

# Clitheroe Royal Grammar School

## Sports Newsletter

### Bumper Edition 2021/22

Finally a bit of normality and a return to competitive sport both in school and out! What a year our students have had so far. It's been fantastic to see many of them getting right back in to what they love and try out new activities which they have missed out on over the last two years. Many events have already taken place in the district schools and beyond; competitions such as Sportshall Athletics, Netball Nationals, District Netball tournaments, Lancashire Badminton competitions, District Cross Country, Regional and National Handball finals, Cricket finals for both Girls and Boys plus the Girls and Boys Football leagues and cup competitions. And that's just a few. That's only what is happening in schools - there are many of our students continuing to excel in sports and activities outside of school too. Not to be outdone by the main school students, our Sixth Form have been returning to competitive sport too! Some of our students are on the elite pathway for their sports and this is absolutely fantastic. Read on to find out more!



# Sportshall Athletics

Both of our Sportshall Athletics teams have had a phenomenal season. It all started back in November 2021 where our students committed to training and trials before heading to Oakhill for the first competition. The Year 7 girls team performed at an exceptionally high level and won every single event to become victorious and be crowned District Champions. The Y7 Boys were also very strong and produced some amazing performances to become District runners up but took the Ribble Valley title.

The Year 8 teams were not to be outdone by their younger teammates and were both crowned District champions. Stand out performances came from Archie, Theo, Aggie and Oliver.

So this was just the start, all four teams were invited to the County Finals in Blackpool where they put on a display to be proud of. Archie and Aggie won the 6 Lap race in their respective events. The Y7 Boys finished a very respectable 5th in the whole of Lancashire while the Y7 Girls were magnificent and finished with the Silver medal to be the second best Year 7 team in the whole of Lancashire!

The Year 8 teams both put on an excellent display and worked extremely hard in what turned out to be a very high standard of competition and they did themselves proud!



# Netball

Since the return, Netball has begun to thrive once again, it has always been a very popular sport and our numbers at extra curricular are fantastic from Y7 right through to Y11. Our girls not only play but are really keen to coach and officiate at all levels. Our U14, U16 and U18s were all in action in the recent National competitions. The U14 and U16 teams were looking strong as they travelled to Stanley Park in Blackpool, it was a cold and damp day but the girls were really looking forward to playing against a range of different schools from across the county.

The competition was a round robin and all schools played each other in some thrilling matches. Our U16s played some tough opposition from the likes of Westholme, Lytham, Hodgsons and Lancaster Girls Grammar. They played some fantastic



netball and were in close contention to progress to the next round. Sadly, it was not to be and the girls had to settle for 3rd place. The U14s followed a very similar path, they played very well despite the team being mostly a year younger than their opponents. We lost to a very strong St. Augustine's team who eventually progressed through to the next stage. The CRGS Girls were not going to be left behind and they too qualified for the finals.

This meant that the team were invited to represent Lancashire at the Regional round of the competition. This is a huge honour, that few of our Main School Netball teams have achieved over the years. The standard at this level is excellent and the CRGS team really held their own, enjoying their best performance against Sedbergh, who they beat 11-3. In this round the team looked really strong in the centre court, with Kitty, Matilda and Imogen looking really strong. Miss Sutcliffe was disappointed that she couldn't take the team on the day and so big thanks has to go to Mrs Preedy who coached the team through some really tough group games. The team didn't progress to the semi-finals on the day, however we maintain that this team is outstanding; containing brilliant individual athletes, who also gel together and work superbly as a unit. We expect them to continue their winning streak again next year!

## Netball Cont'd...



As well as competing every week in the North West Colleges League, in November our Under 19 Netball team, made up of Year 12 students only this year, attended the Lancashire Championships and finished in 3<sup>rd</sup> place. This is a brilliant achievement for such a relatively small Sixth Form College. Some of the team have come up through our main school and have been brilliantly committed to Netball since year 7. We have

been lucky though to welcome some Netballers from other schools too, and all of the team have represented the Sixth Form wonderfully this year.

The Netball competitions at Main School ran between September and February and once again, our teams were all really successful. Some local schools have struggled a little to get their players back to training and competition this season, which meant a fixture or two fewer this year unfortunately. While this has been somewhat frustrating at times, it only serves to remind the teachers here of how fantastically committed our players are. We always have an abundance of players at practice every week, and none of the team players ever let us down.

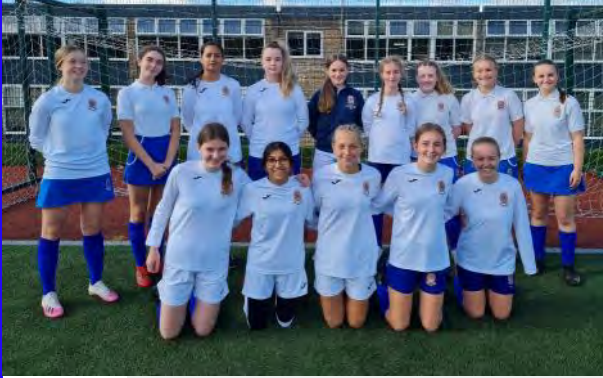


The Year 11 team brought gold medals home from their District tournament – the first of the year and the last for this team. They played in awful wintry conditions but maintained a brilliant attitude throughout with some impressive defending and attacking around the shooting circle. The Year 10 tournament was absolutely nail biting! This team is one of the strongest Netball teams we have had a Main School in recent years and we felt that they absolutely deserved to win at the district competition. Despite some excellent Netball, notably from Rosa and Pia in the circles. In the end they missed out on the top spot by just 1 goal! We are convinced the team will win next year! The Year 9 team finished an impressive 3<sup>rd</sup> in the District Tournament. This is a great position to finish in as there are some very strong Netball teams at this age in the District. The Year 8 team dominated at the District tournament and again came away with Gold medals.



Finally, the Year 7 team really enjoyed their first tournament in some rather wet and windy conditions. They did us proud and finished in 3<sup>rd</sup> place. We look forward to doing it all again in the new academic year.

# Football



All of our Girls teams have been in action in the Lancashire and the English Schools Cup. Our U12 team are working hard to improve their skills after a tough draw against a very good side from Unity College in Burnley and then again in the English Schools cup, St. Marys from Blackpool in the Lancashire schools cup. Not to be dismayed by the early cup exits the girls have continued to train on a weekly basis to make improvements. The U14 Girls have also had a difficult draw in both Cup competitions, the 1st Round draw

was away to Rossendale in extremely difficult conditions but the girls managed to overcome this to win 3-1 and set up a next round tie with Alder Grange after Christmas. The English schools cup was a slightly different matter as we came up against the current holders of the Lancashire cup who played some superb football to come away as winners.

The U16 Girls met Crompton House in the English schools cup and played some magnificent football but sadly they got the better of us to take the win 3-1. The girls were impressive in the Lancashire Cup and reached the semi-finals before they were beaten 3-1 by a very strong Haslingden team.

The Y7 boys football team have started life at CRGS in emphatic fashion. They have finished top of the Ribble Valley league after remaining unbeaten, meaning they qualified for the Post-Christmas Premier League. After an amazing run in the league the Y7 team became District champions. They faced Lytham High School in the second round of the Lancashire Cup and progressed to finals day after beating them 6-1 and then a win against St. Michael's 5-0. The team became Lancashire runners-up after being pipped to the post on goal difference. Well done to all players. A special mention to Harrison, George, Oliver, Archie and Andrew for successfully trialling for the Hyndburn & Ribble valley District squad and being selected.

