

SPORTS REPORT



SEDBERGH
SCHOOL

FOUNDED 1525

04 DECEMBER - 10 DECEMBER 2023



*"ALL IT TAKES IS
ALL YOU'VE GOT."*



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SPORTS RESULTS

Rugby

1st XV v Millfield at Kendal RUFC | Lost 33-20

With Busk frosted over the home matches were all moved to a snowy Kendal RUFC against our traditional and strong rivals Millfield. Unfortunately, a poor defensive display from Sedbergh handed Millfield good opportunities which they executed well to take a huge and well deserved 28-0 lead at half time. From the second half whistle Sedbergh looked like a different team as they terrorised the Millfield defence with some outstanding attack scoring four tries to close the gap. Credit to Millfield as they then countered with a late try to extend their lead and seal the victory. A brilliant second half performance ultimately wasn't enough, but a lot of positives were taken for Sedbergh as we look forward to facing a very strong Llandovery side in our final match of the season.

2nd XV v Millfield (A) | Won 15-7

In a match that lived up to its billing as the biggest test of the season, Sedbergh's second team delivered an incredible performance. The opening half saw Sedbergh seize control, dominating both possession and momentum. Their physicality and control at the breakdown left Millfield struggling to keep pace. Sedbergh capitalised on this advantage, with Liam K emerging as a driving force, scoring two tries from driving mauls. As the halftime whistle blew, Sedbergh held a commanding 12-0 lead. However, the second half was a different story. Millfield dominated the ball and their persistence paid off, clawing back with a score, narrowing the deficit to 12-7. Sedbergh faced a massive challenge as they withstood wave upon wave of Millfield attacks. The defensive heroics, particularly from Max M, who played a pivotal role in leading Sedbergh's defence by throwing his body on the line. The supportive voices from the other Sedbergh teams watching were crucial to help the team push through these tense moments of the match. As the clock ticked down, Sedbergh regained composure. The man of the match, Leo W, a standout in both attack and defence, calmly slotted a 40-meter penalty, providing Sedbergh with a crucial cushion to win the game. In what is the last week for the Second XV as a group, this was a truly memorable win. Man of the Match: Leo W

3rd XV v Millfield (A) | Won 22-12

The 3rds finished off the season with a hard-fought win against a strong Millfield team. With a 17-0 lead at half time the 3rds came under intense second half pressure and conceded two early tries. However the thirds kept their opponents at bay and broke away with the last play of the game to secure the win. A fantastic end to a very successful season. Well done boys!

4th XV v Millfield (A) | Won 24-5

Pride in a Brown Shirt comes in many forms but none more so than the 4th XV at Millfield. Deeply conscious that this for some was their last game in brown and that we were on the brink of an unbeaten season the game was fought with tenacity and determination. Millfield proved to be a tougher opposition than expected and we were unable to break down the defence sufficiently to open up the expansive running tries seen earlier in the season. It was perhaps appropriate that all of our scores came from the outgoing U6th with Herd, Westgarth, Farmer and Coad all muscling over the line through brute force. A 24-5 final score line was a fair one and also a huge relief given the significance of the game. This bunch of boys have been immense throughout the term overturning some tough opposition week on week. They have achieved the best 4th XV season in over 20 years and possibly the best one ever. They are justifiably proud and have been a huge credit to SSFC, no doubt many of the games will be recounted when they meet up as OS in the decades to come; memories have been made!



U16A v Millfield at Kendal RUFC | Won 31-12

An impressive second half seals the victory for Sedbergh as they prove too strong for Millfield in tough conditions at Kendal.

U16B v Millfield (A) | Won 28-21

A2 continue their impressive finish to the season with an impressive and historic win away at Millfield.

U15A v Millfield (A) | Lost 17-10

B1 were somewhat depleted with injuries and illness but put up an incredibly brave fight against a very physical Millfield side. T Bentley kept B1 playing rugby in the right areas but the early tries Millfield scored in the first half were enough to see them through. It was a really good, competitive match.

U14A v Millfield at Kendal RUFC | Lost 27-10

Unfortunately, C1 started this game sluggishly and a dropped ball in goal, a series of missed tackles and an interception gifted Millfield 3 early tries and we found ourselves 17-0 down after 10 minutes. The side then woke up and gradually got a foot hold in the game and a bright start to the second half saw us score two good tries to give hope of a famous comeback. However, a penalty put daylight between the sides and a late breakaway sealed the win for Millfield, deserved winners on the day

2nd XV v Loretto 1st XV (H) | Won 50-14

In a fitting conclusion to an outstanding season, Sedbergh's second team concluded their campaign in style with an impressive performance against Loretto 1st team. Despite facing challenging weather conditions, Sedbergh played the conditions well and put on an excellent performance. As the conditions worsened in the second half, Sedbergh delivered some of their finest moments, executing flowing, multi-phased attacks. Each player on the pitch was immense, which made the selection of a Player of the Match a tough decision. While special acknowledgment goes to George A and Seb S, the Player of the Match goes to Archie T for his exceptional ball-carrying and unwavering defensive efforts. Congratulations to all the players on an excellent season.

