

Sporting News!

Year 9 Race for Life 5K Challenge

During lessons year 9 pupils engaged in developing and participating in their own training programme to complete the Race for Life 5K. This also included designing their own course which they were they to complete as the final race. Almost 40 pupils ran the final race with some pupils really pushing themselves with quick time but all completing with a great effort. Our sports council were also paramount in helping the race run smoothly by timekeeping, position placing and marshalling the course. Da iawn to all involved!



Boys Athletics

It has been another very encouraging season so far with some excellent individual and team performances. The Junior team (Y8/9) came 4th in the Cardiff and Vale Championships . Notable performances from Joel Addicott (2nd) in the 1500m walk, Liam Walker (4th) in the shot putt, Gabe Harcombe (3rd) in the triple Jump and Zak Wall (y8) (4th) in the 100m were the highlights! Joel Addicott has been selected to represent Cardiff and Vale at the forthcoming Welsh Championships in July. In addition Ellis Maullin Davies , Cameron Taylor, Jacob Maullin Davies, Mark Mellor and Jordan Lewis have been selected to compete.

The Middle team (Y10/11) also performed well gaining 4th position in their championships. Cameron Taylor and Mark Mellor became County Champions for javelin and pole vault respectively. Lukas Lacey Hughes was 2nd in the 800m, Sam Maullin Davies 2nd in the discus, Jordan Lewis 2nd in both javelin and hammer.

A number of the school's athletes have been selected for the Cardiff and Vale combined events team. Gabe Harcombe for the junior team and Jordan Lewis, Jacob and Sam Maullin Davies for the Middle team.

Finally we have the pleasure of announcing that that Year 7/8 boys athletics team who won the A cup final will represent Cardiff and Vale in the Welsh Schools Cup Competition on July 13th in Brecon.



Girls Football

KS3

The KS3 team, consisting of year 7, 8 and 9 pupils drew a tough league this year with Plasmawr, Glantaf, Mary Immaculate and Bro Edern. The first game was against rivals Glantaf where the girls played some outstanding football but unfortunately it was not to be as a Glantaf free kick secured a 1-0 loss for us. They comfortably beat Plasmawr 3-1 and narrowly Bro Edern, but missed out on a place in the semi-finals with a loss to Mary Immaculate in extremely difficult, muddy, and wet conditions.

All KS3 team players were also involved in numerous 5 and 6-a-side tournaments throughout the year. In the Cardiff Games 6-a-side tournament in Rhymney, Year 8/9 finished 4th in a very tough competition whilst Year 7 were strongly victorious winning all their games including 4-0 in the final! Year 7 also came runners up in an inter-schools tournament at Whitchurch Power League losing narrowly to a strong Bro Morgannwg side. Year 8 were recently involved in a South Wales Police Railway Safety 5-a-side tournament where they met some tough competition against a lot of Swansea and Rhondda Valley schools. Unfortunately, the girls didn't come away with any silverware but learned a lot about being rail safe!



KS4

The KS4 girls' football team which consisted of year 9, 10 and 11 pupils completed the year undefeated in their league pool. They went on to face Stanwell in a tough semi-final, particularly in the first half, but their determination powered through eventually winning 3-1 and advancing to the final of the Cardiff and Vale Cup. In the final, they faced an also undefeated Glantaf side. It was an extremely close game with exceptional play from both sides ultimately ending 1-1 at full time meaning it would be decided on penalties. Sadly, the team narrowly missed out on the title after losing in sudden death penalties (7-6!). However, the girls showed an incredible level of sportsmanship throughout the game and were an absolute credit to themselves and the school.



Young Ambassadors

The PE Department would like to congratulate Ellie Beddall, Elena George, Jamie Hilton and James Bettinson on becoming the new Young Ambassadors for Cardiff High after attending their first training day in May. All four pupils were selected for both their sporting ability as well as their significant contributions to PE and school sport and we feel they are an excellent representation of Cardiff High. We look forward to the new ideas they will bring to the school about sport, PE and participation over the next two years! We would also like to thank Year 11 pupils Grace Charles, Erin Oelmann, Tasnim Zaman, Zaid Dudhniwala, Ali Shah and Mujahid Amjad for their contributions and commitment as Young Ambassadors over the last two years.



