



Sedbergh  
SCHOOL

# SPORTS REPORT

04 NOVEMBER - 10 NOVEMBER 2024

# SPORTS RESULTS

## Running

### English Schools Cross Country Cup – Northwest Regional Finals

Sedbergh hosted the Northwest Regional Finals of the English Schools Cross Country Cup for the third consecutive year on a crisp November afternoon. However, the day took a chaotic turn as a severe traffic incident on the M6 led to delays for many of the visiting schools. Determined to compete, most teams navigated back roads to reach Sedbergh just in time for the start of the first race. The Northwest's finest cross-country talent were ready to take on Sedbergh's challenging, undulating course.

The Cup is fiercely competitive, with the top three teams from each category progressing to the National Finals in Leeds on 7th December. Each team's score is based on the top four finishes from their squad of six, adding a strategic element to every race.

### Junior Races (Years 7/8):

The Junior Boys kicked off at a blistering pace, with Harri T (Prep) leading the charge for his team, finishing in 12th. The team secured a commendable 7th place finish overall. In the Junior Girls race, Maggie R (Prep) shone with a fantastic 7th place finish, but the team narrowly missed the finals, finishing in fourth, just shy of the top three qualification spots.

### Intermediate Races (Years 9/10)

Due to illness and injuries, Sedbergh's Intermediate Girls team did not advance to this round. In the Intermediate Boys race, George M (H) stole the show with an exceptional performance, tactfully pacing himself in the first lap and then pulling away to win the race. Despite his strong showing, the team placed fourth, agonisingly close to the final qualification places.

### Senior Races (Years 11/12/13)

The Senior Girls competed well, with Daisy F (11L) finishing as Sedbergh's top runner in 16th place. Although the team packed well, they ended in fifth, just out of reach for Nationals. The Senior Boys' race saw an outstanding run from Hugo B (11SH), who clinched first place against older competitors. However, the overall team performance fell short, with the Sedbergh boys finishing ninth.

For many visiting teams, the Sedbergh course—with its steep hills and natural obstacles—offered a sharp contrast to the flat playing fields they typically run. It was a day of mixed emotions, from the initial shock of the M6 accident to the excitement of competitive racing, and finally to the bittersweet disappointment for Sedbergh teams narrowly missing Nationals qualification. There were standout individual performances, and Sedbergh's young team gained valuable experience to build on in the future.

### UK Athletics Cross Challenge Series (Race 1) – Cardiff, Saturday 9th November

After his stellar performance at the English Schools XC Cup earlier this week, Hugo B (11SH) took on the UK Athletics Cross Challenge Series in Cardiff, facing some of the best young talent in the nation. This seasoned U17 runner didn't disappoint, securing an impressive 12th place finish in a fiercely competitive field. His drive to tackle this higher-level competition underlines Hugo's dedication and skill on the national stage.

The Cardiff event marks the first in the five-part series, setting the stage for more exciting races. Sedbergh will be bringing a larger team to the next round in Liverpool on 23rd November, where the Cross Challenge Series merges with the Mid Lancs XC League fixture, offering a valuable opportunity for Sedbergh runners to test themselves against elite competition.

**Cross Challenge Series Schedule:**  
Liverpool – 23rd November  
Glasgow – 11th January  
Leeds – 8th February  
Nottingham – 8th March

## **Basketball**

### **Boys U18A v QEGS Penrith (A) won 16-25**

The opposition played well, full of movement and aggression, and we were rusty. We were so rusty that in the first quarter we only scored 1 point (QEGS scored just 2)! It was frustrating to watch us trying to gel as a team with our Captain J Mulligan and in particular Vice Captain Paidi R, doing their best to get the squad playing coherently.

It worked, but only in the 4th quarter. Heading into the final quarter the scores were close at 12-13 with Sedbergh holding a slender lead, but J Mulligan, helped admirably by the incisive passing of Paidi R, took the game by the scruff of the neck and dominated our tired opponents. His dribbling around and through their sluggish defence finally got us scoring frequently, and for good measure he scored a couple of 3 pointers. We won, but we won ugly; there is a lot to work on before our match against Giggleswick next Wednesday.



## **Hockey**

### **Girls U14A v AKS Lytham (A) Won 2-0**

Tuesday's 2-0 cup victory was a hard-earned win, showcasing both determination and resilience. Despite varying levels of fitness in the first week, the team put in a lot of effort during training, and by Sunday, we were ready to face the challenge. Our attacking play was strong, with well-timed tackles and passes that created opportunities to break down the opposition. We executed several effective short corners, but their defence was solid and kept us from converting those chances.

One area where we struggled was transitioning back into defence. At times, we were a bit slow to react, which allowed the opposition to position themselves and look for scoring opportunities. However, Xanthe and Annabel stood out for their excellent defensive work, teaming up to win the ball cleanly and quickly turning defence into attack. Overall, the match was a strong team performance, with plenty of positives to build on. We look forward to the next game, ready to continue improving and pushing for even better results!

