

Monmouth Comprehensive School

Ysgol Gyfun Trefynwy



SPORTS AWARDS EVENING

Noson Wobrwyo Chwaraeon

14 July 2026

Gorffennaf 14, 2026

Welcome to our Awards Evening.

We are delighted that you are able to join us to celebrate the successes and achievements of our students.

We are very proud of all of our students, and the award-winners who receive their certificates tonight are all exceptional individuals who have really shone in a particular area of school life.

You will find comments written by MCS PE staff members underneath each award, explaining why that particular student has been chosen.

I hope that you enjoy the evening.

Kind regards,

Emma Biddle
Faculty Leader – Physical Education

Please note: still photography will be used during the evening, for publicity purposes

Sports Awards Evening 2026

Programme

Welcome address	Miss Biddle
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Awards	PE Faculty
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Refreshments	Please join us for a drink and a slice of cake
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Year 7 Football – Player of the Year**Tommy Tempest**

Tommy has led from the front this season, as captain of Year 7. He has demonstrated a great attitude against all challenges and been extremely supportive of his peers. His positioning and reading of the game has improved superbly. Well done, Tommy.

Year 7 Football - Dedication**Jack Hinchcliffe**

Jack has attended all season, no matter the weather or number of students. He has shown a steely determination to play and get better and has been willing to take any role/play any position to represent the school. Fantastic attitude! Well done, Jack.

Year 8 Football – Player of the Year**Owen Brain**

Owen has once again been a driving force throughout the season, setting the tone with his consistency and the calm, assured leadership he brings as captain. His technical quality and outstanding reading of the game have shaped the team's style, giving us control in crucial moments and lifting the players around him. His strike in the Newport Cup final was arguably the goal of the season — a moment of sheer brilliance and a perfect way to close out a triumphant campaign.

Year 8 Football – Dedication**Blake Bartlett**

Blake has been an integral and ever-consistent part of this cup-winning side. Whether playing at RB or LB, there has been a clear and impressive improvement in the defensive side of his game throughout the season. He has shown exemplary resilience in every match and training session, most notably when he bounced back so strongly from the one occasion he didn't make the squad. I have no doubt that Blake will continue to play a pivotal role in this team in the years to come.

Year 9 Football – Player of the Year**Reagan Heath**

Reagan has gone from strength to strength this season. A switch to CB has seen his game develop no end. A combination of ability, physical strength and reading of the game has meant that he has been integral to the success of Year 9 this season. His goal in the last few minutes of the Newport Cup semi-final is, without doubt, the best moment of the season! Well done, Reagan.

Year 9 Football - Dedication**Oliver Crew**

Oliver has shown nothing but a fantastic attitude towards playing school football and supporting his team mates for the past three years. He is happy to play any role within the team and can always be relied upon to come onto the pitch and make an impact. Fantastic work Oliver, well done.

Year 10 Football – Player of the Year**Cameron Heath**

Cameron has been one of the standout performers for the Year 10 football team this season. As captain, he has led by example and played a key role in driving the team forward. Year 10 were unfortunate not to progress further in the Newport and Welsh Cups, narrowly losing on penalties. One of Cameron's best performances came against Llanwern in the Newport Cup, where he faced the current Wales Under-15 captain. Cameron more than matched his opponent and produced one of the best performances I have seen in an MCS shirt, highlighting the level he can reach with continued hard work.

Cameron has also impressed when playing for the year above, showing maturity and confidence beyond his years. His performances earned him a well-deserved senior call-up, and he marked the occasion by scoring in an 8–2 Newport Cup victory over St Joseph’s. In doing so, he became the youngest player in recent history to play and score for the MCS Under-18 team.

Year 10 Football - Dedication

Harry McGowan

Harry has established himself as a regular starter for the Year 10 football team this season and is now one of the first names on the teamsheet. After being in and out of the side in previous years, Harry has worked hard to improve his performances and has made significant progress in all aspects of his game.

A tenacious tackler and dependable defender, Harry is someone you can always rely on to win a 50/50 challenge. He plays with his heart on his sleeve, never shies away from a battle, and will always give everything for the jersey and his teammates.

His commitment, determination and attitude have been excellent throughout the season, and he should be proud of the progress he has made. Well done on a great season Harry - keep up the hard work!

Year 11 Football – Player of the Year

Joel Healy

Joel has been one of the top performers in MCS football throughout his time at the school, and it has been a pleasure to watch him develop into an outstanding footballer.

