

Monmouth Comprehensive School

Ysgol Gyfun Trefynwy



SPORTS AWARDS EVENING

Noson Wobrwyd Chwaraeon

15 July 2025

Gorffennaf 15, 2025

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 2025

Programme

Welcome address	Miss Biddle
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Guest Speaker	Message from Eleanor Lawrence-Preston (please see notes at end of programme)
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Awards	
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Refreshments	Please do join us for a drink and a slice of cake
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Year 7 Football – Player of the Year**Evan Sheen**

Since joining MCS, Evan has stood out amongst his peers as a technically gifted, determined and physically astute footballer. Alongside his undeniable technical ability, Evan's decision making on the pitch is second to none – whether that be in the defensive third, in midfield or when on the offensive. However, what has impressed us the most about Evan was his seamless transition from central midfield to centre half. Without any complaints, Evan walked into the centre of defence as if he had been playing there all his life. Evan's most impressive performance of many was leading our defence to a clean sheet in a 7-0 win vs Abersychan with his in-game intelligence, outstanding physicality and ability to progress the ball up the pitch with great efficiency. A fantastic year for a fantastic player. Well done, Evan.

Year 7 Football - Dedication**Joseph Morgan**

Joey has made multiple appearances for the MCS Year 7 team during this academic year. This has been for both the A and the B team squads, where, regardless of his position or who he is playing with, he has not dropped his performance level. Joey's resilience, determination, and eagerness to always win or receive the ball is what made him an easy choice for this award. Whether we were playing home or away, winning or losing, Joey would never change the way he was playing, nor would his head drop, nor would any blame be shifted to his teammates. This is how all footballers should be playing the beautiful game. Joey is going to play a pivotal role in MCS football for many years to come. Well done, lad.

Year 8 Football – Player of the Year**Joshua Welsher**

Joshua is the epitome of a rock solid performer on the football pitch. He is a player the team can rely upon - no matter the opposition - to be cool, calm and solid at the back. For a young man, he is a great reader of the game and this allows him to consistently intercept runners or passes through. He can slot into any position at the back and is aggressive when both heading and tackling, yet shows great composure when on the ball and maintaining possession. A lot of the work he puts into the game goes unnoticed, but if it wasn't for his performances this year, the team would have conceded a larger number of goals. A great season, well done Joshua.

Year 8 Football - Dedication**Ollie Dembicki**

This award for Ollie has been two years in the making. Last year he demonstrated his desire to train and showed his passion for the game, but there were a number of barriers he needed to overcome in order to represent the school team. Over the past 12 months, through hard work and dedication, he has improved significantly in his maturity and decision making on the pitch, becoming one of our key players. On the pitch, Ollie's relentless closing down of an opponent and skilful running with the ball has created numerous opportunities for himself and the team. He has played a number of attacking positions and shown quality in each. If he continues to work hard he will no doubt develop into a top footballer. Top work Ollie, keep it up

Year 9 Football – Player of the Year**Jimmy Fernandez**

Jimmy has demonstrated outstanding progress over the past three years and has become a key player in the Year 9 football team. He is consistently one of the first names on the teamsheet and has also excelled playing with the Year 10 squad. Jimmy played a vital role in the Year 10 team that

finished as runners-up in the Gwent Schools Cup final. Additionally, he was a goal scorer in the Year 9 Newport Cup final, where the team finished as runners-up for the third consecutive year. Always one of the hardest-working players on the pitch, Jimmy leads by example, with performances that inspire and motivate his teammates. Well done on an exceptional year, Jimmy,

Year 9 Football - Dedication

Jac Thorpe

Jac has consistently been a standout performer for the Year 9 football team, showcasing his versatility by excelling in multiple positions. Whether as a tenacious central midfielder or a pacey winger, Jac is effective in both attack and defence. His impressive performances have earned him opportunities to play up with the Year 10 squad, including being a key member of the Year 10B team that reached the semi-finals of the Gwent School Cup competition. Jac's commitment to school sport over the years has been outstanding, always ready to step up when needed to support the Year 10 team. He has been a vital cog in the Year 9 midfield this season and played a significant role in the team's achievement of reaching the Newport Cup final for the third consecutive year.