NEWSLETTER – GIRLS ATHLETICS



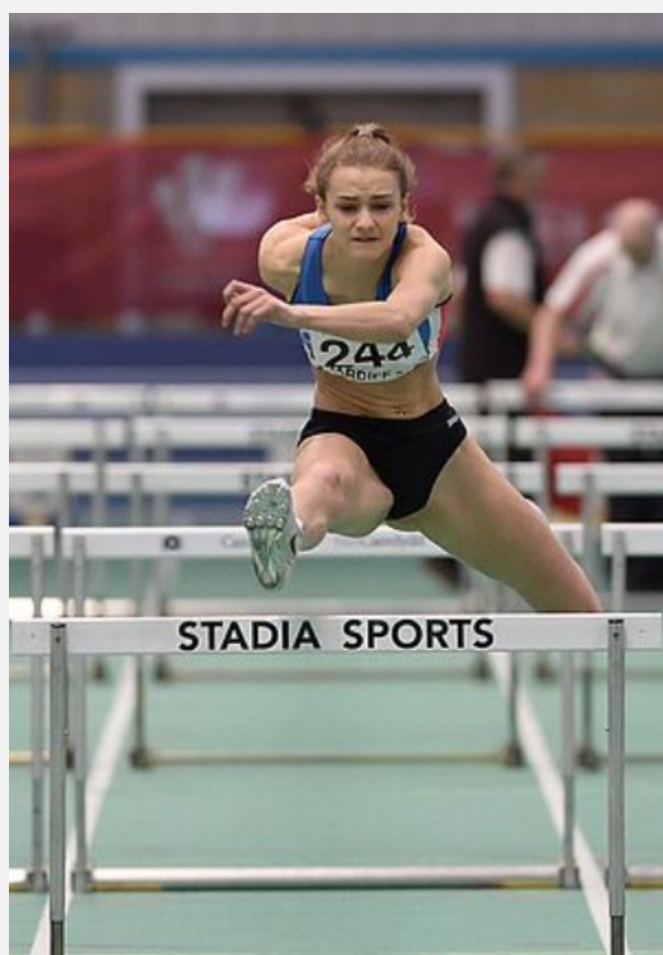
The girls have made a very promising start to the Athletics Season. The season opened with the Middle Championships (Year 10 & 11) whereby we finished in overall 4th place, highlights were Anna Bevan finishing 3rd in the 100m and Grace Lim also finishing in 3rd place in the javelin.

The Combined Events competition saw Ellie Beddall (Year 9) finish in 2nd place and, as a result, she has been selected to represent Cardiff and the Vale in the Welsh Schools Combined Events Championship next month.

In the recent Junior Championships (Year 8 & 9) the girls finished in 2nd place in the team competition. There were many notable performances and three of our pupils were crowned County Champions. Emma Fitzherbert

won the javelin with a Championship best performance of 27.13m, Josie Pasley won the HJ and Ellie Beddall won the shot put. Funmi Oduwaiye claimed 2nd place in the shot and hammer, and 3rd in the discus.

Huge Congratulations to Lauren Evans (Year 12) who was been selected to represent Wales (100m Hurdles) in the Commonwealth Youth Games in the Bahamas at the end of July. Lauren is one of only six athletes that has been selected and we wish her all the very best for the competition.



Netball



The popularity and success of netball continues to grow across the year groups in Cardiff High. From huge numbers attending weekly training sessions, through to county finals, National finals and International players. This season has been a busy one!

Year 7 have made an excellent start to their netball adventure in Cardiff High and have trained exceptionally hard this year.

They show real promise and determination reaching the county finals in their first year which bodes very well for the future.

Year 8 have continued to build on their success in the previous year, they have had a mixed season with some emphatic victories and some frustrating defeats, narrowly missing out on a place in county finals.

Year 9 have continued to go from strength to strength and ensured that they were qualifying for the county finals this year. They played with real passion and determination, finishing a closely contested second place.

Year 10 have made the leap into the ranks of senior training and have found some of the transition quite challenging. Many of the team also feature in the U16 Ann Smart team who qualified for the Cardiff & Vale final.

Year 11 had another successful season, fully involved in the U16 Ann Smart tournament and Cardiff & Vale County finals. Despite a heavy workload in their GCSE year the yr11 team have shown commitment to training and fixtures this year, culminating in the county finals in March.



Senior netball has continued to build on the success of previous years by winning both the U18 county netball tournament and the Cardiff & Vale President's Cup tournament for a second year. The seniors progressed to national finals in Cwmbran, finishing a very well deserved 2nd... by one goal. They have set their sights on 2018!

A huge number of all squads attend clubs outside school and represent the local hubs, county teams, Welsh Netball DTC and PTC as well as being selected as part of the U17 squad. Well done to all our players on another successful season.



Football Round Up

Year 7

Year 7 have had a very encouraging year! A comprehensive 5-1 victory in the CVSFA semi-final v Whitchurch High School was the standout performance of the season, capped by the goal of the season from midfielder Aaron Baxter. The boys played Corpus Christi in the CVSFA Cup final, drawing 1-1 with before losing on penalties. The goal was scored by prolific goal scorer Rhodri Jenkins. In the Welsh Schools Cup the boys reached the quarter finals, beating Y Pant School 2-1 in the last 16, before eventually losing to Olchfa. Dan Buffrey and Freddie Bartrop have been a solid centre back partnership whilst Harry Bedall has been an influential figure in midfield. A very successful first season from a team with lots of potential.