While physicality has sometimes been a challenge for Joel over the years, he has more than compensated with his exceptional technical ability. As he continues to develop physically, I have every confidence he has all the attributes needed to progress to higher levels of the game and achieve success. A skilful and intelligent player, Joel possesses excellent passing ability, outstanding vision, and a keen eye for goal. This season, he has played a major role in the success of the senior team, making an instrumental contribution to their Newport Cup triumph and helping them secure a runners-up finish in the Gwent Cup.

Well done on an excellent season, Joel, and thank you for all your efforts and commitment to football at MCS over the years. I wish you every success in your next steps and, as always, you will be very welcome back at MCS should you ever change your mind!

Year 11 Football - Dedication

Seb Jones

Seb personifies perseverance and dedication. Despite not starting as many games as he would have liked over the past few years, he has never given up and has remained fully committed to football at MCS. He has played a significant role in the team's success, proving himself to be a dependable and valued squad member who can always be called upon when needed.

Seb is always willing to play in any position and consistently gives his all for the team. A fantastic team player, he is highly valued and respected by the rest of the squad for his selfless attitude and unwavering commitment.

Seb's hard work, resilience, and dedication to school sport are a real testament to his character. His positive attitude and willingness to put the team first have earned the respect of both his teammates and coaches.

Thank you, Seb, for your outstanding commitment to football over the years. Your dedication has been greatly appreciated and has set an excellent example for others to follow.

Senior Football – Player of the Year

Jack Palmer

Jack's contribution to football at MCS over the years has been immense, and his achievements are truly remarkable. A Newport Cup winner, multiple Gwent Cup winner, and Welsh Cup champion, Jack leaves MCS as one of the most decorated footballers in the school's history.

Over the last two years in particular, Jack has shown outstanding commitment to MCS football. Despite balancing school, football and work, he always made himself available for matches—even if it meant cancelling the odd Greggs shift! His dedication to the team has been unwavering, and he has consistently put school football first. On the pitch, Jack has delivered when it mattered most, scoring a number of crucial goals over the last two seasons. His commitment, leadership, and influence within the squad saw him deservedly named captain of the senior team this year. Leading by example both on and off the field, he guided the team to Newport Cup success and a Gwent Cup runners-up finish this season, following the outstanding Gwent and Welsh Cup double achieved last year.

That record represents an incredible return from an incredible player. More importantly, Jack's work ethic, leadership, and commitment have left a lasting impact on MCS football. Thank you, Jack, for all your hard work, dedication, and service to school football over the years. We wish you every success in your next steps and all the very best for the future, both on and off the pitch.

Senior Football - Dedication

Ashton Morgan

Ashton has been a fantastic servant to MCS football over the years. A consistently high performer, he has been a pivotal part of the team and someone who can always be relied upon to deliver when it matters most.

After suffering a serious knee injury and spending a prolonged period on the sidelines, Ashton has shown tremendous perseverance and resilience to work his way back into the team. Following his first appearance after nearly two years out, he jokingly told me he was retiring after 30 minutes, but true to character, he never gave up and remained committed to his recovery.

The road back has been long, challenging, and often frustrating, but Ashton has approached it with determination and patience. It has been fantastic to see him return during the latter stages of the season, and his experience and leadership have proved invaluable to the squad. Ashton played a significant role in the team's success this season, helping the side secure the Newport Cup and finish as Gwent Cup runners-up. His commitment, resilience, and contribution to MCS football over the years deserve tremendous recognition.

Thank you, Ashton, for everything you have given to school football. Your dedication and determination have been an inspiration, and we wish you every success in the future.

Year 7 Girls Football – Player of the Year**Erin Williams**

Erin is a player that once she crosses the 'white line', demonstrates a grit and determination that is second to none. Whether playing for the Year 7 or Year 8 team, Erin's performances have been standout and, as the goalkeeper, leads by example. Erin is a top goalkeeper and has a habit of making spectacular saves out of nowhere, denying goals that seem certain. Despite being a talented individual, she has a thirst for improvement, putting 100% effort into all training sessions. Erin is a role model to all that play with her and I am excited to see where her football journey takes her in the future. Fab work Erin, well done.