Year 10 Football – Player of the Year

Tarran Evans

Tarran has had another excellent season and continues to be a vital and influential figure within the team. A strong and combative defender, Tarran possesses the physical presence and determination that make him so effective on the pitch. Over the years, he has developed his game significantly and shown impressive versatility. Having started his school football journey as an attacker in Year 7, he has gradually transitioned into a defensive role—yet his skillset and experience now allow him to play confidently across the pitch. Tarran was part of the Year 10 team that finished runners up in the Gwent School Cup, a fantastic achievement. As he prepares to make the step up to the senior squad next year, we have no doubt that Tarran has a big season ahead of him.

Year 10 Football - Dedication

Joel Healy

Joel is our creative midfield maestro and has played a pivotal role in the team's success over the past four years. His vision, technical ability and composure on the ball make him a constant threat and a key playmaker in midfield. Joel's commitment and dedication to school football have been outstanding—he is always available to train and play and his attitude is exemplary. This season, he was a valued member of the Year 10 squad that finished as runners-up in the Gwent School Cup. With his talent and work ethic, there's no doubt Joel will be pushing hard for a place in the senior football squad next season.

Year 11 Football – Player of the Year

Lucas Harris

Lucas has been a star player since the minute he joined MCS in Year 7. In every fixture that Lucas takes part in, he could easily pick up the Man of the Match award. Lucas can play in almost every position and still be the best player on the pitch. (We won't mention the game he went in goal during a friendly, though). Lucas started every game for the Seniors this season and played a key role scoring important goals as he secured both Welsh Cup and Gwent Cup winning medals. Lucas has been sensational throughout his representation for MCS football.

Year 11 Football - Dedication

Liam Brain

Liam has shown dedication to school football throughout his time at MCS over the last five years. Liam has not only played a massive role for the Year 11 team but was a part of the Senior squad who finished the season both Welsh Cup and Gwent Cup Champions. Liam started the majority of the games for the Seniors, playing boys 2/3 years older than him. The success in the Welsh Cup follows his brother who also played up year groups to secure a Welsh Cup winners medal. A very talented family who have contributed significantly to MCS football success. MCS have only won the Welsh Cup twice in our history and to have two members of the family with winner's medals speaks highly of their footballing ability.

Senior Football – Player of the Year

Joe Porter

With so many outstanding performances from the Senior football boys this season, selecting a winner for this award was incredibly difficult. However, when reflecting on the key moments that defined our season, Joe's goalkeeping consistently stands out. His performances between the posts have been nothing short of exceptional—pulling off countless crucial saves at vital moments. As part of the Cup double-winning team, Joe played a huge role in that success. His clean sheet in the Gwent Cup final was particularly outstanding, showcasing his composure, agility and big-game mentality. Joe isn't the loudest player on the pitch, but his calm presence and reliability inspire confidence in the defenders in front of him. His ability to read the game, command his area, and support his teammates make him a truly exceptional goalkeeper. Well done on a fantastic season, Joe—this recognition is thoroughly deserved.

Senior Football - Dedication

Harry Wilson

If there's one player who has truly embodied dedication to the Senior football team this season, it's Harry. Always available for training and games, willing to play in any position and consistently giving 100% in every role—he is the definition of a team player. Polite, hardworking, and selfless, Harry is the kind of player every coach wants in their squad. He's Mr Dependable, and his commitment to school football over the past few years has been nothing short of exceptional. Harry's progress over the years has been phenomenal, and it's a direct result of his relentless work ethic and determination to improve. He has played an integral role in the team's success this season and has epitomised everything that makes school sport special—dedication, humility and a drive to give his best for his team. Well done, Harry, and thank you for everything you've contributed. You should be incredibly proud.

Year 7 Girls Football – Player of the Year

Erin Sullivan

Erin is a well-mannered, incredibly polite young lady who, 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 she has given every fullback she has played against a torrid time with her direct running and boundless energy. Despite being a talented individual, she has a thirst for improvement, putting 100% effort into all training sessions, which has led to great progress, both technically and tactically. Erin is a role model to all who play with her and we are excited to see where her football journey takes her in the future. Fab work Erin, well done.

Year 7 Girls Football - Dedication

Evie Andrews

Evie is the epitome of the word 'dedication'. Despite being a Mounted Games British and World champion she has still attended 98% of all football training sessions since September, as well as representing the school in other sporting activities. She is a determined individual who has improved leaps and bounds to become a very impactful footballer. Evie is strong on the ball, incredibly quick and has an eye for goal. She has finished top scorer for Year 7 this year, which is a great honour for someone who said that they 'don't really play football', during the very first session. If she continues to be as dedicated as she has been, she has the potential to become a superb footballer. Fantastic work Evie, well done.