Year 8

Y8's journey in the WSFA cup was ended following a narrow defeat to a physical Llanishen side.

The reigning CVSFA champions produced a magnificent team performance in the quarter finals to beat Y7 Welsh Cup Champions Bishop of Llandaff, coming from a goal down to win 2-1 with two late goals. A penalty shootout victory v Barry meant a second successive final, this time against Plasmawr. Plasmawr were comfortable winners on the day, but huge credit to the boys for not giving up and the achievement of reaching back-to-back finals should not be underestimated. James Bettinson and Finlay



Charles have shone in midfield whilst Jack Lock has made crucial saves in big moments in games.

Year 9

The reigning CVSFA endured a frustrating season with an early cup defeat in the WSFA by Corpus Christi. The boys found success in the CVSFA cup with a comprehensive victory over Bro Morgannwg. The season was ended in an enthralling encounter with Barry, Y9 losing 6-5 in the closing stages of the game. Owain Jenkins, Joe Bassett and Kyle Evans have been a regularly source of goals, whilst James Emberton has demonstrated an excellent attitude in midfield with consistent performances.

Year 10

Y10 began the season being knocked out of the WSFA cup by St Teilo's, failing to recover after being 3-0 down after 10 minutes. The boys responded brilliantly with a 5-0 victory against Corpus Christi in the CVSFA cup, with Cameron Carver impressing in the number 10 position. The boys' improved resilience was demonstrated with a 3-2 comeback victory against St Illtyd's in the semi-finals, Josh Evans scoring twice including a late winner. This set up a final against St Teilo's at Cardiff Met, despite going a goal down early in the game, the boys responded to win 3-1 and become CVSFA Champions! Barney Soady scored twice with composed finishes, with MOTM Toby Yebdri scoring the final goal. Rhys Jenkins has been solid at centre back all season with Ed Rimell and Harry Powell forming a solid and consistent midfield pair. The boys deserve huge credit for becoming Champions for the first time, not bad for a team which won one game last season!



Year 11

Y11 won a very entertaining friendly v Llanishen, with Luke Robinson and James Davies impressing up front. The boys were knocked out of their only cup competition against St Teilo's, resulting in competitive football ending early in the year. A fantastic group of boys who have always represented the school with pride, playing an entertaining brand of football. Many of the squad will look forward to the challenges of Senior football next season.

Seniors

Lightning struck twice for the Senior football team in the WSFA cup as they were knocked out in the first round, this time on penalties against Llanishen. In the U19s college's cup the team produced a stunning 8-1 victory over Morriston, with captain Tiago Micallef hitting a hat-trick. Their run in that competition was ended with a narrow 4-2 defeat to Cardiff and Vale collage. In the CVSFA cup, the boys produced a clinical first half performance to eventually defeat Bishop of Llandaff 4-2. The boys reached the semi-final, unfortunately losing 3-1 to St Teilo's in difficult conditions. James Driscoll has impressed with his quality in the final third, whilst Joe Tong has continued to be a regular goal scorer. Good bye to the current Y13s, a year group which has been a part of many regional and national winning teams.



Cardiff HS Rugby 2016/17



It's been a typically busy season with a large number of fixtures being played from Year 7 to Year 13. Large numbers of pupils have taken the opportunity to represent the school with many notable results both in fifteen a side rugby and sevens. Year 7 have been very impressive playing an excellent brand of rugby which promises much for the future. Particularly pleasing was the performance in the Urdd National Schools Sevens where the boys went all the way to the semi- final before losing

narrowly to the eventual winners. Year 8 have also had an excellent season only losing once in the league before losing 25-24 in the cup semi-final to Llanishen in an epic encounter. They also have performed superbly in sevens, winning the plate competition in the very prestigious Stoneyhurst College Sevens, before moving on to the National School Sevens in Rosslyn Park London where the boys won 5 of their 6 games losing narrowly in their final fixture. Year 9 also visited London for the national sevens and performed with great determination in a very difficult group. They then showed what they learnt by performing very well in the Urdd National Sevens in Bridgend. The highlight in fifteen a side was a fine win over Whitchurch HS towards the end of the season. Year 10 are a very talented side who performed very well to reach the final of the Cardiff Schools Cup played at Cardiff Arms Park. The boys lost narrowly to a very powerful Whitchurch side, receiving many compliments for their skill and commitment.



Congratulations to Rhys Jenkins Sam Barratt Harry Powell and Nate Charles who have all been part of the Cardiff schools Under 15 squad this year and Joel Coughlin and Billy Davies who have been part of The Cardiff Blues South Squad this season with Joel showing his potential by coming close to national selection.