Year 7 Girls Football - Dedication**Pippa Waite**

Pippa has had a fantastic first season representing MCS in the Under 13 Girls team. Pippa demonstrates dedication, work ethic and tenacity in every game when playing football for MCS. Pippa's work ethic is to give 100% every game which has not only had a positive impact on those who around her, it has also resulted in her producing a number of quality assists during highly competitive situations. If she continues to be as dedicated as she has been, she has the potential to become a superb footballer. Well done, Pippa.

Year 8 Girls Football – Player of the Year**Erin Sullivan**

Erin has had a great season representing MCS in the Under 13 Girls team. Erin demonstrates dedication, work ethic and tenacity in every game when playing football for MCS. Erin's work ethic is to give 100% every game which has not only had a positive impact on those who around her, it has also resulted in her producing a number of quality assists and scoring goals during highly competitive situations. The breaking down of play through her quality defending consistently gave the U13s attacking opportunities this season. Erin's versatility has been equally impressive. Well done, Erin.

Year 8 Girls Football - Dedication**Teigan Bowen**

Teigan has been a valuable member of the Under 13's Girls team this season. Teigan's versatility has been equally impressive. When called upon to play as a striker, she rose to the occasion brilliantly, showing courage and composure under high pressure situations. Her willingness to play wherever the team needs her, combined with her good performances in both defence and attack, has made her an invaluable member of the squad this season. Well done Teigan.

Year 9 Girls Football – Player of the Year**Rey Aigbe**

Rey has had a great season representing MCS in the Under 15 Girls team. Rey demonstrates dedication and fantastic work ethic in every game when playing football for MCS. Rey gives 100% every game which has a positive impact on those who around her, she has also shown great confidence on the ball, driving forward down the wing and delivering dangerous crosses into the box to create attacking opportunities. We are very much looking forward to her continued progression, well done Rey.

Year 9 Girls Football - Dedication**Alexis Waite**

Alexis has had a great season representing MCS in the Under 15 Girls team. Alexis demonstrates dedication, work ethic and tenacity in every game when playing football for MCS. She gives 100% every game which has not only had a positive impact on those who around her, it has also resulted

in her producing a number of quality assists and scoring during highly competitive games. The breaking down of play through her quality defending consistently gave the Under 15's attacking opportunities this season. Keep up the great work, well done Alexis.

Year 10 Girls Football – Player of the Year

Lily Cornish

Lily is a well-mannered, incredibly polite young lady who, once she runs out on the pitch, demonstrates a grit and determination that is second to none. Her talent, sportsmanship and contribution to the team has truly set her apart. Lily performs her defensive role with confidence and consistency, providing a strong and reliable presence at the back. She also has the ability to turn defence into attack, driving forward with purpose and creating excellent attacking opportunities for her teammates with her runs and quality delivery into the box. Fab work Lily, well done.

Year 10 Girls Football - Dedication

Freya Williams

Freya has had another fantastic season representing MCS Girls football in the Under 15 team. Freya's work ethic is to give 100% every game which has not only had a positive impact on those who around her but has seen her involved in the breaking down of play through her quality defending. Her determination, strength, and composure have made her a formidable presence at the back, consistently winning challenges and protecting the ball when it mattered most. Freya has made massive strides in her football development this year, showing great confidence on the ball. We are very much looking forward to her continued progression. Well done, Freya.

Senior Girls Football – Player of the Year

Izzy Hobson

Izzy has made an excellent contribution to Girls football during her time at MCS and has been a fantastic player throughout her school football journey. Her effort levels and work rate are exceptional in all games that she represents and Izzy always gives 100% in every game and her work rate to support the senior team is phenomenal. Izzy has been an absolute force in her midfield duties in matches this year and has often been seen confidently driving through the pitch and scoring some amazing goals. Izzy is an amazing role model to her younger peers and her calm and collected nature in competitive situations is of great influence on the team. Thank you for all your efforts over the years, Izzy, representing MCS, it's been a real pleasure.

Senior Girls Football - Dedication

Jessica Stoddard

Jessica is always one of the first players to be named on the team sheet. Her effort levels and work rate are exceptional in all games that she represents MCS Girls Football in. Jessica always gives 100% in every game and her work rate to support the team is phenomenal. Jessica has been an absolute rock when playing in defence. When called upon to play as a striker, she rose to the occasion brilliantly, showing courage and composure under pressure to score some superb goals. Well done, Jessica.

Year 7 Rugby – Player of the Year

Bro de Havilland-Hall

Bro has received the Year 7 Player of the Year award in recognition of his outstanding commitment, enthusiasm, and positive attitude throughout the season. He gives 100% in every training session and match, demonstrating a real passion for the game. As a supportive teammate, he is always willing to encourage others and contributes positively both on and off the field.