Year 8 Girls Football – Player of the Year

Mia Chubb

Mia has won Player of the Year and been the nominated Year 8 captain this year, for good reason. She has led by example through her work rate and 'no challenge is too big' attitude. Despite having injury troubles, Mia played an integral part in the U13 girls reaching the final in a recent tournament and managed to hold the midfield together during an extremely competitive Welsh Cup game earlier in the year. She is a strong player who has a great understanding of the game. Her range of passing is second to none and she has scored some absolute belters that wouldn't go amiss on Match of the Day. You also know when another school complains about a student playing for the age group above, that you have a very good player on your hands! We look forward to seeing how she continues to develop in football. A great season, well done Mia

Year 8 Girls Football - Dedication

Rey Aigbe

Rey has made strides in her development as footballer, over the past year. She is a quick, aggressive player, who has great dribbling ability that can be a nightmare for opposition players to defend against. Her decision making has started to improve which has led to Rey creating more opportunities for other players. Her dedication this year, has been superb. She has attended the most training sessions out of Year 8 and she has also played many different roles during fixtures/tournaments without fuss. Rey has the potential to be a great player, if she continues to train hard and apply herself as she has. Top work Rey, well done

Year 9 Girls Football – Player of the Year

Robyn Evans

Robyn has had a fantastic third season representing MCS in the Under 15 Girls team. Robyn demonstrates dedication, work ethic and tenacity in every game when playing football for MCS. Robyn's work ethic is to give 100% every game which has not only had a positive impact on those around her, it has also resulted in her producing a number of quality assists during highly competitive situations. The breaking down of play through her quality defending consistently gave the Under 15s attacking opportunities this season. Well done, Robyn.

Year 9 Girls Football - Dedication

Lowe Morris

Lowe has been a valuable member of the Under 15 Girls team this season. Her great talent, sportsmanship and contribution to the team has truly set her apart. Lowe is one of those players that will put 100% effort into any position she is asked to play, after having to fulfil positional roles out of her comfort zone this year. Lowe has made massive progress in her development as footballer, over the past year and is a fantastic role model for the younger football players at MCS. Well done, Lowe.

Year 10 Girls Football – Player of the Year**Izzy Hobson**

Izzy has once again been outstanding for the Girls MCS Under 15 team and Senior team. Izzy's excellent work ethic and relentless attacking threat have contributed to the achievements the Under 15s have had this season. Izzy's natural talent along with her zest for football have seen her finish the year as top goal scorer. Izzy has also represented Newport Schools this season and is a player with a bright future ahead of her.

Year 10 Girls Football - Dedication**Grace Evans**

Grace has had a fantastic season representing MCS in the Under 15 team. Grace's work ethic is to give 100% every game which has not only had a positive impact on those around her but has seen her involved in the breaking down of play through her quality defending. Grace has made massive strides in her football development this year and we are very much looking forward to her continued progression representing the school next season. A memorable first season representing MCS, Grace, well done.

Senior Girls Football – Player of the Year**Sarah Powell**

Sarah has made an excellent contribution to MCS Girls football during her time at MCS and is a key player in the team. She is a goalkeeper who consistently makes truly fantastic saves to keep the team in every match. Sarah is an amazing role model to younger students and her calm and collected nature in competitive situations is of great influence on the team. Sarah contributed to the success of the Senior Girls making it to the Welsh Schools Semi-Final. Thank you for all your efforts over the years Sarah, representing MCS - it's been a pleasure.

Senior Girls Football - Dedication**Lily Turner**

Lily 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 in. Lily always gives 100% in every game and her work rate to support the Senior team is phenomenal. Lily has been an absolute force in her defensive duties in matches this year and has often been seen confidently taking the ball up the wing and delivering it into the box. Lily contributed to the success of the Senior Girls making it to the Welsh Schools Semi-Final. Well done, Lily.

Year 7 Rugby – Player of the Year**Elijah Powell**

Elijah has been an absolute rock at the heart of the Year 7 rugby team, not just through his competitive performances, but also at training when running tactical sessions for the forward line and instigating the warm ups. He is a powerful runner who is strong in the tackle and has led by example in every game. He never backs down from a challenge and has been rewarded by also representing the Year 8 rugby team this year.