U16B v Loretto U16A (H) | Won 15-14

An outstanding win for A2 in a simply brilliant fixture to finish the season on BH. A well-deserved late try put A2 ahead by a point, followed by a huge defensive set as Loretto attacked the A2 line with everything they had. A wall of home defence consistently kept the visitors out in the dying seconds and a huge turnover from D Jenkinson sealed the victory for a squad that has improved out of sight during the season. I am delighted with the progress made by A2 over the duration of the season.

U15B v Loretto U15A (H) Lost 38-10

After a week of illness B2 fronted up for their final fixture. Conditions were awful making open rugby hard. Ultimately Loretto defended better than we did and thus won by 38-10.

A disappointing end but the boys need to remember how much they've developed as a group over the whole term.

U14B v Loretto U14A (H) Won 15-10

The boys weren't fazed by the bad weather and still tried to play great rugby getting the ball into the wide channels however Loretto defensive set was strong, until a free kick from a scrum allowed Charlie B to take a quick tap and run it in for our first try. That try aloud a further 2 tries scored by Manuel both being a well work team tries, Loretto tried to make a comeback with a try in the last play of the first half and early in the second however C2 defended their line with every and finish the game with a win.

Tri Counties v Penrith – Penrith won 17-10

5 Sedbergh girls played for the Tri Counties Tigers on Sunday in a game against Penrith who have been the strongest Cumbrian team. All 5 were brilliant. Annabel R carried strongly all game and produced an outstanding offload to set up the Tigers 2nd try. Bella P, less experienced but grew into the game working hard in the 2nd row. Daisy Mc moved the team about the pitch well with her service from scrum half.

Bea P was strong in attack aimed defence at centre whilst Maddie B looked a threat in attack and put a couple of massive shots in defensively. One of which right in front of King's steps drew a few gasps from the boys watching there. Final score Tigers 10 Penrith 17. On behalf of the Tigers, many thanks to the school for hosting this fixture. Really pleasing to see how many spectators there were, School House in particular judging from the umbrella colours.





Hockey

1st XI v Solihull (A) Lost 4-2

ISHC Last 16

A wet and dark Monday afternoon in the west midlands greeted the Sedbergh team on arrival in Solihull. On a slow pitch Sedbergh initially struggle to link before growing into the game with an even first 15 minutes. Solihull pressed high and put the Sedbergh back line under increasing pressure. A long ball into the Sedbergh D was only cleared straight back to a Solihull forward who finished calmly. Undeterred Sedbergh changed gears to press for an equaliser themselves. Jones-Perrott was her usual marauding self down the right while Newman and Lindsey provided power in the centre of the field. From this pressure Sedbergh won a flurry of penalty corners. With Sinclair-Bruce finishing powerfully to tie the game. Sedbergh were now in the ascendancy and it was against the run of play that Solihull re-took the lead from another defensive error.

2-1 down at half-time the girls really felt they had a big chance to advance. The second half was almost entirely Sedbergh attacking. But, as this term has proved this did not lead to clear cut chances or goals. Mean while Solihull were the opposite, starved of possession and territory their counter attacking was highly effective and fast, taking the score out to 3-1. Sedbergh went again, Jones-Perrott beat 5 players with a strong carry into the D before sliding the ball past the oncoming keeper, 3-2, 10 minutes to go. Sedbergh just couldn't find the equaliser, Lindsey, Broderick and Hodgins all had chances. Finally with a few minutes left Solihull broke away once more to score and advance to the quarter finals.



U16A v Malvern College U18B (A) Won 7-0

Sedbergh started slowly after a long journey and as they adjusted to a water-based pitch and the physicality of playing an U18 team. After a period of loose possession and invited pressure Sedbergh found their structure and started to make some fast paced, accurate connections. Sedbergh began to threaten and soon after Darcie found the netting from close range after a well worked move down the right created the opportunity for a reverse stick shot. This goal gave Sedbergh the foundation and confidence they needed as they found their stride. Two quick goals followed his and Sedbergh led 3-0 at the break. The second half focus was building from the back, ball retention and get aheads. This renewed focus proved too much for Malvern and despite some quality saves Sedbergh found the backboard four more times in the second half.