We would like to also congratulate Archie as he has signed for Burnley FC following a successful trial, and, we wish Oliver continued success as he trials with Blackburn Rovers FC.



## Football Cont'd...

### Year 8

It has been a mixed bag of results so far this year. A 5-4 win against Bowland gave the team an excellent start followed by two good performances in the Lancashire and English Cups (including a sensational 10-0 win against Archbishop Temple!). Close defeats to St Christopher's and St Augustine's came before the tide turned for the team. The team made it through to the Lancashire Cup final with some impressive victories along the way, including a 13-0 win over Tarleton and a 7-1 win over St. Wilfrid's. The Quarter finals was a very close affair with local rivals Ribblesdale but CRGS progressed where they beat Garstang Community Academy 4-1 in the final. The team also made it through to the District final where they were narrowly beaten and became district runners-up. This is a fantastic squad of players who epitomise everything that is good about sport at CRGS. Watch out for some impressive performances in the coming years. Harrison Shipston and Dominic Steele have been selected for the District team while Dylan George has been signed on for Blackburn Rovers.



The Year 9 Team had a tough season but worked really hard to improve as a team, they played in Division 1 and showed a brilliant commitment ensuring they won all of their games to become Division 1 Champions. Special mention goes to Zoraiz Faisal and Alyaan Waseem who joined the team this season

and Alyaan managed to score the best goal which was highly regarded as the goal of the season! Awesome!

Overall, the Year 10 team played well this season. We played against Bowland to start off our season, which resulted in a 3-1 win with a hat trick by Guy who played exceptionally well. Early on in the season, we played away at St Augustine's, which resulted in a 2-2 draw due to a brilliant performance by the team, and Adam in goal on his debut. We started our Lancashire cup run off with a 1-0 win to Ermysted's and then we lost in a very close game against St Christopher's. We made it very difficult for them and took the game to extra time but succumbed to a 2-1 loss. In the English Schools Cup we travelled all the way to Cumbria to play QES, which was a tight game which ended in 1-1 with a late headed goal from Harry to take the game to extra time. After a brilliant performance from Matthew on his outfield debut, the game was decided on a penalty shootout, sadly that didn't go our way. Our final game of the season we travelled to Bowland. The game was a 0-0 draw, which was frustrating, as we should have won, however a solid performance from Henry and Hamza at the back kept us a clean sheet. Written by Jackson Davies

The Year 11 team progressed through to the district cup semi-final with some excellent individual performances. Tommy has been offered a scholarship at Preston FC and Oliver was selected to trial for Bolton Wanderers FC.



## Badminton



Badminton remains a hugely popular sport at CRGS so much so that we have had to add on extra practices to accommodate it. Recently our teams have been in action at the Lancashire competitions held at Hyndburn Leisure centre.

Our U16 Boys were the first up and with some great players in the team the day ahead looked promising. Both our teams took to the court and produced some fantastic Badminton in both the singles and the doubles. They both won through to the Quarter finals and had high hopes of progressing further. Sadly the draw didn't go our way and both our teams met each other in a crunch match. Earlier in the day our B Team had already beaten our A Team so it was always going to be tough. Sadly one of our teams weren't going to go any further in the competition and it was the B Team, the As stepped it up a level and went through to the Semi-finals. Our boys were drawn against a very strong Bowland A team and each game went to the wire and CRGS narrowly lost by 55 points to 53 overall. The team then went on to ensure they finished 3rd in the play off. Both teams played some fantastic Badminton.

U16 Girls had a similar story and managed to play some great Badminton, some of them have never played a competitive match before and were a little nervous. They did amazingly well and won through to the Final beating Bowland's A and B teams along the way. The final was set and we were up against a very strong St. Christopher's team. Our A team were amazing and managed to finish 2nd overall.



Next was the turn of the U14 Girls, after a very nervous start our girls settled down and began to read the game well and gain a better understanding of the matches. They all played some really good badminton and were improving with each game. Our A team managed to come away with a Bronze medal, a fantastic achievement.



Lastly our U14 Boys took to the courts and with some excellent play from both teams, the competition was tough and our B team made it through to the 3rd/4th Play off but narrowly lost and the A Team remained unbeaten and came away with the gold medal!

All in all a very successful Badminton campaign this season!

# Handball

Year 10 Handball started off with a tournament hosted by CRGS, we had two boys teams, one of just Year 11s and the other a mix of 10s and 11s. We played St. Augustine's and Accrington Academy and beat them both. A big thank-you to Dylan and Tom for their support in enabling us to become District Champions and picking up our first piece of silverware. The Girls team have trained hard in the weeks leading up to the tournament only to go through by default to the next round as they were the only entrants!



The Year 10 Girls' and Boys' Handball squads competed at the county finals, at the Greenbank Sports Centre in Liverpool.

In the group stages, the boys played All Hallows, Tarleton and Newhouse Academy and beat them all with ease. We then went on to be victorious in the Semi-Finals and after playing All Hallows for the second time in the finals and beating them yet again we were awarded with medals and a trophy and were told we would be going onto the next round. The girls' team would also join us with in first place after not losing a single one of their matches either. A flawless victory and a great start to our handballing journey. Star performances were everywhere, the star individuals soon became a team and were unstoppable.

Priding themselves in a very strong and physical defence. Pia, Rose and Eleanor found their groove in an attacking sense and the victories flooded in. Thea G led in defence very well and Zaina in goal never looked like being beaten.



Two months later, both teams competed in the regional finals at the Oldham Sports Centre. This was a step up from last time and we were rusty but nevertheless with the new recruits Owen and Finn the boys managed to secure second place with two wins a loss and a draw, which would let us

qualify for nationals. The girls however came 4th so they could not join us. Nevertheless they had a brilliant tournament and have made incredible progress. We were gutted that we wouldn't all be progressing together. We had been on a journey together and it was sad for it to end. Huge praise to the whole squad, but in particular to Zaina and Eleanor for playing both in goal and outfield. Pia and Rose led attacks well, supported out wide superbly by Skye and Gracie. Gracie was also really influential in defence alongside Thea & Thea. Olivia, Charlotte and Ally joined the squad in the most difficult round and fitted in perfectly.



## Handball Cont'd...

National finals– 18<sup>th</sup> of June at the sir David Ross Sports Village, Nottingham

After spending the night lounging in the luxurious pool of Novotel Nottingham, the team were up early the next morning ready to go with the addition of Oliver Stott who was re-joining us after not playing the last two tournaments. When we arrived we warmed up and waited two hours before our first game, which was against KLB. Again, we were rusty and this team was one of the better ones (eventually making the overall final, only to lose it) and after losing big Hamza in the first 5 minutes we ended up



losing 7-4. It was a rough start but we were going to persevere. In the second game Hamza was back on and we rearranged our formation to fit with the higher level of playing. We played against Chadwell Heath and in this game Harry was elbowed in the face and bust his lip; there were more fouls than minutes played and at one point, we were down by two men. Still we kept playing and came out the other side with a 3-3 draw, which meant it was still all to play for. For our third game we played Framingham Earl and our change in



tactic really payed off this time. After Harley Harrison and Oliver started us off we ended up scoring eight goals and our magnificent keeper that is Jackson managed to keep their score at a measly one. This was when we were at our best. Although, with the way the other matches had gone it meant that no matter what happened in our 4<sup>th</sup> match we wouldn't be able to play in the semi finals but this did not stop us from giving our all. We started our fourth match

off with a strong lead but they slowly caught up and beat us 5-4, it was still a very well fought match and both teams played very well.

This was an incredible experience for us and we are very grateful for all the support given by friends and family. We are all also very thankful to Mr. Hutchinson and Miss Sutcliffe for making this all possible for us.