### **Boys U16A v (A) Cumbria Cup (A)**

The U16 boys regained the Cumbria Cup on Wednesday in resounding fashion with comprehensive victories against firstly Windermere 10-0 with goals from C Bentley, Gawthorpe and a hat trick from M Mulligan. Then taking on QEGS Penrith to win the cup. This was a tougher match with QEGS team containing a few good players. Captain T Bentley stepped up to score two excellent penalty corners and Sedbergh eventually ran away 6-0 winners. Sewell scoring an excellent solo goal.

### **Girls U15A v AKS Lytham (A) Won 5-1**

A really strong start to the game for Sedbergh saw us create a handful of chances in the first 15 minutes. None of which were taken as AKS went on to score a breakaway goal. The last 10 minutes of the first half were quite scrappy as we went into the break 1-0 down. The second half was an unstoppable performance from the Sedbergh Girls. Bea, Sophie, Emily and Poppy (twice) all bagged goals to take the game 5-1. A true combination of teamwork and resilience in the second half.

### **Girls U18A v Denstone College (H) Lost 2-1**

A very hard-fought battle between two strong teams resulted in disappointment for Sedbergh. A game which turned in five disastrous minutes just before halftime. When Sedbergh firstly got the ball in the goal only to be brought back for an earlier foul. Then Denstone won a Penalty Stroke which they scored to go a goal up and finally on the halftime whistle Denstone scored from a scrappy corner.

In the second you certainly would not say Sedbergh didn't throw everything at Denstone, with multiple circle entries and shots, they just couldn't find the net. Glover scored a superb backhand from the top left of the circle to reduce the deficit and Gresswell, Goodhart and Milbourn all saw shots saved.

The girls must dust themselves down and make the appropriate learnings before Oakham arrive on Wednesday.

Captain Millie Jones-Perrott and Vice Captain Hattie Newman have both been awarded their Hockey Colours for their outstanding contribution to Hockey at Sedbergh over their five years at the School and their 3 years in the first team.

### **Girls U18B v Denstone College (H) Won 6-0**

The Sedbergh girls came out strong in their match against Denstone, with Foxtan scoring in the opening minute and going on to complete a hat trick. Sorensen and Vincent also added to the tally, contributing to a dominant performance. Sedbergh displayed focus and teamwork throughout, with Lupton named player of the match for her exceptional defending, securing a well-earned victory.

### **Sedbergh HC v Kendal Development (H) Lost 5-1**

Sedbergh HC played a great match against the Kendal Development team. They took an early lead, scoring the first goal within just five minutes. Although the game was tightly contested, Sedbergh HC found it challenging to convert their chances into more goals. Despite the final score, this was undoubtedly their best performance to date, and the effort and determination displayed on the field went far beyond what the scoreline reflected.

### **Girls U15A v Denstone College (A) Won 2-0**

The U15 A girls took momentum through from Friday's game and produced a dominant performance against Denstone. 2 amazingly worked team goals, both put away by Sophie and assisted by Poppy, put the girls 2-0 up at half time. The second half saw more dominance from the team, however the Denstone keeper made a couple saves to deny the girls more goals. Denstone put together some attacks of their own in this half, thankfully the defensive unit were up to the task. A top performance from the girls, ending in a 2-0 win.

### **Girls U15B v Denstone College (A) Won 4-0**

The Sedbergh girls u15B put on an outstanding display of teamwork and determination in their match against Denstone securing a 4-0 victory. From the first whistle, the team showed energy, enthusiasm, and a clear intent to dominate, creating a solid performance all over the field. The opening goal came from Edie, who scored her first-ever goal at Sedbergh, giving the team an early 1-0 lead. Evie followed up with a fantastic reverse hit, displaying both skill and precision as she doubled the lead. Savanča added a third, which was a rebound from the goalkeeper.

Daisy H wrapped up the scoring with a well-taken goal, making it 4-0 and ensuring the victory. The defensive line was equally impressive, with Amelia Lyle putting in a particularly outstanding performance. Her composure and leadership at the back, alongside her teammates, kept the opposition at bay and ensured that Sedbergh finished the match without conceding a single goal. Vicky C was named Man of the Match for her all-around contribution, making vital plays in both attack and defense and maintaining a high level of performance throughout the match.

### **Girls U14A v Denstone College (A) Won 5-0**

We started the match a little disorganized, but by the end of the first half and throughout the second half, we regained our shape and started to play more as a team. When options were limited, we focused on transferring the ball effectively, and as the game progressed, we worked much better as a team.