U14A v Malvern College (A) Won 1-0

After a long journey south for the double header of fixtures, the U14's were eager to stretch their legs and get onto the hockey pitch for the fixture. In the warm up, the girls spotted one of their team throwing long aerial passes, something they hadn't come up against before. After a quick reminder of the rules regarding aerals and adapting the press to sit the midfield deeper to make it difficult for the overhead passes to go past them, the girls were set and ready. In the initial 10 minutes, the game was even with play stretching across both ends of the pitch. Once we'd settled, we were able to take more control of the game. Across the season, we've been working on maintaining possession of the ball in a calm and composed manner, not forcing the ball through sticks or trying to take on several players, it this fixture against Malvern was a real turning point where it all clicked. The team worked together, passing the ball around the pitch and patiently waiting for the right opportunities to go forward. When the gaps formed, the girls attacked with pace and showed a lot of determination to get ahead of the ball and challenge their strong defensive 4 players. Despite having a large percentage of possession during the game, and lots of opportunities to score, we struggled to get the ball past their very capable goalkeeper. Finally in the last moments of the game, the girls won a short corner and the whistle blew for the end of the game. A team effort to keep the ball in, and a great strike from Harriet, converted the final play into a goal and a well deserved victory for the girls.



1st XI v Millfield (H) Lost 1-0

Although the final score shows another loss this game was by far Sedbergh's best performance of the season against a very strong Millfield side. With a strong home support the girls played right up to their potential. With structure, intensity and high levels of skill. Playing quarters Sedbergh played a full press constantly pressurising the Millfield players into mistakes.

Although actual chances were hard to come by at first with Lindsey in inspired mood Sedbergh looked threatening. Goodhart and Broderick were working tirelessly up front while the combination of Sinclair-Bruce and player of the match Jones-Perrott made real inroads down the right. Forcing the Millfield keeper into a number of saves. Meanwhile Dinsdale had her best game in goal for the Brown making three great stops to keep Millfield out. As the game ebbed and flowed it seemed that Sedbergh would hold on, and maybe even sneak a goal themselves.

Tragically with 3 minutes left to play a ball turned over in deep defence led to Millfield taking the lead. Sedbergh threw everything forward in an effort to find an equaliser and in the last minute the ball flashed across goal but just the wrong side of the post. This performance showed what the girls are capable of when playing at their best. A fast intense style of hockey that was a delight to watch. After the game Hennie T was awarded her Colours - congratulations Hennie!

U16A v Millfield (A) Won 4-0

The second game is many days and one of the most anticipated fixtures of the year saw Sedbergh play Millfield. Sedbergh learnt their lessons from the previous day, starting tremendously well. Sedbergh moved the ball incredibly and at times in the first half were unplayable.

The brand of simple, fast hockey created sustained pressure and a rebound on the keeper's legs gave Sedbergh the lead. Forwards Izzy, Penny, Lucy and Darcy led and pressed with absolute intensity and embodied everything that this team's success to date is the result of. Sedbergh converted three further times in the first half to take a commanding lead over proceedings. Despite creating multiple opportunities in the second half and Alice being called into action between the post, Sedbergh were unable to add to their tally. If this team are able to carry this first half performance into the final tier one cup game of the group, they will doubt find themselves entering the business end of the competition.

U14A v Millfield (A) Lost 3-0

Arriving at Millfield, the U14's were apprehensive about the approaching game, but after their strong performance against Malvern, they knew they were in good form. We started the game well with some early pressure down the right-hand side of the pitch, however, Millfield then settled into their stride. The first 20 minutes were end-to-end with both teams having opportunities to score and neither finding the back of the net.

Sedbergh struggled at time to be as connected as the previous days match, in part due to Millfield pressing high and being quick to apply pressure to the ball which meant our girls didn't have much time on the ball to make decisions. Unfortunately the tiredness started to show with the longer halves and in the last 5 minutes of the first half Millfield scored 2 goals in quick succession from quick attacks and our defensive marking not being tight enough. A third goal was scored in the second half, but the girls didn't give up and continued to contest all across the pitch. The game was much closer than the scoreline suggests, but a great endeavour from all the girls over the two days and some brilliant hockey on display from individuals and collectively as a team.

Sedbergh HC v Kendal (A) Lost 3-2

Sedbergh travelled to Kendal on an extremely wet Saturday for a morning game this weekend. The girls had little time upon arrival to get warmed up, and the energy was lacking at the start of the game. The team eventually found their flow, but not before Kendal had put a goal past us. Sedbergh kept their cool and retaliated in the closing minutes of the first half, with a fantastic deflection from Alice B, which went over the keepers head. At half time, we talked about ensuring we don't forget about the oppositions high player in the D, as well as making sure we release the ball early to our forwards, who held their positions excellently.