Written by Jed Davies.



# Basketball

Lancashire Schools U16 Basketball Final

**Clitheroe Royal Grammar School 34 St Wilfrid's (Blackburn) 21**

On an unfamiliar court we started really well against a St Wilfrid's team that looked a threat with a significant size advantage. Ewan started the game with a nice fade away to open the scoring but there wasn't a lot to choose between the sides in an evenly contested first quarter. Jed was looking strong, driving hard towards the basket and Harley was lively, stepping up with a composed assist on a fast break to give the team a deserved lead. We had good reason to feel optimistic at this stage and entered the 2<sup>nd</sup> quarter with a 10-6 lead.



By the 3rd quarter we needed a real Pep Guardiola style team talk at the break and Mr Hutchinson provided. He sent us out for the third quarter with renewed sense of energy and purpose. Ewan and Jed started to draw plenty of fouls and this proved decisive as St Wilfrid's had two of their key players fouled out early in the game. 5 points down and looking for a lifeline, Ewan made an outrageous contested shot, despatching a 'no-look' reverse lay-up and sunk the subsequent free throw to reduce the deficit to 2 pts. We were pumped and the energy in the team was palpable. We soon took the initiative as Arran started to soar, repeatedly punishing their defence and scoring a game changing 8 points within a matter of minutes to secure his MVP award.

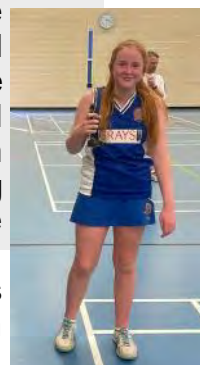
The 4<sup>th</sup> quarter was a time for steady nerves and some disciplined defending. Hassan, Robert, Charlie, Jonnie and Harrison saw the game out as Ewan collected a 5<sup>th</sup> penalty and was fouled out. St Wilfrid's managed to collect a couple of points but the game was well in our hands. Our opponents were a spent force and we increased the margin to a healthy 13-point lead and collected almost every rebound before strolling over the line for a memorable 34-21 victory.

Written by Ewan Hawkins



The under 16 girls played some really tough group games this year and unfortunately didn't qualify through to the finals. Many members of the team were playing up a year, and so they will get a chance again next year. The U14 girls also had some really tough matches in the group stages – the level of competition in the area really seems to be improving. After some brilliant performances, this team did manage to progress through to the county finals. It was an absolutely nail

biting final, held here at CRGS against St Wilfrid's. In the end the team enjoyed a convincing victory, scoring 29 points to St Wilfrid's 19. Along with the team being crowned Lancashire champions, Bea received the individual accolade of Most Valuable Player for, in the referees words: 'fouling at the right time'!; a huge well done to her. Next year most of this team will continue to represent at the under 14 level, so we have high hopes of bringing home the trophy again in 2023.



## District Cross Country

The first major District competition of the school year is always the Cross Country championships. We have traditionally done well in this event over the last few years and were reigning

champions going into the competition in all but the Year 10 and 11 Girls categories. There were some outstanding individual performances, notably from

Year 7s Aggie and Archie who were awarded Gold medals in their year group categories. In fact, the top 3 runners in the Year 7 girls' category all finished in the top 10 and this team finished in joint 1<sup>st</sup> position. Theo came in second in the boys' event helping the Year 7 boys' team to take 1<sup>st</sup> place: an outstanding performance from our Year 7 athletes. Ayesha finished in 3<sup>rd</sup> place in the Year 8 and 9 girls' category and again, in the Year 8 and 9 boys' category the top 3 CRGS runners all finished in the top 10. Here Matthew finished in 2<sup>nd</sup> place and Bill came in 4<sup>th</sup>. The Year 8 and 9 boys team also finished in 1<sup>st</sup> place. Overall the girls finished in 3<sup>rd</sup>, while the boys came in second.

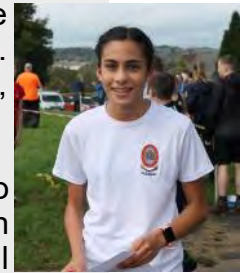
When all of the points were tallied, CRGS finished in 2<sup>nd</sup> position overall, so we will be fighting hard to bring the trophy back again next year.

Ten of our CRGS Students were selected from the district event to represent Ribble Valley at the Lancashire Schools finals, which is an amazing achievement. Aggie was dominant at this event too, beating off all of the opposition from across Lancashire. Archie finished in 2<sup>nd</sup> position,

while Theo came in 5<sup>th</sup>. The Ribble Valley Year 7 boys team won the Lancashire event overall. Matthew finished in 19<sup>th</sup> place and Ayesha Vose finished in 9<sup>th</sup> place; overall her team came in 3<sup>rd</sup>. The school is extremely proud of the students in our cross country team – we know what a gruelling event it is! We are determined to be crowned champions across both districts in all year groups next year, so, if any parents want to run with their son or daughter over the summer in preparation, then we would really welcome it!

## Rugby

The Sixth Form Rugby team has enjoyed a full season of training and matches - the first time in a long while that the Sixth Form has brought together a strong team of rugby players. They have enjoyed a few matches with some fantastic opponents such as Bolton School and Stonyhurst.



# Cricket

## Y10 Boys

After St Augustine's conceded the game in the first leg of the cup, the team advanced to the second round where they faced Haslingden High School. Having chosen to bat first, the lads put on a high target with Harley reaching 50 and Adam ending on 97 not out, having being dropped 9 times. In the second innings, we started strong with Joe picking up 2 wickets in 2 balls. Wickets were flowing and we beat Haslingden convincingly, moving on to the next round of the cup against Bacup and Rawtenstall grammar. After losing the toss and being made to bowl first, Grammar limited BRGS to a chase able target, with Dougie picking up 2 wickets in the final over of the innings. Special mention for Dougie's wickets and Matthew's blinder of a catch sliding to his left and catching the ball one handed. Some fairly decent knocks with the bat from Adam and Henry, we were nearing in on another victory, however a couple wickets fell and BRGS were straight back into the game. It took two brilliant little cameos from Harry and Matthew to see us through to the final over needing just a few to win. James and Daniel ran hard between the wickets to win the game for the lads and send them through to the quarter final away at Bolton. With a full squad, the boys were confident that they could beat the cricketing school from Bolton. After winning the toss and batting first, it took 10 overs to reach 50, however once Adam had been dismissed for 41, Ollie, Isa and Harley stepped up to take the team to 149 off the 20 overs. Bolton seemed to get off to a strong start, however it took James only two balls to dismiss their county player with a beauty of a delivery, however the opener was still going strong at the other end. With Bolton on 80 off 10, we needed something special to bring them back into the game, and Harry stepped up and did just that. With the first ball of his spell Harry dismissed their opening batter who was in the 50s, with a great catch from Isa. Then only two balls later, he picked up another wicket dismissing one of Bolton's batters for 0 with a beautiful ball. The following ball he did the exact same, dismissing another batter for 0. This brought the boys right back into the game with Bolton's weaker batters now in at the crease. It then only took 3 balls for James to pick up a hattrick and win the game for the team, meaning we advanced to Finals Day.