Elijah was a natural pick for captain because of his deep rugby knowledge and the great personal traits of being able to organise, support and motivate others - all in one go. We look forward to seeing him once again the rugby field. A great season's work, well done Elijah.

Year 7 Rugby - Dedication

Charles Kedward

From the very first training session, it was obvious that Charles has a thirst for the game of rugby and loves every minute he is playing with an oval shaped ball in his hand. He has a great attitude to all his peers, often cheering them on and supporting them through games and training. He has been asked to perform a number of roles in the team and has done so with great efficacy. He has a good tactical knowledge of rugby and uses his passing ability to help break lines and progress up the field. He is another Year 7 who has been a great help in training by organising and helping students who have been new to the sport and is someone who has attended all training sessions. We look forward to seeing Charles develop his rugby further. Great work Charles.

Year 8 Rugby – Player of the Year

Tobie Alexander

Tobie has had an outstanding season with the Year 8 rugby team. A powerhouse in the forwards, he is a strong ball carrier and a tough, reliable defender. Despite his size, he's deceptively quick and has scored numerous long-range tries this year — including a hat-trick on the final day as the team secured victory in the Newport Bowl competition. With both brawn and brains, Tobie has a bright rugby future ahead of him and is pushing for a call-up to the year above.

Year 8 Rugby - Dedication

Ashlee Thomas

Ashlee has been superb for the Year 8 rugby team this season. Tenacious in attack and dogged in defence, he never shies away from a tackle—no matter the size of the opponent. An aggressive and committed defender, Ashlee brings real energy to every match. A true team player, he's an excellent communicator who leads by example. His organisation skills have been invaluable, often taking charge of the backs during training sessions and warm-ups. Ashlee's passion for the game is clear - he's always ready to play. Well done on a fantastic season, Ashlee.

Year 9 Rugby – Player of the Year

Harri Thomas

Harri has had an outstanding season. He is a player that takes on board feedback, has a sound knowledge of the game and he obviously puts in the hard work to improve week after week. That dedication has truly paid off. His performances on the pitch for school have been consistently strong, with several standout games where he made a real difference. Whether it was with a line break, strong carries, or smart decision-making, Harri has been key to the success of the Year 9 team. He's played a massive part in helping the squad reach the Newport Schools Cup final—an achievement that reflects just how far the team, and he as a player, have come this year.

Year 9 Rugby - Dedication

Thomas Gibbs

From the very first session to the final game of the season, Thomas is a player that has shown outstanding dedication to rugby. He turns up ready to give 100% every single time. His enthusiasm is contagious — he lifts those around him and always leads by example with his attitude.

Thomas is not just reliable — he genuinely loves the game, and that shows in everything he does, whether it's asking questions to improve, pushing himself in every game or supporting his teammates. This award is a small recognition of the massive commitment he's shown this year. Every team needs a player like this.

Year 10 Rugby – Player of the Year**Ioan Thomas**

Ioan Thomas has shown outstanding enthusiasm and dedication to the game all year. Whether it's training, match day, or just being around the squad, Ioan brings energy, focus, and a real love for rugby that lifts those around him. He's produced some massive moments in games this season — moments that changed momentum, inspired the team, and helped lead us to where we finished. But it's not just about what he's done individually. Ioan has played a huge role in the team's overall success, particularly in helping the Year 10s win the Newport Schools Plate final — a brilliant achievement that he had a big hand in making possible. Ioan, your attitude, commitment, and performances have set a fantastic example for your teammates. Congratulations — you fully deserve to be this year's Player of the Year.

Year 10 Rugby - Dedication**Arthur Burrett**

Arthur is often the unsung hero of the team. Arthur quietly gets through a huge amount of work on the pitch. He's a strong ball carrier, tough in defence and always puts the team first. He might not always get the spotlight, but his impact is massive. He's played a key role in the Year 10s winning the Newport Schools Plate, and this award is a well-earned recognition of his effort, consistency, and commitment. Well done, Arthur.

Year 11 Rugby – Player of the Year**Miles Chambers**

This award is presented to Miles in recognition of his outstanding contribution to school rugby throughout his time at MCS. This season, he has made significant progress in his development, a journey that has been rightly recognised with his selection into the Dragons regional age-grade programme. Despite joining the setup later than others, Miles has made an immediate and lasting impression, demonstrating both talent and determination. His impact has been such that he has been invited to continue training with the squad over the summer. We thank Miles for his contribution to school rugby and wish him the very best for the future, both on and off the field.