The second half saw us play some much better hockey, and Sedbergh were dominating the play. Unfortunately, a mistake in Sedbergh's play allowed for a one-on-one attack against our keeper, Alice, and Kendal went 2-1 up. Shortly after this, Sedbergh won a free hit just inside our attacking 25. Miss Jennings-Adams was able to dribble straight into the D and found the backboard with a straight strike, which brought Sedbergh equal once more. Sedbergh looked very dangerous for the closing 10 minutes, with 3 shots on target, but were unable to seal the deal. In the closing minutes, from a well worked break, Kendal scored the final goal of the match, resulting in a 3-2 loss. All of the girls played very well, and this was verified by the spread of votes for player of the match, which was just cinched by captain, Bea.



Sedbergh HC v Kirby Stephen (A) Won 4-0

After a full day of hockey yesterday, where a number of the girls had been out in the extreme weather conditions for 6 hours playing both the Kendal fixture and house hockey, the girls travelled to Kirkby Stephen on Sunday morning. The girls showed dedication in getting up early on another dreary day to play some good hockey. On the lookout for the infamous Kirkby Stephen parrots, the girls were in good spirits on arrival. It was a strong start and Sedbergh were playing some lovely hockey, creating space and using triangles to work the ball up the pitch. Izzy scored a fantastic straight strike from a penalty corner to put Sedbergh 1 up in the game.

Another fantastic goal came from Elsie in the first half, and we went into the half time break 2-0 up. The girls talked about maintaining high levels of communication and maintaining our width on the pitch, going into the second half with an aim of increasing the goal difference. The second half started very well, with some aggressive attacking from Sedbergh. Ru scored a fantastic rebound from the keeper to increase our goals to 3. A Kirkby Stephen player received a yellow card for "not being 5m" too many times, and the girls capitalised on this with a fourth and final goal coming from a fantastic strike from Ellie. The girls were very satisfied to finish the final game of the Michaelmas term with a 4-0 win, voting Izzy and Fran joint player of the match.

Netball

U16A v Ryde Catholic School, Australia (Touring team) | Lost 41-26

It was an exciting new opportunity for the U16A Netball Team to face an Australian Touring Side this week. The girls didn't know what to expect so they went in with open minds and played enjoyable netball. The opposition started strong from the whistle, getting the first turnover, and converting it. The girls had a slow start from this but went into the rest of the game with excellent through court play, and amazing defensive turnovers from Sonia G in GK. The opposition were well drilled and quick with an excellent GA helping them take the win, but it was a great learning opportunity for the Sedbergh players, and they took a lot of learning points from it, going into our next game against Queen Ethelburga's on Tuesday. Well done girls! POM - Sonia G | Coaches POM - Emilia S



2nd VII v Malvern College (A) Won 53-13

A fantastic display of fast footwork and dynamic play, was seen at Malvern College on Tuesday. The team took an early lead against a solid side and dominated throughout. Superb defence from Bea P and Liv K-S meant that Malvern rarely threatened. Millie G and Georgie I were fantastic in attack and fed ball after ball into the circle. A brilliantly good natured game with lots of smiles and fun times.

1st VII vs Millfield 1st/2nd mixed VII (A) Won 43-31

Following on from the match the previous day against Malvern, the girls were looking to build upon their win and get 2 out of 2 from our trip down South. After a good warm up, the girls were ready to take to court and were looking to start strong against Millfield. The first quarter was very evenly matched between the sides, with both teams maintaining possession where they could, to build some confidence. The first quarter ended 12-10 to Sedbergh.

The girls were not going to give up the lead once they had it and looked to push on in Q2. With some accurate shooting from Liz scoring 10/11, the girls opened the lead to 5, with the half time score at 22-17. At half time changes were made to lift the energy of the team and maintain the lead and that they did. The defence unit were resilient in putting the pressure on, resulting in a flurry of turnovers that attack proved clinical in taking to goal. Sensing the lead was starting to get bigger, the team began to play with more freedom taking a few risks on feeds into the circle. The confidence of the mid court was rewarded with more goals from Liz and Heather who continued to shoot in the high percentages.