In the Semi-final we came up against a strong Lancaster Grammar side. We won the toss and chose to bowl first. Within two balls, Adam dismissed their opening batter for 0, setting the boys up for a good first innings. Within a few overs Lancaster Grammar were 20 for 5 and looked to be on top of the game, however it only took one partnership from their batters to get them up to 131 off the 20 overs. Adam and Henry opened the batting, putting on an excellent partnership of 100, with Adam being dismissed for 68. The game looked to be in hand, and it took Henry and Ollie to see the game through in the final over of the game and send us to the final against Manchester grammar. Henry ended on 45 not out. Winning the toss and electing to bowl first again, the boys struggled to limit a very strong Manchester grammar side as they eased their way to 193 off 20 overs. Unfortunately, the we were limited to 131 off their 20, however the boys gave it their all. Although CRGS lost, spirits were high as we became the second best school side in Lancashire, ahead of a lot of private cricketing schools. A special mention to Whalley Cricket Club for their continued support and the loan of their ground for our matches.

Written by Adam H.

## Cricket Cont'd...

The U13 and U15 girls' cricket teams enjoyed the first tournaments of the Indoor season. They travelled to Mount Carmel and played against other local schools. The U13 girls had a bit of a shaky start and lost their first game. They learned a lot and managed to beat the rest of the competitors convincingly. Sadly it wasn't quite enough to take them through to the next round. The U15 girls having a bit more experience played well at their first tournament and were able to qualify for the next round. They travelled to Bolton Arena where they played some lovely cricket and narrowly missed out on qualification to the finals.



Their next outing was the U15 cricket tournament at Enfield Cricket Club where the girls battled hard and played some lovely cricket to finish runners-up in the district. The most improved player was Emilia who made remarkable improvement in her bowling. Every team here finished on equal points so it went down to total runs scored and CRGS just edged it with 3 runs.

The Outdoor season started for the U13 girls playing in the tournament at Clitheroe Cricket Club, their first taste of outdoor, paired cricket. A format that was new to the girls; but they took it in their stride. As part of the rules, all players had to bowl an over and whilst batting faced two overs as a pair. The first game was against Ribblesdale, after an anxious start the girls began to relax and with some great batting scored well for the win. The next game was against Mount Carmel and again we were smashing the ball for six for the second win! The final game was a tougher encounter against St. Augustine's but the girls were faultless in their attempts and remained unbeaten throughout the tournament to be crowned U13 District Champions.

The U13 girls were then selected to represent Lancashire at the next round in Ramsbottom where they will face schools from Wales, Cumbria and Cheshire. The first match was against Unity College. The match was close as both teams showed their nerves, CRGS ended up winning the game. Special mention to Bea for catching a player out in the vital moments and for Evie for an exceptional throw at the wickets.



The second match it was against Alun School and the girls lost out by 20 runs, but a great effort from Grace and Lucy who scored the most runs in their innings. In our last match before lunch, the girls played phenomenally well and won in style especially to Ella and Imogen for scoring a substantial amount of runs in their over. Also to Eliza for excellent fielding. This win secured a place in the final.

The Grand Final was against Alun who we had previously beaten us. It was a rocky start Caitlin and Darcey produced some fantastic batting. Sophie showed some outstanding bowling taking a wicket. With the final bowl Alun needed to score three runs to win. It was nail-biting and Imogen stepped up to deliver the last bowl. Resulting in only 1 run for their batters. The CRGS girls were crowned North Regional Champions 2022! Outstanding!

## Cricket Cont'd...

The Y7 Boys' cricket team travelled to Lancaster Royal Grammar School for their first ever CRGS outing. A daunting task considering LRGS were already very deep in to a busy cricket schedule. We lost the toss and had to field. Led by captain Oliver Watson we performed very well with the bowl and gave ourselves a great chance to win the game. Some stand out bowling from Ewan McDonald, Roscoe Evans and Vansh Kapoor made LRGS work hard for every single run they made. Sharp wicket keeping from Oliver Watson, which was needed such was the ferocity of our bowlers, meant any extras for LRGS were few and far between.

With the bat we started well; Ewan McDonald and Dawud Nadeem were swinging freely and earned some early runs to put pressure on the LRGS bowlers. However one early wicket was soon followed by the top-order falling relatively early. The middle to lower order fought hard but LRGS were too consistently strong with the bowl. Nevertheless we played pretty well and look forward to pushing on next season.

The Year 8 Boys played against Sir John Thursby, putting in an excellent batting performance to set the standard by scoring 150 off 16 overs. The fielding was excellent and we bowled them all out for a total 67 runs. The next game was against Haslingden High school. We Scored 145 off 16 overs to give us a good chance of taking the game. Haslingden put up a great fight and needed 11 off the last over and then 2 to win on the last ball, they managed to hit the boundary and take the win. A brilliant season for our Year 8 team with lots of positives to take from the games.

The Year 9 Boys played against a strong Pendle Vale team. We set the standard by scoring 145 off 16 overs. With some patient bowling we bowled them out for 56 runs, a great game and a convincing win! The next round was against Crompton house. We won the toss to field first and they scored 135 from 16 overs. We closed in on their total quite quickly but needed 12 from the last over. One of their fielders went for a catch but parried the ball for 6. which then meant we won with 2 balls to go to take us in to the next round.

We were drawn against Audenshaw and they set an impressive target of 167 off 18 overs but sadly it was the end of the road for our boys, managing to score 125 which wasn't quite enough.

## Climbing

U13 District Climbing competition was held in January at Roefield Leisure centre. The students had a series of climbs to complete and for each they were awarded points. Our Boys came in 2nd and our girls became Champions of the District. A fantastic achievement on for both teams!



## Skiing

Skiing is one of the most successful sports at CRGS in terms of trophies won and this season would prove to be as fruitful as ever! Although we obviously can't practise here at school, many of the team members do train and compete together in their free time for their respective clubs. In September CRGS sent a girls' and a boys' team to the ESSKIA National Championships Qualifier in Stoke.



Both teams skied expertly and managed to qualify for the National Championships in Norwich in October. Amelie, Katelyn, Rebecca and Emily finished in 8<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup> and 21<sup>st</sup> position respectively in the Girls U19 team event. George, Joshua and Max came in 8<sup>th</sup>, 18<sup>th</sup> and 22<sup>nd</sup> in the U19 boys team event. The stand out performance came from Finlay, who topped the U19 boys' team rankings. Overall both the girls' and boys' teams finished 3<sup>rd</sup> in the U19 categories. This is such an outstanding achievement on a National stage and the school are very proud. The boys team went on to race in the British finals in Llandudno. Following these races, Finlay, Amelie, Katelyn and George were all selected to attend the ESKIA training camp in Austria; an absolutely brilliant achievement.



In March the team entered the North West Schools Race at Pendle Ski Club, where the girls' team finished in a super third place overall after Emily came in 6<sup>th</sup>, Amelie in 8<sup>th</sup> and Juliette 9<sup>th</sup>. The boys' team were phenomenal, with Josh coming in 5<sup>th</sup>, George 2<sup>nd</sup> and once again, Finlay topped the leader board. These results meant that the boys' team finished in top spot overall.

The final skiing competition of the year was when our under 16 team represented the school at the British Schools Indoor Snow Championships. This is a really intense day, where an individual's overall standing is determined by less than 30s of racing! All of the racers were outstanding, with standout performances again coming from Amelie and Emily who finished 7<sup>th</sup> and 8<sup>th</sup> in the U16 girls category, Josh who finished 10<sup>th</sup> and Finlay who once again finished 1<sup>st</sup> in the U16 boys competition. All of these achievements meant that the CRGS team finished in 1<sup>st</sup> place in the mixed category - an exceptional achievement. If anyone is interested in joining the ski team, then please email Miss Sutcliffe and she will get in touch about next year's events.