We went into halftime leading 2-0, with goals from Bella and Ella. The second half began strong for us, with Bella scoring an early goal to extend our lead. We then earned several short corners, creating more attacking opportunities. Lottie delivered a brilliant ball to Lara at the post, and Lara finished calmly to make it 4-0. In the final play of the match, Xanthe converted a short corner to seal the 5-0 victory.

It was a great team performance with strong individual moments, and we finished with a dominant result!

### **Girls U14B v Denstone College (A) Won 2-0**

The U14B girls travelled south to Denstone College. The girls got off to a fantastic start making 7-8 consecutive passes before Cook once again scored to give the Sedbergh girls a 1-0 lead. Sedbergh dominated in possession for the duration of the first half, the girls were very unlucky not to score two or three before the half time whistle blew.

As the second half commenced Sedbergh were back in the oppositions D immediately, captain Freya managed to get a shot off at goal and scored the second goal of the game. Sedbergh defence wasn't at all fazed by the opposition throughout the remainder of the game and the girls walked away with a 2-0 victory.





## **Netball**

### **1st Team vs Cardinal Newman, SIS Plate Match (H) Won 53-43**

You can rewatch the fixture, which was live streamed, by clicking [HERE](#)

Sedbergh School delivered a strong team performance to secure a 53-43 victory over Cardinal Newman in their Plate match on 8th November 2024. The match was a tense and closely contested affair, with both teams battling fiercely for every pass, but it was Sedbergh's resilience and tactical shift in the third quarter that ultimately proved decisive.

The game began with both teams applying intense pressure from the outset. Cardinal Newman came out strong, forcing Sedbergh into errors and disrupting their attacking flow. Sedbergh, however, responded well, with their defensive unit working tirelessly to stifle any Cardinal Newman attacks. The mid-court players showed great awareness, using precise passes to bring the ball quickly into attacking positions.

Despite the tight defence and contested play, Sedbergh's shooters remained composed, taking their opportunities when they arose. However, Cardinal Newman's defence was equally resolute, and they kept the scoreline close throughout the first two quarters. Both teams exchanged leads, with Sedbergh narrowly ahead at the half-time break.

The third quarter was where Sedbergh really began to find their rhythm. After a halftime regroup, the team returned to court with renewed energy and a sharper focus. The defence, led by some excellent interceptions and turnovers, began to turn the ball over more regularly, allowing the attacking players to capitalise. The shooters were clinical in the third quarter, with a series of accurate and confident shots stretching the lead.

In the final quarter, Sedbergh showed their strength and composure, not letting up despite the pressure from Cardinal Newman. As the game wore on, Sedbergh's fitness and cohesion became evident, with the team maintaining possession well and continuing to make smart, calculated decisions under pressure. Their shooting accuracy remained high and the defence continued to pressure Cardinal Newman's attacking efforts.

Evie was named Player of the Match with her excellent shooting, continuously converting throughout under pressure.

A fantastic team effort from Sedbergh, who showcased their strength and determination. Despite the tight first half, they dug deep and used a dominant third quarter to create a lead, before kicking on in the final quarter to secure the victory. The win sees Sedbergh progress further in the Plate competition. Well done!

### **Girls U18A v County Round (H)**

The 1st team had an impressive victory at the U19 County Cumbria Netball Tournament on Wednesday. Throughout the afternoon they showed some great attacking play throughout the court, combined with solid defensive pressure, helping them to secure 4/4 wins in the round robin format. It was a great afternoon of netball by all 5 schools who took part. The 1st team now progress through to the Regional rounds in the hope of qualifying for National schools. Well done girls!

## Rugby

### **Boys U15B v Durham Cathedral Schools Foundation U15A (A) Lost 43-17**

B2 struggled early on due to trying to play wide before they'd established any go forward and duly found themselves 10 points behind.

A better approach saw us pull a try back prior to half time.

Still in the game we started the 2nd half well but Durhams powerful pack gradually took control and forged ahead. We fought back but ultimately were well beaten.

### **Boys U14B v Durham Cathedral Schools Foundation U14A (A) Lost 43-12**

After kicking off shortly after getting off the bus, C2 started well once again, displaying energetic rugby and creating momentum. There were many glimpses of how we want to play our rugby, despite some defensive setbacks that lead to a back and forth first half. 19-12 at half time. Once again, C2 had an opportunity to carry on the positive rugby they had played in the first half, but some strong running from the opposition once again broke us down too many times. The second half did bring some positive play and we showed our potential, but we never continued the momentum that we built, which was frustrating. Both defence and attack was improved from Saturdays game so there are positives to take from this game, but consistency and work rate are something we will work on. 43-12 loss in the end.

### **Boys U18A v Warwick School (A) Lost 26-24**

In a traditionally tough away fixture, Sedbergh's ill-discipline and high error rate ultimately cost them dearly in a very close fixture. After two outstanding early tries from J Bulanauca, Warwick capitalised on consistent penalty goal opportunities to execute a 13-12 lead at the break. With several lead changes in the second half after two good Sedbergh tries, Warwick then again converted a penalty in the dying minutes and hung on to win. They deserved the victory at home.