The defence claimed the third quarter as their best, managing to restrict Millfield to only 6 goals, leaving the score after 3 quarters at 32-23. During the final break the girls had set their targets for the last quarter and looked to finish this game strong. Taking the first centre pass of Q4 to goal, the team lifted and every player on court worked hard to do their jobs individually but also within their units. The teamwork and confidence in each other were demonstrated on court, playing in high spirits and enjoying being out on the court. The standards did not slip, and the girls pushed on right to the final whistle, with the final score ending 43-31 to Sedbergh. A well contested and competitive game by both sides that was great to see.

Player of the Match – Pippa

Opposition Player of the Match –
Liz

Coaches Player of the Match –
Libby



2nd VII v Millfield 3rd VII (A) Won 39-20

It was a slow start to the match in Millfield, and a tense first quarter. It didn't take long for the confident side to warm up though, and soon shots from Eve R, Emily H and Annie K were being fired in from everywhere. Valentina T was thoroughly impressive at Goal Defence, stealing the ball multiple times in the circle. Scout H was pivotal at Centre and dominated play with her speed and power across the court.



1st VII v Cheadle Hulme (SIS Cup) (H) Lost 43-34

The last game of a busy netball week saw the 1st VII take on Cheadle Hulme in Round 3 of the SIS Cup. The team knew this game was going to be tough but after their wins this week they knew they could play the netball they needed to. Quarter 1 proved the girls were up for the battle, starting off strong with a run of goals by some brilliant shooting from Liz and Heather scoring 10/10, with the Q1 score ending 10-6 to Sedbergh. The team knew they had to maintain the standard of Q1 to try and maintain the lead. They took to court in Q2 with high energy and team spirit, backing each other up on court.

Cheadle started to find their rhythm towards the end of the quarter, but Sedbergh looked after their possession and managed to hold onto the lead with a score of 19-17 at half time. Cheadle came out fighting in Q3, so much so they had a quick run of goals in the first few minutes and took the lead from Sedbergh. The team had to dig deep to keep pushing on and controlling their game and possession to get ball through to goal. After 3 quarters Cheadle had opened up the lead to 31-25. Sedbergh were not out of this game but knew it was going to take a whole team effort to try and pull the game back in their favour. They gave it everything they had but unfortunately Cheadle took the win, ending the game with a score of 43-34.

A tough loss for the team to take knowing what could have been but lots of positives to take from the game, ready to work even harder as we head into netball term in January. A mention for the 2 players of the match with Liz receiving oppositions player and Hannah displaying a real captains performance picking up coaches' player of the match.

An amazing week of netball by this team who should all be proud of their performances from all 3 matches. Big things to come next Term.

Running

Mid Lancs XC League

Sedbergh Running Team Battles Elements and Last-Minute Setbacks at Mid Lancs XC League in Lancaster

In the face of adversity and adverse weather, Sedbergh's running team demonstrated unparalleled resilience at the Mid Lancs XC League in Lancaster on Saturday, December 9, 2023. Despite being plagued by last-minute call-offs, primarily due to illness, the small yet determined team made the short trip to Ryelands Park for the next round of the league.

The day unfolded with damp conditions and a slight breeze, but as the races progressed, it transformed into a full-blown storm, turning the once firm ground around Ryelands Park into a challenging mud bath by the time the Senior Men's race concluded its first lap.

The U15 girls set the tone for Sedbergh's day of tenacity. Emily R (9R) edged past Sophie N (9L) to secure a commendable 19th place. George M (9H) led the U15 boys to a 5th-place team finish, with a standout performance by debutant Freddie C (9H) showcasing tenacity on his first outing.

Tilly H (12R) continued her upward trajectory, securing a highly creditable 10th place, supported by Elif S (11R) and Sophie S (12R), contributing to an impressive 3rd place team finish for the girls.

In the boys' camp, Bruno F (12P), Joe H (11P), and Valentin P (12E) battled the increasingly muddy conditions, guiding the team to a resilient 5th place finish.

The U20 Ladies race witnessed Abby C's (13L) continued impressive form, claiming 7th place, while the return of Libby M (13C) after her first run of the season saw her secure an impressive 9th place.

In the Senior Men's race, Luke C (13E), the sole healthy U20 runner for Sedbergh, exhibited newfound vigor in training. Despite the challenging conditions, he navigated the mud to a 16th place finish in the U20 category. The Senior race crowned Old Sedberghian Fraser Sproul, currently on a running scholarship at Boise State University, Idaho, as the victor.

The Sedbergh running team's performance showcased not only their skill on a challenging course but also their exceptional resilience in the face of last-minute setbacks and unforgiving weather. As the festive season approaches, the call for continued training over the Christmas holidays echoes, with an eye on the numerous fixtures awaiting them in the New Year. The team's determination remains unwavering, setting the stage for further triumphs on the XC circuit in 2024.



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