His dedication, team-first mentality, and genuine enthusiasm for rugby have made him a valued member of the squad and a thoroughly deserving recipient of this award.

Year 7 Rugby - Dedication

Finlay McGrath

Finlay has earned the Dedication Award through his unwavering commitment to training and matches, bringing enthusiasm and energy to every session and game. His positive attitude and willingness to give his best have made him a valued member of the squad. Always supportive of his teammates, Finlay leads by example with his encouragement and team-first mentality. His willingness to listen, learn, and improve demonstrates a highly coachable attitude, making him a pleasure to work with throughout the season.

Year 8 Rugby – Player of the Year

Dylan Stockwell

A student with much potential in the game of rugby. Dylan wins this award for his superb display in the final where he continuously drove the team forward and showed his quality during a tough game. Well done, Dylan.

Year 8 Rugby - Dedication

Harri Haines

Harri has shown superb dedication to improving his rugby, over the past two years. He has grown from strength to strength and has the potential to become a good player in the future. His attitude is nothing short of fantastic. Well done, Harri.

Year 9 Rugby – Player of the Year

Ellis Jones

Ellis' impact on MCS rugby has been huge since joining the school in Year 8. From his very first game, it was clear he was an outstanding rugby player, helping the team achieve success early on with victory in the Newport Schools Bowl competition.

This season, Ellis has once again been a pivotal player. Playing at outside half, he makes the team tick in attack with his vision, creativity, and ability to put teammates into space. His pace and footwork have seen him score some outstanding solo tries over the last two seasons. In defence, Ellis leads by example. He organises the defensive line for the backs and never shies away from a tackle, showing the commitment and determination that make him such a valued member of the team.

Well done on a fantastic season, Ellis, and thank you for your contribution to MCS rugby.

Year 9 Rugby - Dedication

Jude Eckley

Jude's passion for rugby is clear for everyone to see. Every time I see him, he's asking when the next game is as he's eager to get back on the pitch. A talented rugby player, Jude is always one of the first names on the team sheet and has the ability to play in a variety of positions.

Over the years, it has been fantastic to watch his development. He is a powerful ball carrier, a ferocious tackler who never backs down from a challenge, and someone who leads by example in both attack and defence. His work rate, commitment, and attitude make him a great leader and a positive influence on his teammates. It has also been great to see Jude challenge himself by playing for the year group above, and I look forward to seeing his continued development next season.

Well done on a fantastic season, Jude, and thank you for all your efforts and commitment to MCS rugby.

Year 10 Rugby – Player of the Year

Ben Hopkins-Firth

Ben has consistently demonstrated excellence through his commitment, leadership, and attitude throughout the season. Ben leads by example both on and off the field, setting high standards through his work ethic, determination, and respect for teammates, coaches, and opponents. He embraces every challenge with a positive, coachable mindset, always willing to learn, improve, and support those around them.

Ben's dedication to the team, ability to inspire others, and unwavering commitment to personal and collective success make him a truly deserving recipient of this award.

Year 10 Rugby - Dedication

Ryan Rastall

Ryan is the definition of a team player. Throughout the season, he has shown outstanding dedication by willingly stepping into a variety of positions whenever the team has needed him, giving nothing less than 100% every time. He is a strong and determined ball carrier with excellent rugby knowledge, Ryan consistently makes a positive impact on the game. His willingness to listen, learn, and apply feedback reflects his highly coachable attitude, making him a pleasure to work with.

Ryan's selfless commitment, versatility, and unwavering support for his teammates has made him an invaluable asset to the squad and a thoroughly deserving recipient of the Dedication Award.

Year 11 Rugby – Player of the Year

Ethan Davies

Ethan is a talented rugby player with an excellent understanding of the game. Calm and composed, he quietly goes about his business, allowing his performances to do the talking. His rugby intelligence, skill, and consistency make a significant impact in every game, and his contribution to the team has been invaluable throughout the season.

A deserving recipient of the Year 11 Player of the Year award, Ethan's talent, commitment, and consistent performances have set a fantastic example for his teammates. We wish all the very best for the future Ethan.

Year 11 Rugby - Dedication

Dan Andrews

Dan has earned this year's Dedication Award through his outstanding determination, commitment, and exceptional work ethic. He approaches training and matches with a positive attitude, always giving his best for the team.

