

PE Department News.

ISA National Athletics 2025

The ISA National Athletics Championships kicked off in spectacular fashion at the iconic Alexander Stadium in Birmingham, with athletes from across the country competing under warm, sunny skies. The Midlands team delivered strong performances, securing personal bests and top finishes in a day full of excitement.

Noah N Smashes Personal Best in Year 7 1500m

The day began with Noah N representing the Midlands team in the Year 7 1500m. Running a tactically strong race, Noah powered through to finish in 9th place, clocking an impressive 5:19—a new personal best for the young athlete. His determination and pacing earned praise from spectators and teammates alike.

Cameron J Soars to 6th in Year 10/11 High Jump

Next up was Cameron J, competing in the challenging Year 10/11 High Jump. Clearing a height of 1.41m, Cameron secured a strong 6th-place finish, showcasing his technique and composure against tough competition.

Year 7 Relay Team Brings the Day to a Thrilling Close

To cap off the day's events, Noah N returned to the track as the lead-off runner for the Midlands Year 7 4x100m relay team. The squad delivered an energetic performance, battling hard against fierce rivals. While the final result is still being confirmed, the team's effort and teamwork left a lasting impression.

A Day of Pride and Achievement

With sunshine, personal bests, and spirited competition, the first day of the ISA National Athletics Championships was a resounding success. The Midlands athletes demonstrated not only their talent but also their resilience and sportsmanship.

U11's Cricket vs TDMS (H)

On Monday, two U11's cricket teams faced the travelling cricket teams from TDMS in some good, competitive pairs cricket matches. Both teams waited with excitement and after good warm ups, were fully prepared to face the TDMS team.

In the boys game, the bowling precision from the Bowbrook bowlers stood out as they kept the extras rate low and forced the TDMS batters to get bat on ball or run the risk of getting out. Some excellent examples of sportsmanship was on display with everyone supporting each other, creating a positive fielding experience. With the bat, the Bowbrook team found the runs quickly with many boundaries played by everyone to push the run rate higher. Bowbrook ended their innings on 260 runs and managed to maintain victory with TDMS not quite able to reach the target set in their innings.

In the girls game, the Bowbrook girls started fielding and, like the boys, worked hard to force TDMS to play shots that would otherwise have been wickets. With less wides and no balls thrown, meant there was more bat on ball from the TDMS team

and the girls were stretched to work hard in the field to stop boundaries. Coming into bat, they just fell short of the required runs to take the victory but all can hold their heads up high that the game was closely contested.

Well done to everyone who took part in these fixtures and represented the school in the first of many fixtures this week!

U13's Boys Cricket vs Bredon (H)

The Bowbrook U13s delivered a confident and composed team performance to secure a 31-run victory over Bredon U13s in a 6-pairs, 3 overs per pair match.

Batting first, Bowbrook showed great intent at the crease. James opened with flair, finding the boundary early to set the tone for the innings. George followed suit, playing with aggression and precision to keep the scoreboard ticking. Sam also made a notable contribution, striking a couple of clean boundaries to keep the momentum firmly in Bowbrook's favour. The batting unit showed good discipline, running well between the wickets and losing minimal dismissals to ensure a competitive total was posted.

In defence, Bowbrook's bowlers executed their plans effectively. Alfie made the initial breakthrough with a tidy over that built early pressure. Laurie backed that up with a well-earned wicket, keeping the Bredon batters in check with his consistent line and length. George rounded off a strong all-round performance by adding a wicket to his earlier batting contribution.



Tight fielding and sharp teamwork across the park ensured Bredon never truly got into their stride. Bowbrook's bowlers and fielders combined to restrict the opposition throughout their innings, eventually sealing a well-earned 31-run win.

A great team performance with standout contributions from James, George, Sam, Alfie, Laurie, and George again. Momentum is building nicely for the Bowbrook U13s as they continue their season.

U13's Girls Cricket vs Bredon (H)

The U13 Bowbrook Girls Cricket team put in a brilliant team performance today to secure a well-earned victory over Bredon, finishing the match with an impressive 285 runs to 246.

Led confidently by captain Rosalie, the girls showed outstanding teamwork and spirit throughout. Rosalie's clear and encouraging communication played a key role in the field, helping her to take an incredible three catches—a real highlight of the match!

Harper showcased her usual brilliance behind the stumps as wicket keeper, but her standout moment came with the bat when she smashed a massive 6, earning her the well-deserved Batter of the Match title.

Congratulations also go to Hannah, who bowled with great consistency and focus to claim Bowler of the Match. She was well supported by Rosalie, Aisha, and Amelie, who each bowled batters out, keeping Bredon's scoring in check.

With the bat, Rosalie and Poppy were on fire, both striking three 4s each to help drive Bowbrook's score up and maintain control of the match.

It was a fantastic all-round team effort full of determination, skill, and positive energy. A huge well done to all the girls – the hard work in training is clearly paying off! Let's carry this momentum into the next match! I guess chanting over the bat for 4's and 6's does work!



U15's Boys Cricket vs Lucton (A)

Bowbrook U15s faced a strong Lucton side on Wednesday in a competitive 16-over match, eventually falling short by 23 runs despite a spirited effort in the field and some key contributions with the bat.

Lucton won the toss and elected to bat, posting a solid total of 108 for 6 from their allotted overs. Bowbrook's bowlers fought hard to contain the run rate, and some excellent fielding supported their efforts. Catches from Harrison and George helped claim important wickets for Charlie R and Tom respectively. Tom had a standout performance with the ball, not only taking a wicket via a sharp catch, but also clean bowling another batter and contributing to a smart run-out.

