

Inter-house Cross Country 2019

A big well done to all the pupils who took part in this year's inter-house cross country, you all gained valuable points for your house regardless of your finish position. There were plenty of determined runners showing resilience and effort across all year groups. The final house positions were as follows.

1st Walsingham 23,359

2nd Rome 22,353

3rd Jerusalem 20,304

4th Santiago 20,267

There were some exceptional individual performances from pupils across all year groups, many of which went on to the represent Notre Dame at the Norfolk Championships.

Boys 2 Lap Record	Year	Time (mins)
Chad Akili	8	6.52
Zach Dunne	7	7.02
Conor Gowing	8	7.06
Alex Marshall-D	9	7.10
Adam Sherwood	9	7.13

Girls 2 Lap Record	Year	Time (mins)
Maddie Short	10	6.56
Martha Manning	8	7.09
Esme Abbott	8	7.23
Hattie Pike	7	7.41
Marianna Mendes	9	7.53

Boys 3 Lap Record	Year	Time (mins)
Zach Dunne	7	10.38
Chad Akili	8	11.08
Adam Sherwood	9	11.14
Seth McKinnon-Evans	11	11.21
Jack O'Connor	11	11.34

Girls 3 Lap Record	Year	Time (mins)
Martha Manning	8	11.34
Marianna Mendes	9	12.02
Maria Belderbos	11	13.15
Alice Wharam	7	13.48
Miriam Sovari-Zuniga	7	13.49

Boys 4 Lap Record	Year	Time (mins)
Zach Dunne	7	14.42
Chad Akili	8	15.03
Archie Manton	8	16.26
Ilan Stenz	9	16.44
Hayden Harris	9	16.45

Boys 5 Lap Record	Year	Time (mins)
Zach Dunne	7	18.37
Chad Akili	8	19.00
Hayden Harris	9	21.00
Adam Sherwood	9	22.00
Ilan Stenz	9	22.45
Will Cator	9	22.50



Norfolk Cross Country Championships 2019

Notre Dame took a team to the Norfolk Championships which were held at Langley School. A number of pupils qualified for the Anglian Event by finishing in the top 12

Y7 Girls

6th Hattie Pike

10th Miriam Sovari

19th Mabel Gigg

Y7 Boys

2nd Zach Dunne

17th Rivairi Caffrey

Y8 and Y9 Girls

6th Martha Manning

12th Esme Abbott

14th Marianna Mendes

Y8 and Y9 Boys

19th Chad Akili

26th Conor Gowing

Y10 and Y11 Girls

5th Maddie Short

Y10 and Y11 Boys

Eduardo Foglia-Pearshouse

Y12 and Y13 Girls

7th Alice Atkins

12th April Herathge

Y12 and 13 Boys

5th Harry Allcock

7th Ed Cator

9th Luke Lynds

17th Morgan Manly

Anglian Results

*MG - Hattie Pike 46th
(10.21)*

*JG - Martha Manning 7th
(13.50)*

*JG - Esme Abbott 34th
(14.58)*

*SG - Alice Atkins 31st
(18.49)*

*SG - April Herathge 54th
(22.16)*

*MB - Zach Dunne 5th
(11.36)*

SB - Ed Cator 15th (22.23)

*SB - Harry Allcock 18th
(22.36)*

SB - Luke Lynds 28th (23.16)

And in the Pool.....

On the 2-3rd March Mwaba Mkwasa will be going to the National Junior Para Swimming Championships 2019. She qualified in 100m Fly, 100m Breaststroke, 100m Freestyle and 50m Freestyle. But has decided to only compete in the 100m Freestyle, 50m Freestyle and 100m Breaststroke. This is Mwaba's second appearance Nationals. Her first was December and was for all ages. She came second in 100m Free, 100m Breaststroke and 50m Free. Mwaba has also recently found out that she qualified for British Para International Meet 2019 on 25-28th April in 200M IM, 100M Breaststroke, 100M Fly and 50M Freestyle

Fantastic news Mwaba – keep on Swimming and good luck from us all

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DATE January 2019

Year 9 Basketball – Elijah Alibusa

Notre Dame 53-13 CNS

We started the game with a good lead as we were up by 10 points by the end of the 1st quarter. During the 1st quarter we had been doing great on defence with Aditya getting good steals and Zach with a powerful block to defend the basket. As Elijah brought up the ball he gave out some nice assists out to Liam and Josh, where they were able to get easy buckets for the team. In the second quarter Yohan stepped up to score a couple of points, we also maintained our great work on defence as Killian was locked in and got a couple of steals, along with both Carlos and Ben getting some blocks to protect the basket. Dom had made clever cuts for him to receive the ball and score some easy buckets. We started the third quarter with Aditya getting a steal straight away, then passing out the ball to Elijah as he laid the ball in. Josh continued to score baskets as the rest of the team spread out into the corners to allow him to attack the basket. Zach and Liam helped out a lot as they got very useful rebounds. In the fourth and final quarter we tried to think out the game more and move into more space allowing Elijah or Josh to score some shots or pass it out to the man by the baseline to lay an easy basket, Liam had did a good job at this as he spaced out for him to receive a pass and put up some layups. We then continued with our great defence as Josh, Killian and others got some helpful steals to then pass it out and to score easy layups. We then finished the game with a great team spirited victory as the final score came out as 13-53. What we do need to work on is a new play named box, but we will practice it for our next game.

Norwich teenager to represent team GB at international athletics event –Serena Grace



The 71st FISEC games will take place in Bucharest, Romania on 15-21 July.

Rising Star... Elizabeth Way



Congratulations to Lizzie Way who has been selected to play for the English Schools Girls Football team

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It's easy to have faith in yourself and have discipline when you're a winner, when you're number one. What you have got to have is faith and discipline when you're not a winner. *Vince Lombardi*