Year 11 Rugby - Dedication**Oscar Smith**

Oscar has shown unwavering commitment and dedication to rugby throughout his time at Monmouth Comprehensive School. Oscar has consistently demonstrated excellent organisational skills, particularly in ensuring the smooth running of team affairs. Furthermore, he has proudly represented the senior team on numerous occasions, showcasing both leadership and sporting excellence. Oscar, we thank you for all your efforts in representing MCS over the years and we wish you the very best of luck for the future.

Year 7 Netball – Player of the Year**Molly Hayes**

Molly has been an exemplary member of the Year 7A Netball Team this year. Her performances week in and week out are excellent and she is a vital player in order for the team to win the game. Her shooting is outstanding and it helped us to win some tight matches against tough opposition. We hope Molly continues her successful journey and we think she has a bright Netball future ahead of her. Well done.

Year 7 Netball - Dedication**Frankie Wadley**

Frankie's enthusiasm for Netball is excellent. She is an individual who is always at training and always makes herself available to play for school. Frankie has worked extremely hard this year going from strength to strength in not only her playing ability but confidence. Her Netball has improved so much this year and we hope she keeps this up. Well done to Frankie on her excellent year.

Year 8 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 often taking on the leadership role of captain where she led by example both on and off the court. Her determination and hard work in training and matches have supported and inspired her team. Well done for a great season.

Year 8 Netball - Dedication**Savannah George**

Savannah has been a true team player this year and has played and adapted to whatever position the team has needed. Her dedication and work ethic to improve and be the best player she can be have been outstanding. She has been a core player in the Year 7 netball team and it has been a pleasure to see the progress she has made this year.

Year 9 Netball – Player of the Year**Isla Davies**

Isla has represented MCS in every match this season and her performances throughout have been outstanding. Isla is an exceptional centre and her determination to be successful is infectious. Isla has become a role model to her younger peers, demonstrating a willingness to learn in training and the outstanding contribution she makes matches. A big congratulations to Isla on being selected and playing for the South East county netball squad this season.

Year 9 Netball – Dedication**Chloe Jenkins**

Chloe's enthusiasm for netball is excellent. She is an individual who is always at training and always makes herself available to play for school. Chloe is a fantastic netball player whose determination and hard work to be the best player she can be are outstanding. Her work in the shooting circle has hugely contributed to the team's success this season. A big congratulations to Chloe on being selected, and playing, for South East county netball squad this season.

Year 10 Netball – Player of the Year**Alys Roberts**

Alys is an exceptional netball player, whenever she steps foot on the court she is an inspiration to those around her. A true team player, she supports and guides her teammates at all times. Her positivity and work ethic radiates from her, she is the type of player that all teams need. After being selected for regional academy this year, we wish her all the success she deserves. Well done, Alys.

Year 10 Netball – Dedication**Chloe Buffin**

Chloe has had a fantastic season, with her netball skills and game play continuing to develop and grow throughout the season. She has been an exceptional role model in our Netball club. Chloe's work ethic and determination on court has inspired her team along with the brilliant performances she has produced in every match contributing to the score line with her accurate shooting.

Junior Rowing – Rower of the Year

Grace McLeod/Isabella Davies

Grace and Isabella have been on a journey which started as far back as Easter 2024 when they were first put together in a double and later become the first ever Year 9 crews to race at the British Rowing Championship for MCSBC. In the past 16 months they have been the example of what members at MCSBC should strive to be. Their commitment to training and ambition has been a joy to see while also caring for younger members in the year below, helping them race and train throughout the season. They have been role models in every meaning of the phrase and we cannot wait to see what they achieve at the upcoming British Rowing Championships and in their senior years with the Club.

Junior Rowing - Improvement

Anzhela Lypynska

Anzhela only joined the club at the start of the year with no rowing experience and joined her year group squad who had already rowed a full year, yet that do not stop her from exceling this year. Anzhela's curiosity and work ethic drove her to improve rapidly throughout the season. Anzhela picked up her first win at our local regatta in May and has become a core member of her squad getting the nickname 'Big Anz' for how fast she has become on the rowing machine. A testament of her improvement can be seen in the fact her lack of experience compared to her squad mates is no longer an issue as Anzhela has become one of the fastest rowers in the junior squad, challenging for top boats.