# Rounders

Year 7 Rounders played their first official matches at the tournament at St. Augustine's. The girls were a little nervous as they set out to play their first game. We were drawn in a group with Bowland and Accrington Academy. The first game was very close but CRGS managed to hold Accrington Academy at bay and win the game. After a shuffling of players the girls came up against a very strong Bowland side and fielded very well. They batted equally as well and with the last bat of the game Lucy held her nerve and very cleverly scored the half rounder to win the game. The team were developing their tactical knowledge with every ball bowled and it was great to see. With 2 wins under our belt we qualified to play in the final against St. Augustine's. The girls chose to field first and the opposition had some 'big hitters' who were placing the ball beyond our fielders and scoring well. The girls were impressed by their rivals so much so that they began to smash the ball all over the park. They weren't going to be beaten without a fight. After the first innings the CRGS girls were a good number of Rounders behind but battled hard to bring it back to a very respectable scoreline of St. Augustine's 13 and a half to CRGS's 9 and half. Sadly it wasn't to be our day but the girls should be very proud of themselves as they have become Runners up in the District Rounders tournament, but not only that, they put on a great performance and showed a fantastic level of maturity in their games.



Year 8 also played their first proper matches at the District tournament at Ribblesdale. The tournament was split in to two groups. Our group consisted of Ribblesdale, Mount Carmel and Accrington Academy. The girls settled after a nervous start. Some amazing fielding and equally as good batting. A special mention to Imogen Weller for her backhand hits, scoring an abundance for the team and Imogen Meecham for her quick decision making. The girls team spirit took us all the way to the final having smashed our way through remaining unbeaten. The final was tense against a very strong Bowland side. CRGS trailed by half a rounder at the interval. A quick team talk to settle the nerves was needed and it seemed to do the trick. Bowland were very strong and finished on a total of 9 and a half rounders. It was all to play for. The team played their socks off and drew level. There was only one way to settle the score and that was by the number of outs each team had. Sadly, it wasn't to be for the CRGS girls as Bowland had got 1 more player out than us. Superb standard from both teams on what couldn't have been a more tight game.

Year 9 Boys played their first game in a friendly against Oakhill, it was a lovely spirited game and great for their development. They made some great catches and scored some massive rounders but it wasn't to be their day and they succumbed to a well organised Oakhill team.







## CRGS SPORTS AWARDS 2022

The planning of this major event in the CRGS Sports calendar begins early in the summer term. Nominations are compiled for the Most Improved, Individual and Team Awards and students are selected for their Half and Full Colours. Our students amaze us every day with their progress in lessons, in extra-curricular school sports and in their sports outside of school. We have such super talented students and we hold this evening to celebrate just this. The evening was a huge success with well over 350 people in attendance raising over £650 for sports equipment for our students so a massive heartfelt thank you to all who supported the evening either with donations, buying raffle tickets or purchasing food.

On to our winners! This year has been the hardest in terms of choosing who the winners were, we could have chosen many different students for a variety of reasons but had to make tough decisions. The winners for Most Improved went to Eliza Tattersall, Oscar Bradley, Anya Fielding and Isaac Spence, Alyaan Waseem and Eloise Czapowski, Harley Harrison and Zaina Tanveer. These students have all shown a major improvement in one or more sports across the year. Very well done to all those nominated and to our eventual winners! The individual Sports Person of the Year awards were won by Aggie Taylor and Archie Lorimer in Year 7, Imogen Meecham and Harrison Shipston in Y8, Ayesha Vose and Matthew Smith in Year 9 and Rose Best, Eleanor Wallbank and Jed Davies in Y10. The Team of the Year Awards were won by Y7Girls Sportshall Athletics and the Y7 Boys Football Team, the Year 8 Boys Football Team, the U14 Girls Netball team and the U15 Boys Handball Team. All teams have won a variety of titles during the year and have had some incredible performances at Regional or National level. Again, very well done to all our nominees and the winners! This year we felt it was right to present an award for 'Outstanding Leadership, Zaina Tanveer has worked tirelessly throughout the last few years, giving up her time to assist with clubs and practises and more recently qualified as a 'Game of Our Own' Football Activator and supported the delivery of girls football within school.



Our overall Sports Person of the Year award was awarded to Jed Davies, he has been phenomenal throughout the year both in lessons and for school sports teams. He has been an integral part of many winning teams including the District Athletics, Handball and Basketball teams whom have all gone on to win at District or Regional level. Very Well done to Jed!

# CRGS SPORTS AWARDS 2022



**MOST IMPROVED  
2022**



**TEAM OF THE YEAR 2022**



**SPORTS PERSON OF  
THE YEAR 2022**



**OVERALL  
SPORTS PERSON OF THE YEAR  
2022**



# GARY ROBINSON & LEUKAEMIA TRUST AWARD 2022

The very special awards that are the Gary Robinson and the Leukaemia Trust Award are presented annually to one girl and one boy from across the district who are participating at an extremely high level and who have the greatest potential to go on to enjoy success in their sporting endeavours. We put forward two very deserving candidates who were up against the best of the best from schools within the Hyndburn and Ribble Valley District. Genevieve Metcalfe (Rhythmic Gymnastics) and Finlay Royle (Skiing) were both nominated from CRGS. It is our absolute pleasure to announce that Finlay won this years Gary Robinson Award. A massive well done to both of our students.



## COMMONWEALTH GAMES BATON RELAY

CRGS had the opportunity to 'Pass' the Commonwealth Games baton as it travelled on the way to Birmingham for the 2022 Games. Pupils from Chatburn Primary school had the honour of delivering the baton to our students before James Ingham and Mr Mumford headed off on their bikes to its next destination at Pendle Primary. A fabulous occasion as CRGS make history once again!



## Super 8 Athletics



First up for the outdoor athletics season was the Year 7 Super 8s competition, which we have won for the last 6 years in a row! Despite only having a few weeks to practice and select a team, we came up with the winning formula and dominated in many of the disciplines once again. Archie Lorimer finished as 3<sup>rd</sup> overall boy, winning the 100m (the only boy on the day to go under 13s) and the long jump (this time 1 of only 2 athletes to jump over 4m). Aggie Taylor finished as 2<sup>nd</sup> girl overall after winning the 800m and the high jump. With an outstanding performance on the day, Emily Dai finished as 1<sup>st</sup> girl overall after she dominated in the 100m and shot putt. All of the athletes were excellent on the day and we are delighted to say we won the Ribble Valley title in style.

## English Schools Athletics

Next came the English Schools Athletics Round 1 competition at Stanley Park. Again, it is really hard to select competitors for this event, partly because it happens early in the summer term, but also because we have so many excellent athletes here. The level of competition is very high, and while we have taken teams through to the next round a couple of times over the years, it is by no means the norm. This year however the Junior Boys, Inter Girls and Inter Boys teams all qualified for the North West B finals! Stand out performances on the day from Harrison Allcock in the 100m with a rapid time of 11.6s, Jed Davies and Fin O'Neill in the 200m, Harrison Shipston in the 100m and Ayesha Vose in the 800m. However, we couldn't have been prouder of every individual athlete who represented the school that day!



# CRGS Sports Leadership

## The Glams



The Girls Leadership And Marketing Squad are a well-established group in school which continues to raise the profile and opportunity for girls in sport. Each year students who are passionate about physical activity and leadership apply to become part of the GLAMS so that they can make a difference to other students in school. The GLAMS take on different projects to increase the accessibility and enjoyment of physical activity for girls. This year one really successful project has seen the GLAMS engage some less confident Year 7 girls in fun activity sessions at lunch times. The Year 7s who attended had never come to a lunch time club before, and the Glams clearly did an amazing job, as once the 6-week club was over, the Year 7s asked for more sessions! This is a testament to the enthusiasm of the GLAMS and their talent for leadership.