### **Boys U18B v Warwick School (A) Won 40-12**

Sedbergh Second XV faced Warwick in a challenging encounter that started off frustratingly. Warwick's competed hard at the breakdown and made it difficult for Sedbergh to gain any momentum or secure front-foot ball. Warwick were also able to capitalise on a few Sedbergh errors which kept the game close in the first half.

However, after the break, Sedbergh began to look after the ball better and started to string together some multi-phase scores and gradually pulled away on the scoreboard. Standout performances came from Chris K, Will B, and Ash F, but the Man of the Match award went to Robert B. After a year-long recovery from a serious injury, Robert made a return to the pitch, scoring a try and playing a key role in a good second half performance.

With this game behind them, Sedbergh now shift their focus to a challenging series of fixtures, including matches against Wellington, Dollar Academy, and Millfield.

### **Boys U18D v Warwick School U18C (A) Won 28-31**

In the most amazing finish to a game the 3rds ran in three tries in the last five minutes to secure a win from a 28-12 deficit. A lot of credit to the players for not giving up on what was a poor performance to this point. Well done the 3rds!

### **Boys U18E v Warwick School U18D (A) Won 24-6**

The mixed 4XV team played an exciting game against a physical Warwick 4XV. Sedbergh were strong in defence throughout but went into the second half 3-0 down. A try straight from kick off boosted the team into an impressive half of attacking play and well-deserved tries. Warwick kicked another penalty late into the half, but Sedbergh were able to take the win 24-6.

### **Boys U16A v Warwick School (H) Won 33-7**

A1 were again proud to play on Buskholme and face a Warwick side that has gotten the better of them in recent years. Although both teams experienced a scrappy start with ball in hand, Sedbergh brought more intensity off the ball and after a few opportunities some excellent scores came through Delannoy and Foulds in the first half.

The 15 minutes following the break were full of attacking and confident rugby from the home side and McComb changed the game at times with two surging runs which blew open the defence. It was pleasing to see this side adapt with changing positions and still grow throughout the game. Bigger tests lie ahead in the coming weeks but the boys should feel prepared for them.

### **Boys U16B v Warwick School (H) Lost 0-50**

A2 were well beaten by a Warwick side that had excellent ball carriers and were well organised. A2 heads dropped as they lost the physical battle. S Massey-Ford was a highlight on an otherwise tough day. A2 must do better next time they play.

### **Boys U15A v Warwick School (A) Won 38-26**

B1 travelled to Warwick in confident mood after their impressive win over a strong NSB team a week ago. A good reaction followed with centre Carrs splitting the defensive line and running in a well worked try from the 22. A second soon followed and some brilliant team play and fixing of defenders meant a try out side for B1 for Cares again, with kicker Hope slotting home the conversion from out wide.

Warwick responded well and some sloppy defence and missed tackles meant the home side were back in it with a converted second try. However, the men in Brown shirts dug deep and scored from close range. Number 8 George adding to his seasons tally. Converted by Hope. Half time- 19-12.

The second half started as the first and Warwick were the first to score and convert from their dangerous outside centre. A quick second followed by the hosts with the score now 26-26. A pleasing response then followed and a well worked try by Bruce and then a 6th try of the game for the Brown by wing Hope sealed a pleasing victory.

### **Boys U15B v Warwick School (A) Won 39-14**

Pretty much the same side travelled to Warwick with a point to prove.

A much better start with go forward from the forwards and varied attack from the backs saw us deservedly open the scoring. We were playing well but back to back penalties allowed Warwick a glimmer of hope and they duly took the lead. Now a test of character.

Duly passed. We reasserted control and played some great rugby. Warwick couldn't handle the tempo and skill level they were facing.

### **Boys U14A v Warwick School (H) Lost 33-12**

Sedbergh came up short for the third fixture in a row against another athletic, skilful and well-organised team in Warwick. There were some elements of the performance that demonstrated progress from the previous week against Northampton, specifically the quality of some clear outs at the breakdown and the number of times that the ball was moved into the wider channels. However, there were countless handling errors, ill discipline, and poor decision making throughout which must be addressed and improved ahead of the remaining tough fixtures this half term.

### **Boys U14B v Warwick School (H) Won 33-10**

A superb performance from C2 brought a brilliant victory against a decent Warwick team. With some defensive work in the week, the boys stepped up to the occasion and didn't let Warwick's attack penetrate as often as we have been throughout the season. Our attack was pacy and exploited the gaps out wide really well. Some great, strong running was on display, leading to some mesmerising tries. It is important that we use this performance to give us confidence going forward, and to remind us of the flowing rugby we can play.





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# Sedbergh

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