Senior Rowing – Rower of the Year

Barney Shaw/Isaac Thomson

To row a pair, you have to be reliant and have a bond with your partner. It is a boat that you must share the workload and is arguably the hardest boat type to row. Yet Isaac and Barnaby have taken to their pair like a duck to water. Their chemistry and work ethic has been second to none and has been the best boat at MCSBC this year. While, sadly, they were denied the chance to race at National Schools Regatta due to conditions, they were able to showcase their ability at Wales Trials by placing 3rd in the pairs time trial. It is the best result a boy's crew has had at trials since 2019. We look forward to the British Rowing Championships this weekend, where Isaac and Barnaby can finally race at a national event and hopefully cement themselves in the clubs history as one of the best boys crews.

Senior Rowing – Improvement

Nathaniel Phipps

189 recorded sessions. Nathaniel, commonly known as Phipps, is the definition of commitment. While Phipps might not be the strongest or the fastest rower, one statistic stands out above the rest. Phipps has attended more sessions than any other senior member this year and the most of anyone in the Club. Phipps has come a long way this season from being a peripheral squad member to being ever present. This has only made his rowing better and the rower who started this year would pale in comparison to the one who ends this year. Phipps has made himself a vital member of the squad and in the odd occasion he isn't there, the energy is not the same.

KS3 Athletics – Athlete of the Year

Lily Cornish

Lily has proven herself to be an excellent distance runner over the course of this academic year, representing the school in both the Cross-Country and the 1500m at numerous Athletic events. Lily finished 46th in the Junior Girls Welsh Schools National Cross Country Competition in February. In the 1500m Lily ran an impressive 5 mins 28 secs to secure 1st place in the U16 Girls Team

Competition, winning by nearly 1 minute against competitors in Year 10. Well done Lily, we are looking forward to see how fast you can go in Year 10!

KS3 Athletics - Dedication

Will Ritter

Will has really shown a determination to develop his Discus ability this summer term. Will has a natural ability to throw the Discus but we have really been impressed with his motivation and commitment to enhancing these skills even further. Will regularly attended Athletics club and would take himself off to the far end of the field to repeatedly throw and try and beat his current Personal Best. Will really shone when competing at the County Cup Inter Schools Athletics Championships where he threw an impressive 27m 41cm to secure victory. Will won by a staggering 6m! Well done Will and we look forward to seeing you throw at Sports Day to try and secure the school record!

KS4 Athletics – Athlete of the Year

Will Chalk

Will is an outstanding distance runner, one of the best we have seen at the school. At the Welsh Schools Cross-Country Championships Will came an impressive 2nd place, helping the South East Wales team to team Bronze. Will was subsequently selected to represent Welsh Schools in the Middle Boys event as Team Captain. Will finished an amazing 21st in Great Britain. Will has also been selected to represent South East Wales in the Steeplechase at the National Athletics Championships. Will has recently represented Wales in the International U18 Mountain Running World Cup where he finished an incredible 49th in the gruelling 5km course. Will has had an amazing year and all whilst juggling his GCSEs.

KS4 Athletics - Dedication

Kacey Batty

Kacey is a fantastic sprinter who has had another strong year in Athletics. Kacey has represented the school in numerous Athletics competitions this academic year and shown a real dedication to the sport. Kacey has been at every event and really done herself proud with her commitment and drive in the 200m and the relay events. Kacey ran an impressive 27.93 seconds in the 200m in the most recent U16 team event, running over a second quicker than 2nd place. Well done Kacey, keep it up.

Gymnast of the Year

Elodie Temperton

Elodie performs with exceptional grace and elegance. Her routines are always neat, well-polished and executed with precision - a true reflection of her dedication and discipline. Not only is she a talented gymnast but also an outstanding dancer, her contributions to dance elements have been invaluable and she has brought brilliant ideas, energy and enthusiasm to every session.

Gymnastics – Dedication

Carys Pearce

Carys has shown remarkable consistency in training, rarely missing a practice and always arriving with a determined mind set. Carys has worked hard to push through challenges as she approaches each task with a quiet determination and admirable work ethic.