## Leaders in the community



Our sports leaders have helped to run a range of major Primary school events within the district. Leadership continues to be a huge strength for our students who are repeatedly praised by other schools for how good they are in this role. This year our students have helped run both indoor and outdoor District Athletics competitions for Primary and Secondary schools. They have coached and officiated at Primary School Cricket, Rugby and Netball, not to mention our own school Sports Day and Inter House competitions. Without our fantastic students there would be far fewer opportunities within Hyndburn and Ribble Valley, and the school is very proud of them.



The Sports Prefects took up their role after Easter and have done a fantastic job so far, showing brilliant organisational and leadership skills at their allocated lunch time clubs. We know they will continue to do a great job throughout Year 11.

## District Athletics

The highlight of the Athletics calendar arrived and didn't disappoint. Almost 70 students set off to Wilsons Playing Fields on what was set to be one of the hottest days of the year. Our teams went with a mix of nerves and high hopes. Each and every one of our athletes performed with such passion and integrity and we couldn't have been more proud of all of our athletes on this day!

There were an abundance of Gold, Silver and Bronze finishes with PB's being smashed all over. The tables below show the top 3 finishers in many events.

In their first ever District Athletics meet the Year 7s seemed to take it all in their stride. A special mention to Aggie and Archie for achieving gold in both of their events! Oliver, Matilda, Theo, Emily and Jay all struck gold too!

NAME	EVENT	FINISH POSITION
AGGIE TAYLOR	1500m	1st
ARCHIE LORIMER	1500m	1st
MATILDA DUNN	800m	1st
THEO ROBINSON	800m	1st
ARCHIE LORIMER	100m	1st
AGGIE TAYLOR	200m	1st
EMILY JONES	LONG JUMP	1st
SANA ASHIQ	SHOT	2nd
JAY MISHRA	DISCUS	1st
OLIVER SMEDLEY	TRIPLE JUMP	1st
AYO LADELE	SHOT	2nd

NAME	EVENT	FINISH POSITION
HARRISON SHIPSTON	100m	3rd
DOMINIC STEELE	200m	3rd
IMOGEN WELLER	SHOT	3rd
HARRISON SHIPSTON	DISCUS	1st
IMOGEN MEECHAM	DISCUS	3rd
ZACH IVES	TRIPLE JUMP	1st



It was also the debut of the Year 8s at this competition and they were keen to put in to practice all their training from the previous months. Harrison made the Discus look easy and Zak made sure he performed well in the Triple Jump to come away with a Gold medal each. Whilst our track athletes worked very hard to keep the team in contention for the overall title.

## District Athletics Cont'd...

NAME	EVENT	FINISH POSITION
AYESHA VOSE	1500m	2nd
MATTHEW SMITH	1500m	1st
BILL PRESTON	800m	1st
ELOISE CZAPOWSKI	800m	3rd
ALISHA LEHNER	100m	2nd
OLIVER CHAMLEY	200m	3 <sup>rd</sup>
CHAROTTE BROWN	DISCUS	3rd
MATTHEW SMITH	TRIPLE JUMP	1 <sup>st</sup>
BILL PRESTON	LONG JUMP	2 <sup>nd</sup>
AZIM GHAFOOR	SHOT	2 <sup>nd</sup>

The Year 9 team had high hopes in the competition and they proved they were a force to be reckoned with. A very talented athletic team with great style and flare! Matthew Smith took two golds in the 1500m and the Triple Jump and made it look easy, Bill Preston ran a very mature, tactical 800m to come from behind to storm to victory. Personal Bests also came from Charlotte in Discus and Azim in Shot. Ayesha and Alisha stormed down the track only to be narrowly beaten in the 2nd place in a very strong race. Overall a fantastic effort from the Y9s!



NAME	EVENT	FINISH POSITION
MATTHEW FLEMING	1500m	1st
HARRY SHACKLETON	800m	1st
ALLY HOLMES	800m	3rd
HARRISON ALCOCK	100m	1st
ROSE BEST	100m	1st
FIN O'NEILL	200m	1st
ROSE BEST	100m	1st
KATE SCHOFIELD	300m	2nd
JED DAVIES	DISCUS	1st
ZAINA TANVEER	TRIPLE JUMP	2 <sup>nd</sup>
DANNY HALE	SHOT	1st
JED DAVIES	TRIPLE JUMP	1 <sup>st</sup>
OLIVIA MAUDSLEY	JAVELIN	2nd
MATTHEW FLEMING	LONG JUMP	1 <sup>st</sup>

It was our Y10s who stole the show with a whopping 10 gold medals plus both relay golds! They had a point to prove and they certainly did that in style. The whole team were fantastic in both their efforts and determination and it's days like these that will be remembered for a very long time. A number of our students won 2 Gold medals; Matt Fleming, Harry Shackleton, Fin O'Neill and Harrison Alcock. Jed Davies and Rose Best decided to go even further and bring home a magnificent 3 Gold medals each! The relay races were an absolute joy to watch. Smooth change-overs and both

teams cruised to victory with over 50m to spare ahead of their nearest rivals.

The District Athletics is always a very close affair and this was no exception, the points were so close that we had to wait until a few days later to confirm the results. We were crowned joint District Champions of 2022! With an overall table topping tally of 23 Gold medals and the joint winners on 15! Just amazing! Very well done to all of our outstanding athletes!



## District Athletics Cont'd...

Our Year 10 Gold medallists and the relay teams which stormed to victory with at least 50m to spare! Absolutely awe-inspiring!



Final standings:

Girls Track	2nd
Girls Field	2nd
Boys Track	1st
Boys Field	1st
Ribble Valley	Champions
Overall	Joint Champions





# Sports Day 2022

This year, sports day has been a massive success and there were an astonishing 5 records broken.

The first record broken was by Jed Davies in Year 10 who broke the 2002 100-meter record of 12.09 seconds with a time of 11.84 seconds. The previous record was established 20 years ago so, it is an astounding achievement for anyone to break.

The next record broken was for long jump by another Year 10 boy, Harrison Alcock, who has broken the previous 2014 record of 5.06 meters with an impressive distance of 5.40 meters.

In Year 7, Archie Lorimer broke the 800-meter record of 2:29 minutes by a very close time of 2:27 minutes. The previous 800-meter record was made in 2014.

Another one of our amazing younger athletes, Aggie Taylor obliterated the long standing 1500m record from 2011 with a time of 5:31, beating the previous time by 29 seconds.

Finally, Jed Davies in Year 10 has extraordinarily broken yet another record! The previous record for discus was 29.73 meters however it has been beaten by a distance of 30.40 meters. It is fantastic that someone has broken 2 school records in one day!

	VICTRIX LUDORUM	VICTOR LUDORUM
Y7	Matilda Dunn	Archie Lorimer
Y8	Grace Eccleston/Chelsi Rad	Harrison Shipston
Y9	Alisha Lehner/Eloise Czapowski	Matthew Smith
Y10	Ally Holmes	Jed Davies

The Overall individual winners are awarded the Victor or Victrix Ludorum titles, these athletes are the ones that have scored more points for their House than any other. Our 2021 winners. Matilda, Archie, Grace in Year 7, Chelsi and Harrison for Year 8 Alisha, Eloise and Matthew in Year 9 and for the Year 10s Ally and Jed. Fantastic achievements!



## Rising Stars



A number of our boys have excelled in Cricket and three of them have even played in a national final at Lords. Harley Harrison, Harry Anderton and Arran Dignan all played their part in a 'nail-biting' win over Slough to become National U15 Champions. An amazing achievement! All three boys regularly play in the Inter-league and as a result were selected to represent MCC Manchester Foundation team in this match.