A popular and highly valued member of the squad, Dan's reliability, enthusiasm, and willingness to put the team first have made him an important part of the group. His consistent effort and dedication throughout the season make him a thoroughly deserving recipient of this award.

Year 7 Netball – Player of the Year**Ada Haeffner**

Ada is developing into a fantastic netballer! She has gone from strength to strength over the course of the academic year. Ada has developed her skills of shooting but most impressively she has developed her ability to build attacking play, making strong runs and dodging defenders in order to get herself free to receive the ball. Well done, Ada.

Year 7 Netball - Dedication**Cerys Williams**

Cerys has been a dedicated netballer this academic year and has really shone within the team. Her enthusiasm has been infectious and she always gives 100% in training and matches. Cerys is continually improving in her knowledge and understanding of netball and this is giving her a sound platform to continue progressing. Cerys is a real team player and will support others in developing their skills. Keep up the hard work Cerys.

Year 8 Netball – Player of the Year**Molly Hayes**

Molly has represented MCS in every match this season and her performances throughout have been outstanding. Molly is an exceptional player and can play multiple positions to the highest standard, being the teams key shooter this season. Her determination to be successful is infectious. Molly's dedication to training, matches and her captaincy has strengthened the team's unity and propelled the team to some great performances. Molly has also been selected for regionals. Well done, Molly.

Year 8 Netball - Dedication**Megan Roberts**

Megan is always enthusiastic about playing netball and has shown an excellent knowledge and understanding of the game. Her skills have developed well this season, becoming a core centre court player for the team this season. She is a highly valued team member and has made a big impact in matches played. She is dedicated to training and always brings the fun! Well done Megan

Year 9 Netball – Player of the Year**Aneira Rhys-Williams**

Aneira is a brilliant player on the court, her determination and talent shining through in every match. She has represented MCS all season, taking on the leadership role of captain where she led by example and inspired her team both on and off the court. She has been a stand out player this year earning Player of the Match in many games. Aneira has also played county netball this year, a great achievement. Well done, Aneira.

Year 9 Netball – Dedication**Matilda Bryce**

Tilly's enthusiasm for netball is excellent. She is an individual who is always at training and always makes herself available to play for school. Tilly is a lovely netball player whose determination and hard work to be the best player she can be are outstanding. Tilly has shown great versatility this season, playing out of her usual position and bringing great strength to the team's defence. Well done to Tilly on her excellent year.

Year 10 Netball – Player of the Year**Daisy Laurie**

Daisy is an exceptional netball player. Whenever she steps foot on the court, she is an inspiration to those around her. She has truly taken on the role of captain this season organising the girls on and off the court. Her positivity and work ethic radiate from her. She has been a core player this season and her shooting accuracy a major factor in the team reaching the Newport and Gwent schools final. After being selected for Welsh regional this year, we wish her all the success she deserves. Well done, Daisy,

Year 10 Netball – Dedication**Sienna Oliver**

Sienna has had a fantastic season, with her netball skills and games play continuing to develop and grow throughout the season. She has been a ferocious competitor this season, aiding the team getting all way to the Newport and Gwent schools final. Sienna's work ethic and determination on court has inspired her team along with the brilliant performances she has produced in every match often earning her Player of the Match from the opposing team. Sienna has also played regional this year which is a great achievement. Well done, Sienna.

Year 7 Hockey – Player of the Year**Alana Davies**

Alana has been a force to be reckoned with in Hockey this academic year. She has a natural ability within the sport and has gone from strength to strength. She has a real determination and confidence when defending and made some outstanding tackles in the competitive match played against King Henry. Well done, Alana.

Y7 Hockey – Dedication**Poppy Smith**

Poppy is a very hardworking student who has really shone within Hockey. She has regularly attended Hockey club and has made excellent progress in both her individual skills and in applying tactics within a competitive match. Poppy always has a smile on her face and will never give up! Well done Poppy, keep up the good work.

Y8 & 9 Hockey – Player of the Year**Gloria Sacree**

Gloria has been one of the outstanding players at Hockey Club this year. She has attended every training session and this has supported the significant development of her skills and tactics. She is a very hard-working individual and her determination is clear to see; she will chase every ball and attempt to make every tackle, she really doesn't give up. This 'can do' attitude will really take her far, keep up the hard work, Gloria.