Dedication to Extra-Curricular Activities**Kacie Ray**

Kacie has shown incredible dedication to PE and Extra-Curricular activities this year. She has regularly attended a wide range of clubs since September and her attitude and positivity is infectious. Kacie always comes with a smile on her face and it has been a pleasure having her at our clubs this year. A fantastic effort - well done Kacie!

Leadership Academy Award**Luke Wonson**

Luke started with Monmouth Leadership Academy in September 2024, and he has been a fantastic addition to the programme. As part of Luke's volunteer hours, he has supported MonLife's Learn to Swim programme on a weekly basis and has been a highly valued member of our swimming teacher team. Luke has shown a great attitude and commitment to his volunteering, and has played a key role in working with children 1:1 in the water, and working with groups of children to develop their stroke technique. A key part of Luke's journey has been to see to his rise in confidence and how he has developed as an individual. The whole of Monmouth Leisure Centre would like to congratulate Luke on this award and thank him for his outstanding contribution.

GCSE PE – High Achievement**Sam Deighton**

Sam has been recognised for his outstanding academic performance in GCSE Physical Education. Sam has achieved highly across both components of the course. In Unit 1 (Theory), he has consistently demonstrated a strong understanding of key concepts, reflected in his excellent class assessments and mock examination results. In Unit 2 (Practical Performance), Sam has excelled with a high-level sporting profile, showcasing his ability across a range of activities. We congratulate Sam on his achievements and wish him the very best of luck in all his future endeavours.

GCES PE – Dedication**Liam Brain**

Liam has shown superb dedication towards his GCSE studies of the last 2 years. In the run up to the GCSE exam Liam attended every afterschool revision session. Liam always puts 100% into all his GCSE lessons and is one of those students who is exceptionally talented in both the theory and practical elements of the course. Liam is predicted to achieve an A* after securing nearly full marks in his theory exam. We very much hope Liam continues his success as he moves onto the A level pathway next year.

Sport and Coaching Principles – High Achievement**Ava Powell**

Ava has been an incredible student in the Sport and Coaching qualification, completing coursework and coaching sessions to an exceptionally high standard. Ava is a hard-working individual who has worked with a quiet confidence throughout the units covered within the qualification. She has been a pleasure to teach and we wish her every success in her next steps.

Sport and Coaching Principles - Dedication**Gemma Williams**

Gemma's effort and application for the duration of the Sport and Coaching qualification has been fantastic and she has demonstrated a high motivation to achieve in the subject. Gemma has shown resilience and determination in all units. Each lesson she has arrived with a smile on her face and a willingness to answer questions and complete all tasks to the best of her ability. Fantastic effort this year well done Gemma.

A Level PE – High Achievement**Daisy Stuart-Gunter**

Daisy is an exceptionally hardworking and dedicated student of Physical Education. Daisy demonstrates a real passion for her studies and has continually strived to deepen her understanding and ensure her application is faultless. This has led to Daisy achieving full marks in the coursework element of A Level PE and producing continually high marks on all assessments and mock examinations that have taken place. Daisy achieved an A at AS Physical Education and we are confident she will attain at least an A grade for her full A Level in the summer.

A Level PE - Dedication**Tilly McCluskey**

Tilly is an individual who has demonstrated exceptional dedication and hard work towards her A Level in Physical Education. Tilly has persevered with some of the more challenging theoretical content of the course by committing the time and effort outside of school to embed, revise and prepare for her examinations. We wish her all the very best of luck with her results in the Summer.

BTEC Sport and Exercise Science – High Achievement**Sarah Powell**

Sarah is 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. Sarah will achieve D* (Distinction) overall in the qualification which is an amazing achievement. We wish Sarah all the best in her future pathway where we are sure she will be very successful!

BTEC Sport and Exercise Science - Dedication**Demi Neilson**

Demi's effort and application whilst completing the BTEC Sport course has been a joy to see over the last two years. Demi has worked exceptionally hard to achieve her results and has always strived to improve her understanding and application within lessons and assessments. We are sure that Demi's unassuming character along with her drive and determination will see her be successful in whichever career pathway she chooses to embark on.

KS4 Public Services – High Achievement**Tahlia-Rose Miles**

Tahlia has been an outstanding student of Public Services over the two year course. She has shown a real perseverance and determination towards her studies, particularly towards the end of Year 11. This has led to Tahlia being the highest attainer in the class which has been thoroughly deserved. Well done Tahlia.