Harley was nominated 'Man of the Match' by the opposition and awarded the match ball. Since then, Harley has gone on to be selected and enrolled by Lancashire Cricket Foundation/Lancashire Performance Cricket, on a Level 6 coaching course at Old Trafford. Harry has continued to excel and has had the opportunity to play recently at the Kensington Oval in Barbados.



Arran has played for Clitheroe CC in the U15s, U18s, senior 4th XI and senior 2nd XI in the Lancashire league. His overall runs scored in all games was 673, with a highest score of 95 not out in a senior game and a top strike rate of 306. This led to him receiving the batting award for both U15s and senior 4ths XI. He has played Interleague U15s as wicket keeper and they won the U15s North West Championship. He also plays for an academy at The Cricket Asylum in Yorkshire and also represented them as Wicket Keeper in Barbados.

Harry has played for Clitheroe CC in U15, U18 and Senior teams this season and as a left arm pace bowler and had the privilege of being the opening bowler at Lords. He also represented the team in Barbados this Easter. Harry also plays football for two teams and has turned his hand to coaching the U5 Football team at Wilpshire and hopes to complete his coaching badges.

### **Genevieve Metcalf**

Genevieve is a Rhythmic Gymnast and is very successful in this field. Her most recent successes include competing at the British Gymnastics British Open and National Seedings event in Stoke. The Fylde Coast Junior Group finished in 1st place and have qualified for the English and British Championships. Along with the Fylde Coast Junior Group finished in 1st place in both the 5 balls and 5 ropes routines and are now officially the Junior English Rhythmic Champions 2022 and to top it off are currently ranked number 1 in the UK!



Genevieve also passed Grades level 4 last month, so is also competing as an individual gymnast at a national level. To ensure she is competing at the highest level she trains with the Fylde Coast Rhythmic Gymnastics club in Warton 5 to 6 times per week. An absolutely astounding achievement and we are very proud of her!

## Rising Stars contd...

### Finlay Royle

Finlay is performing at a high level in skiing, he was recently crowned British Under 14s champion in Gloucester in August and landed the English Championship in Silksworth later that same month. Finlay added the Scottish title to his treasure trove when excelling in Hillend, Edinburgh, as he decimated the field in his age category, taking the U14 prize by nearly 10 seconds.



He took third place overall, out of nearly 120 competitors that had entered the dry slope championships at Midlothian Snowsports Centre. He capped an incredible season, winning both the Welsh Championships and Wales Open in Llandudno, securing a top 15 finish out of 140 entrants overall. We wish Finlay every success in achieving his dream!

### Ben & Thomas Harris

Brothers Ben and Tom took part in the Ribble Valley Ride, a 25 mile cycle race around the Ribble Valley to raise money for the Rosemere Cancer Foundation. Both Ben and Tom really excel in Biathlon and Swimming. They both qualified for the Schools Biathlon in Bath where Tom finished 16th out of around 60 competitors and Ben finished 29th. A great achievement for them both. Ben continues impress with his swimming currently hitting 25.5s for 50m freestyle and 59s for 100m freestyle and he is ranked 8<sup>th</sup> in the north west.



### Hamza Butt



Hamza has been playing Rugby League for Keighley Albion's since he was 7 years old and last season he decided to play up an age group and played with the U15s.

He has worked extremely hard throughout the season and he has been rewarded with a Two-Year scholarship in Rugby League at the world famous Wigan Warriors. He was selected for the U15 squad but has already been part of the U16 squad as Wigan

Warriors U16s Scholarship announced the team sheet for their 1st game this season against Salford Red Devils. Hamza was selected to play in that game, something he has been working towards for many years. We wish him well with his future endeavours!



### Danya Brown

Danya has been selected for the Lancashire U17 Hockey Performance centre, beating players 2 years older than her. She has now represented Lancashire for the last few years. Well done!

### Eleanor Wallbank

Eleanor has been successful in her trials for Lancashire U15 Hockey. She has since played in some tournaments where her team were crowned North West Junior Academy U15 Champions.



# Rising Stars contd...

## Archie Lorimer

Multi-talented Archie has a number of successes to his name. He has been selected to represent Burnley Football Club Youth Academy. He has also had a very successful year so far with Biathlon and Swimming.



In September 2021 at the Rotherham Metro Swim Gala Archie won 9 Golds, 1 silver medal and won top boy overall for the competition. He also gained qualification for the 2022 Lancashire County Swimming Championships from 2 of the events. He currently ranks among the top 5 swimmers of his school year in the North West for many of the swim events.

In March Archie travelled to compete in the British Schools Modern Biathlon Championships at the University of Bath. Archie finished an impressive 2nd overall.

In the mid Lancashire Athletics comp at Witton Park, Archie won his 3 events (100m, long jump and 800m for which he also achieved a AAA Athletics G2 standard). He qualified to compete in 10 events at the Scottish National Swimming Championships at Glasgow where he competed over 5 days and was crowned Scottish National Champion in the 11-13 year olds 50m Backstroke.

Archie achieved a Lancashire County Championship record of 4mins 45 seconds in his 1500m recently which equals the time of the current record achieved in 2010

Archie was also granted a £100 sports excellence award from Ribble Valley Borough Council. With many more competitions and events to come throughout the season we are certain Archie will gain more silverware!

## Gabrielle Wright

Gabrielle enjoys jumping and showing, she's had great success in working hunters, qualifying different ponies for the Royal International Horse Show and she has taken top spot at the BSPS championships on numerous occasions, both of which are the most prestigious events in her classes. Next season, as she moves up a class, she hopes to qualify and compete at Horse of the Year Show.



Gabrielle also enjoys Eventing, which is a combination of Dressage, Show Jumping and Cross-Country riding.

## James Ingham

James has been selected for RSR which is the Regional Squad of Racing. He now trains with the best cyclists in the North West. He also attends specialised training in Derby and Sheffield and competes at national and regional level. James is currently 3rd in the Northwest Cyclocross league standings. He regularly trains in the Trough of Bowland and relishes the challenge of the hills.



# Rising Stars contd...

## **Matthew Smith**

Matthew is another one of our superstar athletes, he has also had some great success throughout the season so far in Athletics, Swimming, Biathlon and Running.

He started to compete at U13 athletics competitions and finished the season 1<sup>st</sup> in the UK high jump rankings, breaking the long-standing club high jump record.

When athletics restarted after lockdowns eased, Matthew moved up to U15 age-group, competing against boys a year older, and placed 2<sup>nd</sup> in high jump at the Lancashire schools' athletics championships. With a best height of 1.71m, he was selected to compete in the English schools' high jump competition and placed 7<sup>th</sup> overall.

Matthew decided to pursue the athletics pentathlon consisting of high jump, 800m, long jump, hurdles and shot put, and won medals at 4 of the disciplines at the county championships. He was selected to compete for Lancashire schools in the North West qualifiers in Telford, and from this, was selected to represent Lancashire schools again at the English Schools' competition at Bedford international stadium.

As well as fell, cross country and track, he's also enjoyed success at road and trail running, winning a series of 1 mile road races in Bolton, and a series of trail/fell races near Burnley.

Matthew has taken up swimming in the past year and qualified to compete in the British Schools' modern biathlon (swim/run) championships in Bath in October, finishing 11<sup>th</sup> overall. He competed in his first swimming gala recently, collecting nine medals across four swimming strokes.