Y8 & 9 Hockey – Dedication**Charles Sambrook**

Charles is relatively new to Hockey. Having joined Hockey club at the start of this year, he has made excellent progress in both his individual skills as well as his ability to work as part of a team. It has been great to witness this development and Charles has really become a popular member of Hockey club, with both peers and staff alike! His confidence and resilience has grown over the year and it is great to see that he always plays with a smile on his face. Well done, Charles.

Junior Rowing – Rower of the Year

Charlie Grove

Charlie has been recognised for his outstanding dedication to training and his steadfast commitment throughout the season. He has shown real initiative and versatility, achieving success in the single while also adapting impressively to sweep rowing. Charlie is indicative of a very strong group of junior athletes, but his performances have given him the edge, and he now represents that progress as part of the J18 4 - preparing for the British Junior Championships.

Junior Rowing - Improvement

Summer Anderson/Danny Meyrick-Laud

The Junior Rowing Improvement category has been especially competitive this year, making it very difficult to identify just one stand-alone candidate. Both Summer and Danny have shown clear progress, determination and character, and each has made a strong case for recognition through their attitude, performances and development across the season.

Summer has brought huge enthusiasm to her rowing and has shown great character in competition. As part of the Women's J14 crew, she played her part in overturning the boys' category after a rerow at Monmouth, demonstrating resilience and composure under pressure. She followed that achievement with a win in the double, underlining both her growing confidence and her ability to contribute strongly in different crew combinations.

Danny has also shown himself to be a determined and developing athlete. He has continued to improve in team boats while also showing what he can do in the single, proving that he is prepared to test himself in different environments. His progress reflects a strong work ethic and a willingness to keep pushing forward, whatever boat he is asked to race in.

Senior Rowing – Rower of the Year

Emily Sanger

Emily has been a true lynchpin of the Women's squad crews this season. Her commitment, consistency and positive influence have helped provide a strong foundation for those around her, and she has applied herself fully to both training and racing. Her decision to trial for Wales reflects her ambition and the standards she sets for herself, making her a deserving recipient of Senior Rower of the Year.

Senior Rowing – Improvement

Evan Pardington/Lewys Baker

Evan has pushed his limits throughout the year and shown a clear desire to challenge himself at a higher level, including working towards the possibility of an American scholarship. His commitment to improvement has been evident in the way he has approached training and competition, and he has continued to develop as an important part of the senior squad.

Lewys has refined his ability as a crew maker, helping bring combinations together and strengthening the overall performance of the group. Alongside Evan, he has made himself an integral part of the top quartet in both sculling and sweep. Their improvement has been marked not only by individual progress, but also by the contribution they have made to the strength and cohesion of the senior squad.

KS3 Athletics – Athlete of the Year

Evie Andrews

Well, I don't really know where to start with this young lady. In a few months she's gone from representing MCS at the Newport East Athletics competition to winning two silver medals at the Welsh Athletics Championships! Evie is an outstanding natural talent who really seems to have found her strength within Athletics. Having never jumped a hurdle in competition before, Evie happily put herself forward to compete in the 75m hurdles at the Newport East Competition. Having won this event, she then qualified for the County Championships, representing Newport East, where she also came 1st. This meant that she was then selected to represent South East Wales at the Welsh Championships where she won a silver medal, making her the 2nd quickest athlete in the 75m hurdles for her age category in Wales! She was then also selected to be part of the 4x100m relay team for South East Wales where her team, who she had never met before the Welsh Championships, also came a phenomenal 2nd place.

These are outstanding achievements considering her infancy in the sport. Well done, Evie!

KS3 Athletics - Dedication

Will Roberts

Will has really impressed within Athletics this academic year. Will represented MCS at the Newport East Championships and came an impressive 2nd place in the 3000m, missing 1st place by only 4 seconds. This was even more impressive as Will was competing in the U16 category, therefore competing against a number of Year 10 students. From this result, Will qualified to represent Newport East at the County Championships. Will finished a commendable 5th at the County Championships. Really well done Will - we look forward to seeing you race next year.

KS4 Athletics – Athlete of the Year

Lily Cornish

Lily has had a fantastic year within both Cross Country and Athletics. Within Cross Country Lily was selected to race at the Welsh Cross Country Championships where she came an impressive 21st in the U16 Girls category. Within Athletics Lily represented MCS at the Newport East Championships where she came 1st in the 3000m. Lily was then selected to represent Newport East at the County Championships. Lily came 2nd in the 3000m at the County Championships and this led to her being selected to represent South East Wales at the Welsh Championships. Lily finished an impressive 4th place, narrowly missing out on a medal, at the Welsh Championships. Well done on an excellent season, Lily.