George continued to impress, claiming two more wickets — one bowled and the other coming from a stumping by Oli at wicket keeper. Despite the positive moments, Lucton's batters managed to rotate the strike well and push their total beyond the 100-mark.

In reply, Bowbrook struggled to find early momentum against tight bowling from the Lucton attack. Wickets fell at regular intervals, making the chase a difficult one. However, Oli played a steady innings, scoring 12 runs and providing some



resistance from the start. George, backing up his all-round performance, added a well-crafted 17, keeping the scoreboard ticking with some well-timed shots.

Ultimately, Bowbrook finished on 85 for 7 from their 16 overs, falling short despite their efforts with bat and ball. The team can take heart from a strong fielding display and individual highlights, with plenty to build on for the matches ahead.

U15's Girls Rounders vs Pershore (H)

Match Report: Bowbrook U15 Girls vs Pershore - win 12.5-10.5 rounders

The Bowbrook U15 Girls Rounders team put on a fantastic performance in their recent match against Pershore, starting strong with an excellent decision from Captain Poppy to field first. It proved to be the right call, as the team delivered an outstanding fielding display, getting 8 out of 10 Pershore players out!

The field was buzzing with energy and sharp reflexes, with special mentions going to Chloe M, Amelia, Lucinda, and Chloe D for some brilliant catches that kept the opposition under pressure from the start. Their teamwork and communication made a real difference, and the whole team can be proud of such a confident defensive showing.

When it was Bowbrook's turn to bat, the momentum continued. Lucinda was in exceptional form, scoring an incredible 6 rounders and showing real composure and power at the bat. She was rightly named Batter of the Match for her efforts.

A big congratulations also goes to Chloe M, who not only contributed with multiple catches in the field but earned herself the title of Fielder of the Match for her all-round excellent play and commitment throughout the game.

A brilliant match from start to finish—well done, Bowbrook!

U13's Girls Rounders vs Pershore (A)

In a thrilling and sun-drenched afternoon fixture, the U13 Bowbrook rounders team took on Pershore in what turned out to be a fantastic display of skill, teamwork, and determination, despite a narrow 17–21 loss.

Bowbrook opened the game with an outstanding first innings in the field. The team's communication and quick decision-making were on full display, with Bea, Penny, and Harper leading the charge. Their sharp fielding and smart plays limited Pershore's scoring opportunities and set the tone for a highly competitive match.

As the temperature rose, so did Bowbrook's batting performance in the second innings. The team came alive with the bat, showing resilience and precision. Harper and Bea were particularly impressive, consistently scoring at least half a rounder with each appearance, keeping the scoreboard ticking and spirits high.

Special mentions go to Harper, who was deservedly named Batter of the Match for her consistent and powerful hitting, and to Poppy, who took home Fielder of the Match for her alertness and composure under pressure in the field.

Although the final score saw Pershore edge out Bowbrook 21–17, the match was a true showcase of sportsmanship and determination. The Bowbrook team should be proud of their performance – especially in such testing heat – and can take many positives into their next fixture.

Well played, team!

U11's South & West Worcestershire Cricket Tournament @ Rushwick

Bowbrook U11s Shine at South & West Worcestershire Cricket Festival at Rushwick CC as they are crowned Tournament Winners (Undefeated).

The Bowbrook U11s cricket team delivered a flawless display at the South and West Worcestershire Cricket Festival held at Rushwick CC on Thursday, winning all three of their matches to take 1st place in emphatic style.

Match 1: Bowbrook vs Norton A Result: Bowbrook won by 83 runs

Bowbrook set the tone for the day with a dominant opening performance. Batting first, they piled on an impressive 114 runs, showcasing aggressive stroke play and superb running between the wickets. The team smashed 19 boundaries in a powerful display of intent.

With the ball, Bowbrook maintained control throughout, bowling 22 dot balls out of the 40 available – a testament to their accuracy and discipline. Two wickets were taken to further tighten the grip, and Norton A could only respond with 31 runs, giving Bowbrook a commanding 83-run victory.

Match 2: Bowbrook vs Lye & Bransford Result: Bowbrook won by 47 runs

Continuing their strong form, Bowbrook posted 99 runs in their second match, powered by 13 boundaries. Their ability to rotate the strike and find the rope kept the pressure firmly on the opposition.

The bowling attack remained sharp, recording 17 dot balls and claiming 3 wickets as Lye & Bransford were restricted to 52 runs. It was another clinical performance, both tactically and technically, sealing a comfortable 47-run win.

Match 3: Bowbrook vs Norton B

Result: Bowbrook won by 29 runs

In their final match, Bowbrook showed resilience and focus to finish the tournament unbeaten. Scoring 74 runs, including 9 boundaries, the team applied steady pressure from the outset.

With ball in hand, Bowbrook continued their disciplined approach, delivering 18 dot balls and taking 3 wickets to hold Norton B to 45 runs. It was a solid all-round effort that capped off a perfect day.

Across the tournament, Bowbrook U11s combined aggressive batting, tight bowling, and sharp fielding to dominate all three fixtures. Their ability to build pressure through dot balls and turn it into wickets, while maintaining high scoring rates, proved key to their success.

Undefeated and deserving champions – a fantastic day of cricket for the Bowbrook U11's. Well done to everyone who played and work hard through the sunshine to take away the victory.

Students should check the PE notice board to see if they are involved in fixtures.

Wednesday 25th June 2025

Thursday 26th June 2025

Friday 27th June 2025

U15's Cricket vs Heathfield (H)

U14's Cricket vs Lucton (H)

U14's Rounders vs Heathfield (H)

U16's Cricket vs Old Bowbrookians (H)