KS4 Public Services - Dedication**Lucas Kidman**

Lucas has shown a real perseverance and determination towards his studies in Public Services. Lucas has worked hard to ensure all work has been completed to the best of his ability and his overall attainment is a real testament to this. Lucas achieved the highest mark in the class for the examination unit in Year 10 and he has built upon this in his units in Year 11. We wish you all the very best of luck in your future pathway, Lucas.

KS5 Public Services – High Achievement**Oliver Pugh**

Oliver has been consistent in his engagement, efforts and completion of classwork and coursework; achieving the highest grades, most often on the first submission. Well done Oliver, a well-deserved award.

KS5 Public Services - Dedication**Amanda Bick**

Amanda has maintained consistent focus and performance despite having surgery part-way through the year. Her grades have continued to be high, as has her attitude, outlook and engagement in all aspects of the course.

Team of the Year

Liam Brain, Finley Cummins, George Gouldingay, Charley Handley, Lucas Harris, Oliver Heath, Mathew Jones, Oliver Kennedy, Jayden Makondora, Joe Orledge, Jack Palmer, Herbie Perry, Joe Porter, Ryan Price, Archie Smith, Callum Wilding, Harrison Williams, Harry Wilson

What a squad. What an achievement. The senior football boys have completed the most successful season in the school's history, winning both the U19s Gwent Schools Cup and the prestigious U18s Welsh Schools Cup. Only the second team in the school's history to lift the Welsh Cup, they've written their names into the record books and will go down as the most successful football team we've ever had - a tough act to follow. But it's not just about what they've achieved on the pitch. They've been a brilliant group to coach and an even better group of lads off it. It's been an absolute pleasure working with them this year. To those moving on, we wish you all the very best in your future careers and we will miss not having you here. You've done the school and the town proud, thanks for the memories lads.

Coach of the Year**Mr Paul Hancocke**

Eleanor Lawrence-Preston

Eleanor Lawrence-Preston was a member at MCSBC from 2022-2024 and while her time was brief with the club, her impact and ambition has set new standards on what can be achieved from students at MCS. Prior to her departure to Wycliffe College on a sports scholarship for A-level studies, Eleanor had achieved in the space of two years what many would like to achieve in five years with MCSBC. Eleanor won silver at the British Rowing Indoor Championship in December 2023, the first British indoor medal in the club's history, this would go on to set up 2024 which would be Eleanor's break out year. Eleanor would go on to a GB U16 training camp, the first member since Emily Richards to be identified on a GB standard in a decade. Later that year Eleanor, with former student Seren Van der Horst, would go on to be part of the best result in the club's sweep history at Nationals School Regatta, the largest regatta in Britain, coming sixth in the whole of the UK in Women's Junior Open Pair. This was followed up by selection for the Home Internationals Regatta for Wales, coming second in the junior women's pair which was the best result for the junior women's team that year. Before leaving MCS, Eleanor broke the club's long standing 2km fitness test record at the age of 15.

Since leaving MCS, Eleanor joined the best junior women's rowing program in the country at Wycliffe College following in the footsteps of former student Violet Holbrow-Brooksbank. Eleanor would go on to end 2024 setting a British record for the fastest 5km on a rowing machine for 15-16 years old girls which she then improved in early 2025. Eleanor took gold at National Sculling Head in March before representing GB at the Munich International Regatta in May. While there were some setbacks with picking up silver at Nationals schools regatta, this would drive her crew to find a new level at the most important part of the season. Eleanor went on to win Met Regatta and Women's Henley back to back in early June to set up a Henley Royal Regatta push in the Diamond Jubilee (Junior Women's quads). On Sunday 6th July 2025, Eleanor became only the third former MCSBC rower to win at Henley Royal Regatta and the first to set a course record at the world's most prestigious club rowing event. As of this evening Eleanor is taking part in GB trials to hopefully represent GB at the World U19 regatta later this summer. This all before turning 17 later this month.

Her story is of one of unrelenting ambition and desire. Yet if you were to speak with her about these achievements, you would find the most humble and appreciative person. Eleanor is not one to boast or over celebrate her success and her modesty has helped her stay grounded. The future is bright and her story is one to be followed in the years to come. We should take stock in what has been achieved in a mere three years since Eleanor started to row.

Our goals in life do not need to take a lifetime to be achieved.