Leadership Academy Award

Alexis Waite

Alexis has been a fantastic addition to the Monmouth Leadership Academy Programme. As part of Alexis' volunteer hours, she has supported Mon Life at a range of events, including school cross country events at the start of the year and within our Learn to Swim programme. Alexis has shown excellent reliability and leadership throughout her volunteering and has always been willing to support staff and participants wherever needed. She has been a valued member of the team and has demonstrated a positive attitude and commitment to volunteering. A key part of Alexis' journey has been seeing her confidence grow while making a positive contribution to both Mon Life and the wider community.

The whole of Mon Life team would like to congratulate Alexis on this award and thank her for her outstanding contribution.

GCSE PE – High Achievement

Tarran Evans

It is with great pleasure that we recognise Tarran for his outstanding achievement in GCSE Physical Education. Throughout the course, Tarran has consistently demonstrated exceptional commitment, determination, and enthusiasm in both the theoretical and practical aspects of the subject. His excellent knowledge and understanding of key concepts, combined with his dedication to developing his practical performance, have enabled him to achieve success across all areas of the course.

Tarran's positive attitude, willingness to embrace challenges, and unwavering commitment to improvement have made him a deserving recipient of this award. He has been an excellent role model, showing resilience, hard work and a genuine passion for Physical Education throughout his GCSE studies.

This award recognises not only Tarran's academic and practical excellence but also the dedication and perseverance he has shown throughout the course. We congratulate him on this well-deserved achievement and look forward to seeing his continued success in the future.

GCSE PE – Dedication

Roxy Manns

Roxy is an extremely well deserving winner of this award. Roxy is someone who has really stood out for her perseverance and determination within the subject. Roxy worked tirelessly on her coursework and took on board all feedback given to boost her mark. She attended after school sessions, made all amendments suggested and wasn't afraid to ask for help when she needed it. Practically, Roxy has made progress in all activities studied over the two years. She made significant progress in Badminton and, again, this was due to her hard work ethic.

Although a quieter member of the class, it was pleasing to see Roxy's confidence grow and I really do wish her all the very best of luck in her examination result in PE and across her subjects.

Sport and Coaching Principles – High Achievement

Alys Roberts

Alys has taken to this course like a duck to water. Not only has she absorbed all content knowledge and taken pride in her work in the classroom, she has demonstrated exemplary coaching skills on the field. It is with great pleasure that we are able to award Alys with the recognition she deserves - a fantastic Sports coach and student who has a bright future ahead of her.

Sport and Coaching Principles - Dedication

Izzy Hobson

Izzy finished this course as she started - motivated, positive and focused. Izzy has shown excellent knowledge and understanding in the classroom and her passion for sport and coaching skills have shone through on the pitch.

Izzy has the potential to play sport and/or coach to the highest levels as she is simply a natural. Congratulations Izzy - we wish you all the luck with your future pathways.

A Level PE – High Achievement**Owen Lloyd**

Owen has been an outstanding student of A Level Physical Education. Owen has the ability to comprehend advanced theoretical concepts and apply these to the sporting world. Not only does Owen have an innate ability to answer challenging examination questions, he has also been a real support to others in the class. Owen is someone you can always call upon to answer questions which support and advance others' understanding. Not only has Owen demonstrated his theoretical ability but he has also excelled in the practical aspect of the course, not dropping a mark over the two years in the coaching and performance components.

I have no doubt that Owen will continue to exceed expectations as he goes on to study Medicine at University. We wish you all the very best of luck Owen.

A Level PE - Dedication**Eloise Smith**

Eloise is a worthy recipient of this dedication award. Eloise has demonstrated a real commitment and perseverance towards her studies of A Level Physical Education. Eloise has worked hard to advance her knowledge and understanding of a range of advanced topics within the subject. She is always willing to question and delve deeper into the application of concepts to practical examples. She worked hard within the coursework aspect which focused on her progression as a Gymnastics coach, something she does regularly outside of school.

One of the highlights this year was observing Eloise at her Gymnastics club where she coached younger gymnasts as part of her practical assessment. Eloise really shone and showed the talent she has within a coaching role. Well done, Eloise.

