the highest standard races of the day. Our strength across the entire team became evident as 3 teams pull away from the rest with Cowes finishing a credible 3rd overall. The final race of the day was the year 10 boy's race. Hoping to repeat our success from previous year the boys carefully analysed the opposition to decide their race strategy. Strong runs from Jacob Jarvis and James Fletcher put us in contention but the challenge from the CTK team was too much, Cowes finishing in 2nd overall.

Well done to all the Cowes runners!

U15 Girls Football match v Ryde - Mrs. Beck

U15 girls' football league match v Ryde
The yr10 girl footballers, ably assisted by Charlotte from yr 9, achieved a comprehensive 7-0 victory against Ryde last week. Not only was the match played with skillful touches and excellent team work, there was also some great sportsmanship displayed by both teams, throughout, making it an enjoyable match to spectate.

Two more league matches now need to be played this Term to see if we can break into the top two teams of our league.



Photo of team on next page

U15 Girls Football Champions against Ryde Academy



Off to see the Saints...

Mr. Hughes is in the process of arranging trips to see the Saints at Southampton for the following games:

Saints vs. Arsenal (£35 due ASAP)
Saints vs. Everton
Saints vs. Spurs
Saints vs. Liverpool

Any student interested in attending any of the above trips who has not yet registered their names, please see Mr. Hughes during break to collect additional information.



Celebrating Student Success in Sport



Many students here at CEC are involved in sporting activities outside of school. The PE Staff would like to be informed of all significant sporting achievements your son / daughter have been a part of.

Sophia Elliot Ice Figure Skating

Sophia competed in the Skate Southern club international open competition in London on 26th September and did brilliantly, placing 4th in the Level 2 ladies under 12's category. She was in bronze medal position until the very last skater and missed out by 0.6 of a mark.

She also managed to get a personal best score which was high enough in both technical elements and overall score to earn her level 3 test passes in both Elements and Free skating.

Written by Katie Elliot

Please email all sporting achievements to: SBarry@cowesec.org

All sporting achievements emailed to the above address will be published in the next issue of the PEn.

Stars of the Week awarded to...

The PEn -
Promoting
physical
Education
and
Celebrating
Student
Success in



Sport / Motivation Quote of the Week

Be Legendary. Just do it...

- Nike