Matthew competed in the National Schools Modern Biathlon competition in Bath for CRGS. He qualified for this national competition by finishing 3<sup>rd</sup> at a regional competition at Edgehill in January. He finished 12<sup>th</sup> this year out of a field of 40 biathletes, one place lower than last year, but improved his 100m swim time by 5 seconds to 1:10.91m (17<sup>th</sup> place) and ran 1600m in 5:18.88 (5<sup>th</sup> place), a few seconds slower than last year but in very windy conditions.

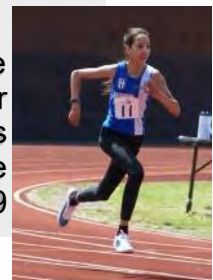
Matthew finished 3<sup>rd</sup> in the NW region combined events (long jump, high jump, 800m, shot putt, hurdles) competition at the end of June, and as a result, has been selected to represent Lancashire schools in Bedford in September at the English schools combined events competition.

Also as a result of his good finishing positions at recent triathlons, he has been selected to represent "Triathlon England North West" at the Inter-regional triathlon championships in Sunderland in August. We wish him the very best of luck!



## **Alisha Lehner**

Alisha is one to watch on the Athletics track, she has trained hard over the last few months and has been turning heads with her performances. Her latest achievements include reaching the qualifying time of 13.4 seconds in 100m to represent Lancashire at the Counties Cup in York where she came 1<sup>st</sup>! She also recently came second in Hurdles with a time of 12.9 seconds.



## Rising Stars contd...

### **Dylan George**

Dylan's recent success include winning the Lancashire Cup Final with the CRGS Year 8 school team. He was also part of the team that won the Alton Towers Tournament with Blackburn Eagles. But his greatest achievement to date was being signed for Blackburn Rovers and scoring his first goal for Rovers against Port Vale U13s. We wish Dylan every success in his aspirations to become professional.



### **Ellie Heyworth**

Ellie first started kickboxing in April 2019. However, she soon expressed an interest in the sport from a young age. She fell in love with the sport instantly and progressed quickly through belts - she is now a purple belt and will be grading for her first dan brown belt. Ellie's recent successes include WKKC Nationals - Bronze in both Light contact & Semi Contact, WAKO GB Grand slam Champion - 1st place in Light Contact and Revolution North of England Championships in Worksop - 2nd place in Semi Contact. On Sunday the 20th of March 2022 Ellie travelled Worksop to compete at the WKKC National Championships. She fought in two divisions, semi and light contact. To earn her place on the England team, Ellie had to battle the other girls in her divisions and to earn a place on the podium. After a hard day of fighting many incredibly strong competitors, she managed to win bronze in both light & semi contact and was therefore selected for the England team for the World Championships 2022 in Killarney, Ireland. We wish Ellie all the luck as she represents her Country.



### **Tommy Davis**

Tommy signed for Preston North End in 2015 at the age of 10, as a defender. He continued to represent his primary school, Laneshawbridge and Pendle District FC

Tommy then transitioned to a Goal Keeper, a position he has always loved. He then represented CRGS through the years as an outfield player and Hyndburn District as a Goal Keeper.

He has represented Lancashire School Boys Under 16's and they reached the National Final in both the English Schools Champions cup and the Northern Counties league final.

Due to his continuing commitment and success he has been offered a 2 year scholarship with Preston North End Football club which commences in July 2022. He has made his full under 19s debut for Preston North End against Burnley FC in the Lancashire cup.

He has recently been fortunate enough to be involved with the Under 18s squad with Preston in the Youth Cup which saw them play at Sutton United FC and Sheffield Wednesday FC. We wish him well with his continued success!





Football	7					
	8	75	100	100	50	75
	9	100	75	25	50	25
	10	100	25	75	50	25
	11	100	50	25	50	75
	Totals	375	250	225	200	200
	Year	C	R	G	S	T
Netball	7	50	100	75	25	25
	8	25	25	75	50	100
	9	25	75	100	50	25
	10	100	50	75	0	25
	11	50	25	75	75	100
	Totals	250	275	400	200	275
Badminton	7	25	50	75	100	50
	8	100	75	25	25	50
	9	50	75	0	100	25
	10	100	50	75	25	25
	11	100	25	75	0	50
	Totals	375	275	250	250	200
Basketball	7	50	100	75	25	0
	8	100	50	75	25	0
	9	50	0	100	25	75
	10	100	75	0	50	25
	11					
	Totals	300	225	250	125	100

## House Sports Competitions

Hundreds of students who don't always get the chance to represent school took part in House competitions in Football, Netball, Basketball, Badminton, Rounders and Sports Day. These events are always fantastic fun with healthy competition and rivalry thrown into the mix as Houses battle it out for House points. The winners of the House Sports Cup in 2021/22 was Curie, a massive Well done to them all!



## Y7 Sports Tour 2022



This year we embarked on a whole new sports tour for the Year 7s. In March 2022, 40 excited Year 7 students headed off to Derby for the first residential trip for the school since the pandemic. It was great to finally be away and allowing the students time to flourish in a new environment and be away from home on their very first sports tour for CRGS. Two Netball teams and Two Football teams were keen to show their expertise against other schools away from our district. The first fixture we played was on our way to Derby against a lovely school in Sutton-In-Ashfield, Quarrydale Academy. The hosts were very welcoming so we began to prepare for the first matches. The students were very excited to start but soon settled in to what they do best.

The Netball teams were playing a mix of Year 7s and Year 8s but they played some magnificent Netball and both teams came away with a strong victory. The A and B Football teams were not to be outdone and they too convincingly beat their opponents in fine style. The host school were amazing and we were very lucky that they had put on refreshments of sandwiches and cakes after the games.

On now to check-in at the hotel, Jury's Inn, Derby. The hotel was lovely and we were well looked after. We took a stroll in to Derby city centre to check out the sites and grab some snacks for the following day.



Day 2 of the tour was a big one, firstly the Footballers set off to St. George's Park for their training sessions and guided tour. The students were looked after from the moment they arrived and enjoyed a coaching session and the tour before setting off to their 2nd Fixture. Meanwhile the Netball teams travelled to Loughborough University



and were wowed by the facilities. The girls had a training session with the Loughborough Lightning coaches where the elite team play their games. They were worked hard during the session but then were treated to a visit from one of their stars, Emma Thacker. Emma is a rising star in Netball and is in the England Roses Programme. She answered a few questions that the girls asked and delighted in signing her autograph.

Following the training sessions the Netballers headed over to Derby to play Sutton Netball club. They brought two very strong teams with amazing shooters. Our girls held their own but eventually both teams succumbed to a very well drilled side but they never gave up the fight even when it got tough!



## Y7 Sports Tour 2022 cont'd...

The Footballers arrived at Mickleover FC for the A Team's second fixture. The game was end to end with some lovely skilled players on both sides. Grammar came away victorious to remain unbeaten on the tour. They then travelled to Derby University for the B Team fixture against Spondon Dynamos, another tough match for our team but they battled hard and played some great football and also remain unbeaten!

We headed back to the hotel for a freshen up and supper before heading off to bowling to finish off a very busy and successful day!

Up with the lark on Saturday for the final day of fun at the Waterpark before travelling back to Clitheroe. Our students were impeccable in their behaviour and attitude and were brilliant ambassadors for our school, we cant wait to do it all again on the next tour!



A special thank you to all parents and carers who take the time to support your child/children throughout the year. It couldn't be done without you! If you think that your son/daughter should feature in our 'Rising Stars' section then please email [s.winstanley@crgs.org.uk](mailto:s.winstanley@crgs.org.uk) with the details.

You can also follow us on our Twitter page: #CRGSPE