BTEC Sport and Exercise Science – High Achievement**Imogen Johnson**

Imogen has been a truly exceptional student of BTEC Sport, with a high motivation to achieve within the subject. Her work ethic is outstanding and this is clearly evidenced in her attainment in her assignment and examination work, having achieved all distinction grades in her assessments. Imogen's positive attitude and unwavering commitment to improvement have made her a deserving recipient of this award. Imogen has been an excellent role model, demonstrating resilience, hard work, and a genuine passion for Btec Sport. Imogen will achieve D*D* overall in the qualification which is an amazing achievement. We wish you all the very best of luck Imogen.

BTEC Sport and Exercise Science - Dedication**Ruby Evans**

Ruby's unwavering effort, resilience and application whilst completing the BTEC Sport course has been a pleasure to witness over the last two academic years. Ruby has worked exceptionally hard to achieve her results and has always strived to improve her understanding and application within lessons and assessments. I am sure that Ruby's unassuming character, along with her drive and determination, will see her be successful in whichever career pathway she chooses to embark on. We wish you all the very best of luck, Ruby.

KS4 Public Services – High Achievement

Jessica Teague

Jessica has been an outstanding student throughout her Public Services course, demonstrating exceptional commitment, dedication, and enthusiasm in everything she has undertaken. She has consistently completed both her project work and practical assessments to an exceptionally high standard, always giving her very best and taking great pride in the quality of her work.

Her positive attitude, determination, and willingness to go above and beyond have made her a valued member of the class. Jessica's hard work and perseverance have truly paid off, making her a very worthy recipient of this year's High Achievement Award.

Congratulations, Jessica, on this fantastic achievement. We are incredibly proud of all you have accomplished and wish you every success in the future.

KS4 Public Services - Dedication

Chloe Buffin

Chloe has made outstanding progress in Public Services through her commitment, determination, and consistently high standards. She approaches every aspect of her studies with enthusiasm and completes all of her work to an excellent standard. She is a supportive and respected member of the group, always willing to encourage and assist others.

Chloe has also demonstrated strong leadership skills by leading practical tasks with confidence, organisation and professionalism.

Chloe's dedication, positive attitude, and commitment to excellence make her a thoroughly deserving recipient of the Public Services Dedication Award.

KS5 Public Services – High Achievement

Alfie Oram

Alfie has been an excellent student of BTEC Uniformed Protective Services, with a high motivation to achieve within the subject. His work ethic is brilliant and this is clearly evidenced in his attainment in his assignment and examination work. Alfie's positive attitude and commitment to improvement has made him a deserving recipient of this award. Alfie has demonstrated resilience, hard work, and a genuine passion for his studies. Alfie will achieve Distinction overall in the qualification which is an amazing achievement. We wish you all the very best of luck Alfie.

KS5 Public Services - Dedication

Rosie Mills

Rosie is a quiet and modest individual whose strength lies in their resilience and unwavering work ethic. Rosie works consistently and conscientiously, tackling challenges with quiet determination and never shying away from hard work which has been a pleasure to witness over the last two academic years. Rosie's positive attitude and unwavering commitment to improvement have made her a deserving recipient of this award. Imogen has been an excellent role model, demonstrating resilience, hard work, and a genuine passion for BTEC UPS. We wish you all the very best of luck Rosie!

Dedication to Extra Curricular Activities

Emelia Osterland

Emelia is a student whose commitment to extra-curricular activities is commendable. Emelia has really embraced the range of sports and activities that have been offered to students at MCS throughout this academic year. Emelia has regularly attended Netball, Cross Country and Hockey Club to name a few!

Emelia will always give 100% and try her hardest to be the best that she can be - I think you'll agree that this is a very admirable quality to possess. Keep up the hard work Emelia!

Team of the Year

MCS Year 8 Football Team

Mason Abercrombie, Blake Bartlett, Otto Bold-Hollands, Owen Brain, Seb Breakwell, Hartley Cunard, Alfie Goodyer, Dominic Grey, Samuel Gwenter, Ollie Howells, Kingsley Jones, Will Jones, Owen Lee-Smith, Noah Moreton, Kian O'Keefe, Lucas Powell, Evan Sheen, Dylan Stockwell

Led by the majestic Mr Oldale, Year 8 have gone from strength to strength this season. The attitude, dedication to football and progress in this group has been superb. Not only did they deservedly finish as Newport Cup Champions, destroying Caerleon in the Final, they have also become the first KS3 team to reach the Welsh Cup Nationals rounds in many years.

We are excited to see the future progress made with this group. Well done all.